

OF

THE LUNATIC DEPARTMENT

OF THE

BALTIMORE ALMS-HOUSE:

PRESENTED TO THE BOARD OF TRUSTEES, DECEMBER, 1840.

TO WHICH IS ADDED

AN APPENDIX,

CONTAINING

AN APPEAL

IN BEHALF OF

THE INSANE POOR OF MARYLAND.

BY ALEX. C. ROBINSON, M.D.

ONE OF THE ATTENDING PHYSICIANS.

BALTIMORE:

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1841.

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BALTIMORE, January 1, 1841.

DEAR SIR:

You will appreciate the motive which induces me to call your attention to the imperative necessity of some further action for the relief of the Insane Poor of our State.

In seeking to arouse sympathy in their behalf, by asking attention to the accompanying Report, and the statements presented in the short and hastily sketched appeal, which will be found in the "APPENDIX," I have obeyed the dictates of duty and of feeling. The nature and wants of Insanity are so well understood at the present day, and the subject now presented is one which so naturally and eloquently appeals to every heart, as scarcely to need the support of renewed arguments and facts. It can only be necessary to excite attention to the necessities of that class of our fellow beings who are rendered wholly dependant, because deprived of the guidance of reason, in order to interest every benevolent person in the community in an effort to have all our destitute Insane embraced within the widening circles of Maryland's benevolence and humane policy.

It is my wish to induce you to devise or co-operate in measures to provide all our pauper lunatics with suitable accommodations in the Maryland Hospital. The idea of asking the State to direct that Institution — which has been erected at a cost of not less than \$175,000, of which sum the State Treasury has supplied from fifty to sixty thousand dollars — to be wholly devoted to her Insane Poor, is suggested under the conviction that the present embarrassed condition of the State Treasury will forbid the large expenditure which must become necessary under any other immediate suitable disposition of them.

It is only in an Institution exclusively devoted to the management of insane individuals, that the friends and physician of the invalid can be encouraged to hope for success, — for there alone can the patients be judiciously CLASSIFIED, and an opportunity be afforded of so modifying the moral and physical treatment, as to render it appropriate to each case, and best calculated to afford relief.

Very respectfully,

Yours, &c.

ALEX. C. ROBINSON, M. D.

To Geo. Law Esq?

THE NUMBER, WITH THE AGES, PERIOD OF ADMISSION AND CONFINEMENT, PRESENT CONDITION, &c.

TABLE I,

SHOWING

THE INSANE WOMEN.

Period of admission or Marriage	Age	Supposed Causes	Recent or Chronic; Confinement when recorded.	Period of Confinement	Present Condition	HEREDITARY, PERIODICAL, PAROXYSMAL; With Remarks.
1 Aug. 1839	36	Single. Disappointed affection.	Recent.	1y 4m	Not improved.	Paroxysms of excitement; suspicious; harmless; allowed to exercise in the yard.*
2 Sept. " "	68	Married. Loss of property.	Chronic.	1 3	"	Do. noisy; inoffensive; confined to cell.*
3 Aug. 1840	39	Single. Intemperance.	Recent.	4	Increased.	Incessant raving; destructive; abusive; defying coercion; chained.*
4 May, " "	26	" " Masturbation.	Chronic.	7	Not improved.	Periodical; harmless; escaping, if permitted; confined to cell.*
5 Dec. 1826	47	Widow. do. and domestic unhappiness.	Recent.	14	"	Do. harmless; escaping, if permitted; confined; hereditary; chained in cell; paroxysms of ungovernable violence.*
6 " " "	25	Single. Indulgence of passion and pride.	"	4	"	Do. periodical; inoffensive; confined.*
7 May, 1831	28	" " Epilepsy and do.	"	8 8	Increased.	Incessant raving; abusive; defying coercion; chained in cell.*
8 Oct. 1839	39	" " Intemperance and opium.	Dev. sub't	1 2	Increased.	Incessant raving; abusive; defying coercion; chained in cell.*
9 Jan. 1837	50	Married. Domestic unhappiness.	Chronic.	3	Not improved.	Inoffensive; silent; quiet; confined.*
10 Dec. 1838	44	" " Poverty and grief.	"	2	"	Violent only during her paroxysms of excitement; confined.*
11 Nov. " "	77	Single. Indulgence of passion.	"	2 1	"	Do. only during her paroxysms of excitement; cheerful; confined to cells.
12 Oct. " "	34	" " Religious perplexity.	"	2 2	"	Do. only during her paroxysms of excitement; disaffected; confined.*
13 Aug. 1840	63	Married. do. do.	"	1 4	"	Inoffensive; quiet; escaping, if allowed; confined.*
14 Jan. " "	50	" " Domestic trouble.	Recent.	1	"	Paroxysms of excitement; generally quiet; inoffensive; melancholy; infirm. [cell].*
15 June, " "	47	" " Religious perplexity.	"	6	"	Do. of ungovernable passion; chained in her cell.*
16 Jan. 1840	39	Married. Domestic unhappiness.	Recent.	2 4	Not improved.	Periodical; mother children; in paroxysms noisy; unmanageable; chained in cell.*
17 Aug. 1838	32	" " do. do.	Puerperal.	2 4	Not improved.	Paroxysms of violence; usually harmless; noisy; unmanageable; chained in cell.*
18 May, " "	46	Single. Disappointed affection.	Chronic.	2 7	"	Inoffensive; quiet; confined to her cell.*
19 " " "	35	Married. Intemperance and epilepsy.	Recent.	5 7	"	Inoffensive; quiet; confined to her cell.*
20 " " "	48	Single. Disappointed affection.	Chronic.	1	"	Paroxysms of excitement; harmless; grieves her confinement and absence from home.*
21 " " "	27	" " do. do.	"	4	"	Subject to periodical paroxysms of violent excitement; confined to cell.*
22 " " "	37	" " Epilepsy.	"	5	"	Periodical; confined to cells; nearly idiotic.
23 " " "	24	" " Unknown.	"	7	"	Confined to bed by debility; marasmus; nearly idiotic.
24 " " "	62	" " Intemperance.	"	1 7	"	Inoffensive; confined to cells.*
25 Mar. 1840	64	Widow. Religious anxiety.	"	9 9	"	Do. do. to bed by debility.
26 Feb. " "	35	Single. Indulgence of pride.	"	10 10	"	Do. do. to cells.*
27 Oct. 1837	22	" " Disappointed affection.	"	13 2	"	Do. do. daily at work.
28 Jan. 1839	31	" " Unknown.	"	9 11	"	Do. do. do. imagines herself "Queen [Mary]."
29 Nov. 1840	35	" " Intemperance.	Recent.	1	Improved.	Vigilant, and destructive during periodical attacks; chained.*
30 " " "	45	Married. Religious perplexity.	"	1	"	Do. and destructive during periodical attacks; chained.*
31 Dec. " "	25	" " Intemperance.	"	4	Not improved.	Confined to her cell; paralysis. [ay; chained.*
32 " " "	32	Single. Disappointed affection.	"	5 7	"	During paroxysms of violence, destructive and noisy; chained.*
33 Jan. 1840	41	Widow. Unknown.	"	11	"	Do. paroxysms of violence, destructive and noisy; chained.*
34 Sept. 1839	28	Married. do. do.	Unknown	1 3	"	Harmless; confined to her cell.*
35 Jan. " "	43	" " do. do.	Chronic.	11	"	Do. paroxysms of grief at absence from her children; confined to cell.*
36 June, 1840	25	Single. Puerperal.	Recent.	6	Increased.	Constant raving; quarrelsome; destroys clothes, &c.; chained.*
37 Sept. 1838	62	Married. Religious perplexity.	Chronic.	2 3	Not improved.	Do. raving; quarrelsome; destroys clothes, &c.; chained in same cell.*
38 Aug. 1839	32	" " Unknown.	Recent.	1 4	"	Quiet and inoffensive; destroys clothes; confined to the same cell.*
39 March, " "	30	" " Puerperal.	"	1 9	"	Periodically violent and destructive; chained in the same cell.*
40 " " "	25	Single. Epilepsy.	Chronic.	9	"	Do. requiring to be confined to her cell; la-bors.

REPORT.

REPORT.

White women, 28; colored women, 12; total number of women, 40.

* Capable of labor; unemployed; constantly complaining of the confinement; escaping, if released. † A sister of the preceding patient. Their brother was formerly an insane inmate of the house.

THE NUMBER, WITH THE AGES, PERIOD OF ADMISSION AND CONFINEMENT, PRESENT CONDITION, &c., SHOWING

THE INSANE MEN.

Number	Period of Admission	Supposed Causes	Recent or Present Condition	Period of Confinement	With Remarks
1	June, 1839	Unknown	Chronic	18m	Inoffensive; inactive; nearly idiotic; unoccupied; hereditary.
2	" 1840	Domestic grief and loss of property.	"	6	Do. incapable of concentration upon any subject.*
3	" 1839	Unknown	"	18	Do. quiet; confined to his cell.*
4	Oct. 1837	Intemperance.	Recent	2	Homicide; harmless; confined to his cell.*
5	Sept. 1821	Loss of property entrusted to him.	Recent	19	Demented; harmless; labors.
6	Oct. 1840	Intemperance and poverty.	"	2	Do. confined.*
7	Nov. 1838	do. and paralysis.	"	1	Do. do. do.
8	Jan. 1838	Masturbation.	Chronic	11	Exercises in the yard; violent; confined to the cells.*
9	April, 1840	do.	Recent	8	Easily provoked, then violent; confined to the cells.*
10	Feb. 1839	Distress from imprisonment.	Recent	10	Inoffensive; labors.
11	April, 1839	Absence from his native country.	Chronic	18	Do. refuses to work; confined; unemployed.
12	Sept. 1839	Intemperance.	Recent	13	Paroxysms of dangerous violence; outraged by the confinement.*
13	May, 1840	do. and poverty.	"	7	Do. of violence; usually quiet; outraged by the confinement.*
14	Aug. 1839	do.	Chronic	4	Noisy; restless; troublesome; confined to his cell.*
15	" 1839	Unknown	Recent	4	Inoffensive; confined to bed; marasmus; nearly idiotic.*
16	Jan. 1839	Intemperance and epilepsy.	"	1	Do. confined to bed.
17	Sept. 1839	do.	"	1	Complains of being kept confined; troublesome when at work.
18	Feb. 1830	Unknown	Chronic	9	Periodical; in the interval inoffensive; labors.

REPORT.

19 Nov. 1840	30	Single	Intemperance.	Unknown	1m	Unfit for labor.
20 Sept. 1839	40	"	do.	Recent	1	Harmless; timid; noisy; paroxysms of ungovernable passion.*
21 Oct. 1838	41	"	do. and mental excitement.	"	2	Homicide; paroxysms of ungovernable passion; chained.*
22 " 1839	70	Married	Intemperance.	"	1	Inoffensive; allowed the range of the yard; inoffensive; allowed the range of the yard; chained in his cell.*
23 Nov. 1839	29	"	The loss of a law-suit.	"	1	Inoffensive; nearly idiotic.
24 Jan. 1838	29	Single	Epilepsy.	Chronic	4	Inoffensive; noisy; able to labor; unemployed.
25 " 1838	35	"	Disappointed affection.	Unknown	6	Do. silent; do.
26 Aug. 1834	32	"	Inflammation of the brain.	Chronic	4	Harmless; noisy; allowed range of yard; unemploy.
27 July, 1840	29	"	Intemperance.	Recent	5	Do. noisy; allowed range of yard; unemployed.
28 Oct. " 19	"	"	do.	"	2	Do. noisy; allowed range of yard; unemployed.
29 Dec. 1838	35	Married	Absence from native country.	Chronic	2	Do. noisy; allowed range of yard; unemployed.
30 Aug. 1840	37	"	Intemperance.	Recent	3	Melancholy; labors.
31 " 38	"	"	do.	"	3	Do. paroxysms of dangerous violence; chained.
32 June, " 35	"	"	do.	"	6	Morose; paroxysms of dangerous violence; chained.
33 Mar. 1838	23	Single	Unknown.	Chronic	4	Do. paroxysms of dangerous violence; chained.
34 Nov. 1840	30	Married	Intemperance.	Recent	1	Harmless; noisy; confined.*
35 " 47	"	"	Epilepsy.	Recent	1	Quarrelsome; homicidal; chained in his cell.*
36 " 32	"	"	Distress at imprisonment.	Recent	1	Do. do. do.

White men, 29; colored men, 7; total, 36. * Capable of labor; unemployed; constantly complaining of the confinement; escaping, if released.

Note.—When referring, in the preceding Tables, to a patient's being "capable of labor," we have alluded, alone, to the physical condition not for bidding bodily exertion. We have done this with the view of attracting attention, to what we believe to be true, viz., that, could such patients as still remain, have been early placed in some suspiciously conducted Lunatic Asylum, their mental derangement would have been so far cured, or ameliorated, that a large proportion of them might have been greatly benefited, and rendered happy by being daily engaged in some appropriate and interesting labor.

We also esteem it proper to remark, in explanation of the modes of personal restraint, we have stated to be used in some cases—that, as the arrangements of the building present few barriers to the escape of patients, and as our nurses are selected from among the temporary inmates of the house—few of whom can be expected to possess those qualities of mind and manner, with that experience and appreciation of their arduous and peculiar duties, which combine to form an accomplished, courteous and proper nurse, for an insane individual—and as no other than the "coercive system" of treatment can be pursued, except in an institution exclusively devoted to the management of mental disease,—and as there are only fourteen small rooms appropriated to the insane women, and twelve to the men,—two, three, or more are necessarily placed in the same apartment, and "chains," or some other form of personal restraint, seem to be rendered imperative to protect both patients and nurses.

In our remarks, we have also referred to the fact of a patient being "unemployed," because we design dwelling upon the injurious influence of continued idleness, and the great value of labor and interesting occupation in the treatment of the varied forms of Intellectual and Moral Insanity.

SUMMARY.

NUMBER OF PATIENTS.	
Males, - - - - -	86
Females, - - - - -	40
Total, - - - - -	76
Recent when admitted, - - - - -	39
Chronic when admitted, - - - - -	33
Developed subsequent to admission, 2	2
Unknown, - - - - -	3
	<hr/> 76

DURATION OF THEIR CONFINEMENT IN THE ALMS HOUSE.

Less than one year, - - - - -	31
From one to five years, - - - - -	34
From five to ten years - - - - -	8
From ten to twenty years, - - - - -	3-76

OCCUPATIONS OF THE MEN.

Tanner, - - - - -	1
Sailor, - - - - -	1
Brushmaker, - - - - -	6
Tinner, - - - - -	1
Stage actor, - - - - -	1
Shoemaker, - - - - -	1
Plasterer, - - - - -	1
Farmers, - - - - -	2
Artists, - - - - -	2
Merchants, - - - - -	4
Carpenters, - - - - -	5
Laborers, - - - - -	16
Total, - - - - -	<hr/> 36

FOREIGNERS.

Irish, - - - - -	10
Germans, - - - - -	6
Italians, - - - - -	2
Swiss, - - - - -	1
English, - - - - -	1
Total Foreigners, - - - - -	<hr/> 20
Citizens of other States, - - - - -	11
Citizens of Baltimore county, - - - - -	13
Citizens of Baltimore city, - - - - -	9
Other parts of Maryland, - - - - -	21
Unknown, - - - - -	2
Total, - - - - -	<hr/> 76

AGES OF LUNATICS, DEC. 1840.

Under 20 years, - - - - -	1
From 20 to 30 years, - - - - -	17
From 30 to 40 do - - - - -	27
From 40 to 50 do - - - - -	16
From 50 to 60 do - - - - -	7
From 60 to 70 do - - - - -	5
From 70 to 80 do - - - - -	3
	<hr/> 76

The youngest male is 19; oldest male 70. The youngest female is 23; the oldest female 80.
Single, 47; married, 26; widows, 3; widowers, —.

SUPPOSED CAUSES.

Intemperance, - - - - -	23
Domestic afflictions, - - - - -	4
Epilepsy and ill health, - - - - -	6
Religious fanaticism, perplexity, &c., (all females), - - - - -	6
Disappointment, or loss of property, - - - - -	3
Disappointed affection, - - - - -	5
Indulgence of temper and pride, - - - - -	3
Puerperal, - - - - -	3
Produced or perpetuated by masturbation, - - - - -	4
Absence from home, - - - - -	2
Imprisonment, - - - - -	2
Unknown, - - - - -	11
Total, - - - - -	<hr/> 76

We have thus displayed the present actual condition of the insane department of the alms-house. We believe the preceding tables to be accurate. They have been hastily prepared, but with considerable labor; as it was necessary to collect the *matériel* from various sources;—no distinct or similar record of the insane paupers having heretofore existed. They have been added with the hope of lending interest to the subject, and affording tangible and legitimate data for prompt action.

Heretofore, every practical scheme to promote the comfort of these unfortunates—consistent with the purposes and arrangements of the house, as a general asylum for the poor, in which point of view it will bear comparison with any other in the country, has been cheerfully adopted. Some of the insane are employed on the farm; such as are inoffensive and manifest no disposition to escape, are allowed in good weather, to exercise during the day in a small yard, designed for their exclusive use, under the late arrangement of the grounds, suggested by Mr. Maguire, the overseer. Another class, the furious, violent and ungovernable, or such as take advantage of every chance to escape, are kept constantly in their small apartments, under the charge of temporary nurses, selected from among the inmates of the house. There are two sets of cells—those most recently erected being eight feet by ten; those first constructed, ten by twelve. From their limited number, (fourteen cells being appropriated to the female lunatics, and twelve to the male,) and from the circumstance, that persons committed as vagrants are sent from the city and county to the alms-house, as a work-house, it is impossible to afford each lunatic a separate room; two, three or more are confined together. The cells in the basement of the building now being erected as an hospital for the colored women, will somewhat enlarge their accommodations; still they cannot be appropriately lodged;—and their number is added to by frequent admissions.

Among them almost "every form of insanity has a representative of its terrors;" yet how much less enviable must be the situation of the lunatics shut up in the alms-houses and jails of the several counties of the state, or of such as remain chained in the hovels of poor relatives, who cannot be persuaded to entrust them to the charge of strangers!

If a history of the mental sufferings, the medical treatment, and the present condition of the latter could be obtained, and tables similar to the preceding, of the insane in this institution had been annually prepared, what a melancholy record would be presented of cases "not improved,"—most unpleasantly contrasted with the statistical reports of the lunatic asylums of this country, as well as of Europe! These incontestibly prove, that, if insanity do not yield with *more* promptness than ordinary diseases, at least as large a proportion of recoveries will occur in recent cases, under an appropriate medical, moral and intellectual treatment, as from any other acute disease of equal severity;—something more than ninety per cent. of recent cases, and from fourteen to twenty-five per cent. of old cases having been cured.

This encouraging truth, together with the fact, that the chances of relief diminish nearly in a geometrical ratio with the period of duration of the attack, shows the importance of an early application for medical aid, and cannot be too generally known.*

However, although time so rapidly diminishes the chances of recovery, and the difficulties of restoring reason, when once dethroned are very great, requiring all the curative means suggested by science to benevolence—yet the recorded instances of restoration in cases long pronounced incurable are sufficient to prevent us from despairing in any instance, unless organic change of the brain have occurred. "A case is stated by Pinel, of a lady who had been maniacal for twenty-five years, suddenly recovering her reason."

Satisfied of the easy curability of insanity if attended to early, of the important aid to be derived from medicinal means, assisted by a moral treatment, and an intellectual discipline judiciously directed by capable and devoted attendants—it becomes a point of anxious enquiry in every public receptacle of the insane—"what proportion of insane patients are restored to the full possession of their reason?" and "what proportion are amended or relieved in cases where an entire restoration to reason has not been accomplished?" If the results of experience in the treatment of insanity during past years in this institution had been distinctly reported, we are sure, that the data supplied would only corroborate the statements in other sections of our country, where it has been proved, that few or no instances of recovery occur to cheer us among the many subjected to *confinement and idleness*, and to all the unfavorable, irritating and provoking influences of the "coercive system"—which is so happily calculated to develop the "the mind's various and extensive capabilities of pain." The insane mind not recognising the justice or necessity of it, feels with morbid distinctness any form of personal restraint, and in the absence of occupation or amusement to relieve the irksomeness of confinement, it grows unhappy, discontented and restless; unless soothed, its unfavorable influence is manifested by functional disorder; sleep and appetite are banished, the illusions are aggravated, the idea of outrage, indignity and privation engrosses the mind, till lashed into fury, its ravings only cease with physical exhaustion.

"To him whose mind is alienated, a prison is a tomb, and within its walls he must suffer as one who awakes to life in the solitude of the grave. Existence and the capacity of pain are alone left him. From every source of pleasure and contentment he is violently sequestered. Every former habit is abruptly broken off. He is alike

*"The ratio of curability of cases, which have existed less than three months, is nine in ten; and eight and a half in ten when it has existed under twelve months; on the other hand of three hundred and eighteen cases, which had fallen under the care of Sir William Ellis, at the York West Riding Asylum, and which had existed from one to thirty years, only twenty-six were cured. M. Esquirol, one of the greatest living authorities on the subject of insanity, has asserted, that after the disease has passed the third year of duration, the probability of cure is scarcely more than one in thirty. Such, too, have been the general influences deduced from the results of the several admirable insane establishments of our own country."—See second Appeal to the people of Pennsylvania, page 21.

removed from all the occupations of health, and from those delicate acceptable attentions so soothing in sickness. The monotony of his confined apartment, the uninvited companionship of those who neither pity nor soothe him, the unavoidable recurrence of causes of annoyance and provocation, are but too well calculated to derange the vital functions of the body, and thus aggravate the derangement of his mind. On every side is raised up an insurmountable barrier against his recovery. Cut off from the charities of life, endued with quick sensibilities to pain, and perpetually stung by annoyances, which, though individually small, rise by constant accumulation to agonies almost beyond the power of mortal suffering; if his exiled mind in its devious wanderings ever approach the light by which it was once cheered and directed, it sees every thing unwelcoming, every thing repulsive and hostile, and is driven away into returnless banishment.

From the absence of suitable institutions among us, the insane have been visited with a heavier doom than that inflicted upon the voluntary contemners of the law. They have been condemned as no criminal ever was condemned, and have suffered as no criminal ever has suffered. The code by which they have been judged, denounces against them the penalties due only to crime, while it is unmitigated by any of those merciful provisions, which, in our penal code attempt justice with humanity. Even when a criminal stands convicted of perpetrating the most atrocious crime, the benignity of the law accompanies him to the solitude where he is to expiate his offence. He is not only comfortably clad and warmed, and fed at the expense of the state which inflicts his punishment, but he is supplied with the means of moral renovation, and when those proofs of penitence and reformation are given, which it is in his own power to furnish, the laws relent and authorize the remission of his sentence. But though the insane have been made fellow prisoners with the criminal, they have suffered, if not from the privation of every comfort for the body, at least from the absence of every solace for the mind. Yet why should a man be treated even as a criminal, who, by universal consent is incapable of crime? We understand what is signified by retributions for guilt, but to speak of retributions for insanity, does violence to every feeling of humanity and dictate of conscience. Yet this wretched class of our fellow beings whose only offence is what others justly regard as amongst the direst of calamities—as incapable of moral guilt as unhappily they are of moral consolation, have been regarded by our laws as though they were rather the objects of vengeance than of commiseration. And were a system now to be devised, whose express object it should be to drive every victim of insanity beyond the limits of hope, it would scarcely be within the power of a perverse ingenuity to suggest one more infallible than that, which, for so many years has been in practical operation amongst us. That system could advance one paramount claim to preference. Its experiments have been numerous, and have scarcely ever failed in rendering the most favorable cases of insanity incurable. This practice re-acts upon the community by which it is sanctioned. To say nothing

of the amount of human suffering, it has caused, it cannot be doubted that, with appropriate treatment, one half at least of all the lunatics, whose support must now continue to be a burden upon the state while they live, might have been restored, and this half might have added as much to the resources of the state, as the other would have subtracted from them.*

The result would be far different if the insane paupers could be properly classed, and treated on the "non-restraining principle," at the same time subjected to a well devised medicinal course, calculated to preserve or restore bodily health, with the assistance of cleanliness, exercise, air, and suitable diet; while mercy and kindness characterize the deportment of their nurses, who should invariably be persons of respectability, with experience, benevolence, dignity, patience, anxious watchfulness, and possessed of a just conception of their peculiar duties. "As far as in any manner possible, all causes of mental disturbance should be excluded by substituting persuasion for force, by practising forbearance, mildness and all the nameless offices of humanity, and by imbuing in every practicable way, the minds of the patients with a new set of pleasing, cheerful, grateful and benevolent emotions. In fine, the whole scheme of moral treatment is embraced in a single idea—humanity,—the law of love—that sympathy which appropriates another's consciousness of pain, and makes it a personal relief from suffering, whenever another's sufferings are relieved."[†]

This cannot now be termed a novel mode of treating insanity. It was introduced into France upwards of fifty years ago, with triumphant success, superseding the coercive system, the standard remedies of which, industriously applied, "have precipitated thousands of intellects from a condition of temporary danger to one of irremediable ruin." When the functions of the brain and general nervous system are disordered, resulting in irregularity of action and chronic delirium—can fetters, cheerless confinement, absence of occupation, and unceasing tumult, recall harmonious action, and assist the recuperative energies of the mind to restore "an immortal nature to the capacity of virtue, and the enjoyment of happiness?" Every enlightened mind—every humane heart will respond in the negative. Then why is our state so backward in providing a home for her destitute insane, where medical skill may unite with intelligent benevolence in the good work of allaying the morbid excitement of the brain, and regulating the disordered actions of a chaotic intellect, recalling reason, and re-awaking all its natural sympathies? To this class of her citizens, she is in long arrears. "One of the strongest if not one of the first principles of social obligation arises from the necessity of relief, and the ability to relieve. And when does a man so urgently require the light of others to direct his steps as when he wanders in darkness? When does he stand in such extremity of need of the knowledge and

* See Report of Commissioners appointed to superintend the erection of a Lunatic Asylum, at Worcester, January 4, 1832.

† See first Annual Report of Trustees of the State Lunatic Asylum, at Worcester, Mass., December, 1833.

guidance of his fellow men as when his own mind is a wild chaos, agitated by passions which he cannot quell, and haunted by forms of terror, which the living energy of his nature is perpetually calling into being, but cannot disperse? When does he so strenuously demand their succor, as when his own soul is like a living wound, and he has lost all power of distinguishing between the sources of healing and of torture? If the insane have done nothing to forfeit the claim which men who suffer have by the law of nature, upon men who are able to prevent that suffering, they should be treated, not with a sole regard to the security of others, but with special reference also to their own misfortunes, and in a manner adapted to shorten their duration, or where that is impossible, at least to mitigate their severity. Even if the public good imperiously demanded the coercion of the insane, it would not be just to cast them into hopeless imprisonment, thereby making the cause of their confinement remediless, and the confinement itself terminable only by the death of the sufferer. In its practical operation, such a system is a direct consignment of human beings to the long protracted and mysterious horrors of madness."

On the other hand, what has been the practical operation of the treatment opposed to this system of coercion, and which in obedience with the laws of humanity, substitutes mildness and patient persuasion for harshness and force—liberty, exercise, and occupation for confinement, inactivity and idleness? We believe we cannot better serve the class of lunatics, whose claims we wish to urge, in depicting the results which have been realized from this change, than by again quoting the language of one, whose eloquent pen has so vividly depicted the inevitable horrors of insanity, when neglected or deserted, and uttered such rich appeals in behalf of those whose feelings and emotions, at least, may be soothed and subdued, even when the integrity of their intellects cannot be restored.

"However deeply all our better feelings may be moved by the reflection that so many of our fellow beings, under the auspicious influences of this institution, have already been restored to reason and returned to bless the families and friends, who, under the former coercive system of treatment, would have mourned their loss 'without hope;' yet the ameliorated condition of such as have not been recovered, we regard as a subject of equal congratulation among men, and gratitude to heaven. No one, who has not actually seen from time to time, the inmates of the hospital, can comprehend the extent of the change which has taken place in every external indication that marks the physical and moral condition of a human being. Many who, in their paroxysms, used formerly to wound and lacerate their own persons to a degree that threatened life itself, now habitually exercise an ordinary degree of prudence in avoiding the common causes of annoyance and accident. Not less than one hundred of those brought to the hospital seemed to regard human beings as their enemies, and their first impulse was to assail them with open or disguised force. Now there are not more than twelve who offer violence. Of forty persons who formerly divested themselves of clothing, even in the most inclement

seasons of the year, only eight do it now. Through all the galleries, there is far less susceptibility to excitement, more quietude, more civility and kindness exercised towards each other. The wallings of the desponding, and the ravings of the frantic are dispelled. The internal change is legible upon the countenance. With the insane it is emphatically true, that the dark shadows of the mind are visibly projected upon the face. Hence, from the alteration which has in many instances occurred in the outward aspect, amounting to almost a change in identity, there may be inferred a corresponding alteration of the condition within. The deep lines of anguish have been obliterated or softened, whose sharp engravings were begun many years ago in despair. The wide circle and heart-sickening variety of horrors, exhibited by the inmates when first brought together, have been greatly reduced in extent, and mitigated in quality.*

Among the means conducive to so favorable a result, no one is more important than the principle of never allowing a patient to continue idle, if at all in a condition of general health admitting his engaging in light or laborious occupations. The mental revulsion induced by labor, prevents the morbid illusions and the real or fancied sufferings from wholly engrossing the attention. Gardening, farming, or mechanical operations—particularly if the patient has been accustomed to them, encourages cheerfulness and contentment, promoting at the same time refreshing sleep and appetite—the health becomes improved, and the mind invigorated. The anticipation of the benefits of labor, or the contemplation of its results is also effectual in awakening a feeling of satisfaction, and self respect, which greatly aids the patient in controlling any disposition to violence and indecency, and in banishing unpleasant impressions, and feelings of irritation and degradation. Of course during the vascular and nervous excitement frequently existing in the early stages, rest, seclusion, and quiet will best allay diseased irritability of body and mind; but as this disappears, exercise and employment adapted to the condition of the patient, promotes convalescence and strengthens the mental and bodily powers, greatly aiding the medicinal treatment in removing the functional derangement in that portion of the physical system—the brain and nerves, which causes insanity.

We might also quote evidence to show the beneficial influence of introducing Sabbath services within the confines of an asylum, judiciously arranged and conducted; and that a large proportion of the patients, pleased if allowed to attend, behave with great propriety. But we have already far exceeded our prescribed limits, and must resign the subject to the charge of a more able and experienced advocate.

It cannot be necessary to dwell longer upon the uncharitableness of sending our insane paupers into almshouses, where it is impracticable to command the varied and nicely adjusted means best calculated to recall, and re-establish physical and mental health. What inconceivable good might have resulted from the expenditure of a comparatively in-

* First Annual Report of the State Lunatic Asylum, Worcester, Mass. Dec. 1833.

considerable sum years ago, in the establishment of a state lunatic asylum!—a large proportion of those, who must now be a burden upon the community as long as they live, might have been restored to their families, to happiness and to usefulness.

When insanity was scarcely looked upon as a legitimate subject for curative treatment, almshouses were selected as suitable places for the safe confinement of the unfortunate subjects of it. But are they to be so regarded now? We trust not.—Convinced that the want of a well endowed Pauper State Lunatic Asylum is a serious evil, the magnitude of which should be pressed upon the notice of our people and our government—we venture thus to entreat you earnestly to plead for its removal;—feeling assured, that the intelligent body of a people, whose enterprize and determination to do all in their power to promote the true and permanent interests of their state, and fellow-citizens at large, have induced the expenditure of millions in rail roads, canals, and various other internal improvements, will promptly respond to the cry for relief, and advocate the desired provision for their destitute insane, if made to comprehend its necessity. Such an institution, assuming a high rank among our state enterprizes, would prove a blessing to a helpless, and heretofore neglected class of our people, and continue an admired monument of her benevolence.

Note.—Within the last year an insane patient, confined at the Alms-House by order of the County Court—before which he had been tried for homicide—was found to be so entirely harmless, as to admit of his being employed to labor at his former avocation as a gardener. Upon reaching the open air,—when first permitted to escape from the monotony of his limited apartment,—he could not conceal his astonishment and delight at the new scene thus suddenly presented to him; but, walking around and around the extensive buildings, with a step to which pleasurable emotion seemed to lend elasticity, continued to exclaim—“how wonderful!—how beautiful!”

Many affecting incidents are recorded of the effects of their liberation from fetters and confinement, on furiously maniacal patients. After the celebrated Pinel—the French reformer in the treatment of insanity—had obtained the consent of the commune of Paris, in 1792, to try his system on the insane confined at the Bicêtre, in the course of a few days he removed the chains from fifty-three lunatics. The first one released was an English captain, who had been confined there for forty years. A disposition naturally violent had been exasperated by the rigours of his confinement, and the neglect of his attendants,—one of whom he had killed in a paroxysm of fury, by suddenly striking him upon the head with his heavy manacles. Pinel entered his cell alone—promised to liberate him upon his pledge to regard the rules of the house, and behave with propriety;—telling him, at the same time, that he had six assistants at command, who would replace him in his cell, if he misbehaved. The poor man was incredulous—but when he actually found the manacles removed from his limbs by his humane physician, and his hands only muffled as a matter of precaution, he promised to obey Pinel in every particular. His first efforts to stand failed—so long had his limbs been hampered—but in a short time, poising himself, he staggered towards the door. “His first action was to look at the sky, and exclaim, in ecstasy—“how beautiful.” Through the whole

day he ran about, ascending and descending the stairs, and constantly repeating the exclamation, "How beautiful! how good!" That night he slept tranquilly, and had no paroxysms of fury during the two additional years he passed in the Bicêtre."

Among the earliest released was Chevingé—a man of prodigious strength—who, after having been dismissed from the French Guards for drunkenness, was reduced by shame and want to such mental depression, that his intellect became disordered. He imagined himself a general, and attacked all who did not admit his assumed rank. His furious excitement rendering him dangerous, it became necessary to remove him to the Bicêtre. For ten years he had been closely confined and heavily chained—his strength rendering him an object of fear to the servants, while his fury at the cruelty of his confinement had kept his naturally good disposition completely masked. The mere promise of Pinel soon to liberate him appeared to sooth his mind. "Never in the whole history of the human intellect was there a more sudden and complete revolution" than in Chevingé, when freed from the chains, which had kept him degraded and irritated during the prime of his life. Ever afterwards, he was noted for his grateful and proper deportment. "Often, in the difficult times of the Revolution, he saved the life of Pinel, and on one occasion rescued him from a band of miscreants who were conducting him to the "Lanterne," owing to his having been an elector of 1789. During the time of famine, he left the Bicêtre every morning, and returned with supplies of provisions, which gold could not at that time procure. His whole life was one of perpetual devotion to his liberator."

APPENDIX.

[The following "Appendix" was attached to a Report on "Delirium Tremens," lately prepared by Dr. Ronnsson, and published in the fourth number of the Baltimore Medical and Surgical Journal. It is inserted here, because it has direct reference to the subject-matter of the preceding Report.]

THE gentlemen of the Board of Trustees of the Baltimore Alms-House, anxious to ameliorate the condition of the lunatic inmates, and convinced of the impracticability of instituting such a moral and physical treatment as is best calculated to restore them to health, unless in an asylum exclusively devoted to the Insane, have already called the attention of the City and County authorities to the necessity of some more appropriate disposition of them, and have directed a few additional apartments to be prepared for their present accommodation. We are pained to acknowledge the inevitable necessity we have sometimes experienced from the crowded condition of the cells and the large number of lunatics, of treating our Delirium Tremens patients in the immediate vicinity of, if not in the same apartment with, Insane patients.

Seventy-six lunatics are now confined in this Alms-House alone:—twenty-nine white males; twenty-eight white females; seven black males; twelve black females, besides twelve idiots. A portion of these are foreigners; some are individuals from other states, and some from other counties of this state, who find their way, or are sent to Baltimore totally unprovided for, and consequently have no other asylum but the Alms-House.

The whole number in the State of Maryland, including those confined at private houses, and such as continue immured in the county poor-houses and jails, will soon be reported by the Marshal. If the proportion to the entire population approximate that in other states, the new census will show a large class of indigent beings, afflicted with a malady now known to be curable in the proportion of ninety per cent. of recent cases, under an early and judiciously directed physical and moral treatment. Yet the sufferers, whose only forgotten in their prison-houses, where they are allowed little beside "the poor privilege to breathe;" chained like convicts or associated with vagrants, as was formerly the case in all parts of Europe, as well as in every portion of the United States, when, under the errors of a false philosophy and the force of prejudice, insanity was viewed as an infliction, the attempted removal of which was deemed idle if not presumptuous.

When will Maryland arouse to the necessity of following the benevolent example of most of her sister states, in providing some suitable asylum for her Insane Poor,—where they may enjoy those comforts and conveniences, those occupations and amusements, which are acknowledged to be indispensable to alleviate, if not to cure? In such an asylum how many would be restored to "mental existence" and usefulness, whose hallucinations are now aggravated,—the disordered functions of their brains goaded to excess, resulting in organic change and permanent fatuity, by being uncomfortably kept in crowded apartments, subjected, perhaps, to some form of personal restraint to protect them from each other; deprived of the benefits of exercise, amusement and occupation—a condition as well calculated to induce insanity in a healthy individual, as to render it perpetual when once manifested.

Science and philosophy have triumphantly proved the curability of insanity if attended to early; and the people of Maryland cannot continue deaf to the

claims of this most unfortunate class of her citizens, and refuse to aid their escape from the justly dreaded deprivations of permanent insanity, and consequent confinement in the comparatively comfortless apartments of Poor-Houses, and the ill-ventilated, grated and cheerless cells of county jails, identified with felons and vagrants.

Will Maryland allow herself to be longer,—now almost half a century,—behind France, Italy and England; indeed, nearly all Europe, and many years behind Maine, Massachusetts, New-Hampshire, Vermont, Connecticut, New-York, Virginia, South Carolina, Tennessee, Kentucky and Ohio, in the good work of providing for her pauper lunatics? Will she still allow them to remain shut up, two, three, four or more together, without even the poor consolation of being alone in their misery, and necessarily subjected to constantly recurring causes of irritation, under which their cure forms the exception rather than the rule?

The destitute condition of the insane poor of our state is, in truth, a dark blot upon her otherwise fair escutcheon, which, we trust, will soon be removed. Instructed by the experience of her sister states, that on the score of economy it is her interest, we hope she will follow the clear dictates of policy, if not of pity, and no longer refuse to make proper provision for this class of her citizens.

Bountifully providing for the destitute widow, orphan and invalid, for the mute and the blind, can she permit her soil to continue one of the few spots where the poor lunatic is forgotten amidst her public charities, and left destitute of the comforts of existence, and every means of mental tranquility! We hope not. But regarding the partial provision made two years since, in 1837-8, by the appropriation of \$30,000 to the Maryland Hospital* as an earnest of her future disposition to afford adequate succor to the helpless sufferers of so justly dreaded a species of calamity, who imploring plead to be released through her agency, from what they believe to be unjust and unnecessary—therefore cruel and irritating confinement,—we fervently pray that at an early day an asylum and a home may be given by the state to every destitute subject of mental disease within her limits.

* On the 31 of April, 1839, a resolution, offered by Dr. STEPHEN COLLINS, a Delegate from Baltimore city, passed the Legislature of Maryland, in favor of the Maryland Hospital, by which \$30,000 were appropriated for its completion,—distinct reference being had in making the improvements, to its exclusive use as a *lunatic asylum*. This resolution contains the following clauses: "Provided, that one half of said institution shall hereafter be appropriated to the accommodation of pauper lunatics of this state, who shall there be accommodated and treated at the expense of the county so-called such tenatic paupers; provided the same shall not exceed one hundred dollars for each pauper lunatic, so sent."

This appropriation has proved totally insufficient to supply the necessities of the pauper lunatics of the state. Their number is estimated at not less than two hundred. The sum of one hundred dollars, to be paid by the counties to the hospital, is too small to bear expenses. It has been stated by Dr. STUART, President of the Maryland Hospital Board,—a statement corroborated by the reports of the most economically conducted institutions at the north,—that the food, nurse-fee, medical attendance and medicines of each patient cost one hundred dollars; and that clothing and fuel would cost twenty-five dollars additional. This loss the institution bears out of the small profits derived from the private patients.

It seems, however, that the counties very seldom avail themselves of this provision, preferring to continue their unfortunate lunatics in their poor-houses or jails, at an expense calculated not to exceed fifty dollars, with scarcely a chance afforded of recovery,—rather than incur the additional expense imposed by placing them at a hospital appropriated to the insane; where alone, if not restored to health, their condition may be so improved by a judicious course of moral government, seconded by cheerful exercise and healthful occupation, as to render them once more comparatively contented and useful. By this ill-judged economy, insanity is aggravated, and the sufferers continue during life, totally helpless and dependent. Whilst had their home been at a lunatic asylum, their moral, mental and physical capacities would be so directed as to be conducive to their individual support, simultaneously with the improvement of their health and condition.

Note.—According to the census of Maryland, for 1840, the total population is 467,567. Number of Insane and Idiots at private charge, 209 whites and 97 colored.

131 "

39

An eloquent appeal has again been made in behalf of the insane poor of our sister state, Pennsylvania, which, we doubt not, will prove effective, so well is it calculated to re-enlist the active sympathies of her enlightened philanthropists in behalf of those who are no longer regarded, and should be no longer treated, as outcasts. Her chief magistrate, as her organ, in withholding his sanction, (the necessity of which he deplored, but thought imperious, from the exhausted condition of the treasury.) from a bill making provision for the numerous Insane Poor of that extensive commonwealth, which was passed by the Legislature two years ago, has avowed it to be her religious duty to provide, at her earliest ability, for the removal of so manifest an evil from amidst her people. And it being now shown to be her interest, on the score of economy* alone, Pennsylvania, we are sure, will not neglect this "Second Appeal." And for the sake of the character of our native state, we hope that Maryland will not be behind her in the benevolent undertaking and Christian duty. To induce union and efficient action in order to effect so necessary and desirable an object, we earnestly appeal to the state and city authorities, as well as to every philanthropist, and every Marylander. For who, in this enlightened period, so characterized by wisely bestowed and extended charities, will acknowledge himself without sympathy for, and consent longer to forget, the Insane Poor.

"Who that bears

A human bosom hath not often felt

How dear are all those ties which bind our race

Their force, let Fortune's wayward hand the while,

Be kind or cruel."

* See a second appeal to the people of Pennsylvania, on the subject of an asylum for the Insane Poor of the commonwealth. Philadelphia, 1840. [Reported by a sub-committee, through their chairman, Dr. DORSEYSON.]

The following is the estimate prepared by a distinguished writer on insanity, M. BARRAS DE BOISSONOT, of the proportion of insane in different countries, as given in his recent work on the influence of civilization on the development of insanity. He conceives the disease to prevail, as a general rule, in a direct ratio with the state of civilization of a people.—State of New York, 1 in 721; England, 1 in 783; Scotland, 1 in 563; Norway, 1 in 551; France, 1 in 1,000; Districts on the Rhine, 1 in 1,000; Belgium, 1 in 1,014; Holland, 1 in 1,046; Italy, 1 in 4,879; and Spain, 1 in 7,181. The proportion in the large cities are stated as follows:—London, 1 in 200; Paris, 1 in 222; Milan, 1 in 242; Florence, 1 in 338; Turin, 1 in 344; Dresden, 1 in 466; Rome, 1 in 431; Naples, 1 in 791; St. Petersburg, 1 in 1,133; Madrid, 1 in 3,360; and Grand Cairo, 1 in 30,714.

In New-Hampshire, when the population did not exceed 290,000, the number of lunatics was estimated at 609; in Connecticut, in a population of 298,000, at 700; in Massachusetts, with a population of about 612,000, there were 1,000; in Virginia, calculating the population at 1,200,000, it was thought, that there were, in 1838, not fewer than from 600 to 700 insane; in Pennsylvania, with a population not exceeding 600,000, there are supposed to be 2,000 insane, 1,200 of whom are idiots and 800 insane; in Maryland, by the late census, with a population of 467,567, there are 340 idiots and insane whites at private and public charge, and 136 colored at private and public charge.