

To His Excellency the Governor of  
Maine, and to the Honorable Council  
Gentlemen -

To complete the twelve months report of  
the Maine Insane Hospital, required by the Statute, it  
devolves on me to inform you of its condition from  
the 1<sup>st</sup> February 1851, to the 31<sup>st</sup> March of the same year,  
inclusive, a period of two months not embraced in the  
report of Dr James Bates late Superintendent

Signal as has been the destiny of this noble monumen-  
-tal structure of Christian benevolence & philanthropy, we  
have great reason to be thankful to Almighty God for  
bringing us safely through the unparalleled vicissitudes of the  
past year of Hospital life

Taking into account the embarrassments & inconveniences  
of the dilapidated buildings & all the adverse circumstances  
connected with the Hospital affairs; the past two months  
have been as successful & prosperous as could reasonably be  
expected. Indeed our hopes & expectations have been more than  
realized, in the comfort & happiness we have been able, through  
the blessing of a benignant Providence, to bestow on the un-  
-fortunate persons under our care

Owing to the crowded condition of the north wing, the  
increasing number of patients & the furious & maniacal state  
many of them are in, we have been obliged, - contrary to our  
wishes as it ~~has been~~, to occupy the detached brick building called  
the Cottage, or refuse to receive patients. Even then we have not



been able to admit all the applicants - In one instance we were under the necessity of refusing the patient - on account of not having a convenient & proper place to put him.

Our classification which we consider one of the most important considerations in the management of the insane, has been so limited, that it will appear obvious to every one that our successful operations must have been seriously checked by it. It has been impossible to prevent the quiet & convalescent patients from being annoyed by the more excited & noisy ones. We have been obliged to content ourselves with making only two classes of each sex. The middle & lower galleries of the north wing are occupied by male patients & the upper gallery & Cottage are occupied by females.

There were remaining in the Hospital on the 1<sup>st</sup> February 1851, fifty two patients; thirty two males & twenty females. There have been received since thirteen - six males & seven females; making a total of sixty five patients who have been under treatment.

Of these, nine have been discharged, six males & three females, of which four appeared sane, three males & one female, two were improved, one male & one female - one female was unimproved, and two males <sup>have</sup> died. Leaving in the Hospital on the 31<sup>st</sup> March, fifty eight patients, thirty four males & twenty four females.

Of the two deaths, one died of serous apoplexy, after a residence of a little more than two months with us - the other of pulmonary consumption from which he was seriously suffering before he came to the Hospital and was apparently in the last stages of the disease when he arrived. ~~here~~ <sup>the note to some extent</sup>



The civil condition of the patients we have treated is as follows Twelve males & fifteen females are married, twenty-three males & eight females are single, three are widowers, & four are widows. Their ages are between fourteen & eighty-six. And the largest proportion belong to the laboring class. Twenty-one of them; thirteen males & eight females have no legal residence in this State and are receiving their support from the State Treasury: all but three of these are foreigners, and we may safely give the opinion, with the exception of two or three, ~~that~~ there is little or no probability that any of them will ever be any better, either in body or mind, than they now are - Consequently their sad & unfortunate condition will have to be provided for by the State so long as they continue the rounds of this "mortal coil".

It may not be deemed improper, perhaps that we add to this brief statement, a few words of a general character on the causes of mental derangement, its treatment and the rebuilding of the Hospital.

The causes of insanity may properly be divided into the remote & immediate. Under the former will be found that peculiarity in the structure of the brain, which is transmitted from parent to child, called hereditary predisposition, the most important & by far the largest number of cases <sup>(from any one cause)</sup>. There is no other one thing in the study of insanity, deserving more attention than this undeniable fact, although it never of itself produces the disease, when it strongly exists, the most trivial circumstance <sup>-cc</sup>



will develop it, while the same cause brought <sup>to</sup> bear on others not possessing this inherent constitutional tendency will pass unscathed by the shafts of this worst of human ills

We not unfrequently find the germ of the disease ~~hidden~~ <sup>latent</sup> in its lair, dormant, reposing in some of the "countless chambers of the brain": through a long life of insane parents, children, peering up perhaps now & then, in the form of some oddity or eccentricity, and rousing from its silent slumbers in the succeeding generation, to perform its work of misery & woe

It is undoubtedly a fact that the mother is more likely to transmit the predisposition than the father & a good deal more likely to transmit it to daughters than to sons, while the father most frequently transmits it to the sons

In looking over our records we find, of the eight hundred forty-nine persons who have enjoyed the benefits of the Hospital since it was first opened, three hundred ninety two were hereditarily predisposed to insanity

The various exciting or immediate causes which were supposed to have developed the disease in these three hundred ninety two cases, were ill-health, intemperance, domestic trouble, loss of property, death & sickness of friends, religious excitement, over exertion, too close application to study, masturbation, disappointed affection, ungoverned passion, repelled eruption of the skin, puerperal state, epilepsy, fright.



loss of sleep, paralysis, mesmerism, novel reading and many others so obscure as to be unascertained.

To all of these & the following causes were attributed the remaining four hundred fifty seven cases, blows on the head, Coup de soleil or direct rays of the sun, catarrh in the head, fear of future punishment, Aroostook war, excitement of law suit, desertion & Fourierism.

That were the circumstances during the life of the four hundred fifty seven persons not insanely predisposed by hereditary formation of the brain, which rendered them peculiarly susceptible to mental derangement, we are not able to say. But that there were in each person's life, circumstances & causes operating, covertly perhaps, on the mind or brain, up to the time insanity burst forth in all its dreadful scenes, cannot be doubted.

Errors in the early training & education of children such as unduly tasking the young intellect, encouraging & pushing the precocious for the praise & honor of great efforts of mind & memory, too free indulgence & too much liberty, omitting the principles of virtue & permitting them to follow in the paths of vice; in fine neglecting all those rules of education which are most conducive to the well-being of the human mind, predisposes it to insanity.

Then a choice of profession is made for a son, or



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if he makes it himself, it is not unreasonable to pay  
some attention to the qualities of his head in relation to  
mental disease. The current of life is not unfrequently  
ruffled & disturbed by the want of adaptation of profession-  
-al pursuits to the state of the mind at the time at which  
they are entered upon. The necessary educational prep-  
-arations are made & the time fixed for entering on the  
professional race, as if the development of adequate  
power & the sobering of antagonist tendencies took  
place at the same time with all. Whereas these  
chapters of human life open at very different pages  
with different persons. Meantime the potent voice  
of public opinion sits in judgement & determines his  
reputation according to the presentation which he makes  
at whatever time his course is thus arbitrarily  
opened. The disappointments, occasioned by a false  
start in the great arena of life spread their influ-  
-ence through its whole course. Unwelcome as is the  
thought, the period at which these irremediable  
errors occur is that in which they are in truth  
most pardonable.

Among the assigned exciting causes of insanity  
enumerated above is Religious excitement.

Religion, unalloyed, when brought rightly & wisely  
before the human mind, especially in early life &  
during the process of education, but rarely if  
ever induces insanity. On the contrary it is one  
of the best safe guards, against the invasion of this  
terrible disease. It strengthens the tendency to hope,



removes doubts & distractions, supercedes all regrets calculated to unsettle the influence of the will, explains our doubts & reconciles us to them, calms every rising storm of passion and thus not only guides but supports us as we travel through the "weary maze of life"

Intemperance is a fruitful source of insanity many, very many cases are brought on not only directly but indirectly by this pernicious habit - could we believe that none were driven to madness but those on whom the poisonous cup operates directly, the subject would need, comparatively, but a passing notice. But when we see the fond & dutiful wife who entered the "holy alliance" of wedlock with high hopes & expectations of a long & happy life, crushed & bowed to the earth, & reason dethroned by the cruelty & beastliness of a drunken husband, poverty, disappointment and all the attending evils when we see the kind & doting parent, the mother, by continued anxiety & sleepless nights on account of a dissipated son, driven to despair & melancholy, dark as the noon of night - when we see the increased liability to insanity & idiocy in children of intemperate parents, possess over others, by inheriting a degenerated brain & nervous system, I say when we see all this, it makes us shrink & tremble with horror and we can but lift the warning voice against an evil so fraught with its almost numberless ills



The treatment we have had recourse to in the management of those committed to our trust is in all essential points the same as that adopted in similar Institutions in this & other countries. It may properly be considered under two heads, the medical & mental treatment.

The medical treatment consists in the judicious & proper application of those remedial agents which each particular case seems at the time to require - Our aim being to assist nature in repairing the physical health & restoring "functional harmony".

Depletion is but seldom required in this disease - more especially is this true of those who come to the Hospital, the acute & more active stage of the disease having previously passed. Blood-letting is very rarely resorted to. In the incipient stage topical bleeding may be employed in some cases with marked benefit & sometimes general bleeding proves salutary, but as a general rule it is more pernicious in its effects, than productive of good.

Drastic cathartics we find are generally objectionable on account of the debility & nervous irritability of the system which they serve to increase, rather than lessen.

Laxatives & the milder cathartics we use more freely, as they serve better to regulate the stomach & bowels - an emetic given occasionally renders valuable aid in bringing about this important result.

Blisters, scotons & other counter irritants are valuable & efficient agents in certain cases & are not lost sight of by us in the treatment of this malady.



But our main reliance is on those articles of the *Materia Medica* which come under the head of tonics, sedatives, narcotics & revolutionists

Particular attention is paid to the skin which is usually in a dry & husky condition with the insane Warm or cold bathing as the case seems to indicate & thorough friction, are potent means in use to restore this great emunctory to its natural & healthy functions

We allow our patients a plain, generous & nutritious diet, prescribing in all cases, requiring it, a particular regimen

In order to arrive at definite conclusions in the treatment, it is important & proper that we understand all the known facts & circumstances connected with the rise & progress of the disease - that we be made acquainted with the former history of the patient, his previous pursuits, his domestic & social relations & his civil condition - that we examine the various organs of the body & their functions to learn, if possible, how far & in what respects the disease is produced by physical, mental, or moral causes whether singly or combined & what are the particular indications in each case

We often find some difficulty in obtaining a full & accurate history of those brought to us for treatment. They come to the Hospital, often, not with their



nearest relatives, who know all the facts + circumstances connected with the derangement, but with a neighbor or some stranger, who can best display his tact + power of deception in decoying the unfortunate sufferer to his new abode + who can give us but a meager account of the case in charge, or if the friends come with him, from some cause or other, either they ~~consider~~ consider them of little moment, or from some delicacy or false pride, keep back part of the facts connected with the case. Sometimes the assurance that there is no insanity in a given family is made with more earnestness than that there is no consumption in it. People do not like to consider themselves obnoxious to this disease."

Then we have a large number of foreigners of whose history we can learn nothing satisfactorily.

Having thoroughly investigated the case and discriminated the particular indications, the same general principles will apply in the application of remedies as in other diseases.

Next in importance if not equally so, is the mental or moral treatment, as it is usually termed.

This as Jacobi remarks "may be summed up in two words Kindness + Employment". It consists in all the curative influences brought to bear on the deranged mind - allowing all the liberty + indulgence compatible with the well-being of the patients - classification + amusements - stated religious services - encouraging self-respect + self control - direct



appeals to the affections by means of kindness and sympathy - conversation & social intercourse - scrupulously regarding all those little nameless, every day details which affect personal comfort.

Some useful employment is by far the most salutary means yet devised to win back the light of reason. It gives the patient an appetite to relish his food & by the fatigue attending ~~it~~ promotes repose and refreshing sleep.

All of our patients whose health will permit are solicited to take part in some useful physical labor. They are never compelled to labor. The men work on the farm, about the house, in the garden. Those who are mechanics work in the shop with the Carpenter. The women employ themselves in some of the household duties, in knitting or sewing. Some spend their time in reading newspapers & books from the Hospital library, others engage in the various amusements of the ward. In pleasant weather they go to walk or take a drive. The males who are not able & do not choose to labor, walk & take exercise in the open air every fair day. When in the wards they amuse themselves in reading, writing and the different games with which the apartments are supplied. They also find much amusement & healthful exercise in our new Bowling Saloon where they spend several hours each day.



Our inmates suffer more in winter for the want <sup>exercise</sup> of ~~fresh~~ <sup>fresh</sup> employment than in Summer. They are necessarily more confined to the house in the winter & as they have less out-door exercise, much skill & ingenuity is requisite on the part of officers & attendants to keep their minds pleasantly & healthfully employed.

Religious exercises are held every evening in the dining hall of the main building, where the inmates congregate at the ringing of the bell. These exercises have a luminant & salutary influence on the minds of the patients. Sabbath evening a practical sermon is read in addition to the week-day service.

It is obvious to every one who has had any degree of experience in a Hospital for the insane, that the most judicious parental government & the best mode of management required for the mind diseased, differ in no essential points. The same motives & feelings which actuate a kind father in the good government of his children will prove equally applicable & efficient in the care of the insane.

In every well regulated Institution of this kind there must be a code of discipline based upon kindness & protected by firmness. To sustain such a code none but a corps of intelligent, kind philanthropic attendants must be employed - attendants who will make insanity their study - who will devote all their time & all their energies to ameliorate the condition & promote the comfort & happiness of the unfortunate fellow beings.



placed in their immediate trust & who look for a higher remuneration for their labor than the paltry sum of a few dollars & cents - an opportunity. ~~We are~~ happy to say we have secured attendants of the first order, some of whom have been employed as school teachers. We would by no means have it understood that they are infallible - that they never become irritated & vexed; never give an unkind look or speak an unpleasant word to a patient, under any circumstances.

But we would have it generally understood that they share with the rest of mankind, the "imperfections & shortcomings" incident to human nature. Neither is there anything peculiar in our Hospitals which mysteriously transforms those who engage in this particular branch of employment, "from men & women into angels", or "on the other hand", as some ~~poor~~ faint believe, metamorphose them into tyrants & demons.

Says a distinguished Superintendent of one of our best New England Institutions for the insane, on this subject - "Imperfection & short coming are incident to every thing human and if occasionally an attendant should so far forget or disregard his obligations as to utter a harsh word or use unnecessary force no sensible man would consider the fact as enough



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to outweigh the numberless benefits conferred by these institutions. To expect that a young person without any extraordinary moral endowments or any special preparation for the duty, can bear day after day & hour after hour, week in & week out, the incessant & systematic efforts of one whose power for mischief is only heightened by disease to tease & irritate him & never loose <sup>his</sup> patience is to expect a phenomenon not often witnessed in any other department of life"

Our attendants are young men & women from respectable & intelligent families in the community & possess as big hearts & as sound morals as any of the hard working yeomenry of Maine.

In relation to the reversion of the Maine Insane Hospital little need be said by me as the subject will be elaborately presented by the Trustees & others. Suffice it for me to say, briefly, that the indispensableness of a home for this suffering class of community, is obvious & undoubted - the wants of the public demand it - the reputation of the Commonwealth asks it - humanity cries aloud for it - our friends & fellow citizens bereft of reason call loudly for it - And where shall we find a better object, a nobler charity, more "heavenly & divine" on which we can "cast our bread" & find it after many days.

It is conceded by all who have investigated the subject that insanity is fearfully on the increase in our land,



especially is this true in the northern & New England States

The hazard the opinion that could an accurate census be taken of the insane & idiots who are incapable of taking care of themselves in Maine, the proportion would be found to be one in every three hundred of its inhabitants and the same melancholy fact we believe would obtain, in all the other New England States

No station or condition ~~or condition~~ in life seems to present an entire immunity from the shafts of this dire disease. The old & young, the rich & poor, the high & low, the ignorant & the man of letters, are all liable to be seized with insanity. And there is not a man, woman or child in this peaceful & happy State, who may not need the quiet abode of this or some other retreat for minds diseased. Says an eminent Superintendent of a Lunatic Asylum in a neighboring State. "Every year some of our best minds become deranged & a retreat from the cares & troubles of life is sought for them in the Hospitals of the country, which shield them from many sources of affliction, & afford them increased chances of recovery"

Maine has done much for its citizens, not only in this department of benevolence, but in all the benevolent enterprises of the day. Her Treasury has ever been freely & bountifully opened to all the calls of her unfortunate & suffering sons & daughters. Private beneficence has not been slow in opening its munificent hands,



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in this channel of good Let us not be weary in well doing. Though misfortune has overtaken us & crippled the benevolent designs of the noblest Institution in the State, let it be rebuilt, let not its dilapidated & crumbling walls remain a memento of unprosperousness. The resources of the State are ample & the good sense of the people I am persuaded will consider this heaven-born charity in a favorable light & provide a home for the poor Lunatic.

Do any doubt the feasibility & benefits of such an Institution? We can only refer them to the four hundred fifty two citizens of Maine who have left this Hospital restored, through the blessing of God, to reason & usefulness, during the ten years it has been in operation, as the strongest evidence in favor of its practicability.

This I doubt not is sufficient of itself to convince any reasonable mind, without alluding to the amount of suffering, misery & woe which has been mitigated in the incurable insane, and the relief & comfort conferred on their friends.

In conclusion permit me, through you, to express my thanks, in behalf of the inmates of the Hospital, to all those Editors who have continued to send us their news-papers. The amount of good these printed sheets confer on the patients is by no means inconsiderable.

Many will read a news-paper who will not read a book especially if the paper is from the vicinity of their homes. Could the Editors see how many weary hours of the



inmates time their papers serve to require, they would be more than compensated for all their trouble

I would express sentiments of gratitude to Edward Tennes Esqr. of Augusta for frequent packages of papers & a box of "The District School as it was" Also to J. Berton Esqr. of the same place for bundles of papers & pamphlets

To the Board of Trustees I would make my most grateful acknowledgements for the confidence they have reposed in me by leaving so important & responsible a trust in the care of a servant so unworthy

The Steward & Matron who have faithfully & indefatigably performed their respective duties & heartily cooperated with me in the arduous duties of the Hospital have my warmest thanks

We are under great obligations to the attendants & assistants for their faithfulness & vigilance in their respective departments of duty & for their respect & kindness to us

Chured with the hope of a blessing from Heaven & the good will of men, we commence another year with the onerous duties of administering to the wants of the poor unfortunate persons deprived of their reason

Insane Hospital

Henry M. Charlton

March 31, 1851



Extract from the Regulations of the Hospital.

Male patients admitted to the Institution must come provided with at least two strong cotton shirts - coat, vest + pantaloons, of strong woolen cloth - two pairs of woolen socks or stockings - one black stock - a hat or cap - + one pair of shoes or boots

Females must have at least the same quantity of underclothes including shoes + stockings - a decent bonnet - + two substantial dresses. In both cases the articles must be new + in good condition. The woollens must be of dark color

The price of boarding washing medicines, + attendance is fixed at two dollars pr week for all indiscriminately

No person over twenty-one years of age can be received without the certificates required by the act of 2<sup>d</sup> August 1847



# Form of Certificate and Order for Admission

To the Superintendent of the Maine Insane Hospital

On complaint of — of — that — of — is insane, and is a proper subject for the Insane Hospital, we have made due inquiry into the facts, as required by law & are of opinion that said — is insane and that the comfort & safety of said — & others would be promoted by a residence therein. We therefore certify that said — is insane & you are hereby ordered to receive & detain — in your care until — shall become of sound mind or be otherwise discharged by order of law

We also find that — was residing, commorant or found in the town of — at the time of the arrest or examination

Dated at — the — day of — A. D. 185

— } Selectmen of the town  
 — } of — (Justices &c  
 — } as the case may be)



Know all men by these presents That we —  
 of — in the county of — as principal, and —  
 of — in the county of — as surety, are held  
 & bound unto — — Steward of the Insane Hospital  
 at Augusta or to his successor in said Office, in  
 the sum of two hundred dollars to the payment  
 of which sum, well & truly to be made to him  
 the said — —, or to his executors & administra-  
 - tors firmly by these presents

— this — — Sealed with our seals & dated at  
 — this — day of — A. D. 185—

The condition of this Obligation is such, That whereas —  
 of — in the county of — is about to be admitted  
 as a boarder & patient to the institution aforesaid;

Now if the said — — shall pay to said —  
 — or to his successor in office ~~two~~ dollars per  
 week for board, washing, medicine & attendance  
 and pay for such necessary articles of clothing  
 as shall be furnished to the said — — by the  
 said — —, or his successor, and remove the  
 said — — & for reasonable charges that may  
 be incurred in case of the elopement of said — —

Payments to be made semi-annually, & at the  
 time of removal, with interest on the amount  
 after it becomes due as aforesaid: then this ob-  
 - ligation to be null & void, otherwise to remain  
 in full force & virtue

Witness

[L. S.]

[L. S.]



# Questions

To be answered in writing by the patient's family or physician

1. Age?
2. Married or single?
3. Occupation?
4. How old at first attack?
5. Date of present attack? What appearances?
6. What changes since?
7. On what subjects?
8. Any rational intervals?
9. Any relations ever insane & who were they?
10. Ever attempted suicide or homicide? & in what manner?
11. Destruction to clothes or property?
12. Disposed to filthiness of person or habits?
13. Any restraint or confinement been applied? If so, what?
14. If former attacks, how many, & how long?
15. What natural peculiarities? power of self control? Temper? disposition? predominant passions? disappointments as to property, affections wounded pride loss of friends, family troubles, intemperance in use of ardent spirits tobacco &c.
16. History of any bodily disease, especially suppressions of evacuations, eruptions, sores &c. Injuries, Epilepsy Palsy &c



17. What are supposed to have caused the attack?
18. What curative means have been tried? State particularly if blood-letting has been resorted to; if so to what extent?



Wm. M. Chapman  
Chas. H. Cook.  
1857