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THIRD ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL,

AT TAUNTON.

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DECEMBER, 1856.

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BOSTON:

WILLIAM WHITE, PRINTER TO THE STATE.

1857.



# Commonwealth of Massachusetts.

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EXECUTIVE DEPARTMENT, COUNCIL CHAMBER, }  
Boston, January 12, 1857. }

*To the President of the Senate :—*

I herewith transmit, for the use of the Legislature, the Third Annual Report of the Trustees of the State Lunatic Hospital at Taunton, with the accompanying Report of the officers of the Institution.

HENRY J. GARDNER.



THIRD ANNUAL REPORT  
OF THE  
TRUSTEES OF THE STATE LUNATIC HOSPITAL,  
AT TAUNTON.

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*To His Excellency the Governor, and the Honorable Council :—*

The Trustees of the State Lunatic Hospital at Taunton, in compliance with the law for its government, respectfully submit to your Excellency and the Honorable Council their

THIRD ANNUAL REPORT:

The Commonwealth of Massachusetts, many years since, established a system of benevolent action, for the care of her unfortunate fellow-citizens; and in aid of that object, with additional means for those deprived of reason, the erection of the hospital at Taunton was completed for occupancy, in April, 1854; and in addition to what has been said in our former reports, we have the renewed pleasure to say, that it has continued, during the past year, to afford protection and benefit to many an afflicted household.

Governed by an active spirit to carry out every improved method of treatment for this class of unfortunate beings, made so in most cases by a departure from some organic law, to which our nature is subject, the Trustees have, at all times, sustained the Superintendent in his policy as established and practiced

upon from the commencement of this institution, viz., that of the most mild and temperate treatment; and the result, as exemplified, has afforded us much satisfaction and pleasure; fully convincing us that this course has been the means of restoring many who, under the opposite treatment, would have remained unimproved; and that the error prevalent many years since, in cases of this disease, that the animal propensities, rather than the affections of the mind, were to be attended to, should have been much sooner avoided; and we now hope that the repulsive scenes heretofore exhibited by those of the most furious class who were confined in solitary cells, and under severe physical restraint, will not be witnessed in coming years. In the practice of doing away with this mode of treatment in the hospital at Taunton, we have, as Trustees, been gratified to perceive how much of reason, however misguided, is left to patients, which, being appealed to, gives full assurance that persuasion often restrains them from the outbreaks of their malady. Still, with this conviction, and the fruits exhibited by this practice, we are convinced that much is yet to be discovered in the treatment of the insane, which time and further developments will rationally explain.

In the organization and by-laws for the government of this institution, the Trustees provided for a monthly visit of the whole board, together with a weekly visit of a committee thereof. This provision has been strictly adhered to; thereby insuring a knowledge of the condition of the institution and its inmates, and a co-operation with the Superintendent, that has had, we trust, a beneficial effect upon all concerned.

The whole number of patients that have enjoyed the comforts of this institution since its opening, has been six hundred and eighty-two; of which there have been discharged as recovered, one hundred and sixty-eight; as improved, forty-four; unimproved, sixty-four; one hundred and two have died, and six have eloped; leaving the number at the hospital on the 30th day of November last, two hundred and ninety-eight. Of the two hundred and eleven patients transferred from Worcester to this institution at its commencement, twenty-four only have recovered; which, as the Trustees have said in their former reports, has led us to conclude, that in the selection of patients

which were then transferred, their condition was considered more for the relief of that institution, than with regard to an average of curable cases; thus entailing upon this institution a company of old, demented and incurable patients, who will remain permanent occupants of our institution, as they had been for many years before of that from which they were sent; and thus causing a less apparent per centage of recoveries than would have been exhibited, had this institution received its inmates originally, as other hospitals usually do. Of this we have no wish to complain, knowing, as we do, that these unfortunate beings must be cared for at some receptacle; and perhaps it may be as well at Taunton as elsewhere; but as Trustees of this institution, we feel a sort of pride to prove that when the mode of treatment at our hospital has a fair opportunity to show its results, it is as successful as any other.

The subject to which especial attention was called by the Trustees, in their last Report, we feel compelled to allude to at this time; that of transferring convicted criminals from the State prison and houses of correction, to hospitals for the insane; proving not only a great source of annoyance, but dangerous to the unfortunate patients of such institutions. Those of this class who have been sent to the institution at Taunton, we have found, after critical examination, to be better fitted, by their vicious and desperate passions and conduct, to be the inmates of a cell in a prison, than subjects for treatment within the walls of an insane asylum. It never could have been intended that a place of this kind should, with the necessary appliances as remedial agencies for the restoration of the unfortunate insane, be used to control and remove the evil and desperate propensities of hardened convicts, too often assuming a species of insanity in order to avoid the rigid discipline of a prison life, and under such a change have an opportunity to escape from a place of less security. As Trustees, we would suggest that arrangements should be made within the precincts of a prison, for the safety of such a class. The requisite treatment can be had there, with less expense and less unpleasant influences than in an insane hospital. This matter has been treated on by Trustees of other hospitals out of this State; and in the Report of the Trustees for the last year, was submitted

an extract from that of the Trustees of the Pennsylvania Asylum upon this subject. It is evident that this so called criminal insanity is a growing evil amongst us, and calls loudly for legislative enactments, for the prevention of further evil hereafter.

In the last Report of the Trustees, an improvement was spoken of, viz.: the erection of a new building for a laundry. This has been completed and in operation during the past year, with every desirable success; thus giving an opportunity for improving the room in the centre wing of the main building, heretofore used for that purpose, as a sewing-room; which, being large in its dimensions, has been fitted up for this service, and has been occupied daily for the most of the past year, by from fifty to sixty female patients; serving not only as a remedial agent for their restoration, but as a beneficial agency in the necessary work of the hospital. In our visits, there is no department which affords more pleasure than this room, occupied as it is by so many pleasant and happy patients, in but few cases appearing divested of reason. We hope, before the end of another year, to devise some plan for the useful and beneficial employment of as many of the male patients as of the other sex.

The difficulties spoken of in the two former Reports of the Trustees, and incident to a new institution like ours, particularly as it was received from the commissioners in an unfinished state, without fences, out-buildings or improvements of grounds in any respect, have been by the appropriations of successive legislatures in a great measure removed; as also have the wants of the institution been supplied in respect to furniture, necessary ornaments and comforts, common to establishments of this nature; making this place of retreat cheerful and home-like, and the patients thereby more contented and happy.

The system adopted by the commissioners, at the time of erecting the hospital for heating by steam, with a downward ventilation on the suction principle, proved very imperfect in its operation; calling so loudly for a change, that as stated by the Trustees, in their last Report, they visited several institutions in New York State, for information upon this subject, and became satisfied that the method adopted at the asylum in Utica, (that of the principle of force by a fan blower,) was one admirably adapted to the wants of ours at Taunton. We took

immediate measures, after consulting with scientific gentlemen conversant with this subject, to proceed with this improvement. In our estimates it was found that to accomplish this desirable object, it would be necessary to ask an appropriation from the Commonwealth of twelve thousand dollars, and of which was granted eight thousand. Believing this improvement one that must be adopted for the comfort of the inmates of the institution, we have gone on with the work to nearly its completion, and feel satisfied that our anticipation of its beneficial effects will be fully realized. We shall overrun our original estimate one thousand dollars, and shall consequently have to petition the legislature for another appropriation of five thousand dollars to meet this deficit.

The disbursements of the hospital have been under the supervision of the respective committees of the Board of Trustees, with a strict regard to economy, as well as to the wants that humanity, and the comforts that our unfortunate patients require. Not one dollar has been spent the past year to meet any personal expense of the Board of Trustees; notwithstanding this, the expenditures will exceed the income of the institution one hundred and seventy-two dollars and two cents. This result was anticipated at the time the last Report was made, and we then took the necessary measures to avoid it, by conferring with the Board of Trustees of the hospital at Worcester, and arranging with them for an increase in our charges for the care and treatment of such patients as were sent to the institution by their friends, or by the authorities of cities and towns in which they had residences; and we also jointly petitioned the legislature, at that time, for a revision of the law, so that the sum to be paid by the Commonwealth, for the class of patients at its charge, now limited to one hundred dollars per year, might be increased to one hundred and fifty dollars. Had this petition been complied with, the cause of our deficiency would have been removed; as also the necessity of petitioning for appropriations to meet other wants, which will unavoidably arise every year, for the conducting an institution of the magnitude of these insane hospitals. Furthermore, it must appear simply as an act of justice, that this increase should be allowed, when it is considered that the increased cost of every article for the support of patients in a

hospital, is in a far greater ratio than that of the sum asked for to meet its wants ; and, moreover, when it is considered that all private patients and those from the towns and cities, are obliged, by the order of the Trustees, to pay a much larger sum than those of the State. Why should not the Commonwealth feel willing to meet this necessity of appropriating the sum required, for those she has to provide for, and so bear her equal burden with the several towns and private citizens who have to seek the aid of such institutions, for the treatment of their friends and unfortunate fellow-citizens. It must be conclusive, that if the sum of one hundred dollars, as allowed fifteen or twenty years since, was necessary and sufficient for the support of a patient at that time, it certainly requires an additional amount of fifty dollars for their support at the present day. This increased amount, moreover, must be expended with the utmost economy to meet the required wants of the institution. Under these circumstances, the Trustees will feel compelled to renew their petition at the coming session of the general court.

By reference to the accompanying report of the Treasurer, it will be seen from what source our income has been derived, and for what our expenditures have been made. As yet there has been but little benefit from the farm, and it is feared that for many years to come, such a result must continue ; for in the selection of a location for the hospital, more regard was had by the commissioners to its healthiness and beauty, than to the fruitfulness of the soil. The land will require many years of labor to be made productive. Every attention has been given to this subject the past year, by the Superintendent and a special committee of the Trustees ; and, as in previous years, considerable advancement has been made.

Our experience of another year induces us to renew the opinion expressed in former reports, as to the qualification and success of our Superintendent, Doctor George C. S. Choate. He possesses eminent abilities for his official station, and all his time and skill are devoted to the discharge of his duties to the suffering beings committed to his care. He has our warmest feelings of approbation, and we trust he will receive those of every friend to the afflicted. In his able report accompanying this, will be found in detail, a large amount of information

worthy of examination by all interested in the care and treatment of the insane.

Commending him and the unfortunate family under his care to the Father of all, we ask for a continuation of His blessing upon the means used for their restoration, and that His power will direct and sustain the efforts of all having charge of this and similar institutions.

CHARLES EDWARD COOK.

G. R. RUSSELL.

GEO. A. CROCKER.

GEO. HOWLAND, JR.

M. R. RANDALL.

## TREASURER'S REPORT.

In obedience to the requirements of the by-laws of the hospital, and the laws of the Commonwealth, the following statement of the receipts and payments of the Treasurer, for the year ending November 30, 1856, is respectfully submitted to the Board of Trustees:—

### RECEIPTS.

Balance in the hands of the Treasurer, November 30, 1855, . . . . .	\$1,757 48
Received from State Treasurer for support of patients, . . . . .	11,900 05
towns for support of patients, . . . . .	18,033 17
individuals for support of patients, . . . . .	4,588 37
sale of sundry articles, . . . . .	59 00
Loans from Machinists' Bank, . . . . .	19,939 75
	\$56,277 82

### PAYMENTS.

Paid on account of supplies, . . . . .	\$17,291 43
of fuel and light, . . . . .	3,739 68
of labor, . . . . .	6,907 93
of farm, . . . . .	2,370 37
of furnishing, . . . . .	2,644 60
of incidentals, . . . . .	986 51
of repairs, . . . . .	330 74
Paid Machinists' Bank for loans, . . . . .	20,500 00
Balance in Treasurer's hands, . . . . .	1,506 56
	\$56,277 82

The present loan from the bank amounts to \$9,695.

GEO. C. S. CHOATE.

STATE LUNATIC HOSPITAL, }  
 December 5, 1856. }

The undersigned, a committee appointed for the purpose, have this day examined the accounts of George C. S. Choate, Treasurer, and the vouchers for the same, for the year ending November 30, 1856, and find them correct. The balance in his hands carried to new account is fifteen hundred six  $\frac{56}{100}$  dollars.

GEO. A. CROCKER.

GEO. HOWLAND, JR.

## SUPERINTENDENT'S REPORT.

*To the Trustees of the State Lunatic Hospital at Taunton:—*

GENTLEMEN:—The close of the third year since the opening of this hospital, finds it in full operation, with its field of usefulness steadily increasing, and the number of its inmates already considerably beyond that for which it was originally designed.

The past year has been marked by no striking event, by no serious accident or calamity, but has contributed, we trust, its share in numerous improvements, many of them perhaps trifling in themselves, towards that perfection of organization and arrangement for which we ought constantly to strive. Organized, as a State lunatic hospital is, and dependent as it is almost entirely upon its annual income, it cannot start into being a fully formed, perfectly equipped and arranged institution, but by yearly and gradual additions and changes is to be brought to that desirable condition, which shall best fit it for its noble and benevolent purposes. It commences its operations with a building designed well in the main for the objects it has in view, but in the details of arrangement and construction always to a certain extent, and in our own case to more than a usual degree, failing to stand the test of time and use, and requiring much reflection and money to modify them to the best advantage. It is furnished originally as far as necessity requires, but without those many little articles of comfort and ornament which are so important to the well-being of its inmates. These must be gradually added through a series of years. Its apparatus for heating, for ventilating, for supplying with water, for the carrying on of the domestic duties, all, like the building itself, are

usually found capable of improvement, even if they are sufficient to fulfil in any manner the purposes for which they were intended. The grounds, usually selected for beauty of location, and as affording an opportunity for future embellishment, are still generally rough and unimproved; it may be, as in our own case, barren, and promising little return for a long period to the hand of toil. We see, therefore, that in all its departments the hospital is a thing of gradual growth, improving, if rightly managed, with every succeeding year, and offering in its extending sphere of usefulness, greater comforts, safety and facilities for good.

In the reports of the two preceding years we have chronicled the various alterations and additions to the buildings, the improvements in the means of comfort and amusement, and the ornament of the grounds, which have taken place in the periods to which they specially relate. In all these particulars we may fairly congratulate ourselves that the past year, equally with the former ones, has been one of progress and growth. And in our numbers, which, to a certain extent, are to be considered a criterion of success, and in our own case are of the utmost importance, from their bearing upon the economy of the institution, and our financial condition, our advance during the past year has been in the highest degree satisfactory.

The following table, exhibiting a statement of the number of patients remaining November 30, 1855, and the number admitted, discharged and deceased since, will afford a correct idea of our present condition, and of the work of the past year:—

TABLE No. 1.

	Males.	Females.	Total.
Number of Patients, remaining November 30, 1855, . . . .	126	136	262
Number of Patients admitted since November 30, 1855, . .	82	103	185
Number of Patients under treat- ment during the year, . . . .	208	239	447
Number of Patients discharged during the year, . . . . .	53	55	108
Number of Patients died during the year, . . . . .	11	26	40
Number of Patients eloped dur- ing the year, . . . . .	1— 68	— 81	1— 149
Number of Patients remaining November 30, 1856, . . . .	140	158	298

The admissions have averaged a little above fifteen per month, which is more than during either of the preceding years. Much the largest number of admissions have been as usual in the summer months—the smallest in winter.

Admitted in December, 8;	January, 6;	February, 7 —	21
March, 10;	April, 12;	May, 12 —	34
June, 19;	July, 36;	August, 20 —	75
September, 15;	October, 16;	November, 24 —	55
Total, . . . . .			185

The excess in the number of female patients, which last year amounted to eight per cent., has increased this year to more than twelve per cent., notwithstanding that the number of females discharged and died has considerably exceeded that of the males. The peculiar construction of this hospital, provided as it is with so many large dormitories and double rooms, affords the means of crowding and enlarging the number to a very

great degree, but whether the present number of inmates in the female wing can be much increased without a liability to serious accidents, is a question of serious importance. We have now in this wing one hundred and fifty-eight, while our number of single sleeping apartments amounts to only fifty-six. We are almost daily of course receiving new patients, with whose disposition, history and tendencies we can gain, in no case, a perfect acquaintance, and in many an exceedingly limited one. The selection of rooms for these, obliged as we are to place nearly all of them in associated dormitories, is necessarily a very difficult task, and is the source of much anxiety. In the male wing we have less difficulty, having the same number of single rooms, while the number of patients is but one hundred and forty. It seems probable, however, that this trouble will not be for some years to come materially increased, as the new hospital at Northampton will, when opened, prevent any very rapid additions to our number.

TABLE No. 2.

*Shows the Condition of those Discharged.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Recovered, . . .	33	29	62	49	57	106	168
Improved, . . .	7	9	16	13	15	28	44
Unimproved, . . .	13	17	30	15	19	34	64
Totals, . . .	53	55	108	77	91	168	276

Compared with the whole number of discharges during the past year, the recoveries have been sixty-seven per cent. The number of those who have either recovered or have been decidedly benefited, has been seventy-two per cent. of the whole number discharged. Thirty, it will be seen, have been discharged unimproved; nearly all these were discharged at the request of the Commissioners of Alien Passengers, and have been sent either to one of the State almshouses, or to homes out

of the State. A large portion of the [Irish patients, who are nearly all supported by the State, slide after a while, if they do not recover, into an exceedingly sluggish and passive state of dementia, when they are not susceptible of remedial treatment, and can many of them be taken care of with perfect safety and propriety in some ward of one of the State almshouses, devoted to the purpose, and under the care of a special competent attendant.

During the past year fourteen patients of this character, three men and eleven women have been sent to the State almshouse at Bridgewater.

TABLE No. 3,

*Shows the Character of Insanity in those Admitted.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Mania, . . . .	34	60	94	82	97	179	273
Melancholia, . . .	10	18	28	31	33	67	95
Monomania, . . .	13	8	21	41	38	79	100
Dementia, . . . .	25	17	42	82	90	172	214
Totals, . . . .	82	103	185	239	258	497	682

The greater part of the recoveries are from the first class, and if in the acute stage, and admitted early, and not accompanied by fatal organic lesion, nearly all the cases of mania are hopeful. Next in point of curability are the cases of melancholia, a considerable portion of which recover, temporarily at least, though permanent recoveries are not so general as in the preceding class.

Cases of monomania recover much more rarely; still less seldom do those of dementia, which, if chronic, tend to constant deterioration. The large number of the latter class of patients, which came to us the first year from the Worcester hospital, must have a serious effect upon the proportion of our recoveries for years to come.

TABLE No. 4,

*Shows the Duration of the Disease before admission.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Less than three months,	45	49	94	61	78	139	233
Betw'n 3 and 6 mos.,	9	16	25	17	18	35	60
6 and 12 mos.,	2	7	9	22	22	44	53
1 and 2 yrs.,	8	11	19	31	25	56	75
2 and 3 yrs.,	6	5	11	17	22	39	50
3 and 4 yrs.,	4	4	8	10	14	24	32
4 and 5 yrs.,	2	2	4	13	9	22	26
5 and 10 yrs.,	2	7	9	33	46	79	88
10 and 20 yrs.,	1	2	3	30	16	46	49
Over 20 years, . . .	3	—	3	5	8	13	16
Totals, . . .	82	103	185	239	258	497	682

The cases of shorter duration than three months before admission, amount to only one-half the whole number. In all diseases it is an acknowledged fact, that the power of medical treatment is in very nearly inverse ratio to the duration of the disease, and in none is this more manifest than in the disease which we are called upon especially to treat.

If this fact were better understood and appreciated, patients would be brought sooner to a hospital, and the proportion of recoveries would be increased.

The unreasonable prejudice which exists against insane institutions, and a want of knowledge of the character of the disease, influence many to hold back their friends as long as possible.

The second cause is being gradually removed by the more general dissemination of true views regarding the disease and

the advantages of hospital treatment. The prejudice against hospitals arises in a great measure from the fact that many patients are removed before they are fully recovered. It is a rare thing for a patient who is perfectly recovered to have any but the most grateful feelings towards the institution and all connected with it. Frequent letters from discharged patients, expressing gratitude and kind feelings, are among the most pleasing incidents connected with the management of a lunatic hospital. There are many of our old patients, from whom we frequently hear, and occasionally receive visits. Whenever feelings of a different character exist, it will almost invariably be found that they who experience them remember only the more distressing periods of their malady, without ever knowing those feelings which accompany a return of reason.

We have had many patients sent us for a second time, some for the third, and a few even for the fourth. The latter are cases of periodical insanity, who have intervals of reason continuing some weeks or months, which it is thought best for them to pass with their friends at home.

TABLE No. 5,

*Shows the Causes of Death in those Deceased.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Phthisis, . . . . .	—	11	11	1	10	11	22
Dy-sentery, . . . . .	—	2	2	5	2	7	9
Maniacal Exhaustion,	2	4	6	4	3	7	13
Fever, . . . . .	—	1	1	2	1	2	3
Apoplexy, . . . . .	2	—	2	6	1	7	9
Old Age, . . . . .	—	—	—	1	1	2	2
Gangrene, . . . . .	—	—	—	1	1	2	2
Anemia, . . . . .	—	—	—	1	2	3	3
Disease of Liver, . . . . .	—	—	—	2	—	2	2

TABLE No. 5—Continued.

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Erysipelas, . . .	—	—	—	—	2	2	2
Epilepsy, . . .	1	—	1	1	—	1	2
Paralysis, . . .	—	—	—	—	1	1	1
Softening of Brain, .	4	—	4	3	1	4	8
Disease of Heart, .	—	—	—	—	1	1	1
Marasmus, . . .	3	2	5	—	4	4	9
Diarrhoea, . . .	—	3	3	2	—	2	5
Peritonitis, . . .	—	—	—	1	—	1	1
Chorea, . . .	—	—	—	1	—	1	1
Inanition, . . .	—	—	—	—	1	1	1
Cancer, . . .	—	—	—	—	1	1	1
Scrofula, . . .	—	1	1	—	—	—	1
Chronic Mania, . .	2	1	3	—	—	—	3
Suicide, . . .	—	1	1	—	—	—	1
Totals, . . .	14	26	40	31	31	62	102

Twenty-nine deaths occurred this year from chronic diseases, which had been operating for months, some of them for years, and were of a character necessarily fatal in their result. Of the remaining eleven, six were the consequence of that dreadful exhaustion which follows the stage of intense excitement in acute and typho-mania. But one death occurred from fever, and two from dysentery, so that on the whole we may consider that a high degree of health has existed among the inmates of the hospital during the past year. One death, it will be noticed, occurred by self-destruction. The patient, an Irish female, brought to us late in the evening by an officer, from whom we could gain no information concerning her history or the character of her disease, committed suicide by strangulation with a

strip of cotton, before the following morning. Out of an aggregate number of six hundred and eighty-two patients received, with the usual proportion of them having the suicidal tendency, this is the first death in this hospital from this cause. And even this one would probably have been avoided, could we have obtained that knowledge of her case which ought always to be furnished us. Most of those deceased have been removed by their friends for burial; a few who were without friends, or were destitute of means, have been interred on the hospital grounds.

TABLE No. 6,  
*Shows the Ages of Patients admitted.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Between 5 and 10, .	-	-	-	1	-	1	1
10 and 15, .	-	1	1	2	1	3	4
15 and 20, .	3	3	6	16	8	24	30
20 and 25, .	9	14	23	17	37	54	77
25 and 30, .	16	19	35	36	39	75	110
30 and 35, .	12	17	29	25	34	59	88
35 and 40, .	11	14	25	30	40	70	95
40 and 45, .	11	12	23	35	27	62	85
45 and 50, .	3	8	11	31	17	48	59
50 and 55, .	7	6	13	8	21	29	42
55 and 60, .	4	5	9	19	7	26	35
60 and 65, .	1	3	4	3	11	14	18
65 and 70, .	1	-	1	5	10	15	16
70 and 75, .	-	1	1	6	2	8	9
75 and 80, .	2	-	2	5	-	5	7
80 and 85, .	2	-	2	-	4	4	6
Totals, . . .	82	103	185	239	258	497	682

TABLE No. 7,

*Shows the Occupation of the Male Patients admitted since the opening of the Hospital.*

Farmers, . . . . .	Shovel Polishers, . . . . .	2
Laborers, . . . . . 61	At School, . . . . .	4
Seamen, . . . . . 39	Fishermen, . . . . .	2
Shoemakers, . . . . . 32	Tailors, . . . . .	2
Operatives in Mills, . . . . . 18	Jeweller, . . . . .	1
Carpenters, . . . . . 12	Bookbinder, . . . . .	1
Traders, . . . . . 11	Engravers, . . . . .	2
Students, . . . . . 4	Caulker and Graver, . . . . .	1
Bakers, . . . . . 4	Cabinet-makers, . . . . .	4
Gardeners, . . . . . 3	Soldiers, . . . . .	2
Britannia Workers, . . . . . 2	Moulders, . . . . .	2
Merchants, . . . . . 4	Tinsmith, . . . . .	1
Clerks, . . . . . 5	None, . . . . .	6
Printers, . . . . . 4	Sea Captains, . . . . .	3
Turners, . . . . . 1	Painters, . . . . .	2
Teachers, . . . . . 4	Bonnet-maker, . . . . .	1
Stage-drivers, . . . . . 2	Porters, . . . . .	3
Book Agents, . . . . . 2	Cooper, . . . . .	1
Physicians, . . . . . 2	Basket-maker, . . . . .	2
Blacksmiths, . . . . . 7	Unknown, . . . . .	7
Stonelayers, . . . . . 2	Total, . . . . .	321
Clergymen, . . . . . 3		

TABLE No. 8,

*Shows the Civil Condition of all persons admitted.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Married, . . . .	40	41	81	94	114	208	289
Unmarried, . . .	38	51	89	138	113	251	340
Widowed, . . . .	4	11	15	7	31	38	53
Totals, . . . . .	82	103	185	239	258	497	682

TABLE No. 9,

*Shows the Nativity of Patients admitted.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Americans, . . . .	49	52	101	162	161	323	424
Americans, Irish par'nts	1	6	7	6	7	13	20
Irish, . . . . .	24	40	64	50	83	133	197
English, . . . . .	1	2	3	5	2	7	10
Germans, . . . .	2	3	5	7	3	10	15
French, . . . . .	-	-	-	4	-	4	4
Scotch, . . . . .	-	-	-	1	1	2	2
Spanish, . . . . .	-	-	-	3	-	3	3
Canadians, . . . .	-	-	-	1	1	2	2
Italians, . . . . .	3	-	3	-	-	-	3
West Indian, . . .	1	-	1	-	-	-	1
Nova-Scotian, . .	1	-	1	-	-	-	1
Total, . . . . .	82	103	185	239	258	497	682

During the past year the proportion of foreigners admitted has decidedly increased. Previous to this year they have constituted thirty-two per cent. of the whole number; during the year, which is now closed, they have amounted to forty-one per cent. This change is produced chiefly by the operation of a new law passed by the last legislature, which orders the commitment of all lunatics to the hospitals. Before the passage of this law, a large portion of the foreign insane were sent by order of the police courts to county asylums connected with the houses of correction. From Boston, particularly, a very large number who formerly were committed to the Boston Lunatic Hospital, are now sent to us. At the same time the American insane, who are supported by the city, are now sent there instead of here, as formerly.

In view of the very large number of foreign insane now supported by the State, and of the evils consequent upon their mixing up in the hospitals with our own people, it seems to be worthy of serious consideration, whether, when the new hospital at Northampton is opened, some plan cannot be devised, by which a separation may be effected, based upon this distinction. Under the present arrangement, the most serious difficulty to be overcome in this and all other State hospitals, with which I am acquainted, is that connected with social classification. In this hospital, for instance, we can have but four classes. In many hospitals they have but three, in few more than six. These barely afford the means of classifying according to mental condition, and social distinctions must be to a great extent disregarded. This would not be so serious a difficulty, and would lose most of its objectionable features, if a classification could be made by reserving one hospital for the reception of the foreign insane.

We have in the State hospitals people from every walk of life, many of them cultivated and refined, and the associations to which such are necessarily sometimes subjected, are neither agreeable nor useful.

The foreign insane have different habits of life, different wants, need different management, and have a much smaller chance of recovery. It is an established rule, that the provision made for insane people should be made to conform, as far as

possible, to that to which they have been accustomed, and which they would have chosen were they at liberty.

In this point of view the native and foreign insane need very different provision in many respects. Yet if they are associated in the same institution, no material distinction can be made.

TABLE No. 10,

*Shows the Supposed Causes of Insanity.*

	1856.			Previously.			Total in three years.
	Male	Females.	Total.	Males.	Females.	Total.	
Ill-health, . . . .	3	31	34	28	57	85	119
Intemperance, . . .	15	7	22	34	8	42	64
Masturbation, . . .	9	—	9	23	3	26	35
Religious Excitement,	1	4	5	12	17	29	34
Childbirth, . . . .	—	7	7	—	15	15	22
Domestic trouble, . .	4	8	12	10	14	24	36
Disappointment, . .	1	2	3	5	7	12	15
Loss of friends, . . .	2	2	4	3	13	16	20
Trouble about prop'ty,	7	—	7	15	4	19	26
Sun-stroke, . . . .	—	—	—	3	—	3	3
Spirit-rappings, . . .	3	2	5	1	5	6	11
Paralysis, . . . . .	1	—	1	8	2	10	11
Hard work, . . . . .	2	2	4	4	3	7	11
Millerism, . . . . .	—	—	—	3	—	3	3
Bite of a Cat, . . . .	—	—	—	1	—	1	1
Injury, . . . . .	4	1	5	10	1	11	16
Use of tobacco, . . .	1	—	1	—	1	1	2
Fright, . . . . .	—	2	2	3	4	7	9
Congenital, . . . . .	—	1	1	1	1	2	3

TABLE No. 10—*Continued.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Old Age, . . . .	1	—	1	1	—	1	2
Chorea, . . . .	—	—	—	1	—	1	1
Want of employment,	—	—	—	1	—	1	1
Healing of Ulcers, .	—	—	—	1	2	3	3
Love affair, . . .	—	1	1	—	4	4	5
Epilepsy, . . . .	4	2	6	11	5	16	22
Turn of Life, . . .	—	—	—	—	3	3	3
Sudden good fortune,	—	—	—	1	—	1	1
Seduction, . . . .	—	—	—	—	3	3	3
Ill-treatment, . . .	—	1	1	—	4	4	5
Exposure, . . . .	1	—	1	1	1	2	3
Jealousy, . . . .	—	—	—	2	2	4	4
Homesickness, . . .	—	—	—	—	1	1	1
Hard study, . . . .	—	—	—	3	2	5	5
Use of narcotics, . .	—	—	—	—	1	1	1
Light reading, . . .	—	—	—	—	1	1	1
Syphilis, . . . . .	1	—	1	—	—	—	1
Free love doctrine, .	—	1	1	—	—	—	1
Unknown, . . . . .	22	29	51	53	74	127	178
Totals, . . . . .	82	103	185	239	258	497	682

This table is headed *supposed* causes, for no part of the study of this most obscure and difficult disease is so uncertain as the investigation into its causes. Often the disease cannot be attributed to any one cause; still oftener the cause and its effects are so mingled together, that it is impossible to separate or distinguish them. And frequently the history of the patient is so

imperfectly given to us, that we have not the slightest clue to its origin, except from the condition of the patient after admission to the hospital. In a very large part of the cases, we find upon inquiry that there is some hereditary disposition to insanity in the family to which the patient belongs. This we have not reckoned in our table as one of the causes of insanity. A person with a strong hereditary tendency to the disease, is of course more likely to be insane than others, still, if not exposed to an exciting cause, and if all proper precautions are taken against it, he *may*, and many do, pass through life without being overtaken by it. A family taint predisposes an individual to this disease, just as the taint of serofula or malignant disease disposes persons to those disorders, but something more is needed in order to develop it. Numerous instances have occurred of brother and sister, parent and child, and the more remotely connected relatives becoming at the same time inmates of the institution.

TABLE No. 11,

*Shows the Ages at which Insanity appeared.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Under 5 years, . . .	1	—	1	2	—	2	3
Between 5 and 10, .	—	1	1	1	1	2	3
10 and 15, . . .	—	—	—	4	2	6	6
15 and 20, . . .	4	7	11	27	19	46	57
20 and 25, . . .	13	15	28	37	43	80	108
25 and 30, . . .	15	24	39	40	50	90	129
30 and 35, . . .	14	16	30	21	30	51	81
35 and 40, . . .	10	15	25	31	31	62	87
40 and 45, . . .	9	8	17	22	19	41	58
45 and 50, . . .	3	6	9	13	21	34	43

TABLE No. 11—*Continued.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Between 50 and 55, .	3	5	8	8	9	17	25
55 and 60, .	4	3	7	9	8	17	24
60 and 65, .	1	2	3	5	5	10	13
65 and 70, .	1	1	2	5	4	9	11
70 and 75, .	1	—	1	3	—	3	4
75 and 80, .	3	—	3	1	—	1	4
Unknown, . . . .	—	—	—	10	16	26	26
Totals, . . . .	82	103	185	239	258	497	682

TABLE No. 12,  
*Shows the last Residence of Patients.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Bristol County, . . .	17	21	38	32	41	73	111
Barnstable " . . .	2	1	3	8	13	21	24
Plymouth " . . .	9	11	20	13	21	34	54
Dukes " . . .	2	—	2	5	1	6	8
Norfolk " . . .	18	13	31	43	36	79	110
Middlesex " . . .	7	5	12	8	9	17	29
Franklin " . . .	—	1	1	2	1	3	4
Essex " . . .	3	5	8	8	9	17	25
Suffolk " . . .	23	44	67	13	19	32	99
Worcester " . . .	—	—	—	—	1	1	1
Nantucket " . . .	—	—	—	1	—	1	1
Worcester Hospital, .	—	—	—	106	105	211	211
Other States, . . .	1	2	3	—	2	2	5
Totals, . . . .	82	103	185	239	258	497	682

Under the new arrangement the number of patients received from the city of Boston the past year has materially increased. From the other counties in the State the number has slightly diminished. Since the establishment of the State almshouses, most of the towns have considerable spare room in their own almshouses, and, as a matter of supposed economy, many of them keep such lunatics as are dependent upon them for support, and are supposed to be harmless and incurable at home.

It is very much to be doubted, however, whether there is any thing more than an *apparent* diminution of the expense produced in this way.

TABLE No. 13,

*Shows by whom the Inmates of this Hospital have been supported.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Supported by State, .	39	55	94	106	94	200	294
Towns,	9	14	23	75	91	166	189
Friends,	34	34	68	58	73	131	199
Totals, . . .	82	103	185	239	258	497	682

Last year the number admitted, who were supported by the State, was less than seven-twentieths of the whole; this year it is more than one-half. The number supported by the towns has diminished from about one-third the whole to less than one-eighth. This is undoubtedly in consequence of the fact remarked upon in connection with the last table. The number supported by their friends is larger than ever before.

TABLE No. 14,

*Shows the Proportion of Committals.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Committed by Court, .	54	73	127	88	78	166	293
Committed by Gov'nr,	4	2	6	106	112	218	224
Committed from State Almshouses, . . .	—	3	3	4	12	16	19
Boarders, . . . .	24	25	49	41	56	97	146
Totals, . . . .	82	103	185	239	258	497	682

During the past year two convicted felons have been sent to us from the houses of correction. Both of these men are of the worst and most dangerous class of criminals. They were sent to us, not with the expectation that they could be cured of their insanity, but because they were feared in the prisons. Besides these, two men sent the previous year from the State prison, one of them convicted of manslaughter, the other of highway robbery, still remain with us. The impropriety of their being sent to a hospital as a place of confinement, was strenuously remarked upon in the last report. Their influence upon the other patients is in all respects bad. Their language is low and profane, and abusive of the officers and attendants. They need a different mode of treatment from the other inmates, which introduces a disturbance in carrying out the regulations of the institution.

The constant vigilance which is necessary to prevent their escape, and to insure safety from them, absorbs too much of the attention and time of both officers and attendants, and takes them away from their legitimate field of duty. The security of society, the safety and good of the insane, and the reputation of our lunatic hospitals imperatively demand that they should be kept elsewhere. The asylum for the insane should not present the spectacle of being the only place, where crime and in-

nocence are associated together, and where proper regard is not paid to security from men convicted of the worst crimes. The repugnance which exists in all virtuous minds to contact with vice, does not necessarily leave the individual who becomes insane. It not unfrequently happens that this sensibility is heightened to a great degree. And even in cases when it is lost, it should be one of our first duties to endeavor to restore it. It only remains for us to ask whether it is better for the convicts themselves to remain in the hospitals. My own belief is decidedly that a residence in the prisons would be preferable for them. The prison is constructed, arranged and governed with a view to keep this class with as much comfort as can be consistent with safety. The hospital is built and regulated with a view to an entirely different class. To be kept safely in the latter, more strict confinement of the convicts is necessary, and there are no safe means of occupation for him, (and all who have been sent to us have been fit to be employed.) It is necessary, also, to place him among the worst class of lunatics, where he is annoyed by their cries, and the mutual influence of each upon the other is equally bad. As yet, none of this class have escaped from us, and none have committed any serious injury. But how long we may continue to keep them so safely, is a matter of great doubt.

The improvements which were in progress at the time of the last annual report, have been perfected, and their results have been in all respects as satisfactory as was anticipated. The new laundry was occupied at an early day in the year. It is found to be pleasant and convenient, affording every desirable facility, and removing a source of great annoyance from the house. The room formerly occupied as a wash-room, now affords us convenient store-rooms, which were much needed. The old ironing and drying-room makes a most excellent and pleasant sewing-room, which is daily filled with a cheerful and happy company of females. The number of females who are now employed in the various departments of domestic duty, fully equals half the whole number, and greatly relieves our halls. Those that leave the halls for work are more happy and healthier, and are drawn away from the subjects of their delusions. While those who remain are more quiet, less exposed to irritation, and are able to receive more attention from their attendants.

The most important improvement of the past year has been in our method of heating and ventilating. In nothing is the imperfect condition in which such buildings come into the hands of those who are to carry them on, better illustrated than in the history of our heating and ventilating apparatus.

Originally we were supplied with two tubular boilers, each sixteen and a half feet in length, and four in diameter, and containing fifty-four tubes.

During the first winter this was our only heating power, and it was found so inadequate that three powerful furnaces were necessarily set to save us from suffering. The following year a new boiler, supposed to be equally powerful with the other two, was added. This enabled us to keep tolerably comfortable without ventilation; but this year, when an effective system of ventilation was being introduced, it was found necessary to add still another boiler of a capacity fully equal to that procured last year. So that now the capacity of our boilers is fully three times what was originally furnished and thought to be amply sufficient. The furnaces have now been abandoned and removed, and every part of the building is warmed by steam.

This will undoubtedly be a gain in economy and in safety.

The old system of ventilation was by means of a heated shaft. This method, as stated in the two previous reports, was found to be entirely inefficient, and it was thought best to abandon it altogether. The present system, which is being introduced under direction of your Board, and which is now nearly completed, is that of a forced ventilation by means of a fan. The fan and engine by which it is worked are placed in the rear part of the central wing, occupying a vacant room, and the space in the basement below it. The engine, a vertical one of about ten-horse power, is supplied with steam by a branch from the main steam pipe, which passes through the centre of the basement of this wing. Between the engine and fan is a large room, open to the external air, except for a blind to protect it in a measure from the weather. From this room, through a circular opening, in the centre of which passes its shaft, the fan is fed, taking in the air at its centre, and discharging it at its circumference. The fan is of such a capacity, that revolving at a proper and safe velocity, it will discharge one hundred thousand cubic feet per minute. This, if we have three hundred and thirty persons

in the house, will supply three hundred cubic feet per minute to each person. As this is a matter of actual accurate calculation, there can be no doubt of our ability to ventilate the house perfectly in this manner. The actual amount supplied in winter will probably be measured by our heating power. After leaving the fan, the air passes through a duct of a capacity of sixty square feet, situated along the basement of the central wing, one wall of which is made by the basement wall of the building, to the circular space under the central staircase, from which it passes on either hand into the basement of each wing, traversing the whole length of each, and constituting the cold-air duct. On each side, separated from it by a wooden partition, which has been made with the utmost care, are the hot-air chambers, containing the steam-pipes, which also traverse the entire length of each wing. The air passes from the cold-air duct under the pressure from the fan into these chambers, through valves in the partition eighteen inches square, which are controlled by doors. After being heated in the hot-air chambers by contact with the steam-pipe, the air passes on by flues to each hall, and to many of the rooms. Many new flues have been constructed, and many old ones, which formerly were useless, have been made available.

By the old arrangement, the heat all passed into the halls, the rooms depending entirely for warmth upon a small opening over the door. The consequence of this might have been readily foreseen; when the halls are comfortable, the rooms are cold. With a large part of the patients this was of little importance, as they pass the day chiefly in the hall, but for those who desire retirement in their rooms, and for those who occasionally were obliged to be confined there for a part of the day, it was a serious inconvenience. Several rooms are now warmed in each hall, directly from the hot-air chamber. The new flues are made to open at the lower part of the rooms and halls, instead of at the upper part, which was the old plan. They are protected by a patent register, which is controlled by a key, and does not permit any thing to be thrown down. They afford much more comfort than the old ones.

Ten thousand additional feet of steam-pipe have been added, making our present quantity in the basement forty thousand feet. Their construction and arrangement too has been mate-

rially altered and improved. The old pumps for supplying the house with water, and for filling the steam-boilers, which were always inefficient and troublesome, and latterly have been hardly equal to their work, have been given up. And there have been substituted for them two steam-pumps of much greater power, and of a more approved pattern, which change allows us to dispense with the small steam-engine formerly used for this purpose. The introduction of the large steam-pump, besides the other advantages which we expect to derive from it, has enabled us to effect one object, long much desired, but never before very practicable, that of affording a suitable means of protection against fire. A branch from the main water-pipe has been brought into the centre of the first story, to which a hydrant has been attached, with hose enough to carry water to every part of the establishment.

Considerable furniture has been added to the house the past year, affording comfort and ornament to the halls and rooms; and a large number of engravings have been purchased, of a character adapted to the institution. To that eminent friend of the insane, Miss D. L. Dix, we are indebted for a large number of pictures, and games for the amusement of our patients.

During the year, considerable progress has been made in enriching the soil and preparing the grounds for future embellishment. And the farm itself, through the large quantities of fertilizing matter bestowed upon it, has been much more productive than heretofore. Although the soil is exceedingly light, so that it can never be made good grass land, and perhaps not very profitable in any way, it has been found easy of cultivation, and with the rich dressing we are able to afford it, it will probably in future yield us good crops of early vegetables for the use of the household.

The following have been the principal productions for the past year, and their estimated value:—

13 bushels Rye, . . . . .	\$19 50
3½ tons Straw, . . . . .	42 00
120 bushels sweet Corn, . . . . .	120 00
200 bushels Pease, . . . . .	200 00
32 bushels Beans, . . . . .	80 00
10 tons Hay, . . . . .	220 00

Fodder Corn, . . . . .	\$120 00
310 bushels Potatoes, at 40 cts., . . . . .	124 00
3½ tons Squashes, . . . . .	105 00
	<hr/>
	\$1,030 50

Besides which there have been killed for the use of the house:—

5,336 pounds of Pork, at 9 cts., . . . . .	480 24
3,739 pounds of Beef, at 7½ cts., . . . . .	280 42
12 Pigs, . . . . .	36 00
500 pounds Poultry, at 14 cts., . . . . .	70 00
Add to which—	
17,547 quarts Milk, at 6 cts., . . . . .	1,047 42
	<hr/>
	\$1,914 08

A large number of ornamental trees and shrubs were set out last spring about the building and avenue, and they generally appear thriving and healthy.

The various means of amusement which have been employed in previous years, have continued, with many additions and improvements to aid in disseminating a cheerful spirit through the household. The singing-school continues to excite unabated interest. The magic lanterns and dissolving views, to which new pictures have been added, still afford much gratification every week to a large audience. And the various games pursued either in the hall or in social parties in the parlors, furnish frequent opportunities for breaking up the monotony of hospital life. About two hundred volumes of selected books have been purchased the past year, and are seized upon with great avidity. Our reading-room also has been well supplied with the latest intelligence, and with some of the best papers of the day. The various holidays are enjoyed in the hospital by a large part of the patients, with great zest. Thanksgiving, Christmas, New Years' and Fourth of July, are festive days here, and are looked forward to with as eager anticipations as elsewhere.

Before closing this report, I should do injustice to my own feelings did I not express to you my deepfelt appreciation of the good fortune I have personally enjoyed, and of the great advan-

tage the hospital has ever derived from the government of a Board of Trustees, who have been so devoted to its interests, and have identified themselves so closely with its reputation and responsibilities. Through the changes which have yearly taken place in its number, no diminution of its interest or attention has fortunately, as yet, occurred. Besides the value of their services to the hospital, I feel deeply the great gain which the Superintendent personally derives from their support and advice, and by the weight of responsibility of which they relieve him.

To the officers and attendants of the institution generally, and particularly to Dr. Holman, who continues to be my able and attentive assistant, are due the approval and thanks of all friends of the hospital, or of any of its inmates. Upon each one connected in any way with the government of a lunatic hospital rests very grave responsibility. They are powerful for good or for evil. There are many trials for each, for all many unpleasant duties. No one who has not been in a similar situation, can probably fairly estimate the difficulties peculiar to our duties here.

That we may all be endowed with the disposition and the ability to be faithful to our great trusts, and to do our whole duty by all with whom we are connected here, should be our constant prayer to the Giver of all good gifts. Let us give Him the praise for all the success we have hitherto enjoyed, and invoke His blessing upon all our future efforts.

GEO. C. S. CHOATE.

