

and to sleep. I arose in the morning and found a midshipman of the "Octavia" just coming up to the hotel, as he said, for me! From him I learnt that the "Octavia" had never budged; had remained at anchor just where I had left her, and I might have known, could I have reasoned calmly, that she would not have sailed without a search being made for me. I was much relieved. You ask how it was I could not see my ship when she was lying serenely at anchor, out there in the moonlight. Well, I had dined, gentle reader, I had dined! I did see the "Octavia"; I saw more; I saw two "Octavias," but I didn't recognize them. That hotel-waiter, too, was a base and mendacious rascal, and knew all the time that the vessel had never sailed. However, all's well that ends well, and barring the jar to my nerves, I was little the worse for my night at St. Helena.

In 1841 the old gaol on Toronto street (now York Chambers) was occupied by seventeen patients—two of whom are still alive and enjoying good bodily health in Toronto Asylum. Dr. Rees was the first superintendent. This building was soon filled and it was deemed absolutely necessary to temporarily occupy the east wing of the existing Parliament Buildings, and, in addition, a house on the corner of Front and Bathurst streets. Between 1841 and 1853 there had been no less than five superintendents. These officers were only nominally heads of the asylum. An officious board of trustees made all appointments and discharged as seemed to this body best. Favorites, however unfit, were put in places of trust, and complaints of gross violations of duty were condoned. Drunkenness, cruelty to patients, and immorality were common. No one was responsible, so no

The main building was designed and superintended in its construction by J. E. Howard, Esq., (now of High Park), the wings by Kivas Tully, Esq., Government architect. The building of the former was commenced on 7th June, 1845, but the corner stone was not laid until 22nd August, 1846. It was deposited with a good deal of pomp and ceremony. Bishops, judges, benevolent societies, fire companies, physicians, the police and the band of the 81st regiment, as well as a large concourse of citizens were present. Lord Metcalfe was at that time Governor-General. The wings were not built until 1869. So marshy was the ground on which was built the foundation, that in many places the workmen employed had to dig as far as thirteen feet before arriving at a sure foundation. Not until 1850 was the building partially ready for occupation.

bolished, and an inspector was appointed, who is directly responsible to the Government. The writer has been in charge since Dec. 27th, 1875.

The main front building is nearly 600 feet long. The centre part is six stories in height, and the ends are four stories in height. In addition to this main portion are two wings 180 feet each in length, and four stories in height. In the grounds are three cottages, which are occupied by 121 patients. The total number of wards are sixteen in the main buildings. The number of patients is 703. The number of nurses is forty-eight. Total number of all classes employed, ninety-eight. The asylum thus constitutes a village with over 900 inhabitants. In 1884 it was found that 456 patients were engaged in labor, such as farming, gardening, sewing, knitting, carpentering, stable, laundry, and dairy work, etc.



HISTORY OF TORONTO ASYLUM

BY DR. DANIEL CLARK, MEDICAL SUPERINTENDENT.

Before the year 1841, Upper Canada had no asylum of any kind for the insane. Previous to this period those persons who were so unfortunate as to become insane, had either to be placed in goal for safe-keeping, or else had to be taken care of at home. Those who have anything to do with the insane know well what such custody meant for those afflicted. Such a state of things was deplorable, and, no doubt, many poor creatures who might have recovered, had proper accommodation and medical treatment been provided, were kept at home under unfavorable conditions, or were left in goal to terminate a miserable existence. In 1839 this evil was at last recognized and Parliament passed an act authorizing the establishing of the first Provincial Lunatic Asylum. This was at least a step in the right direction, and the beginning of a better state of things.

responsibility was assumed. One of the superintendents writes of this time: "There was not clothing enough of any or all kinds for a change. There were several patients who had been naked for several months, confined in cells, or, if quiet, lying on the floor of the attic ward, a place where from sixty to seventy patients were constantly kept in a very filthy condition. The stench of this ward was scarcely bearable from the great amount of filth that had been allowed to accumulate in different parts of it." There is a good deal more of a worse nature in this report. The vicious system was largely to blame for this deplorable state of things, just as now exists in the Province of Quebec from a similar cause.

Where the asylum now stands was at one time a black ash swamp, and was ordnance land, and consequently was Crown land. The first gift was only fifty acres, but the larger part of the old garrison commons subsequently fell into the hands of the Provincial Government, upon which stands the central prison and the new Reformatory.

In January of that year the first patients were transferred from the old gaol and the Parliament Buildings. Dr. Scott was its first superintendent. The old Board of Trustees was succeeded by a Board of Commissioners. This change proved to be an improvement on the old order of things, principally on account of the better quality of the material. Of course this new building, having been built for a specific purpose, was far in advance of those vacated. The ventilation, the plumbing, the drainage, and the plans were not all that could be desired, but necessary changes from year to year improved these drawbacks. In 1853 Dr. Workman became chief official, and remained as such until 1875. The old order of things was not allowed to exist under his active administration. The old system was changed, and more power than heretofore was put into the hands of the Chief Administrator. This put an end to favoritism, "rings" and such excrescences, which formerly paralyzed all attempts at reform. At Confederation the Board was a

Restraint of a personal kind on patients has been almost entirely abolished in our Provincial asylums, and humanity to those afflicted is the guiding principle in their administration. In this respect they need not fear any comparison with any asylum in Christendom. The relics of Toronto asylum contained a number of curiosities. About thirty-five years ago all excited patients were treated to fly-blisters on the nape of the neck. Some of the survivors bear the scars made by their application. An actual burning iron was used to singe the neck and cause a running sore. Setons were introduced into the neck for the same purpose. Salivation, bleeding and violent purgation were orthodox methods to cure mania. They were employed with the best intentions, but doubtless these heroic practices were not conducive to recovery, and were based on wrong ideas of the actual condition of the brain. The internal commotion and the external irritation must have been exasperating, and must have added greatly to the mental suffering from their co-existence and combined effect. These practices are now followed by more humane and rational treatment. The pulling down of the system has been followed by a building up.