

REPORT

OF THE

MEDICAL SUPERINTENDENT

OF THE

Provincial Lunatic Asylum,

TORONTO,

FOR THE YEAR ENDING 1st MARCH, 1858.



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REPORT

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Of the Medical Superintendent of the Provincial
Lunatic Asylum, Toronto.

*To the Honorable the Legislative Assembly of the Province
of Canada;*

May it please your Honorable House :

In conformity with the Statute providing for the management of the Provincial Lunatic Asylum at Toronto, I have the honor of submitting to your Honorable House the following Report of the state of the said Institution.

At the date of my last report to your Honorable House, (1st March, 1857), the total number of patients in this Asylum was 428. During the twelve months which have since elapsed, 166 new patients have been admitted, making the total number under treatment, in the year, 594.

The discharges in the same period have been 89; the deaths have been 34; and the elopements, 5; thus leaving in the institution at the present date 466; of whom 251 are women, and 215 are men. Of the above 466 patients now remaining in, 69 are lodged in the University Branch Asylum, and 397 in the Chief Asylum.

The health of the Asylum has, with exception of a short period in the month of July, been satisfactory. At that

time a quantity of imported potatoes affected with the European rot, was purchase for the use of the patients, and shortly afterwards several cases of severe dysentery and other formidable diseases of the digestive organs evincing a marked typhoid type occurred. I ordered the residue of this poisonous diet-stock, amounting to about 125 bushels, to be buried. The health of the patients speedily returned to its wonted state.

The mortality for the year, (being 34 deaths in a total of 594 cases under treatment,) has been equal to 5.72 per cent.

The average annual mortality in the County Asylums of England for the last five years preceeding 1857, is shown by Parliamentary Returns to have been 11.27 per cent.

The Asylum building still remains incomplete, and the portion now existing is overcrowded to a dangerous extent. In April, 1855, the visiting commissioners addressed a memorial to His Excellency the Governor General, praying for the grant of an appropriate sum of money for the erection of the wings of the Asylum, according to the original approved plans of the Architect, and in accordance with this request a grant of £25,000 was included in the Act of supplies for that year.

The Asylum is now still more crowded than it was at the above period, and the pressure for admission of new patients is much greater. About 60 applications, from various parts of the Province, at present press for vacancies; several of these cases are temporarily provided for by incarceration in the County Goals, and many of the remanider are perhaps less comfortably lodged, and less judiciously treated at home. Nor can the above number be regarded as indicating the full extent of the exigency of the insane of Western Canada, as many persons are deterred from making

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application, or unwisely procrastinate this step, under the impression that it is useless to ask for admission of additional patients into an asylum already fully occupied. Mr. Tully, the present Architect of the Asylum, has estimated that the erection of the Asylum wings would cost £30,000; and I believe this gentleman's calculations are very reliable.

The accommodative capacity of the whole building was stated by the former architect, Mr. Howard, to be equal to the comfortable lodgment of rather more than 500 patients; and that portion of it now existing was designed to receive 264 patients. The addition of the wings would therefore double the present lodging capacity, and it must be obvious that by no other means could an equal augmentation of provision for the insane be procured for the same amount of money

It has, however, been argued by some who appear not to have taken a comprehensive view of the subject, that it is inexpedient to complete this Asylum according to the original plans, because the establishment would then be too large to be efficiently superintended by one Physician-in-Chief. It is asserted by those who urge this view that 250 patients are as large a number as should be placed in any one building, and that no Lunatic Asylum should be projected on a larger scale. But this Asylum has been projected on a larger scale, and it is now too late to correct the mistake, if such it has been. If 250 patients are the largest number which should be placed in one building, why are 397 now crowded into this half-erected house?

Though the above opinion may be, in the main, correct, yet it is well known that many excellent institutions for the insane, both in America and Europe, have been founded on a much larger scale, and are now most efficiently conducted.

The Asylum at Utica, in the State of New York, accommodates about 460 patients, and is in size very nearly identical with the contemplated extent of the Toronto Asylum; whilst those of Edinburgh, Wakefield, Lancaster, Surrey, Hanwell, and Colney Hatch, in Great Britain, are all much larger, and it is questionable if any insane institutions in the world are better regulated, or have been found more successful.

An Asylum may be inconveniently large, but if it is complete, this is a trivial error in comparison with its opposite. Some of those who object to the extension of the Toronto Asylum on the grounds that it would contain too many lunatics for efficient supervision or comfortable lodgment, yet quietly ignore the fact that it now contains almost 400, and that the Medical Superintendent has charge in all of 466, of whom 69 are in a house three miles distant from the chief Asylum; nor would, perhaps, much objection be urged by these persons were the aggregate to be raised to 500 or even 600. It is very difficult to grapple with this sort of philanthropic logic.

There could not be found an experienced Medical Superintendent who would assert that it is more difficult to manage 500 patients in a large and well arranged Asylum, than 400 in an imperfect one. The 397 lunatics now lodged in this half-built Asylum certainly demand more care, and cause more anxiety, than 500 or 600 would do, were the wings of the building in existence.

Classification of the insane in an Asylum, is no less indispensable for their comfort and cure, than is classification of the sick in a general hospital. It would be unreasonable and inhuman to lodge in the same rooms in the latter, patients suffering under small pox, typhus fever, cholera,

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or hospital gangrene, with those afflicted with ordinary simple diseases.

Is it less unreasonable or inhuman to huddle together in an Asylum, devoid of the means of classification, a multitude of insane people, manifesting every imaginable form and degree of mental and moral alienation?

The large size of a Lunatic Asylum no more constitutes the difficulty of its government than does the large size of a steamboat, or a vessel of war; a vigilant and discreet commander will make his voyage safely, despite the bulk of his ship.

Even in our Common Schools, which are peopled with less refractory inmates than our Lunatic Asylums, the importance of classification is duly appreciated, and is generally provided for. The cultivation and improvement of the sound mind is certainly not a more difficult task than the cure of the diseased mind. If a school has been commenced on a large scale, and left unfinished until its existing class rooms have, from the increase of pupils, become overcrowded, would it be advisable to leave it unfinished, and oblige the tutors to teach in the same rooms various branches of science and learning? Would it be wise to waste time in discussing the question of enlargement, when one hundred new pupils were begging entrance?

If the Toronto Asylum has been based on too large a scale let it be abandoned, and applied to some other purpose. To continue to use it as an insane hospital in its present incomplete state, and to cram into it as many lunatics as would fill it when complete, is certainly a thousand times more absurd and inhuman than to carry out the original design, which was not adopted without due consideration.

Asylums on a smaller scale are, nevertheless, provided with wings, in which are the wards for various classes of troublesome patients, as the violent, noisy, obscene and profane, filthy, epileptic, suicidal, dangerous, mischievous, &c., &c. Infirmaries for the sick are generally placed at the extremity, with open galleries of communication. The want of these in the Toronto Asylum will be awfully demonstrated on the first visitation of pestilence.

The troublesome patients in the Toronto Asylum would be found to constitute from one-third to two-fifths of the whole. The comfort of the remaining two-thirds or three-fifths, comprising the quiet and timid, the gentle and refined, the pious and orderly, the cleanly and fastidious, the trained and improved incurable, and the progressing convalescent, can not possibly be secured to the same extent as would be attainable were the building completed. If the complaints of our convalescents could be heard in Parliament, the Asylum would not long remain as it is.

There is a class of the insane who have hitherto been imperfectly represented in this Asylum, much to the discredit of our country, and to the mortification of our national pride. I allude to the victims of the malady amongst our more opulent and respectable inhabitants. Surely it is derogatory to our British Provincial pretensions, that the friends of this class of the insane are constrained to present themselves as mendicants at the portals of the public institutions of our republican neighbours, praying for that decent and comfortable accommodation, which their own wealth has not provided, or the semi-barbarism of their own land has yet denied.

In the original plans of the Asylum several rooms are marked as designed for respectable paying patients, with

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private attendants; but these rooms have never been occupied as contemplated, and they are now taken up, with numerous beds in each, for the lodgment of more humble patients.

There can be no reason why our Provincial Asylum should rank inferior to the State Asylum across the Lake, at Utica; or at least we should feel ashamed to admit the reason. It is a better constructed and a more handsome edifice, and, if completed, it would not have any superior on this continent. And yet our Canadian aristocracy do not blush when they beg for admission of their afflicted relatives into the Asylums of a people whom they often affect to despise. But our meanness becomes truly disgraceful when it is considered that the majority of American Asylums have been founded by munificent private donations. It is much to be desired that we should exhibit a larger amount of national consistency, and less national superciliousness.

The number of applications for admission of lunatics into this Asylum, during the past twelve months, has been 278. Of these cases 166 have been admitted: of the remainder a number recovered at home, and consequently did not avail of vacancies when offered; and several were unfit subjects for admission.

The arrearage of cases on the register of applications, now unprovided for, is about 60, and the number is rapidly increasing. Last month (February) has brought to hand 25 applications.

Were the erection of the desired new wings to be proceeded with immediately, at least two years, or probably three, would be required for their completion. During the next twelve months it will be found impossible to admit more

than 100 new patients; and, supposing the number of applications to reach no higher figure than in the past year, it is manifest that before the 1st of March, 1859, the arrearage will not fall much short of 250. Unless, therefore, some *immediate* provision is made for additional accommodation, the amount of distress suffered by the insane of the Province, and by their relatives, will be very great.

The experiment of the Branch Asylum, in the University building, has succeeded admirably. The patients lodged in this auxiliary institution are as comfortable as it is possible to render persons in their mental condition, and though I cannot state with certainty the comparative cost per head for maintenance in the Branch, and in the Chief Asylum, I doubt not that on economical grounds the result has been advantageous. I would, therefore, recommend the opening of an additional Branch Asylum in this city, or within a convenient distance from it, adequate to the lodgment of 150 or 200 of the quiet and long resident patients of this institution. By the adoption of this measure a great boon would speedily be conferred on a large number of afflicted individuals and families. The perpetuation of these Branch Asylums, and the completion of the Chief Asylum will be found alike indispensable, and it is my belief that in this way sufficient provision for the insane of Western Canada, for the next eight or ten years, will be best and most economically effected.

In this Province, in consequence of the absence of local institutions for the support of the destitute, it is impossible to adopt the system of Asylum management pursued in the United States, under which the discharge of uncured lunatics, after a definite period of treatment, generally not exceeding two years, is required. Our Canadian Asylums

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must therefore contain a large proportion of long resident incurables.

It has been stated by Dr. Tuke, of the justly celebrated York Retreat, that of every ten lunatics admitted into the asylums of England, five are discharged recovered, and five remain uncured ; but of the five who recover, only two remain permanently sane. I do not think this calculation would be found correct in Canada. More than two-fifths of our discharged patients remain permanently sane.

Assuming, however, that Dr. Tuke's figures are approximately applicable to Western Canada, and that the occurring cases of primary insanity are annually equal to 200, which is probably not an over estimate, it will follow that an increase of 100 new permanent asylum residents should annually be provided for, deducting, however, a certain number for the decrease resulting from deaths, which will vary from five to eight per cent annually on the total number of inmates.

Relapsing patients are not so likely as others to remain permanent residents. Recurrent insanity is generally temporarily curable. Of the 166 patients admitted in the past year, eighteen had at former times been inmates, and nine others are known to have been inmates of other asylums ; only twenty-seven recurrent cases have therefore presented in a total of 166 ; a proportion not corroborative of Dr. Tuke's estimate.

The necessity of making further and large provision for the insane in this Province is too obvious to require urgent enjoinder ; and it will be very unsound economy to defer action until public dissatisfaction and popular outcry render its further procrastination impossible. Insanity, submitted at an early period to appropriate treatment, is found curable

to a much larger extent than when it has become chronic. Four out of five neglected cases will certainly remain uncured; but almost an equal proportion promptly put under treatment in well ordered asylums will probably result in recovery.

The average period of Asylum residence of the latter class of patients is about nine months; whereas the average residence of the former will not be less than six or eight years. Sound political economy and Christian benevolence are therefore both arrayed in support of the doctrine of abundant and timely provision for the treatment and care of the insane.

It appears to be the concurrent opinion of writers on insanity in the present day, both in Europe and America, that the malady is undergoing a constant and progressive increase. In this Province it must, from the rapid increase of our population, and the want of correct data in former times, be impossible to form any reliable conclusion as to the past and present incidence of insanity.

Reflecting with due consideration, on the various contributive agencies, which every Asylum Superintendent is constrained to regard as tending to the development of the disease, it is almost impossible to withhold the admission that it is yearly becoming more prevalent.

I cannot, however, in this place, overlook the fact, that the usually assigned causes of insanity, as set forth by the relatives, or the medical examiners of lunatics, in the certificates furnished at the time of admission, are, in nineteen cases out of every twenty, entirely fallacious.

Glancing into the Asylum Register, I find the following agencies assigned as the causes of insanity, during the last

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few years, viz :—Grief ; Love ; Loss of Property ; Religious Excitement ; Religious Despair ; Family Quarrels ; Jealousy ; Fright ; Disappointed Affections ; Excessive Study ; Reading and Fasting ; Intemperance ; Breach of Promise of Marriage ; Suppression of Menses ; Slander ; Want of Employment ; Marriage ; Miscarriage, and bad treatment ; Spirit Rapping ; Death of Child ; Death of Husband ; Death of Wife ; Business Difficulties ; Political Excitement ; Disputed Boundary ; Strong Tea ; Eclipse of the Sun ; Religious Controversy ; Inhalation of Nitrous Oxide Gas—(in the case of a young man heriditarily insane, and whose brother was then an inmate of the Asylum !) ; Reading Religious Books ; Tobacco ; Remorse of Conscience, &c., &c.

Now, if any one of the preceding wide spread agencies may be regarded as adequate to the overthrow of reason, how many lunatics should this Province contain ? Intemperance alone would people fifty Asylums as large as our present one. Jealous wives and husbands would probably fill thirty. Bad treatment of husbands would equal intemperance. Political excitement would tenant a mad-house in every county, and one of superior class and size in the metropolis. Religious controversy would send in half the clergy of this Province, and large detachments of their congregations. Tobacco and Slander would leave few in Canada at large. Excessive study, solar eclipses, love, inhalation of the laughing gas, and remorse of conscience, would probably make up but a small aggregate. In 651 cases of lunacy, admitted by me into this Asylum, I have met with only one instance in which the last named agency was alleged as the cause of the insanity ; and the patient had not been very wicked.

Religious excitement and religious despair both come in for their full share of censure ; and yet we meet with few cases in which either can be regarded as purely causal.

Those who are already half insane, or strongly predisposed to the malady, are very likely to rush into the former, or to reason themselves into the latter. Both conditions of the mind are merely epiphenomena of insanity. The madness of religious excitement is generally found speedily curable; whilst that of religious despair often proves incurable, and its victims are very commonly suicidal.

The assignment of the foregoing catalogue of disturbing agencies as the efficient causes of insanity must be regarded by all who are largely conversant with the malady, as almost totally erroneous, and, in medical certificates, affording very little useful information.

On the other hand, we cannot question the efficiency of such agencies as the following:—Gestation; Puerperal disorder; Over lactation; Fevers resulting in cerebral lesion; Sun-stroke; Intense cold to the head; Injuries of the skull; Apoplexy; Epilepsy; Parental intemperance; Masturbation; Scrofulous and syphilitic taint; Defective diet, &c., &c. Underlying or interwoven with these, or other efficient causes of insanity, are to be detected evils in the existing state of society, and it is to be feared in the pernicious tendencies of modern education and the moral training of youth, which demand of the physician entrusted with the care of the insane more than a casual indication. Deplorable and multitudinous are the facts which, in at least one section of his sphere of observation, the reminiscences of the Superintendent of an insane asylum supply in demonstration of the calamitous results of the moral pestilence alluded to.

I could not possibly present a more truthful depiction of the mental dethronement and the physical and moral debasement characterising the cases of insanity which owe

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their birth to the evils referred to, than by quoting the following eloquent passages from a recent report of Dr. McFarland, of the Illinois State Hospital for the Insane:—

“The physical evils which attend the underlying cause of all this difficulty have, in the mean time, kept pace with the progress of mental dilapidation.

“The hair becomes dry and falls off; the eye becomes vacant and watery, and the lids are red and tumid; the countenance is pale and expressionless, the flesh wastes, the limbs hang loosely to the trunk, the muscles are flaccid, the skin loose and scurfy, the hands are purple and cold, and the palms exude a constant viscid sweat. Long periods of utter inaction are sometimes suddenly broken by spells of uncontrollable fury, spending themselves on the nearest object within reach. Finally, the wretched object becomes motionless and inert. He rises and sits down, eats and sleeps, only as he is prompted to such acts by others. We throw a veil over the close of the scene, which is often protracted long after the form of the man has less than even the instincts of the brute.

“It is unnecessary even to hint that the consequences above exhibited had their cause in a secret evil lying far back of anything manifested to the closest observer. The corrupt family servant, the vicious school-fellow, the libidinous book or picture, or simply the unchecked working of a wanton imagination, has sown the small but fatal seed of ruin—has broken down the golden wall of youthful purity and let in vice in one of its most loathsome and destructive forms. It is a fact of deep and painful significance that this vice recruits its victims, not from the ranks of the naturally low and sensual, but from a class comparatively high in the social scale. Whence comes this? Is such an evil without remedy? If not, where shall the cure be

found? The answer to these questions would carry us back to an examination of the influences which make our society what it is: it would bring us into the domain of the instructor of youth, and dangerously near that which the religious teacher claims as his own. If the briefest synopsis of a reply was attempted, it would go to show that there are certain elemental parts of the constitution of every healthy mind which demand some sort of outward expression; and that the error of the age consists in considering the kind of expression demanded as something to be suppressed, discouraged, or, at any rate, to be clipped, trained or dwarfed to a shape at which exuberant nature revolts. The crater of natural expression is so thoroughly capped by the force of public opinion that secret vices gnaw and gender in the hidden recesses of the soul."

Dr. McFarland's metaphor of the goddess 'public opinion' sitting as a pot-lid over the volcano of human honesty, truth and manhood, is certainly a picture of American society more amusing than gratifying. The old lady must occasionally have much to do to preserve her equilibrium.

The following closing passage claims attention, and will command general approbation.

"So long as we have no national amusements whatever, so long as mirth and sports are considered exclusively as puerilities, so long as the college is without its traditional sports, and the school-house has no well-trodden play-ground, so long as man is an iron-bound and close-riveted dollar grinding automaton, which bends every moment at some false shrine of morality or respectability, just so long will the wards of American institutions for the insane be thronged with such objects as we have described. If society will constantly wear its Sunday dress of enforced constraint, it

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must pay for the privilege in such coin as violated nature chooses to exact."

The treatment of insanity in almost all the Asylums now in existence has been reduced to a few simples principles of very easy comprehension.

Medicine is had recourse to as little as possible, and, when employed, it is administered for the relief of bodily ailments, and not for the cure of the mental malady. It might perhaps be truthfully affirmed that until we are able to dispense with medicinal remedies altogether, no positive advancement has been made in the restoration of the mind. It is more than probable that in the treatment of the insane at their own homes, more success than at present would be achieved, or, at any rate, less mischief done, were the physicians to repose less confidence in the efficiency of drugs, and to rely more on the recuperative powers of nature—aided by generous diet, supporting beverages, pure air, moderate exercise, and uniform kindness and truth. Nothing irritates or injures the insane more than falsehood, and one of the greatest difficulties encountered in their management on admission into an Asylum, is that of inspiring them with reliance on our veracity—so often and so grossly have they been deceived by the silly and bootless mendacity of all by whom they have previously been surrounded.

Unvarying kindness, never-tiring forbearance, and un-deviating truthfulness, are the cardinal moral agencies now employed in every well-conducted Lunatic Asylum; and surely no remedies could be found less expensive, or more easy of appliance. The Superintendent who does not find these the most potent curatives, and the most prolific contributors to his own ease and happiness, has certainly chosen a wrong position, and must rather himself require treatment

than be qualified to administer it to others. Recourse to harshness in any form or degree must indicate not merely ill nature but also the utter absence of common sense and correct information. To live among the insane is but to be irresistibly constrained to pity and to love them; and, when once this bond is established between the physician and his confiding family, the task of government becomes, so far as *they* are concerned, a labour of inconceivable pleasure.

But the Superintendent of an insane Asylum has other people to manage and to govern, besides his patients. Numerous servants and attendants under whose charge the insane are placed, demand his vigilant, keen and incessant supervision. The amount of mischief which even one scoundrel is capable of working in any large establishment, and the annoyance and perplexity such a character can contrive to give, can be understood only by those who have encountered the evil.

The Toronto Asylum has not enjoyed total exemption from troubles of this sort. I have, however, fearlessly and without favor exercised, as I purpose for the future to exercise towards all under my control, that authority which the law has vested in me as Medical Superintendent of this Asylum, and without which all salutary discipline would be but a delusion.

No man of sense in a position of heavy responsibility will dismiss a good servant,—none but a fool or a knave will retain a bad one.

No evil which can redound from the dismissal of a bad servant in a public institution, no slander which he may whisper or publish, can possibly be so dangerous as his retention. Such persons seldom fail to paint in dark colours

the character of their late masters; and there is always to be met with in society, a considerable number of people who feel a deep interest in their neighbors' faults, and find much comfort in making them largely known. An officer of this institution, not over-loaded with other work, has been in the habit of inquiring from servants leaving the establishment what have been the reasons for their departure? It would be very interesting and instructive to have a perusal of this gentleman's notes.

One half of all the patients who have eloped from the Asylum, during the past two years, have returned to it of their own accord, some after an absence of a few days, others of several months; and one after more than a year. Within the last year three women who had been patients under my predecessor, Dr. Scott, came to the Asylum and begged for re-admission.

Relapsing patients, who have ever before been inmates, re-enter with an air of confidence and returning quietude, which shows that they feel at home. Visitors, passing through our wards, frequently request to be shown the worst patients; and, when informed they are amongst them, they appear incredulous. They come to the house, imbued with the most primitive ideas of the characteristics of insanity, and with the most barbaric notions of its treatment. It seems amazing to them that large numbers of mad people can be lodged together without destroying one another and all around them. The modern Asylum and its system of mild government would be practical impossibilities, were lunatics incapable of association. So long as the insane were regarded as malignant, blood thirsty, treacherous, vindictive and implacable, and their malady was ascribed to demoniac possession, they were indeed treated as the devil's children ought to be. But the devil has much less to do

with the inmates of an insane hospital, than with those outside who are called sane. I believe there is no asylum superintendent who would not rather undertake the government of 500 lunatics, than of 50 sane persons taken indiscriminately from society.

For the introduction of pictures into our wards, we are indebted to the kind consideration of that excellent lady, Miss D. L. Dix, whose efforts in behalf of the insane in this country, and in every nation in Europe, have earned for her a world-wide fame, and entitled her to the highest rank among modern philanthropists.

To the objects of attraction thus introduced, I have, from time to time, added colored engravings of superior character, together with some plaster statuary; and at the present time three wards exhibit a well diversified supply of these ornaments, whilst the others have inherited the less expensive early stock.

It is a gratifying fact, that in the course of three years but two instances have occurred of wilful injury to these ornaments. In one the offence was committed by a male patient in a fit of aberration, and in the other by a female in a state of lucid ternagancy, which probably had been her normal condition at home.

Dr. Conolly, in his "treatise on the construction and government of Lunatic Asylums," makes the following remarks on the subject of ornament and decoration:--

"Much ornament and decoration, external or internal, is useless, and rather offends irritable patients than gives any satisfaction to the more contented. In some of the Italian Asylums, busts, pictures and ornaments abound, and the walls are painted with figures representing various

allegories or histories. These would appear to me more likely to rouse morbid associations than to do any good."

So much for theory unfounded on facts. The Italians are right, and Dr. Conolly is very far wrong. A visit to the Asylums of America would convince him that beautiful pictures and other works of art displayed in the apartments of the insane have a most benign influence on their troubled minds.

It is probable that the opulent citizens of Western Canada, whether from having read Dr. Conolly's book or otherwise, have adopted his opinion; not a single donation in the form of ornaments (nor, parenthetically recording the fact, in any other form), has yet been made to this Asylum. It is unpleasant to state this fact; but truth can do no harm.

The religious services of the Asylum have, by the kind attention of the Ministers of various denominations of the City, been regularly continued, and the sick have generally received the visitatorial consolation of their respective clergy.

I avail myself of this opportunity to return, on behalf of the people under my charge, thanks to the various proprietors of newspapers who have gratuitously continued to supply their publications to the Asylum. The following papers have been regularly received:—

British Colonist.....	Toronto.
Leader, Daily and Weekly.....	"
Patriot.....	"
Mirror.....	"
Christian Guardian.....	"
Echo.....	"
Old Countryman.....	"

Canadian Journal	Toronto.
Spectator	Hamilton.
Journal & Express (now The Times)...	"
Christian Advocate.....	"
Constitutional.....	St. Catharines.
Star	Paris.
Planet	Chatham.
Kent Advertiser	"
Courier	Brantford.
Prototype	London.
Advertiser.....	Guelph.
Herald	"
Backwoodsman.....	Elora.
Norfolk Messenger.....	Simcoe.
Times	Owen Sound.
Reporter.....	Galt.
Sun.....	Cobourg.
Weekly Times.....	Brampton,
Ontario Times.....	Whitby.
Statesman	Bowmanville.
Chronicle	Belleville.
Guide.....	Port Hope.
Chronicle & News	Kingston.
Herald	"
Gazette	Picton.
Telegraph.....	Prescott.
Freeholder.....	Cornwall.
Tribune	Ottawa.
Citizen.....	"
Witness	Montreal.
Commercial Advertiser.....	"
P.lot.....	"
Transcript.....	"
Gazette	Quebec.

A large number of our patients manifest great interest in reading the news of the day; and, though some portion of the contents of our newspapers may be badly suited to their improvement, still the average benefit is considerable. If it were possible to obtain papers free from atrocious details of crime, police reports, and other foul matter, our insane readers would be much relieved, and probably the public would not be much injured by the change.

The laundry recently erected in the rear of the Asylum has much benefitted the institution. Its want was so long felt as to render its value now very appreciable.

In the past summer a considerable additional portion of the farm was tile-drained, without any expense beyond the cost of the material.

The quantity of land available for cultivation is inadequate to the wants and labour capability of the Asylum. A triangular piece of land, belonging now to the Province, lies immediately west of the farm, in a waste state, and might be leased to the Asylum, resumable by Government at any time. It would be rendered more valuable by cultivation, and its products would be very useful to this institution.

(Signed,) JOSEPH WORKMAN, M.D.,
Med. Supt.

Provincial Lunatic Asylum,
Toronto, 1st March, 1858.
