

CARE OF THE INSANE.

Beginning of the Provincial Lunatic Asylum.

Four Untrained Superintendents—Specialists Not Required—Treatment of the Insane in Early Periods.

Paper Read Before the New Brunswick Historical Society, by Rev. C. T. Phillips—Feb. 23rd, 1904.

(Continued from last Wednesday.)

I have given the report of two insane hospitals that they may be compared with the St. John asylum. I leave the reader to make his own comparisons and deductions. The report for 1903 has not yet been given to the public, but as near as I can ascertain there are about 675 patients in the main asylum and the annex. In the main building there are 425.

Since the asylum was opened, in 1849, to December, 1903, 3,814 male patients have been admitted and 2,537 women; 1,410 men have been discharged as cured and 953 women. Men who were discharged as improved, 1,055, women 607. Of those who remained about the same mental, 143 were male patients and 87 were women. Died within that time 1,047 men and 790 women.

The age at which the largest number become insane was from 20 to 25 years, for since 1875 there have been 37 admitted between those ages. Since 1875 thirty-four have been admitted to the asylum who were between 30 and 100 years.

In 1901, of 473 men in the asylum, 57 of them were sent out as cured—percentage 8.40. Relieved 3, percentage 41. Died 59, percentage 8.70. In 1902 there were admitted to the asylum: 64 recovered, percentage 8.57. Died 59, percentage 8.13.

Since 1875 1,166 unmarried men were admitted, unmarried women 757, married men 1,166, married women 612, widows 207, widowers 131. In 1902 there were 154 patients admitted, 49 of whom were unmarried men, 49 unmarried women, and 32 were married women and 34 married men.

With the exception of Madawaska county, all the counties in the province are represented in St. John city and county has 38, Charlotte 10, Kings 16, Queens 2, Sunbury 1, York 10, Carleton 1, Victoria 2, Restigouche 1, Gloucester 14, Northumberland 13, Kent 5, Westmorland 22 and Albert 5. Two of the patients come from Bermuda.

Since 1875 all the professions, trades and occupations have been represented. Eight clergymen were admitted, nine physicians, two druggists, forty-eight teachers, twenty-four students, one journalist, and (strange to relate) only one editor. Educationally 346 were college graduates, 1,038 had attended common school, and of the 3,456 patients admitted since 1875, only 495 had received an education.

All churches and sects in Christendom seem to be represented. From 1875 to 1903, there have been in the asylum 1,235 Roman Catholics, 714 Baptists, 334 Episcopalians, 355 Methodists, 297 Presbyterians, 12 Congregationalists, 1 Lutheran, 5 Adventists, 2 Disciples, 1 Unitarian, 1 Christian, 2 Plymouth Brethren, 5 Salvation Army, 7 Unitarians, 82 no religion, 41 unknown.

Many nationalities are represented, England sends 56, Ireland 38, Scotland 49, United States 39, Norway 3, Spain, France, Finland, Greece and Sweden one each; Austria and Wales two each. The percentage of insanity among the Indians is much smaller than among the white race. Since the opening of the asylum there have been 24, nine representative of the Indian race, a squaw. The small number among them who became demented are treated with so much kindness and consideration that the mind soon returns to its balance. The only one in New Brunswick who became maniacal and homicidal was the squaw just referred to. The Indians say, "His hand is upon them. He will be angry with us and we shall not prosper if we are not kind to those upon whom Manitou lays his hand."

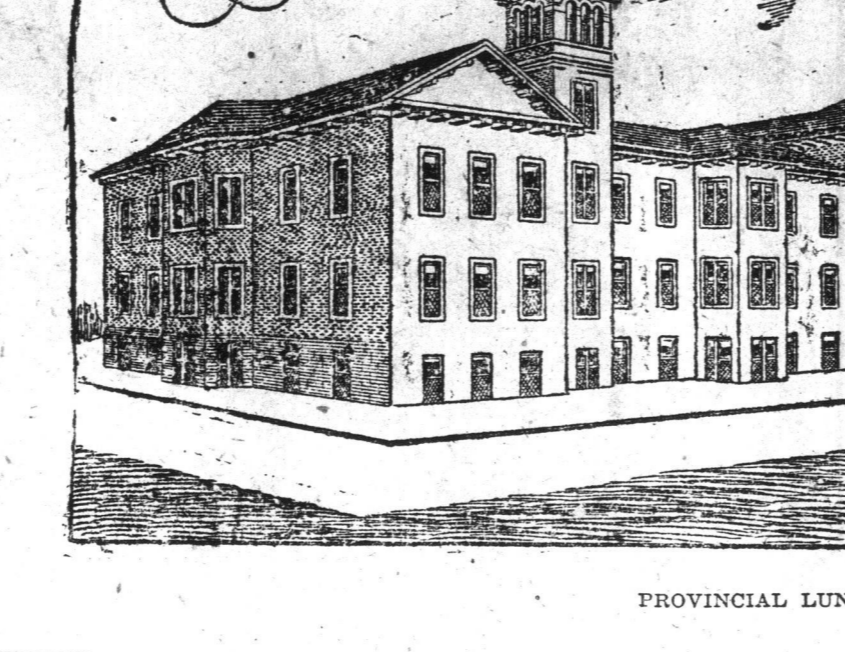
went over the road you are going now. Count your blessings and don't cross the bridge until you come to it. The daily average in the asylum this year will be at the least six hundred. Twenty them have no friends. Five hundred and eighty have (perhaps) three thousand friends, who will never lie down at night without thought and prayer for their insane relatives. They often wonder how they are treated. As the cold wind shakes door and window and the thermometer goes down, below zero, they wonder if their friends are shivering with the cold. As they sit down to their well spread tables they ask themselves if they are ever hungry. And they wonder if they are kindly treated.

A lunatic asylum ought to be built of glass (metaphorically), so should all other public buildings where the sick and suffering are cared for, that there I omitted to say that the services at the asylum are as decorous as in any church, the organist is a patient, and the singing is done by the patients.

IMPROVEMENTS NEEDED. The improvements that are needed in building for a class of patients who cannot afford to have isolated rooms, if they may have the privacy of the home.

A reading room and library are needed and would prove of great advantage to a number of patients. A gymnasium is needed and better facilities for outdoor sports in winter.

Some of the wards or parts of them, need more sunlight. Dr. Wagner, superintendent of the Binghampton Hospital, in his report of 1902, tells of the value of sunlight in these words: "The most notable improvement in



PROVINCIAL LUNATIC ASYLUM.

many is the most accurate knowledge of the treatment of the helpless inmates who are at the mercy of physician and attendant. A public hospital for the treatment of the sick and the hospital for the treatment of the insane ought to be like Caesar's wife, "above suspicion," that the friends of the suffering ones may have no hesitation in sending husband, wife or child among strangers to be cared for. Think of the mental suffering of those who torture themselves with the thought that their friends in hospital or asylum are treated unkindly. To ill treat the insane is to ill treat the sane.

Here is another statement of Dr. Wagner, over which the commissioners of the St. John asylum might ponder. "We are receiving each year many patients suffering from acute attacks of mental derangement, who ought, under proper conditions of environment, and adequate nursing and medical attention to get well, but who, in some instances at least, I believe, fail to recover simply because it is impossible for us, under existing circumstances, to provide them with the care they should have. The average cost for the maintenance of an insane person is \$15 per annum, and the duration of life is but fifteen years. It will therefore be readily appreciated that for each one of these patients treated to health and activity, as a worker among his fellow men, the state would be spending saving to the state of many thousands of dollars."

AGE OF CRUELTY PASSED AWAY. The age of malicious and wanton cruelty has passed away. In the best conducted insane hospitals there are no mechanical restraints. Dr. Ryder, one of the most eminent alienists of the day, says "that they are useless, and he adds "A skilled, alert, conscientious attendant is the best restraint. The old mechanical instruments that originated the first asylum, or that are used in a sane man into insanity, or kill him in twenty-four hours."

DO NOT WORRY. How can I help it you ask. You must help it. Look on the bright side. Fight against the "blues" as you call it against a deadly sin, for the melancholias who are in the asylum (and many of them will never return).

YOU CAN KEEP THE LIVER ACTIVE AND ENSURE THE REGULAR AND HEALTHFUL ACTION OF THE BOWELS BY USING DR. CHASE'S KIDNEY-LIVER PILLS.

The bile is Nature's cathartic. So long as the liver filters the bile from the blood and it passes it into the intestines, the bowels will be regular and active. Constipation can never be permanently cured until the liver is set to work.

CAUSES OF INSANITY. A layman may not always know the causes for insanity only as a physician can tell him, and even the skilled specialist may not always be able to ascertain the cause. Sometimes it comes from an accident, sometimes the brain becomes diseased from an ascertainable cause, sometimes from "heredity" or "Supposed or Assumed Cause of Insanity," since November, 1875, "Not assigned," is said of 502 patients; "Heredity with ill-health and nervous strain," is said to have caused the insanity of 544 patients; "Poverty, hardships and heredity" is the assigned cause for the insanity of only 16, while heredity alone is responsible for the insanity of 136. "Diseased brain," is responsible for the insanity of 102. "Overstudy," has sent 14 to the asylum. "Religious excitement" has sent 42. "Disappointed affection" and "love affair" is the cur business-like way in which the story is told of three men and two women who have sent to the asylum with broken hearts. That there have only been five in thirty years show that heads are more easily broken than hearts.

It is difficult to tell how far heredity alone is responsible for insanity, from the reports. It must be difficult to classify them for we read of "heredity and cranial injury," "heredity and disposition," "heredity and tetanus," "heredity and grippe," "heredity and intemperance." So with intemperance it is hard sometimes to tell which had the most to do with the insanity of the patient, heredity or alcohol, for we find over-work and alcoholic excesses given as the cause in many cases.

Intemperance alone has given 220 patients to the asylum, dissipation 192. Here is the statement of Dr. Peters, who was not a temperance fanatic nor a total abstainer: "As to the cause of insanity, sudden fright has been the fruitful cause of insanity in many females. And among males the affection seems to have arisen from the abuse of spirituous liquors a fruitful cause of insanity which will be likely

been kind and gentle without weakness and have grown up in their work and their unfortunate sisters under their care. I have had no acquaintance with the matrons, and yet I can write as freely of them as if I had always known them, for my information has been gathered from reliable sources. The commissioners and the patients have been as fortunate in the selection of the present matron, Mrs. Hetherington—as in her predecessors.

The question of a specialist in mental alienation for the asylum is one for the medical profession to decide, but I am quite sure that a humble lay man (as "umble" as "Ulrich Heep") may make the statement after more than four years of pretty careful observation that to expect many cures from an asylum where there are no carefully

selected attendants is to expect the impossible. How can the best material for attendants be secured, if the salary for the services they get only twenty dollars a month? Make the position a profession, double the wages and call it "nurse" as "Ulrich Heep" might make the statement after more than four years of pretty careful observation that to expect many cures from an asylum where there are no carefully

THERE IS MUCH IN A NAME. CALL THE ASYLUM A HOSPITAL. The public have taken but little interest in the asylum. With the exception of relatives of the patients there are few visitors. The commissioners make hasty visits, I do not know how often they go, how long they stay, or how they actually investigate to see that full justice is done to the hundreds of helpless patients under their care—quite as much under the care of the commission, as they are under the care of the doctors and attendants, who are their servants. Since I know nothing of their work and I imagine that the public knows as little as I do, charity bids us believe that the visits of the commissioners are all that they should be.

The official visitors appointed by the commissioners have not visited the asylum during the past twelve months. As two of them are dead they have a good excuse. Perhaps the others have nearly as good a one.

The female patients have not been out of the building during the past winter. As the winter has been an exceptionally cold one this is not to be wondered at. Many of the non-paying patients have no suitable clothing for outdoor exercise during the cold weather.

If any of the relatives of non-paying patients see this paper would urge them to send suitable clothing to their friends if they can possibly afford it. Do not let your female friends be shamed by not having enough dresses and changes of clothes to wear. It need not be expensive but they need not be ragged unless they tear their clothes. There are social distinctions in the asylum, as elsewhere, even among the bright, breezy and comprehensive article on our city and its harbor of recovery. When she don't care what she has on, and becomes perfectly indifferent to her personal appearance then she is hopelessly insane, or dead.

I have had two objects in view in writing this paper. The first one to answer the question often asked, "What is the inmates in the St. John asylum treated?" I know that many persons are deeply interested in the answer and I want to give a correct one. From my knowledge I have every reason to believe that they are kindly, humanely treated. If necessary I would have no hesitation in sending a friend of mine there to a setting equipped asylum where there would be larger and better rooms, and trained attendants.

My second reason was to call the attention of the public to the importance of agitating for improved facilities for more pronounced curative methods for the insane. I did not have this thought when I commenced my paper, but it grew out of my investigations, and after interviewing a number of the leading physicians of the city I am at liberty to use their names, but will not do so unless it becomes necessary. They all agree, regardless of political leanings, that "no appointment to any position connected with the insane hospital ought to be made in the interests of any political party."

My investigations have convinced me that any person who thoughtlessly or maliciously presses the usefulness of any benevolent or curative institution does incalculable harm. To conceal or excuse carelessness or incompetency when life and reason is imperiled is little less than a crime, from my point of view.

There are many insane persons in this province who are kept at home, endangering their own lives and the lives of others, because some malicious gossip—with no knowledge of the facts—has said "that they heard that somebody said that it was generally believed," etc., "that they starved and beat the poor people at the asylum."

The same is true of the public hospitals. There are numbers of poor people in uncomfortable places, suffering for want of medical aid and nursing, which they would get at the hospital,



Many women are denied the happiness of children through derangement of the generative organs. Mrs. Beyer advises women to use Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM—I suffered with stomach complaint for years. I got so bad that I could hardly carry my children but five months. They were all born with colic. The last time I became pregnant, my husband got me to take Lydia E. Pinkham's Vegetable Compound. After taking the first bottle I was relieved of the pain of stomach, and began to feel better. I was able to carry my baby to maturity. I now have a nice baby girl, and can work better than I ever did before. I am a great debtor to you. —MRS. FRANK BRYAN, 23 & Second St., Meriden, Conn.—62000 Purveyor of supplies of all kinds for the trade."

FREE MEDICAL ADVICE TO WOMAN. Don't hesitate to write to Mrs. Pinkham. She will understand your case perfectly, and will treat you with kindness. Her advice is free, and the address is Lynn, Mass. No woman ever regretted having written her, and she has helped thousands.

PARRSBORO NEWS.

PARRSBORO, N. S., March 3.—Capt. C. T. Knowlton of the fisheries protection service, started for Quebec on Monday to take a military course in accordance with the new regulations. Mr. and Mrs. Thomas Trahey celebrated their golden wedding last evening. A large number of guests assembled to congratulate the bride and groom of fifty years ago.

The hockey match in Cecilia rink last night between the intermediate Ramblers of Amherst and the Parrsboro club was an interesting game, and was witnessed by a large audience. The first half of the game resulted in a score of three to three, but in the final play the visitors succeeded in adding three to their score, while the home team could only manage to score one. One of the Parrsboro boys was struck twice on the head and was quite badly injured.

THE UNIVERSITY SENATE. Announcement is made in the Royal Gazette that J. H. Barry, barrister, Fredericton, has been appointed a member of the senate of the University of New Brunswick in room of Dr. Boyle Travers, St. John, "whose place has been vacated." Dr. Travers, who is a graduate of Trinity College, Dublin, has been a member of the senate for over forty years—since the act establishing the university went into force. He has been a member of the provincial government was the publication of the fact in the newspapers yesterday. No reason for the change is given.

WANTED—A case of Headache that KIDNEY PILLS will cure in from ten to twenty minutes. CHURCH OF ENGLAND INSTITUTE. At a meeting of the council of the Church of England Institute last night organization was completed for the current year.

The following officers were elected: Secretary, R. S. Coupe; treasurer, Rowland Frith; librarian, J. E. Secord; additional members of the council, A. T. Thorne, Mrs. W. F. Harrison, Mrs. J. H. McAvilly.

The date for Canon Richardson's lecture, which was postponed from Thursday night, was fixed for Tuesday, March 8th, in Trinity school room.

NEW GROUNDS FOR DIVORCE. Man Docks Wife If She Reads Morning Paper Before He Does. CINCINNATI, March 1.—Annie L. Mastadt today sued Henry Mastadt for divorce. She declares that he has by any chance got the morning newspaper before he does his 12 hours of work for her.

She alleges that the cares of their seven children and her husband's objection have almost entirely prevented her leaving the house, and that when she complained recently her husband told her she could go to market with him, but made her carry the basket.

FROZEN UP FOR SIX WEEKS. The ice has been cleared out of New Haven harbor. The sloop, Quetay dragged her anchors there this week and ran into the Morancy, carrying away the latter's bowsprit and doing her other damage. Advice as to the effect that the three schooners, Morancy, Quetay and Clayola, which have been frozen in there about six weeks, called for New York Thursday of yesterday. They will all load coal for St. John.

SEEKING INCORPORATION. J. Sutton Clark of St. John; John E. Moore of St. John; John D. Chipman of St. Stephen; Gilbert W. Gilling of St. George, have applied for incorporation under the name of the J. Sutton Clark Co. to carry on a canning and general business.

PRUD' FAATHER—The man who marries my daughter, sir, wins a prize. Guest—My word, that is a novel idea! Is it a money prize, or just a silver cup?

CASTORIA. The Kidney and Bladder Tonic. Bears the Signature of Dr. J. C. Ayer.

of the trans- taken with no break-down- men are being as rapidly as much larger N. A. despatch ington says: are surprised Minister Allen small marine Seoul, Korea. e concessions held by J. nt and other for to Ameri- through Korea ar is declared the desirability of an extraordinary an. day received d, dated Seoul, was then no to the ports are dis- NS. arch 5, 2 p. m. of war news occasion sur- are proceed- in plans, seri- being expected fever, minor may occur at general Pfing, Alexieff, that er's sun- con- and from the ed from the are following of concealing the attributes of the e of the ed that they realize that the dons lot of have it. O FIGHT. a, who desired ack regiment, on. She is 33 under the pat- Alexander III. a good show- erent sword art in the Vazonyevsky sep is also a but she says a nurse and a woman can not be a good soldier, she and serve a regiment." A the Novosti prove a mouse ing that "not Napoleons will spring the last summer, in- rth. For fifteen DECLARED PILLS CURE ETES. ars and Could he Tried the By Remedy. arch 4.—(Spec- admitted that will cure any and Dodd's ed the long- aries Gilchrist one of the best Police and for y Overseer of d. When ask- ad no hesi- caused by nothing else. Kidney Disor- "My wife had a terrible tried every- help till I was Kidney Pills. I soon began to feel well now." Dodd's Kidney all impurities s Kidney Pills. They are the ge. ree more bottles the week of the total num- of the bottles ed being that of