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PROCEEDINGS

OF THE

MEDICAL SOCIETY

OF THE

STATE OF PENNSYLVANIA,

IN RELATION TO

The Hospital for the Insane,

AT DIXMONT.

FRIDAY, MAY 31, 1878.

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1878.

THE RECEPTION

OF THE

MEDICAL SOCIETY OF THE STATE OF PENNSYLVANIA,

AT DIXMONT,

ON FRIDAY, MAY 31st, 1878.

A Reception having been tendered to the Members of the STATE MEDICAL SOCIETY, by the EXECUTIVE COMMITTEE OF THE HOSPITAL FOR THE INSANE, AT DIXMONT, they closed their session in Pittsburgh, by a visit to the Institution, on Friday, May 31st, 1878.

The party, consisting of over three hundred and fifty persons, including delegates and their friends, were, through the courtesy of the Pittsburgh, Fort Wayne and Chicago Rail Road, comfortably seated in five cars, making a special train provided for the occasion. After a very pleasant ride of seven miles, they arrived at Dixmont, and were received by Dr. J. A. REED, Physician in charge, his assistants, Drs. AYRES and WYLIE, and by quite a number of the Managers of the Institution.

Under the escort of these gentlemen, the excursionists at once proceeded on a tour through the extensive Hospital Building, and were afforded the fullest opportunity for a thorough inspection of the Institution. Two hours were spent in this way, and, refreshments having been served, the Members of the Society met in the Chapel of the Institution, and were called to order by their President, Dr. J. L. STEWART, of Erie, Pa., Dr. W. B. ATKINSON, of Philadelphia, acting as Secretary.

Dr. J. L. STEWART, of Erie, President of the Medical Society of the State of Pennsylvania, on taking the chair, spoke substantially, as follows:

DR. STEWART'S REMARKS.

The man or woman who could visit the beautiful apartments of Dixmont Hospital, see the provision that is made for the care and comfort of the unfortunate insane, witness the pleasant condition of the five hundred and eighty-seven inmates, and their surroundings, and not sincerely thank God for the existence of such a noble institution, must possess a heart that no friend of humanity need for a moment covet or desire. For myself, I can affirm with truth, that always after passing through its grand and magnificent wards, a deep feeling of thankfulness possesses me, that such a home was provided for our unfortunate fellow men whose reason is dethroned.

To me there can be no greater evidence of the advancement of a true, genuine and refined Christian civilization than is manifested in the care of the insane now, compared with that of half a century, or less, in the past. Fifty years since the "keepers of the insane" and "hangman" were "twin brothers;" each selected on account of their possession of "brute strength" and want of all kindly feeling or sympathy for their unfortunate victims—and *victims* they were—who fell to the care of such heartless wretches. As some improvement, years later, the unfortunate insane were consigned to the care of heartless men and "he women," who would take these positions only "for hire," and whose conduct was in keeping with their motives. Within my own recollection, insanity was regarded, by most people, as a crime and disgrace, the subjects of which were condemned to the closest confinement and severest punishment, consigned to dungeons, jails and poor houses. Or, if not fortunate enough to receive the protection of "prison walls," were chained in pens and out-houses like "wild beasts." But what a change a few years have brought about: now we see the most eminent men in our profession, and the most cultivated women of the land, giving their lives to this noble work and "labor of love." All praise to the men and women, who give their time, labor, learning, thought and sympathy to this grand work. They who can so devote their lives to the restoration and comfort of their unfortunate fellow beings, are "*surely very* near the kingdom," and will have their reward.

Of the elegance, beauty and healthfulness of the location of Dixmont Hospital, it was unnecessary to speak, as no language of mine could convey a proper estimate of these. Nor is it necessary to refer to the completeness, grandeur and adaptibility of the building, and all its attachments and fixtures. You who have just passed through it, know for yourselves what these are. It has been my pleasure and privilege to frequently visit every department of Dixmont Hospital, both by day and by night, and I tell you truly, I tell you sincerely, that I have always found it in the same cleanly, neat and pleasant condition, that you to-day saw—ever the same evidences of kindness and care on the part of the officers and employes, which to-day's visit exhibited. In all its various departments, it is a model hospital; not excelled by any in the United States, if in the world. One point I would call the attention of the medical gentlemen to, and that is the entire absence of that pest of almost all institutions of this kind, "the hospital smell." It is needless to tell you what this vile odor, known by the name of "hospital smell," is, as it is as easily detected by those conversant with the care of hospitals, alms houses and jails, as is the odor of a stale egg by a good cook, or a tidy housemaid. It was my duty to have, for some years, the care of large hospitals, and

almost all of my professional life have I been, more or less, connected with the medical management of public institutions, and always found great difficulty in controlling this trouble. Dixmont is the only hospital that I have ever visited where it could not be detected, in some department, to a greater or less extent. In this institution I have never found the least semblance of this pest. This one fact shows beyond doubt the great care with which the entire concern is managed, and speaks volumes in commendation of those in authority.

Another reason why, as a medical man, I take an interest in Dixmont, is the fact that one of my earliest professional friends has been for years an inmate of, and found a pleasant home within its walls. My friend was an educated, accomplished physician, and Christian gentleman, in full tide of professional success, when trouble came thick and fast on him, as he followed one after another of his "loved ones" to the grave. His sensitive mind gave way as he reviewed the past, and recalled these afflictions, as they stood out as "black mile posts" in life's journey. Reason was dethroned; and almost alone in the world, he was brought here where he has all the comforts that this life can give to one in his unfortunate condition. As I have from time to time visited him, in his comfortable quarters, my heart has been gladdened to see the affectionate care and kindness he receives in this, to him, more than "a home." During a recent conversation with the good old Doctor, in speaking of his situation, he, with tears running down his cheeks, said, "almost alone in the world, with no one related to me by family ties to care for me, I might have, nay, probably would have gone to my grave unprovided for, and unmourned, had it not been for this institution. Here strangers have cared for me, more than could have been done by my family, had they lived; here I have *all* that kindness can give, with *all* the comforts that this world can afford to one in my unfortunate condition. Daily, in my lucid moments, do I thank my God that such a place is provided for me, and others suffering from like affliction." Gentlemen of the Medical Society of the State of Pennsylvania, ought we not, as members of the same profession, with our revered brother, to unite in thankfulness to the "Source of all good, the Great Physician," for what this institution is, and what it is doing. What a blessing it is to have such a haven of rest, such a home of mercy, for an unfortunate brother, friend or relative, whose affliction requires such tender care.

Permit me to refer to another matter connected with my visits to Dixmont. It has been my pleasure and privilege to be present several times at the religious services in this chapel, on the Sabbath day, where three or four hundred insane people sat, with an amount of attention and quietness but seldom found in so-called sane congregations. The effect was strong proof of the reality and power of true religion; and it was not a stretch of the imagination to think the spirit of the same Jesus was in very deed present, that when in person on earth, "spoke and the lunatic was clothed and in his right mind."

I would be doing violence to a sense of propriety did I fail to refer to the founders and managers of this institution. I recall the names of Thomas Bakewell, Col. Anderson, John Graham, John Bissell, Geo. W. Jackson, Judge Williams, Thos. M. Howe and John Herron, of the "honored dead," who have passed beyond the river, receiving their reward, and leaving this monument of their labors of love behind. Of the living, I would refer to Messrs. Harper, Bissell, Brunot, Jackson, Loomis,

Miller, Jones, Townsend, Holmes, Moorhead and Shoenberger, who, with their associates, constitute a galaxy of public benefactors, and friends of humanity, to which this institution, the County of Allegheny, and the State of Pennsylvania, can well point with pride.

It has been my good fortune, for many years past, to be on terms of intimacy with the Superintendent of Dixmont, Dr. Reed, and were it necessary, I would be pleased to bear testimony to his high professional attainments and moral worth. That would be entirely unnecessary on my part, in addressing you who have just seen the evidence of his fitness for the position he occupies, exhibited in every department of this immense establishment. What you have witnessed is greater evidences of the success of Doctor and Mrs. Reed, in their noble work, than any words of mine could express. Not to trespass on your time and patience, I would only add, that as citizens of Pennsylvania, and members of the medical profession, we can be well satisfied with the condition in which we find Dixmont Hospital.

At the close of the President's remarks, JOHN HARPER, Esq., President of the Institution, welcomed the Society to Dixmont, as follows:

MR. JOHN HARPER'S REMARKS.

Gentlemen of the State Medical Society:

On behalf of the Board of Managers of the Western Pennsylvania Hospital, I bid you a hearty welcome to Dixmont.

We are glad to see you here; for it is not often we are greeted with such guests who are capable of understanding and appreciating all that is done here for suffering humanity. I am well aware that nothing will escape your observation. Bear in mind, that more than four-fifths of the patients in this building were committed by county officers having charge of the poor; and the remainder are mostly from the middle ranks of life. It is a rule of this Hospital, that the poor are to have precedence of the rich in the order of admission. Here are home comforts, judicious treatment, and all known appliances to soothe and restore disordered reason, and pluck from memory its rooted sorrows.

That noble woman, Miss Dix, has found in this Hospital, which bears her honored name, the realization of aspirations and labors in behalf of the poor insane. You know the harrowing description she once gave to the Legislature of this State of the condition and treatment of this afflicted class, confined in jails and poor-houses, "Their unventilated rooms, narrow and dark cells, cheerless dungeons, cold and damp, with the accompanying trappings of iron balls, collars, fetters and chains." Her appeal touched a chord that has never since ceased to vibrate. It was a call to duty; and the heart of Pennsylvania ever beats true in its generous responses.

The insane are now the "Wards of the Commonwealth," and they are sustained by the amplest provisions for custody and restoration.

To our honorable State this Hospital is indebted, and we recognize the obligation, for liberal aid in erecting these buildings, improving the ground and helping to support the establishment. The lands were purchased solely by private benefactions. This site was chosen by Miss Dix, from its accessibility by rail road, its salubrious atmosphere, its copious springs of pure, soft water and the surrounding scenery. Its natural healthfulness, with nourishing food for the patients, varied amusements, a skilled physician superintending, and the law of kindness governing the establishment, it is not to be wondered that this Hospital is a success. It was constructed for four hundred patients; it now contains five hundred and eighty-seven. Its crowded condition excites some apprehension. The fear is that, notwithstanding its sanitary condition, those diseases incident to cramming too many together may sometime not prove exceptional. No public patient has ever been refused admission here; hence the fullness of the house. It is to be hoped that when the new State Hospitals are completed our present fears will be allayed. Again I say to you, welcome.

Dr. S. B. KIEFFER, of Carlisle, Pensylvania, made the following remarks:

DR. S. B. KIEFFER'S REMARKS.

Mr. President:

There seems to be a general feeling, on the part, especially of the Medical gentlemen present here to-day, that some expression should be had on the subject of the views and impressions gained by our present visit here at Dixmont.

And in accordance with this generally expressed desire, it has devolved upon me to call you to the chair, with a view to this somewhat informal organization.

After a delightful ride, this morning, the Members of the Medical Society of Pennsylvania found themselves, as a body, the guests of this Board; who have not only extended to them an hospitality at once cordial and friendly, but have afforded them also a full opportunity to examine this building, with all its appliances, from the parlors, through the wards, even to the laundry.

To me, personally, this visit has been the fulfillment of a desire long entertained; and so thoroughly have I been pleased with this Institution, that I would do violence to my feelings, did I not yield to the wishes of my friends, and unite with them in the hasty inauguration of this movement. Accordingly, sir, as the result of a short conference with Members of our Society, I hold in my hand a few resolutions, which, with your permission, I shall present for the consideration of those present; and, should they meet with their approval, I trust they will be adopted.

RESOLUTIONS.

Resolved, That after an examination of every part of Dixmont Hospital, we take great pleasure in bearing testimony to the elegance, cleanliness and order displayed in every ward, and in all the departments and attachments.

Resolved, That in our opinion there is every facility for the proper care of the unfortunate class within its walls for treatment.

Resolved, That as citizens of Pennsylvania we can point with pride and satisfaction to Dixmont Insane Hospital, as a model institution of its kind, equal to any in this or any other country.

Resolved, That the Managers of Dixmont Hospital are deserving of the highest praise for their labor of love, exhibited by their devotion to this noble charity.

Resolved, That in Dr. J. A. Reed, Superintendent, we recognise an accomplished Physician, a kind and courteous gentleman, well fitted for the responsible and laborious position which he occupies.

Resolved, That we cheerfully recommend Dixmont to the fostering care of the Commonwealth, and the active sympathy of our citizens.

Resolved, That we tender to Dr. Reed, and his esteemed wife, our thanks for the excellent entertainment offered to us.

[The above resolutions were unanamously adopted; Dr. KIEFFER then proceeded with his remarks.]

In offering these resolutions, I do not propose any recommendation of the Officers of this Board, nor of the Superintendent and his Assistants, personally; for this, under the circumstances, would not be in good taste;—nor would it, I am very certain, be well received.

But, sir, it is in relation to their *official* connection with this Institution, that reference is had; and this whole establishment—the building—the beautiful grounds —and the whole external and internal arrangement of this Institution—stands as a monument of self-denying labor, and justify the allusion.

This is not all, however; for it is in relation to this Institution, in its entirety, as an Institution designed to ameliorate, and, as far as possible, relieve the unfortunate ones, whose mental condition makes them the subjects of its charity, that I now speak.

The origin of the Institution, if I understand it, was somewhat peculiar; and having its inception in the wise and energetic efforts of a lady, whose spirit seemed almost like that of an enthusiast; backed also by some of the most noble and liberal hearted men of Pittsburgh, it now stands out before the world as a grand success; and must command, not only the approval, but the grateful pride of all present here to-day—ladies and gentlemen alike.

In making our tour of inspection, there were certain features of a conventional character, which must have attracted the attention of all alike; and I shall refer especially to the neatness and thorough cleanliness of the building, in every department; including the hall and dormitories; the dining rooms; the sitting rooms; bath rooms, and the cellars. And, although there is not the least indication of extravagance, the character of the beds and bedding, is not only equal to my highest expectations, but better than I thought it possible to have them under the circumstances. A feature of this Institution, which struck me as peculiarly interesting, is

the somewhat unusual neatness and home-like character of the dining rooms and plate used by the violent and destructive portion of these inmates. They are indicative, certainly, not only of great kindness and sympathy, and exibit not only good judgement and care on the part of the management, but are an evidence also of good discipline. Oh! how favorably the condition of these people, incapable of self-control, stands in comparison with any lot they could possibly share, even in the very best circumstances which private life could afford them. And, for the *better part* of the medical profession, Mr. President, allow me to remark by way of parenthesis, whose minds and hearts have been devoted, especially for the last twenty-five years, in private and before the Legislature, to a fuller and better care for the insane, this Institution and others of kindred character, now in operation in our State, must be a source of pride and pleasure, and the occasion, also, for a hope of a fuller and more general interest in their behalf in the future.

In the selection of this location, great wisdom and excellent good taste have been displayed. Standing here, on an elevation which commands not only a pure atmosphere, but a grandeur of scenery rarely surpassed;—with the hills gracefully sloping up in the rear; and the beautiful Ohio river rolling beyond the terraced grounds in front; while off in the distance, green fields, and gardens under a high state of cultivation, greet the eye, and carry it eastward and westward for miles;—the very place is calculated to break the monotony of a diseased mind. And in all its conventional arrangements, as to walks, the grounds for exercise, and the ornamentation of the plots—together with the cleanliness and neatness of all the surroundings—must give inspiration for health and happiness, even to the insane.

The arrangement and construction of the building, affording, as you must have noticed, facilities for pure air and sunlight, at least part of the day, into every ward, are features peculiarly attractive; while the thorough cleanliness and neatness, and freedom from all unpleasant odors, so frequent in institutions of this kind, make Dixmont a model establishment.

We have passed, I understand, through every ward and department—those containing the most excitable and vicious patients, as well as those which contain patients of a milder and more gentle type—and yet it was surprising how calm and well controlled those persons were. Ordinarily, as would be expected, an occasion like this is calculated to create considerable confusion among the inmates; but here we seemed to have an exception. There is, however, a law which governs mind, even under disease; and it is the law of the stronger; calmly, gently and lovingly, though firmly, operating upon the weaker; and in the general deportment of these insane inmates here to-day, we have, Mr. President, the *key* to the management of the Institution—a management, I apprehend, at once wise and prudent, and good.

This has been, for me, a visit of commingled sorrow and pleasure. As you pass from ward to ward, and study the countenances and general appearance of these unfortunate people; downcast, or strangely wild, and incapable of self control; consider the moral, mental, and physical wrecks involved in every case, at least for the time being; and remember that all their energies of mind and heart, if operative at all, are discordant, and without object or aim particularly; and that

here sorrow and passion, and all the baser elements of which man is capable, run wild, and without any power of restraint; the heart bleeds and the mind sickens, in sympathy.

And, sir, as we pass from wing to wing of this building, and our footsteps go echoing back as with a strange sound—a sound which indicates distance and space—the mind at once suggests the inquiry: *Why* so large? and what the necessity for so great an expenditure?

But when the answer reaches us, that at this very moment there are five hundred and eighty-seven unfortunate human beings who have here found a home, and shelter from the world's cold frowns—five hundred and eighty-seven men and women in whom violence and passion, and self-will, are running wild; with neither judgment, nor any moral sense to hold them in check; and with whom impulse and fancy revel in mad confusion; the building, for the moment, sinks into forgetfulness, and the strange thought fills our minds with a sorrow and a sadness which I need not describe.

And then, on the other hand, when we remember that *this* is a *noble charity*—that this building, almost colossal, and yet simply substantial and plain, and neat—and these grounds, beautifully ornamented, and elegantly adapted to health and happiness; and the whole establishment, so ample, and so well adapted for hospital purposes, stand here as a monument of human sympathy and compassion for the unfortunate insane; among whom are those who once had influence and position, and others also who come from the most lowly and humble walks of life—other thoughts and feelings enter the mind and heart, and we confess to a just pride.

And when we think of the condition of these people; surrounded as they are, with comforts, and care, and kindness—when we think of the influences here brought to bear upon their minds, and the attention bestowed upon their persons in the way of cleanliness, and fresh air, and wholesome food, to say nothing of the daily medical aid and skill exercised in their behalf; a feeling reaches our hearts akin to the sound of "glad tidings."

And, sir, when we contrast these people in their general surroundings, with the same unfortunate class of people, even within the period of our own recollections, scarcely more than a quarter of a century ago; when, as a rule, chains and dungeons, or dark and secluded places, were their ordinary heritage; one's mind rises above regret, and here sorrow gives place to joy.

By all of us, therefore, as we stand here and contemplate this Institution, and remember that it is largely the result of private or personal enterprise; inaugurated and carried forward by the noble and liberal hands and hearts of some of the citizens of Pittsburgh, some of whom we had the honor of taking by the hand to-day; it must be accepted as the expression of a generous purpose.

And, sir, in this age of lamentation over our common depravity—when men, indeed, everywhere seem to run wild in their mad pursuit after sordid gain, and the noblest principles with which God has endowed them, are being prostituted to selfish purposes—when corruption, like the sirens' songs of mythological life, leads them into ruin—it is a source of comfort to witness in institutions like this, the assertion of man's better nature; and it teaches us that after all there is within our common humanity, a tendency to generous impulse, a noble heart, and a deep underlying principle of charity.

Dr. JOHN V. SHOEMAKER, of Philadelphia, made the following remarks:

DR. JOHN V. SHOEMAKER'S REMARKS.

Mr. President:

I have, from time to time, visited a number of asylums in different parts of the country, and in no instance have I seen a hospital that is so admirably adapted for the care of the insane as at Dixmont. It possesses large and noble buildings, beautiful grounds, and fine scenery that stretches far up and down the river. All of these advantages gives additional comfort and pleasure to the patients, by affording them fresh air, exercise and amusement.

It has in its internal arrangement all the comforts of an elegant home, and is perfect and complete in construction. It is indeed astonishing to behold these poor and unfortunate creatures having their liberty, and yet under such excellent control. The great cleanliness, the sweetness of the air, and the bright and cheerful appearance of the rooms, surpass those of any hospital I have ever passed through. I am utterly surprised that all these home enjoyments can be supplied for a little less than five dollars ($5) a week. I am certain that no private boarding house in this country can furnish board and one-half of the advantages of this Institution, for double this sum.

Dr. Reed, the physician in charge of this Hospital, by his great skill in managing the insane, has obtained admirable control over this large family. Mr. Harper, and the other members of the board of managers, likewise deserve a large amount of credit for the able and effective manner in which this noble work has been carried on.

In response to a call by the Chairman, Dr. A. H. HALBERSTADT, of Pottsville, Pa., made the following remarks:

DR. A. H. HALBERSTADT'S REMARKS.

Dr. HALBERSTADT expressed some doubts of his ability, in such an emergency, to do justice to the institution. Declared himself unprepared to see such development of moral influence as is here exercised over the class of poor unfortunates necessarily placed in its care for safe and beneficial treatment; to such a degree as to avoid all hospital odor; to maintain absolute cleanliness, *with carpeted floors*, and, at the same time, a discipline in good order and happiness as to deprive insanity of most of its misery.

It is true this location in its hygienic relations; the general plan of the wards for classification and association of patients, and the soothing influence of nature in all its surroundings, cannot be surpassed. What we have seen this day seems almost incredible, and, to one of some reflection, what grateful feelings by contrast does this Dixmont excite. Within a very few years the management of the insane was an utter heartlessness, that threw this irresponsible class of unfortunates into cells, worse by far than any felon in this country could now occupy—dark, cold and damp—these creatures scarcely clothed, secured to floors with or without straw, no comfort to the ears nearer than the clanking of chains, and only he who could ignore their humanity was selected as fit to be the keeper. Based upon the theory that

when a human being was bereft of reason humanity ceased to exist, that the individual became an irreparable maniac, and more dangerous than the savage beast of the forest, practically this was universally true, *for once behind the bars life-long madness was the inevitable result.*

How strange our feelings, with recollections of the past, as we traversed the wards this day, greeted by the smiling countenances of the inmates in grateful simplicity, showing fair prospect of restoration in many cases, and with unmistakable evidences of apparent contentment. Humanity owes much to the officers and board of management of Dixmont, for in them must exist, to a high degree, those elements of Christian character by which alone could be accomplished this philanthropic work in inexhaustible patience, virtue and wisdom.

Dr. R. B. MOWRY, of Allegheny City, made the following remarks:

DR. R. B. MOWRY'S REMARKS.

Mr. Chairman:

We hope that our friends from the other side of the mountains will not be reluctant to speak out freely on this occasion, and that they will "nothing extenuate," as we are sure they will "naught set down in malice."

We of this immediate vicinity, who claim Dixmont as our own Institution, feel that it would not be in good taste to say much at present, especially as we cannot speak of her but to praise. Allow me, however, to say that she is not, on this occasion, in holiday attire; but just what you have seen and heard greets the most frequent visitors on all occasions.

Now all may know that Dixmont is not a State Institution, but was gotten up by contributions from our liberal minded citizens, assisted, it is true, by occasional appropriations from the State treasury.

I was thinking whilst our friend from Schuylkill county was addressing you, he would probably mention an anecdote which was related to him in my hearing to-day, of one of the distinguished gentlemen who adorn our legislative halls at Harrisburg, and who had been most thoroughly disgusted with sights and sounds in his official visits to some Insane Hospitals. When asked by a friend what he thought was best to be done with an insane relative, he petulantly replied: "Take him out and shoot him." This same legislator remained under the influence of his insane contempt for all such institutions until he visited Dixmont, and saw how well it is adapted in all its parts and management to the accomplishment of the noble end for which it is intended.

Rev. J. L. MILLIGAN, Chaplain of the Western Penitentiary, said that he had attended the meeting of the Social Science Convention, at Cincinnati, and was glad to find the management of this hospital referred to by physicians and learned men as one of the best in the world. It is looked upon by them as the model institution in America, and I was glad to find Dr. Reed's management so highly commended.

Dr. OLIVER L. MILLER, of Allegheny, Pa., made the following remarks:

DR. MILLER'S REMARKS.

Mr. Chairman:

It has afforded me great pleasure to hear these expressions of commendation, for if there is an institution, either in the old World or the new, worthy of favorable comment, that institution is Dixmont. Nature has exerted her richest efforts in moulding a site unsurpassed in excellence and convenience, that in moments of admiration we are constrained to exclaim, how beautiful for situation is Dixmont! Art and genius have conjoined and wrought a structure exquisite in symmetry. Concerning light, heat, ventilation, economy and utility, the arrangements are admirable in their adaptability to satisfy the requirements of any sanitarium.

In visiting the various wards to-day, the wife of an eminent physician of Philadelphia, on noticing the elegant taste and attractive arrangements, remarked: "Oh! how pleasant, so clean and bright, every nook and corner so neat and orderly. This is, indeed, excelsior; but has this not all been prepared especially for this occasion?" I replied to her, visit this institution when you may and you will never fail to see it present this remarkable attractiveness. How sad were our hearts to-day, when we looked upon men and women with dethroned reason. Oh! how we sympathized with them, and yet a prayer of thankfulness ascended to Almighty God for all he has accomplished through the instrumentality of benevolent men and women.

Here nothing is left undone that will tend to the amelioration and correction of the abnormal physical condition, of counteracting mental aberation, and the restoration of reason to her throne. The body and the mind are not the only considerations, but there is a special interest manifested in the spiritual welfare of these inmates. I hope the Superintendent will pardon me for what I am about to narrate. In passing through one of the apartments, I noticed a patient very restless, and quite noisy; the Superintendent's attention was attracted; the man was spoken to by name, and with a pleasant voice and gentle manner, the inquiry was made with reference to the cause of his excitement; a few words of consolation followed. As if by magic, order was brought out of confusion, and the man appeared to be perfectly happy.

In Dr. Joseph A. Reed, the Board of Managers, and all interested in this far-famed institution, recognize a physician who not only comprehends the pathological conditions of the physical and psychical systems, and clearly manifests his ability to treat these diseased systems intelligently, but one, who, in every respect, is peculiarly adapted to superintend an institution such as this. And I sincerely trust the visitors here to-day, and especially these excellent and intelligent ladies, will convey to the various counties of this grand State of Pennsylvania, a vivid description of one of the most useful and wisely conducted institutions in existence.

Dr. THOS. J. GALLAHER, of Pittsburgh, remarked:

DR. THOS. J. GALLAHER'S REMARKS.

Having been a member of the medical staff of the Western Pennsylvania Hospital in its early days, a few remarks from me on this occasion may not be out of place. I see present but two gentlemen who were my colleagues at that time, viz: Drs. R. B. Mowry and J. A. Reed.

My connection with the institution began before the present beautiful and extensive edifice was erected, and before Dr. Reed became Physician to the Insane. At this period the insane were kept in the Western Pennsylvania Hospital, located in the Twelfth Ward of the City of Pittsburgh. One part of this hospital was occupied as medical and surgical wards, whilst another portion was set apart for occupancy by that class of patients which now crowd this building. The institution was then under the supervision of a Mr. Langdon, whilst such men as Thomas Bakewell, John Herron, Geo. Breed and others whose names have now escaped me, and who have been called to their reward, as well as Mr. John Harper, who is now within my hearing, were the chief officers. All the inmates of the institution were attended alike by the medical officers, who served in terms of three months, there being no physician specially appointed to take charge of the mentally diseased. At this time there was no physician on the hospital staff, or even in this section of country, qualified to take charge of and properly treat and manage this class of patients. The medical attention which the insane, therefore, received, was meagre indeed, almost their entire management being left to the care of nurses, who were, too often, ignorant and incompetent, and who failed to exercise such kindness and care over these inmates as their condition required.

The time, however, arrived when a change in the management became necessary. The number of insane so increased that a physician had to be appointed to attend to them alone. The staff was consulted. All positively refused—if my memory serves me—to have anything to do with the management of the insane but Dr. J. A. Reed. Some even declared that no money could induce them to take such a position, and when Dr. Reed received the appointment many were the misgivings as to his capability of serving acceptably in such a capacity. His youthful appearance and inexperience were against him, but he prepared himself for the task, and assumed control of his department. Soon after this he was elected Superintendent of the whole establishment. How well he performed his duty, and what success crowned his efforts may be seen in the order, system, cleanliness and comfort which we have all witnessed to-day within these walls, and in the statistical results of the treatment employed.

In this connection, it may be proper to say, that much of the success in the theraputic arrangements of this hospital is largely due to the efficient corps of physicians and nurses employed in its management.

As already intimated, Dixmont Hospital for the Insane is an outgrowth of the Western Pennsylvania Hospital. The men who planned and brought into existence the latter, originated and perfected the former. The infant has outstripped its parent, and now assumes such gigantic proportions that it may be regarded as among

the largest and best conducted establishments of its kind in this country. The very excellent site on which the buildings are erected, the spacious grounds, the superb arrangements of its wards, and the perfection of the whole machinery, give assurance of its present success, and a guarantee for future usefulness. There she stands, supporting five hundred and eighty-seven helpless outcasts of humanity, a proud monument to the enterprise, benevolence and true-heartedness of the many good citizens of Pittsburgh and surroundings who contributed so largely to its establishment and success.

The remarks of some of the gentlemen who preceded me reminds me of an incident which occurred in England, in 1873, whilst on a visit to that country. On visiting the Castle of the Duke of Rutland, after being shown through its spacious halls, we were conducted through its extensive beer cellar. Our guide, the butler, who was quite communicative, was induced to give us his opinion of the American people. He thought they were rather a clever sort of people, but were given to many evil and vicious practices. Gambling, horse racing, prize fighting, and the like he believed to be the common every day employment of all classes all over our country. In short, he made Americans little better than the savages of our western territories. All these facts he obtained from the papers. What truth there is in the Englishman's views, I need not take time to discuss.

The application of this little incident may be found in the hostility lately manifested by many eastern people to the citizens of Pittsburgh and Allegheny county. Since the Rail Road Riots of last July, many eastern newspapers, notably those of Philadelphia, have charged this riot upon our people, and have, from time to time, made use of abusive and insulting language toward us. On reading some of their diatribes one might think this community was wanting in the first principles of Christian civilization.

This visit of our eastern professional brethren to this city, and to this institution, will, no doubt, do much to correct the unjust aspersions on our character. If they have visited many of our citizens, and examined the humane and benevolent institutions in our midst, they have found here good and true men; unselfish and liberal men; men who could not be induced to turn from the paths of rectitude and honor. As to our institutions, they have learned, or could have learned, that they are founded on the broadest principles of philanthropy, and are indicative of the most advanced civilization.

And now, Mr. President, aside from the very excellent and well-deserved resolutions which have just been read, permit me, as Chairman of the Committee of Arrangements of the State Medical Society of Pennsylvania, which has just adjourned, and in behalf of said Committee, to thank, most cordially, the management of Dixmont Hospital, for their kindness and liberality in arranging so pleasant an excursion, and providing so bounteously for their guests.

Dr. E. DONNELLY, of Pittsburgh, having been requested by President Harper to make some remarks, the Doctor, with considerable embarrassment at the unexpected call, arose, and addressing President Harper and the audience, said:

DR. DONNELLY'S REMARKS.

I presume, Mr. President, I have been called upon to make some humorous remarks, in order to counteract the effect that Dr. Stewart's affecting description has had, of the sufferings of a professional brother, now in this Institution as a patient. I can assure you that the tears are now welling up in my eyes, with sorrow and sympathy for the unfortunate brother. (Laughter.) Well, as the idea of my shedding tears seems to have created merriment, and broken the spell of grief, I will say a few words in regard to the Institution we have been examining, and of Dr. Reed, whose guests we are to-day.

My predecessors have all spoken so highly of the sanitary condition of the building, where no epidemic has ever appeared; the beautiful locality, and the physical wants of the patients, that it is unnecessary for me to mention or augment the praises bestowed on Dr. Reed. But I would remind my learned brothers, and the ladies and gentlemen present, that there is something more wanted in the management of the largest Institution of the kind in the state, than the mere physical wants of the patients, and that is their *mental* treatment. In this particular, you know, as physicians, and I know, that few men are adapted to govern an Institution of six hundred inmates, afflicted with such varied mental diseases as you have witnessed here to-day, and our great state is fortunate in having such a person as Dr. Reed, who for the last quarter of a century has given proof of his ability in that line. Our professional friends from the East, particularly Philadelphians, are astonished at finding an Institution of such proportions, and under such perfect government, in a city that many of them supposed was on the verge of civilization.

In the humane treatment of the Insane, I am proud of our great state; for within her bounds the *first Insane Asylum in the new World was established*, and a tax levied for the building of the same, and for the support of its inmates.* Since that time our state has stood pre-eminent in institutions for the treatment of those mental sufferings that may be imagined, but not described; and where distinguished foreigners come to learn how to govern "the wildest, the tamest, the happiest and gloomiest of mankind." Yes, our state may well be proud of this Asylum, considered the best in America, and equal to any in the world under government patronage.

We have been bewildered by being led through subterranean passages, (clean, white, and light as day,) halls, stairways and winding corridors, leading to wards and rooms of various dimensions and beauty of ornament, in this vast building, guided by one familiar with all its intricacies, defects and beauty, until we have returned unconscious to the beautiful place we started from.

This could all have been done by any one familiar with the building; but how far different are the requirements of the guide who leads the shattered empire of thought through the tortuous paths of mental aberration, fathom the moral and physical causes of this mental chaos, and bring back the wandering, bewildered mind to where it can recognize, in all its perfection and beauty, the starting place, where for years of mental darkness it was lost, but now restored and recognized in all its perfection and pleasure-giving associations.

*See Records of Upland Court, (now City of Chester,) in 1678.

This is the high and holy function of a *superior* mind, to organize, systematize, and restore the shattered wreck of disorganized minds, to discover the individuality of character, with that acute perception necessary to fathom the moral and physical causes of their insanity, which is so necessary for their proper government, treatment and restoration.

Not only all this, but the superior officer of an institution of this kind has not only to manage the insane, but a large staff of attendants, whose executive ability he is responsible for, and you see to-day how well this is managed, and that a great state, and our divine profession, has a gentleman whose executive ability, scientific acquirements, and Christian acts, are an honor, and a guarantee to the public of his ability "to minister to a mind diseased."

The Rev. W. H. McMillan, of Allegheny City, having been called upon to make some remarks, said:

REV. W. H. M'MILLAN'S REMARKS.

Mr. President:

After the remarks of the distinguished gentlemen from abroad, it is hardly possible that any words of mine could add to the weight of the judgment they have expressed concerning the excellent character of this institution; but as one somewhat familiar with the management of this hospital, it may be proper for me to add my testimony from that standpoint. You have heard that it was suggested by some one that the superb condition of the wards to-day was the result of a special fitting up for the occasion, and that at other times the appearance might be different. With reference to that, I would say that I started with the company to visit the wards to-day, but gave it up when only one-half through, for the reason that I was seeing nothing new, everything was just as I had seen it many times before, both on public occasions and when coming as a private visitor. Having had ample opportunities of knowing whereof I affirm, I can assure you, Mr. President, that what you saw to-day you will see any day you may choose to pass through the wards of this hospital. Furthermore, it has been my privilege, frequently, to preach to the patients in this Chapel, and the result has always shown the wisdom of the managers in providing these religious privileges for their patients. Whilst it is, of course, always necessary to avoid exciting themes, and subjects specially connected with the insanity of any of them, yet it is evident, that, aside from all religious considerations, divine worship is invaluable to this unfortunate class, merely as a sanitary agency. I am told that the Chapel is often filled in part with patients from the worst wards, and yet, with few exceptions, the patients cannot be distinguished from the nurses in the audience, so grave and worshipful is their demeanor. Experience certainly proves that there is that in the truth of the gospel which is able to calm and heal the disordered mind, as well as to purify the depraved heart. Therefore, I wish to give this institution my unqualified endorsement for the religious feature of its management, as well as for those excellencies mentioned by others.

DR. REED'S REMARKS.

Dr. REED then addressed the Society, giving a short sketch of the rise and progress of the institution, the number of patients now under treatment, cost of maintenance, &c.

He expressed great gratification in having the institution, and its five hundred and eighty-seven patients, so critically inspected by gentlemen so thoroughly competent, as are the members of the medical profession. He was especially pleased to find that his labors in behalf of the insane met with such hearty approval and endorsement, as has been manifested in the resolutions passed, and the remarks made here to-day. He then read a letter from the celebrated Miss DIX, the Philanthropist, regretting her inability to be present, as follows:

WASHINGTON, D. C., May 28, 1878.

MY DEAR DR. REED :—I wish much I could be at Dixmont on the occasion of your special gathering of medical representatives of the skilled in the profession which your labors honor, and I wish also I could have come for this month for a measure of rest, difficult to command east of the mountains, but I cannot.

Yours hastily,

D. L. DIX.

The visitors, after sauntering about the grounds viewing the beautiful landscape spread out before the institution, at half-past four, P. M., took cars and returned to the city.