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Drawn & Engraved by W. Strickland Philad.

View of the North and West front of the proposed Asylum near Philadelphia.

ACCOUNT  
OF  
THE RISE AND PROGRESS  
OF  
**THE ASYLUM,**  
*Proposed to be Established, near Philadelphia,*  
FOR THE  
RELIEF OF PERSONS  
DEPRIVED OF THE USE OF THEIR REASON.

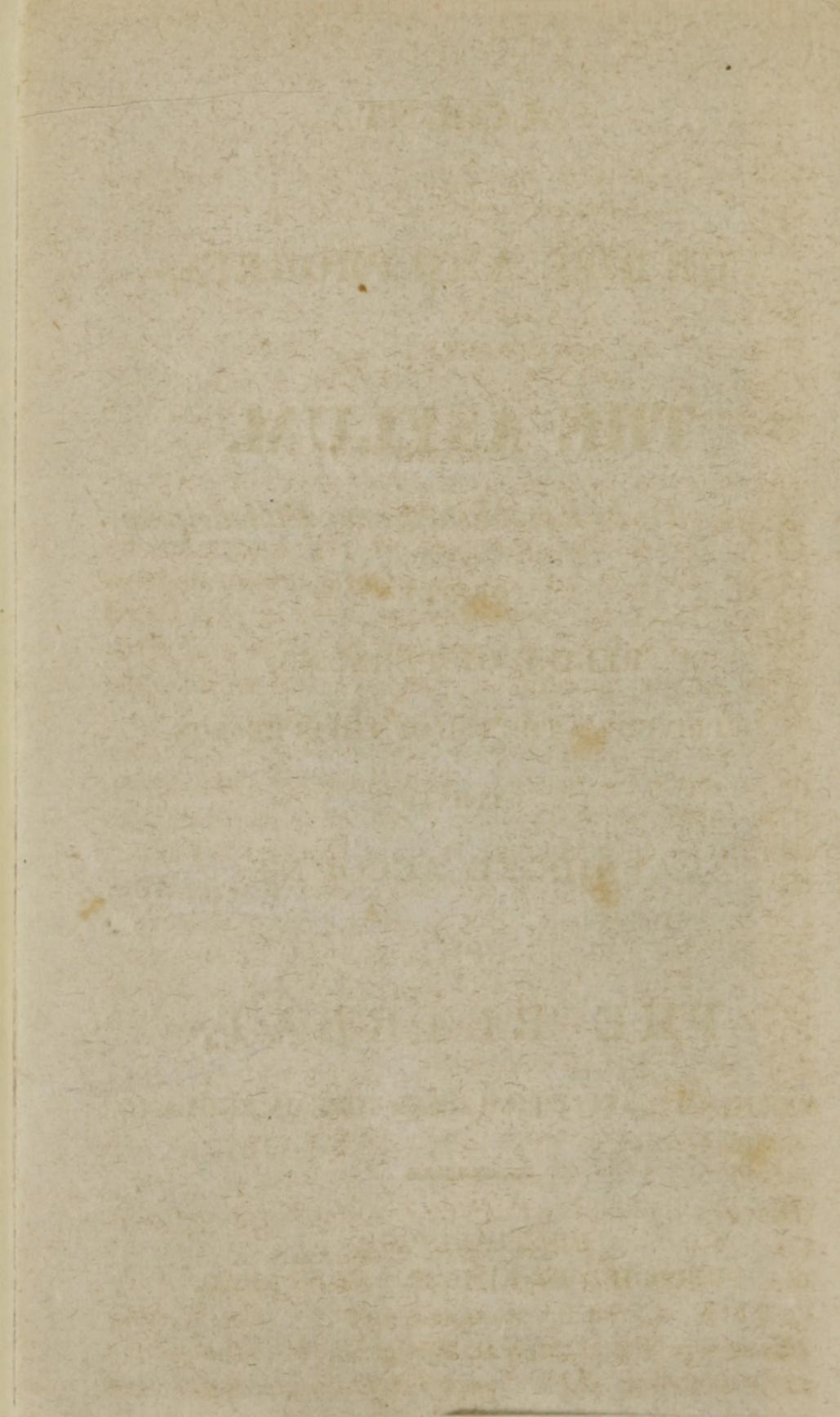
WITH AN  
ABRIDGED ACCOUNT  
OF  
**THE RETREAT**

A SIMILAR INSTITUTION NEAR YORK, IN ENGLAND.

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PHILADELPHIA:  
PUBLISHED BY KIMBER AND CONRAD,  
NO. 93, MARKET STREET.  
Merritt, Printer.

.....  
1814.



## ACCOUNT, &c.

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**A**T the annual meeting of the Contributors to the Asylum for the Relief of Persons deprived of the use of their Reason, held in the Third Month, 1814, an Account of the Rise and Progress of the Institution was directed to be published, for the information of Friends.

PROPOSALS were made to the Yearly Meeting in 1811, from two of the Quarterly Meetings, "to make provision for such of our members as may be deprived of the use of their reason;" the consideration of which subject being referred to a committee, they made a report thereon; which was adopted by the meeting in the succeeding year. And the following plan and proposals were spread amongst Friends in consequence of this conclusion.

### PLAN OF AN ASYLUM,

*For the Relief of Persons deprived of the use of their Reason.*

THE Committee appointed by the Yearly Meeting, held at Philadelphia, to take under consideration the subject respecting a provision

for such of our members as may be deprived of the use of their Reason, reported,

“That, considering the peculiar circumstances of this afflicted class of our members, as well as the relief of their families and friends, they believed that the establishment proposed, under direction of such members of our Yearly Meeting as might be willing to contribute thereto, would be beneficial.”

And the Yearly Meeting having adopted this Report, in the Fourth Month last, a number of Friends met at Philadelphia to deliberate on the most suitable means of carrying the same into effect. They have accordingly agreed upon a Plan, and form of Subscription Papers, the distribution of which was committed to the following Friends :

<i>Thomas Scattergood,</i>	<i>Emmor Kimber,</i>
<i>Jonathan Evans,</i>	<i>Thomas Wistar,</i>
<i>Ellis Yarnall,</i>	<i>Samuel Powel Griffiths.</i>
<i>Isaac Bonsall,</i>	

It appears very desirable that an institution should be formed, in a retired situation, with the necessary medical assistance, and wholly under the care and notice of Friends, for the relief and accommodation of persons thus afflicted ; including members and professors with us, of every description, with respect to property. This would serve to alleviate the anxiety of their relatives, to tranquillize the minds of the afflicted in their lucid intervals, and would, moreover, tend to facilitate their recovery.

It is therefore proposed, that, if proper encouragement be given, a sufficient quantity of

land be purchased near Philadelphia, and a building erected thereon, which may accommodate, at least, fifty persons.

The institution to be established and supported by legacies, donations, and subscriptions; to be promoted amongst Friends.

Any Monthly Meeting, belonging to our Yearly Meeting, contributing two hundred dollars, and every individual subscribing ten dollars per annum, or fifty dollars at one time; being and continuing a member of our religious society, shall be considered members of the institution.

All annual subscriptions under ten dollars, or sums contributed under fifty dollars, shall be considered as donations.

The members shall meet, annually, at Philadelphia, on the fourth day preceding the third Sixth-day of the week, in the Third Month, and choose, from amongst the subscribers, members of our Yearly Meeting, twenty persons as a committee to manage all the affairs of the institution. At these annual meetings, a report of the last year's proceedings shall be produced by the committee. Every Monthly Meeting contributing as above, shall have the right of appointing an agent, who may appear and act on their behalf at these meetings.

Every Monthly Meeting which has contributed two hundred dollars, and every individual who has contributed fifty dollars, whilst continuing a member of our religious society, may recommend one poor patient, at one time, on the lowest terms of admission.

It is believed that the establishment of an institution of this kind will meet with the gene-

ral approbation of Friends; and they are accordingly invited to contribute their aid, as it embraces all classes of the society, and is meant to afford relief in one of the most distressing maladies that human nature is subject to.

The first general meeting of the subscribers will be held in Philadelphia, at the Mulberry Street meeting house, at seven o'clock in the evening, on the fourth day of the week preceding the next Yearly Meeting.

JONATHAN EVANS, of Philadelphia, will receive the contributions until a treasurer is appointed.

*Philadelphia, Twelfth Month, 5th, 1812.*

In pursuance of these proposals, the first Meeting of the Contributors was held in Philadelphia, on the fourteenth day of the Fourth Month 1813, and at the next meeting in the Sixth Month, the following Constitution was adopted.

## CONSTITUTION.

We the subscribers, members of the Yearly Meeting of Friends held in Philadelphia, desirous to provide for the suitable accommodation of that afflicted class of our fellow members and professors with us, who are or may be deprived of the use of their reason, as well as the relief of their families and friends; have associated for the purpose of establishing an Asylum for their reception, which is intended to furnish, besides the requisite medical aid, such tender sympathetic attention and religious oversight, as may soothe their agitated minds and

thereby, under the divine blessing, facilitate their restoration to the enjoyment of this inestimable gift. For which purpose the following articles of association have been agreed upon.

### ARTICLE I.

The Association shall be known by the name and title of “the Contributors to the Asylum for the Relief of persons deprived of the use of their Reason.”

### ARTICLE II.

Any Monthly Meeting belonging to the Yearly Meeting of Friends held in Philadelphia, contributing two hundred dollars, and every individual subscribing ten dollars per annum, or fifty dollars at one time, and being and continuing members of the Religious Society of Friends, shall be considered members of this Association; and a Monthly Meeting so contributing, shall have the right to appoint an agent, who may appear and act at the meetings of the Association on their behalf.

### ARTICLE III.

The contributors shall meet annually, at Philadelphia, on the Fourth-day preceding the third Sixth-day of the week in the Third Month, and choose from amongst themselves twenty Managers, a Treasurer and Clerk; who shall continue in office for one year, and until others shall be appointed. They shall also transact at this meeting such business of the Institution as may appear necessary.

## ARTICLE IV.

The Managers shall meet at least once in every month, and eleven of them shall be a board to transact business. They shall appoint one of their number to act as Clerk. They shall choose and appoint the physicians: they shall also appoint the superintendant and matron of the Asylum, and prescribe their duties, and shall have the controul of all other officers and assistants whom it may be necessary to employ in the service of the Institution. They shall fix the salaries of the persons employed, and the rates to be paid for patients; and all monies drawn from the Treasurer shall be by their order, and signed by the Clerk, which orders shall be his vouchers. They shall make such rules and regulations for the domestic and general government of the establishment, as may from time to time appear requisite. The minutes of their proceedings, with a summary statement thereof, shall be laid before the contributors at their annual meeting in the Third Month. They may call special meetings of the association, whenever, in their judgment, it appears necessary.

## ARTICLE V.

The Treasurer shall receive all the monies of the Institution, and pay them to the orders of the Board of Managers; who shall examine and settle his accounts, and produce the same to the annual meeting of the Association in the Third Month. He shall keep regular accounts, to be

at all times subject to the inspection of the Board of Managers.

## ARTICLE VI.

Every Monthly Meeting which has contributed two hundred dollars, and every individual who has contributed fifty dollars in one payment, whilst continuing a member of the religious society of Friends, may recommend one poor patient at one time on the lowest terms of admission. Application for admission shall be made first to one of the Physicians for examination, and then to the Managers; or to such of them as they may appoint for that purpose, by whom all orders for admission shall be granted; and when they find it difficult to agree on the propriety of admitting the applicant, the case shall be referred to the decision of the Board of Managers.

## ARTICLE VII.

The estate of the Contributors, acquired for the purposes of this Institution, shall be conveyed to twelve of their number to be held in trust, who shall be appointed at an annual or special meeting of the Association.

## ARTICLE VIII.

No alteration in these Articles shall be made except at a stated Annual Meeting of the Association. And no change shall at any time be made which shall infringe on the right hereby vested in Monthly Meetings, or individuals, to

recommend patients on the lowest terms of admission.

A tract of land about five miles distant from Philadelphia, and one mile westward of Frankford, containing fifty two acres, has been purchased, and the premises conveyed to twelve of the Contributors in trust for the Institution. The land is of good quality, in an high and healthy situation, with a considerable proportion of wood and well supplied with water.

A Committee, in conjunction with the Managers, is entrusted with the charge of erecting the requisite buildings as soon as practicable. And it appears by the report of this Committee, that such progress has been made in procuring materials and engaging workmen, that the house will probably be carried up and roofed, in the early part of the ensuing autumn.

A view of the proposed building is prefixed to the present publication. The unavoidable extension of the front, arises from the necessity of affording comfort and convenience to the patients, by procuring a free admission of light and air. This important consideration will lead, in the first instance, to more expense, but we do not doubt will be fully counterbalanced by the advantages resulting from it.

A list of Contributors, and a statement of the amount of Contributions and Donations, as far as they have been ascertained, is subjoined.

Although the subscriptions already made afford a satisfactory evidence of the interest generally taken in this Institution, yet we look forward with a degree of confidence, in the continued liberality of Friends, to assist in carrying on

and completing the intended design. Our Treasurer, John Hallowell, of Philadelphia, and the Agents of the Monthly Meetings, will receive the subscriptions and donations of Meetings and individuals: and the following form of a legacy is recommended to those who may be inclined to make bequests, by will.

## FORM OF LEGACY.

*I give and bequeath to A. B. and B. C. in trust for the use of an Institution near Philadelphia, known by the name of "The Contributors to the Asylum, for the relief of Persons deprived of the use of their Reason," the sum of*  
*to be paid by the said Trustees to the Treasurer, for the time being, of the said Institution.*

### MONTHLY MEETINGS THAT HAVE SUBSCRIBED TO THE ASYLUM.

Philadelphia Monthly Meeting,	}	Samuel Bettle, <i>agent.</i>
Ditto, for the Northern District,		Joseph Scattergood.
Ditto, for the Southern District,	}	William Evans.
Radnor,		Joseph George.
Exeter,		Thomas Lightfoot.
Abington,		John Moore.
Byberry,		Ezra Townsend.
Horsham,		Gove Mitchell.
Gwynnedd,		* * * * *
Solebury,		Oliver Paxson.
Wrightstown,		John Watson, jr.

Middletown,  
 Falls,  
 Chester,  
 Darby,  
 Goshen,  
 Concord,  
 Wilmington,  
 Uwchlan,  
 Kennet,  
 London Grove,  
 Fallowfield,  
 New Garden,  
 Duck Creek,  
 Evesham,  
 Haddonfield,  
 Chester, N. Jersey,  
 Woodberry,  
 Pilesgrove,  
 Salem,  
 Maurice River,

Wm. Richardson, jr.  
 John Brown.  
 Francis Wisely.  
 Edward Garrigues.  
 Jonas Preston.  
 William Trimble.  
 Evan Lewis.  
 Isaiah Kirk.  
 Edward Temple.  
 Joseph Pennock.  
 Isaac Pennock.  
 Enoch Lewis.  
 Daniel Cowgill.  
 Joseph Gardiner.  
 Joseph Kaighn.  
 John Collins.  
 Paul Cooper.  
 David Tatum.  
 William F. Miller.  
 Isaac Townsend.

## CONTRIBUTORS TO THE ASYLUM.

Charles Allen\*  
 Joshua Ash.  
 William Abbott.  
 Joel Atkinson.  
 John B. Ackley.  
 Samuel Austin.  
 Andrew Ashton.

Isaac Bonsall.  
 Samuel Bettle.  
 Clement Biddle, jr.  
 Titus Bennett.  
 John Biddle.  
 Philip S. Bunting.  
 Joseph Bacon.  
 William Brown.  
 Thomas Barnes.  
 Jacob Ballanger.

\* The Persons whose residence is not particularly designated, live within the limits of the Philadelphia Monthly Meetings.

- Edward Bonsall.  
 Henry Bowman, *Radnor Monthly Meeting*.  
 John F. Bunting, *Darby*.  
 Joseph Bassett, *Salem*.  
 John Bishop.
- John Cooke.  
 Caleb Cresson, jr.  
 John E. Cresson.  
 James Cresson.  
 John H. Cresson.  
 Joseph Cresson.  
 Joseph Crukshank.  
 Caleb Carmalt.  
 Solomon W. Conrad.  
 Charles Comly.  
 Sharon Carter.  
 Angus Cameron.  
 Samuel Canby, jr.  
 Joseph Clark.  
 Samuel Canby, *Wilmington*.  
 William Carpenter, *Salem*.
- Nathan Dunn.  
 Benjamin Davis.  
 Isaac Davis.  
 Evan Davis.
- Ann Dawes.  
 Benedict Dorsey.  
 Sally N. Dickinson, *Wilmington*.
- Jonathan Evans.  
 John Elliott.  
 Daniel Elliott.  
 Joshua Emlen.  
 Elizabeth Evans.  
 Anne Emlen.  
 Hannah Elliott.  
 Cadwalader Evans.  
 John C. Evans.  
 Joseph Evans.  
 David Evans, jr.  
 Jonas Eyre, *Chester*.  
 Samuel Emlen, *Burlington*.
- William Folwell.  
 Charles C. French.  
 Jonathan Fell, jr.  
 Esther Fisher.  
 John Folwell, *Burlington*.
- Elizabeth and Anna Guest.  
 Samuel P. Griffiths.

Philip Garrett.  
 Stacy Gillingham, *Ab-  
 ington.*  
 William Garrigues.  
 Edward Garrigues,  
*Darby,*  
 William Gibbons, *Wil-  
 mington.*  
 George W. Gibbons.  
 Samuel Griscom.

Robert Haydock.  
 William Haydock.  
 John Hallowell.  
 Eden Haydock.  
 Samuel Haydock.  
 Samuel E. Howell.  
 Benjamin Hornor.  
 Abraham Hilyard.  
 John G. Heskins.  
 William Hallowell, jr.  
 Ephraim Haines.  
 Joseph Hartshorne.  
 John Hutchinson.  
 Richard Humphreys.  
 Israel Howell.  
 Hannah Hollingsworth.  
 Nathan Harper, *Abing-  
 ton.*  
 John Hunt, *Darby.*

Benjamin Johnson.

Jacob Johnson.  
 Josiah Johnson.  
 Benjamin Jones.  
 Jacob Justice.  
 Isaac C. Jones.  
 George Justice.  
 Joseph Justice.  
 Isaiah Jeanes.  
 David Jones.  
 Thomas C. James.  
 Jesse Jones, *Uwchlan.*  
 Rowland Jones, *Bur-  
 lington.*

Emmor Kimber.  
 Thomas Kimber.  
 Thomas Kite.  
 Joseph Kirkbride.  
 George Knorr.  
 William Kinsey, *Ab-  
 ington.*

Samuel Lippincott.  
 Joshua Longstreth.  
 Isaac T. Longstreth.  
 Susanna Longstreth.  
 Samuel Longstreth.  
 Samuel N. Lewis.  
 Hannah Lewis.  
 Hannah Lewis, jr.  
 Mary Lewis.  
 Mary Lisle.

Margaret Lisle.  
 Thomas Loyd, jr.  
 John Lancaster.  
 Moses Lancaster.  
 Joseph Lea.  
 Jonathan Leedom.  
 Clement Laws.  
 Ludawick Laws.  
 Isaac Lawrence.  
 Thomas Lee, *Exeter*.  
 Martha Lancaster,  
*Falls*.  
 Thomas Lea, *Wilmington*.  
 Evan Lewis, *Wilmington*.  
 Ann Latimer, *Wilmington*.  
 Abraham Lower.

Thomas Martin.  
 James Martin.  
 Anne Mifflin.  
 Sarah Moore.  
 Israel Maule.  
 Gabriel Middleton.  
 Samuel Middleton.  
 Stephen Maxfield.  
 Isaac W. Morris.  
 John Morton.  
 Aaron Musgrave.  
 Thomas W. Morgan.  
 Lloyd Mifflin.  
 Phebe Morris.

Ann Mifflin.  
 Richard M'Ilvaine, *Darby*.  
 Hugh M'Ilvaine, *Darby*.  
 John M'Ilvaine, *Ches-  
ter*.  
 Josiah Miller, *Salem*.

Joseph P. Norris.  
 Thomas Norton.  
 Samuel Noble.  
 Martha Newbold.  
 John Newbold, *Ches-  
ter*.

James Oldden, jr.

Elliston Perot.  
 John Paul.  
 Joseph M. Paul.  
 Isaac Pearson.  
 Abraham L. Pennock.  
 Joseph Parrish.  
 Joseph Price.  
 Caleb Peirce.  
 Isaac Paxson.  
 William Paxson.  
 Thomas Parker.  
 Joseph Parker.

Edward Parker.  
 Sarah Pennock.  
 Abigail Physick.  
 Sarah Pemberton.  
 Henry Pemberton.  
 William Penrose.  
 William Price.  
 Thomas W. Pryor.  
 Isaac Peirce.  
 George Pryor.  
 Ann P. Paschall, *Dar-*  
*by.*  
 Levis Passmore, do.  
 Samuel Painter, *Con-*  
*cord.*  
 Robert L. Pitfield,  
*Burlington.*

Joseph Rotch.  
 Joseph Ridgway.  
 Nathaniel Richardson.  
 Joseph Richardson.  
 William R. Rodman.  
 Edward Randolph.  
 George F. Randolph.  
 Jacob Rodgers.  
 John Richardson.  
 George W. Robinson.  
 Rachel Richards.  
 Samuel Richards, S. S.

Thomas Scattergood.

Joseph Scattergood.  
 James Smith.  
 Abel Satterthwaite.  
 Isaac Smedley.  
 John D. Smith.  
 George R. Smith.  
 Joseph Sansom.  
 James Sellers.  
 Daniel Smith.  
 Stephen Simmons.  
 James Starr.  
 James Starr, jr.  
 Caleb Shreve.  
 Leonard Snowden.  
 Samuel Smith.  
 Joshua Sharpless, jr.  
 Mary Starr.  
 Richard Sermon.  
 James Sleeper.  
 John Simmons.  
 Charles E. Smith.  
 Samuel Story.  
 Samuel Smith.  
 Samuel Shinn.  
 Joseph Shoemaker.  
 Nathan Smith.  
 Edward Simmons, jr.  
 Stephen W. Smith.  
 Abraham Sharpless,  
*Concord.*  
 William Seal, *Wilmington.*  
 Samuel Swayne, *Lon-*  
*don-Grove.*  
 Samuel Shoemaker.  
 Stephen Smith.

Jonah Thompson.  
 John Tomlinson.  
 Benjamin Tucker.  
 Charles Townsend.  
 Joseph Thomas.  
 Jonathan Thomas.  
 James Truman.  
 Joseph Trotter.  
 Nathan Trotter.  
 Isaac Thomas.  
 John R. Thomas,  
*Uwchlan.*  
 Joseph Tatnall, *Wil-*  
*mington.*

James Vaux.  
 Roberts Vaux.  
 Ann Vaux.

Nicholas Waln.  
 Thomas Wistar.  
 Caspar Wistar.  
 Barthlomew Wistar.  
 Sarah Wistar.  
 Hannah Wistar.  
 Edward Wilson.  
 George Williams.  
 Jonathan Willis.  
 William Wilson.  
 Joseph White.  
 Joseph Warner.  
 William Widdifield.

Hannah West.  
 Thomas Williams.  
 George Woolley.  
 Benjamin Williams.  
 Alexander Wilson.  
 John Ware.  
 Charles Wharton.  
 William Wharton.  
 Jacob S. Waln.  
 Nicholas Waln, jr.  
 Elizabeth Waln.  
 Phebe Waln.  
 Reed Williams.  
 Jesse Waterman.  
 Samuel West, *Chester.*  
 William Wright, *Sads-*  
*bury.*  
 Thomas Webster, *Ab-*  
*ington.*  
 Jesse Walton, *do.*  
 Joel Woolman, *do.*  
 Isaac Whitelock, *do.*  
 Yeamans Gillingham,  
*do.*  
 Nathan Shoemaker,  
*do.*  
 John Wistar, *Salem.*  
 Ellis Yarnall.  
 Nathan Yarnall.  
 Benjamin H. Yarnall.  
 William Yardley.  
 Henry M. Zollickoffer.

## CONTRIBUTIONS AND DONATIONS.

The Treasurer has received, In contributions from Monthly Meetings	\$5,995 75
In contributions from members of the Institution	17,040 00
Donations from individuals	1,135 00
Amount.	<hr/> 24,170 75

The following sums of money have been paid by the Treasurer.

For fifty-two acres of ground,	6,764 06
On account of the building, &c.	2,041 04
Balance remaining in the Treasurer's hands, Third Month, 12th, 1814,	15,365 65
	<hr/> 24,170 75 <hr/> <hr/>

From the estimates already made, it appears that a considerable sum of money will be wanted, in addition to the balance on hand, to complete the proposed establishment. The necessity of rendering the building secure from fire, will increase the expense; and we trust that these considerations will induce friends to be liberal in their subscriptions.

An abridged account of the proceedings of Friends relative to the Retreat near York, in England, is added, in order to convey correct information of the nature of the proposed establishment, the views of both institutions being nearly the same.

DESCRIPTION  
OF  
**THE RETREAT,**  
AN INSTITUTION NEAR YORK,  
FOR INSANE PERSONS  
OF THE  
SOCIETY OF FRIENDS.

ABRIDGED FROM THE ACCOUNT PUBLISHED,

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*BY SAMUEL TUKE.*

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THE BIBLE

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## PREFACE.

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THE Establishment which is described in the following pages, though on a small scale, has so far met the approbation of many judicious persons, who have had an opportunity of minutely inspecting its internal economy and management, that I have been induced to attempt such a representation, as it is hoped will be useful to those who are engaged in similar institutions.

Contemplating the loss of reason as pre-eminent in the catalogue of human afflictions; and believing that the experience of the Retreat throws some light on the means of its mitigation, and also that it has demonstrated, beyond all contradiction, the superior efficacy, both in respect of cure and security, of a mild system of treatment in all cases of mental disorder, an account of that experience has long appeared to me, due to the public.

If it should be thought to afford satisfactory evidence in favour of a more mild system

of treatment, than has been generally adopted; if it should also prove, which I flatter myself it will, the practicability of introducing such a system into establishments for the insane poor, whose situation has in general been too pitiable for words to describe, I shall esteem myself peculiarly happy in this publication.

The interests of humanity and science, alike call upon us to communicate freely the discoveries we make, or the failures which happen to us, in a pursuit so intimately connected with the happiness of our species.

I hope that my partiality for the establishment which I have endeavoured to describe, and my wish to present its objects and regulations to the public eye, have not induced me to deviate from that candour and sobriety of representation, which the reader has a right to expect. I am not conscious of such a deviation: but I well know that strong attachments, unless carefully guarded, are apt to impose upon our judgment. That this, however, has not been the case in the present instance, I am encouraged to believe, from the very favourable and commendatory characters, which have been given of the Institution, by several well informed and impartial persons, by whom it has been visited, and minutely examined.\*

\* It may be proper to observe, that, though the patients are never exhibited to gratify the curiosity

To support the statements given in this work of the modes of treatment at the Retreat, a few respectable testimonies in its favour are given in an Appendix. I am, however, far from imagining that this Asylum is a perfect model for others, either in regard to construction or management. If several improvements have been successfully introduced, it is probable that many others remain unattempted.

of visitors, yet professional persons, or those peculiarly interested in the subject, are permitted at all seasonable hours, to visit *every part* of the establishment. It would be well if this plan were generally adopted in other institutions of this nature, as the uncertainty of visitors arriving would be some check upon neglect, or improper conduct.

It may also be proper to state, that several persons about to engage in the superintendence of similar establishments, have made a temporary residence in York, and have been permitted by the Committee of the Retreat to observe daily the economy of the house, and the mode of managing the patients.



DESCRIPTION  
OF  
THE RETREAT, &c.

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HISTORICAL ACCOUNT.

THE origin of the Institution which forms the subject of the following pages, has much the appearance of accident. In the year 1791, a female, of the Society of Friends, was placed at an establishment for insane persons, in the vicinity of the city of York; and her family, residing at a considerable distance, requested some of their acquaintance in the city to visit her. The visits of these Friends were refused, on the ground of the patient not being in a suitable state to be seen by strangers: and, in a few weeks after her admission, death put a period to her sufferings.

The circumstance was affecting, and naturally excited reflections on the situation of insane persons, and on the probable improvements which might be adopted in establishments of this nature. In particular, it was conceived that peculiar advantage would be derived to the Society of Friends, by having an Institution of this kind under their own care, in which a milder and

more appropriate system of treatment, than that usually practised, might be adopted ; and where, during lucid intervals, or the state of convalescence, the patient might enjoy the society of those who were of similar habits and opinions. It was thought, very justly, that the indiscriminate mixture, which must occur in large public establishments, of persons of opposite religious sentiments and practices ; of the profligate and the virtuous ; the profane and the serious ; was calculated to check the progress of returning reason, and to fix, still deeper, the melancholy and misanthropic train of ideas, which, in some descriptions of insanity, impresses the mind. It was believed also, that the general treatment of insane persons was, too frequently, calculated to depress and degrade, rather than to awaken the slumbering reason, or correct its wild hallucinations.

In one of the conversations to which the circumstance before-mentioned gave rise, the propriety of attempting to form an Establishment for persons of our own Society, was suggested to William Tuke, whose feelings were already much interested in the subject, and whose persevering mind rendered him peculiarly eligible to promote such an undertaking. After mature reflection, and several consultations with his most intimate friends\* on the subject, he was decidedly of opinion, that an Establishment for the insane of our own Society, of every class in regard to property, was both eligible and highly de-

\* Among the most early and strenuous friends of this Establishment, I wish to particularize the name of the excellent Lindley Murray ; to whose steady endeavours, for promoting its welfare, the institution is much indebted.

sirable. It was necessary to excite a general interest in the Society on the subject. He therefore, after the close of the Quarterly Meeting at York, in the Third Month, 1792, requested Friends to allow him to introduce to them a subject, connected with the welfare of the Society. He then stated the views which he, and those whom he had consulted, had taken of this subject; the circumstance which had given rise to their interest respecting it, and the conviction which had resulted in their minds, in favour of an Institution under the government of Friends, for the care and accommodation of their own Members, labouring under that most afflictive dispensation—the loss of reason.

Few objections were then made, and several persons appeared to be impressed with the importance of the subject, and the propriety of the proposed measure. The friends with whom the proposal originated, were requested to prepare the outline of a plan, for the consideration of those who might attend the next Quarterly Meeting. Several objections, however, on a variety of grounds, soon afterward appeared. Many Friends were acquainted with but few, if any, objects for such an Establishment; and they seemed to forget that there might probably be many cases with which they were not acquainted. Some were not sensible that any improvement could be made in the treatment of the insane; supposing that the privations, and severe treatment, to which they were generally exposed, were necessary in their unhappy situation; and others, seemed rather averse to the concentration of the instances of this disease amongst us.

It was not, however, at all surprising that considerable diversity of opinion, should prevail upon a subject which was entirely new, and foreign to the general inquiries of those to whom it was proposed; and we must not forget that there was a respectable number, who duly appreciated the advantages likely to accrue to the Society from the proposed Establishment, and who cordially engaged in the promotion of the design. To these persons, and to the steady exertions of its chief promoter, whose mind was not to be deterred by ordinary difficulties, the Society of Friends may justly be said to owe the advantages it derives from this admirable Institution.

Some have thought that accommodations for so many as thirty patients, should not have been aimed at: But it is obvious, that the quantity of ground for exercise, ought not to be much, if any, less for fifteen than for thirty; that kitchens, parlours, and almost all parts of the building, except the number of patients' rooms, ought to be nearly the same; and that it would make little difference with respect to Physicians and domestic Managers: so that to accommodate the proposed number, would not only lessen the expense of each patient, but extend the benefits of the Institution to Friends at a greater distance.

It hath been said, that there are already many public Institutions of the kind, which render this unnecessary. But it is evident, besides what has been remarked on this head, in the former publication, that several peculiar and important advantages, will accrue from an Institution confined to ourselves. For as the disorder is a mental one, and people of regular conduct,

and even religiously disposed minds, are not exempt from it, their confinement amongst persons in all respects strangers, and their promiscuous exposure to such company as is mostly found in public Institutions of this kind, must be peculiarly disgusting, and consequently augment their disorder. Nor is this idea merely chimerical; for it is well known, that the situation of divers Members of our Society, hath from this cause, been unspeakably distressing. A circumstance which, it needs no arguments to prove, must greatly retard, if not totally prevent their cure.

Friends who think the object worthy their attention, may be encouraged to promote it, not only on a principle of charity to the poor, but even of compassion to those in easy and affluent circumstances; who will doubtless think themselves benefited, though they may pay amply for it. Those who have embarked in this undertaking, have not been influenced by interested views, nor are they requesting or desiring any favours for themselves. A malady, in many instances, the most deplorable that human nature is subject to, hath excited their sympathy and attention; and they invite such Friends as approve of their design, to co-operate with them in an Establishment, which hath for its object, the mitigation of misery, and the restoration of those, who are lost to civil and religious society: in the prosecution whereof, they humbly rely on the favour of HIM, whose tender mercies are over all his works.

“ In the short time that this Institution has been established, there has appeared abundant cause to convince us of the necessity there was for it; for a considerable disadvantage not only

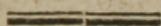
seems to have been sustained, in many cases, from unskilful private confinement; but there has also been particular occasion to observe the great loss, which individuals of our Society have sustained, by being put under the care of those, who are not only strangers to our principles, but by whom they are frequently mixed with other patients, who may indulge themselves in ill language, and other exceptionable practices. This often seems to leave an unprofitable effect upon the patients' minds, after they are restored to the use of their reason, alienating from those religious attachments which they had before experienced; and, sometimes, even corrupting them with vicious habits, to which they had been strangers.

In describing the particular benefits of this undertaking, it seems proper to mention that of occasionally using the patients to such employment, as may be suitable and proper for them, in order to relieve the languor of idleness, and prevent the indulgence of gloomy sensations. The privilege of attending religious meetings, when they are fit for it, and of having occasionally the visits of suitable Friends at the house, may be justly esteemed of no inconsiderable importance. These considerations, added to those which have already been mentioned, and that of the frequent attendance of Women Friends appointed every month, by a Committee which meets in the house, appear to give this Institution peculiar advantages, in the view of Friends; and to warrant the promoters of it in expecting the support and encouragement of the Society.

Experience has this year abundantly convinced us, of the advantage to be derived from an

early attention to persons afflicted with disorders of the mind.

This consideration will, we hope, encourage the friends of those who are, or may be afflicted with this malady, to remove them early, and place them under proper care and treatment.



#### DESCRIPTION AND APPROPRIATION OF THE GROUNDS AND HOUSE.

THE Retreat is situate on an eminence, at the distance of about half a mile from the eastern gate of the city of York. It commands a very delightful prospect, extending, on the south, as far as the eye can reach, over a wooded, fertile plain; and terminating on the north and east, by the Hambleton Hills and the Wolds; which are seen, in some places, at the distance of about twenty-five miles.

The situation combines nearly all the circumstances, which are usually considered favourable to longevity; and the almost uniform health of the family, has confirmed the general observations on this subject.

In the erection of the building, economy and convenience have been chiefly consulted.

There are eleven acres of land belonging to the Institution. This little farm is chiefly occupied in the growth of potatoes, and the support of the cows, which supply the family with milk and butter.

The garden is on the north side of the house, and contains about one acre. This furnishes abundance of fruit and vegetables. It also affords an agreeable place for recreation and

employment, to many of the patients ; being divided by gravel-walks, interspersed with shrubs and flowers, and sheltered from the intrusive eye of the passenger, by a narrow plantation and shrubbery.

On the south side of the house, are the courts for the different classes of patients. The circular wall which encloses the male and female patients' courts, are about eight feet high ; but as the ground declines from the house, their apparent height is not so great ; and the view from them of the country is consequently not so much obstructed, as it would be if the ground was level. I cannot, however, forbear observing, that the courts appear to be too small, and to admit of too little variety, to invite the patient to take exercise. The boundary of his excursion is always before his eye ; which must have a gloomy effect on the already depressed mind. This might be considered as a serious defect, if it was not generally compensated, by taking such patients as are suitable, into the garden ; and by frequent excursions into the city or the surrounding country, and into the fields of the Institution. One of these is surrounded by a walk, interspersed with trees and shrubs.

The superintendent has also endeavoured to furnish a source of amusement, to those patients whose walks are necessarily more circumscribed, by supplying each of the courts with a number of animals ; such as rabbits, sea-gulls, hawks, and poultry. These creatures are generally very familiar with the patients : and it is believed that they are not only the means of innocent pleasure ; but that the intercourse with them, sometimes tends to awaken the social and benevolent feelings.

An apartment is used, when necessary, for the entire seclusion of a violent patient. It is furnished with a bed, securely fastened to the ground. Light is, in great measure, but not entirely excluded; and care is taken to have the room properly ventilated.

This room also affords an opportunity of temporary confinement, by way of punishment, for any very offensive acts, which it is thought the patient had the power to restrain; but this very rarely occurs; and I am happy to say, the apartment is frequently unoccupied; or in other words, there is not, on an average, from any cause, one male patient in a state of seclusion during the day.

The attention which is due to the comfort of the insane, and the degree in which it is compatible with their security, appear to have been, till very recently, objects of little general consideration. It is not, therefore, to be supposed, that the Retreat, which has now been erected seventeen years, and which was originally intended for only thirty patients, should be a perfect model for establishments of this kind; though every care was exercised in its first construction. Indeed, it is hardly probable, as the class of persons, in different establishments, must be various, that the arrangements in any one, can be precisely followed in another.

The promoters of this Institution, as they observed in one of their early Reports, could not be supposed to be superior to those disadvantages, to which the want of experience naturally exposed them. When it is also considered, that they were unable to form any probable opinion, of the proportions of the different classes of patients; and that the number has, unhappily, so much exceeded their expectations, it will not be

surprising, that the building has several imperfections, but rather that it possesses so many advantages.

It has been already observed, that the aspect of a place of confinement is prevented, by the substitution of cast iron window frames for the bars, which, in similar places, usually guarded the avenues of light. This contrivance unites the advantages of security, neatness, and durability. There are not in this house any cells under ground. All the rooms, except three which derive their light from an adjoining gallery, have glass windows. Iron bars and shutters, are too often substituted for glazed windows, in rooms appropriated to the insane. The obvious consequence is, that the air, however cold, cannot be kept out of the apartment, without the entire exclusion of light.

*One circumstance, which I much regret, in the construction of this building, is, that there are rooms on both sides of the galleries; for, though a large portion of light is admitted, by the window at each extremity of the building, yet, the galleries on the ground floor, at least, are rather gloomy.*

*I observe with pleasure, in a very ingenious account and plan of a new asylum at Glasgow\* that the galleries have rooms on one side, and windows on the other. This cannot fail to give an air of cheerfulness, highly desirable in such establishments.*

\* "Remarks on the Construction of Public Hospitals," by Wm. Stark, Esq. architect. This work, as well as "Observations on the Treatment of Lunatics," by Robert Reid, Esq. architect, deserves the attention of those who are engaged in such undertakings.

Many errors in the construction, as well as in the management of asylums for the insane, appear to arise from excessive attention to *safety*. People, in general, have the most erroneous notions of the constantly outrageous behaviour, or malicious dispositions, of deranged persons; and it has, in too many instances, been found convenient to encourage these false sentiments, to apologize for the treatment of the unhappy sufferers, or admit the vicious neglect of their attendants.\*

In the construction of such places, cure and comfort ought to be as much considered, as security; and, I have no hesitation in declaring, that a system which, by limiting the power of the attendant, obliges him not to neglect his duty, and makes it his interest to obtain the good opinion of those under his care, provides more effectually for the safety of the keeper, as well as of the patient, than all “the apparatus of chains, darkness, and anodynes.”

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#### MEDICAL TREATMENT.

UNDER the head “Medical treatment,” as practised in the Retreat, some may possibly inquire, what are the means employed in mortifications, arising from cold and confinement? “a calamity, which,” says a writer before alluded to,

\* I once accidentally visited a house for insane persons, in which security was made a *primary* object. Here I saw three of the keepers, in the middle of the day, earnestly employed in—*playing at cards!*

“ frequently happens to the helpless insane, and to bed-ridden patients ; as my attendance in a large work-house, in private mad-houses, and Bethlem Hospital, can amply testify.”\*

Haslam also observes, that the patients in Bethlem Hospital, “ are particularly subject to mortifications of the feet ; and this fact is so well established from former accidents, that there is an express order of the house, that every patient, under strict confinement, shall have his feet examined every morning and evening in the cold weather, by the keeper, and also have them constantly wrapped in flannel ; and those who are permitted to go about, are always to be found as near to the fire as they can get, during the winter season.”†

Dr. Pinel also confesses, that “ seldom has a whole year elapsed, during which no fatal accident has taken place, in the Hospital de Bicetre, (in France,) from the action of cold upon the extremities.”

Happily, in the Institution I am now describing, this calamity is hardly known ; and no instance of mortification has occurred, in which it has been, in any degree connected with cold or confinement. Indeed the patients are never found to require such a degree of restraint, as to prevent the use of considerable exercise, or to render it at all necessary to keep their feet wrapped in flannel.

It will be proper here to observe, that the experience of the Retreat, fully confirms the opinion of several respectable modern writers, that

\* Crowther, p. 61.

† Observations on Madness, p. 84.

maniacs are by no means exempted from the common effects of cold ; and it is to be hoped, for the sake of humanity, that the opposite opinion, alike barbarous and absurd, will be entirely exploded. The apothecary to Bethlem Hospital, after stating that the patients are not exempt from the usual effects of severe cold, observes very justly : “ from the great degree of insensibility which prevails, in some states of madness, a degree of cold would scarcely be felt by such persons, which would create uneasiness in those of sound mind ; but experience has shown that they suffer equally from severity of weather. When the mind is particularly engaged on any subject, external circumstances affect us less, than when unoccupied. Every one must recollect, that in following up a favourite pursuit, his fire has burned out without his being sensible of the alteration of temperature ; but when the performance has been finished, or he has become indifferent to it from fatigue, he then becomes sensible to cold, which he had not experienced before.”

The supporters of this opinion, also generally observe, that insane persons commonly endure hunger without injury. The latter sentiment is no less at variance with the experience of the Retreat, than the former. Some of the patients, more especially the melancholics and convalescents, besides their four usual meals in the day, require the intermediate refreshment of biscuit, with a glass of wine or porter ; and attention of this kind is considered almost essential to the recovery of many patients.

“General propositions,” says Dr. Pinel, “have been too often advanced in regard to the capacity of maniacs to bear extreme hunger with impunity. I have known several, who were voracious to a great degree, and who languished, even to fainting, from want, or deficiency of nourishment. It is said of an Asylum at Naples, that a low spare diet is a fundamental principle of the Institution. It would be difficult to trace the origin of so singular a prejudice. Unhappy experience, which I acquired during seasons of scarcity, has most thoroughly convinced me, that insufficiency of food, when it does not altogether extinguish the vital principle, is not a little calculated to exasperate and prolong the disease.”\*

I would not have dwelt so long upon these mistaken opinions, if they had not furnished a specious pretext for much practical barbarity; and I am, therefore, anxious to see them ranked with the marvellous stories of the Phœnix and the Salamander.

Where various means are employed, it is difficult to say which is the operative one; but, whatever may be the means used, there is great reason to believe that a clear dry air, which the situation of the Retreat affords in an eminent degree, will facilitate their operation, and be favourable to the recovery of insane persons. To reason again from analogy; the general effect of fine air upon the animal spirits, would induce us to expect especial benefit from it, in cases of mental depression; and to pay all due respect to the physician, who,

\* Dr. Davis's translation of “Pinel's Treatise on Insanity,” p. 31.

“ Gives melancholy up to Nature’s care,  
And sends the patient into purer air.”

Several instances have occurred, in which melancholy patients have been very much improved by their journey to the Retreat; and it is the decided opinion of the manager of this Institution, that, in such cases, close confinement is, of all things, the most detrimental.

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#### MORAL TREATMENT.

WHATEVER theory we maintain in regard to the remote causes of insanity, we must consider moral treatment, or management, of very high importance.

If we adopt the opinion, that the disease originates in the mind, applications made immediately to it, are obviously the most natural; and the most likely to be attended with success. If, on the contrary, we conceive that mind is incapable of injury or destruction, and that, in all cases of apparent mental derangement, some bodily disease, though unseen and unknown, really exists, we shall still readily admit, from the reciprocal action of the two parts of our system upon each other, that the greatest attention is necessary, to whatever is calculated to affect the mind.

It is a matter of no small difficulty, to convey more than the general principles which influence the conduct of those, who have the management of the insane. It is unhappily, in great measure true, that “the address which is acquired by experience, and constant intercourse

with maniacs, cannot be communicated : it may be learned ; but it must perish with its possessors." It appears, however, to me, that a free detail of different modes of management, can hardly fail to increase our stock of correct general principles, on this important subject.

Insane persons generally possess a degree of control over their wayward propensities. Their intellectual, active, and moral powers, are usually rather perverted than obliterated ; and it happens, not unfrequently, that one faculty only is affected. The disorder is sometimes still more partial, and can only be detected by erroneous views, on one particular subject. On all others, the mind appears to retain its wonted correctness.

The same *partial* perversion, is found to obtain in this disease with regard to the affections. Though it frequently happens, that indifference or disgust towards the tenderest connexions, is an early and distressing symptom of insanity ; when,

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“ forgotten quite,  
All former scenes of dear delight,  
Connubial love, parental joy ;  
No sympathies like these his soul employ ;”

yet the existence of the benevolent affections, is often strongly evidenced, by the patients' attachment to those who have the immediate care of them, and who treat them with judgment and humanity. The apothecary to Bethlem Hospital says,\* “ I can truly declare, that by gentleness of manner, and kindness of treatment, I have seldom failed to obtain the confidence, and conciliate the esteem, of insane persons ; and

\* Observations, p. 293.

have succeeded by these means in procuring from them respect and obedience." The superintendents of the Retreat give precisely the same evidence; and I firmly believe, that a large majority of the instances, in which the malevolent dispositions are peculiarly apparent, and are considered as characterizing the disorder, may readily be traced to secondary causes; arising from the peculiar circumstances of the patient, or from the mode of management.

A patient confined at home, feels naturally a degree of resentment, when those whom he has been accustomed to command, refuse to obey his orders, or attempt to restrain him. We may also, I conceive, in part, attribute to similar secondary causes, that apparent absence of the social affections, and that sad indifference to the accustomed sources of domestic pleasure, of which we have just been speaking. The unhappy maniac is frequently unconscious of his own disease. He is unable to account for the change in the conduct of his wife, his children, and his surrounding friends. They appear to him cruel, disobedient, and ungrateful. His disease aggravates their conduct in his view, and leads him to numerous unfounded suspicions. Hence, the estrangement of his affections may frequently be the natural consequence, of either the proper and necessary, or of the mistaken conduct of his friends towards him.

In such cases, the judicious kindness of others appears generally to excite the gratitude and affection of the patient. Even in those deplorable instances where the ingenious humanity of the superintendent fails to conciliate, and the jaundice-like disease changes the very aspect of

nature, and represents all mankind as the leagued enemies of the patient, the existence of the social affections, has often been strikingly evidenced, by attachment to some of the inferior animals.

There are, undoubtedly, cases in which the disorder is chiefly marked by a mischievous malevolent disposition; but of these, very few have occurred at the Retreat. There have, however, been many patients, in whom these dispositions have been occasionally conspicuous, or easily excited by improper treatment.

If the preceding sketch is correct, it would not, I apprehend, be difficult to infer theoretically, the general principles of moral treatment and management; but I have happily little occasion for theory, since my province is to relate, not only what ought to be done, but also what, in most instances, is actually performed.

The moral treatment of the insane, seems to divide itself into three parts; and under these, the practices of the Retreat may be arranged. We shall therefore inquire,

I. By what means the power of the patient to control the disorder, is strengthened and assisted.

II. What modes of coercion are employed, when restraint is absolutely necessary.

III. By what means the general comfort of the insane is promoted.



#### OF THE MEANS OF ASSISTING THE PATIENT TO CONTROL HIMSELF.

WE have already observed, that most insane persons have a considerable degree of self com-

mand ; and that the employment and cultivation of this remaining power, is found to be attended with the most salutary effects. Though many cannot be made sensible of the irrationality of their conduct or opinions ; yet they are generally aware of those particulars, for which the world considers them proper objects of confinement. Thus it frequently happens, in the Institution we are describing, that a patient, on his first introduction, will conceal all marks of mental aberration. Instances have occurred, in which the struggle has been so successful, that persons, who, on undoubted authority, have been declared to be unmanageable at home ; and to have shown very striking marks of insanity ; have not, for a very considerable time, exhibited sufficient symptoms of the disorder, to enable the physician to declare them, *non compos mentis*. Doubtless the idea that their early liberation, for which most are anxious, and their treatment during their confinement, will depend, in great measure, on their conduct, has a tendency to produce this salutary restraint, upon their wayward propensities. Hence, also, the idea seems to have arisen, that madness in all its forms, is capable of entire control, by a sufficient excitement of the principle of fear. This speculative opinion, though every day's experience decidedly contradicts it, is the best apology which can be made for the barbarous practices that have often prevailed in the treatment of the insane.

The principle of fear, which is rarely decreased by insanity, is considered as of great importance in the management of the patients. But it is not allowed to be excited, beyond that degree which naturally arises from the necessary regu-

lations of the family. Neither chains nor corporal punishments are tolerated, on any pretext, in this establishment. The patients, therefore, cannot be threatened with these severities; yet, in all houses established for the reception of the insane, the general comfort of the patients ought to be considered; and those who are violent, require to be separated from the more tranquil, and to be prevented, by some means, from offensive conduct, towards their fellow-sufferers. Hence, the patients are arranged into classes, as much as may be, according to the degree in which they approach to rational or orderly conduct.

They quickly perceive, or if not, they are informed on the first occasion, that their treatment depends, in great measure, upon their conduct. Coercion thus flowing as a sort of necessary consequence, and being executed in a manner which marks the reluctance of the attendant, it seldom exasperates the violence of the patient, or produces that feverish and sometimes furious irritability, in which the maniacal character is completely developed; and under which all power of self-control is utterly lost.

There cannot be a doubt that the principle of fear, in the human mind, when moderately and judiciously excited, as it is by the operation of just and equal laws, has a salutary effect upon society. It is a principle also of great use in the education of children, whose imperfect knowledge and judgment, occasion them to be less influenced by other motives. But where fear is too much excited, and where it becomes the chief motive of action, it certainly tends to con-

tract the understanding, to weaken the benevolent affections, and to debase the mind. As the poet of liberty has well sung,

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“ All constraint,  
 Except what wisdom lays on evil man,  
 Is evil ; hurts the faculties, impedes  
 Their progress in the road of science, blinds  
 The eye-sight of discovery ; and begets,  
 In those that suffer it, a sordid mind,  
 Bestial, a meagre intellect, unfit  
 To be the tenant of man’s noble form.”

COWPER’S TASK, BOOK V.

It is therefore wise to excite, as much as possible, the operation of superior motives ; and fear ought only to be induced, when a *necessary* object cannot otherwise be obtained. If this is the true scale of estimating the degree in which this principle is, in general, to be employed, it is found, at the Retreat, equally applicable to the insane.

That the continual or frequent excitement of the sensations of fear, should “ bid melancholy cease to mourn,” is an idea too obviously absurd in theory, to require the refutation of experience. There has, however, unhappily been too much experience on this subject ; and hence we may perhaps, in great degree, explain, why melancholy has been considered so much less susceptible of cure than mania. To the mild system of treatment adopted at the Retreat, I have no doubt we may partly attribute, the happy recovery of so large a portion of melancholy patients.

Is then the violent excitement of the principle of fear, better adapted to enable the maniac to control his wanderings, and to suppress his

emotions? Is it not well known, that the passions of many maniacs, are extremely irritable? and when once excited, are not all moral means to subdue them, as ineffectual as the attempt would be to quench, by artificial means, the fires of Etna?

If it be true, that oppression makes a *wise* man mad, is it to be supposed that stripes, and insults, and injuries, for which the receiver knows no cause, are calculated to make a *mad-man* wise? or would they not exasperate his disease, and excite his resentment? May we not hence most clearly perceive, why furious mania is almost a stranger in the Retreat? why all the patients wear clothes, and are generally induced to adopt orderly habits?

The superintendent of this Institution is fully of opinion, that a state of furious mania is very often excited by the mode of management. Of this opinion, a striking illustration occurred in this Institution, some years ago. A patient, of rather a vindictive and self-important character, who had previously conducted himself with tolerable propriety, one day, climbed up against a window, which overlooked the court where he was confined, and amused himself by contemplating the interior of the room. An attendant, who had not been long in office, perceiving his situation, ran hastily towards him, and, without preamble, drew him to the ground. The patient was highly incensed; a scuffle immediately ensued, in which he succeeded in throwing his antagonist; and had not the loud vociferations of this attendant alarmed the family, it is probable that he would have paid for his rash conduct, by the loss of his life. The furious state

of the patient's mind did not continue long; but, after this circumstance, he was more vindictive and violent.

In some instances, the superintendent has known furious mania temporarily induced, by the privations necessary on a relapse, after a considerable lucid interval, during which the patient had enjoyed many privileges, that were incompatible with his disordered state. Here we may suggest the expediency, where it is possible, of employing such of the attendants to control the patient during his paroxysms, as had little intercourse with him in his lucid interval. Instances of furious mania have been, however, very rare; but a considerable number of patients have been admitted, who were reported to have been so furiously insane, as to require constant coercion.

The evidence of attendants, who have been employed, previously to the admission of patients into the Retreat, is not considered a sufficient reason for any extraordinary restraint; and cases have occurred, in which persuasion and kind treatment, have superseded the necessity of any coercive means.

Some years ago, a man about thirty-four years of age, of almost Herculean size and figure, was brought to the house. He had been afflicted several times before; and so constantly, during the present attack, had he been kept chained, that his clothes were contrived to be taken off and put on by means of strings, without removing his manacles. They were, however, taken off, when he entered the Retreat, and he was ushered into the apartment, where the superintendents were supping. He was calm; his

attention appeared to be arrested by his new situation. He was desired to join in the repast, during which he behaved with tolerable propriety. After it was concluded, the superintendent conducted him to his apartment, and told him the circumstances on which his treatment would depend; that it was his anxious wish to make every inhabitant in the house, as comfortable as possible; and that he sincerely hoped the patient's conduct would render it unnecessary for him to have recourse to coercion. The maniac was sensible of the kindness of his treatment. He promised to restrain himself, and he so completely succeeded, that, during his stay, no coercive means were ever employed towards him. This case affords a striking example of the efficacy of mild treatment. The patient was frequently very vociferous, and threatened his attendants, who in their defence were very desirous of restraining him by the jacket. The superintendent, on these occasions, went to his apartment; and though the first sight of him seemed rather to increase the patient's irritation, yet after sitting some time quietly beside him, the violent excitement subsided, and he would listen with attention to the persuasions and arguments of his friendly visitor.

After such conversations, the patient was generally better for some days or a week; and in about four months he was discharged perfectly recovered.

Can it be doubted, that, in this case, the disease had been greatly exasperated by the mode of management? or that the subsequent kind treatment, had a great tendency to promote his recovery?

It may probably be urged, and I am very well aware of it, that there is a considerable class of patients, whose eccentricities may, in great measure, be controlled; and who may be kept in subjection and apparent orderly habits, by the strong excitement of the principle of fear. They may be made to obey their keepers, with the greatest promptitude; to rise, to sit, to stand, to walk, or run at their pleasure; though only expressed by a look. Such an obedience, and even the appearance of affection, we not unfrequently see in the poor animals who are exhibited to gratify our curiosity in natural history; but who can avoid reflecting, in observing such spectacles, that the readiness with which the savage tyger obeys his master, is the result of treatment at which humanity would shudder; and shall we propose by such means,

“ To calm the tumult of the breast,  
Which madness has too long possess’d;  
To chase away the fiend Despair,  
To clear the brow of gloomy Care;  
Bid pensive melancholy cease to mourn,  
Calm Reason reassume her seat;  
Each intellectual power return ?”

If those who are friendly to what may be termed the terrific system of management, could prove, that, notwithstanding it may fix for life, the misery of a large majority of the melancholics; and drive many of the more irritable maniacs to fury or desperation; yet that it is still, in its operation upon a large scale, adapted to promote the cure of insanity, they would have some apology for its indiscriminate adoption. If, on the contrary, a statement of the proportion of cures in the Retreat, shall sufficiently prove

the superior efficacy of mild means, would not those, who are adopting an opposite line of treatment, do well to reflect on the awful responsibility which attaches to their conduct? Let us all constantly remember, that there is a Being, to whose eye darkness is light; who sees the inmost recesses of the dungeon, and who has declared, "For the sighing of the poor, and the crying of the needy, I will arise."

From the view we have now taken of the propriety of exciting fear, as a mean of promoting the cure of insanity, by enabling the patient to control himself, it will, perhaps, be almost superfluous to state as our opinion, that the idea, which has too generally obtained, of its being necessary to commence an acquaintance with lunatics, by an exhibition of strength, or an appearance of austerity, is utterly erroneous. The sentiment appears allied to that cruel system, probably dictated by indolence and timidity, which has so long prevailed, and unhappily still prevails, in many receptacles for the insane.

There is much analogy between the judicious treatment of children, and that of insane persons. Locke has observed, that "the great secret of education, lies in finding the way to keep the child's spirit easy, active, and free; and yet, at the same time, to restrain him from many things he has a mind to, and to draw him to things which are uneasy to him." It is highly desirable that the attendants on lunatics should possess this influence over their minds; but it will never be obtained by austerity and rigour; nor will assumed consequence, and airs of self-importance, be generally more successful.

*Much familiarity* with maniacal patients, on their first introduction to a new situation, is not thought, in general, to be adviseable. It might, in some instances, have a tendency to lessen that authority, which is, occasionally, necessary for the attendant to exert. There may also be a few cases in which a distant, and somewhat important manner, may be assumed with advantage; but, generally speaking, even with regard to the more violent and vociferous maniacs, a very different mode is found successful; and they are best approached with soft and mild persuasion. The superintendent assures me, that in these cases, he has found it peculiarly necessary to speak to the patient in a kind, and somewhat low tone of voice. So true are the maxims of antiquity.

“ A soft answer turneth away wrath.”—SOLOMON.

————— “ Soft speech

“ Is to distemper’d wrath, medicinal.”—ESCHYLUS.

It must, however, be understood, that the persuasion, which is extended to the patients, is confined to those points which affect their liberty or comfort. No advantage has been found to arise from reasoning with them, on their particular hallucinations. One of the distinguishing marks of insanity, is a fixed false conception, which occasions an almost total incapacity of conviction. The attempt, therefore, to refute their notions, generally irritates them, and rivets the false perception more strongly on their minds. There have been a few instances, in which, by some striking evidence, the maniac has been driven from his favourite absurdity; but it has uniformly been succeeded by another equally irrational.

In regard to melancholics, conversation on the subject of their despondency, is found to be highly injudicious. The very opposite method is pursued. Every means is taken to seduce the mind from its favourite but unhappy musings, by bodily exercise, walks, conversations, reading, and other innocent recreations. The good effect of exercise, and of variety of object, has been very striking in several instances at this Institution. Some years ago, a patient much afflicted with melancholic and hypochondriacal symptoms, was admitted by his own request. He had walked from home, a distance of 200 miles, in company with a friend, and on his arrival, found much less inclination to converse on the absurd and melancholy views of his own state, than he had previously felt.

This patient was by trade a gardener, and the superintendent immediately perceived, from the effect of this journey, the propriety of keeping him employed. He led him into the garden, and conversed with him on the subject of horticulture; and soon found that the patient possessed very superior knowledge of pruning, and of the other departments of his art. He proposed several improvements in the management of the garden, which were adopted, and the gardener was desired to furnish him with full employment. He soon, however, showed a reluctance to regular exertion, and a considerable disposition to wandering, which had been one of the previous features of his complaint. The gardener was repeatedly charged to encourage him in labour, and to prevent his leaving the premises. But, unhappily, the superior abilities of the patient, had excited a jealousy in the gar-

dener's mind, which made him dislike his assistance; and it may therefore be presumed, that he obeyed his instructions very imperfectly.

The poor man rambled several times from the grounds of the Institution; which, in his state of mind, excited considerable anxiety in the family. Of course it became necessary to confine him more within doors. He frequently, however, walked out; and the superintendent took many opportunities to attend him into the fields or garden, and to engage him for a time in steady manual labour. As his disorder had increased, it became difficult to induce him to exert himself; but even in this state, when he had been some time employed, he seemed to forget his distressing sensations and ideas, and would converse on general topics with great good sense.

In this truly pitiable case, the superintendent several times tried the efficacy of long walks, where the greatest variety and attraction of circumstances were presented; but neither these, nor the conversation which he introduced, were able to draw the patient so effectually from the "moods of his own mind," as regular persevering labour in the garden. It is not improbable, however, that the superior manner in which the patient was able to execute his work, produced a degree of self-complacency which had a salutary effect; and that, had his education enlarged his curiosity, and encouraged a taste and observation respecting the objects of nature and art, he might have derived much greater advantage, as many patients obviously do, from variety of conversation and scenery.

The circumstances of this patient did not allow him a separate attendant, and the engagements of the superintendent were too numerous and important, to permit him to devote to this case the time and attention which it seemed to require. He has frequently expressed to me, the strong feelings of regret, which were excited in his mind, by the unsuccessful treatment of this patient; the case certainly points out the great importance of exercise and labour, in the moral treatment of insanity, more especially in cases of melancholy.

This patient, after remaining several years in the house, died of an acute inflammation of the bowels. His situation for a considerable time previously to his death, was most deplorable, and has often reminded me of the affecting description, which our great poet gives of the state of our first father, after his expulsion from the happy seat of primeval innocence :

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“ On the ground,  
Outstretch'd he lay, on the cold ground, and oft  
Curs'd his creation, death as oft accus'd  
Of tardy execution.”

The female patients in the Retreat, are employed, as much as possible, in sewing, knitting, or domestic affairs; and several of the convalescents assist the attendants. Of all the modes by which the patients may be induced to restrain themselves, regular employment is perhaps the most generally efficacious; and those kinds of employment are doubtless to be preferred, both on a moral and physical account, which are accompanied by considerable bodily action; that are most agreeable to the patient, and which are most opposite to the illusions of his disease.

In an early part of this chapter, it is stated, that the patients are considered capable of rational and honourable inducement; and though we allowed *fear* a considerable place in the production of that restraint, which the patient generally exerts on his entrance into a new situation; yet the *desire of esteem* is considered, at the Retreat, as operating, in general, still more powerfully. This principle in the human mind, which doubtless influences, in a great degree, though often secretly, our general manners; and which operates with peculiar force on our introduction into a new circle of acquaintance, is found to have great influence, even over the conduct of the insane. Though it has obviously not been sufficiently powerful to enable them entirely to resist the strong irregular tendencies of their disease; yet when properly cultivated, it leads many to struggle to conceal and overcome their morbid propensities; and, at least, materially assists them in confining their deviations; within such bounds, as do not make them obnoxious to the family.

This struggle is highly beneficial to the patient, by strengthening his mind, and conducing to a salutary habit of self-restraint; an object which experience points out as of the greatest importance, in the cure of insanity by moral means.

That fear is not the only motive, which operates in producing *self-restraint* in the minds of maniacs, is evident from its being often exercised in the presence of strangers, who are merely passing through the house; and which, I presume, can only be accounted for, from that desire of esteem, which has been stated to be a powerful motive to conduct.

It is probably from encouraging the action of this principle, that so much advantage has been found in this Institution, for treating the patient as much in the manner of a rational being, as the state of his mind will possibly allow. The superintendent is particularly attentive to this point, in his conversation with the patients. He introduces such topics as he knows will most interest them; and which, at the same time, allows them to display their knowledge to the greatest advantage. If the patient is an agriculturist, he asks him questions relative to his art; and frequently consults him upon any occasion in which his knowledge may be useful. I have heard one of the worst patients in the house, who, previously to his indisposition, had been a considerable grazier, give very sensible directions for the treatment of a diseased cow.

These considerations are undoubtedly very material, as they regard the comfort of insane persons; but they are of far greater importance, as they relate to the cure of the disorder. The patient feeling himself of some consequence, is induced to support it by the exertion of his reason, and by restraining those dispositions, which, if indulged, would lessen the respectful treatment he receives; or lower his character in the eyes of his companions and attendants.

They who are unacquainted with the character of insane persons, are very apt to converse with them in a childish, or, which is worse, in a domineering manner; and hence it has been frequently remarked by the patients at the Retreat, that a stranger who had visited them, seemed to imagine they were children.

The natural tendency of such treatment is, to degrade the mind of the patient, and to make

him indifferent to those moral feelings, which, under judicious direction and encouragement, are found capable, in no small degree, to strengthen the power of self-restraint; and which render the resort to coercion, in many cases, unnecessary. Even when it is absolutely requisite to employ coercion, if the patient promises to control himself on its removal, great confidence is generally placed upon his word. I have known patients, such is their sense of honour and moral obligation, under this kind of engagement, hold, for a long time, a successful struggle with the violent propensities of their disorder; and such attempts ought to be sedulously encouraged by the attendant.

Hitherto we have chiefly considered those modes of inducing the patient to control his disordered propensities, which arise from an application to the general powers of the mind; but considerable advantage may certainly be derived, in this part of moral management, from an acquaintance with the previous habits, manners, and prejudices of the individual. Nor must we forget to call to our aid, in endeavouring to promote self-restraint, the mild but powerful influence of the precepts of our holy religion. Where these have been strongly imbued in early life, they become little less than principles of our nature; and their restraining power is frequently felt, even under the delirious excitement of insanity. To encourage the influence of religious principles over the mind of the insane, is considered of great consequence, as a mean of cure. For this purpose, as well as for others, still more important, it is certainly right

to promote in the patient, an attention to his accustomed modes of paying homage to his Maker.

Many patients attend the religious meetings of the Society, held in the city; and most of them are assembled, on a first day afternoon; at which time the superintendent reads to them several chapters in the Bible. A profound silence generally ensues; during which, as well as at the time of reading, it is very gratifying to observe their orderly conduct, and the degree in which those, who are much disposed to action, restrain their different propensities.

In pursuing these desirable objects, let not the inexperienced, but judicious attendant, expect too immediate effects from his endeavours, or be disheartened by occasional disappointment. Let him bear in mind, what the great Lord Bacon has admirably said, that "It is order, pursuit, sequence, and interchange of application, which is mighty in nature; which, although it require more exact knowledge in prescribing, and more precise obedience in observing, yet is recompensed with the magnitude of effects."\*

I am sensible that what is here stated, is but an imperfect view of the principles and modes, by which self-restraint is induced at the Retreat. To particularize all the principles of the mind, which may be usefully excited in promoting this salutary object, would be an enumeration of our intellectual powers and affections. I will only further observe upon this head, by way of general summary, that the attendant on the insane, ought sedulously to endeavour to gain

\* Works, 8vo edition, vol. i. p. 125.

their confidence and esteem ; to arrest their attention, and fix it on objects opposite to their illusions ; to call into action, as much as possible, every remaining power and principle of the mind ; and to remember that, in the wreck of the intellect, the affections not unfrequently survive.

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#### OF THE MODES OF COERCION.

With regard to the second point, the necessity of coercion, I have no hesitation in saying, that it will diminish or increase, as the moral treatment of the patient is more or less judicious. We cannot, however, anticipate that the most enlightened and ingenious humanity, will ever be able entirely to supersede the necessity of personal restraint.

Coercion is considered, as the ingenious author of "Observations on Madness" says it should be, "only as a protecting and salutary restraint." The mode of it ought to be subject to the consideration of its effect on the mind of the insane. Some means of coercion have obviously a greater tendency than others, to irritate or degrade the feelings. Hence, the use of chains has never been permitted in the Retreat. In the most violent states of mania, as the author just quoted observes, "the patient should be kept alone, in a dark\* and quiet room ; so that he may not be affected by the stimulus of light or sound ; such abstraction more readi-

\* Our superintendent prefers a gloomy, to an entirely dark apartment.

ly disposing to sleep. As in this violent state, there is a strong propensity to associate ideas, it is particularly important to prevent the accession of such as might be transmitted through the medium of the senses."\* The patients of this class, who are not disposed to injure themselves, are merely confined by the strait-waistcoat; and left to walk about the room, or lie down on the bed, at pleasure. But in those desperate cases of melancholy, attended with *tædium vitæ*, in which there is a strong determination to self-destruction, it becomes necessary to confine the patient, during the night, in a recumbent posture. For this purpose, the superintendent has invented a very simple apparatus, which answers all the purposes of security; and allows the patient to turn and otherwise change his posture in bed.

It has been suggested, that in cases of high mania, the violent excitement would be best reduced, by indulging it in the greatest practicable degree. The experience of the Retreat, leads to an opposite conclusion; viz. that such a degree of restraint as would not be materially painful, in a state of calmness, has a tendency to abate the paroxysm. The association between mental and bodily action, and the degree in which the latter is well known to excite the former, sufficiently illustrate the cause of this fact.

Except in the case of violent mania, which is far from being a frequent occurrence at the Retreat, coercion, when requisite, is considered as a necessary evil; that is, it is thought abstractedly to have a tendency to retard the cure

\* The necessity for this mode of treatment is very rare at the Retreat.

by opposing the influence of the moral remedies employed. It is therefore used very sparingly ; and the superintendent has often assured me, that he would rather run some risk, than have recourse to restraint, where it was not absolutely necessary ; except in those cases where it was likely to have a salutary moral tendency.

I feel no small satisfaction in stating upon the authority of the superintendents, that during the last year, in which the number of patients has generally been sixty-four, there has not been occasion to seclude, on an average, two patients at one time. I am also able to state, that although it is occasionally necessary to restrain by the waistcoat, straps, or other means, several patients at one time ; yet that the average number so restrained does not exceed four, including those who are secluded.

The safety of those who attend upon the Insane, is certainly an object of great importance ; but it is worthy of inquiry whether it may not be attained, without materially interfering with another object—the recovery of the patient. It may also deserve inquiry, whether the extensive practice of coercion, which obtains in some Institutions, does not arise from erroneous views of the character of insane persons ; from indifference to their comfort ; or from having rendered coercion necessary by previous unkind treatment.

The power of judicious kindness over this unhappy class of society, is much greater than is generally imagined.

In no instances has this power been more strikingly displayed ; or exerted, with more beneficial effects, than in those deplorable cases in

which the patient refuses to take food. The kind persuasions and ingenious arts of the superintendents, have been singularly successful in overcoming this distressing symptom; and very few instances now occur in which it is necessary to employ violent means for supplying the patient with food.

Some patients who refuse to partake of the family meals, are induced to eat by being taken into the larder, and there allowed to help themselves. Some are found willing to eat when food is left with them in their rooms, or when they can obtain it unobserved by their attendants. Others, whose determination is stronger, are frequently induced, by repeated persuasion, to take a small quantity of nutritious liquid; and it is equally true in these, as in general cases, that every breach of resolution weakens the power and disposition to resistance.

Sometimes, however, persuasion seems to strengthen the unhappy determination. In one of these cases, the attendants were completely wearied with their endeavours; and on removing the food, one of them took a piece of the meat which had been repeatedly offered to the patient, and threw it under the fire-grate; at the same time, exclaiming, that she should not have it. The poor creature, who seemed governed by the rule of contraries, immediately rushed from her seat, seized the meat from the ashes, and devoured it. For a short time, she was induced to eat, by the attendants availing themselves of this contrary disposition; but it was soon rendered unnecessary, by the removal of this unhappy feature of the disorder.

The attendants at the Retreat, feel themselves in no danger of injury from the patients, who

are unconfined ; many of whom, previously to their admission, have been accustomed to much severity. No instance has occurred of any serious injury being done by a patient, to any of the attendants ; and at no period has there been manifested a general spirit of dissatisfaction, or a tendency to revolt.

The common attendants are not allowed to apply any extraordinary coercion to the patients, by way of punishment, or to change, in any degree, the usual mode of treatment, without the permission of the superintendents. This limitation to their power is of the utmost importance, as it obliges them to seek the good opinion of the patient, and to endeavour to govern rather by the influence of esteem than of severity.

When it is deemed necessary to apply the strait-waistcoat, or any other mode of coercion, to a violent patient, such an ample force is employed, as precludes the idea of resistance from entering the patient's mind ; and hence, irritation, or additional excitement, is generally, in a great degree, prevented.

Where such force cannot be obtained, and the case is urgent, courage and confidence will generally overcome the violence of the patient ; for the opinion appears to be well founded, that maniacs are seldom truly courageous. The superintendent was one day walking in a field adjacent to the house, in company with a patient, who was apt to be vindictive on very slight occasions. An exciting circumstance occurred. The maniac retired a few paces, and seized a large stone, which he immediately held up, as in the act of throwing at his companion. The superintendent, in no degree ruffled, fixed his

eye upon the patient, and in a resolute tone of voice, at the same time advancing, commanded him to lay down the stone. As he approached, the hand of the lunatic gradually sunk from its threatening position, and permitted the stone to drop to the ground. He then submitted to be quietly led to his apartment.

I conceive it useless to enter into more minute details of the modes of coercion and restraint, since experience alone can fully teach the best means of exercising them; and the attendant who possesses a good understanding, and has taken a just view of the character of the insane, will soon perceive for himself, the necessary degree, time, and mode of coercion, which those who are placed under his care require. But they who have had an opportunity of observation, and they only, can conceive the difficulty of entirely subduing the vindictive feelings, which the inconsistent, but often half rational, conduct of the patient, frequently excites in the minds of the inferior attendants.

It is therefore an object of the highest importance, to infuse into the minds of these persons, just sentiments, with regard to the poor objects placed under their care; to impress upon them, that "coercion is only to be considered as a protecting and salutary restraint;" and to remind them, that the patient is really under the influence of a disease, which deprives him of responsibility; and frequently leads him into expressions and conduct the most opposite to his character and natural dispositions.

But even this view of the subject is not exempt from danger; if the attendant does not sufficiently consider the degree in which the pa-

tient may be influenced by moral and rational inducements. These contradictory features in their character, frequently render it exceedingly difficult to insure the proper treatment of deranged persons. To consider them at the same time both as brothers, and as mere automata; to applaud all they do right; and pity, without censuring, whatever they do wrong, requires such a habit of philosophical reflection, and Christian charity, as is certainly difficult to attain.



#### OF THE MEANS OF PROMOTING THE GENERAL COMFORT OF THE INSANE.

THE comfort of the patients is therefore considered of the highest importance, in a curative point of view. The study of the superintendents to promote it with all the assiduity of parental, but judicious attention, has been, in numerous instances, rewarded by an almost filial attachment. In their conversation with the patients, they adapt themselves to their particular weakness; but, at the same time, endeavour to draw them insensibly from the sorrow, or the error, which marks the disease.

The female superintendent, who possesses an uncommon share of benevolent activity, and who has the chief management of the female patients, as well as of the domestic department, occasionally gives a general invitation to the patients, to a tea-party. All who attend, dress in their best clothes, and vie with each other in politeness and propriety. The best fare is provided, and the visitors are treated with all the attention

of strangers. The evening generally passes in the greatest harmony and enjoyment. It rarely happens that any unpleasant circumstance occurs; the patients control in a wonderful degree, their different propensities; and the scene is at once curious, and affectingly gratifying.

Some of the patients occasionally pay visits to the friends in the city; and female visitors are appointed every month by the committee, to pay visits to those of their own sex; to converse with them, and to propose to the superintendents, or the Committee, any improvements which may occur to them. The visitors sometimes take tea with the patients, who are much gratified with the attention of their friends, and mostly behave with propriety.

It will be necessary here to mention, that the visits of former intimate friends, have frequently been attended with disadvantage to the patients; except when convalescence had so far advanced, as to afford a prospect of a speedy return to the bosom of society. It is, however, very certain, that as soon as reason begins to return, the conversation of judicious, indifferent persons, greatly increases the comfort, and is considered almost essential to the recovery of many patients. On this account, the convalescents of every class, are frequently introduced into the society of the rational parts of the family. They are also permitted to sit up till the usual time for the family to retire to rest, and are allowed as much liberty as their state of mind, will admit.

Those who have had the opportunity of observing the restoration of reason, will be aware, that she does not, in general, at once, resume

her lost empire over the mind. Her approach resembles rather the gradual influx of the tide ; she seems to struggle to advance, but again and again is compelled to recede. During this contest, the judicious attendant, may prove the most valuable ally of reason ; and render to her the most essential assistance, in the recovery of her lawful throne.

In some cases, however, the cloud which envelopes the mind is suddenly dispersed, and the patient seems to awake at once as out of a dream. In others the progress of recovery is gradual and uniform.

As indolence has a natural tendency to weaken the mind, and to induce ennui and discontent, every kind of rational and innocent employment is encouraged.

The attendant will soon perceive what kind of employment or amusement, is best adapted to the different patients under his care. He will observe that those of the most active and exciting kind, will be best adapted to the melancholy class, where they can be induced to engage in them ; and that the more sedentary employments, are generally preferable for the maniacal class. No strict rule, however, can properly be laid down on this subject ; and the inclination of the patient may generally be indulged, except the employment he desires obviously tends to foster his disease. The means of writing, are, on this account, sometimes obliged to be withheld from the patient, as it would only produce continual essays on his peculiar notions ; and serve to fix his errors more completely in his mind. Such patients are, however, *occasionally* indulged, as

it is found to give them temporary satisfaction ; and to make them more easily led into suitable engagements.

There certainly requires considerable care in the selection of books for the use of the insane. The works of imagination are generally, for obvious reasons, to be avoided ; and such as are in any degree connected with the peculiar notions of the patient, are decidedly objectionable. The various branches of the mathematics and natural science, furnish the most useful class of subjects on which to employ the minds of the insane ; and they should, as much, as possible, be induced to pursue one subject steadily. Any branch of knowledge with which the patient has been previously acquainted, may be resumed with greater ease ; and his disposition to pursue it will be encouraged by the competency which he is able to exhibit.

I met with a striking instance, of the advantage of attention to this point, some years ago. It was related to me by a person of great respectability, who was himself the subject of the case. He stated, that a few years before that time, his mind had been greatly depressed without any apparent cause. The most dismal thoughts continually haunted his mind, and he found the greatest difficulty, in confining his attention, for the shortest time, to one subject. He felt entirely indifferent to his business and his family ; and, of course, he neglected them. It was with great difficulty he was induced to take sufficient food to support life. His body became emaciated, and his mind more and more enfeebled.

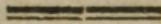
In this state, as he was one day musing upon his miserable condition, he perceived, by the faint glimmerings of remaining reason, the still worse state to which he must be reduced, if he continued to indulge his gloomy reflections and habits. Alarmed with the prospect of the future, he resolved to exert the power which he still possessed to control his unhappy dispositions, and to regain the habit of attention. For this purpose, he determined, immediately to apply himself to mathematics, with which he had been well acquainted in his youth, and also to adopt a more liberal regimen.

The first attempt to go through the easiest problem, cost him indescribable labour and pain. But he persisted in the endeavour; the difficulty of fixing his attention gradually lessened; he overcame his tendency to abstinence; and very shortly recovered the use of his faculties and his former temper of mind.

Perhaps few persons, in the situation which I have described, would have had the courage to form such resolutions; and still fewer, the fortitude to perform them. The case, however, certainly points out what may possibly be done; and how important it is, in a curative point of view, to encourage the patient in steady mental pursuit.

The managers of this Institution, are far from imagining that they have arrived at a state of perfection in the moral treatment of insanity. If they have made any considerable approaches towards it, their progress has only served to convince them how much more may probably be effected; and to fill them with regret, that so little ingenuity has hitherto been exerted to in-

crease the comforts of insane persons. There is no doubt, that if the same exertions were used for this purpose, as are frequently employed to amuse the vain, the frivolous, and the idle, many more gleams of comfort would be shed over the unhappy existence of lunatics; and the proportion of cures would be still materially increased.



#### OF THE RULES OF THE ESTABLISHMENT, &c.

The object of the Retreat, being to furnish a comfortable shelter for insane persons, as well as to promote their recovery, its original rules made no distinction between old and recent cases; and did not, in any degree, limit the time of patients continuance in the house. The only restriction relates to idiots; and this appears to have been generally understood as applying, chiefly, to cases of original absence of intellect.

In these respects, the circumstances of this establishment, differ materially from those of some of our largest public institutions.

It appears, from the statement of the master of St. Luke's Hospital, made before a Committee of the House of Commons, that, in this Institution, "The average number of patients at one time is 300;" and that "the average number of incurable patients, in the house at one time, is 115." All patients are discharged from this Asylum at the end of the first year; and if not then recovered, may be entered on the incurable list, to be admitted when a vacancy offers; but it appears that only a certain number of this class of patients are permitted to be in the

house at one time. The rules of this hospital do not admit patients "troubled with epileptic or convulsive fits."

By the following quotation from Haslam, it appears, that the rules of Bethlem Hospital guard against the admission of old cases: "Although patients who have been affected with insanity more than a year, are not admissible into the hospital, to continue there for the usual time of trial for cure, viz. a twelvemonth; yet, at the discretion of the Committee, they may be received into it from Lady-day to Michaelmas; at which latter period they are removed. In the course of the last twenty years, seventy-eight patients of this description have been received."

There are, however, a number of patients in Bethlem, who have been there many years; and I therefore conclude, that a certain proportion is permitted, as in St. Luke's, to remain on the incurable establishment. But, as Haslam states, that from the year 1784 to 1794, out of 1664 cases admitted, 1090 were discharged uncured, I presume that the number of patients in this hospital, who have been afflicted with insanity more than a year, is comparatively very small.

A large majority of the cases admitted into the Retreat, have not been recent. In several instances, the disorder had existed from fifteen to twenty years previously to their admission; and, of course, no reasonable hope could be entertained of the patient's recovery. The total proportion of cures cannot, therefore, be expected to be large. I will not, however, omit to mention, that the number of these must have been fewer, if the rules had limited the time of continuance in the house, as is the case in the

two charitable Institutions above mentioned. But, it must also be observed, that several patients who have been insane at the expiration of twelve months, have remained in the house from three to six months longer on probation, or *at their own request*, until a suitable situation offered for them.

Others, who have been apparently well at the end of twelve months, have relapsed before they quitted the house ; and I cannot avoid attributing to the premature discharge of insane persons, many of the relapses which occur after they leave the places provided for their care. Several of the symptoms which mark the disorder in its incipient state, also mark an advanced stage of convalescence. In either case, though no absolute act of insanity is committed, the mind is unable to bear that stimulus or exertion, which would even be salutary to it, in a state of perfect sanity.

## APPENDIX.

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THE Author hopes he shall be justified in presenting the reader with the sentiments of some respectable persons, who have carefully inspected the Retreat. His view in doing so, is to confirm the testimony which he has given in the preceding pages, of the practices of this Institution, and which might be suspected of partiality, if it were not supported by the evidence of disinterested persons, who were qualified to judge on the occasion.

In the year 1798, Dr. Delarive, of Geneva, after having examined a great number of public and private establishments of a similar nature, visited the Retreat. It was then in its infancy; but, the Doctor was so far pleased with the general management, as to write a very favourable description of it, in a letter addressed to the editors of "The British Library." This letter afterwards appeared on the Continent in a separate form, from a copy of which the following extracts are made.

After describing the evils which have existed in the treatment of the insane in public hospitals, which he observes would lead one to suppose, that madmen were employed in tormenting other madmen, he says, "The respectable society of Quakers have at length endeavoured to remedy these evils; it has been desirous of securing to those of its members, who should have the unhappiness to lose their reason, without possessing a fortune adequate to have recourse to expensive establishments, all the resources of art, and all the comforts of life, compatible with their situation. A voluntary subscription furnished the funds; and, about two years since, an establishment, which appears to unite many advantages, with all possible economy, was founded near the city of York.

"If the mind shrinks for a moment at the aspect of this terrible disease, which seems calculated to humble the

reason of man; it must afterwards feel pleasing emotions, in considering all that an ingenious benevolence has been able to invent, to cure and comfort the patients afflicted with this malady.

“This house is situated a mile from York, in the midst of a fertile and cheerful country; it presents not the idea of a prison, but rather that of a large rural farm. It is surrounded by a garden. There is no bar or grating to the windows, their place is supplied by a means of which I shall afterwards give an account.”

After a general view of the economy of the Retreat, and the general treatment of the patients, the Doctor thus concludes his letter: “You will perceive, that in the moral treatment of the insane, they do not consider them as absolutely deprived of reason; or, in other words, as inaccessible to the motives of fear, hope, feeling and honour. It appears that they consider them rather as children, who have too much strength, and who make a generous use of it. Their punishments and rewards must be immediate, since that which is distant has no effect upon them. A new system of education must be adopted to give a fresh course to their ideas. Subject them at first; encourage them afterwards, employ them, and render their employment agreeable by attractive means. I think that if we could find still stronger means to excite feelings of benevolence in their minds, we should accelerate their recovery by the agreeable emotions which accompany all the affections. But it is evident, that every needless restraint excites in them the vindictive passions, to which they are but too prone, and prolongs the continuance of the disease.”

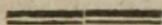
A few years since, W. STARKE, Esq. architect, of Glasgow, who was engaged to prepare a plan of an Asylum for that city and the West of Scotland, visited the Retreat. The following extract is made from his valuable “Remarks on the Construction and Management of Lunatic Asylums,” published in the year 1810. “In some Asylums, which I have visited, chains are fixed to every table, and to every bedpost; in others, they are not to be found within the walls. The idea of inflicting corporal punishment is held in abhorrence; and rods or whips are considered as engines of power, too dreadful to be committed to the hands of servants, who may soon convert them into instruments of oppression.

In such asylums, however, there are no appearances of insubordination. The whole demeanour of the patients, on the contrary, is most remarkably submissive and orderly. The one to which I especially allude, the Retreat, or Quaker Asylum, near York, it may be proper to mention, is occupied by a

description of people, whose usual habits in life are highly regular and exemplary; but the chief cause of its superiority will be found to lie in the government of the Asylum. It is a government of humanity and of consummate skill, and requires no aid from the arm of violence, or the exertions of brutal force.

At the Retreat, they sometimes have patients brought to them, frantic, and in irons, whom they at once release, and, by mild arguments and gentle arts, reduce almost immediately to obedience and orderly behaviour. A great deal of delicacy appears in the attentions paid to the smaller feelings of the patients. The iron bars, which guarded the windows, have been avoided, and neat iron sashes, having all the appearance of wooden ones, have been substituted in their place; and, when I visited them, the managers were occupied in contriving how to get rid of the bolts with which the patients are shut up at night, on account of their harsh ungrateful sound, and of their communicating to the Asylum somewhat of the air and character of a prison.

The effects of such attentions, both on the happiness of the patients, and the discipline of the Institution, are more important than may at first view be imagined. Attachment to the place and to the managers, and an air of comfort and of contentment, rarely exhibited within the precincts of such establishments, are consequences easily discovered in the general demeanour of the patients.



THE following testimony is extracted from an account lately published of the Lunatic Asylum at Edinburgh; and we are authorised to state, that it comes from the pen of Dr. DUNCAN, senr. who visited the Retreat in the year 1812, after having seen most of the Institutions of a similar nature in Britain.

That the government of the insane requires a certain degree of restraint, both for the safety of the individual and of others, no one can doubt. But very different opinions have been entertained with regard to the utmost degree of coercion, which is necessary in any case. Now, however, this point may be considered as in some degree settled by experience. The fraternity denominated Quakers have demonstrated, beyond contradiction, the very great advantage re-

sulting from a mode of treatment in cases of insanity, much more mild than was before introduced into almost any Lunatic Asylum, either at home or abroad. That fraternity, who have been long and justly celebrated for charity and humanity, have established in the neighbourhood of the city of York, *The Retreat*, as they term it, a building appropriated to deranged members of their own community. In the management of this Institution, they have set an example which claims the imitation, and deserves the thanks, of every sect and every nation. For, without much hazard of contradiction from those acquainted with the subject, it may be asserted, that the Retreat at York, is at this moment the best regulated establishment in Europe, either for the recovery of the insane, or for their comfort, when they are in an incurable state.



Dr. NAUBI, president of the Maltese Hospital, after carefully inspecting the Retreat in the present year, gave the following testimony respecting it:

“I am very glad to have been at York, to observe the Retreat there kept by the Society of Friends. This house, or Retreat, for the trouble in mind, I think is one of the best things I saw in England on the same subject; and having observed many others on the Continent, I dare say that it is the best in all the world. The situation of the building out of the town, a large garden around it, the propriety of the rooms, the cleanliness of the patients, the way which they are kept, as for dressing, as for feeding them, is very remarkable to be observed.”\*

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\* Dr. N. had studied the English language, only nine months.

A copy of the first annual report of the Asylum, lacking the title page, published in 1818 under title: Further information of the progress of the Asylum ... was formerly bound with this 1814 "Account." It was removed in 1960 and bound separately.



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