

FIRST BIENNIAL REPORT  
OF THE  
TRUSTEES, SUPERINTENDENT AND TREASURER  
OF THE  
IOWA HOSPITAL FOR THE INSANE,

AT  
MOUNT PLEASANT.

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DECEMBER, 1861.

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DES MOINES:  
F. W. PALMER, STATE PRINTER,  
1862.

IOWA HOSPITAL FOR THE INSANE, }  
Mt. Pleasant, December 5, 1861. }

SIR:—I have the honor herewith to transmit to you the Report of the Trustees of the Iowa Hospital for the Insane, together with the Reports of the Superintendent of the Hospital and of the Treasurer and Steward and a copy of the By-Laws adopted by the Trustees for the government of the Hospital.

I am with much respect,

Your obedient servant,

MATURIN L. FISHER,

Pres't. Board of Trustees.

*To His Excellency, Samuel J. Kirkwood, Governor of Iowa.*

## OFFICERS OF THE HOSPITAL.

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### BOARD OF TRUSTEES.

MATURIN L. FISHER, PRESIDENT....Farmersburg, Iowa.  
G. W. KINCAID .....Muscatine, Iowa.  
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HARPIN RIGGS.....Mt. Pleasant, Iowa.  
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### RESIDENT OFFICERS

#### SUPERINTENDENT,

RICHARD J. PATTERSON, M. D.

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#### ASSISTANT PHYSICIAN.

DWIGHT C. DEWEY, M. D.

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#### STEWARD,

HENRY WINSLOW.

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#### MATRON,

Mrs. CATHARINE WINSLOW.

## TRUSTEES' REPORT.

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*To the Honorable Samuel J. Kirkwood,  
Governor the State of Iowa :*

The Trustees of the Iowa Hospital for the Insane, in obedience to the 22d section of the "Act for the incorporation and government of the Hospital for the Insane, respectfully submit the following Report, in relation to the "condition and wants" of the Hospital.

The first meeting of the Trustees, called by the Chairman of the Commissioners to locate and superintend the erection of the building, was held on the sixth day of July, 1860. At that time it was believed by the Commissioners that the Hospital would be completed as early as the first day of the ensuing November; but owing to disappointment in obtaining the fixtures and machinery for warming and ventilating the building, it was not finished and ready for occupation by patients till the first of March last.

Amongst the duties assigned by law to the Trustees, the first, which they undertook to discharge, was to form a system of rules or regulations for the government of the Hospital. After much labor and consideration, they prepared a code of By-laws and caused it to be printed, and in compliance with the provisions of the law, furnished each County Judge with a copy. A printed copy of the By-laws accompanies this Report.

In the organization of the Hospital the Trustees felt that there was not a more responsible duty devolved upon them than the selection of the resident officers, especially of the Superintendent, for upon the capacity of this officer must chiefly depend the success of the Institution in accomplishing the design of its creation, and its claim to the public confidence. Happily, Iowa, from its wealth and resources, from its increasing population, from its high prospects of future prosperity, enjoys so high a reputation abroad, that many of the most distinguished and experienced physicians of the country were ready to accept this most difficult post. The Trustees believe



that the field of choice should not be circumscribed. From the many eminent physicians who were recommended to them, the Trustees selected R J. Patterson, M. D., of Ohio.

Dr. Patterson has had ample experience in the department of medical practice, to which he is now called. He was, for several years, Assistant Physician in the State Lunatic Hospital of Ohio; afterwards, for several years, Superintendent of the Hospital for the Insane of the State of Indiana; and, at the time of his appointment to this situation, Superintendent of the Asylum for Idiots and Imbecile youth of the State of Ohio. On the nomination of the Superintendent, Mr. Henry Winslow was appointed Stewart, and Mrs. Catherine Winslow, Matron, and D. C. Dewey, M. D., Assistant Physician. Mr. and Mrs. Winslow have, also, had previous experience in their respective departments. They have held the same posts in the Hospital for the Insane of the State of Maine. Mr. Winslow, it is known, has had the superintendence of the erection of the Hospital from its commencement to the present time. In the performance of this difficult task, he has exhibited great skill, enterprise and economy. Dr. Dewey is a young Physician of finished medical education, highly recommended and affords great promise of usefulness.

In pursuance of the provisions of law, the Trustees caused notice to be given to all the County Judges of the State, that the Hospital would be ready for the reception of patients on the sixth day of March last; and accordingly, on that day, the Hospital was formally opened with appropriate religious exercises.

It has been now nearly seven years, since the first appropriation was made, by the General Assembly, for the erection of an Asylum for the Insane. During that period, while a large number of our unfortunate fellow beings have been afflicted with mental derangement, one of the most terrible maladies that beset the life of man, aggravated in most cases, by the confinement of the sufferers in loathsome prisons, destitute of every comfort, separated from friends, deprived of remedial treatment, the people of Iowa have been looking with vehement desire for the completion of this great charity. The plan of the building was conceived on a scale of philanthropy worthy of a great State. It was designed to be as perfect as that of any similar Institution in America. It was intended to embrace all the improvements, conveniences, and appointments requisite to promote restoration to soundness of mind in those persons bereft of reason,

whose recovery may be hoped for; and to secure the comfort and happiness of those wretched beings, so far as they can be made comfortable and happy, whose mental alienation is irremediable and hopeless. When this vast structure is completed, such a Hospital for the Insane Iowa will have; nothing less would have satisfied the expectation of the people. In filling the office of Superintendent and the other resident offices, the Trustees aimed to act in harmony with what they believed to be the spirit of the people, and after nine months of observation, they are happy to be able to state, that Dr. Patterson has administered the affairs of the Institution in a manner to equal their highest expectations, and that Mr. and Mrs. Winslow and Dr. Dewey have discharged the duties of their respective departments to their entire satisfaction.

On the opening of the Hospital the influx of patients was rapid. One hundred patients were admitted in less than three months.

There were admitted during the nine months, between the first of March and the first of December, one hundred and seventy patients. Of this number nineteen have recovered and been discharged; two have been discharged improved; two have been removed unimproved; one has eloped; and six have died.

Of the admissions forty-eight were recent cases, or cases of less than one year's duration; of this number sixteen have recovered; and of one hundred and twenty-two chronic cases of more than one or many year's duration, three have recovered.

It is gratifying to observe that the Hospital, at the outset of its career, furnishes as large a proportion of recoveries as the most successful Institutions of its kind.

Quarterly visits of the Hospital have been made by the whole Board of Trustees, and monthly visits have been made by one or more of the Trustees, in compliance with the By-laws, the records of which show that neatness, cleanliness, order, quiet, and apparent comfort have prevailed in all the departments of the Institution.

In accordance with the provision of law, the Trustees fixed the price of board and the care of patients, at two dollars and fifty cents per week at the opening of the Hospital. They are not able to determine, at present, definitely the actual cost of board per week for each patient; but, they are confident it will not exceed the sum now established, and they hope it will be less.

By the 5th section of the act for the incorporation and government of the Hospital for the Insane, "the sum of \$8,000 was



appropriated for the furnishing the rooms and other apartments of the said Hospital, and paying the salaries of officers and expenses of servants and other necessities." Of this appropriation the Trustees have expended the sums following:

Amount for furniture and stock,.....	\$2,826 00
Coal,.....	380 50
Wood,.....	106 40
Groceries and provisions,.....	71 74
Books, postage, and ex. charges,.....	13 50
Printing By-laws and notices,.....	71 50
Seamstress' labor fitting Hospital,.....	114 21
First partial quarter, officers' salary,.....	387 50
Total,.....	3,972 06

The balance of the appropriation, \$4,027 94, together with \$28 69 interest, received on State Warrants, was transferred to the hands of the Treasurer and Steward.

The Report of the Treasurer and Steward, which accompanies this Report, exhibits the receipts of the Hospital, as follows:

Cash received from the State,.....	\$16,551 63
“ “ patients,.....	1,409 06
Expenditures,.....	17,960 69
Balance in the hands of Treasurer,.....	10 67

The Trustees herewith submit the very able report of the Superintendent of the Hospital. It contains a very interesting description of the building and appurtenances, and a very satisfactory account of the condition of the patients and of their medical treatment.

The only permanent source for the supply of the Hospital with water, is a well of considerable capacity. In addition to this, cisterns have been constructed for the preservation of rain-water, and the requisite apparatus to convey it from the roof of the building to them. It was hoped that the well, with the cisterns, would afford, at least, during the summer, an adequate quantity of water for the purposes of the Hospital. During the past summer less rain than usual fell, and the supply of water proved to be

insufficient; but by a rigid economy in the use of it, serious difficulty was prevented. As, during the winter months, in this climate, little or no rain falls, this source of supply will then be cut off, and this is precisely the season when most water is needed. Water is used in the Hospital, not only as a beverage, for culinary purposes, for bathing, and for general cleanliness, but it is used for heating and ventilating the whole building. The operations of the Hospital could not be carried on, a day, without an abundance of water; it is as indispensable to the functions of the Hospital as the circulation of the blood is to the support of animal life. After due inquiry, the Trustees thought it advisable to attempt to procure an adequate supply of water by boring an Artesian well. The principal objection to an Artesian well arises from the uncertainty as to the depth to which it will be necessary to bore to find water. But this objection is, in the present case, counterbalanced by the difficulty, by the almost physical impossibility of obtaining it from any other source. The Trustees, accordingly, made an urgent application to the "Commissioners for the erection of the Hospital," to appropriate a portion of the means, at their command, for the purpose of boring an Artesian well. They promptly complied with this application, and caused the work to be commenced, about the first of September last. A depth of seven hundred and twenty feet had been reached, but water has not, as yet, been obtained.

The Trustees cannot conjecture how much further it will be necessary to go, but they trust, however, that a much greater depth will not be required to obtain an abundant supply of pure water.

The west wing of the Hospital remains unfinished. The east wing is capable of accommodating one hundred and fifty patients. As yet, the number of patients has not exceeded one hundred and forty.

It may be anticipated, however, that when the success of the Hospital in the remedial treatment of the cases that are curable, and the comfort afforded to those that are incurable, are known throughout the State, nearly all the insane persons, who are proper subjects for admission, will be sent here, and, that, before the meeting of the General Assembly next after the ensuing session, there will be applications for admission sufficient to fill the Hospital nearly to its utmost capacity. Even now, all the room that can be assigned to females is occupied, and no more can be admitted without much inconvenience. Besides, according to the plan of the

Hospital, one wing was to be devoted to female and the other to male patients. It was not intended that the two sexes should occupy the same wing. Thus bringing them so near together occasions much watchfulness and solicitude on the part of the Superintendent and resident officers, and great care and trouble on the part of the attendants, and with all their care and solicitude, there is danger that this inconvenient proximity may prove injurious to both sexes. Moreover, in order to promote the comfort of the patients and the restoration to health and reason of such as are susceptible of cure, it is of the utmost consequence that the Superintendent should have the means of classifying them according to the kinds and degrees of their insanity. Indeed, this classification of the patients is one of the great modern improvements in the remedial treatment of Insanity.

While patients of both sexes are confined, as they are now, in the same wing of the Hospital, with the present arrangements, the best classification of them is impracticable. In order, therefore, that room may be furnished for the accommodation of all the Insane in the State; in order that the patients of the different sexes may be removed from inconvenient proximity and placed in the opposite wings of the building, according to the original design of the Hospital, and in order that the patients may be classified according to the kinds and degrees of their insanity, the Trustees would earnestly recommend an appropriation for the completion of the West wing. Nearly all the materials and apparatus for warming and ventilating the whole building are provided, and the whole annual expense for these purposes for the entire building will not be much greater than the present expense of warming and ventilating one wing.

The grounds about the Hospital have been left in a rough and broken state, and present an aspect which does not comport with the appearance of the building or with its purpose. If there is a human being in the world in confinement, who ought to be soothed by the prospect of an agreeable landscape, it is one who is bereft of his reason. If there is a spot on earth which ought to be improved and beautified by art, at the public expense, surely it is the one which surrounds the Hospital for the Insane.

To improve and grade the grounds which immediately surround the Hospital, and ornament them with trees and shrubbery, so far as to put them in harmony with the philanthropic design of the

Institution, the Trustees would respectfully recommend an appropriation of a sum not less than one thousand dollars.

In conclusion, the Trustees return their tribute of gratitude to the Supreme Being, who has shone with the light of His countenance upon this great enterprise of benevolence, so consonant with His attributes. It is a relief and a consolation to turn from witnessing the manifestations of the workings of the most calamitous, the most awful passions of human nature, which now distract and distress our country, to the contemplation of something which reminds us that we are created in the image of God.

MATURIN L. FISHER,  
HARPIN RIGGS,  
G. W. KINCAID,  
JOHN B. LASH,  
J. D. ELBERT.

IOWA HOSPITAL FOR THE INSANE, }  
*Mt. Pleasant, Dec. 5, 1861.* }



## STEWARD AND TREASURER'S REPORT.

*To the Board of Trustees :*

GENTLEMEN: The following report of the financial affairs of the Hospital for the fiscal year ending 1st of Dec., 1861, is respectfully submitted. On looking over which it will be observed and recollected that some of the disbursements are relatively larger from various incidental expenses connected with the opening of a new building which would not occur in after years.

## PAYMENTS.

Cash paid for Provisions, .....	\$5063 76
" " Labor, .....	4838 77
" " Fuel and Light, .....	1532 38
" " Clothing, .....	1476 92
" " Repairs, .....	41 52
" " Furniture, .....	2480 12
" " Stationery and Postage, .....	134 52
" " Medicine, glass ware, turpentine, oils, &c. ....	468 90
" " Soap, .....	288 79
" " Coffins and Fixtures, .....	44 65
" " Freights, .....	680 13
" " Miscellaneous, .....	186 06
" " Stock and Implements, .....	533 50
" in hands to Balance, .....	10 67
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	\$17,960 69

## RECEIPTS.

Cash received from State, .....	\$16,551 63
" " Patients, .....	1,409 06
	<hr/>
	\$1,760 69
Outstanding liabilities, .....	\$1,033 50

## FARM.

The products were as follows:

Hay, .....	50 Tons at 6 00.....	\$300 00
Oats, .....	240 Bushels at 25 cents....	50 00
Corn, .....	875 " at 15 " .....	131 25
Potatoes, .....	400 " at 25 " .....	100 00
Beets, .....	250 " at 40 " .....	100 00
Carrots, .....	100 " at 30 " .....	30 00
Cabbages, .....	500 Heads at 2½ cents .....	12 50
Peas, .....	25 Bushels, at 40 " .....	10 00
Beans, .....	50 " at 40 " .....	20 00
Onions, .....	10 " at 40 " .....	4 00
Smaller vegetables, .....		50 00

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\$807 75

Here I would remark that were it not for the long continuance of dry weather which set in so early in the season, our crops of corn and potatoes, would, probably, have been much larger.

H. WINSLOW,  
Steward and Treasurer.

[The subjoined was received after this Report had been partially printed:]

Mt. PLEASANT, IOWA, }  
January 8, 1862. }

T. W. WOOLSON, Esq.—*Dear sir:*—In making some entries of items of interest received on State Warrants, I discover I have committed a mistake in one figure, and that the paper I gave you is wrong, as is also the Report of the Commissioners.

The total interest received on Warrants is \$12,458.01, instead of \$13,458.01, leaving the balance unexpended seventeen and odd thousand dollars, instead of eighteen.

Amount received to December 1, 1859, .....	\$8,999.33
Additional amount received to December 15, 1861, .....	3,458.68
Total, .....	<hr/> \$12,458.10

## SUPERINTENDENT'S REPORT.

*To the Board of Trustees :*

GENTLEMEN: In submitting to you this First Annual Report as Medical Superintendent of the Iowa Hospital for the Insane, it becomes us to acknowledge the kind care of an overruling Providence, in that our household have been spared from prevailing sickness, from fatal accident, and for the enjoyment of a good degree of usefulness and success.

This Institution was formally opened for the reception of patients on the sixth day of March last, by religious and other appropriate ceremonies. This report will not, therefore, cover the period of an entire year, but of less than nine months, only, to the 1st of December, 1861.

For several years prior to the opening of this hospital, the insane of the State had been necessarily confined in jails with criminals, and in county infirmaries in gradually increasing numbers, until there existed the most painful need for other and more appropriate accommodations for them. During the last ten years, a few of the insane of the State have obtained places at an inconvenient expense, in the hospitals of other States; private families have been burdened and their safety put in peril by others, and upon some the grave has prematurely, though kindly, closed. But the majority have, for no crime, been compelled to occupy, more or less, the felon's cell. Relief, though tardy, came at last, and so great was the desire on the part of citizens to obtain admission for their afflicted friends, that during the first twelve weeks, more than one hundred patients were admitted. It is painful to add that, so long had these poor sufferers been confined under adverse sanitary circumstances, not one in ten of all this number will ever recover the right use of reason, whereas, eighty, or possibly ninety of them, under the best treatment early applied, would certainly have been cured. These

are facts which should arrest the attention of every citizen. They show most clearly the importance of the earliest possible application of restorative treatment. Insanity is only curable, as a rule, in its earlier stages, before the delicate textures of the brain have suffered permanent injury from chronic disease. For the curative treatment of mental diseases, a month during their incipient stages, is worth more than a whole year in their advanced stages. Indeed, no subsequent period, however protracted, can compensate for the loss of the golden early period in which to treat successfully diseases of the mind. Many chronic cases have been admitted to this Institution whose friends have expected the most favorable results from appropriate treatment. While it is a painful duty to undeceive such, let all who are interested be admonished that, though a very large per cent. of recent cases are curable, a very small per cent. only, of chronic cases will ever, under any treatment, recover.

A deeply afflicted class has found relief in this public charity whose benefits are already beginning to be felt in all sections of the State. County jails are no longer necessary receptacles for those who are guiltless of crime, but we now have the realization of what the instincts of compassion within us, quickened and guided by the light of Christian civilization, have long led us to seek, viz: the care, protection and proper treatment of a defenceless, afflicted class. Ancient nations seem never to have been able to grasp the thought, for though they record many triumphs in the Arts and Sciences, neither their compassionate instincts, nor mental culture, unilluminated by the light of Christianity, ever taught them to erect, and dedicate an institution to the amelioration of suffering humanity. This is the offspring of that Christianity whose great Exemplar taught us that rule of Divine origin and universal application, "all things whatsoever ye would that men should do unto you, do ye even so to them," and also "inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

### BUILDINGS, &c.

The building commission appointed by the General Assembly of the State, adopted for this Hospital, the general plans furnished them by Dr. Luther V. Bell, of Boston, Mass. These plans were subsequently variously modified and improved by Henry Winslow, Esq., the Building Superintendent, so as to combine more fully architectural expression with greater practical utility.



That the Building Commission have produced a structure that does credit to the State and to themselves, all competent judges who will examine, must admit. Instead of the long, lofty, meaningless pile of masonry, which we too often see in similar structures, they have produced a building of rare dignity and beauty of proportion, agreeably diversified by bold projection and varied elevation.

The building which is of the Elizabethan style of architecture, consists of a stately central structure, and wings on either side tastefully grouped in the quadrangular forms. The central portion is four stories high, and all other parts three stories high above basements. The walls are all of solid cut stone masonry, lined on the inner side with brick. The roof covering is of heavy galvanized iron.

In the central building which is 90 by 60 feet and four stories high, are the public offices of the Superintendent and his assistants, the Steward's, and the private rooms of all resident officers. It has also a rotunda 49 by 57 feet in which is a splendid double stairway reaching to the top. It is surmounted by a beautiful tower, the top of which is 137 feet from the ground. The six wings, three on either side, are for the special use of patients, and are each respectively, 114—151—and 131 feet in length by 40 feet in width, all three stories high above the basements. They are agreeably diversified by bay windows, projections and recesses, and give an entire front of 512 feet. Two cupolas rise 90 feet from the ground over these wings, and serve a practical use as ventilators as well as ornaments. At the extreme end of these wings are return-wings, each 131 feet deep by 40 feet wide, giving the structure its quadrangular form. Also, there is one central wing, extending from the rear of the central building, 115 feet deep, 3 stories high, in the basement and first stories of which are the kitchen, bakery, dining-rooms, store-rooms and other domestic offices. In the second and third stories is a beautiful chapel 33 by 50 feet, with 20 feet ceiling, in the rear of which are numerous lodging rooms for domestics.

In each story of the lateral wings, where patients have their apartments, are placed and always kept, 240 feet, or in the aggregate, 720 feet of water-hose, always attached to the water-pipes, to subdue fire in case of its occurrence, and for the same purpose six iron steam pipes, each 1½ inches in diameter, open into the attics at various points.

The lateral wings contain :

220 single rooms for patients,	each	.....	8 by 12 feet.
18 associated dormitories	"	"	.....18 by 20 "
18 parlors,	"	"	.....18 by 24 "
18 dining rooms	"	"	.....16 by 24 "
18 corridors for	"	"	.....12 by 112 "
24 bathing rooms for patients.			
24 water closets.			
24 wash rooms with enameled-iron sinks.			
78 clothes closets.			

In the whole establishment there are 425 rooms, great and small, exclusive of basement rooms. It contains 1,100 windows and 900 doors. A walk around the outside walls is a half mile, and a walk all over its halls about one mile in length. It required 120,000 square feet of galvanized iron sheeting to cover the roof. In the basement is a railroad one-eighth of a mile in length, with iron rail, upon which a hand car carries the food from the central kitchen to dumb-waiters beneath all dining rooms. The buildings are designed for the liberal accommodation of at least 300 patients with all needed officers, attendants, and assistants to take care of them.

The entire establishment is warmed by steam, and all machinery for elevating water, for forced ventilation, for washing and wringing clothes, is driven by steam power. Steam is also liberally used for heating water for baths, and for cooking. Galvanized iron pipes carry hot and cold water to every part. There are 70,000 feet or about 12 miles of iron pipe connected with warming, lighting, and the distribution of water. Iron tanks, whose aggregate capacity is 14,000 gallons, have been placed in the central attic, and a brick cistern, cylindrical in form, whose capacity is 3,000 barrels has been placed under ground.

A rotary fan, fifteen feet in diameter, with 8 feet span, driven by steam power, secures a forced ventilation. The wash house and laundry are furnished with a large David Parker washing machine, a rotary patent wringer and a mangle, all propelled by steam. The buildings were completely piped throughout for gas before plastering the walls, and a gas-house will be erected and gas lights introduced during the next year, from an unexpended appropriation for that purpose.

Having examined nearly all of the best Hospitals in the United States, and having experienced more than ten years of hospital life,

I am enabled to speak with much assurance in regard to the excellence of our buildings and fixtures. They are doubtless the most permanently built in every part and among the most extensive of any in the country. They seem to have been erected for all time. No one portion has been slighted, but everywhere are abundant evidences of enlightened economy and skill, faithfully applied. Everywhere in the building and its fixtures the most permanent materials only have been used, and the latest and best improvements have been incorporated. It is scarcely enough to say that the people of Iowa, through their efficient building commission have erected a hospital of rare excellence in all respects, and as the Medical Superintendent can claim no portion of the credit due on this account, it will not be regarded in the light of self-commendation, if the opinion is here expressed, that, taken as a whole, they have built and dedicated to a benevolent purpose the best establishment of the kind which has yet been erected by any State in our country, while the cost incurred, has not exceeded that of other similar buildings of less extent and merit.

The cost of hospital buildings for the insane cannot with propriety be estimated by the cubic foot and placed in comparison with other public buildings, because the peculiar uses for which they are erected require a peculiar and expensive construction and fixtures which other state edifices do not require.

Insane people must have ample room and provisions for restoring health, and for the personal comfort and the security of each individual. Safety from the calamities of destruction by fire, and from the escape of inmates is essential; but these safeguards cost many thousands of dollars in construction. The single extra item of window guards has cost this Institution more than \$4,000.

The best sanitary regulations do not admit of crowded apartments, but the space required by the Insane is more than double that usually allotted to the sick with other than mental diseases. About eighty per cent. of the insane require each a distinct, well ventilated apartment to sleep in, separated from others by walls of masonry.

From an examination of the costs of modernly constructed first-class hospitals for the insane in the United States, I find them to be, including fixtures, furniture, lands and out buildings, not less than \$1,000 for each patient properly provided for, while the proportionate cost of some of them considerably exceeds this sum. Thus, the

new Government Hospital for the Insane, near Washington City, which is built of brick, and will accommodate 300 or probably 350 patients, has cost \$473,040.00. The new Hospital for the Insane, near Cincinnati, also built of brick, has cost more than \$1,000 for each patient provided for, and the same may be said of the two new Hospitals in Northern and Southern Ohio at Newburg and Dayton. The Iowa Hospital, though built of cut stone, where labor and materials, freight, &c., are more expensive than in States farther East, will compare very favorably in point of cost, with any other building which approximates to it in excellence and extent.

The furniture is in keeping with the building. The language of the Iowa State Medical Society who visited the Hospital declares, "*every thing excellent—nothing superfluous.*"

The Hospital farm consists of 173 acres of fertile land, about one-half of which is sparsely timbered and beautifully diversified by hill and valley. The other half is what is termed rolling prairie. The farm will afford an abundant supply of vegetables for the entire household, and food for stock, as well as health-giving employment for our patients. The grounds immediately about the buildings need grading and planting with trees and shrubs. The farm is in good condition, and, as will be seen by the Steward's report, has been productive.

The out-buildings are commodious, permanent and excellent. The building of a gas-house under the direction of the Building Commission, has been deferred till another season.

The same considerations that required the completion of a portion of the building, and others in addition, may now be urged in favor of the speedy finishing of the entire structure, which is already enclosed and far advanced toward completion.

We have now excellent accommodations for one hundred and fifty patients, and we close the present fiscal year with one hundred and forty. Several others have been ordered but have not yet arrived, and we are in daily correspondence for the admission of others. In a few weeks our present rooms will be all filled, in a few months longer they will be crowded, and then must commence the unwelcome duty of returning chronic, incurable cases to the counties, some of them to their old quarters in the jails, to make room for curable cases, as provided by law.

The west wing now enclosed and nearly ready for plastering, should be completed in order to afford us the means of a more per-



fect classification of patients. There are many and obvious annoyances, as well as disadvantages to patients, growing out of placing the sexes in different stories of the same wings. These evils should be patiently borne as a temporary evil, only. We have now twelve classes of patients, five of females and seven of males, whereas the plan of the building very properly provides for twenty-four classes, twelve of each sex. This classification cannot be changed till the completion of the buildings.

Good economy as well as humanity, suggests the early completion of the wings for females. Three hundred inmates can be supported at a much less rate *per capita*, than one hundred and fifty, and cheaper and better than they can be maintained elsewhere. The expense for salaries would be scarcely increased with double our present number of patients, and the pay for employees would not be greatly advanced from present rates.

But the great consideration of all is, the duty and necessity of providing for the care and treatment of the insane of the State, *of restoring them to health and usefulness before they become hopelessly incurable.*

Should the Legislature order the completion of the West wings, at the earliest day possible, several months must necessarily elapse before they can be put in readiness for the reception of patients, by which time there will be urgent call for additional room from many applicants; but should the work be postponed, two years must elapse before a new Legislature could make the order for completion, and three years must pass before the realization of increased capacity, long before which time, many applicants must be rejected, numerous removals will have been required, the jails must be again brought into requisition, at the contemplation of which every humane feeling instinctively revolts.

In regard to our current expenses for support, it is proper to state that during the first year, when various fixtures are being placed, and many extraordinary items of furnishing have been necessary which were not foreseen, bad economy may at first seem to have prevailed, but a close examination will show that the financial affairs of the hospital have been managed with a due regard to economy, for a detailed statement of which you are referred to the Steward's Report. The expenditures include coal, wood, provisions and other supplies now on hand, amounting to at least two thousand dollars.

The following provisions of the Statutes of Iowa, Revision of

1860, Sections 1486 and 1487, secures the support of all public patients; in accordance with which, certified accounts have been duly forwarded to the Auditor of State, charging at the rate of \$2.50 per week for the maintenance and treatment of each patient:

SEC. 1486. The Trustees shall from time to time fix the sum to be paid per week for the board and care of patients; and to arrive at such sum, shall estimate the total outlay for the support of the Hospital; ascertaining such outlay as far as possible from the sums actually paid per annum, and the weekly sum so fixed shall be the sum said Hospital shall be entitled to demand for the keeping of any patient; and the certificate of the Superintendent, attested by the seal of the Hospital, shall be evidence in all places of the amount due as fixed.

SEC. 1487. The Superintendent shall certify to the Auditor of State on the first days of January, April, July, and October, the amount (not previously certified by him) due to said Hospital, from the several counties having public patients chargeable thereto; and said Auditor shall pass the same to the credit of the Hospital.

#### INSANITY.

"Insanity," says Dr. Combe, "is a prolonged departure, without any adequate external cause, from the state of feeling and mode of thinking usual to the individual in health." A better definition is the following:

"Insanity is a disease of the brain, affecting one or more of the mental faculties, intellectual or emotional."—(Bucknill & Take.)

If we adopt the latter definition we shall not be very far astray. The brain is the material organ of the mind and all protracted, severe disease of that organ, or that portion of it immediately concerned in intellectual effort, results in impaired mental manifestation, and the degree of mental impairment will be in proportion to the extent and severity of the cerebral disease.

The causes of insanity or rather of that condition upon which insanity depends, are often obscure; and in many cases it is impossible to ascertain them at all. The causes usually assigned are not always the real ones, and much confidence is not therefore due to them as here reported.

The following statement is for the most part a record of what the friends or family physicians suppose may have been the immediate and remote causes of those admitted to this institution:

## STATEMENT NO. 1.

## CAUSES.

Connected with general ill health.....	26
Puerperal condition.....	6
Disappointments.....	10
Sun-stroke.....	1
Epilepsy.....	18
Injuries of the brain.....	4
Excessive study.....	3
Hereditary.....	11
Vaccination.....	1
Concussion.....	1
Spiritualism.....	1
bodily injuries.....	2
Business anxieties.....	5
Jealousy.....	3
Exposure to cold.....	1
Fright.....	1
Masturbation.....	2
Political excitement.....	1
Meningeal inflammation.....	1
Domestic trouble.....	12
Religious excitement.....	12
Ill treatment.....	2
No cause assigned.....	45
Total admitted.....	170

Dr. Ray, whose rare discrimination abounds in all he writes, says that "the popular tendency to refer every case of insanity to some particular cause, springs from a very superficial knowledge of the disease. Seldom, in fact, is it produced by any single incident or event. It requires a combination of adverse influences, each of which contributed to the result, though we may be quite incompetent to determine precisely the share which they respectively take. In using the term *causes of insanity*, we mean to designate, not some particular incident having in itself the power of producing the disease, but rather one holding a prominent place in any com-

bination of incidents more or less directly followed by insanity." Grief, anxiety and sorrowing care, domestic difficulties, disappointments, protracted religious exertions, intense application to study, fear, anger, jealousy, &c., usually regarded as moral causes, gradually exhaust the nerve forces, prevent sound refreshing sleep, depreciate the health, break down the physical defences, induce a morbid condition of the brain, and consequent morbid mental manifestations. The sedentary habits, exclusive life, and close mental application of some men who are confined to literary pursuits, begot indigestion, lypochondriasis, melancholia, and finally a form of insanity which is tardy of cure. With the young, the integrity of the brain is often put in jeopardy by errors in education, such as stimulating an easily excited brain to excessive efforts, especially where there is a hereditary tendency to mental disease. A mistake in one's calling, the effort on the part of an individual to make of himself what nature never designed, and what nothing short of a miracle could enable him to accomplish, must always be followed by failure, disappointment, unrest, and often by ill-health, indigence and finally insanity as a legitimate result.

On the other hand, the too free indulgence in vapid amusements, the reading of trashy romances, the loose rein given to very active imaginations, unfit the mind for rational enjoyments, or to bear with fortitude life's burthens and trials, and especially when complicated with pernicious physical habits, the individual thus left without proper moral or physical defences, falls an easy prey to some incident or combination of incidents, which with better antecedents he could have resisted with success.

The privations and sufferings, both mental and physical, growing out of poverty, impair the health, and in various ways contribute to swell the number of the insane. So, on the other hand, wealth often tends to the same result by leading to various damaging excesses. The pinner which sought "neither poverty nor riches," was founded in wisdom.

Loss of sleep almost invariably attends acute insanity, and is also a frequent cause of it. Dr. Brigham, whose experience has been very large, "so rarely saw a case of insanity that was not preceded by loss of sleep, that he regarded it as the almost sure precursor of mental disease."

Religious exertions are said to have caused twelve cases admitted. It is probable that in these cases, the religious excitement



was only a prominent incident in a combination of causes which immediately preceded the full development of the disease. It should be remembered also, that the consolations, the restraining and sustaining influences of religion save multitudes from many of the other causes of insanity above enumerated.

## STATISTICAL STATEMENT NO. 2.

	MALES	FEMALES	TOTAL
Number of patients admitted in nine months.....	91	79	170
“ discharged during nine months.....	17	13	30
“ remaining in hospital, Nov. 30, 1861....	75	65	140
The condition of those discharged was as follows:			
Recovered.....	8	11	19
Improved.....	2		3
Unimproved.....	2		2
Eloped.....	1		1
Died.....	4	2	6
*Recent cases admitted.....	26	22	48
+Chronic cases admitted.....	65	57	122
Recent cases recovered.....	8	8	16
Chronic cases recovered.....		3	3

## STATEMENT NO. 3.

## SHOWING THE DURATION OF INSANITY BEFORE ADMISSION.

Less than twelve months duration,.....	48
From one to two years,.....	14
“ two to three years,.....	20
“ three to five years,.....	34
“ five to ten years,.....	24
“ ten to twenty years,.....	17

\*When the insanity is of less than one year's duration, the case is called “recent.”

† When of one year or more than one year's duration, it is called “chronic.”

Over twenty years,.....	2
Unascertained, (chronic,).....	11

Of the 48 whose insanity is of less than one year's duration, 16 have already been cured, and twenty more will probably yet recover; while of the 122 chronic cases admitted, not more than ten per cent. of them will ever recover. Nothing can show more clearly than these facts, the unwelcome truth that insanity, when of long duration, is incurable, while another and more gratifying truth is equally well established, viz: the curability of recent cases of insanity.

## STATEMENT NO. 4.

## SHOWING THE AGES OF THOSE ADMITTED.

Less than 15 years of age,.....	0
Between 15 and 20,.....	8
“ 20 and 30,.....	70
“ 30 and 40,.....	43
“ 40 and 50,.....	25
“ 50 and 60,.....	16
“ 60 and 70,.....	6
“ 70 and 80,.....	1
“ 80 and 90,.....	1
Total,.....	170

Although the period of childhood furnishes, comparatively, few cases of insanity, I am led to believe, from an examination of the history and condition of inmates of idiot asylums, that insanity is more common among children than has generally been supposed. Many of those inmates show, or have shown, signs of insanity rather than idiocy. In many cases the insanity in these young subjects has been overlooked, and becoming chronic and assuming the form of dementia, these persons have been regarded as idiots, and have been very properly placed in an appropriate institution for their improvement.

The cases of insanity in children that have come under my notice, have occurred, as in adults, more frequently among those

who have inherited a predisposition to mental unsoundness, or who possess highly nervous temperaments, and are exposed to circumstances favoring the development of mental disease. Though not of a low grade of intelligence, they have marked peculiarities, are very nervous, highly excitable, subject to uncontrollable fits of passion, have strange caprices, and submit but poorly to established rules.

These tables are here recorded, more for future use, than for present. In order to make them of special value, or to make deductions from them, it will be necessary to have statistics of the numbers, ages and conditions of persons composing the entire population of the State. The forthcoming census statistics will furnish much valuable aid in determining many questions in regard to the insane.

#### STATEMENT NO. 5.

SHOWING THE SEX AND SOCIAL CONDITION OF THOSE ADMITTED.

	MALES.	FEMALES.
Unmarried,.....	53	27
Married,.....	32	40
Widowers,.....	5	—
Widows,.....	—	11
Unascertained,.....	1	1

Of all the cases admitted, 80 were single and 88 had been married. Our social statistics are, as yet, too limited to be of much value, and, as in other cases, it will be necessary, in order to make deductions from them, to know the relative proportion of the unmarried and the married in the community, the statistics in regard to which are not, at present, attainable. Though dissensions, cares, afflictions and privations affecting the health of body and mind, often pertain to the married state, it must not be hastily inferred that the married state tends to insanity, but on the contrary, the family relation saves multitudes from avarice, from intemperance, and from other damaging excesses which are fruitful causes of insanity in the unmarried.

#### STATEMENT NO. 6.

SHOWING THE OCCUPATIONS OF PATIENTS ADMITTED.

Domestic duties.....	68
Farmers.....	56
Merchants.....	1
Laborers.....	12
Carpenters.....	1
Teachers.....	6
Students.....	1
Masons.....	1
Mill-wrights.....	1
Civil officers.....	1
Hatters.....	1
Blacksmiths.....	1
Seamstress.....	1
Gardener.....	1
Apothecary.....	1
Collier.....	1
Preacher.....	1
Tailor.....	1
Plasterer.....	1
No employment.....	6
Unascertained.....	7

Total admitted..... 170

One hundred and thirty-six cases are reported to have been drawn from among those engaged in farming and domestic labor. It must not, however, for reasons before given, be inferred that these pursuits tend to insanity.

To draw a comparison it would be necessary first to ascertain the relative proportion of those engaged in the various occupations, to the entire community. Iowa has an essentially agricultural, laboring population, and therefore the greatest number of the insane must come from this class.



## STATEMENT NO. 7.

## SHOWING THE NUMBER AND CAUSES OF DEATH.

Exhaustion from chronic mania.....	2
Consumption .....	1
Softening of the brain.....	1
Typhoid fever .....	1
Congestion of the brain .....	1

Total ..... 6

The bodies of three of those who have died were removed before burial by friends, who, living near the hospital, received timely notice of illness or death. The other three were buried in the Hospital Cemetery with appropriate religious services, and every respectful attention.

The Hospital Cemetery is beautifully located upon a high hill in the south-west corner of our grounds, about one third of a mile from the buildings, in the midst of a beautiful grove. It will be cleared of its undergrowth and thoroughly protected.

## STATEMENT NO. 8.

## SHOWING THE NATIVITY OF PATIENTS ADMITTED.

Iowa .....	5
Illinois.....	5
Indiana .....	15
Ohio .....	31
Pennsylvania .....	13
Kentucky .....	9
New York .....	13
Vermont.....	2
Missouri .....	2
Massachusetts .....	1
North Carolina .....	5
South Carolina.....	1
Delaware .....	1
New Jersey .....	1

Virginia .....	2
Maryland .....	1
New Hampshire .....	1
Maine .....	1
Tennessee .....	1
Connecticut .....	1
New Brunswick.....	1
Canada .....	3
Holland.....	1
Switzerland .....	2
Germany .....	17
Prussia .....	1
Baden .....	2
Bavaria.....	1
Norway .....	1
England .....	4
Scotland .....	2
Ireland .....	19
Wales .....	1
Unknown .....	3

Total ..... 170

## TREATMENT.

There are no specifics in the treatments of insanity, but the same general principles must guide us here, that should guide us in the treatment of other diseases. Harsh means, either medical or moral, are in no respect suited to the insane, but on the contrary, mild treatment only is allowable.

Bleeding, at the present day, is scarcely resorted to, even in private practice, and much less in public institutions, where the physical *status* in almost all cases, when admitted, is found to be greatly *below par*. No combination of symptoms in any case thus far admitted, could have justified us in resorting to blood-letting. Raving mania can be more permanently controlled by the use of the warm bath, cooling applications to the head, warm foot-baths, mild cathartics and anodynes, and in certain cases, by stimulants. Bleeding may quiet a paroxysm of mania temporarily, but the



excitement is apt to return with greater fury, while the system is less able to bear it than before. Bleeding, therefore, does not accomplish the desired object, but on the contrary, it impoverishes the blood, and reduces the strength, without diminishing permanently the nervous excitement. A few cases only seem to have suffered from too free depletion before admission to this institution, and these have required the protracted use of tonics and good diet to repair the evil. The use of blisters, setons and moxas, together with drastic purging and emetic tartar, may go with bleeding. All these are obsolete, in this latitude and climate.

Narcotics and anodynes are often useful. Opium has been much used in some hospitals, and in a small per cent. of cases, with undoubted benefit. In high maniacal excitement with hot skin, dry tongue, and contracted pupils, its use is not indicated, but in high excitement, with symptoms exactly opposite the above named, it is often useful, especially in conjunction with the warm bath. But tonics, stimulants, and a generous diet, are most useful, as nearly all cases come to us with greatly depreciated strength. An abundant supply of well prepared nourishing food, in good variety, is indispensable to the best curative treatment of the insane. The starving plan will not succeed.

In addition to what may be termed medical treatment, baths and regulated diet, there are many advantages resulting to the insane from change of scenery and associations; change of habits of life; moderate but regular exercise at some useful employment; the diversion and occupation of the mind by innocent amusements; regular hours and favoring circumstances for refreshing sleep; the attendance upon religious worship upon the Sabbath; the use of selected books for reading; and by attending generally upon all those hygienic laws and rules which are known to promote physical vigor and allay irritation, and by such mental and moral discipline as prompts to self-respect and self-control. Genuine sympathy, true kindness of heart, together with firmness and decision, are indispensable to the treatment of the insane.

#### ACKNOWLEDGMENTS.

The following named Newspapers and Periodicals have been received during most part of the year, gratuitously, for the use of

our household, for which we are under obligations, and for which, in the name of our patients, we tender to the donors our thanks:

"Home Journal," Mt. Pleasant; "Wapello Republican," Ottumwa; "Sunbeam," Keokuk; "Congregational Herald," Chicago; "Des Moines Valley Whig," Keokuk; "Muscatine Journal," Muscatine; "Friends' Review," Philadelphia. We have also received packages of pamphlets from Mrs. J. B. Lash, and two large packages of newspapers from Bishop L. L. Hamline, Mount Pleasant; public documents from Senators Harlan and Grimes, and two fine blooded pigs from Dr. Andrew McFarland, Superintendent of the Illinois Hospital for the Insane. Also, three fine blooded pigs from Dr. J. P. Gray, Superintendent of the New York State Lunatic Asylum.

To the members of your Board, who have watched the trust committed to you, with the only wish to secure its greatest usefulness, I desire to express my sense of obligation for counsel and advice during the first, and most trying year.

I am sensible, also, of the vigilance and unceasing aid of those with whom I have been more intimately associated in the discharge of daily duties.

Mr. and Mrs. Winslow, the Steward and Matron, qualified by a long previous experience in the care of the insane, have rendered most important services in fitting up the Hospital, as well as in the management of other respective departments. They have shown unceasing kindness to the patients, and in their good economy, faithfulness and efficiency, the Hospital has saved and gained much.

D. C. Dewey, M. D., Assistant Physician, has labored ever faithfully and with successful industry, in the discharge of his duties. His salary is not equal to his labors.

The Supervisors of departments and the attendants employed in the institution, are faithful, efficient and kind.

The resident officers, and those employed by them, are laboring in harmony for the common good of those committed to our care. We have endeavored to sympathize with them in their sorrows and in their joys. Their reasonable wants have been supplied, and their welfare and their comforts have been carefully regarded.

In conclusion, desiring your continued counsels, and seeking guidance from Him in whom dwelleth all wisdom, we enter upon



the arduous duties of another year, with the reasonable hope that its labors will be crowned with increasing and abundant success.

RICHARD J. PATTERSON,

*Superintendent.*

IOWA HOSPITAL FOR THE INSANE, }  
Mt. Pleasant, Nov. 30, 1861. }

## APPENDIX.

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IOWA HOSPITAL FOR THE INSANE. }  
MOUNT PLEASANT, June 12, 1861. }

### ADMISSION OF PATIENTS.

The law provides for the admission of two classes of patients, viz : Private patients, and public: the first named class to be supported at private expense, and the second to be supported by the proper County in which the patient has a legal residence.

### ADMISSION OF PUBLIC PATIENTS.

Public patients may be admitted into the Hospital by the Superintendent upon the written certificate of the County Judge of the County where such patients reside, with the seal of said county thereto attached, certifying that such patients, (naming them,) upon due examination had before him have been found to be insane, and authorizing said Superintendent to receive and maintain them at the expense of said county.

Any citizen of any county in the State, may inform the County Judge, that there are insane persons within the county needing care and attention, and when so informed the County Judge will immediately order an investigation of the case as required by law, and the Superintendent, upon receiving proper application, together with a copy of certificate of insanity and answers to questions in each case, will immediately notify the proper persons when, or whether or not, the patient can be admitted. *The Hospital being already nearly filled, patients must not hereafter be sent to it unless first regularly ordered by the Superintendent in each case, as we shall hereafter be obliged to refuse chronic, incurable patients, in order that recent, curable cases may be admitted. Attention to this*

*notice will save the expense of a useless journey to the Hospital, with chronic cases.*

All recent cases will always be promptly admitted without previous notice, accompanied by the necessary legal papers.

### CLOTHING.

All patients should come to the Hospital provided with a good, substantial supply of clothing, well selected, neatly made, and sufficient in quantity to afford frequent changes. There must, be as required by law, for a male patient at least three new shirts, a new and substantial coat, vest, two pairs of pantaloons of woolen cloth three pairs of socks, a black or dark stock or cravat, two pocket handkerchiefs, a good hat or cap, a pair of new shoes or boots, and a pair of slippers. For a female, in addition to the same quantity of under-garments, shoes and stockings, there shall be two woolen petticoats or skirts, three good dresses, a cloak or shawl, and a decent bonnet. Unless such clothing be delivered to the Superintendent in good order, he shall not be bound to receive the patient.

### ADMISSION OF PRIVATE PATIENTS.

Private patients may be admitted without any other legal process than the following: Any relative, guardian or friend of the patient, may file with the Superintendent a certificate from some respectable Physician as to the fact of insanity,—a written request from a relative, friend, or guardian, and an obligation, as follows:

#### PHYSICIAN'S CERTIFICATE.

I have seen and examined ..... and believe  
..... to be insane.  
..... M. D.  
..... 186 .

#### APPLICATION.\*

I request that the above named ..... may  
be admitted as a patient into the Iowa Hospital for the Insane.  
..... 186 .

\*To be signed by the guardian, relative or friend.

### OBLIGATION.\*

In consideration of ..... being admitted a private patient into the Hospital for the Insane, located at Mount Pleasant, at our request, we, the undersigned, jointly and severally promise and agree to pay said Hospital, to the Steward thereof, at said Hospital, quarterly, on the first days of January, April, July and October, with interest at ten per cent. after said days respectively, the rate of board determined by the Board of Trustees of said Hospital,† to provide or pay for all requisite clothing, and other things necessary or proper for the health and comfort of said patient: to remove said patient when discharged; to reimburse funeral expenses in case of death; and if removed uncured, against the advice of the Superintendent, before the expiration of the three calendar months, to pay board for thirteen weeks, and also to indemnify said Hospital for all expenses of suit, which it may incur in collecting said bills of board, supplies, and funeral charges; the same to be included in the damages to be recovered in such suit. Witness our hands this ..... day of ..... 186 .

### QUESTIONS TO BE ANSWERED, &c.

It shall be the duty of the relatives or friends sending Private patients to the Hospital with the assistance of their family Physician, and the County Judge sending Public patients with such assistance as he may be able to obtain, to annex full and precise answers to as many of the following questions as are applicable to the case, and forward the same to the Superintendent.

- 1st. What is the patient's age? Married or single? If children, how many?
- 2d. Where was the patient born?
- 3d. Where is his (or her) place of residence?

\*The above obligation to be duly certified by the County Judge or Clerk of the District Court of the county where such patient resides, that the signers are good and responsible persons, and able to pay any sum that might be adjudged against them by reason of their signing such obligation, and that their signatures are genuine.

†The rate of board for patients is \$2.50 a week.



4th. What has been the patient's occupation, and reputed pecuniary circumstances?

5th. When were the first symptoms of the disease manifested, and in what way?

6th. Is this the first attack? if not, when did others occur, and what was their duration?

7th. Does the disease appear to be increasing, decreasing, or stationary?

8th. Is the disease variable, and are there rational intervals? if so, do they occur at regular periods?

9th. Have any changes occurred in the condition of mind or body since the attack?

10th. On what subjects, or in what way is derangement *now* manifested? Is there any permanent hallucination?

11th. Has the patient shown any disposition to injure others? and if so, was it from sudden *passion*, or premeditation?

12th. Has suicide ever been attempted? If so, in what way? Is the propensity *now* active?

13th. Is there a disposition to filthy habits, destruction of clothing, breaking glass, &c.

14th. What relatives, including grand parents and cousins, have been insane?

15th. Did the patient manifest any peculiarities of temper, habits, disposition, or pursuits, before the accession of the disease—any predominant passion, religious impressions, &c.?

16th. Was the patient ever addicted to intemperance in any form, &c.

17th. Has the patient been subject to any bodily disease; epilepsy, suppressed eruptions, discharges of sores, or ever had any injury of the head?

18th. Has restraint or confinement been employed? If so, of what kind and how long?

19th. What is supposed to be the cause of the disease?

20th. What treatment has been pursued for the relief of the patient? Mention particulars, and the effects.

21st. State any matter supposed to have any bearing on the case.

No idiot shall be admitted into the Hospital.

Section 1438, Revised Statutes of 1860, provides that, "if at any time it becomes necessary, for want of room or other cause, in the

general reception of patients into the Hospital, a selection shall be made as follows:

1. Recent cases, *i. e.*, cases of less than one year's duration, shall have the preference over all others.

2. Chronic cases, *i. e.*, where the disease is more than one year's duration, presenting the most favorable prospects for recovery, shall next be preferred.

3. Those for whom application has been longest on file, other things being equal, shall next be preferred.

4. Where cases are equally meritorious in all other respects, the indigent shall have preference."

SEC. 1439. "Each county shall be entitled to send patients to the Hospital in the proportion of insane persons in the county, and in case that all the insane who may apply for admission, cannot for some cause be accommodated, then in the selection of patients, the provisions of this Section shall be regarded, selecting such as may be admitted subject to the provisions of Section thirty of this act."

In accordance with the above provisions, room will always be promptly made for the admission of all recent cases.

All communications directed to R. J. Patterson, Superintendent, Mt. Pleasant, Iowa.

R. J. P.

## BY-LAWS.

### CHAPTER I.

#### ORGANIZATION AND MEETINGS OF THE BOARD OF TRUSTEES.

SECTION 1. The Board of Trustees shall, at their annual meeting, on the first Wednesday in December, 1860, and yearly thereafter, elect one of their number President, and another Secretary, who shall hold their offices until their successors are elected. All elections shall be by ballot unless otherwise ordered.

SEC. 2. The President of the Board of Trustees shall preside at all meetings of the Board, and perform all such executive duties as the Trustees may from time to time direct. *Provided*, however, that the Board may elect a President *pro tem.*, who shall hold his office during the term of the President, preside in the absence of the President, and have the same power and authority in the absence of the President as he would have if present.

SEC. 3. The Secretary shall keep a full and true record of all proceedings of the Board, and sign all contracts made by them, and notify each Trustee of the time and place of all special meetings of the Board.

SEC. 4. There shall be in each year four regular meetings of the Board, to be holden at the Hospital, on the first Wednesdays in December, March, June and December.

SEC. 5. Upon the written application of two Trustees, the Secretary shall forthwith call a special meeting, and state as nearly as practicable the business for which such meeting is called in the notice to the Trustees.

### CHAPTER II.

#### COMMITTEES.

SEC. 6. There shall be a standing committee on Finance, consisting of two Trustees, to be appointed by the President at each annual meeting of the Board, or if otherwise directed, to be elected by ballot. At each quarterly, or special meeting, any vacancy in the committee shall be filled by *pro tem.* appointments by the President. It shall be the duty of the Finance Committee to examine all accounts and reports touching the receipt and expenditure of money; and examine into and report, at least, quarterly, upon all other matters appropriate to such committee.

SEC. 7. There shall be a thorough visitation of the Hospital, at least once a month, by one or more of the Trustees,—a quarterly visitation by the Board of Trustees at their regular meetings. Visitations may be made as much oftener, and by such number of the Trustees, as the Board shall by vote determine. A record shall be made of each visit in a book kept for that purpose.

### CHAPTER III.

#### FINANCE.

SEC. 8. The money appropriated by the Legislature, for the purpose of defraying the deficiencies that may arise in the current expenses of the Institution, shall be drawn from the State Treasury as follows: At each regular meeting, and at such other times as there may be a necessity for the same, the Steward, with the aid of the Superintendent, shall, after accounting for the disbursements already made, present an estimate, as much in detail as practicable, of the amount needed for expenditure before the next regular meeting of the Board of Trustees. The Board shall then make an order for the drawing of such sum, or so much thereof as they may deem necessary; which order shall be entered upon the records of the Board, and may then be drawn from time to time from the State Treasury, by the Steward, as provided for in the law for the government of the Institution.

SEC. 9. All money appropriated by the Legislature, and placed



under the control of the Trustees, for building, finishing, furnishing, or for any other purpose, other than the current expenses of the Hospital, shall be drawn by an order of the Board of Trustees, signed by the Secretary, at some regular or special meeting of said Board, directing the payment of the sum of money specified, to the Steward or his order.

SEC. 10. The Steward, as Treasurer of the Hospital, shall pay no bills or orders, unless signed by the Superintendent.

SEC. 11. The Steward, under the direction of the Superintendent, shall collect all sums due the Hospital from individuals for board or clothing furnished patients, or due from other sources; and at each regular meeting of the Board he shall make report of the sums so received.

SEC. 12. At each regular meeting of the Board of Trustees, all disputed and discredited bills or accounts shall be referred to the Finance Committee, who shall report in writing upon the same as soon as practicable.

SEC. 13. All contracts for supplies for the Hospital and all purchases for the same, shall be made by the Steward, under the direction of the Superintendent.

SEC. 14. All business transactions of the Hospital, where money is to be disbursed, shall be in writing, either by written contract or pass-book, properly minuted at the time of the purchase.

SEC. 15. No account, that shall exceed the sum of one dollar, shall be paid, unless accompanied by a bill of particulars, giving dates, items and amounts. All accounts current against the Institution shall be called in monthly, and shall be carefully compared with the written contract or pass-book, and if material errors are discovered in any bill, it shall be returned to the holder for correction. Where bills are correct, the Superintendent shall draw orders on the Treasurer of the Institution for their payment; and the bills, properly receipted, shall be numbered to correspond with the order, and filed in his office.

SEC. 16. Before making up the biennial report of the Institution, the Superintendent shall cause each bill paid during the two years previous to be entered in its proper order of date in the financial record. Such entry shall be made to exhibit the name of the person to whom such payment is made, its date and total amount; and the several items in such account shall be placed under appropriate heads, so as to show in the summary of expend-

itures the amounts disbursed for each class of supplies, as minutely as may be required for a clear understanding of the expenditures of the Institution.

## CHAPTER IV.

### RESIDENT OFFICERS OF THE HOSPITAL.

SEC. 17. The resident officers of the Hospital shall consist of a Superintendent, Assistant Physician, or Physicians, Steward and Matron, who shall reside in the Hospital, and devote themselves entirely to its interest, and be subject to removal (excepting Superintendent,) at the pleasure of the Board of Trustees.

SEC. 18. None of the resident officers shall resign their office without first giving three months' notice in writing of such intent, to the Secretary of the Board of Trustees.

SEC. 19. The salaries of the resident officers shall be paid quarterly.

## CHAPTER V.

### SUPERINTENDENT.

SEC. 20. The Superintendent shall be the chief executive officer of the Institution. He shall appoint and exercise entire official control over all employees, attendants and assistants in its service. He shall prescribe their several duties, and see to their faithful performance. Under the directions of the Trustees, he shall institute such police regulations as the good order of the Hospital may require; and he shall be responsible to the Trustees for the care of all the buildings, grounds, stock, furniture and fixtures appertaining thereto. He shall have the entire supervision of the patients, in their medical, moral and physical treatment. He shall visit them in their wards as frequently as may be necessary to keep himself fully advised of their condition, and to note the progress of each case; and shall give such directions to the overseers and attendants as may be essential to meet the ends of their treatment.

SEC. 21. At each annual meeting of the Board of Trustees, he

shall make a full report of the condition of the Hospital, and its transactions for the past year, with such observations, reflections and suggestions as he may deem important for the interest of the Institution, or of interest to the public generally, or the medical profession. And at each regular meeting he shall give such information to the Board as he may deem of importance.

SEC. 22. For good cause he may suspend any resident officer, but shall immediately give notice thereof to the Board of Trustees. He may at pleasure discharge any of the employees, attendants or assistants.

SEC. 23. The Superintendent shall be a regular graduate of some respectable medical school, and shall not practice in his profession outside of the Hospital, nor counsel with, nor prescribe for any patient who may be brought to the Hospital for that purpose, unless for cases of insanity.

SEC. 24. He shall provide a seal for the Hospital, with the proper device thereon, which shall be under his control, and used by him whenever the seal of the Hospital is required.

## CHAPTER VI.

### ASSISTANT PHYSICIANS.

SEC. 25. The Board of Trustees may elect an Assistant Physician or Physicians, whenever they deem it necessary, who shall be unmarried, and who shall hold their office for the term of one year, unless sooner removed, and until their successors are elected. Their salary shall be five hundred dollars per annum, until otherwise ordered.

SEC. 26. The Assistant Physician shall prepare and superintend the administering of medicines. He shall visit the wards frequently, and carefully note the condition and progress of individual patients. He shall see that the directions of the Superintendent are faithfully executed, and shall promptly report any cases of neglect or abuse that may come under his cognizance. He shall assist in devising employment and recreation for the patients, and endeavor in every way to promote their comfort and recovery. He shall keep such record of the cases as the Superintendent may direct, and assist him in preparing statistics, conducting correspond-

ence, and such other duties of his office as can be properly deputed.

SEC. 27. In the absence of the Superintendent, the Assistant Physician who is senior by appointment shall exercise the duties of his office, unless the Trustees otherwise determine.

## CHAPTER VII.

### STEWARD.

SEC. 28. The Steward shall hold his office for the term of one year, unless sooner removed, and until his successor is elected and qualified. His salary shall be two hundred and fifty dollars per annum\*; and he shall be *ex officio* Treasurer of the Institution.

SEC. 29. He shall execute a bond with sufficient sureties, to be approved by the Board of Trustees, in the penal sum of twenty thousand dollars, conditioned that he will faithfully discharge the duties of his office, and pay over, and account for all moneys that may come into his hands and belonging to the Hospital, which bond shall be executed to the Hospital and filed in the office of the Secretary of the Board of Trustees.

SEC. 30. He shall keep clear, methodical and exact accounts of all purchases and sales of the produce of the farm, and of all receipts and expenditures of money. He shall, when required, exhibit all his account books and recent vouchers to the Finance Committee; and shall furnish a quarterly abstract of the same to the Board of Trustees whenever requested.

SEC. 31. He shall keep the accounts of all employees, attendants and assistants of the Hospital, and settle with them quarterly, and when their bills are certified by him to be correct, the Superintendent shall draw orders on the Treasurer for the payment of the same.

SEC. 32. The Steward shall open an account current with the farm, and at the close of each year furnish the Superintendent a written statement of the various products, and an accurate account of the expenses incurred in its management.

SEC. 33. He shall, without delay, purchase the necessary account

\*The salary of the Steward was made thus low by the Board for the reason that the present Steward, H. Winslow, was receiving a salary from the State as Building Superintendent.



books for his department, which shall always remain in the Hospital, and shall be at all times open to the inspection of the Superintendent and Trustees.

SEC. 34. The Steward under the direction of the Superintendent, shall purchase furniture, fuel, stores, implements, stock and all other necessary articles for the farm and Hospital; and shall be responsible for the safe keeping and economical use of the same.

SEC. 35. Under the direction of the Superintendent, he shall attend to the business of the farm, stock, garden, grounds, fences, and out-buildings, and see that they are always kept in good order.

SEC. 36. He shall constantly observe the conduct of persons employed in subordinate stations; see that in all respects they do their duty, and report immediately to the Superintendent any instance of negligence, misconduct or abuse that he may observe or that may come to his knowledge.

SEC. 37. He shall assist in maintaining the police of the establishment; shall see to the opening and closing of the house, and see that the male attendants and assistants rise and commence business immediately after the ringing of the morning bell, and retire in proper season at night; that the bell be rung at proper times; the fires regularly kindled and extinguished, as directed; and that the warmth, cleanliness and ventilation of that part of the house occupied by the male patients be attended to.

SEC. 38. He shall go in search of elopers; shall observe the conduct of inmates at religious and other meetings; and shall perform all other services required of him by the Superintendent; and at all times shall exert what influence he can to promote the comfort and recovery of the patients.

## CHAPTER VIII.

### MATRON.

SEC. 39. The Matron, under the general direction of the Superintendent, shall have charge of the domestic concerns of the Institution, and an oversight of the female attendants and domestics. She shall be particular in enforcing good order, discipline and faithful performance of duty in her department, and shall immedi-

ately reprove, or report to the Superintendent, any material departure from rule, or anything censurable in moral deportment.

SEC. 40. The bedding, table-linen, napkin and drapery furniture, carpets, table-covers, and all similar property of the Hospital, as well as all the clothing of the female patients, shall be under her care and supervision; and she shall see that it is ample in quantity and of suitable kind.

SEC. 41. She shall make daily inspection of the wards and rooms occupied by female patients, and shall visit the male wards as frequently as will satisfy her of the good order of beds, table-covers, towels, and such other furniture as is her province to supply and superintend.

SEC. 42. The sick, among the female patients, shall be under her special care; and she shall also see that those in charge of the sick in the male wards are supplied with every thing needful for their comfort. In cases of death, after receiving the Superintendent's directions, she shall see that the burial preparation is made with scrupulous care and decency.

SEC. 43. She shall spend as much time as is consistent with general oversight, in the wards of the female division of the Hospital, and she shall fully satisfy herself that every thing is being done by attendants possible to promote the comfort and recovery of patients.

SEC. 44. She shall hold her office for the term of one year, unless sooner removed, and until her successor is elected. Her salary shall be three hundred dollars per annum.

## CHAPTER IX.

### OVERSEERS, WATCHMEN, &C.

SEC. 45. The Steward, under the direction of the Superintendent, shall employ Overseers, Watchmen, Engineers, Housekeeper, Seamstress, Landress, Baker, and such other help as shall be necessary for the proper management of the Hospital.

SEC. 46. The Overseers shall spend their whole time, not appropriated to other duties, in the immediate oversight of their respective wings. They shall continually visit the several halls and dormitories in their departments, and see that the By-Laws of the In-

stitution, and the directions of the resident officers are faithfully carried out by the attendants and all persons employed therein.

SEC. 47. They shall particularly attend to the maintenance of personal cleanliness among the patients, and to the neatness and good order of their apartments, clothes and bedding; and shall see that such of their clothing and bedding as may need cleansing and repairing, are collected every morning and respectively sent to the laundry or sewing room.

SEC. 48. In passing through the halls or dormitories, they shall observe whether the temperature and ventilation are such as are required; and if not, immediately inform the Superintendent or Assistant Physician.

SEC. 49. They shall be present at the admission and discharge of their respective class of patients; take charge of their clothing and other effects, especially everything valuable, or that may be dangerous about their persons; entering in a book kept for that purpose, a list of all articles brought to the Hospital by or for them; see that they are marked and preserved, cleansed, repaired and distributed as required; and that all clothing and effects belonging to them, are restored at the time of their discharge.

SEC. 50. They shall give particular attention to the sick, and shall see that they are properly cared for, and kindly treated by the attendants; administering the medicines prescribed for them, when requested so to do by the Superintendent or Assistant Physician; and they shall have charge of the preparation of the dead for burial.

SEC. 51. They shall endeavor to encourage the attendants in their efforts to attain a higher tone of duty in their relations with the patients and each other, and to cultivate in their dress, manners and personal habits, a feeling of self-respect and politeness. They shall endeavor to encourage in them a sentiment of respect for the officers of the Institution, so that the patients may be inspired with confidence in them. They shall communicate freely with the Superintendent as to the fitness of attendants for special duties, and any want of faithfulness which they may observe; also as to any deficiencies in the food sent to his or her wing, or in the washing. And in general, they shall be responsible for the proper deportment of attendants—to whom they shall be a guide and example.

SEC. 52. They shall keep a minute in a book provided for that purpose, of the absence of attendants in his or her department, and

the length of time of such absence; the same to be preserved for the examination of the Superintendent and Steward. And they shall know at all times who of the attendants, if any, are off duty.

SEC. 53. They shall also note, in a book provided for that purpose, any instance of neglect of duty or harsh treatment of patients, on the part of any of the attendants, which may come to their knowledge; all the wants of the Hospital, in his or her department, together with such facts and occurrences as they may deem in any degree important to the well-being of the Institution or the patients, and report the same daily, or as often as circumstances may require, to the Superintendent.

SEC. 54. The Watchman will commence his evening duties at half past nine o'clock, at which time he will visit the office to receive instructions for the night.

While on duty he will be constantly awake, faithful and vigilant—will visit every part of the male apartments at least every hour during the night, making as little noise as possible, never conversing in a loud tone with any one, and opening and shutting all doors as quietly as he can.

He must be kind, gentle and soothing in his manner to the patients, and take every means in his power to tranquilize those who are excited, and to allay the fears and apprehensions of the timid.

He will pay particular attention to those who are suicidal. He will see that the patients are promptly supplied with water when it is asked for, and will attend to all their reasonable wants.

He will notice any particular or unusual noise in the patients' rooms—endeavor to ascertain the cause, and, if necessary, give notice to the attendant.

He will be particularly attentive to those who are sick—see that their medicine is given as directed by the Physician, and attend to their other wants.

He will enter in a book, provided for that purpose, anything particular occurring during the night, the condition of the sick, the suicidal, and of those recently admitted, and will also report any irregularities, neglect of duty, or violation of rules, which may come under his notice.

He will be particularly watchful against fire, and, in case of its occurrence, will report it immediately to the Superintendent, without giving general alarm.

He will ring the bell at the regular hour for rising in the morn-



ing, and will be expected to perform such other services as may be required of him.

After 6 A. M. his services will not be demanded until 2 P. M.; between that hour and sunset he will be ready to attend to whatever may be required; from sunset to 9½ P. M. he will be released from duty.

SEC. 55. The WATCHWOMAN will have charge of the female apartments during the night, and will be guided by the same rules as those laid down for the watchman.

## CHAPTER X.

### DUTIES OF THE ATTENDANTS.

SEC. 56. The Attendants shall have the immediate and constant care and supervision of patients.

A few general facts and principles should be constantly kept in mind by all persons connected with the management of the insane, but more especially by their attendants, into whose never-ceasing care and keeping they are entrusted.

1. Insanity is always connected, in some manner, with bodily infirmity.

2. There is usually a loss of all sense of moral obligation, or ability to distinguish between right and wrong, and, therefore, irresponsibility for words and actions.

3. There is a full appreciation of all acts of kindness or cruelty, and in general a perfect recollection of them after restoration, and in after life.

4. There is usually a morbid or exalted sensitiveness in relation to what is due to them in attention and general deportment, and, consequently, irritation, excitement or anger at either real or imagined neglect or improprieties of treatment.

5. The frequent recurrence of excitements aggravates and perpetuates the disease.

6. The more the mind dwells upon, or is reminded of hallucinations or delusions, the more permanently are they fixed; so is the reverse true, that the more they are driven from the mind, by occupation with other thoughts and ideas, the sooner do they disappear altogether.

These few principles are the basis of the following rules and regulations for Attendants:

SEC. 57. DEPORTMENT TO PATIENTS.—In all their intercourse with the patients they must treat them with respect and civility—address them in a mild and gentle tone of voice, avoiding all violence and rudeness, or undue familiarity, nick-names, or disrespectful terms. All civil questions are to be properly answered; all reasonable requests promptly attended to. They must never speak to them of their delusions, nor to others in their hearing; never allow them to be laughed at or ridiculed, or harshly spoken to on account of their delusions or peculiarities. Deception is never to be used, nor promises made without expecting their fulfillment.

They should never manifest fear of a patient—should keep cool under every provocation—never scold, threaten, or dictate authoritatively. When firmness and decision are required, it should be with mildness and kindness. When force is required, if it be with tact and kindness, a pleasant smile, cheerful and explanatory words, and sympathizing manner, but little will be needed. *Under no circumstances will a kick, a blow, or similar violence, be excused, except in the clearest case of self-defense.*

SEC. 58. DEPORTMENT GENERALLY.—Attendants are required to be neat and cleanly in their dress, courteous and respectful to the officers, to one another and to all others; never wearing their hats within doors, or going in their shirt sleeves; never to use profane or vulgar language; never to lounge upon the tables, or other furniture, or upon the floor; never to be noisy or boisterous,—to be always cheerful, but without unbecoming levity, and to be respectively *gentlemanly* and *lady-like* in all things.

When abroad they are never to report the conduct, conversation, peculiarities, or even the names of patients; and never to speak disrespectfully of the Institution or its officers.

SEC. 59. OF RISING, &c.—They must rise punctually at the ringing of the morning bell, and take charge of the hall—open the bed-room doors of the patients, give them a cheerful greeting, see that they are properly washed and dressed, hair combed, clothing and shoes all brushed and in good order. Immediately upon rising, all beds are to be opened for airing,—foul ones to be removed,—and when sufficiently aired, they are to be made up,—the bed-rooms and halls swept, and every thing put in the best order, and thus maintained through the day.

SEC. 60. OF MEALS.—They are to see that all patients are up, and prepared for breakfast at the prescribed hour, and duly ready for all other meals,—all patients to partake at the table, except when sick, when confined to their rooms, or when otherwise directed. The food is to be promptly served by the Attendants whilst warm and in good order, not only to those at the table, but to those in their rooms or lodges. Those confined are to be served first. At table the preferences of patients, their likes and dislikes and peculiarities as to taste and desire, are, as far as possible, to be attended to. Knives and forks, or other dangerous weapons, are never to be left in the possession of patients. After each meal, they are to be counted, and if any are missed, prompt measures must be taken for their recovery. Immediately after each meal, the dining-room must be put in complete order for the next. Attendants must not linger at their own meals, nor in going to or from them.

SEC. 61. OF CLEANLINESS.—Every part of the halls, rooms and verandahs must be kept scrupulously neat and clean. *Nothing is clean enough that can be made cleaner.* All the floors must be scrubbed weekly, and oftener when necessary, and must be swept each day as often as required to keep them clean. Water closets and urinals are to be frequently inspected, and kept clean. When unpleasant odors are observed, the cause must be removed instantly; and the continuance thereof is evidence of neglect of duty. Clean sheets and pillow-cases are to be put on each bed at least once a week, and oftener if required by being soiled.

SEC. 62. OF MEDICINES.—The Attendants must give all medicines as instructed by the Physicians. Patients are never to be forced to take medicines, food or baths, when persisting in refusal, except when directed in each case, but all such refusals must be reported to the Overseer or officers. Medicines ordered before meals are to be given from fifteen to thirty minutes before the hour. Any striking or unexpected effect of medicines must be promptly reported. New cases of sickness must be reported immediately. Medicine cases must be kept locked.

SEC. 63. OF BATHING.—All patients must be bathed in tepid water once a week, unless otherwise directed, and oftener if desired by the patients, and when required for personal cleanliness. Cold baths and hip baths, are to be used only under special directions.

SEC. 64. OF SHAVING.—This is to be done by the Attendants, at

stated intervals, twice weekly, or as directed by the Superintendent; and when patients desire it oftener, they are to be gratified. Patients must never shave themselves, or handle razors. The shaving must be done in the hall spaces, or attendants' parlors, or some other separate room, with no patients present but those being shaved. Razors must be well secured when not in use.

SEC. 65. OF CLOTHING.—The Attendants must see that the patients change their clothes regularly, and reasonable requests, as to changing oftener, and as to particular articles of dress, are to be gratified. They must be kept tidy and neat—shoes tied, stockings gartered, clothing buttoned, hooked, pinned, tied, or otherwise fastened, on all patients, at all hours. They must be constantly kept from careless or slovenly habits—it is important in maintaining self-respect.

When patients wet or soil their clothes, they are to be changed *immediately*, and as often as necessary to keep them dry and comfortable, if it be hourly. The clothing of all new patients must be inspected immediately, the list recorded by the Overseers, sent to the Laundry, and there marked. Clothing and all articles needed for patients, or for the halls, are to be called for daily until furnished.

SEC. 66. OF WALKING.—All patients not too feeble or violent, should be got out into the grounds and open air *daily*, when practicable, and in suitable weather. At suitable hours they shall be taken out by the Attendants, in small parties, and when practicable, two and more in company from separate halls, each attendant having an eye to his own patients, for whom he is responsible. They must be kept together in walking, and all immodest actions, or remarks, are to be guarded against, and a gentlemanly and lady-like deportment maintained in all things. They must not enter any house, store, or other building, or go into the city, without permission. Attention must be given to prevent elopements, delivery or reception of letters or other articles, buying or soliciting tobacco, or anything else prohibited.

Patients should never be out of the halls after sunset, without permission of an Officer,—must never be taken off from the Asylum grounds on the Sabbath, except by permission in going to a place of worship. New patients must never be taken from the halls unless directed by some Officer. The privileges of the house and grounds can be given to certain patients only by the Superintendent.

SEC. 67. OUT-DOOR WORK.—For the benefit of patients, they



will be permitted and encouraged to engage in out-door work, under the care of attendants or other subordinates. None will be taken from the halls for this purpose except by direct intervention of the Overseers, or direction of the Physicians. They must not be permitted to do over work, nor to work against their will, nor to be asked to do that which they may feel to be degrading. The Attendants must work *with the patients*, and be careful not to appear to be ordering or superintending, but to direct by example, assistance, &c. Any disposition to escape must be at once reported to the Officers. The person into whose charge patients are delivered, is responsible for their safe return, and they must see them enter the halls.

SEC. 68. AMUSEMENTS AND EMPLOYMENTS.—Patients should be as constantly as possible engaged in some pleasant kind of employment or amusement, and every effort should be made to induce them to do so. The Attendants should constantly devise ways and means to this end. They are also at all times to exert an influence over the patients; to be occupied, as far as able, in any manner useful to themselves, their fellow patients, or the Institution which is so munificent in its aid to them. In the female wings the Attendants must keep in order and repair the patients' clothing, take charge of any work sent in, and encourage the patients to give such aid as will be useful.

SEC. 69. OF RESTRAINT.—The use of restraining apparatus is productive of so much evil that none will be permitted except by express permission of the Superintendent or Attendant Physician. Seclusion to a private room, or the personal care of Attendants will always answer until further directions can be procured. Whenever a patient becomes so noisy or violent as to demand seclusion, ample aid should be procured, and if force be required, it should be used in a firm and decided, but mild and gentle manner, without either the reality or appearance of anger. The reasons should be pleasantly and kindly explained, and the act immediately reported to the Physicians.

SEC. 70. OF RETIRING.—Patients should be discouraged from retiring at night until the hour for locking up, which in the wing halls shall be 8 o'clock; in the front halls 9 o'clock; and for the Attendants and all others employed, at 10 o'clock. At the first hour there shall be three taps of the bell; at the second two taps; and at the third one tap. At the first signal, and not till then, the

attendants shall lock up the patients in wing halls. At the second, they shall lock up in the front halls, and at the third, all shall retire and extinguish the lights in all parts of the wings. If found burning from and after ten minutes thereafter, it will be reported to the Superintendent or Assistant Physician, the next morning. No patient's door is to be left unlocked at night except by permission. On retiring, the patient's clothing is to be placed within the hall, the doors locked, light's extinguished, and attendants to retire to their rooms.

SEC. 71. OF SUICIDE.—Persons known to be suicidal must be kept in every way under the closest surveillance, yet to be treated with great kindness and sympathy, cheered and enlivened, and the subject never alluded to. Knives, razors, sharp pointed scissors, should not be allowed to any patients in the halls, or elsewhere except in certain cases. Clothing, rooms and beds must be often searched for such articles.

## CHAPTER XI.

### GENERAL RULES.

SEC. 72. The whole time of Attendants should be devoted to the Institution, and any other application of their time can only be made by permission. They are to perform cheerfully all duties assigned them. They are never to work for themselves during duty hours, except to make repairs of moderate extent; nor can they employ or permit patients to work for them, under any circumstances, with or without compensation; nor can they buy of patients, or sell to them any thing whatever; nor can they receive gratuities or presents from patients or their friends. Attendants are not to visit other halls, except on proper errands during hours of duty. They are never to leave their halls unattended, or without a substitute. They must never retire to their rooms, for reading, writing, sewing or napping, during duty hours. They must never take friends or others into the wards without permission—this rule includes domestics, seamstresses, and all persons not allowed hall keys. They must not lend or lose their keys. They must avoid running to the office, by giving notice and making requests to the Physicians when in their halls. No Attendant nor any other person shall visit the halls,

kitchens, laundry, wash-house, bakery, or other department, during duty hours, without permission of the officers or on lawful errand.

SEC. 73. Attendants must always endeavor to inspire patients with respect and confidence in the Officers, and convince them of the true character of the Institution, and its leading objects.

SEC. 74. All attendants must obtain leave of absence of the Superintendent or Assistant Physician. Other females of the Matron, and males of the Steward; or in their absence, of the Physicians' Attendants on leaving, must leave their keys in the key case, and record the time of leaving and returning. Attendants, and all others, must be ready to perform any extra duty required of them.

SEC. 75. All persons employed must expect an unceasing observation of the manner of performing their duties and must receive suggestions and corrections kindly and without offence. They must give ten day's notice of intention to leave the Institution.

SEC. 76. All letters, or other writing, parcels, or packages to or from the patients, must be shown the Superintendent, without previous examination. Attendants and all others must never retain any writing of patients. All money found on patients, and all sums left or sent for their especial benefit, are to be kept and disbursed by the Superintendent.

SEC. 77. All damages done by patients to clothing, furniture, glass, or anything of value, must be noted in a book kept for that purpose by the Attendant and exhibited as often as required.

SEC. 78. No conversation shall be held with patients through the windows by any person whatever.

SEC. 79. No male person whatever, except Officers, shall visit or enter the apartments for females, whether in the halls, center building, center wing, or basement, without permission of the Superintendent.

SEC. 80. Strangers and others may visit such parts of the Institution as are allowed by the Superintendent, on any day except Sunday, (on which day visitors shall not be admitted,) between the hours of 2 and 4 P. M.; and special care is to be taken that no amount of visiting is permitted in the wards which might prove injurious to patients. Visits of friends to persons engaged in the Asylum must be made in the parlor, and must be brief.

#### SPECIAL RULES.

SEC. 81. No Officer, Attendant, or other person employed in or

about the Institution, shall at any time, use intoxicating liquors of any kind, at home or abroad. They shall not use tobacco, by chewing or smoking, on or about the premises; nor will the practice of profane swearing, or other immoral conduct, be tolerated under any circumstances. As the use of tobacco, from its universally injurious effects upon the physical and mental faculties, is strictly prohibited to patients, it is inconsistent and unjust that the Officers or attendants should use it; and if any person in this important charge is unwilling to make this effort of self-denial, it is better for himself and others that his labors should be in some other sphere, where the practice can be admitted with less impropriety.

## CHAPTER XII.

### RELIGIOUS AND LITERARY EXERCISES.

SEC. 82. The Sabbath shall be observed as a day of rest and quiet at the Hospital.

SEC. 83. The Superintendent may procure the attendance of some Clergyman on each Sabbath day, to perform such services as he may direct; and may also provide for Lectures and such other Literary exercises, during the week, as he may deem of advantage to the patients.

SEC. 84. These By-Laws can be amended or repealed at any regular meeting of the Board by a vote of a majority of the Trustees; notice thereof having been given at a previous meeting.

STATE OF IOWA, }  
HENRY COUNTY, }

I certify that the foregoing By-Laws were adopted by the Board of Trustees of the Iowa Hospital for the Insane, at their annual meeting, held on the first Wednesday in December, A. D., 1860, and are now in full force and effect.

SAMUEL McFARLAND,  
Secretary of the Board of Trustees.

Mt. Pleasant, January 1, 1861.



## IOWA HOSPITAL FOR THE INSANE. }

Mt. PLEASANT, Dec. 12, 1861. }

*To the General Assembly of the State of Iowa:*

The Commissioners appointed by Act of the General Assembly to locate and superintend the erection of a building to be used as an Asylum for the Insane of the State, beg leave to submit, as the law requires, their fourth report, as follows:

The appropriation made by the General Assembly at its last regular session has been faithfully applied, as the law directs, to completing and furnishing the centre portion and east wing of the building and adding the necessary appendages.

The part named was so far in readiness that the Institution was formally opened for the reception of patients on the 6th day of March last, since which time it has been partially or wholly occupied under the direction and control of the Board of Trustees, appointed by the General Assembly for the purpose of its management. The work of finishing and furnishing and adding the necessary apparatus and fixtures, has been going on, however, in the mean time, and is still in progress.

The expenditures for construction and furnishing, since our last report, have been made under Henry Winslow, Superintendent of construction, who has had charge of the building from the commencement, and whose management, from first to last, has given this Board entire satisfaction. Utility and economy appear to stamp the whole.

Of the appropriations heretofore made by the General Assembly there remained unexpended, on the 15th day of December, 1861 the sum of

For a statement of appropriations and expenditures, see "Exhibit A" hereto appended.

Duplicate vouchers for all expenditures are forwarded by the clerk of the Board to the office of the Auditor of State.

The undersigned are informed that the portion of the building

completed, intended for the occupancy of patients—the whole east wing—is already nearly filled, and that applications for admission are constantly coming in. These facts impress us with the importance of having the remainder of the building completed and furnished as soon as may be, and induce us to urge upon the General Assembly the necessity of making such additional appropriation as may be requisite therefor.

The Board take pleasure in acknowledging the receipt of a donation of fifty dollars, made to the Hospital by Joshua L. Bailey, of Philadelphia, being a deduction of that amount on a bill of goods bought of him, to be used in furnishing the building.

For further particulars the undersigned refer to the report of the Superintendent of construction herewith submitted.

All of which is respectfully submitted.

CHARLES S. CLARKE, }  
W. H. POSTLEWAIT. } Commissioners.

## EXHIBIT "A."

## APPROPRIATIONS.

Balance of prior appropriations unexpended December,	
1st, 1859, as per last report.....	\$ 4,802 86
Amt. appropriated by Act, app'd March 30, 1860.....	75,000 00
	79,802 86
Amt. of Int. on State War. rec'd since last report.....	4,458 68
	\$84,261 54

## EXPENDITURES.

Sums expended by the Commissioners	
themselves since their last report,	
to wit:	
For per diem and expenses of Com'rs....	\$ 138 15
For Interest.....	3,785 82
For Express charges.....	97 25
For Clerk hire.....	234 37
	4,255 59
Amt. of Expenditures by the Superin-	
tendent as per his report.....	61,872 35
	66,127 94
Balance unexpended Dec. 15, 1861.....	\$18,133 60

## BUILDING SUPERINTENDENT'S REPORT

To the Board of Commissioners of the

"Iowa State Hospital for the Insane."

GENTLEMEN—I have the pleasure of submitting to you my Report of the condition and expenditures of the Hospital building since my last report.

The expenditures under my direction have been as follows, to-wit:

Amount expended up to December 1st, 1859, as per former report, .....	\$238,418 68	
Amount since expended as under:		
Labor, .....	\$18,186 13	
Iron Work, .....	544 71	
Miscellaneous purposes, .....	831 63	
Merchandise, (mostly Hardware), .....	425 80	
Salary of Superintendent, .....	2,624 97	
Stock, .....	46 80	
Lumber, .....	5,940 22	
Stone, .....	1,701 47	
Machinery, .....	532 42	
Lime, .....	429 60	
Sand, .....	92 63	
Painting and Glazing material, .....	633 96	
Printing, .....	12 00	
Galv'd Sheet Iron, .....	408 81	
Salary of Secretary, .....	291 69	
Lathing and Plastering material, .....	1,099 07	
Steam, Gas and Water Works, .....	15,391 53	
Freight, .....	5,656 30	
Furniture, .....	5,103 63	
Artesian Well, .....	1,918 98	\$61,872 35
Total to December 15th, 1861, .....		\$300,291 03

The last General Assembly appropriated the sum of Seventy-five Thousand Dollars for the purpose of finishing the east wing and the center portion of the building, which has been accomplished, and each department is now occupied and in full vigor of usefulness.

There has also been built a brick stable for horses, and a carriage house 32 by 50 feet, with lofting, stone basement story, cistern, &c.; a coal house 38 by 60 feet of cut stone and brick and of sufficient capacity to contain 600 tons of coal; an ice house 15 feet square and 14 feet high, all ready for filling in season. Considerable work has also been done toward the erection of the Gas Works, and had money been obtainable with less difficulty from the State Treasury, they would have been completed. In point of economy, convenience and safety, they should be finished at as early a day as possible.

There has also been expended for furniture \$5,103 60, and for Artesian well \$1,918 98, making \$7,022 61 not previously estimated for in my former report. It will be seen by that report that \$100,000 were estimated to be necessary to complete the Hospital and its out-buildings, or \$75,000 to complete the center and one wing, but with judicious management and strict economy, I have more than realized my expectations. Of the seventy-five thousand dollars last appropriated, we have unexpended and not yet drawn for \$18,133 60, and an appropriation of Twenty Thousand Dollars now would suffice to finish and furnish the west wing (the need of which even now at present is clearly stated in the Medical Superintendent's Report), and complete the Gas Works. The entire establishment would then be complete and finished for effective usefulness at an expenditure within former published estimates. It will be perceived that my former estimate (although over Twenty-five Thousand Dollars less than that of practical mechanics and competent men employed by the investigating committee), embraced only the finishing of the Hospital and the erection of its out-buildings.

The Medical Superintendent having given a general description of the building and its fixtures in his report, I deem it unnecessary further to refer to them here. The Artesian well ordered by your Board, at the urgent request of the Board of Trustees, is now sunk to the depth of 715 feet, and there is no possible way of calculating the depth to which it will be necessary to bore to obtain a supply of water, but a supply we must have—it is indispensable.



The deep well that was dug at the commencement of the works, from some unknown cause has ceased to supply nearly its former amount of water.

There are no springs or streams in the long, dry spells to which this section of country is subject that are available or within our reach. Therefore I see no alternative but to persevere in sinking the Artesian well until water is obtained. As I have just remarked, there being no possible way of knowing the depth, so it is impossible to estimate for the amount necessary to finish it, but I trust the General Assembly will provide some way in which the work can be carried on.

The boring of the Artesian was commenced in the bottom of the large well upon the premises, 80 feet below the surface. Lime rock was reached 20 feet below this, or 100 feet from the surface. The borings continued in lime rock 195 feet, from thence in soft, greenish shales, 300 feet, from that in calcareous shales, passing again into lime rock 120 feet, where the anger now is, 715 feet below the surface.

Some statistics are herewith given in regard to Artesian wells in Ohio and other States. The facts have been gleaned from public documents and from other sources which are believed to be reliable.

The account of wells in Iowa was furnished by G. W. McCann Esq., of Davenport.

## ARTESIAN WELLS IN IOWA.

Where Located.	Depth—ft.	Remarks.
Penn. House, Davenport, ....	174	Water in abundance obtained which rises within 12 feet of surface. Altitude above Miss. river, 35 feet.
Burtis House, Davenport, ....	153	Water obtained—20,000 gallons per hour—never fails—rises within 12 feet of surface. Altitude above Miss. river, 35 feet.
Depot, Davenport, ....	149	Water—20,000 gals. per hour, never fails. Altitude above Miss. river, 36 feet.
Wm. Tell House, Davenport, ....	70	Water rises within 2 feet of surface. Altitude above Miss. river, 25 feet.
Downey Station, 45 miles West of Davenport, ....	197½	Water abundant—rises within 8 feet. Altitude above Miss. river 200 feet.
Iowa City, R. R. Depot, ..	202	Water obtained. Altitude above Miss. river, 128 feet.
Coats & Davis' Mills, Davenport,	466	Water obtained.

## ARTESIAN WELLS IN OHIO AND OTHER STATES.

The Artesian well at Columbus, Ohio, is the deepest in the United States, being 2775 feet deep. Water was found in abundance, but it does not rise to the surface.

Six Artesian wells in Lucas county, Ohio, average about 100 feet deep; two wells in Scioto county, Ohio, 500 feet deep, and one in Lawrence county, Ohio; all overflow fresh, soft water. One in Delaware county, Ohio, 400 feet deep, overflows abundantly with clear, white sulphur water.

## WELL AT LOUISVILLE, KY.

This well is a three inch bore and is 2068 feet deep. It affords an abundant volume of water, rising by its own pressure, when con-

fined by tubing, 170 feet above the surface. When the whole force of the water is allowed to expend itself on a central jet, it is projected to 100 feet, settling down to 60 feet high, with a steady stream at the rate of 350,000 gallons in the 24 hours, or 264 gallons per minute, with a mechanical force equal to a ten-horse-power steam engine. The water is clear and at a temperature of  $76\frac{1}{2}$  deg. Fah. the year round. [*Prof. Smith, of the University of Ky., American Mining Chronicle, Vol. 10, Page 35.*]

The well at St. Louis, Mo., is 2199 feet deep, completed March, 1854; spouts from an iron tube at the surface, 75 gallons per minute, and continues to flow as freely as at first.

H. WINSLOW,  
Superintendent.