

*Document No. 5.*

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ANNUAL REPORTS

OF THE

MANAGERS AND OFFICERS

OF THE

New Jersey State Lunatic Asylum,

AT TRENTON,

*For the Year Ending October 31st, 1874.*

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**New Jersey State Library**



# OFFICERS.

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## MANAGERS.

HON. ALEXANDER WURTS, Flemington, *President*.  
HON. CALEB S. GREEN, Trenton, *Secretary*.  
HON. CHARLES HEWITT, Trenton.  
Rev. S. M. HAMILL, D. D., Lawrenceville.  
JOHN VOGHT, M. D., Freehold.  
GARRIT S. CANNON, Esq., Bordentown.  
HON. HENRY R. KENNEDY, Bloomsbury.  
JAMES B. COLEMAN, M. D., Trenton.  
WILLIAM ELMER, M. D., Bridgeton.

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## RESIDENT OFFICERS.

SUPERINTENDENT AND PHYSICIAN,  
H. A. BUTTOLPH, M. D., LL. D.

ASSISTANT PHYSICIAN,  
JOHN W. WARD, M. D.

SECOND ASSISTANT PHYSICIAN,  
JOHN G. SCHENCK, M. D.

STEWARD,  
CALEB SAGER.

MATRON,  
Miss MARY TABOR.


TREASURER,  
JASPER S. SCUDDER, Trenton.



## REFERENCES TO PLAN.

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A. Portico. B. Entrance Hall. C. Halls of Centre and Wards. D. Superintendent's Office. E. Manager's Room and Public Parlor. F. Apothecary Room and Steward's Office. G. Medical Stores. H. Reception Parlors for Patients. I. Stairs. J. Assistant Physician's Rooms. K. Dining Rooms. L. Parlors of Wards. M. Bath Rooms. N. Water Closets. O. Clothes Rooms. P. Passage between 1st and 2d Wards. Q. Associated Dormitories. R. Attendant's Rooms. S. Spaces for Light and Air. Blank Rooms (Single Bed Rooms for Patients.) O. V. Open Veranda for Exercise.

 Foul Air Shafts.  Dumb Waiters.  Chimneys.

The CENTRE BUILDING is four stories high. The first, being the Steward's Apartments, Kitchens and Store-Rooms. The second, the Public Offices, Parlors, &c. The third, the Superintendent's Private Rooms and the Chapel. The fourth, Bed Rooms. The Tanks for supplying water, occupy the Dome.

The WINGS are three stories high, and are similarly arranged, except the first story of those adjoining the Centre, which are arranged for various domestic offices and bed rooms.



## MANAGERS' REPORT.

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*To His Excellency, Joel Parker, Governor of the State of New Jersey:*

In conformity with the provisions of the act providing for the organization of the State Lunatic Asylum, the managers respectfully present their twenty-eighth annual report, and transmit the reports of the Superintendent, Treasurer, and Steward, to which they refer for information in detail regarding the operations and conditions of the institution.

The tabulated statement submitted by the Superintendent, of the classes, number, and condition of the patients, shows, as did his report of last year, a large reduction in comparison with former years when the institution was not so excessively crowded, as it now is, in the number of patients who were discharged recovered. The ability to admit new patients being limited, accounts for the undue proportion of chronic cases now and for a few years past in the institution. Under these circumstances, the asylum, notwithstanding its efficient management by skillful officers, and the possession of unsurpassed facilities for the care and treatment of its inmates, necessarily fails to perform fully an important part of the work for which it was created; and this must continue to be the case until the new asylum shall have been prepared for the reception of patients, and the means be thus provided for the treatment of a larger number of curable cases. We therefore cannot refrain from again expressing the hope that unusual efforts may be made to hasten the time when the desired relief may be afforded.

Among the patients in the asylum, are included twenty-one insane convicts, who have been transferred to the institution from the State Prison by virtue of the twelfth section of the act for the government and regulation of the State Prison, approved March 26th, 1869. While all must admit that the plainest dictates of humanity demand on the part of the State, the provision of means for the merciful care and skillful treatment of insane convicts, yet there would seem to be a natural repugnance to placing these persons in contact with the other insane of the State. The affliction of insanity is sufficiently deplorable without causing to the relatives and friends of the sufferers, the added grief of knowing that those to whom they are bound by the tenderest ties, may be forced to mingle with

common convicts. We feel this to be a grievous wrong, that calls for a prompt and adequate remedy. This evil, not easy to endure, when the law was first enacted, and there were but few insane convicts, has grown in magnitude with the increase in the number of cases, and ought not to be longer tolerated. We earnestly urge that provision be made by law, for the treatment of this class of cases in some suitable place separate from the other insane of the State. We believe that this could be best done in the State Prison property. Then those who have only occasional attacks of lunacy, could in the interval, be provided with such useful and healthful employment as might be deemed compatible with their condition. Such an arrangement would also leave no inducement on the part of prisoners to feign insanity, in order to accomplish a removal from the prison. In order to secure the very best medical care when necessary, the prison physician might be authorized to summon the Superintendent for consultation in extreme cases.

The prison and asylum are sufficiently near each other, to render this entirely feasible.

Notwithstanding the previous good condition of the buildings and appointments, additional improvements have been made during the year, as will be seen by reference to the Superintendent's report. The proper heating and ventilation of buildings so extensive as those of the asylum, and the power required for the machine shop, laundry, bakery, for pumping, and other purposes, have required the provision of boilers, steam engines, pumps, blowers, and other mechanical appliances, to the completeness of which we refer with great satisfaction. The arrangements for the generation and use of steam will compare favorably with the best engineering works, and are well calculated to secure the very highest degree of economy and efficiency possible with steam as a motor. The only means of making any material advance in the direction of cheaper power, has been availed of during the year, by the purchase of the property known as the English farm, and the mill and water power connected therewith. When the mill, which was in a dilapidated state, shall have been reconstructed, the water power can be utilized for pumping, and otherwise, thus affording greater safety, as well as greater economy.

In accordance with the provisions of the act authorizing the purchase of the property above referred to, the sum of five thousand dollars has been drawn from the State Treasury, on the warrant of the Comptroller, under the requisition of the President of the Board of Managers, and the same has been paid on account of the purchase money, the title papers having been duly executed and delivered. A further requisition for the sum of fifteen thousand dollars, to pay the balance of the purchase money, will be made during the ensuing year.



The finances of the institution are in a satisfactory condition, as will appear fully from a reference to the Steward's and Treasurer's reports.

The annual inventory of the personal property belonging to the asylum has been made by the Steward and two appraisers, as required by law, and the value of the same, as estimated by them, is one hundred and three thousand eight hundred and seventy-seven dollars and eighty-one cents, (\$103,877.81), being an increase, since last year, of eight thousand four hundred and fifty-eight dollars and thirty cents, (\$8,458.30).

Within the year there has been removed, by death, an esteemed member of this Board, Moses Bigelow, the benefit of whose wise counsel the institution had enjoyed for several years, and whose valuable services will be gratefully remembered.

The duties of the Managers have been made comparatively easy by the ability of the Superintendent, and his unceasing attention to the interests of the institution. In the discharge of his arduous duties, he has received the benefit of the large experience of the Steward and Matron.

The faithful services of these officers and the assistant physicians, entitle them to the commendation of the Board.

ALEXANDER WURTS,  
SAMUEL M. HAMILL,  
GARRIT S. CANNON,  
CHARLES HEWITT,  
JOHN VOUGHT,  
HENRY R. KENNEDY,  
JAMES B. COLEMAN,  
WILLIAM ELMER,  
CALEB S. GREEN,

*Managers.*

Dated November 11, 1874.



## TREASURER'S REPORT.

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*An Abstract of the Accounts of the Treasurer for the Financial  
Year ending October 31, 1874.*

### DR.

To balance in the Treasurer's hands, - - -	\$7,981 13
To amount received from the State Treasurer for board of patients, - - - - -	27,912 26
To amount received from the State Treasurer for board of convicts, - - - - -	6,200 00
To amount of revenue from county patients -	116,972 92
To amount from pay patients and incidentals -	31,710 13
	<hr/>
	\$190,776 44

### CR.

By amount paid Caleb Sager, steward's orders,	\$185,175 06
Balance in the Treasurer's hands, - - -	5,601 38
	<hr/>
	\$190,776 44

All of which is respectfully submitted to the Board of Managers, by

Trenton, October 31, 1874. JASPER S. SCUDDER,  
*Treasurer.*

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We hereby certify that we have examined the Treasurer's accounts,  
and find them correctly stated and balanced, according to the above  
statement.

CALEB S. GREEN,  
SAMUEL M. HAMILL,  
*Auditing Committee.*

# STEWARD'S REPORT.

*The New Jersey State Lunatic Asylum in Account with Jasper S. Scudler, Treasurer, from October 30, 1873, to October 30, 1874.*

DR.	CR.
AMOUNTS PAID FOR SUNDRY ACCOUNTS.	Balance from last year..... \$7,981 13
Provisions .....\$49,534 45	Received since for board, cloth- ing, &c..... 178,505 04
Wages ..... 31,048 61	Received since for hides and tallow..... 4,290 27
Fuel..... 16,534 71	
Fixtures..... 13,613 86	
Repairs ..... 11,512 48	
Clothing..... 10,497 13	
Groceries..... 7,915 34	
Furniture..... 7,018 33	
Flour..... 6,088 83	
Lumber..... 4,027 42	
Building..... 3,270 44	
Fruit..... 3,046 23	
Fencing..... 2,857 22	
Light ..... 2,228 15	
Rent..... 2,127 50	
Farm and Garden..... 1,700 80	
Incidental..... 1,610 71	
Medical..... 1,475 68	
Interest..... 916 86	
Smith and Wheelwright..... 877 62	
Laundry ..... 865 74	
Grounds and Grading..... 677 93	
Stock..... 795 00	
Freight ..... 763 77	
Petty and Current Expenses.... 669 31	
Refunding ..... 647 64	
Feed..... 553 27	
Straw..... 480 12	
Funeral Expenses..... 460 95	
Postage ..... 334 36	
Books and Stationery..... 328 83	
Harness ..... 306 61	
Amusements..... 139 39	
Insurance ..... 129 00	
Ice..... 74 67	
Newspaper..... 46 10	
<hr/> \$185,175 06	
Balance..... 5,601 38	<hr/> \$190,776 44
	1874.
\$190,776 44	Oct. 30.—Balance..... \$5,601 38

Respectfully submitted to the Board of Managers.

CALEB SAGER,  
Steward.

## SUPERINTENDENT'S REPORT.

*To the Managers of the Asylum:*

GENTLEMEN:—In compliance with the law for organizing the Asylum, the Superintendent submits his annual report:

	Men	Women.	Total.
Patients in the Asylum October 31, 1873,	313	340	653
Received since to November 1, 1874,	88	99	187
Under treatment during the year,	401	439	840
Discharged recovered during the year,	25	27	52
Discharged improved, - - - - -	39	46	85
Discharged unimproved, - - - - -	1	13	14
Escaped, - - - - -	1	0	1
Not insane, - - - - -	1	0	1
Died, - - - - -	22	10	32
Total discharged and died during year,	89	96	185
Remaining October 31, 1874, - - -	312	343	655
Of this number there are - - - - State.	County.	Private.	Total.
21	528	106	655
Whole number of cases received and treated from the opening of the Asylum, May 15, 1848, to November 1, 1874, - - - Men.	Women.	Total.	
2188	2400	4588	
Discharged recovered - - - - -	795	885	1680
Discharged improved, - - - - -	573	708	1281
Discharged unimproved, - - - - -	80	99	179
Escaped, - - - - -	9	3	12
Not insane, - - - - -	5	1	6
Died, - - - - -	414	361	775
Total discharged and died - - -	1876	2057	3933
Remaining October 31, 1874, - - -	312	343	645
Total discharged and remaining, -	2188	2400	4588

Statement of the number of patients in the Asylum from each county, the quota to which each county is entitled, and the number which each county has in excess or below its quota on basis of census of 1870; capacity of Asylum estimated at 600.

Counties.	No. in Asylum, October 31, 1874.	Quotas.	No. in excess of Quota.	No. below Quota.
Atlantic,	5	9	- -	4
Bergen,	23	20	3	- -
Burlington,	25	35	- -	10
Camden,	32	30	2	- -
Cape May,	4	6	- -	2
Cumberland,	27	23	4	- -
Essex,	98	94	4	- -
Gloucester,	14	14	- -	- -
Hudson,	41	84	- -	43
Hunterdon,	31	24	7	- -
Mercer,	49	30	19	- -
Middlesex,	38	29	9	- -
Monmouth,	35	30	5	- -
Morris,	35	28	7	- -
Ocean,	8	8	- -	- -
Passaic,	28	30	- -	2
Salem,	12	16	- -	4
Somerset,	28	15	13	- -
Sussex,	22	15	7	- -
Union,	49	27	22	- -
Warren,	29	22	7	- -
New York,	1	- -	- -	- -
Convicts from State Prison,	21	- -	- -	- -
	<hr/> 655			

It should be mentioned in regard to the above tables that, in several instances, applicants for admission from counties in excess of quota have been received and charged to quota of those whose number were below their quota, generally by consent of the latter, but with the understanding that they would be removed when the room was required for their own patients, or when called upon to do so.

#### GENERAL RESULTS AND OBSERVATIONS.

The number of patients under care at the close of the last year was six hundred and fifty-three; three hundred and thirteen men, and three hundred and forty women.

The number received since, viz.: from November 1, 1873, to Octo-

ber-31, 1874, inclusive, was one hundred and eighty-seven ; eighty-eight men and ninety-nine women.

The whole number of cases under treatment during the year was eight hundred and forty ; four hundred and one men, and four hundred and thirty-nine women.

Of the one hundred and eighty-five discharged during the year, fifty-two were considered as recovered ; eighty-five as improved ; fourteen unimproved ; one escaped ; one not insane, and thirty-two died.

Of the six hundred and fifty-five inmates at the close of the year, one hundred and six were supported by friends, as private or paying patients ; five hundred and twenty-eight were committed as poor and indigent, and supported by the several counties from which they were sent, assisted by the State, and twenty-one were supported wholly by the State.

Death occurred in thirteen cases from general chronic exhaustion ; in four from exhaustion of acute mania ; in one from strangulation by food ; in one from congestion of brain ; in two from epilepsy ; in six from consumption ; in one from suicide ; in three from general paralysis, and in one from disease of the heart.

The general results of the last year's operations of the institution, by comparison with former years, show that it has, in the circumstances in which it is placed, been fairly successful.

To comprehend this more fully, especially in reference to the curative results of treatment of the insane, it should be known and stated that not only a large number, but a very large proportion of the persons under care, have consisted of chronic cases, the accumulation of past years, and whom it has been the policy of many of the counties to maintain in the institution, often to the exclusion of the more recent and curable applicants, whose admission, for want of room, has been refused or deferred. This will account for the comparatively small number of recoveries reported, during the last and later years, to the number of patients under care.

It may be added, also, that this difficulty will continue to exist until the provision made by the State is sufficiently large to accommodate all recent as well as the old cases.

That this want or necessity for more room was not anticipated and provided for by the Legislature—or, rather, that the Legislature delayed to take *timely* action to meet its obligations to this afflicted class of its citizens, is truly a great misfortune to those whose disease was liable to become chronic and permanent for the want of early and appropriate care.

This condition of things exists in many or most of the States in regard to the insane, and is due to the habit of Legislatures of deferring the commencement of charitable institutions of this class

until the want is pressingly urgent, when, of course, the delay necessary for their completion must be suffered.

Another and an important class of operations relating to the institution, is that of the farm, garden, grounds, &c. These have been, in the main, highly successful, and would be still more so were the institution, in its own right, possessed of a sufficient amount of land to enable it to organize labor, so as to secure the most advantageous results possible.

Still another class of operations is that relating to the renovation and repair of the buildings and working fixtures of the establishment, and in some instances, of adding to the number and capacity of the auxiliary means of the latter class.

As instances of this kind, to be mentioned in this connection, I may state that, during the last year, the machine shop has been thoroughly repaired, by the introduction of a new floor of stone and brick, in place of wood, with the addition of an iron framed moulding machine and circular saw, for cutting off lumber, the latter being placed in an open shed constructed for the purpose, for convenience of use in cutting up large and long timber, plank, &c. As now fitted, our machine shop is exceedingly well adapted for assisting and expediting the work of mechanics employed by the institution.

We have also procured for use, with the view to accomplish the more thorough ventilation of the building than heretofore, a large (No. 7) blower, made by the Messrs. Roots, of Connorsville, Indiana, and heretofore used only for supplying a blast of air to foundries, furnaces and the like. It is constructed to work by a positive action and therefore with much less power than that required by fans in use for this purpose. We have been induced to procure this machine to supplement or take the place of fan heretofore used for ventilating purposes, by the successful working of one of the same kind, but of smaller size, used for securing exhaust downward ventilation to a large number of closet hoppers, and which discharges the foul air it receives from them through the medium of the sewer, as a jet, into smoke stack of boiler house, several yards above the damper, thus by the force by which it impels the air, increases the draft of stack, and in this way even utilizes the foul air of the sewer for the purpose. This may fairly be considered as the final stage of economical management in this direction.

In addition to the method stated for forcing an increased quantity of air into the house, other arrangements have been perfected more fully during the year, for withdrawing the foul air, by an exhaust force created by the heat of steam surfaces, and placed in campaniles on the top of the house at six points. This arrangement being kept in active working, at all seasons, and both day and night, is highly effective.



Six additional wash-rooms supplied with hot and cold water, and four bath and clothes-rooms for the use of patients, have been provided and furnished during the year, and add much to the convenience of the departments where situated.

The work of reconstructing the mill on the English property, so called, purchased in accordance with an act of the Legislature at its last session, has been commenced, though at a late period in the autumn, and will, with the proposed arrangements for pumping water, by water power, to supply the building, be completed at as early a day as practicable.

These arrangements, when completed, will, it is believed, prove very valuable auxiliary means of their class, in supplying to the institution, in the most economical manner, the indispensable articles of flour, feed for stock, and water for all purposes.

Still one other valuable improvement has been nearly accomplished, which is the excavation in the low ground, immediately in front of the centre building, of about two acres, to be flooded with water from natural springs, and used as a lake for various purposes:—in summer, as an embellishment to the grounds,—for fish, boating, &c., and in winter, as a skating and ice pond.

To carry out the design in the latter respect, an ice house, thirty by fifty feet in extent, has been constructed and placed within a few yards of the lower end of the lake, that it may be easily filled with ice from its surface, and in an extension of this building, in front, is provided a cool or refrigerating room, fifteen by sixteen feet in extent, to receive and preserve butter and other stores.

This structure, though necessarily quite large and plain in outline, has yet, at small expense, been so far embellished as to render it a sightly object, even in the trying situation it occupies, in the front lawn.

It may be farther added, that one part of design in forming the lake and the arrangement for raising water by the new method, is to supply it so abundantly and cheaply as to justify its free use, in forming jets at the lake, which will add so much to the beauty and picturesque effect of the latter. By using the *overflow* of water from tanks, a perpendicular head of nearly one hundred feet will be secured, and the jets rendered highly effective.

By this arrangement, too, we can always provide for having tanks full and overflowing, both day and night, and with water fresh and cool from the large spring from which it is obtained.

By reference to the Steward's statement of accounts, it will be perceived that there remained at the close of the year, a balance in favor of the Treasurer, of five thousand six hundred and one dollars and thirty-eight cents, (\$5,601.38.)

## ENTERTAINMENTS AND AMUSEMENTS.

Under this head, we speak first of schools, kept up, as heretofore, for several months of the year, and although embracing a comparatively small number of each sex, who desire to attend, or who are selected for the purpose, yet, to nearly all, the attendance has appeared to be highly improving and useful.

The evening entertainments of the year consisted of lectures, or descriptions of objects and places, natural scenery, &c., native and foreign, illustrated by magic lantern views, and among these, a series of one hundred or more, prepared by our special order, and representing scenery, and the marvelously embellished architecture of former centuries in India.

Concerts of vocal music, assisted by chapel organ, piano, and other instruments were also a favorite resort, and were always highly successful.

A resort was also constantly had to the usual games suited to the house and grounds, and which serve to while away many a tedious hour.

Especial reference may properly be made to the well adapted grounds about the building, for the exercise of both sexes.

In addition to the large pleasure ground in front of the building, containing the museum, and consisting of about twenty acres, with finished walks and drives, and many ornamental trees, shrubs, and a flower garden, and hereafter to be so much embellished by the artificial lake, fountains, &c., alluded to elsewhere, we have in the rear of the wings, for both men and women, and in the hollow squares at the ends of the house, several sub-divisions of the grounds, (four for either sex, with others to be finished hereafter), neatly enclosed with close fences, and many of them provided with board walks, covered by projecting roofs, supported on brackets from near the top of fences, and with continuous seats against fences at the bottom. These, with several open summer houses, contained in them, serve to relieve the monotony, necessarily incident to life in an institution, and particularly to the large class of patients of both sexes, who are unable or unwilling to engage in *useful* employment, the great boon to all the human race, whether sane or insane.

## GENERAL VIEWS IN REGARD TO THE NATURE, CAUSES, SYMPTOMS AND TREATMENT OF INSANITY.

In any and all discussions of the topics under the above heads, the brain is, and must be admitted and considered as the physical organ by or through which the mind, embracing its animal, intellectual, moral and emotional faculties, is manifested in this life.

The brain varies in different individuals, in its size, form, and in the quality of its substance, and on the differences in these particulars depend largely, though not exclusively, the natural differences in the minds of men in a state of health.

Any departure from the usual condition of an individual, from whatever cause, whether physical, mental or moral, is for the time, and to a degree, an unbalanced, and therefore, an unsound state of brain and mind. The brain, however, like other physical organs and parts, is capable of a certain range of functional activity, within which, the causes of disturbance being suspended or removed, is capable of returning to its natural or healthy balance of action.

From these premises it follows, that each man and each woman of the human race has, as a physical necessity, his own individual natural standard, as to brain and mind in all its faculties.

When the brain is in health and the faculties of the mind are in their usual state of activity and balance, the individual is considered, and is, for the time, sane. The judgment, the reason, the moral feelings and emotions may be very different from many or most others, and liable to suffer by comparison with others, but their state is indicative of the kind and degree of natural mental soundness of which they are possessed and capable.

Having reached this stage of the inquiry, it is easy to describe or define insanity, and which, with no particular claim to originality, I would say, consists in a prolonged departure, through disease of the brain, from the natural or healthy activity and balance of some or many, rarely all of the faculties of the mind.

This unbalanced or deranged state may depend on an excited, depressed, or perverted state of the natural faculties.

Whatever be the kind or degree of the morbid action of the brain, however, on which it depends, the disordered mental action is caused by the inability of the person to perceive and judge correctly, or to act freely, with his faculties unbalanced.

While this description of what insanity consists, may not always enable us to detect the disease, in the case of persons with whom we have not had a previous acquaintance, and can not, therefore, compare their existing mental state with what is usual for them in health, yet it is always a valuable guide, and will generally lead to correct results.

In all cases, at first, the disease of the brain is simply functional, and consists in an excited, depressed, or changed state of its functional action.

If long continued, or is attended by unfavorable circumstances, in the health and surroundings of the individual, the disease is liable to advance and change the minute structure of the brain, while the mental disorder, which is only symptomatic of the physical, will become chronic and permanent. In such cases, the structural change, though sufficient to impair permanently the functional

action of the brain, or that part of it involved in disease, as evidenced by the mental symptoms, yet it may not specially impair the bodily health of the individual, who may fill out the allotted years of the race, notwithstanding the existence of his peculiar mental defect.

To enable us to comprehend more fully the nature and philosophy of the result that is witnessed in this and similar cases, we may compare the active or functional disease of the brain with its attendant mental disorder, with what occurs in a local inflammation of a joint.

The disease is attended by the usual phenomena of inflammation, redness, heat, pain, swelling and disturbed functional action or motion, in the part. After a time, either spontaneously or aided by remedial means, the active symptoms alluded to subside, and the joint is restored to its usual appearance and state, in all visible respects, except its impaired function or motion, which is lost.

In regard to the second point embraced in this inquiry—the causes of insanity—I would say that they are very various and often obscure. For convenience of description, however, they may be spoken of as predisposing and exciting. By the former is meant any and all conditions of the brain and nervous system of the individual, whether derived from natural inheritance, or other means or influences that predispose the brain to take on this form of disease.

By exciting causes is meant those direct agencies, whether physical, mental or moral, that are suddenly, or gradually, brought to bear upon the individual, and which, in connection with the first named causes or condition, develop the disease.

It frequently happens, however, that there exists such an array and complication of exciting causes, that it is quite wrong to attribute the attack to any one of them, and especially to take the judgment or hearsay evidence of an accidental attendant having the person in charge, or even an indiscriminating friend, in a matter so obscure and intricate.

This uncertainty in regard to causation, even in simple and plain cases, would seem to be an evil of great magnitude, which, perhaps, may be admitted in a certain sense, and yet, in another view, the precise time and way in which the individuals of a train of causes came to affect a given person in a given way, may not be very material or important in regard to the case in hand.

In other words, the same train of causes applied to minds of different natural constitution or balance, may operate so differently that we fail to perceive any similarity in results or consequences, and hence, the information, if true, may be of trifling importance.

The important lesson to be gathered from this is that each individual case of mental disorder is to be considered separately, and

with reference to the natural standard or peculiarities of the individual affected, apart from any and all others.

The symptoms of insanity may consist in any and all variations from the natural expressions of the faculties, and may relate to morbid changes in the senses, the observing and reflective faculties, the animal, moral, or religious feelings, and these separately or combined. Also with the character of the diseased action of the brain, whether it consists in excitement, depression, or perversion of its functional action. Of course this would naturally lead to an infinite variety in the mental phenomena of insanity, which is found to be literally true in practice.

This view naturally detracts from the supposed importance of a given train of causes and effects on a given person; first, because the same train may not occur in another person, and second, because the phenomena may be, to a great extent, incidental and transient, and therefore of little moment.

The next step to reach is the treatment of insanity, and here it is usual and natural to divide the agencies to be resorted to into medical and moral. The former, of course, referring to the correction of any and all physical derangements, and the latter to all mental and moral disorders.

To be prepared for the accomplishment of the first, a careful inquiry should be made into the state and condition of the various bodily organs and functions. If there be excitement, depression, or otherwise changed or perverted action in any system or part, it should be ascertained and corrected by appropriate remedial agents, on the same general principles, as in any other disease, but having in view any modification required by the existence of the mental disorder.

To be a little more definite in one respect, it may be stated that many or most of the causes that are strongly influential in exciting the disorder, do so, through their effect to induce morbid wakefulness.

The loss of sleep, therefore, is the real cause of the derangement, or unbalanced state of mind.

An here let me add, in all seriousness, that no person should trifle with the subject of rest by sleep, treating it only as a prudential matter. It is by an arrangement of the Creator, like the taking of proper nourishment for the support of the body, at the very foundation of physical health, mental strength and moral excellence. While the brain, within certain limits and under favorable circumstances, may endure the loss of sleep without visible or permanent injury, yet, if the loss be suffered under unfavorable circumstances, and is carried beyond the limit of the endurance of the individual, the result may be an attack of mental derangement, the end of which cannot be foreseen. To restore the *ability* to sleep, there-

fore, when it is lost, as is often the case with insane patients, is about all that is needful to ensure their recovery.

The other branch of the inquiry as to treatment, refers to all those means and agencies that are or may be brought to bear on a person in their new position. First, the removal from home and the associations with which their derangement has arisen or been perpetuated. At this point friends are often unduly anxious, lest the shock of the separation and change will add to rather than diminish the morbid feelings and tendencies of the patient.

This apprehension is seldom realized—indeed, “a shock,” so to express it, is often necessary and useful. By the change of place and circumstances the faculties of the mind most disordered are turned away from the subjects that have most engaged their attention, while other faculties or classes of faculties, that may be comparatively sound, are brought into exercise in the change of place and relation to other persons that has occurred.

The individual may not at once be happy, indeed, may imagine that he is very miserable, but if it is on another subject than what had before occupied his attention, his weary and worn faculties, that have long been under strain, take rest, and ere long he regains his ability to sleep, rapidly recuperates, and, if curable, in due time regains his reason. In other cases he becomes comparatively tranquil and comfortable, but perhaps remains permanently deranged.

The means then to be used by an institution for the restoration of its inmates, are any and all those means and motives that favorably affect the faculties of a human being. A healthy locality, cheerful, attractive scenery, pleasant walks, freedom to take exercise—for many, especially in State institutions, useful employment, cheerfully, even tastefully furnished halls and rooms, books, games, music, social and other entertainments, &c., &c., &c.

#### ACKNOWLEDGMENTS.

I again have occasion to renew the expression of my obligation and thanks to the clergymen of Trenton and the vicinity, for their great kindness in conducting regularly, the religious services of our chapel on Sunday.

From Miss D. L. Dix we have received thirteen volumes for patients' library, one large parlor kaleidoscope, and numerous pictures.

From a friend, three dollars for patients' library; and from Mrs. Porter, four pamphlets for same object.

From John S. Pierson, Esq., of New York, that ever thoughtful friend of the insane, sixty-three well chosen volumes for patients' library; one hundred and five stereoscopic views; two large parlor kaleidoscopes, and numerous illustrated papers, almanacs, &c.

From Rev. Mr. Chandler, of West Virginia, numerous scripture texts and cards.

From the publishers of the following daily and weekly newspapers, and monthly periodicals, we have received gratuitous copies, viz.: Daily State Gazette, Daily True American, Daily Emporium, Weekly Sentinel, and New Jersey Staats Journal, Trenton; Salem Sunbeam, Salem; New Jersey Herald, Newton; Mount Holly Herald, and Mount Holly Mirror, Mount Holly; Newark Weekly Courier, and Newark Daily Journal, Newark; Beverly Weekly Visitor, Beverly; Middlesex County Democrat, Middlesex; Monmouth Weekly Democrat, Freehold; Burlington Gazette, Burlington; The Family Casket, White House Station; Newtown Enterprise, Newtown, Pa.; The Catholic Standard, Philadelphia, Pa.; The Phrenological Journal, New York; and Hunterdon County Democrat, Flemington.

From the various residents, officers, attendants and assistants, I have received such cordial and efficient co-operation and aid in conducting the affairs of the institution, as materially to lessen the burden of care and responsibility unavoidably incident to its practical and satisfactory working.

As heretofore, I have received from the members of your board, that uniform sympathy and support, so essential to the highest attainable success.

Respectfully submitted,

H. A. BUTTOLPH.

N. J. State Lunatic Asylum, }  
Trenton, November 1, 1874. }





## ADMISSION OF PATIENTS.

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### PRIVATE PATIENTS,\*

Or those supported by themselves or their friends, are admitted to the Asylum when there are vacancies, on their complying with the directions and forms contained in chapters nineteen, twenty, twenty-one and twenty-two, of the by laws of the institution, which are in substance as follows:

That patients of all classes be made perfectly clean and free from any contagious or infectious disease; that they be provided with suitable clothing, and sufficient in quantity for one or more changes; that a written history of patients be sent with them, or that they be accompanied by a person capable of giving such information; that a "request for their admission" be made by some friend; that a "certificate of insanity," by one respectable physician, be brought with the patient; and lastly, that a bond, with satisfactory sureties, be given for the payment of their expenses, such payment being made quarterly in advance, and for their removal when discharged.

The forms of "request for admission," "certificate of insanity," and "bond for support," &c., are as follows:

### FORM OF REQUEST.

*To the Superintendent of the New Jersey State Lunatic Asylum:*

The undersigned, of the township of —, in the county of —, is desirous of placing in the State Lunatic Asylum, at Trenton, and hereby requests the admission therein of —, a resident of the township of —, in the county of —, who is aged — years, and has been [here state what the occupation, profession or business of the person has been]. He (or she) is a native of —, in the State of —, and is [here state what the relationship or circumstances of connection may be] of the undersigned.

[Then should follow a written history of the case, stating the alleged cause of insanity, when it commenced, and all the particulars of the case.]

Dated —, 18—.

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\*Application for admission of patients, if made by letter, should be addressed to the superintendent.

## FORM OF CERTIFICATE OF INSANITY.

I, A. B., physician, of the township of —, in the county of —, do certify that I have examined into, or am acquainted with the state of health and mental condition of C. D., in the township of —, in the county of —, and that he is, in my opinion, insane, and a fit subject to be sent to the State Lunatic Asylum.

Signed, A. B.

Dated —, 18—.

[The law requiring the certificates of two physicians, under oath, was repealed by supplement of March 1, 1850.]

## FORM OF BOND.

Know all men by these presents, that we, — —, of the township of —, of the county of —, are held and firmly bound unto — —, Treasurer of the New Jersey State Lunatic Asylum, and his successors in office, in the sum of five hundred dollars, for the payment of which we jointly and severally bind ourselves firmly by these presents.

Sealed with our seals, and dated this — day of —, 18 —.

Whereas, — —, of the township of —, in the county of —, a lunatic, has been admitted a boarder in the New Jersey State Lunatic Asylum, at Trenton: Now, therefore, the condition of this obligation is, that if the said obligators shall pay to the Treasurer, or his successor in office, the sum of — dollars and — cents per week, for the board of said lunatic, so long as — shall continue a boarder in said Asylum, with such extra charges as may be occasioned by — requiring more than ordinary care and attention, and shall provide for — suitable clothing, and pay for all such necessary articles of clothing as shall be procured for — by the Steward of the Asylum, and shall remove — from the Asylum whenever the room occupied by — shall be required for a class of patients having preference by law, or in the opinion of the Superintendent, to be received into said Asylum; and if — should be removed at the request of — before the expiration of six calendar months after reception, then if such obligators shall pay board for twenty-six weeks, unless — should sooner be cured, and if they shall also pay, not exceeding fifty dollars, for all damages — may do to the furniture or other property of the Asylum, and for reasonable charges in case of death; such payment for board and clothing to be made quarterly, in advance, from date of admission, and at the time of removal, with interest on each bill, from and after the time becomes due, then this obligation to be void, otherwise to remain in force.

Signed and sealed in presence of —

## FORM OF ORDER, ETC., FOR JUDGES.

I, A. B., one of the Judges of the Court of Common Pleas of the county of —, and State of New Jersey, do hereby report that application has been made to me on behalf of C. D. a resident of the township of —, in said county, alleged to be insane, [and in indigent circumstances, or a pauper, as the case may be,] and that pursuant to the act of the Legislature in such case made and provided, I have called before me Dr. —, a respectable physician, and and other creditable witnesses, to wit: [state their names] and having examined them, and fully examined the case, and not deeming it necessary to call a jury, I do hereby decide and certify that satisfactory proof has been adduced before me, showing the said C. D. to be an insane person, and that — has not sufficient estate or means to support — under said visitation.

Given under my hand at —, in the county and State aforesaid, this — day of —, in the year of our Lord one thousand eight hundred and —.

A. B.

— County, ss:—I, A. B., being duly sworn according to law, do certify and declare that I have examined into the state of health and mental condition of C. D., of the township of —, of said county of —, and that I am of opinion that — is insane.

A. B., *Physician*.

Sworn to and subscribed before me, this — day of —, A. D., 18—.

A. B., *Judge, etc.*

Endorse on certificate "Approved."—A. B. and C. D., Chosen Freeholders of the township of —, and county of —.

STATE OF NEW JERSEY. }  
— County. }

I, A. B., Clerk of the county of —, do hereby certify that the foregoing is a true copy of the report and certificate of — one of the judges of the Court of Common Pleas of said county, in the case of —, and also the certificate of Dr. —, thereunto appended, as filed in my office; that the foregoing is a true copy of the endorsement thereon, and that A. B. and C. D., whose names are signed to the said endorsement of approval, are members of the Board of Chosen Freeholders of said township, in said county, and that said signatures are in their proper handwriting.

In witness whereof I have hereunto set my hand and seal of office, at —, this — day of —, A. D., 18—.

A. B., *Clerk*.