
TENTH ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL

AT TAUNTON.

OCTOBER, 1863.

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Commonwealth of Massachusetts.

TENTH ANNUAL REPORT

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TRUSTEES OF THE TAUNTON LUNATIC HOSPITAL.

To His Excellency the Governor, and the Honorable Council:

The undersigned, whose duty it has been, the past year, "to take charge of the general interests of the institution, and see that its affairs were conducted according to the requirements of the legislature and the by-laws established for the internal government thereof," herewith respectfully submit their Tenth Annual Report. A full ten years will not have elapsed till April next, since the completion of the Taunton Lunatic Hospital, for the abode of the unfortunate insane. But, when we consider the amount of real benefit rendered by it within that time, the genuine comfort and happiness to men and women, who gain such a strong hold upon our compassion, the victory achieved has been worth more than ten times the battle.

We feel that too much cannot be said in favor of this and similar institutions in our land. They are what tend, much more than apparently greater things, to make our country great,—not great in a martial sense, which, unfortunately, is the pet greatness of to-day, nor speculatively great, but great in a Christian sense—the highest kind of greatness.

These institutions of our land are known and lauded the world over. We still are an asylum and a resting place for the

unfortunate, and it is hardly too much to say that the brightest jewel in the crown of our old Commonwealth is the compassion she feels for, and the tender care she has ever bestowed upon, the weak, the afflicted, and the friendless.

The amount of actual good achieved by this institution during its existence must have far exceeded the expectations of any humanitarian interested in its establishment; a very large number of fellow beings having been received into it, all of whom have derived benefit, to a greater or less extent, from the kind and careful treatment received. The number, including those of the past year, amounts to 2,244, a large number of whom have been greatly improved by the constant care exercised by the efficient Superintendent and his subordinate officers. And were it not for this and similar institutions of our State, it is more than probable that a large majority would have been rendered hopelessly insane. As in all things else, much can be learned from experience. But there are certain essential requisites of temperament and character originally implanted in some natures, which cannot be taught or learned, that peculiarly fit them for the care and superintendence of the inmates of these institutions. We feel assured that the welfare and happiness of these inmates has been intrusted to excellent hands, and Dr. Choate fully sustains his hitherto high position as Superintendent. There has been no lack of zeal, fidelity, or care, on his part, but all those qualities which go to make up the Christian officer and gentleman have been exhibited in no less degree, and with no less interest, than during the first year of the hospital.

The law of kindness, the exercise of which blesses him who bestows and him who receives, has undoubtedly done much towards seating again the reason where once it has been dethroned. Little, if any thing, is ever gained in daily life by harsh treatment, in our intercourse with reasoning men; how much more occasion, then, for the utmost humanity and kindness in our dealings with those whose misfortunes entitle them to all our compassion.

Proper regard has been had to open air exercise, cleanliness, and recreation, which are so conducive to the establishment of a sound mind in a sound body.

It has been before suggested, and should be repeated, that much may be saved by sending patients to this institution at the earliest moment when mental aberration is detected. Insanity is a disease of rapid growth, and timely heed should be given to its early warnings. It has so many hidden ways, and the attendant freaks are so multiplied, that much time is lost in the protracted delay of dread, and doubt, and hope. Many minds disordered and shattered, that would have gone out in darkness, have been saved by this timely admonition, and it behooves the friends of those who are mentally disordered to see that no moments be lost.

The year has been healthy, and neither our institution nor our land has been visited by any epidemic. The same Being who has kept us in health, and watches over us with tender care, has not forgotten the darkened minds of more dependent ones, who need His Providence the more.

Steady progress is made in the farming operations, and our products increase yearly. New drains have been made, which will render available heretofore waste lands, and make some of the best soil on the place. The stone wall is gradually encircling the grounds, and in a few years will be complete, affording a substantial and permanent structure.

Religious services have been conducted in the chapel as in the past, and we believe with good effect. We cannot but feel gratitude, first to an all-wise Providence for His blessings to the institution the past year, and, under Him, to all the officers of the hospital for their care, fidelity, and kindness.

In addition to the statement of the condition of the hospital and all its concerns, the statute also requires that the value of the stock and supplies shall be laid before the Governor and Council. This is also herewith submitted, together with the reports of the Treasurer and Superintendent.

JOHN M. KINNEY.
CHAS. R. ATWOOD.
GEO. HOWLAND, JR.
OLIVER AMES, JR.
CHARLES EDW'D COOK.

Inventory of Stock and Supplies on hand, September 30, 1863.

Live stock on the farm,	\$4,030 00
Produce of farm on hand,	1,512 00
Carriages and agricultural implements,	1,456 00
Machinery and mechanical fixtures,	15,925 57
Beds and bedding in inmates' department,	7,476 25
Other furniture in inmates' department,	6,589 77
Personal property of the State in Superintendent's department,	949 52
Ready-made clothing on hand,	757 71
Dry goods,	311 05
Provisions and groceries,	846 46
Fuel,	3,600 00
Drugs and medicines,	100 77
Library,	283 52
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	\$43,838 62

List of the persons employed at the Taunton Lunatic Hospital, September 30, 1863, with their compensation.

Superintendent and Physician,	(per year,)	\$1,800 00
Assistant-Physician,	"	700 00
Treasurer,	"	300 00
Clerk,	"	600 00
Housekeeper,	"	225 00
Supervisor, male,	"	400 00
" female,	"	275 00
Engineer,	(per month,)	50 00
Baker,	"	30 00
Coachman,	"	18 00
Laborers on farm, 1,	"	18 00
" " 2,	"	15 00
Attendants, male, 9,	"	20 00
" female, 10,	"	14 00
Seamstresses, 2,	"	14 00
Laundress, 1,	(per week,)	3 00
Assistant-Laundresses, 3,	"	2 00
Cook, 1,	"	2 50
Assistant-Cooks, 3,	"	2 00
House attendants, 2,	"	2 00

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 September 30, 1863, is respectfully submitted to the Board of Trustees.

RECEIPTS.

Balance in Treasurer's hands, September 30, 1862,	\$107 03
Received from State Treasurer, for support of patients,	40,469 96
Received from towns, for support of patients,	18,034 60
individuals, for support of patients,	8,794 31
sale of sundries,	941 09
Error in last year's account,	10
	\$68,347 09

PAYMENTS.

Paid on account of supplies,	\$26,441 69
furnishing,	12,483 77
labor,	10,790 03
construction and re-	
pairs,	8,994 75
fuel and light,	7,372 69
farm,	1,743 41
incidentals,	435 68
Balance in Treasurer's hands, September	
30, 1863,	85 07
	\$68,347 09

GEO. C. S. CHOATE.

TAUNTON LUNATIC HOSPITAL, October 8, 1863.

The account of the Treasurer, together with the vouchers, have been examined this day, and found to be correct.

CHARLES EDW'D COOK,	}	<i>Auditing</i>
CHAS. R. ATWOOD,		<i>Committee.</i>

SUPERINTENDENT'S REPORT.

To the Trustees of the Taunton Lunatic Hospital:

GENTLEMEN,—We have arrived once more at the annually returning period, when it becomes my duty to lay before you a detailed statement of the condition of the hospital, and of its operations during the year which has just gone by, and at the same time to present through you to those interested in the institution such reflections upon its character and usefulness, and upon the grave disease, for the cure and care of which it was established, as the experience of the past year may have suggested to me.

In considering the condition of the hospital at the present time, I will pursue very briefly the course followed in previous years, and ask your attention to its present numbers and capacity; to its success as a curative institution; to its provision, with the means best fitted to carry out its beneficent design, and to its financial position.

The capacity of the hospital has not been changed, as you are aware, since its opening. The original design contemplated the care of two hundred and fifty patients. For that number it did and does afford ample accommodations. But to afford to the community that relief, which the prevalence of this fearful disease has demanded, it has been found necessary almost from the opening of the hospital, to greatly exceed the intentions of its founders. Until this year, the number provided for has steadily increased, so that it became a serious question how to provide for the future demands which seemed likely to be made upon us. The records of the present year, however, will show that at last a check and a relief has come, and now for the first time I am able to make to you the gratifying report that our

number during the year has slightly diminished. This is due in part to a slight diminution in the number of admissions, but mainly to a considerable increase in the number of discharges, the percentage of deaths being smaller during the past than during any previous year. The increase in years past has been chiefly, though not entirely, in patients of foreign birth, dependent upon the State for support, and the present gratifying improvement is in a great measure due to the course pursued by the authorities in removing such as were proper subjects for removal to the places to which their support more especially belonged. Such a course, though surrounded with difficulties of the most delicate nature, is one which, pursued with discretion and humanity, must commend itself to all who have the good of our own institutions and our own suffering people at heart. The whole of our diminution in numbers the past year has been confined to those supported by the State, the number of those supported by towns and individuals having slightly increased. We can say, therefore, that, while the present condition of the hospital has been improved by the decrease of its numbers, the amount of relief afforded to the section of the State for which it was erected, has not been diminished.

In curative results the success of the hospital during the past year has been above the average of former years. Although the percentage of recoveries depends somewhat upon various modifying influences external to the institution, yet this affords no inconsiderable means of measuring its success, less perfect however than the community would generally suppose it to be. In estimating the recoveries the same rule is followed which prevails in regard to all other diseases. When a patient is restored to the full possession of his reasoning faculties, and to the ability to pursue his ordinary avocations, he is considered recovered, even though there may remain a liability to future disease, just as after an attack of fever, or of rheumatism, or of dysentery, a patient is looked upon as recovered, even though he may not improbably have at some future time another attack of the same malady. And upon this idea it seems to me, that justice to this most unfortunate class demands that the community as well as ourselves should act. There is absolutely no class of our fellow-beings, who need and at the same time

deserve so much the soothing and sustaining influences of sympathy and confidence as the restored insane. Many of them return to the busy world with distrust, with a feeling that every one about them is looking upon them with jealousy and suspicion, and that they are deemed unfitted for responsibility and trust. They need all that the dictates of Christian benevolence and human philanthropy can do to restore them to confidence in themselves, and to the full development of their usefulness. Easily crushed by the frowns of the world, they can fully appreciate kind attentions, and most of all a renewal of confidence. A few recovered patients have been employed afterwards in this institution, some of them in positions of no inconsiderable responsibility, and I have never had reason to regret the confidence reposed in them. None of them have disappointed any reasonable expectations.

The following table, compiled from the records of the institution, will exhibit the total number of recoveries in each year since its opening, and the proportion which this number bears to the whole number of patients, and to the number admitted during each year :

	Whole No.	No. admitted.	Cures.	Ratio of cures to whole No.	Ratio of cures to admissions.
1854, . . .	210	330	36	17.14	10.91
1855, . . .	251	167	70	27.88	41.91
1856, . . .	280	185	62	22.14	33.51
1857, . . .	312	207	82	26.28	39.61
1858, . . .	328	223	84	25.61	37.67
1859, . . .	335	231	98	29.25	42.42
1860, . . .	365	245	101	27.67	41.23
1861, . . .	385	252	119	30.91	47.22
1862, . . .	425	208	87	20.43	42.59
1863, . . .	421	196	87	20.66	44.39

When we consider how many of those admitted are old cases, in which the hope of cure is long past, how many are suffering

under epilepsy and other incurable diseases of the brain, and how many are completely broken down in physical health from bad habits, the cure of upwards of forty per cent. of all admitted does not appear unsatisfactory. Of the cases of pure mental disturbance, uncomplicated with any organic disease, and taken in the early stage, very few fail of obtaining complete relief. And insanity as a disease may fairly be reckoned as among those most amenable to judicious treatment, and offering the fairest prospects of a successful issue.

We come now to another element in the consideration of the condition of the hospital, its provision with all those means best calculated to aid in the restoration of the curable, in the assurance of comfort and improvement to the incurable, and in promoting convenience of supervision and operation. The previous reports have noted in full detail the progress which has been made, year by year, in this important particular. Starting with very few of those means, we have gradually, as opportunity offered, accumulated all that seemed desirable to aid in the great object for which the institution was founded, until now we may fairly be said to be provided with every thing deemed essential, and with nearly all that is thought useful. In an institution of this character improvements can always be made, and it is believed that no year has passed without something being changed or something added, which should in some way contribute to the good of the establishment. Some of the improvements, mentioned in the last report as being in progress, have been completed. The convenient and pleasant billiard-room, the commodious and substantial stable, the much-needed and well-arranged office have all been finished, and are found to answer well the purposes for which they were designed. Many of the halls and apartments have been repainted and refurnished, and all have been kept in good condition. The work of replacing the old wooden partitions, alike troublesome and dangerous, with substantial brick walls, has been continued. The amusements and entertainments of our unfortunate sick have not been neglected. A large addition of new books has been made to their library, newspapers in abundance have been furnished to all disposed to enjoy them, and many new and interesting pictures have been used in the magic lanterns at our evening entertainments.

The financial condition of the hospital remains to be considered. The past year, as all are aware who have families to provide for without an increase of means, has been one imperatively demanding retrenchment. The same need has of course been felt in this family of between four and five hundred as in smaller ones. The prices of labor, of fuel, and of nearly all articles of consumption, have been greatly enhanced. The price of board for all classes of patients, however, has remained the same as before. By practicing the most rigid economy we have been able to pass through the year without embarrassment, and without curtailing any of those adjuncts to the medical and moral treatment of the insane, which are so necessary to their success. All the staple articles of consumption, which your own observation has shown you have been invariably of excellent quality, have, as far as practicable, been purchased of first hands and at wholesale prices. Our beef has been bought on the hoof at the great cattle market of New England and slaughtered upon the premises, our blankets and many of our dry goods at the mills where they were manufactured, and our coal at the large dealers in Philadelphia, and thence shipped at the lowest market freights for our use. The labor of patients has, as far as seemed desirable, been made use of in the various domestic duties and farming operations with, it is believed, an important saving to the institution, as well as benefit to those employed. Labor, however, has in no case been compulsory, and has always been managed with a careful view to its effects upon the mental and physical condition, the improvement of which has never been lost sight of, as being the first and special object of all our operations. The more prompt and frequent payments made by the State and also by towns and individuals, during the past year, have also aided greatly in enabling us to carry on the work of the institution without the payment of interest. The coming year is before us with the prospect of a considerable diminution in our receipts, owing to the reduction in the prices to be paid for State paupers, and with the prospect, also, of a continuance of the present high prices of all articles consumed. It will evidently require the closest and most constant study to enable us to avoid the curtailment of any thing which will contribute to the welfare of our patients.

We know, however, what our income is to be, and our expenditures must of course be made to correspond to it.

Having thus briefly brought to your attention the condition of the hospital at the present time in all the most important elements of successful operation, it next becomes my duty to lay before you as minutely as possible the work of the past year, which I shall proceed to do in the usual manner by giving you in the tabular form all the important facts which can be drawn from the records of the institution.

TABLE NO. 1.

	Males.	Females.	Total.
Number of Patients remaining September 30, 1862,	206	215	421
Number of Patients admitted since September 30, 1862,	89	107	196
Number of Patients under treat- ment during the year,	295	322	617
Number of Patients discharged during the year,	71	105	176
Number of Patients died during the year,	15	19	34
Number of Patients eloped during the year,	5— 91	0— 124	5— 215
Number of Patients remaining September 30, 1863,	204	198	402

Twelve less patients have been admitted during the past than during the preceding year, which in turn showed a decrease from the year before of forty-four. As during the last year nearly the whole decrease has been in males, and is easily accounted for by the diminution produced in the male population by the drain constantly going on in supplying troops for the seat of war. During the past year the admissions have averaged a little over sixteen per month. The greatest number at any one time in the house has been four hundred and thirty-two. The average number of patients for the year has been four hundred and twenty-one, four less than last year. The decrease from the beginning to the close of the year has been nineteen.

The admissions during each month have been as follows :

Admitted in Oct., 17 ;	In Dec., 14 ;	In March, 15 ;	In June, 18.
Nov., 15 ;	Jan., 18 ;	April, 17 ;	July, 15.
Sept., 14 ;	Feb., 13 ;	May, 23 ;	Aug., 17.
In Autumn, 46 ;		In Winter, 45 ;	
		In Spring, 55 ;	
		In Summer, 50.	

The number of discharges, larger than during any previous year, has been as follows in each month :

Discharged in Oct., 4 ;	In Dec., 17 ;	In March, 19 ;	In June, 16.
Nov., 9 ;	Jan., 12 ;	April, 7 ;	July, 9.
Sept., 22 ;	Feb., 22 ;	May, 11 ;	Aug., 28.
In Autumn, 35 ;		In Winter, 51 ;	
		In Spring, 37 ;	
		In Summer, 53.	

The number of deaths during the year has been thirty-four, nine less than during the preceding year, and smaller than during any previous year except the first, when the whole number of patients was one hundred and fifty less. They have occurred as follows :

Died in Oct., 5 ;	In Dec., 3 ;	In March, 1 ;	In June, 4.
Nov., 3 ;	Jan., 4 ;	April, 3 ;	July, 3.
Sept., 1 ;	Feb., 2 ;	May, 2 ;	Aug., 3.
In Autumn, 9 ;		In Winter, 9 ;	
		In Spring, 6 ;	
		In Summer, 10.	

Five cases of elopement have occurred during the year. All of these effected their escape either by removing or by breaking out the iron sash, which guards the windows. In previous reports I have alluded to the insecurity of these, and to the insufficiency of the protection they afford against the efforts of a determined man. The fault is entirely in the original construction, and cannot be easily remedied now except at great expense. The iron sash were secured simply by wooden cleats, which are easily torn out even by females. This difficulty was to a certain extent removed a few years since by sinking iron guards beneath each sash in the male department. This renders the operation a more difficult one in the rooms. The sash in the verandahs, however, are retained in their places simply by screws, which it is not difficult to remove, and the sash

themselves, being of cast iron, are found to be not strong enough to resist a blow from a stout stick, or a thick boot. I would respectfully ask your attention to this matter during the coming year. Elopements exercise in many ways an injurious influence. They create no small expense and trouble. They subject the community and the friends of patients escaping to annoyance and alarm. They often interrupt the process of cure, and they cause a commotion and an excitement among the other inmates, which is unfavorable to that quiet and composure and contentment, which are so all-important in an institution for the insane.

TABLE NO. 2,
Shows the Condition of those Discharged.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Recovered, . . .	32	57	87	404	335	739	826
Improved, . . .	12	23	35	71	86	157	192
Unimproved, . . .	27	27	54	155	189	344	398
Totals, . . .	71	105	176	630	610	1,240	1,416

The recoveries this year have amounted to about fifty per cent. of the whole number of discharges, a proportion somewhat smaller than in former years, in consequence of the large number of State paupers removed by the Alien Commissioners. The number of those discharged, either cured or decidedly improved, the past year, amounts to seventy per cent. of the whole number discharged. From many of those discharged recovered I have had most gratifying communications, and a few have visited the hospital to renew the pleasant associations formed here. Many of them have since their discharge been successfully employed in positions of usefulness and trust.

Of the fifty-four discharged unimproved, ten only were removed by their friends. And of this number, four were taken away by consent of your board, in consequence of their declining physical health and supposed harmless condition ;

one that he might be placed in another institution more accessible to his friends, and two in consequence of the inability of friends any longer to maintain them here, leaving three only to be accounted for by the unwise and misguided judgment of friends in opposition to the advice of the Superintendent. Thirty-six were removed by the Alien Commissioners, either to be placed in the State almshouses, or to be taken out of the State to the places of their legal settlements. And eight were removed by the overseers of the poor, in order that they might be more cheaply kept in their town almshouses.

Of the thirty-five discharged in an improved condition, eight were removed by their friends, twenty-one by the Alien Commissioners, four by the overseers of the poor, and two were discharged by the Judge of Probate. Of the eight removed by their friends, six were taken away in accordance with the advice of the Superintendent, as having become so far restored that they might with safety enjoy the blessings of home, and perhaps contribute in some measure to the support of themselves and those dependent upon them. Two only were taken in opposition to the wishes and advice of the officers of the institution.

TABLE No. 3,

Shows the Character of Insanity in those Admitted.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Mania,	44	53	97	531	531	1,062	1,159
Melancholia, . .	9	20	29	115	130	245	274
Monomania, . .	1	—	1	75	68	143	144
Dementia, . . .	35	34	69	323	275	598	667
Totals,	89	107	196	1,044	1,004	2,048	2,244

Mania and melancholia furnish all the curable cases. Dementia, though not susceptible of entire relief, may be and usually is so far ameliorated as to render the patient more mild, more happy, and more easily controlled. The instances

are rare, where even in an advanced stage of dementia the patient does not become more comfortable and less repulsive, by being placed under judicious control and management, and submitting to the dietetic regulations of a hospital.

Nine convicts from the houses of correction have been received the past year, one of whom, having committed a dangerous assault, had been for several months confined in a cell and chained.

The following table will show the character of the disease in those discharged recovered and improved the past year :

	Mania.	Melancholia.	Monomania.	Dementia.
Recovered, . . .	75	12	—	—
Improved, . . .	22	4	—	9

TABLE NO. 4,

Shows the Duration of Disease before Admission.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Less than 3 months, .	42	53	95	483	435	918	1,018
Between 3 and 6 mos.,	6	13	19	107	120	227	246
6 and 12 mos.,	5	11	16	90	84	174	190
1 and 2 yrs.,	7	9	16	102	91	193	209
2 and 3 yrs.,	5	6	11	67	62	129	140
3 and 4 yrs.,	4	4	8	37	38	75	83
4 and 5 yrs.,	3	2	5	34	32	66	71
5 and 10 yrs.,	7	6	13	63	88	151	164
10 and 20 yrs.,	8	1	9	45	40	85	94
Over 20 years, . . .	2	2	4	16	14	30	34
Totals, . . .	89	107	196	1,044	1,004	2,048	2,244

The usual number of cases, it will be seen, had unfortunately reached that period when medical skill, except in rare instances, ceases to be of any avail, and when there is no escape from a life of hopeless insanity. Some of these had previously been in other institutions; some of them were suffering under such organic disease that from the outset they had been incurable; but yet the large majority, from ignorance, from mistaken love, or unfortunate prejudice, had been kept at home until the disease had become a part of their nature, and were finally sent only because they had either become dangerous, or had at last worn out the good offices of their friends. I can add nothing to what has been said in former years upon this mistake, so terrible in its effects, or upon the paramount importance of submitting every case at once, in the first stage, to hospital treatment.

The following table, similar to that of former years, shows the duration of the disease before admission, in those discharged recovered, during the last five years.

	1863.			Previously.			Total in five years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Less than 3 months, .	23	37	60	178	130	308	368
Between 3 and 6 mos.,	4	7	11	17	18	35	46
6 and 12 mos.,	1	4	5	13	16	29	34
1 and 2 years,	1	3	4	11	8	19	23
2 and 3 years,	1	3	4	3	4	7	11
Over 3 years, . . .	2	1	3	3	4	7	10
Totals, . . .	32	55	87	225	180	405	492

Seventy-five per cent. of all recoveries which have taken place the last five years, have been in cases which had been insane less than three months before admission; nine per cent. in cases which had been between three and six months insane; and seven per cent. in cases which had been between six and twelve months insane—making an aggregate of ninety-one per

cent. of all recoveries occurring in cases which had been insane less than one year before admission. Ten only, about two per cent., had been of longer duration than three years.

In this matter insanity exhibits the character of most other diseases. The acute are curable, the chronic are not. And this fact is but another illustration of the great truth, that insanity is simply and purely a disease. How all-important then to prevent it from passing from an acute to a chronic stage. If a friend is seized with any of the ordinary bodily diseases, we look upon it as an act of culpable negligence, if he or she is not placed at once under proper treatment. Yet how often is this most terrible disease of the mind allowed to run its own course, not only without appropriate medical and moral treatment, but even without a removal of injurious and aggravating influences. Ignorance of its true character can alone afford a reasonable palliation for such frequent neglect.

TABLE NO. 5,
Shows the Causes of Death in those Deceased.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Phthisis,	4	7	11	41	69	110	121
Maniacal Exhaustion, .	2		4	25	19	44	48
General Paralysis, .	3	3	6	29	4	33	39
Diarrhœa,	—	2	2	14	9	23	25
Marasmus,	—	3	3	12	10	22	25
Apoplexy,	1	—	1	15	7	22	23
Chronic Mania, . . .	1	—	1	8	12	20	21
Paralysis,	—	—	—	12	7	19	19
Dysentery,	1	—	1	8	5	13	14
Fever,	1	1	2	3	7	10	12
Anemia,	—	—	—	3	7	10	10
Epilepsy,	—	1	1	6	1	7	8

TABLE NO. 5—Concluded.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Disease of Heart,	-	-	-	2	4	6	6
Disease of Liver,	-	-	-	2	3	5	5
Inanition,	1	-	1	2	2	4	5
Gangrene,	-	-	-	1	2	3	3
Old Age,	-	-	-	1	2	3	3
Suicide,	-	-	-	1	3	4	4
Cancer,	-	-	-	-	2	2	2
Peritonitis,	-	-	-	1	-	1	1
Chorea,	-	-	-	1	-	1	1
Scrofula,	1	-	1	-	1	1	2
Hemoptysis,	-	-	-	1	-	1	1
Pneumonia,	-	-	-	-	1	1	1
Erysipelas,	-	-	-	2	2	4	4
Totals,	15	19	34	190	179	369	403

Three cases of fatal acute disease have occurred during the year, one of dysentery and two of typhoid fever. Two of these cases occurred in persons who had been long insane, and in whom the vital force had become so broken down that no resistance was offered to the onset of disease, and a fatal result rapidly supervened. The third occurred in a patient who had not long before been subjected to an exhausting hemorrhage, and in like manner rapidly ran on to a fatal issue. The cases of phthisis have constituted so large a proportion of the number of deaths, amounting in this, as in former years, to about one-third of the whole, as to lead almost irresistibly to the conclusion that some connection in many cases exists between the scrofulous diathesis and a predisposition to insanity.

For the third consecutive year I have the good fortune to report to you that no suicide has occurred in the institution,

and but four since the opening of the hospital, out of an aggregate of twenty-two hundred patients. In the prevention of this distressing event, you, who know how frequent is the propensity to take life under the influence of maniacal delusion and morbid depression, can well appreciate the usefulness of hospital care.

In comparing the mortality of the year past with that of any former year, we are afforded the gratification of perceiving that an unusual amount of health has been vouchsafed to the afflicted people under our charge. It must be remembered, that of those taken sick among the insane, a much larger proportion die than of those sick with the same diseases among the sane. A healthy mind is a great aid to the restoration of a sound physical condition; and when the former is lost, the system easily succumbs to what would under other circumstances be a trivial disorder.

TABLE NO. 6,
Shows the Ages of Patients Admitted.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Between 5 and 10 yrs.,	—	—	—	1	—	1	1
10 and 15 yrs.,	1	—	1	7	5	12	13
15 and 20 yrs.,	5	6	11	63	61	124	135
20 and 25 yrs.,	8	15	23	108	149	257	280
25 and 30 yrs.,	13	24	37	164	166	330	367
30 and 35 yrs.,	11	15	26	147	147	294	320
35 and 40 yrs.,	13	7	20	147	138	285	305
40 and 45 yrs.,	11	10	21	125	99	224	245
45 and 50 yrs.,	10	8	18	103	78	181	199
50 and 55 yrs.,	7	8	15	55	59	114	129
55 and 60 yrs.,	—	4	4	55	29	84	88
60 and 65 yrs.,	7	3	10	27	29	56	66
65 and 70 yrs.,	2	3	5	16	19	35	40
70 and 75 yrs.,	1	2	3	9	9	18	21
75 and 80 yrs.,	—	1	1	13	7	20	21
80 and 85 yrs.,	—	1	1	4	9	13	14
Totals, . . .	89	107	196	1,044	1,004	2,048	2,244

Fifty-six cases where the age was over seventy have been received since the opening of the institution. These were,

almost without exception, cases of senile dementia, of course incurable, and generally harmless, and they form an exceptional class in this disease, which, contrary to the general rule, are usually not much benefited by hospital care. At that age, except in some rare instances, it has been my custom to dissuade friends from sending patients from home. Their habits have become so fixed, that a change so total in their whole mode of life and associations is apt to be attended with effects injurious to the physical health. There are, however, cases of acute diseases of the mind, occurring even at the most advanced age, which may be cured by hospital treatment.

TABLE No. 7,

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

Farmers,	157	Clergymen,	10
Laborers,	269	Bakers,	9
Seamen,	119	Harness-makers,	10
Shoemakers,	78	Printers,	8
Operatives in mills,	52	Fishermen,	7
Traders,	46	Painters,	7
Carpenters,	45	Barbers,	11
Clerks,	31	Teachers,	6
At school,	23	Coopers,	8
Sea-captains,	19	Cigar-makers,	7
Blacksmiths,	21	Gardeners,	6
Porters and Waiters,	14	Soldiers,	8
Machinists,	18	Students,	5
Merchants,	12	Stage-drivers and Teamsters,	8
Stone-layers and Masons,	15	Butchers,	5
Cabinet-makers,	12	Physicians,	6
Tailors,	12	Wheelwrights,	5

TABLE No. 9,

Shows the Nativity of all Persons Admitted.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Americans, . . .	45	42	87	570	503	1,073	1,160
Americans, Irish par'ts,	4	1	5	15	29	44	49
Irish,	34	54	88	343	419	762	850
English,	3	6	9	30	24	54	63
Germans,	-	2	2	53	17	70	72
French,	-	-	-	6	1	7	7
Scotch,	-	-	-	2	6	8	8
Spanish,	-	-	-	6	-	6	6
Canadians,	-	-	-	3	1	4	4
Italians,	-	-	-	7	1	8	8
West Indians,	-	-	-	3	-	3	3
Nova Scotians,	2	2	4	3	2	5	9
Danish,	-	-	-	2	1	3	3
Dutch,	-	-	-	1	-	1	1
Swede,	1	-	1	-	-	-	1
Totals,	89	107	196	1,044	1,004	2,048	2,244

Five more Americans, and six less Irish, have been admitted than in the year previous. Fifty-four per cent. of all admissions since the opening of the institution have been of persons of American birth. Thirty-seven per cent. were born in Ireland. Three and one-half per cent. have been Germans. Two and one-half per cent. English.

TABLE No. 10,
Shows the Causes of Insanity.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Ill health, . . .	4	26	30	82	263	345	375
Intemperance, . .	35	16	51	289	73	362	413
Masturbation, . .	17	1	18	112	9	121	139
Religious excitement, .	1	2	3	38	45	83	86
Domestic trouble, .	3	11	14	34	69	103	117
Childbirth, . . .	—	7	7	—	76	76	83
Epilepsy,	2	—	2	41	22	63	65
Pecuniary trouble, .	3	2	5	44	5	49	54
Paralysis,	—	—	—	24	12	36	36
Disappointment, . .	—	7	7	14	39	53	60
Injury,	3	1	4	35	6	41	45
Loss of friends, . .	—	5	5	7	27	34	39
Spiritualism, . . .	1	1	2	10	17	27	29
Hard work,	4	2	6	11	9	20	26
Ill treatment, . . .	—	—	—	2	13	15	15
Fright,	1	—	1	3	11	14	15
Congenital,	1	1	2	5	9	14	16
Old age,	1	1	2	5	4	9	11
Seduction,	—	1	1	—	10	10	11
Hard study,	1	—	1	7	2	9	10
Jealousy,	1	—	1	4	3	7	8
Sun-stroke,	—	—	—	9	—	9	9
Want of employment,	—	—	—	12	2	14	14
Use of tobacco, . .	—	—	—	3	2	5	5

TABLE No. 10—Concluded.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Millerism, . . .	-	-	-	3	-	3	3
Healing of ulcers, . . .	-	-	-	1	2	3	3
Turn of life, . . .	-	1	1	-	4	4	5
Exposure, . . .	-	-	-	2	1	3	3
Syphilis, . . .	-	-	-	3	-	3	3
Chorea, . . .	-	-	-	2	-	2	2
Use of narcotics, . . .	-	-	-	3	3	6	6
Light reading, . . .	-	-	-	-	2	2	2
Bad education, . . .	-	-	-	1	1	2	2
Sudden good fortune, . . .	-	-	-	1	-	1	1
Home sickness, . . .	-	1	1	-	1	1	2
Free-love doctrine, . . .	-	-	-	-	1	1	1
Excitement of camp, . . .	-	-	-	3	-	3	3
Unknown, . . .	11	21	32	234	261	495	527
Totals, . . .	89	107	196	1,044	1,004	2,048	2,244

That the causes of insanity, like those of many other diseases, are often wrapped in obscurity, is sufficiently shown by the fact that in nearly one-quarter of the cases we are obliged to record "cause unknown." Although many of these would doubtless be cleared up by a more thorough acquaintance with the history of the patient, yet there remains a considerable number, in which through our imperfect knowledge of the human system we can throw no light upon the exciting cause of disorder.

In a large majority of all the cases, however, we can speak with moral certainty of its origin, and from them learn what to avoid and what to do in order to stand the best possible chance of avoiding this fearful malady. I can add little to the views

expressed in former reports, which have been confirmed by further experience, on the ability, which with few exceptions, is possessed by all, to ward off this, as many other diseases, by correct habits of life.

The foregoing table speaks for itself. By it we see that more than one-half the cases of disease in men, in which the cause is known, are produced by a disregard of the known laws of health and morality in various ways, at the head of which stands that blasting, withering foe of health, of virtue and of happiness,—indulgence in the intoxicating cup. And in females, although with them there is a greater susceptibility to disease from wounded affections and from disturbance of the emotional and sentimental part of our nature, yet fully one-third of the known causes consist of various derangements of the physical system, most of which might have been avoided by a more correct knowledge and practice of the laws of nature. But every one who has made the human mind and the phenomena of human life and generation a study, will readily perceive that this table does not go far enough in exposing the full extent of our own responsibility in the production of disease. There can be no question, that those, who disregard the moral law and the laws of nature, are not only more liable themselves to insanity, but also transmit this liability to their descendants. The parent who indulges in the excessive use of poisonous substances, or who gives way to enervating or debilitating indulgences, even if not made insane himself, is exceedingly liable to pay the penalty of his transgression in witnessing the horrible epileptic convulsion, or the pitiable imbecility, or the more awful maniacal paroxysm of his child. And if the child follows the evil course of the parent, which is too apt to be the case, an hereditary family tendency is formed, which develops into disease, upon what, under other circumstances, would be very far from being a sufficient exciting cause. The more we see of mental disease in its various forms, the more we must be convinced that the study of its prevention is infinitely more important than even the study of its cure, and that the dissemination of more correct views of the true way of life, and a more rigid observance of the known laws of health and nature, would greatly diminish its frequency.

TABLE NO. 11,

Shows the Ages at which Insanity appeared.

	1863.			Previously.			Total in ten years. *
	Males.	Females.	Total.	Males.	Females.	Total.	
Under 5 years, . . .	1	-	1	5	2	7	8
Between 5 and 10 yrs.,	2	-	2	5	7	12	14
10 and 15 yrs.,	2	-	2	10	9	19	21
15 and 20 yrs.,	4	13	17	86	93	179	196
20 and 25 yrs.,	11	16	27	149	161	310	337
25 and 30 yrs.,	17	25	42	168	187	355	397
30 and 35 yrs.,	11	11	22	148	145	293	315
35 and 40 yrs.,	11	9	20	140	123	263	283
40 and 45 yrs.,	10	9	19	105	87	192	211
45 and 50 yrs.,	9	7	16	71	68	139	155
50 and 55 yrs.,	5	6	11	52	35	87	98
55 and 60 yrs.,	2	2	4	42	26	68	72
60 and 65 yrs.,	3	2	5	26	23	49	51
65 and 70 yrs.,	1	4	5	15	9	24	29
70 and 75 yrs.,	-	1	1	4	3	7	8
75 and 80 yrs.,	-	2	2	8	9	17	19
Unknown,	-	-	-	10	17	27	27
Totals,	89	107	196	1,044	1,004	2,048	2,244

TABLE No. 12,

Shows the last Residence of Patients.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Bristol County, . .	19	18	37	171	144	315	352
Barnstable County, .	2	2	4	42	31	73	77
Plymouth County, .	2	6	8	92	97	189	197
Dukes County, . .	2	—	2	13	7	20	22
Norfolk County, .	20	15	35	171	138	309	344
Middlesex County, .	3	—	3	39	38	77	80
Franklin County, .	—	—	—	2	2	4	4
Essex County, . .	2	3	5	40	47	87	92
Suffolk County, . .	37	60	97	356	379	735	832
Worcester County, .	1	1	2	—	2	2	4
Nantucket County, .	1	—	1	8	5	13	14
Worcester Hospital, .	—	—	—	109	109	218	218
Other States, . .	—	2	2	1	5	6	8
Totals,	89	107	196	1,044	1,004	2,048	2,244

Contrary to our usual custom for several years past, two cases, it will be seen, have been received the past year from a neighboring State, but they were believed to be exceptional cases, of such a character as to entitle them to admission. One of them was a lady, who, when suffering under a similar attack a few years since, being then a resident of the State, had been successfully treated here. And now being seized for the second time with the same disease, and both herself and her friends being anxious that she should come to a hospital with which they felt acquainted, it was thought to be proper and humane, although they had removed out of our limits, to accede to their wishes. The other was a lady, who, although at present residing out of the State, had a settlement in a

neighboring town, and a large circle of relatives and friends in our immediate neighborhood. In neither case was any expense incurred by the State or the institution, as the friends of each gave bonds for their support.

TABLE NO. 13,

Shows by whom the Inmates of this Hospital have been Supported.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Supported by State, .	58	73	131	597	576	1,173	1,304
Towns, .	17	20	37	251	201	452	489
Individuals,	14	14	28	196	227	423	451
Totals, . . .	89	107	196	1,044	1,004	2,048	2,244

The number of admissions of State paupers this year has somewhat diminished; the number supported by towns has also slightly decreased, and the number supported by friends has slightly increased.

TABLE NO. 14,

Shows the Proportion of Commitments.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Committed by Court, .	74	89	163	760	681	1,441	1,604
Governor,	-	-	-	115	118	233	233
Committed from State Almshouses, . .	1	1	2	10	25	35	37
Boarders,	14	17	31	159	180	339	370
Totals,	89	107	196	1,044	1,004	2,048	2,244

I need add little to the statistical account which has been presented to you. This embodies all important facts in the

year's operations; and your own observations, made in frequent visits, will fill up the groundwork and bring before your minds an accurate history of the year. With the general mode of treatment, and the general manner of conducting the internal affairs of the institution, you are already more familiar than any words of mine can make you.

It remains for me to report to you briefly the condition of the farm and grounds, and the success of our year's operations there. The stone wall has received a large addition since the reading of the last annual report; and the necessity of its completion is more and more felt, in order to obtain for the inmates of the institution that unrestricted enjoyment out of doors, free from all intrusion, which is so essential to their welfare. Two years more, it is hoped, will finish the wall upon the roads bounding the hospital, which is by far the most important part of the work. The drain, which is being laid for the purpose of redeeming the large tract of swampy land, is being pushed to completion as rapidly as circumstances will allow. It is believed that by another year no inconsiderable portion of this land will be fitted for cultivation. The labor of the farm proper has been prosecuted with at least an average share of success, as the following statement of the principal products of the season, with their estimated market value annexed, will show :

25 tons hay, at \$18,	\$450 00
2,000 bushels potatoes, at 70 cents,	1,400 00
10 tons squashes, at \$30,	300 00
100 bushels peas, at 75 cents,	75 00
200 " corn, at 75 cents,	150 00
beans, tomatoes, and summer vegetables,	500 00
20 tons fodder, at \$8,	160 00
25 cords wood, at \$4,	100 00
	\$3,135 00

The number of persons employed in the several departments of the hospital remains the same as last year. I can speak favorably of their general faithfulness to duty, of their watchful care and kind attention to the unfortunate beings whom they

are employed to care for. None are ever retained after they have been found unfaithful to their important trust, or wanting in that benevolence of word and deed which are so imperatively demanded here.

And now before closing the tenth annual report, which has been made to you, it seems to be a fitting occasion to very briefly review the history of the institution, and to recapitulate in a few words the most important changes and results achieved since the opening of the hospital. In your own Board nearly an entire change has taken place. Twelve Trustees have given their invaluable services, without compensation, direct or indirect, to its management, and have labored with a single eye to its best interests. During this period they have devoted twelve hundred and sixty-eight days to official visits to the institution, besides performing numerous important services for its welfare elsewhere. Whatever of good has been accomplished here, whatever improvements have been made, is largely due to their constant and untiring supervision. All who have been connected with the hospital in this capacity are still living, and most of those whose official connection with it has ceased, continue to manifest an enduring interest in its welfare.

In the resident officers and attendants, likewise, there has been almost an entire change since the opening of the hospital. But one employee besides the Superintendent has been uninterruptedly in its service from the beginning. Four hundred and twenty-eight persons have been employed in the various departments of hospital labor. But two deaths have occurred among them.

During the same period twenty-two hundred and forty-four patients have been admitted and treated, and of this number we have had the satisfaction of seeing eight hundred and twenty-six restored to the blessings of renewed mental health, and one hundred and ninety-two able to leave the hospital in various stages of mental improvement, while the condition of the incurable has been ameliorated, their comfort and safety secured, and their friends and the community relieved of their care. Of this number thirteen hundred and four have been the direct recipients of the bounty of the State, and have been supported and treated without expense to themselves or their friends. The treatment of these patients has been undertaken,

and it is believed, with a fair measure of success, carried out, upon a plan in strict accordance with the idea insisted upon so strongly in this and former reports, that they are simply sick people laboring under mental disease, and in no respect criminals or felons. The abolition of the strong rooms, one of your first steps in the direction of improved treatment, has been followed by a gradual disuse of restraint of all kinds, till at the present time nothing remains but the simple camisole; and straps and muffs and all other means of restraint are things unknown here. The law of kindness is by every possible means enforced, and the gentle influences of sympathy and friendly persuasion are relied upon to take their place.

Of the changes which have taken place in the building I need not remind you. Its bare and uninviting corridors and rooms, when first you took possession of it, must be fresh in the recollections of some among you, and its present pleasant associations and comforts are familiar to you all. Nor need I dwell upon the change which time has wrought in its surroundings. Without a fence or an outbuilding, when placed in your hands, its fields barren and sterile, with no stock, no vehicles, and no roads, it has now become a fertile and productive farm, its large barns are filled with a choice herd of cattle, its green and beautifully undulating lawn is a source of daily gratification, a broad and level avenue, shaded with a delightful grove, leads to its doors, and it is gradually being surrounded with a massive and imposing wall. Seven outbuildings have been erected at an aggregate expense of over thirteen thousand dollars. The heating apparatus has been trebled in power, and for the original imperfect ventilation has been substituted the sure and reliable fan, wafting healthy breezes through every corner of the establishment.

But with all that has been done, let us not forget what is to be done in the future. Progress must be our aim, and to this we must unceasingly bend our energies. Sure of your active coöperation, and of your hearty, earnest sympathies, I look with confidence to the future. May a benignant Providence smile upon our efforts, and fill the future years with renewed blessings, and with new improvements in the treatment of the unfortunate insane.

GEO. C. S. CHOATE.



APR 25 '39 W.P.A.

