

1-6-1841

First Annual Report of the Directors and Superintendent of the Hospital for the Insane 1841

Maine Insane Hospital

Follow this and additional works at: http://digitalmaine.com/osamhs_docs

Recommended Citation

Maine Insane Hospital, "First Annual Report of the Directors and Superintendent of the Hospital for the Insane 1841" (1841).
Substance Abuse and Mental Health Services Documents. Paper 4.
http://digitalmaine.com/osamhs_docs/4

This Text is brought to you for free and open access by the Health & Human Services at Maine State Documents. It has been accepted for inclusion in Substance Abuse and Mental Health Services Documents by an authorized administrator of Maine State Documents. For more information, please contact statedocs@maine.gov.

A 95.11 840

c.3

TWENTY-FIRST LEGISLATURE.

NO. 5.

SENATE.

To the Senate and House of Representatives:

I herewith lay before you the First Annual Report of the
Directors and Superintendent of the Hospital for the Insane.

(Signed)

JOHN FAIRFIELD.

COUNCIL CHAMBER, }
January 6, 1841. }

Officers of the Institution.

Rev. WILLIAM C. LARABEE,
Hon. REUEL WILLIAMS,
BENJAMIN BROWN Esq.,
Directors.

CYRUS KNAPP, M. D.,
Superintendent and Physician.

CHAUNCEY FOOT, Jr., M. D.,
Assistant Physician.

Mr. HENRY WINSTOW, Esq.,

Mrs. CATHERINE WINSTOW, Matron.

REPORT.

*To the Honorable Governor and Council
of the State of Maine:*

The subscribers, Directors of the Maine Insane Hospital, in compliance with the system of regulations under which they were appointed, respectfully present the following, as their first annual

REPORT.

The building was ready for the reception of patients on the 14th of October last. For neatness of workmanship, strength, durability and adaptedness to the purpose for which it was designed, it may advantageously compare with any public building in the country. In its plan and finish, nothing that could contribute to the convenience of the officers, or to the comfort, safety and restoration to health of the patients, seems to have been forgotten or neglected. The arrangement of the galleries and various rooms, admits of the most perfect ventilation in every part. There is an abundant supply of pure and wholesome water, carried by pipes to every part of the building where it can be needed. Furnaces in the cellar furnish to all parts of the establishment an equable and easily regulated temperature. Conveniences for bathing, showering, and preserving in every way among the patients personal cleanliness, are furnished in every gallery. The building, on the whole, is an honor to the State.

The Directors, at the first meeting after their appointment, held about the time the Hospital was opened, adopted, for the internal policy of the Institution, a system of rules and regulations, which they believe must secure all the order and decorum, of which such an establishment can admit. At each of our visits we have had satisfactory evidence that these rules are most faithfully observed by the Superintendent, Steward, Matron and Attendants, and that the Hospital is kept in a condition of cleanliness, that might serve as a model for the best regulated private dwelling.

We consider the Hospital peculiarly fortunate in the selection of the persons to whom its internal management is committed. The Superintendent exhibits not only that peculiar developement of intellect, fitting him for investigating the nature, causes, and cure of diseases of the mind; but that urbanity, kindness and affectionate spirit, which cannot fail to secure to him all the respect, confidence and affection which the unfortunate persons committed to his care, are capable of entertaining. The Assistant Physician possesses that ready and prompt activity and decision of character, which exactly fit him for the duties devolving on him. The Steward and Matron appear well qualified for their station. The Attendants exhibit peculiar qualifications for the responsible places they occupy.

We have watched with great interest the effect which the course of treatment pursued at the Hospital has had on the patients, and the changes which have thus far occurred in the condition of several individuals. The improvement generally has been far greater, than we could have reason to expect. As will be seen by the accompanying Report of the Superintendent, the most of the cases thus far committed to the Hospital are of long standing. Such cases, it is well known, are difficult of improvement, and nearly hopeless of cure. Some of these cases were the very worst we have ever seen. But in all the cases, improvement is perceptible, and in some very

great. One of us, on a late occasion, was present at the season of evening prayers. Several of the patients, some who had been chained and confined in cages and jails, and brought to the Hospital under a strong guard, joined in reading the Bible and singing a hymn, and listened during prayer, with as much order and decorum, as would usually be observed among a company of persons in ordinary circumstances. Surely a stranger present on that occasion, would hardly suspect that it was a company of insane persons. Devotional exercises are found to have a very good effect on them. The attic of the Hospital, a room 80 by 40 feet, is capable, when finished, of being occupied as a chapel. The expense of finishing will not be great, and it will furnish every convenience for the religious services for the inmates of the Institution.

A small library of well selected books would serve very much to interest and amuse many of the patients, especially such as are recovering. Books of History, Biography, Voyages, Travels and personal Adventures, would, we should judge, be among the most efficient aids to returning reason.

We consider the Farm connected with the Hospital of very great importance to the interests and success of the institution. Employment of some kind is essential to the recovery of the insane, and even to the keeping of a well person sane. Confinement without employment is enough to drive any man to madness. No employment is so congenial to the human constitution as agriculture. Man was made "to till the ground." Agriculture furnishes the most healthful exercise, and enables the operator to breathe the pure air of heaven. It is not designed that labor should be compulsive, but entirely voluntary on the part of the patients. When left to their own choice, they will universally prefer more or less labor to idleness.—The farm may also be made a source of great profit. The land is of excellent quality, and the means of enriching it are abundant. When put under proper cultivation, it may furnish a large portion of the agricultural products consumed in the

Hospital, and thus very considerably diminish the amount of legislative appropriation, annually necessary to meet the current expenses of the institution. But an outlay is necessary to bring the farm to. It is badly run down. The fences are irreparable, and new ones must be immediately built, or the whole premises will be exposed to every passing beast. A barn must be built, a team of horses provided, tools and seed furnished, and cows and swine procured.

Much labor and considerable expense are necessary about the grounds in the immediate vicinity of the Hospital, to render external appearances agreeable. Large masses of earth are to be levelled, stones removed, trees, shrubbery and flowers planted, and a new road from the Hospital to the street made. A vegetable and flower garden would not only be a source of profit, but would furnish a delightful exercise in the warm season, for such of the female patients as might be disposed to pass their time in the open air. Most of the labor necessary about the premises would be voluntarily done by the patients, were the necessary means provided. The spot is capable of being rendered one of the most delightful on earth. The prospect of the river, with the romantic scenery and beautiful villages, with which its banks are lined, is surpassingly beautiful. Let but the grounds about the Hospital correspond to the scenery of the neighborhood, and few spots could compare with it.

This is peculiarly a *charitable* institution. The class of persons whom it is designed to benefit, has been subjected to sufferings unspeakable and inconceivable. Some confined in the deepest and the darkest, and the dampest, and the coldest dungeons of jails, have suffered punishment, such as no criminal, except perhaps the victim of some despotic power in the dark ages, ever endured. Others chained to a stone pillar in some shed or out-house, have suffered from their friends neglect and abuse, such as

"Mercy, with a bleeding heart,
Weeps when she sees inflicted on a beast."

But more correct, rational and christian views of the treatment proper for such persons, begin now to be entertained. To place the advantages of the institution within the reach of those persons of small resources, the constituted authorities of the State have put the expense very low. For board, medicine, and attendance, but two dollars per week in ordinary cases, and in no case more than three can be charged. It cannot be supposed that the revenue from patients can at this price cover all the expenses of the institution. Annual appropriations from the Legislature will of course therefore continue necessary, to enable the Hospital to answer its noble design.

There are in this State many insane paupers. Several of the towns, acting under an enlightened and liberal policy that is truly commendable, have provided for their insane poor in the Hospital. There are however many of the towns, which, under a mistaken policy of *selfishness*, a policy too often influencing those bodies which are said "to have no souls," have adopted the practice of selling the keeping of their poor at auction. What kind of treatment *insane* paupers, thus sold to the lowest bidder, would be likely to receive, may be readily conjectured. If any *constitutional* measures for the protection of insane paupers could be adopted by the Legislature, humanity would rejoice at the result.

The last Legislature appropriated \$6500 to be expended in building a Lodge, and meeting the current expenses of the Hospital. The Directors judged it necessary, for the security and proper treatment of such patients as may be too violent to occupy the ordinary galleries, to construct eight strong cells. But as the appropriation was less than was expected, they directed the construction of one Lodge of four cells only, which has been done at an expense of \$516 04. Another similar Lodge, for the accommodation of those females whose situation may require it, is judged necessary.

The following is the estimate of the necessary expenses of the establishment for the next year.

Current expenses of Hospital ; including Provisions, Fuel, Lights, Medicine, Wages of Assistants and Miscellanies,	\$5,000
Building a Barn,	500
“ “ Lodge,	500
Fences, absolutely necessary this year,	400
Reservoir, for the reception of slops, with a drain com- municating with the Common Sewer,	50
Grading the grounds about the Hospital, as it seems absolutely necessary this year, and building a Road from the Hospital to the street,	500
Stock for the Farm,	330
Farming Tools, including a double wagon,	200
Seeds,	50
Additional Furniture, in proportion to the increase of Patients, probably about	150
	<hr/>
	\$7,680

We have examined the Books, Accounts and Vouchers of the Steward. He charges himself

For cash drawn from the State Treasury,	\$2,500
For amount received for board of patients	72 25
	<hr/>
	\$2,572 25

He credits himself,	
For cash paid for building a Lodge,	\$ 516 04
For permanent improvements,	61 69
For Stock on the Farm,	139 50
For Wagon, Chaise, Sleighs and Harness,	170 00
For current expenses of the Hospital, including Provisions, Fuel, Lights, Wood, Medicines, Stationary and wages of Assistants,	1,523 72
For cash on hand,	153 30
	<hr/>
	\$2,572 25

There yet remains in the State Treasury of the last appro-

priation, \$4,000, and there is due from individuals and towns, for the board of patients, \$379 91.

For a more particular account of the condition of the patients, and the success of the Hospital, attention is invited to the accompanying Report of the Superintendent.

BENJAMIN BROWN,
W. C. LARRABEE.

Augusta, Dec. 31, 1840.

OF THE

SUPERINTENDENT

OF THE

MAINE INSANE HOSPITAL,

DECEMBER, 1840.

FIRST REPORT

OF THE

SUPERINTENDENT

OF THE

MAINE INSANE HOSPITAL,

DECEMBER, 1840.

REPORT of the Superintendent of the Maine Insane Hospital, Augusta, from October 14 to December 31, 1840, inclusive.

No.	Age.	Sex.	Married or Single.	Time of admission.	Form of Disease.	Duration before admission.	By whom supported.	Time spent in the Hospital.	Condition.	Prospect.	Result.
1	32	M.	Single	Oct. 14	Monomania	1 year	Friends	11 weeks	Improved	Favorable	Remains
2	24	M.	Single	Oct. 17	Mania	2 years	Friends	10 weeks	Improved	Doubtful	Remains
3	32	M.	Single	Oct. 19	Dementia	18 years	Friends	10 weeks	Improved	Incurable	Remains
4	39	F.	Married	Oct. 19	Mania	8 months	Friends	10 weeks	Improved	Favorable	Remains
5	49	F.	Single	Oct. 28	Mania	15 years	Friends	9 weeks	Stationary	Incurable	Remains
6	28	M.	Single	Oct. 28	Mania	4 years	Friends	9 weeks	Improved	Doubtful	Remains
7	38	F.	Single	Oct. 29	Melancholia	6 months	Friends	7 weeks	Recovered		Discharged
8	39	M.	Married	Oct. 29	Mania	9 months	Friends	7 weeks	Improved	Favorable	Remains
9	38	M.	Married	Nov. 3	Moral Insanity	3 years	Town	9 weeks	Improved	Favorable	Remains
10	19	M.	Single	Nov. 4	Dementia	4 years	Friends	8 weeks	Improved	Favorable	Remains
11	53	M.	Single	Nov. 6	Dementia	40 years	Friends	8 weeks	Improved	Incurable	Remains
12	64	M.	Married	Nov. 7	Mania	8 months	Friends	8 weeks	Improved	Favorable	Remains
13	35	M.	Married	Nov. 7	Monomania	9 months	Town	4 weeks	Improved		Discharged
14	39	F.	Married	Nov. 9	Mania	4 years	Friends	8 weeks	Improved	Favorable	Remains
15	44	F.	Single	Nov. 14	Mania	20 years	Friends	7 weeks	Improved	Incurable	Remains
16	71	F.	Widow	Nov. 17	Mania	3 months	Town	7 weeks	Improved	Favorable	Remains
17	37	F.	Married	Nov. 18	Dementia	11 years	Friends	7 weeks	Stationary	Incurable	Remains
18	29	M.	Single	Nov. 18	Dementia	12 years	Friends	7 weeks	Improved	Incurable	Remains
19	55	M.	Single	Nov. 24	Incoherence	20 years	Friends	6 weeks	Stationary	Incurable	Remains
20	58	M.	Single	Nov. 27	Mania	7 years	Town	4 weeks	Stationary	Doubtful	Remains
21	47	M.	Married	Nov. 28	Dementia	31 years	Town	4 weeks	Improved	Incurable	Remains
22	25	M.	Single	Dec. 2	Mania	2 years	Town	4 weeks	Improved	Doubtful	Remains
23	42	M.	Married	Dec. 2	Mania	5 years	Town	4 weeks	Improved	Favorable	Remains
24	29	M.	Single	Dec. 10	Mania	2 years	Friends	3 weeks	Improved	Favorable	Remains
25	56	M.	Married	Dec. 16	Mania	20 years	Town	2 weeks	Improved	Incurable	Remains
26	16	M.	Single	Dec. 18	Mania	4 months	Friends	2 weeks	Stationary	Favorable	Remains
27	28	F.	Single	Dec. 29	Mania	6 months	Friends	3 days	Unimproved	Favorable	Remains
28	37	M.	Single	Dec. 30	Mania	12 years	Friends	2 days	Unimproved	Doubtful	Remains
29	32	M.	Single	Dec. 30	Mania	8 years	Town	2 days	Unimproved	Doubtful	Remains
30	29	M.	Single	Dec. 30	Incoherence	4 years	Town	2 days	Unimproved	Doubtful	Remains

REPORT.

Whole number of patients admitted into the Hospital from Oct. 14, to Dec. 31, 1840, inclusive:—

Males,	22
Females,	8—30
Old cases,	22
Recent,*	8—30
Discharged: { Recovered,	1
{ Improved,	1—2

Number remaining in the Hospital:—

Males,	21
Females,	7—28
Old cases,	22
Recent,	6—28

The prospect of those remaining in the Hospital:—

Favorable,	11
Doubtful,	7
Unfavorable,	10—28

Of the whole number of patients admitted into the Hospital, it will be observed by the preceding tabular exhibition, that a very large proportion are cases of long standing, many of whom are probably incurable.

The remoteness of Asylums for the insane, and the inconvenience or impracticability of their having been placed in such institutions, where they could have availed themselves of cura-

* We denominate those *recent* cases, which are of less duration than one year when admitted.

tive means, in the early stages of the disease, and perhaps a sufficient explanation of this melancholy circumstance.

In cases of insanity, of long standing, the bodily functions become associated with the morbid mental operations, while an organic disease of the brain often supervenes, leaving no possibility of a radical cure.

It is a fact too well known to need elucidation, that the insane cannot be successfully treated with curative means at their homes, and among their friends, and that well regulated Asylums alone afford the requisite facilities for restoring to health and reason that most unfortunate class of community.

“No disease, (says a celebrated Physician and philanthropist*) of equal severity, can be treated with greater success than insanity, if the remedies are applied sufficiently early.”

Although a large proportion of old cases may be deemed incurable, yet an individual who may have labored for years, under the wasting ravages of insanity, and by ceaseless ravings exhausted the mental powers, can scarcely fail to be improved in some degree, in his condition, when placed in an Asylum for the insane, and proper remedial means applied to his case, and surely the motive that would take a maniac, who has been incarcerated in a prison or dungeon for years, exposed to all the indignities and cruelties which are not unfrequently bestowed upon such individuals, who perhaps have scarcely any quality of man left but the human form, to recommend him to the sympathies of others, and place him in an Asylum, where he could receive proper care and kind treatment, is a motive laudable in the highest degree, and worthy a philanthropist and a christian.

An Institution like this, in its infancy, must *earn* before it can *secure* the confidence of the public. It cannot assume a factitious reputation. A large proportion of the insane received within its walls must be cured, and it will require a reasonable time to exhibit its utility. It must receive the

*Dr. Woodard, Physician and Superintendent of the State Lunatic Hospital, Worcester, Massachusetts.

most wretched that breathe the vital air—living monuments of the human mind laid in ruins—and restore them to the light of reason and the enjoyments of life. Then, and not until then, will be fully and justly appreciated the beneficence of the enlightened Representatives of the people of this State, who have made ample provisions for the relief and cure of the insane.

Since the opening of the Hospital, which has now been about eleven weeks, there has no circumstance or accident occurred, which has interrupted, in the least, the successful operations of the Institution. And although it may be deemed a task of no ordinary consideration to carry into effect its organization and internal policy, still I am happy to state that the Officers and Assistants in each and every department of the Hospital, perform promptly and faithfully the duties assigned them, and all move on together in harmony, manifesting a laudable zeal in promoting the best good of that unfortunate class of their fellow beings, for whom their services are engaged.

The Attendants who have the immediate and constant charge of the patients, we have selected and employed with especial reference to their morals, kind and conciliating manners, intelligence and industrious habits. The Matron, whose duties are arduous, is deserving much credit for the order and neatness constantly exhibited in her department; and the care and kindness she bestows upon the inmates of the Hospital.

The duties of the Steward have been more urgent since the opening of the Hospital than they ordinarily will be in time to come, yet they have been performed with unremitting attention and fidelity, and his services are highly appreciated.

We cannot withhold an expression of commendation due the intelligent Assistant Physician for the prompt and efficient services he has rendered the Institution.

Our most sanguine expectations have been more than realized in the improvements effected in so short a time upon the

condition of a very large proportion of the inmates of the Hospital. Much improvement has been made in their general bodily health, personal appearance and neatness of habits ; and while a good proportion are improving in their mental condition, there are several who have nearly recovered their natural soundness of mind, and will probably be detained but a short time longer in the Hospital. Those who have been admitted raving and violent have soon become quiet and peaceable ; the melancholy have become more cheerful, and the demented more comfortable : and, in short, the general aspect of our patients, when assembled together, is that of cheerfulness and comfort.

The following few cases in detail, may not be entirely uninteresting, as it will be seen that in cases of long standing, though they may not be cured, still they can be improved and made more comfortable by a residence in an Asylum for the insane.

No. 1—Is a young man aged 24, who had been insane two years, when admitted into the Hospital. At that time he was reduced to the last degree of emaciation, and filthy in the extreme. Incoherent conversation, and a haggard countenance, expressing something like wonder and rage combined, were the only indications of mind which he exhibited. His friends brought him to the Hospital without the most distant hope of his recovery, but expecting that death ere long would close the melancholy scene. We immediately placed him under the care of a kind and faithful attendant, and prescribed a course of medical and moral treatment, which, in a few weeks, restored him to the comfortable condition, shown by the following description. He sleeps well, appetite good, bodily health, strength and flesh very much improved ; is engaged in light labor about the Hospital during three or four hours daily, which he performs cheerfully ; converses intelligibly upon some subjects, conducts himself orderly at table, and is neat in his person and habits.

No. 2—Is a man aged 56, of a giant-like frame, and immense muscular power—was brought to the Hospital raving and roaring *like* a lion, and perfectly demoniac in his personal appearance. He threatened to lay the Hospital in ruins, and destroy every one that came in his way, should the least effort be made to interrupt his career. As he passed into the gallery the inmates seemed to shrink back with amazement and terror. We immediately obtained an interview with him in a room alone, and after a brief conversation, he promised to comply with all of our requisitions. He was placed under a regular course of moral and medical treatment, and has fulfilled his promise by cheerfully complying with every request which we have since made of him. His mind did not immediately become calm, but continued in commotion, slowly and gradually abating its rage. He is now calm and pleasant, and conducts himself handsomely and orderly on all occasions. He has been insane a long time, and served an apprenticeship of several years at the business of clanking chains in prisons and dungeons.

No. 3—Is a woman aged 39; had been insane four years when admitted, and had been confined in a cage for a long time. When brought to the Hospital, her general health was considerably impaired, and her "shattered mind" in a state of excitement. It is now about eight weeks since she was placed under our care. Her general health is restored, her conversation is rational, and she manifests the power of perfect self control. She is engaged during several hours every day, in assisting in the female labor of the institution, and expresses much gratitude for what has been done for her recovery. She will probably be detained in the Hospital a few weeks longer, for the purpose of establishing and confirming her cure.

Most of the male patients are engaged a short time every day, in preparing wood for the fires, and other light labor about the Hospital, and such of the convalescents as can work with joiners' tools, are occasionally accommodated in our work shop.

And several of the female patients are engaged a portion of the time daily, in assisting in the labor of the kitchen.

As a moral regimen, in the treatment of insanity, manual labor is of immense importance. While it improves the bodily health, it withdraws the attention from illusive fancies, which disturb and agitate the feelings, and fixes it on purposes associating the idea of utility. Thus accustomed, the mind has an opportunity to resume its natural manifestations.

The Farm belonging to the Hospital will afford, in the season of labor, ample opportunities for the employment of patients. The general course of treatment, which we pursue with our patients, is such as was introduced by Pinel, and somewhat modified by subsequent writers. We make the least possible application of coercive or restraining means, and have found, that in almost every instance where there was mind enough left to appreciate an idea, that it has been sufficient to induce them to comply with our requisitions; just to give them clearly to understand that there is power sufficient to control them vested in those who have the charge of them.

In all of our intercourse with the patients, we treat them with the most careful attention, gentleness and kindness, and they readily learn that we are their friends and protectors. Thus treated, the raving and violent become calm, and the gloomy and despondent cheerful, giving an opportunity for the light of reason to be rekindled in the mind, and the general health to be restored.

Nearly all of our patients attend the daily evening religious exercises conducted in the Hospital, and almost without an exception manifest much pleasing interest in the subject. The service consists in reading a portion of sacred scripture, in which the Officers, Attendants and many of the patients unite. A prayer, and the singing a hymn or psalm.

We have recently commenced arrangements to have preaching in the Hospital, weekly, on the Sabbath, for which purpose the Clergymen of different denominations in the vicinity will be invited to officiate in rotation.

The remedial influence, which the insane derive from a regular attendance on discreetly conducted religious services, probably can never be too much lauded. The Religion of HIM, whose advent was proclaimed by a message of peace on earth and good will to men, can never, when *appreciated*, fail to soothe and calm the stormy commotions of the human mind.

Our bill of fare for Officers, Assistants and Patients, is the same throughout the Hospital, except in such cases as when a diet is medically prescribed.

The abundant supply of water and means of ventilation afford ample facilities for carrying into effect the most rigid rules of cleanliness and purity of air, which we regard as indispensable requisites in the successful management of the Institution.

Much attention is devoted to the personal cleanliness of the patients and the neatness and comfort of their clothing. Many of our patients are fond of reading. With some it has a beneficial effect, in such we encourage the practice ; but our means of accommodation are *limited*, as the Hospital has no Library. A small, but well selected Library for the present use of the patients, would be a valuable acquisition.

We will embrace this occasion to express our grateful acknowledgements to the editors of the OLIVE BRANCH, PISCATAQUIS HERALD and TEMPERANCE GAZETTE, for their very kind charities, in forwarding several numbers of their interesting and valuable papers.

C. KNAPP, *Superintendent.*

MAINE INSANE HOSPITAL, *Augusta, Dec. 31, 1840.*

The remedy is not, which we mean, to have a
 regular attendance on directly constituted medical
 officers, but to have a more judicious selection of
 them, whose duty was previously to be a matter of
 course, and who will be more likely to be
 to the service of the Army, and to the human mind.
 Our bill for Officers, Assistant Surgeons, is the
 same throughout the Hospital, except in such cases as when a
 medical officer is required.
 The standard supply of water and means of ventilation added
 ample facilities for carrying into effect the most rigid rules of
 cleanliness and purity of air, which we regard as indispensable
 requisites in the successful management of the Institution.
 Much attention is devoted to the personal cleanliness of the
 patients and the neatness and comfort of their clothing. Many
 of our patients are fond of reading. With some it has a bene-
 ficial effect, in such we encourage the practice; but our means
 of accommodation are limited, as the Hospital has no library,
 a small, but well selected library for the present use of the
 patients, would be a valuable acquisition.
 We will embrace this occasion to express our grateful
 acknowledgments to the editors of the *Quaker Bazaar*,
Providence Herald and *Tampawong Gazette*, for
 their very kind charities, in forwarding several numbers of their
 interesting and valuable papers.

G. KNAPP, Superintendent.

Maine Female Hospital, Bangor, Dec. 31, 1840.

SYSTEM OF REGULATIONS,

FOR THE

MAINE INSANE HOSPITAL,

ADOPTED BY THE

GOVERNOR AND COUNCIL.

SYSTEM OF REGULATION

OF THE

MAINE INSANE HOSPITAL

ADAPTED BY THE

GOVERNOR AND COUNCIL

DUTY OF OFFICERS.

DIRECTORS.

There shall be appointed by the Governor with the advice and consent of Council, at the commencement of each political year, three Directors, but the Director first named in the commission shall not be re-appointed in the succeeding year, and the Directors so appointed shall hold these offices until others be appointed in their stead.

The said Directors shall take charge of the general interests of the Institution, and see that its affairs are conducted according to the directions of the Governor and Council and the by-laws and regulations which are established for the internal government and economy of the Institution.

There shall be thorough visitations of the Hospital monthly by one of the Directors, semi-annually by a majority of them, and annually by the whole board; and at each visitation a written account of the state of the Institution shall be drawn up, which shall be presented at the annual meeting to be held in the month of December; and at the said annual meeting a full and detailed report shall be made, to be laid before the Governor and Council during the first week of the then next session of the Legislature, exhibiting a particular statement of the condition of the Hospital, and of all its concerns.

SUPERINTENDENT.

The Superintendent shall have the general supervision of the Hospital and the property connected therewith, the charge of the patients, and the direction and control of all persons therein, subject to the regulations of the Board of Directors.

He shall visit all the patients as often as it may be deemed necessary, and shall administer such medical, moral, and physical treatment as may be best adapted to their relief.

He shall cause to be kept a record of the name, age, and residence of each patient, time when received and removed, whether cured or relieved, whether eloped or dead, and if dead, from what cause.

At each monthly visit he shall exhibit all the records of the Institution, and at the annual meeting of the Directors he shall give a tabular view of the Institution for the year, deduced from the records of the same.

He shall see that suitable assistants are appointed—remove them for good cause, and secure their faithful observance of the rules that may be prescribed for the internal police of the Institution.

STEWARD.

The Steward, under the direction of the Superintendent, shall employ and pay all assistants, and shall make all purchases for the Institution, and be responsible for their safe keeping and proper use.

He shall keep correct accounts of all receipts and expenses and of all charges on account of any patients, and submit them with his vouchers to the “Board of Directors,” at their semi-annual meetings; and to ensure the faithful discharge of his official duties, he shall give good and sufficient bonds to the State in the sum of two thousand dollars.

It shall further be his duty, under the direction of the Superintendent, to spend such part of his time as may be consistent with his other duties, in the hall of the male patients—see that their rooms are properly cleansed and ventilated—that their food is properly prepared and served up to them—that they have such exercise and amusements as may be allowed or directed them—that the male attendants observe the rules and regulations of the Institution, and, in all respects do their duty.

He shall show to visitors the grounds and such parts of the building as may be open for public inspection, and shall give such general information respecting the Institution as may be proper.

He shall see that the buildings are closed and opened, and that the assistants and patients retire to rest and rise at suitable hours. He shall devote his whole time to the interests of the Institution, and perform all duties which may properly fall within his sphere.

MATRON.

The Matron will have the particular charge of the female patients—will remain with them as much as possible—direct the nurses in their duty—see that the inmates are kindly treated—that their apartments are kept clean and in order, warmed and ventilated, and their persons and clothes neatly kept. She will also superintend the cooking, washing and ironing, and see that every duty within her department is properly performed.

She will devote her time to the interests of the Institution, and spare no effort to promote the comfort and recovery of the patients.

ASSISTANT PHYSICIAN.

It shall be the duty of the ASSISTANT PHYSICIAN, to take care of the office. He shall see that the medicines prescribed by the Superintendent are properly prepared and administered, and ascertain as far as may be, the effect of the same. He shall see that the patients are kindly and properly treated; shall frequently visit their apartments, and assist generally in their medical and moral treatment. In the absence of the Steward, he shall show the Hospital to visitors. He shall, if required by the SUPERINTENDENT, keep a record of all

patients admitted and discharged ; of all deaths, and of all cases under actual treatment. He shall assist in the correspondence of the Institution and perform such other duties as may be required of him in connexion with the medical department of the Hospital.

ATTENDANTS AND ASSISTANTS.

DUTY TO OFFICERS.

It is expected that each individual employed in the Hospital will readily and cheerfully perform all the duties required of them by the officers ; and they must be treated with respect on all occasions.

DUTY TO EACH OTHER AND TO THEMSELVES.

Self respect is enjoined upon all ; each person is responsible in his or her department, and should strive to do all the duties of it to general acceptance.

Patients will look to attendants for good examples, and they must be careful not to set bad ones. The dress of the attendants must be neat and clean. They must use no profane, obscene or vulgar language. They must treat each other cordially and civilly, never indulge in loud talking or laughing, nor play at any game together, nor with the patients, without leave from the Superintendent.

DUTY OF ATTENDANTS TO PATIENTS.

The attendants are to treat the inmates with respect and attention ; to greet them at all times with kindness, and show

such other attentions as will evince an interest in their welfare. Under all circumstances, the patients must be treated kindly and affectionately—must be spoken to in a mild and gentle tone of voice—soothed and calmed when irritated, encouraged and cheered when melancholy and depressed. Should the attendants be provoked by insults and abusive language, they must keep cool, forbear to recriminate, to scold or irritate or dictate in language of authority, unless absolutely necessary ; must never lay violent hands on a patient except in self defence, or to prevent his injuring himself or others, and under no circumstances whatever must he inflict a blow on a patient. He must maintain his authority by dignity of deportment, and never cower or suffer himself to be looked out of countenance. The muffs, the mittens, wristbands or any other means of restraint are never to be used unless by order of the officers. One attendant must always be in the gallery with the patients, and he must not leave except to take his meals and to prepare the food for the patients, under any circumstances but when relieved. An attendant must always be present at the meals, carve the food and distribute it to such as are not competent to do it for themselves, and to see that each one has his proper supply. He must also be careful that no knife, fork or other article be carried from the table by the patients, for which purpose he shall regularly count those in use.

On rising in the morning, the attendants must see that the patients are properly washed, their hair combed, that they may be decently dressed for the day in season for breakfast.

The attendants must never ridicule the patients, nor mock nor irritate them, to wound their feelings ; and if the patients engage in any improper topic of discourse, or any controversy, they must in the most gentle manner check it : if this fails, they must interfere, and not let the quiet of their gallery be disturbed.

The attendants must never place in the hands of the patients any razor, knife, scissors, or other dangerous instrument, with-

out permission of the officers ; and they must see that no weapon whatever gets into the possession of the patients. Male attendants must shave the men under their charge.

DUTY TO THE INSTITUTION.

The attendants and assistants must never leave the Hospital without permission from the officers, and always return by nine o'clock in the evening, unless leave be expressly given to stay out longer. When abroad the conduct or conversation of the patients must not be reported.

It is expected that all attendants and assistants that can be spared from the galleries, will attend the religious services that may be conducted in the Hospital.

No company shall be admitted into the galleries occupied by the patients, at any time, except by express permission of the Superintendent. But all other parts of the Hospital may be exhibited by the Steward, Matron or Assistant Physician—and it is expected that great respect and attention will be shown to strangers who visit the Institution.

No attendant or assistant, while connected with the Hospital, shall at any time make use of distilled spirits of any kind, at home or abroad : neither shall any tobacco be used nor cigar or pipe smoked about the premises.

The attendants must look well to all doors connected with the galleries at bed time, see that the patients' doors are carefully locked, and the doors communicating with the centre building all fast bolted ; and also take care of all lights, keeping one in his own room or adjoining entry, always burning in the night.

The attendants must never give up the key of the gallery, nor let any person into the halls without permission ; and no male attendant shall enter a female gallery without permission of the officers.

Visiting from gallery to gallery, and especially to the kitchen, without business, is a violation of duty.

No attendant must be absent any evening in the week, without permission.

GENERAL DIRECTIONS.

Every patient must be in charge of some responsible individual at all times, unless permitted to be at large by the Superintendent. And when taken from the galleries by any person, that person is responsible for their safe keeping till returned to the halls, or entrusted by the officers to the care of another.

No patient is permitted to go out of the wings without the consent of the officers, and no new patient without the order of the Superintendent.

The whole time of all the attendants and assistants belongs to the Institution. This does not prohibit each individual from attending to his or her clothing; but to no other service can they devote any time; nor can they receive any compensation for their labor, excepting their regular wages, but by express permission of the Superintendent in each case.

ADMISSION OF PATIENTS.

Patients admitted to the Institution must come provided with at least two strong cotton shirts—a coat, vest, and pantaloons, of strong woolen cloth, two pairs of woolen socks or stockings; one black stock; a hat or cap, and one pair of shoes or boots.

The females must have at least the same quantity of under clothes, including shoes and stockings, a decent bonnet and two substantial dresses. In both cases the articles must be

new and in good condition. The woollens must be of a dark color.

The patients offered for admission must be perfectly neat and clean in their persons, and free from vermin and infective diseases.

The price of boarding, washing, medicines and attendance, shall vary according to the trouble and expense incurred in the judgment of the Superintendent, not to exceed three dollars, nor be less than two dollars, per week.

Before any patient shall be received into the Institution, except when sent by towns, a good and sufficient bond will be required for the payment of all expenses that may be incurred for each patient, including board, and such articles of clothing as it may become necessary to furnish.

For the admission of patients sent by towns, a written request for such admission, signed by the Overseers of the Poor, will be required.

FORM OF BOND.

KNOW ALL MEN BY THESE PRESENTS, That we,
of in the County of
as principal, and of
in the County of as sureties, are held and bound
unto Steward of the Insane Hospital,
at Augusta, or to his successor in said office, in the sum of
to the payment of which sum
well and truly to be made to him, the said
or to his successors in said office, we bind ourselves, our exec-
utors and administrators, firmly by these presents.

Sealed with our seals, and dated at
this day of A. D.

The condition of the above obligation is such, that whereas,
of in the County
of is about to be admitted as a boarder and
patient to the Institution aforesaid; now if the said
shall pay to said

or to his successor in said office, such sum per week for the board, washing, medicine, and attendance, according to the trouble and expense incurred for said patient, in the judgment of the Superintendent for the time being, not to exceed three dollars, nor be less than two dollars, and pay for all such necessary articles of clothing as shall be furnished said

by the said _____ or his
successor, and remove the said _____

from said Institution, whenever they shall be thereto in writing requested by the Superintendent for the time being—and shall also pay a further sum, not exceeding fifty dollars, for all damages that may arise from injury to the furniture and other property of said Institution, by said and for reasonable charges that may be incurred in case of the elopement of said

elopement of said Payments to
be made semi-annually and at the time of removal, with inter-
est on the amount after it becomes due as aforesaid, then this
obligation to be null and void, otherwise to remain in full force
and virtue.

STATE OF MAINE.

IN SENATE, January 14, 1840.

ORDERED, That 1000 copies of the foregoing Report be printed, for the use of the Legislature.

[Extract from the Journal.]

ATTEST, DANIEL SANBORN, Secretary.

