

SECOND BIENNIAL REPORT

OF THE

TRUSTEES, SUPERINTENDENT AND TREASURER

OF THE

IOWA HOSPITAL FOR INSANE,

AT

MOUNT PLEASANT.

DECEMBER, 1863.

DES MOINES:
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1864.

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DECEMBER 31, 1863

THE MOBILE
A. W. KIRKWOOD, GOVERNOR

1864

IOWA HOSPITAL FOR THE INSANE, }
MOUNT PLEASANT, Dec. 3, 1863. }

SIR—I herewith transmit to you the Second Biennial Report of the Trustees of the Iowa Hospital for the Insane, together with the Reports of the Superintendent, the Treasurer and Steward, and of the Clerk of the Board of Commissioners and Secretary of the Trustees.

I have the honor to be,

With much respect,

Your obedient servant,

MATURIN L. FISHER,

President of the Board of Trustees.

To His Excellency, SAMUEL J. KIRKWOOD, Governor of the State of Iowa.

TRUSTEES' REPORT.

To His Excellency, Samuel J. Kirkwood, Governor of the State of Iowa :

The Trustees of the Iowa Hospital for the Insane, in compliance with the provisions of law, respectfully submit their Second Biennial Report :

In exhibiting the operations of the Hospital for the past two years, it gives the Trustees much pleasure to be able to state, in the outset, their belief that the beneficent designs of the Legislature and people in founding the Institution, have, in a highly satisfactory degree, been accomplished. The salutary and benignant influences of the Institution are most strikingly displayed in the very able and interesting Report, made to the Trustees, of the Superintendent of the Hospital, which is herewith submitted ; and every one of its views and recommendations earnestly commended to the attention of the public.

From this report, it appears, that at the date of the last report, when the Hospital had been opened nine months, the number of patients was one hundred and forty ; at this time, there are two hundred and sixteen receiving remedial treatment and enjoying the comforts of the Hospital. Since opening the Hospital, four hundred and thirteen patients have been admitted ; and since the last Report, two hundred and forty-three. Of the whole number, one hundred and four have recovered and been discharged ; forty-two have been discharged improved ; and twelve have been removed from the Hospital unimproved ; and thirty-eight have died ; and one has eloped. Since the last Report, eighty-five have recovered and been discharged ; forty have been discharged improved ; ten have been removed unimproved ; and thirty-two have died. Of the whole number of cases admitted, one hundred and fifty-five were recent cases, or cases of less than one year's duration ; and two hundred and fifty-eight chronic cases, or cases of more than one year's duration. Of the recent cases eighty-three, and of the chronic cases, twenty-one have recovered. The number of recov-

eries from insanity compares favorably with the results in the best conducted of similar institutions.

In accordance with the requirements of the by-laws, quarterly visitations to the Hospital have been made by the whole Board of Trustees, and monthly visitations by one or more members. Of these visitations a record has been kept, which shows that good order, cleanliness and neatness, have invariably prevailed in all departments of the Hospital, and apparent comfort and general contentment among the patients.

The success of an institution of this kind, in accomplishing the purpose of its foundation, must largely depend upon the capacity and fidelity of the Medical Superintendent. The Trustees, from the reputation which Dr. Patterson enjoyed before he came here, formed high expectations of his usefulness, and they perform a grateful duty when they testify that their expectations have been realized, and that his reputation has been confirmed and extended by the ability and success with which he has administered the trust confided to him.

Mr. Henry Winslow, who as Superintendent of the construction, was identified with the Hospital from its commencement to its substantial completion; and who, as Treasurer and Steward, aided in putting it in successful operation, dissolved his connection with the Institution in January last, and lately sailed for the Pacific coast, to enter on another enterprise of usefulness, to superintend the erection of a Lunatic Hospital for the new State of California. Mrs. Catharine Winslow terminated her connection as Matron with the Hospital at the same time.

To fill these vacancies, Mr. George Josselyn has been appointed Steward, and Mrs. Ann Josselyn Matron. They have discharged the duties of their respective offices, since their appointment, to the entire satisfaction of the Trustees.

When the Trustees made their last Report, much anxiety was felt as to the result of the effort to obtain a supply of water for the Hospital, by boring an artesian well, undertaken at the instance of the Trustees, by the commissioners for the erection of the Hospital. The effort has proved successful. After boring to the depth of eleven hundred and twenty-five feet, an abundant supply was obtained. It is, however, so much impregnated with lime that it cannot be conveniently used for all purposes. A sufficient quantity

of rain water, can be obtained from the roof, for application to the uses for which the well water is unfit; but to secure a sufficiency of it, it will be necessary to construct an additional cistern.

The act for the incorporation and government of the Hospital, contemplates that the price of board should be fixed at such a rate, that the charge upon patients may produce a fund sufficient to defray the expenses of carrying on the Hospital. It is obvious that a high rate of board would operate as an inducement to county authorities to remove patients from the Hospital to county almshouses or prisons, to save expense; where they may have inferior or unsuitable accommodations, and be deprived of the humane provisions made for them by the State. It has always been the wish, therefore, of the Trustees, to put the price of board at as low a rate as is compatible with complying with the intention of the law. There are certain expenses for the Hospital, which have been assumed by the State—such as the expense and compensation of Trustees, the losses which may accrue from insufficient security taken for private patients; and it seems to have been the design of the law, that the salaries of the resident officers should also be paid from the Treasury of the State; but as no appropriation was made for the purpose, the compensation of these officers has been included in current expenses. In the opinion of the Trustees, not only the salaries of the resident officers, but expenses for improvements and repairs should be paid from the State Treasury. By this means the Trustees would be enabled to fix the price of board at such a rate as would remove all inducement from county officers to deprive the insane of the privileges and comforts provided for them by the humanity of the State. The assumption of these expenses by the State, would not increase the burden of taxation upon the people generally; it would only transfer an item of taxation from the counties to the State.

At the opening of the Hospital, the trustees fixed the price of board and treatment at two dollars and fifty cents per week. From an estimate of the total outlays for the support of the Hospital, they felt authorized to reduce the rate to two dollars per week after the first of October, 1862; but a considerable advance in the prices of provision and supplies, forced them to restore the former price, after the first of April, 1863; and a continued advance in prices compelled them to raise the price to three dollars per week, after the first of October last, which is the existing rate.

The Report of the Treasurer and Steward is herewith presented, which contains an account of the receipts and expenditures of the Hospital for the past two years; from which it appears, that the receipts and expenditures of the Hospital for the year ending Nov. 30, 1862, were as follows:

RECEIPTS.

Balance in the Treasurer's hands, Dec. 1, 1861,	\$10 67
Auditor's Warrants,	19,500 00
Private Patients,	2,144 79
Stock &c., sold,	89 67
Total,	<u>\$21,745 13</u>
Expenditures,	\$21,399 12
Balance in the Treasurer's hands,	346 01
	<u>\$21,745 13</u>

For the year ending Nov. 30, 1863, the receipts and expenditures were as follows:

RECEIPTS.

Balance Dec. 1, 1862,	\$346 01
Auditor's Warrants,	30,000 00
Private Patients,	4,877 01
Stock &c., sold,	751 29
Balance overpaid,	5 33
Total,	<u>\$35,979 64</u>
Expenditures,	\$35,979 64

It will be seen that much the largest portion of the funds for the support of the Hospital is drawn, in the first instance, from the State Treasury, which is reimbursed by the counties paying therein, for the support of the patients sent from them respectively to the Hospital; and all these funds are drawn as deficiencies, under Section 1476 of the Revision of 1860.

By an act of the Legislature, approved February 11, 1862, the "Board of Commissioners of the Insane Asylum" was abolished, and the duties devolving on them transferred to the Board of Trust-

tees. At a special meeting of the Trustees, held on the 6th day of July, 1862, they formally assumed the duties thus devolved upon them. The unexpended balance of former appropriations came into their hands. In order to complete the building and furnish it according to the original plan, the Commissioners and Superintendent of Construction, prior to the last meeting of the Legislature, estimated, that an appropriation of twenty thousand dollars was indispensable. The Legislature made an appropriation of ten thousand dollars for the purpose. With an appropriation so small, the Trustees were embarrassed in determining to what purposes to apply the funds in their hands, without incurring liability under the oath prescribed by law, which they had taken. They finally concluded, however, to expend these funds for the following purposes: 1. Finishing nine wards in the West wing. 2. Putting in the heating apparatus and baths for the whole West wing. 3. Supplying the furniture for the accommodation of one hundred patients in the West wing. 4. Extending the sewers of both wings. 5. Constructing a passage from the main building to the Laundry. These several works have been partially finished under the supervision of the Trustees, and the appropriation exhausted. The Report of Mr. M. L. Edwards, Clerk of Board of Commissioners and Secretary of this Board is herewith presented, which exhibits in detail the receipts and expenditures for the construction of the Hospital under both the Commissioners and the Trustees.

In order to finish and furnish the Hospital, according to the original design, and make it perfect in all its departments, the following work remains to be done: First, finishing the remaining wards of the west wing; second, supplying the requisite furniture; third, putting in the apparatus for lighting the Hospital with gas; fourth, constructing an additional cistern. To execute the above work, according to the best estimate the Trustees can obtain, it will cost,

1st—To finish the unfinished wards and rooms,	\$4,000.00
2d—Furniture,	2,500.00
3d—Gas works,	4,000.00
4th—Constructing an additional Cistern,	1,500.00

\$12,000.00

This estimate apparently exceeds that made by Mr. Winslow in his Report, as Superintendent of Construction, to the Commis-

sioners in December, 1861, by the sum of two thousand dollars; but the sum of upwards of two thousand dollars of the appropriation then made, was expended in boring the Artesian well, which was not taken into account in Mr. Winslow's estimate. In fact the estimate here presented, substantially corresponds with that of Mr. Winslow.

The sewers of the Hospital have been found to be defective. Noxious gases escape from them, endangering the health of the inmates. The Trustees believe that it will be indispensably necessary to entirely re-construct them; and, therefore, recommend for that purpose an apportionment of one thousand dollars.

Before the meeting of the Legislature, next after the ensuing session, it will be unquestionably necessary to make many improvements and repairs, which ought not to be charged in current expenses, upon the patients, for reasons hereinbefore suggested. The Trustees, therefore, respectfully recommend an appropriation of fifteen hundred dollars for future contingent repairs and improvements.

The Trustees beg leave to renew the recommendation of an appropriation of one thousand dollars to improve and grade the grounds which immediately surround the Hospital, and ornament them with trees and shrubbery, contained in their last Report, to which they refer for the reasons for making such appropriation.

The Trustees have now presented a succinct statement, as lucid as they are able to make it, of the affairs of the Hospital. They have recommended such appropriation of money from the Treasury of the State, as its condition and wants appeared to require; and, which they doubt not, the people, who have constructed and dedicated to the cause of philanthropy, an edifice so costly, so stately and so appropriate, will cheerfully approve.

MATURIN L. FISHER,
HARPIN RIGGS,
CHARLES S. CLARKE,
MARTIN L. EDWARDS,
LUKE PALMER,
JOHN D. ELBERT.

STEWARD AND TREASURER'S REPORT.

STEWARD AND TREASURER'S REPORT FOR THE FISCAL YEAR
ENDING 30TH OF NOVEMBER, 1862.

PAYMENTS.

Provisions,	\$6426 02
Salaries and labor,	9823 42
Fuel,	1722 65
Clothing,	1400 61
Furniture,	227 56
Repairs,	95 13
Stationery and postage,	127 26
Medicines, drugs and oils,	380 98
Soap,	462 34
Coffins and funeral expenses,	67 30
Freights,	554 85
Live stock,	111 00
By balance on hand,	346 01
Total,	21,745 13

RECEIPTS.

To balance,	\$ 10 67
Auditor of State,	19500 00
Private patients,	2144 79
Stock sold, etc.,	89 67
Total,	21,745 13
Outstanding liabilities,	\$1088 80

The foregoing is a true exhibit.

GEO. JOSSEYLN, Stew'd and Treas.

STEWARD AND TREASURER'S REPORT FOR THE YEAR ENDING
30TH OF NOVEMBER, 1863.

PAYMENTS.

Provisions,.....	\$14296 88
Salaries and labor,.....	9367 42
Fuel,.....	4331 54
Clothing,.....	3118 35
Furniture,.....	1209 64
Repairs,.....	527 85
Stationery and postage,.....	351 59
Medicines, drngs and oils,.....	565 55
Soap,.....	303 18
Coffins and funeral expenses,.....	67 71
Freights,.....	1159 85
Live stock,.....	680 08
Total,.....	\$35,979 64

RECEIPTS.

To balance on hand,.....	\$346 01
Auditor of State,.....	30,000 00
Private patients,.....	4877 01
Stock sold, etc.,.....	751 29
Balance over paid,.....	5 33
Total,.....	\$35,979 64

GEO. JOSSELYN, Treasurer.

Due from public patients,.....	5368 32
Due from private patients,.....	1389 29
	6757 61
Outstanding liabilities,.....	3541 68
Balance due Hospital,.....	\$3215 93

The foregoing is a true exhibit.

FARM PRODUCTS FOR THE YEAR 1863.

Hay, 30 tons at \$12.00.....	\$360 00
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Oats, 440 bushels.....	.60.....	264 00
Corn, 300 ".....	.50.....	150 00
Potatoes 400 ".....	.75.....	300 00
Cabbages 400.....	.05.....	200 00
Beets, 150 bushels.....	.50.....	75 00
Parsnips, 100 ".....	.60.....	60 00
Carrots, 75 ".....	.50.....	37 50
Peas, 50 ".....	.80.....	40 00
Beans, 10 ".....	.80.....	8 00
Smaller vegetables,.....		25 00
Total,.....		\$1,519 50

GEO. JOSSELYN, (Steward.)

SUPERINTENDENT'S REPORT.

To the Board of Trustees :

GENTLEMEN :—Through a kind Providence, and in the midst of great National disturbances, this institution is quietly fulfilling its mission of usefulness, and its measure of success. During the brief period of its existence, which has been scarcely more than two and a half years, four hundred and thirteen patients have enjoyed its protection and benefits. One hundred and four have recovered the right use of their reason, and returned to their homes. Two hundred and sixteen remain in the hospital, a goodly number of whom, it is hoped, will yet be restored to health.

During the first ten months after the opening of this hospital, one hundred and seventy patients were admitted, a great majority of whom were chronic incurable cases, and persons everywhere should receive timely admonition from the unwelcome, though ever recurring truth, that insanity of long duration is incurable. They should also fully understand the other and more gratifying truth, that a large per cent. of recent cases, under favoring circumstances for the best treatment will certainly recover. But while early hospital treatment is undoubtedly desirable for nearly all cases of mental derangement, a word of caution is necessary in regard to the too early removal from home of such patients as are so fearfully prostrated, that fatal exhaustion must necessarily follow within a few days after admission. Death at home, will in such cases, be less afflicting to the families and friends of patients, than at the hospital ; and the vital statistics of the hospital will be more fairly represented. No less than four such cases have been admitted during the last year, all of them sinking under fatal exhaustion during the first eight days after admission.

From the United States census of 1860 it appears that there are in the United States and territories 24,000 insane, and nearly 19,000 idiotic persons, or in the proportion of one insane person to

every 1300, and one idiotic person to every 1600 of the entire population of the States and Territories. In all of the older States the proportion of both the insane and idiotic is somewhat greater than in the newer States. In the six New England States there is one insane person to every 672, and one idiotic person to every 1365 of the population of these States.

In Iowa, according to a later enumeration than that of 1860, the population is 702,374. The United States Census Returns of 1860, so far as they relate to the insane, do not even approximate the truth. No one will suppose that one-half the insane of the State are gathered within these walls ; and yet we have a larger number of inmates to-day in this institution than is returned by the census of 1860. But allowing the proportion of insane for Iowa to be only one-half that of the New England States, and we shall then have at least five hundred insane persons in the State—which does not vary much from the true number. Fortunately, not all of these will ever seek or need care and treatment in any public institution. But enough of them, together with such recent cases as are occurring from month to month, will ask admission at an early day, to tax to the utmost, the capacity of this hospital, every ward of which, so far as completed, is already occupied.

Every argument made in our last report, and every consideration then urged for the speedy completion of the buildings, still holds good. For the purposes of finishing and furnishing the buildings entire, so as to put the whole structure into practical operation at an early period, the last General Assembly were asked to appropriate the sum of \$20,000, which, after the most careful estimates by competent persons, was deemed necessary. It is well known that only one-half the amount, viz: \$10,000, was appropriated. Every thing that economy, and skill and energy could accomplish toward the completion of the buildings, with the limited means at command, has been done. The appropriation accomplished all that was expected from it, and was so expended as to bring into immediate use the apartments it completed and scantily furnished ; but it could not, by any possible straining of economy, be made to accomplish that which called for twice the amount. But the limited appropriation then made was timely, and without it many cases must have been rejected for want of room ; and much detriment to the economy and usefulness of the

institution must have resulted; and with it multiplied good has been accomplished.

And now without the completion of the buildings, many applicants must be refused admission before another meeting of the General Assembly of the State; incurable patients will be obliged to return to their former receptacles, some of them to jails, and others to less comfortable and less safe quarters, and this, the spirit and the humane instincts of the people will not again willingly tolerate.

Thus far no curable, or dangerous incurable patient has been refused, though four hundred and thirteen have been admitted. The tendency, however, is to accumulate numbers, and the time is not far distant when the capacity of the entire buildings will be put to their utmost test.

Revised estimates of cost for finishing and furnishing, do not essentially differ from former estimates.

Time and experience have shown that the sewerage from the buildings is defective, and needs to be greatly extended and improved in order not to jeopard the health of the patients. So much danger and annoyance has already resulted from these faulty sewers that we have been compelled to make some improvements in them, the cost of which has been paid from our current expense fund for support, though not fairly chargeable thereto.

A large bell, that can be heard all over the farm, is greatly needed. It would add greatly to the good order and regularity of the household.

An appropriation of two hundred dollars a year is needed with which to pay ministers of the gospel for holding religious service every Sabbath. It is not usual, or proper, that this service should be paid for from the current expense fund, nor is it just to require the service without compensation, nor can it properly be dispensed with.

It is not customary in other institutions of this kind to pay the salaries of resident officers from funds designed for the boarding and treatment of patients. The statute expressly provides for this, but in the absence of any appropriation for this purpose, the resident officers have been paid from the current expense fund. For this purpose \$2,550 will be needed.

Our grounds are comparatively unimproved. The terraces im-

mediately about the east wings have been graded, sodded and planted with beautiful evergreens. Some other grading has been done, mainly by the aid of our patients, and one hundred and twenty forest trees have been planted. Much more needs to be done in order to beautify the grounds and make them in keeping with our splendid buildings.

A pavement should be put around the outside of the entire buildings, in order to protect the foundations from wet, and the walls from settling. The need for this is now apparent.

Nearly all the wards now in use are too scantily furnished, while the wear and loss on furniture is very considerable. During the last few months we have been compelled to supply beds, bedding and other furnishing goods in considerable amount from the current expense fund, thus unfairly increasing the cost of support.

A plain but commodious carriage or light omnibus should be procured in order that the more feeble patients may ride. This much needed aid to other treatment, has never yet been afforded this institution.

During the last two years the cost of support has been augmented by losses and uncollected bills, partly in consequence of the insufficiency of the bonds for support of private patients, to the amount of \$1,389.29. County judges have in some instances certified insufficient securities.

The statute provides that all patients shall be comfortably clothed when admitted to the hospital, but many of them come to us without any change of apparel, and some of them without one decent garment. The clothing of patients has subjected the hospital to a cash expenditure of \$4,518.96, during the last two years.

One insane soldier from the 11th Iowa volunteer infantry was admitted, from considerations of humanity, without any authorization for his support from any source. He was sent to us by order of General McPherson, from Lake Providence, has been supported eight months, and is still an inmate, though negotiations for his transfer to the Government hospital for the insane at Washington have been successfully concluded.

If it should be charged that in the expenditures encroachments have been made upon funds designed for current expenses, we can only plead that it is very difficult to determine to what extent a renewal of furnishing goods and necessary repairs may be properly

paid for from funds for "current expenses." The payment of the salaries of Resident Officers from this fund, though unprovided for by law, was necessary, if paid at all, and has received the sanction of your Board. But amid all the ordinary, and the extraordinary expenditures ever attendant upon the opening of a large institution like this, together with the tremendous advance in the prices of labor, furnishing materials, provisions and supplies, the cost of support has not been unreasonable, or above that of other similar institutions which claim to rank with this in excellence.

We could lessen our expenditures by converting our now excellent *hospital* into a great alms-house or mere receptacle for custodial cases, but we do not think this would meet the spirit of the law, or that of the people, or the views of your Board. We have endeavored to make this institution in its true sense a *hospital* or *curative* establishment which shall rank high among the best of its kind in this, or any other country, and one of which every citizen of Iowa may justly feel proud.

The following statistical tables will become more and more important and interesting, as years pass by, and numbers increase.

	Men.	Women.	Total.
Number of patients in the hospital at the date of last report, Dec. 1, 1861,.....	73	67	140
Admitted since the above date,.....	131	112	243
Total number under care since last report,.....	204	179	383

DISCHARGED SINCE LAST REPORT.

Recovered,.....	46	39	85
Improved,.....	19	21	40
Unimproved,.....	5	5	10
Died,.....	16	15	31
Committed suicide,.....	1		1
Total discharged since last report,.....	87	80	167

Total number admitted since the opening of the Hospital,.....	221	192	413
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Total number discharged since the opening of the Hospital,.....	104	93	197
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Remaining in the Hospital, Dec. 1, 1863,.....	117	99	216
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	Men.	Women.	Total.
*Recent cases admitted,.....	83	72	155
†Chronic cases admitted,.....	129	139	258
Recent cases recovered,.....	45	38	83
Chronic cases recovered,.....	9	12	21
Total recovered to December, 1863,.....	54	50	104

OCCUPATIONS OF PATIENTS ADMITTED.

Domestic duties.....	169
Farmers.....	130
Merchants.....	6
Laborers.....	20
Carpenters.....	5
Teachers.....	9
Students.....	1
Masons.....	1
Mill-wrights.....	2
Civil officers.....	1
Hatters.....	1
Blacksmiths.....	1
Seamstresses.....	3
Gardener.....	1
Apothecary.....	1
Colliers.....	2
Preachers.....	3
Tailors.....	2
Plasterer.....	1
No employment.....	19
Barber.....	1
Sailor.....	1
Soldiers.....	2
Physicians.....	2
Chair-maker.....	1
Accountant.....	1
Hat-braider.....	1
Potter.....	1

*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."

IOWA HOSPITAL FOR THE INSANE

Shoemakers	2
Clerks	2
Lawyer	1
Unascertained	20
Total	413

NATIVITY OF PATIENTS ADMITTED.

Iowa	13
Illinois	12
Indiana	33
Ohio	73
Pennsylvania	39
Kentucky	21
New York	26
Vermont	4
Missouri	6
Massachusetts	3
North Carolina	7
South Carolina	2
Delaware	2
New Jersey	3
Virginia	8
Maryland	7
New Hampshire	1
Maine	4
Tennessee	2
Connecticut	2
New Brunswick	1
Canada	3
Holland	3
Switzerland	2
Germany	32
Prussia	7
Baden	4
Bavaria	4
Norway	3
England	9
Scotland	3
Ireland	47

IOWA HOSPITAL FOR THE INSANE

Wales	2
France	1
Sweden	1
Bohemia	1
Hesse Cassel	1
Unknown	91
Total	413

SEX AND SOCIAL CONDITION OF THOSE ADMITTED.

	Men.	Women
Unmarried,	116	59
Married,	89	111
Widowers,	10	—
Widows,	—	18
Unascertained,	7	2
Divorced,	—	1

AGES OF THOSE ADMITTED.

Less than 15 years of age,	4
Between 15 and 20	27
“ 20 and 30	147
“ 30 and 40	109
“ 40 and 50	67
“ 50 and 60	36
“ 60 and 70	20
“ 70 and 80	2
“ 80 and 90	1
Total,	413

DURATION OF INSANITY BEFORE ADMISSION.

Less than twelve months duration	154
From one to two years	38
“ two to three years	37
“ three to five years	54
“ five to ten years	47
“ ten to twenty years	34
Unknown	49
Total	413

NUMBER AND CAUSES OF DEATHS SINCE THE OPENING OF THE HOSPITAL.

Exhaustion from chronic insanity,.....	6
Exhaustion from acute mania,.....	1
General paralysis,.....	3
Dysentery,.....	12
Typho mania,.....	2
Consumption,.....	6
Epilepsy,.....	2
Diarrhea,.....	1
Congestive fever,.....	1
Softening of the brain,.....	1
Typhoid fever,.....	1
Congestion of the brain,.....	1
Total of deaths,.....	37

Per cent. of deaths on all (413) patients admitted, ...8-95

SHOWING THE CAUSES OF INSANITY.

Connected with general ill health,.....	50
Puerperal condition,.....	18
Disappointments,.....	16
Sun-stroke,.....	1
Epilepsy,.....	41
Injuries of the head,.....	7
Excessive study,.....	6
Hereditary,.....	14
Vaccination,.....	1
Concussion,.....	1
Spiritualism,.....	3
Bodily injuries,.....	3
Business anxieties,.....	17
Jealousy,.....	3
Exposure to cold,.....	1
Fright,.....	1
Masturbation,.....	4
Political excitement,.....	1
Meningeal inflammation,.....	2
Domestic trouble,.....	24

Religious excitement,.....	19
Ill treatment,.....	7
Blindness,.....	1
Use of tobacco,.....	1
Uterine disease,.....	1
Novel reading,.....	1
War excitement,.....	8
Over exertion,.....	4
Spermatorrhoea,.....	1
Scarlet fever,.....	1
No satisfactory causes assigned,.....	146
Total,.....	413

INFLUENCE OF THE CIVIL WAR IN THE PRODUCTION OF INSANITY, &c.

It might be reasonably expected that the civil war now raging in our country, and which has engrossed so large a share of the public mind and sympathies would have added very largely to our household. When we consider the unavoidable exposures of our brave soldiers during inclement seasons, in districts to which they were unacclimated, their forced marches, their severe labors in the trenches, their loss of sleep, surprises and the terrible excitements of battle-fields, it is marvellous that so little mental derangement is the result. It might also be expected that much dethronement of reason would result from grief, anxiety, poverty and accumulated cares among the thousands remaining at their homes whose family circles have been made desolate by the fallen upon battle-fields and in camps. But such has not been the case. From careful observation, and a review of all the facts in my possession, it seems probable that the civil war has added very little, if at all, to the insane population of the country. It has indeed, in some degree, tended to mitigate some of the usual causes of insanity. Labor has everywhere commanded remunerative wages and employment has been given to all. The poor have been sought out and their wants supplied by the General and State Governments, by Sanitary Commissions and by wealthy individuals, to an extent never before known in the country.

Needy families of soldiers in service, are receiving not only material aid, but what is scarcely less important, the genuine sympa-

thy of every true patriot. All loyal patriotic hearts, whether fighting the enemy upon battle fields or in our midst, whether dressing the wounds of our brave soldiers in hospitals and camps, or the wounds inflicted upon the body politic by foes at home, have been healthfully and firmly nerved for the contest in which all we have or hope for, as a nation, is at stake.

It will be seen that among the assigned causes "ill health of various kinds" is most prominent. It will seem strange that among the rural population of Iowa, away from the excitements, temptations, excesses and poverty of large cities, alike remote from the malarious fevers of the South, and pinching cold of the North, while quietly engaged in the peaceful pursuits of Agriculture, any considerable number of our people should ever become insane. And yet such is the fact. Many of them, especially the wives and daughters of farmers, become insane. Probably three-fourths of the adult people of Iowa are connected with Agricultural pursuits.

A vast majority of all cases of insanity arise from causes and circumstances which depress or exhaust the nervous power. Grief, domestic unhappiness, disappointed affection, the puerperal state, perplexities in business, all tend to depress, and if long continued to exhaust the vital force, and are therefore prolific causes of insanity.

The farmers of Iowa have not yet learned how to live comfortably. Their dwellings are badly constructed, often in low, damp, poorly drained locations, with either no ventilation, or too much. They are badly warmed by direct radiation of heated iron, so that the process of partial roasting and freezing is at once experienced by the same person. Their surroundings are too often unpropitious, their physical comforts and social enjoyments too much neglected. In inclement seasons, amid exposures to cold and rain, their bodies probably receive less care and protection than those of any other class. With abundant supplies at command, their diet is too limited in variety, often unskillfully prepared, and the whole science of gastronomy set at naught. The laboratory, in which are manufactured the life blood and the vital forces, is too often lumbered with ill-assorted, indigestible, badly cooked food.

The wives and daughters of farmers during inclement seasons, have fewer comforts connected with out-of-doors life, and less adequate protection from cold and humid air, than the women who live in our towns and cities, and it is probable, taking prairie-farm-

life, with all of its surroundings as it exists in Iowa, that the average standard of the vital force in those who live upon farms, is below that of those who live in the towns and cities. It must not, however, be inferred from these suggestions that the noble and pleasing pursuits of agriculture favor the production of insanity. The errors of living, and the discomforts alluded to, are not necessarily connected with, and certainly not limited to farm life.

Much of our insanity results from our ignorance or disregard of the laws of animal life. Much of it might be avoided by the exercise of proper care and good judgment in forming alliances, and in the care of our bodies which are so "fearfully and wonderfully made;" by ruling the passions and appetites; by lives of prudence; by moderating the extravagant expectations of this life; by using innocent recreations and the bounties of a kind Providence as not abusing them; by regular hours and favoring circumstances for refreshing sleep; by well regulated house-holds; by an abiding religious faith, and by the avoidance of those indulgences and habits of life which favor a deterioration of the blood, depress and exhaust the nervous power, and break down the defenses which nature has set up for our protection.

MINNESOTA PATIENTS.

By order of your Board of Trustees, in September 1862, the Superintendent of this institution was authorized, upon the application of the Governor of Minnesota, "to admit into this institution a limited number of insane patients from that State, charging the rate of three dollars per week for board and treatment."

The following letter from the Governor of Minnesota, in reply to one from the Superintendent of this institution, indicates the inter-State arrangements by which patients from Minnesota receive care and treatment in this hospital:

STATE OF MINNESOTA, EXECUTIVE DEPARTMENT, }
SAINT PAUL NOV. 22, 1862. }

*Dr. R. J. Patterson, Superintendent
of the Iowa Hospital for the Insane:*

DEAR SIR:—The bearer of this, Mr. J. D. Ludden, has in charge a number of insane patients for admission into the Iowa Hospital for the Insane, in accordance with the terms proposed by you in

your letter to me, dated September 20, 1862. Your proposition contained in that letter for care and treatment of insane persons from the State of Minnesota, I hereby accept.

The clothing necessary for these patients you will please furnish as specified in your letter. Arrange with Mr. Ludden the times and mode of payment for treatment and clothing for these and other patients from this State, or if you prefer a formal contract, I fully authorize Mr. Ludden on behalf of the State of Minnesota to make such contract with you.

Accept my thanks for the very reasonable terms on which you have offered to receive our insane patients."

Respectfully,

Your obedient servant,
ALEX. RAMSEY.

It was deemed unnecessary to enter into any more formal contract with a loyal sister State, than the proposition alluded to, and its acceptance contained in the foregoing letter. I am happy to add that these inter-State arrangements have been, so far as I am advised, mutually satisfactory.

Sixteen patients from Minnesota are now inmates of this hospital, for the care and treatment of whom all obligations assumed by the State of Minnesota have been promptly met.

As it was never designed to admit patients from other States than Iowa, to the exclusion of our own citizens, an intimation has already been given to the proper authorities of Minnesota that at no distant day, the further admission of patients from that State must cease; and that the removal of those already here may possibly become necessary.

ARTESIAN WELL.

At the date of our last report the Artesian well was in process of boring. It was commenced in the bottom of a large deep well, which was 80 feet deep and eight feet in diameter. Lime rock was reached 20 feet below this, or 100 feet from the surface. The geological formations penetrated are as follows:

Drift, (counting from surface).....	100 feet.
Lime rock,.....	295 "
Soft greenish shales passing into calcareous hard shales,.....	300 "

Lime rock (again),.....	295 feet.
Sand rock reached from surface 990 ft., and penetrated.....	135 "

Depth of well,.....1125 feet.

No coal beds were penetrated.

Lime rock was again reached at the depths of 1125 feet, without having increased the altitude of the column of water above what had been gained on reaching the sand rock at 990 feet.

Upon striking the sand rock, water rapidly rose in the tube, filling the large well to a point 30 feet from the surface, thus giving 50 feet of water in the bottom of the formerly dry well in which the boring commenced. The column of water now stands at 30 feet from surface, with 50 feet below, fed from the sand rock 990 feet below.

The altitude of water was not increased or diminished by the last 125 feet boring in sand rock, and no perceptible vein of water was reached until the auger penetrated the sand rock. Lime rock was again reached at 1124 feet, which not being the usual water bearing structure in artesian wells, the further boring was discontinued in Feb., 1862. While a powerful steam forcing pump is in action, elevating 10,000 gallons per hour, there is some temporary sinking of the column of water, which, however, soon rises again to its former level when the pump is not in motion. In quantity, the supply is abundant; but I regret to say that the quality of the water is undesirable for many important uses. It is too strongly impregnated with lime for our steam-heating apparatus, or for washing purposes. Another very large underground cistern, for rain water, is therefore indispensable for the purposes above mentioned, as well as to guard against accidents from fire.

Lithological specimens of the borings of the artesian well have been preserved and marked through its entire depth. The cost of the well was \$4,000—an item of expense never contemplated in any estimate heretofore made.

Religious services are held every Sabbath P. M. in our hospital chapel by clergymen of various religious denominations, which services have been rendered without adequate compensation. These services have been judiciously conducted by sensible men, and are highly prized by our patients. Our chapel music, led by a splendid double-reed Prince's melodeon, is excellent.

Rev. Dr. Kern of the Methodist church, Rev. Dr. Gunn of the

Baptist church, Rev. Mr. Bergen of the Presbyterian church, Rev. J. W. Pickett of the Congregational church, officiate alternately in our chapel on the Sabbath.

Evening musical and social entertainments have been given weekly for our patients, in which attendants and officers join.

A large stereopticon and dissolving-view apparatus, with oxygen light, has recently been procured, by means of which the most splendid works of art, both oriental and modern, are exhibited. It is believed that this magnificent instrument and apparatus will be paid for by the proceeds from exhibitions to the citizens of Mount Pleasant, who will gladly pay an admission fee for the splendid views afforded by this combination of instruction with amusement—the useful and the beautiful.

These valuable adjuncts to other curative agents lighten the shadows and increase the enjoyments of hospital life, and each succeeding year should add new attractions and new objects of interest to the place, so that healthful enjoyments may take the place of morbid fancies, and pleasing occupations for body and mind may abound on every side.

To these accumulating means for turning morbid thoughts and perceptions from within outward, and producing for the time being a forgetfulness of self, it is proposed at once to commence a hospital museum which shall be the beginning of a grand collection, illustrative of the arts and sciences, literature, natural history, antiquities, &c. &c. Donations for this purpose are hereby solicited from citizens of Iowa and the North-western States. Specimens in geology, mineralogy, botany, books and pictures, old or new, Indian relics, flags of nations, statuary, &c. &c. The rotunda of the hospital, fifty by sixty feet, will be an appropriate place for this collection. Objects of interest thus donated, may arrest the attention of some one “troubled with thick coming fancies that keep from rest—” may

“Minister to a mind diseased
Pluck from the memory a rooted sorrow;
Rage out the written troubles of the brain.”

The institution has been kindly remembered by a portion of the newspaper press which has furnished papers gratuitously for the benefit of our patients. In the name of those who have not the opportunity to express their gratitude, we tender to those kind Editors and other friends, our thanks for the following named donations which have been received :

Burlington Hawk Eye, Burlington.
Home Journal, Mt. Pleasant.
Muscatine Journal, Muscatine.
State Register, Des Moines.
Washington Press, Washington.
Chicago Tribune, Chicago.
Iowa Religious News-Letter, Dubuque.
Gate City, Keokuk.
Friends' Review, Philadelphia.
Pocket City News, McGregor.
Central Christian Advocate, St. Louis.
Northwestern Church, Chicago.

Right Rev. Bisop Lee, of Davenport; Rev. Wm. Salter, of Burlington; Rev. Geo. H. Beecher, of Newton; and Rev. J. W. Larimore, Rev. B. R. Gifford, Rev. I. A. Bradrick of Mt. Pleasant, have officiated gratuitously in the Hospital Chapel.

W. H. Postlewaite, Esq., of Burlington, donated a fine oleander. Hon. R. D. Kellogg donated \$3,00 for patients library.

We are under renewed obligations to Dr. L. P. Hamline, of Mt. Pleasant, for choice flowering plants, bulbous roots, and for seven finely bound volumes of the “Country Gentleman.” D. Y. Frick has donated flowering plants. H. Riggs, Esq., of Mt. Pleasant, and Dr. J. M. Shaffer, of Fairfield, have donated many and choice varieties of grape vines. Rev. W. Salter, of Burlington, donated one copy of Ada R. Parker's Letters.

Neally Brothers and Bock, of Burlington, have donated several fine evergreens. Public documents have been received from Hon. James Harlan, of the U. S. Senate; books and plants from Miss Amelia Converse, of Ravenna, Ohio. J. B. Taylor, Esq., of Chicago, has donated one dollar for patients' library. Hawkins Taylor, Esq., of Keokuk, has sent us several packages of seeds from Washington. George Josselyn has donated a large lithograph landscape picture. The Brass Band and the Glee Club, of Mt. Pleasant, have cheered us with music. In the purchase of a melodeon, Horace Waters, of N. Y., donated fifty dollars. Mrs. R. J. Patterson, of Mt. Pleasant, has donated twenty volumes of books to patients' library.

The agent donated half the price of Mitchell's large new map of the United States. H. T. West, of Keewane, Ill., contributed \$2 to patients' library.

I am not unmindful of my many obligations to the Board of Trustees for continued kind counsels and timely advice.

I am also sensible of the efficient services of those with whom daily official duties are shared.

D. C. Dewey, M. D., is efficient, faithful and successful in the discharge of his duties as Assistant Physician.

Mr. George Josselyn and Mrs. Ann Josselyn, the Steward and Matron, have also labored with successful industry in the discharge of their varied respective duties.

It gives me pleasure to speak of the general faithfulness and kindness of the supervisors of departments, the attendants and others now employed in the institution.

Commending this institution to your continued wise counsels, and trusting in a kind Providence for guidance, we enter upon the duties of another year with increased cares and responsibilities, but with high hopes of usefulness and success.

Respectfully submitted.

R. J. PATTERSON, Medical Sup't.

IOWA HOSPITAL FOR THE INSANE, }
Mt. Pleasant, Nov. 30, 1863. }

APPENDIX A.

IOWA HOSPITAL FOR THE INSANE, }
MOUNT PLEASANT, JAN. 1, 1864. }

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. (See Sec. 1479, Rev. Stat. 1860.)

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, chronic cases must not hereafter be sent to it unless first regularly ordered by the Superintendent in each case, as we may hereafter be obliged to refuse chronic, incurable patients, in order that recent, curable cases may be admitted. Attention to this notice may 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 name and age? Married or single? If children, how many?
- 2d. Where was the patient born?
- 3d. Where is his (or her) place of residence?
- 4th. What has been the patient's occupation, and reputed pecuniary circumstances?

*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 \$3.00 per week.

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 the 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 30 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, Mount Pleasant, Iowa.

R. J. P.

APPENDIX B.

REPORT OF SECRETARY.

*To the Honorable Board of Trustees
of the Iowa Hospital for the Insane:*

The undersigned Secretary of the Board, and late clerk of the Board of Commissioners, appointed to superintend the erection of the Hospital, having charge of the construction account, respectfully submits to the Board, the following report, showing the situation of said accounts:

APPROPRIATIONS AND INTEREST ON STATE WARRANTS.

APPROPRIATIONS.

Amount of appropriations made prior to the report of the Board of Commissioners, made December, 1859, as set forth in said Report,	\$258,555 67	
Amount appropriated by Act app. Mar. 30, 1860, ..	75,000 00	
“ “ “ “ April 3, 1862, ..	10,000 00	
Total,		343,555 67

INTEREST.

Amount of Interest received on State warrants prior to date of Commissioner's report, made Dec., 1861, as set forth in said report,	12,458 01	
Amount of do received since,	3,653 04—	16,111 05
Total fund,		\$359,666 72

EXPENDITURES.

Amount expended under H. Winslow, superintendent of construction, prior to the date of the report of the Board of Commis-

sioners, made Dec., 1861, as set forth in said report ..	\$300,291 03
Amount since expended under said Commissioners, and said Winslow,	18,485 38
Amount since expended under the Trustees and said Winslow and his successor, the Medical Superintendent,	10,075 63— 28,561 01
Total,	\$328,852 44

Said expenditures have been for the following purposes:

Labor,	\$114,557 64
Iron Work,	6,900 80
Merchandise, (mostly hardware,)	5,852 33
Wood,	4,563 81
Excavating and grading,	554 43
Salary of Sup't. of cons'tr.,	9,460 35
Stock,	835 87
Lumber,	31,994 58
Provender and seed,	961 22
Stone,	65,756 35
Fencing material,	469 75
Vehicles,	186 00
Machinery,	2,728 38
Lime,	4,829 95
Sand,	6,729 79
Painting and Glazing material,	3,650 79
Sash,	1,284 79
Brick,	4,056 33
Printing,	51 95
Plans,	757 50
Galv'd sheet iron,	11,756 45
Salary of Secretary,	1,841 74
Lathing and plastering material,	3,299 14
Steam, Gas and water works,	20,435 45
Freights,	6,927 12
Furniture,	8,142 15
Artesian well,	3,955 98
Miscellaneous items,	6,318 40— \$328,852 04

Amount expended by the Commissioners themselves,

IOWA HOSPITAL FOR THE INSANE

prior to their Report made December, 1861, as shown		
in said Report,.....	\$28,589	05
Amount since expended by the Com's.,	\$1,475	75
Am't. exp'd by the Trustees themselves,	749	88— \$ 2,225 63
		<u>\$30,814 68</u>

Said expenditures have been for the following purposes:

Site and avenue,.....	4,425	00
Exchange,.....	114	11
Per diem and expenses of Com's,.....	1,167	32
Interest on Loans,.....	23,992	23
Express charges,.....	270	35
Miscellaneous items,.....	243	32
Clerk hire,.....	401	87
Disc't. on Warrants,.....	200	48— \$ 30,814 68
		<u>\$359,666 72</u>

RECAPITULATION.

Total Receipts,.....	\$359,666	72
Total Expenditures,.....	359,666	72
Respectfully submitted,		

M. L. EDWARDS, Secretary.

Dec. 1, 1863.