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REPORT

TO THE

COMMISSIONERS

OF THE

TEMPORARY

LUNATIC ASYLUM.

AT BEAUPORT.



JANUARY, 1849.

R E P O R T

OF THE

M A N A G E R S

OF THE

TEMPORARY LUNATIC ASYLUM,

AT BEAUPORT.



J A N U A R Y , 1 8 4 9 .

COMMISSIONERS.

HONBLE. LOUIS MASSUE, PRESIDENT.

DOCT. PAINCHAUD.

HENRY JESSOPP, Esq.

PETER LANGLOIS, Esq.

JAMES GIBB, Esq.

G. IRVINE, Esq.

E. B. LINDSAY, Esq.

SECRETARY,

A. LEMOINE, Esq.

Gentlemen,

We, the Managers of the Temporary Lunatic Asylum, at Beauport, beg leave very respectfully to lay before you the following REPORT, having reference to the state and condition of the patients intrusted to our care by the Government, and to the mode in which they have been treated during the past three years.

Towards the close of the last century an order in Council was passed, authorizing an appropriation for the maintenance of insane persons in the Province of Lower Canada. These insane persons were intrusted to the care of certain religious communities in the respective districts of Montreal, Quebec and Three-Rivers, the Government paying a yearly sum of about £32 10s. for the support of each patient.*

As in similar institutions in Europe, at this period, insane persons were confined merely as unmanageable or as dangerous to the community or to themselves. No measures were adopted for their restoration to reason. They were shut up in separate cells, were debarred intercourse with the world and with each other, were left to brood over their disordered fancies, until they became maniacal, tore their clothes, became filthy in their habits, and from a well known law of nature, that the faculties become dormant for want of exercise, became imbecile or idiotic. Occasionally a patient was removed by his friends, rarely was one discharged restored to reason. Over the portals of these receptacles, might with truth have been engraved the well

The sum allowed by Government for the support of each patient was one shilling and eight pence per diem, there were besides occasional appropriations for the repairs of the building and fence.

known lines of Dante. “ *O Voi che intrate, lasciate la speranza.*”

Strong representations were made from time to time by different Grand Juries, of the general unfitness of these receptacles, of their filthy condition, of the damp and want of ventilation of the cells, and of the general treatment of the unfortunate inmates.

In justice to the religious ladies, it must be said, that they themselves were desirous to be relieved from their charge, and repeatedly urged the unfitness of the place of confinement and the necessity of better means of accommodation for the patients under their care.

In 1843, Sir C. Metcalfe assumed the Government of the Canadas, and in his first speech at the opening of the House, urged the necessity of an improved system of treatment for the insane. During the session notice was given, by the Hon. T. C. Aylwin, of his intention to bring in a Bill to provide for the care and treatment of the insane, but owing to the press of other business the Session passed over without any action being taken in the matter.

During the subsequent recess the Governor General caused the different places in which the insane were confined, to be visited, and estimates formed of the expense of their removal to the country, and of the cost of their care, maintenance, and medical treatment.

At the subsequent meeting of the Legislature, the Governor General again brought the subject of Asylums for the insane before the House, but the Session was extremely short and passed over without any further reference being made to the matter.

During the summer of 1845, His Excellency having made an agreement with the undersigned, directed the insane persons then confined in the Districts of Quebec and Three Rivers to be removed to a place fitted up for their temporary reception at Beauport in the neighbourhood of Quebec, and where they were accordingly removed on the 16th September, 1845.

At this time the insane persons in the District of Montreal were confined in the Jail, this however, was destitute of almost every requisite for a Lunatic Asylum. It was surrounded by buildings, there was no land on which the patients could be employed, the yards were insufficient for exercise, and moreover, the building was required for its more legitimate purposes. Under these circumstances the Governor General directed the removal of the insane from the District of Montreal to the Temporary Asylum at Beauport. This Temporary Asylum was situated $2\frac{1}{2}$ miles from Quebec, and was leased for the purpose from Col. Gagy, M. P. P.

The property comprised the Manor House, an extensive block of outbuildings of stone, and about two hundred acres of land. The grounds were diversified, were sufficiently well wooded, had a southern exposure, and commanded a magnificent view of the city and harbour of Quebec.

The principal building was capable of being fitted up to accommodate 120 patients, with their attendants.

On the 10th September, the arrangements were completed for the reception of 100 patients. The apartments consisted of a public dining room, a corridor for male patients, 108 feet by 12 wide, with bed-rooms opening into it, containing 40 beds, and one large dormitory containing 24 beds. The female patients occupied a day room 36 by 18, a workroom 40 by 22, and five bedrooms containing 40 beds. Several female patients capable of sewing or being otherwise employed were lodged with the Warden and Matrone in the Manor House.

On the morning of the 15th September, 1845, the insane persons in charge of the religious ladies of the General Hospital in Quebec, were transferred to the Asylum at Beauport. Much interest was felt by the undersigned in the removal of these unfortunate beings.

One had been confined 28 years, several upwards of 20 years, and the remainder for various lesser periods. During the whole of this time they had been shut up in separate cells, in a low one story building, and surrounded by a strong cedar fence 12 feet high. They had never been permitted to leave the building, most of them had never been allowed to leave the separate small cells in which they had been confined, and excepting on an occasional visit from the Grand Jury, they had rarely seen any person but those who ministered to their urgent wants. Of these patients almost all were filthy in their habits, many were considered destructive, and the remainder had become imbecile or idiotic.

They were removed in open carriages and in cabs. They offered no resistance, on the contrary, they were delighted with the ride, and the view of the city, the river, trees, and the passers by, excited in them the most pleasurable emotions. On their arrival at the Asylum at Beauport, they were placed together at table to breakfast, and it was most interesting to witness the propriety of their conduct, to watch their actions, to listen to their conversation with each other, and to remark the amazement with which they regarded everything around them. All traces of ferocity, turbulence, and noise had suddenly vanished, they found themselves again in the world, and treated like rational beings, and they endeavoured to behave as such. One, a man of education and talents, whose mind was in fragments, but whose recollection of a confinement of 28 years was most vivid, wandered from window to window. He saw Quebec and knew it to be a city, he knew ships and boats on the river and bay, but could not comprehend steamers. Before leaving the General Hospital the Nuns had clothed him well and given him a pair of shoes. He remarked that he had been a long time shut up, and that it was 19 years since he had last seen lea-

ther. Another, a man who had been confined 20 years and who had always evinced a turbulent disposition, demanded a broom, and commenced sweeping, he insisted on the others employing themselves also, he observed "these poor people are all fools, and if you will give me a constable's staff, you will see how I will manage them, and make them work."

As soon as their muscular powers were sufficiently restored, the patients were induced to employ themselves in occupations the most congenial to their former habits and tastes; some worked in the garden, others preferred sawing and splitting wood. The female patients were taken out daily, and many of them engaged in weeding in the garden.

The effects of this system were soon apparent in their improved health and spirits; they became stronger, and ate and slept better. Some of them were restored to reason. One had been confined many years in a cell in the General Hospital; 13 months after his removal to the Asylum at Beauport, he was restored to his family and friends; another had also been an inmate of a cell several years, and after her discharge from the Asylum, engaged as a School Teacher. The other patients generally, though greatly improved, afforded small prospect of recovery, the disease of the brain had become chronic or organic, and their faculties and mental powers had been so weakened by long disease, as to proclude any reasonable hope of restoring them to society and to their friends. It is, however, gratifying to be able to state that of all those removed from the General Hospital to the Asylum at Beauport, one only has been subject to even temporary restraint.

On the 28th Sept. 1845 the insane patients 52 in number were transferred from the Jail in Montreal to the Asylum at Beauport. As a class they were much more violent and destructive than the patients previously admitted from the other districts. Their

cases, however, were more curable, and their minds less weakened by long confinement.

On the 5th October, the insane patients, 7 in number were brought down from Three Rivers. Their condition was much more deplorable than that of the patients admitted from Quebec. They arrived chained and handcuffed. We were informed by their keepers that some of them had been kept fastened to staples driven into the floors of their respective cells. When approached, they shewed a disposition to bite, even after their hands and feet had been unfastened. No appearance of violence or turbulence was evinced after their admission into the Asylum, on the contrary they were found extremely harmless and docile.

One of these patients, a Canadian, and a powerfully made man, was pointed out by his keeper as being extremely violent and dangerous. He strongly opposed his being unfastened, this however was done on board of the steamer and he was conducted to a cab, which he entered without any opposition or reluctance. He answered to the name of Jacques, but could give no account of himself whatever. He had been picked up in the woods on the River St. Maurice with his feet frozen, and had been confined in the cells at Three Rivers during a period of seven years. A few days after his removal to Beauport, observing a man sawing wood, he pushed him aside, took the saw and used it himself; this seemed to afford him great pleasure; when not so employed out of doors, his constant amusement was in fishing. He would stand for hours together as if using a rod and line, and sometimes as if fishing through a hole in the ice. He was found to be quite inoffensive and harmless. He died of diseased lungs on the 7th March, 1846. Soon after his death, his brother and son arrived from the neighbourhood of Montreal in search of him, being attracted by a notice in the

public prints, that an insane man, who could give no account of himself had been found wandering in one of the parishes below Quebec, and sent to the Asylum at Beauport. His friends stated that Jacques had escaped from their charge several years before, and that not being able to trace him, or gain any tidings of him, they concluded that he had perished in the woods.

On the 5th October 1845, the whole number of patients in the Asylum was 82. Since then their number has been gradually increasing and additional rooms have been from time to time fitted up as well to accommodate this increasing number as to afford the means of their more complete separation and classification.

On the 1st October 1848, the period expired during which the undersigned had engaged with the Government for the care, maintenance, and medical treatment of the insane from the different districts in C. E. and they take the occasion of their entering into another engagement for a further period to lay before the Commissions a statement of what has been done during the past three years, in their endeavours to carry out the intentions of the Government to ameliorate the condition of the insane.

STATE OF PATIENTS ON ADMISSION.

On the 1st October, 1845, there were 82 patients in the Asylum. Of these more than 60 were considered as affording very faint or no hopes of recovery. Most of these had suffered so greatly from long confinement and restraint, as to present body and mind equally broken down and diseased. One died within 24 hours after admission, two more within 15 days, and eleven within the ensuing 12 months.

From the 1th October, 1845, to 1st October, 1848,

there have been admitted 152 cases, the greater number of these had been for years previous to their admission subject to treatment which tended to confirm their disease. Few recent cases were brought to the Asylum, or until they could be no longer taken care of by their friends, in consequence of their dangerous propensities, or filthy habits. Some had been confined in Jail as dangerous, and had been allowed to remain there for months before their removal to the Asylum. Very many of the patients have arrived tied, chained and excoriated, furious and excited by restraint, and impaired in health by long continued seclusion.

These cases presented almost every variety of insanity, homicidal, furious, suicidal, melancholy, religious and gay. One was admitted with his windpipe divided, several, after different suicidal attempts. One, a powerful man, had been tied for some time to his bed, before admission, and the cords on his wrists had been so tightened by his furious endeavours to get loose, as to induce mortification of both his hands. We are convinced from our observation and experience, that of the incurables now in the Asylum, three-fourths are so from the want of proper treatment in an Asylum, at the commencement of their disease. Nothing is more strongly impressed on our minds than the fact, that on the first attack of insanity, time lost in the treatment of the complaint, is seldom recovered. Of all those admitted during the past three years. 43 only have been recent cases. Of these 21 have been discharged, cured, and only 2 have had a return of mental disease. It is thus obviously a matter of economy, apart from humane considerations, to secure for the insane, prompt and efficient medical treatment, at the early stage of their disease.

DIET.

From the exhausted and diseased state in which the patients generally have been brought to the Asylum, it was obviously necessary to restore their physical powers by a full and nourishing diet.

This accordingly consists of a large proportion of animal food and vegetables, bread, milk, &c. The following is the ordinary diet-roll of the Asylum for the different days in the week.

DINNERS.

MONDAYS.—Three quarters of a pound of meat, vegetables and soup.

TUESDAYS.—Three quarters of a pound of meat, vegetables, and four ounces suet dumpling.

WEDNESDAYS.—Three quarters of a pound of meat, vegetables, and soup.

THURSDAYS.—Three quarters of a pound of meat and vegetables, in Irish stew.

FRIDAYS.—Fish, vegetables, and soup meagre.

SATURDAYS.—Three quarters of a pound of meat, vegetables, and soup.

SUNDAYS.—Three quarters of a pound of meat, vegetables, and four ounces of suet dumpling.

BREAKFASTS.

One pint of milk thickened with oatmeal, and half a pound of Bread.

SUPPERS.

One pint and a half of tea, half a pound of bread, and half an ounce of butter, or two ounces of cheese.

Patients employed out of doors, are allowed extra diet at the discretion of the Warden.

The meat is principally beef and pork, and occasionally mutton.

The vegetables, besides the ordinary garden stuff, consist of peas, Indian corn, rice, &c.

About 12 of the convalescent and most orderly male patients dine in their own day-room. About 80 of the male and female patients take their meals together in the public or common dining room. They are waited upon by their respective attendants, under the immediate and personal superintendence of the Warden and Matron.

The other patients, male and female, whose habits preclude their mixing with the more orderly class, take their meals in their separate day rooms.

RESTRAINT.

In undertaking a charge which involved so great an amount of responsibility, we availed ourselves of every obtainable information from similar institutions, as well in Europe, as in the United States. The result of our inquiries was a conviction that the greatest amount of

good was to be effected by an uniform and unvarying system of conciliation and kindness. This system carried into full effect by intelligent and active servants, we have found to answer admirably. At first a chair, made to confine the arms, was used, but was shortly abandoned for the leather strap and wrist bands or mitts; this has been the only restraining apparatus used in the Asylum for upwards of two years. It allows the patients to take free exercise either in or out of doors, and prevents any injury they might be disposed to inflict either on themselves or on others. Even this apparatus is very rarely employed; its use has been in a great measure superseded by increased capacity and watchfulness on the part of the attendants, and these qualities in the attendant have, on the other hand, been brought into more active exercise by the disuse of restraining apparatus.

Seclusion, as a means of restraint is occasionally, but very seldom resorted to, and then only for a very short period, during a paroxysm; and when long continued, we have reason to believe it to be injurious to the patient, and only to be sanctioned by extreme necessity. Restraint, whether by means of the body strap and mitts or by seclusion, are only permitted to be employed by the order and under the immediate superintendence of the resident Physician or Warden.

All violence, abusive language, or threats on the part of the attendants towards the patients is punished by immediate dismissal, and we are happy to say that only on two occasions have instances of abuse been brought under our notice during the past three years.

EMPLOYMENT.

Among the means which we have found most useful in tranquillizing the insane, and in enabling us to dispense so fully with the use of restraint, exercise and employment in the open air may be reckoned as the most useful. In all cases where we have been able to induce a patient to occupy himself in out-door work, we have found an immediate and most marked advantage. We have invariably found that occupation imparted to the patient's mind, a new and healthy train of ideas and impressions, that it rendered him more tranquil, more docile, and more manageable, that it increased his muscular power, that it rendered his appetite and digestion stronger, and his sleep sounder.

We consider exercise and employment to be of the greatest advantage to a patient, whether his disease be recent and curable, or chronic and hopeless.

Of the different kinds of employment we have found agricultural labours, to be the safest, the most congenial to the tastes of the patients, and the most useful to them. As a means of profit, the labour of the patients is worthless, it certainly would not delray the expense of the number of attendants necessary to superintend them. The labour of insane persons cannot be depended upon. They are afflicted with disease of the brain, and this disease more or less limits their bodily powers, and renders them trifling, uncertain, and unsteady. Frequently at the commencement of our engagement, and when the attendants did not understand the motives for inducing the patients to employ themselves in the garden or grounds, we were accosted as follows: "It would be far better to keep the patients in the house, I could do more work alone, and my time is entirely occupied in watching them."

We have experienced considerable difficulty in find-

ing suitable means of employment for the patients during our long Canadian Winter. We endeavoured to induce them to employ themselves in an excellent stone Quarry on the premises, but found it unsafe to allow the patients to use iron tools at so low a temperature as generally prevails in winter. Even in summer, we found this kind of labour was not suited to their habits, it was uncongenial to their tastes, and required moreover an exertion of physical power of which they were incapable. In stormy weather, some of the patients pick Oakum, and seem to derive pleasure from the employment. Whenever the weather permits, those who can be induced to do so, are employed in sawing and splitting wood, and shovelling snow and removing it on small sleighs to a little distance from the premises. The approach of spring is always hailed by them with great delight, as the time when they can again employ themselves in the garden and grounds.

RELIGIOUS OBSERVANCES.

In December 1845, His Lordship the Bishop of Montréal, kindly offered to perform divine service in the Asylum. About thirty of the patients attended, they listened to the service of the Church, and to a short discourse, with great attention, and behaved with the strictest decorum. Divine service was only occasionally performed in the Asylum, during the winter, from the want of a clergyman, whose time could be spared for the purpose.

In June 1846, we obtained from the Wesleyan Society the services of a local preacher, whose attention has since then been most faithfully directed to the religious instruction of the inmates of the Asylum. At present about 60 patients attend divine service

every Sunday forenoon. This service consists in singing, prayer and a short discourse. The patients join in the singing, and the utmost decorum prevails throughout. The gentleman who officiates expresses a very decided opinion as to the good effect of religious services. He states, that his weekly visit is looked forward to with anxiety, and that its interruption is considered as a disappointment. That sabbath observances revive in the patients, feelings of devotion, which had sometimes lain dormant for years, and that the order, attention, and quiet, will bear a favorable comparison with that of many sane congregations. Without expressing any opinion as to the spiritual or lasting effect of these religious observances on the patients, we are convinced that they are important as remedial means, they absorb for a time the patients' minds, and they give them habits of self restraint and control. Many patients who are noisy and restless in the wards, become at once, and remain during the service, quiet, attentive and decorous. Old associations, habits, and feelings are revived, and the general result is of decided advantage. Those of the Catholic patients who are able, regularly attend Divine Service in the Parish Church and are always accompanied by some of the attendants. No complaint has ever been made of noise, interruption, or improper behaviour in Church; they have moreover the advantage of the spiritual direction of M. l'Abbé Bernard, the Curé of the Parish, who frequently visits the Asylum, and regularly does so in case of dangerous sickness.

AMUSEMENTS.

We have at all times found it difficult to contrive sufficient sources of amusement for the patients. There

is always extreme monotony in the wards, and this is greatly increased by the tediousness and severity of our Canadian winters ; and the state of health of very many of the inmates precludes their exposure to the open air.

The convalescent patients in the N. Ward take exercise out of doors, when the weather permits : in doors, they amuse themselves with Drafts, Backgammon, Books from the Library, and with the daily papers.

In the day time, about thirty of the male patients are engaged in fine weather in different out door occupations : in the evening, they, and most of the patients both male and female amuse themselves in dancing, of which they are passionately fond. We have found dancing as a source of amusement and recreation, to be admirably adapted to the insane : it diverts their minds from their disordered fancies, without unduly exciting them ; and it induces many of the patients to take exercise, who can be induced to do so in no other way. In several cases we have found music and dancing of great benefit as remedial agents. In one case they roused a patient from a state of the most abject melancholy, and gave a stimulus to his mental faculties, which resulted in perfect recovery. In another case they effected a change from a state of melancholy with strong suicidal propensities, to a state of cheerfulness and enjoyment, which still continues, and is likely also to result in cure. Whatever opinion may be formed of dancing by the Sane, it is unquestionably a legitimate and fitting source of amusement for insane persons.

ADMISSIONS, DISCHARGES AND DEATHS,

The total number of patients who have been admitted into the Asylum until the 1st Octobre 1848, have been :—

	MALES, 122
	FEMALES, 112—234
Of these, there have been discharged.	
Recovered—	MALES, 16
	FEMALES, 14—30
Improved—	MALES, 7
	FEMALES, 5—12
Not improved—	MALES, 6
	FEMALES, 6—12
Died—	MALES, 24
	FEMALES, 26—50

Total discharged or dead, 104
 Remaining on the 1st October, 1848 :—

MALES, 70
 FEMALES, 60—130

234

Of the cases admitted into the Asylum from the 5th Octobre, 1845, to the 1st October, 1848, forty three have been brought in within one year, from the first attack of disease, and of this number there have been discharged :

	Cured—	MALES, 9
		FEMALES, 12—21
	Improved,	2— 2
	Not Improved,	2— 2
	Died,	1— 1
Remaining on 1st October, 1848,		17
		<hr/>
	Total—	43

Of the seventeen recent cases now remaining in the Asylum, several are improving and are likely to recover.*

By the above statement it will be seen that of 234 cases admitted during the past three years, 109 were cases of long standing, and in whom of consequence the chances of cure were very much reduced. It is to be expected that the majority of the cases, to be admitted for some time to come, will also be cases of considerable standing, and of course with a small average of recoveries. Extreme reluctance was manifested on the part of the friends of insane persons to send them to such receptacles as existed some years ago; this reluctance still exists. The idea of an Asylum is still associated with dark cells, with furious madness, chains, straw, filth, and nakedness. Some time will yet elapse ere the friends of insane persons in Canada will send them to an Asylum for the mere purpose of cure, with a full assurance that as much quiet, cleanliness, order and subordination exist, as in any Hospital for the cure of any other disease.

Since the establishment of the Asylum, peace, harmony and obedience have prevailed. We attribute these results, under the blessing of God, to the watchfulness and good management of the Warden, Mr. Wakeham, and to the activity, diligence, and faithfulness of a body of experienced attendants. No serious injury has been at any time inflicted by any patient on himself or on another, although seclusion, except du-

* The Resident Physician, Dr. Von Iffland, had collected many facts and had obtained much statistical information on matters connected with the Asylum. It is a subject of regret that his papers were destroyed or lost at a recent fire near his residence.

We have, however, received from him a report which we beg leave to add as an Appendix.

ring a paroxysm, has not been used, and although no restraint except the occasional and rare use of the body strap and mitts, has been resorted to.

The building now occupied as an Asylum though the best that could be obtained at the time, was not built for the purpose, and is manifestly inadequate. It does not afford us the means of carrying out our wishes and intentions as to the complete separation and classification of the patients, and from their increasing number it has become necessary to remove several of them to another building on the property of the late Judge De Bonne. These circumstances, under an arrangement with Government, for a further period of seven years, have decided us to erect an Hospital of such an extent, and with such arrangements as will combine every thing necessary to the cure of persons afflicted with mental disease. The necessary contracts have been entered into, for the erection of the Hospital on the plan herewith submitted, and we confidently hope to be able to remove the patients from the present to the contemplated new Asylum, during the month of September next.

We cannot close this report without acknowledging the prompt co-operation and assistance we have at all times received from you, as commissioners, and to which we attribute much of the success which has attended our efforts to ameliorate the condition of the patients intrusted to our care.

J. DOUGLAS,
J. MORRIN,
C. FREMONT.

APPENDIX.

DRS. DOUGLAS, MORRIN AND FRÉMONT.

Managers, Lunatic Asylum, Beauport.

Gentlemen,

In compliance with your request and a just regard to the interests of the public, it may prove advisable that every reasonable facility should be offered for acquiring a thorough knowledge of an institution, designed as the Lunatic Asylum, at Beauport is, for its benefit; and as it should also be so faithfully depicted as to attract towards it, the attention and protecting care of all who take an interest in one of the greatest afflictions which unhappily invade a very numerous class of the human family, I would, without entering into unnecessary details, respectfully submit :

I ought necessarily to premise, that, during several months, I had laboured in the preparation of tabular views and observations on the statistics, management, both moral and physical, of the Asylum, with an intention of submitting them to you, but the fire which occurred on the 25th November last, having caused among other articles of furniture, the removal of my manuscripts and papers, I have to regret either their destruction, or their having fallen into the hands of persons incapable of appreciating their nature and importance.

On the opening of the Asylum, at Beauport, on the 15th September, 1845, for the general reception of the insane, there were admitted eighty seven, long confined in the Jail of Montreal, the General Hospital of Quebec and the Nunnery of Three-Rivers, many of whom had been confined as lunatics for a long period of time, and even some, for as long as twenty-seven and twenty-five years; and the generality rendering all curative means unavailing and even hopeless, their care and

and comfort became objects of earnest consideration, and they were kindly attended to.

These patients were nearly all admitted into the Asylum, without any data, either descriptive of the nature of their cases, the time of attack before confinement, condition of life, &c., &c., but I fully coincide in the opinion that any attempt to decide upon the duration of time before admission, that the patient has been afflicted, as exceedingly fallacious, giving a mere approximation to the fact. It is liable to the same objection which obtains in essaying to specify the causes of disease, that of giving an apparently mathematical and certain aspect to facts, so involved in doubt, so complicated and vacillating, that they really have nothing like fixedness or certainty.

Many of the insane, after having been long confined into close apartments and after becoming intractable and dangerous, have been sent to this Asylum, and many, I may add, whose insanity was accompanied by some fatal disease, such as consumption, or other organic disease, have been admitted, with the view on the part of the friends, to be taken care of in the last few months, and sometimes, the last few weeks of their lives. But they have received all that kindness and treatment, which their cases so much require.

If we take into consideration for a moment, that in an institution like the Lunatic Asylum, at Beauport, where no restriction as to the condition of patients, exists, where the exhausted, the paralytic, the epileptic, the aged and the hopeless are admitted, sometimes for the sole purpose of relieving friends or the community, need we be surprised that the number restored to society is not so great, when compared to institutions, receiving only cases of violent excitement and high actions. The general law is, that *all cases certainly recent*, that is, whose origin does not either directly or obscurely run back more than a year, recover under a

fair trial, occasional instances to the contrary, are the exception. In fact, in all countries, where the value of Asylums for the insane has been established, and the community is advised of the infinite importance of early subjection to treatment, the results of institutions must be far more favorable than in communities where all this acquaintance and public confidence has yet to be acquired.

Since the establishment of the Asylum, the inmates have enjoyed excellent health, and during the general and alarming prevalence of typhus fever, in 1847, in the city, and even in the environs of the Asylum, such were the sanatory precautions employed, that not a single case occurred during the whole of that momentous period. And it may also be gratifying to remark, that, notwithstanding the highly active forms of propensity to suicide, in several cases, not one, through the watchful vigilance of the attendants and other appliances, has been effected.

From what has already been mentioned, regarding the general admission of cases of insanity from throughout the Lower Province, into this Asylum, it must naturally follow, that a very considerable number of its inmates, are of a chronic nature, and that consequently little hopes can be entertained of their complete restoration to sanity, but it affords feelings of high gratification, to be enabled to observe, that the major part, from constant care and attention bestowed upon them, have greatly improved in their health and the enjoyment of general habits of comfort. There are also, several cases which offer the most favourable indications to sanity, and it is hoped, will soon be restored to their families and society as valuable members.

With regard to the general plan of medical treatment adopted at the Asylum, and the results obtained have been highly favourable, embraces supporting and tonic measures, yet, is far from altogether, or in every case,

rejecting moderate local depletion, and other antiphlogistic means, and although we cannot perhaps produce many facts, which actually prove that pharmaceutic treatment, considered separately has influenced the results on any *large scale*; yet, I would not on that account doubt that the proportion of recoveries will be greater, and, in particular, that the mean mortality will be less, in an Asylum for the insane, in which attention is paid to a discriminating and judicious medical treatment, than they are in another, in which the bodily disorder, so often accompanying insanity, is either overlooked, or its treatment, conducted on routine or injudicious principles.

The moral treatment adopted here, has been accompanied by corresponding excellencies, and I would particularly mention, the degree of affection which is paid to exercise, employment, and to the personal comfort and cleanliness of the patients.

Moral treatment may be justly considered the most important, as it is the most difficult, and which, though by many, who never saw an insane patient, so eagerly sought, and so readily undertaken rests, for its proper and judicious exercise, entirely upon observation and experience. It may be defined, the employment of means, best fitted to restore the sufferer to a healthy habit of thought and action. I would also, if time were permitted me, attempt to enter into the merits of the *quæstio vexata*, "restraint or non restraint." That good and great philanthropist Mr. Samuel Tuke, when speaking on this all-engrossing innovation, on the treatment on the insane, thus expresses himself. We cannot anticipate that the most enlightened and ingenious humanity will even be able entirely to supersede the necessity for personal restraint." And I would moreover, presume to offer such observations upon the subject, as will, I am convinced, when originating from one of experience, be not entirely disregarded. From

the ultra ideas of the old *régime*, in which the discipline of an institution of this kind was almost identical with that of a common Jail, and in some instances much worse, there has been a gradual but constant mitigation of severity, in both theory and practice, until the opposite extreme has been reached, and the doctrine of the intire abolition of the use of restraining appliances for the body and limbs, has been promulgated as that which alone is compatible with the true interests and the judicious treatment of the insane. Keeping pace, to a certain point, with this progressive sentiment, and directed by the surest of all guides, the light of experience, the executive officers of this institution have abandoned the most exceptionable forms of restraint, and more rarely resorted to those of a milder character. There are exceptions to all rules which are not governed by the invariable laws of mathematics or moral right, and no argument, however subtle or specious, or, to appearances, however, strongly based theoretically, upon benevolence, philanthropy, kindness, and the golden rule of doing to others as we would, under similar circumstances, that they should do unto us, can overthrow the belief that there are cases in which the welfare of the patient, and the dictates of true humanity require a resort to some restraining means. The truth of this proposition may be, and perhaps is, acknowledged by all. The only means of restraint used in the Asylum, is the leathern mittens, but which has seldom exceeded 2 per cent.

The diet of the patients has, from the first establishment of the institution, been liberal, and the description of food does not differ from that generally in use in the middle class of society in this country. During the months of labour on the farm and garden, the patients employed partake of four meals daily.

Of all the modes by which the insane may be induced to restrain themselves, regular employment is

doubtless the most generally efficacious, and those kinds of employment are to be preferred, both in a moral and physical account which are accompanied by considerable bodily action, which are most agreeable to the patients, and most opposed to the illusions of his disease. In accordance with these views, the male patients have been occasionally employed on the extensive farm and gardens connected with the Asylum, with the most happy effects, both as regards their comfort and general health, as well also, as in leading to a greater number of recoveries. Other employments have been introduced, but agricultural occupations are those which have been most uniformly found beneficial, and which have justified the high opinion which has always been entertained of them. The great benefit resulting from the varieties of manual labour connected with a Lunatic Asylum is not to be estimated by any pecuniary profit. Its advantages can only be estimated as one of the best and most efficient means for awakening a new train of trouble, giving a new direction to their ideas, and for the restoration of the curable. It has been truly observed, that useful labour is much more beneficial than mere physical exercise. The consciousness to the insane, of having done some good, either for themselves or for their fellow men, affords them much satisfaction and happiness—other exercises and amusements are great auxiliaries and are never neglected.

The Asylum has been furnished from time to time, with many useful and interesting newspapers, Magazines, &c, which from abounding with the very kind of intelligence most needed, and most eagerly sought, are enjoyed by a certain number of inmates in the Asylum. The pleasing entertainment which is thus afforded, and the opportunity that each one enjoys of knowing what is transpiring in the world around him, and above all, to learn something of what is going on at home, give this kind of reading, a charm, which none but those who

are deprived of society can rightly appreciate. If we considered the insane mind, as altogether darkened, so that no interest was taken in anything whatever, so that an entire capability of mental exertion in any way, existed, then we might come to the conclusion that reading was of little importance. But experience by no means cöincides with this assumption.

In concluding this short report, I feel great pleasure in being enabled to testify to the faithful discharge of the many and important duties connected with the responsible offices of Warden and Matron,—with much credit to themselves, and to the comfort and welfare of the persons intrusted to their care.

A. VON IFFLAND,

Physician Lunatic Asylum.

BEAUPORT, }
11th January, 1849. }