

*Bowditch (H. I.)*

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# INEBRIATE ASYLUMS

OR

# HOSPITALS.

BY

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CHAIRMAN OF THE BOARD.



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## INEBRIATE ASYLUMS OR HOSPITALS.

*To the Members of the Massachusetts State Board of Health.*

GENTLEMEN :—A few days only before the last fatal illness of our excellent friend and co-laborer, Dr. Derby, he urged me to prepare an article on State Inebriate Asylums. I did not then agree to his proposition, but, since his death, I feel that a duty is laid upon me to carry forward any objects he had at heart. Surely, no man I have ever known devoted himself with a more self-sacrificing love or with a more intelligent zeal for a cause than he did to that which we advocate; viz., the improvement of the public health. Any proposition, therefore, made by such a man, and coming to me, as it were, from his open grave, becomes sanctified by death, and not to be refused. Were I now to decline, I should feel that I was recreant to the dying request of a well-beloved friend, and false to his noble example. Would that I could hope to prepare anything that would entirely commend itself to his mature judgment and his literary skill. As a tribute to his dear memory, I dedicate this paper, trusting that it may be of some service to the noble cause of temperance.

### THE SUBJECT.

I shall not confine myself closely to the subject proposed by Dr. Derby, although that, viz., the necessity for the State to establish one or more inebriate asylums or hospitals for the cure of drunkards, will be my chief aim. As in my communications made to you on former occasions, I shall divide my present one into several parts, under different heads.

## DRUNKENNESS NOW AND FORMERLY.

Drunkenness is one of the roots of all evil to the person, to his family, his friends, and finally to the State at large. It ruins the health of the individual who indulges in it. It fills our prisons with criminals who have voluntarily deprived themselves of reason before their entrance on crime. Our State almshouses are crowded with its direct or indirect victims, and they are a great burden to the tax-paying, temperate people of the Commonwealth. These statements seem truisms—I presume they will be admitted by every one. The records of the police,\* of our courts and almshouses fully sustain them. The facts are lamented by all reasonable persons, even if they be temperate users of alcohol themselves. Even literature feels the influence of the avowed or silent anathemas passed at the present day upon this great curse of humanity. We find few poets who now salute in jovial strains the flowing bowl. In order to get any fervent praises of wine, we must go back to those days when to drink deeply was esteemed an honorable feat, and to lie under the table after a dinner rout was not deemed unseemly. Again, there can be no doubt of the truth of the converse proposition, viz., that society at the present hour is permeated by the temperance idea to a degree that would appear ludicrous to our fathers, when drunkenness passed with little rebuke, save from some satirist like Hogarth, of England, or Troost, of Holland, who delighted to show out boldly upon their living canvas the vices of their age. The grossest and most absurd actions were done within the memory almost of our day, and they were met usually only with a laugh, as at a mere practical and natural joke committed while in "one's cups," and therefore to be venially dealt with. No one lost caste "on 'change" or in social life by the performance of acts which would now be deemed disgraceful under similar circumstances. Exact justice, therefore, to the past and to the present times, must, I think, convince every one that drunkenness prevailed with the consent of the community to a

\* From 1864 to 1873 inclusive, the yearly average of drunkards noted and recorded by the police of Boston, was as follows:—During first six years, 17,840; during last four years, 19,472. (See Report by E. H. SAVAGE, CHIEF OF POLICE, p. 57, 1873.)

much greater degree formerly than now. Almost all now despise drunkenness, many of us loathe the idea, and would consider the voluntary submission of ourselves to it as an act of the greatest self-degradation. Such being the estimates of drunkenness formerly and now, let us look a moment at our present opinion of the drunkard himself.

#### SENTIMENTAL REGARD FOR THE DRUNKARD.

On the threshold of this question we meet with a strange anomaly existing in this community. While no one is found to defend drunkenness, we find a very sickly sentimentalism about the drunkard on the part of some persons. Perhaps I might say that, on the part of most people, the opinion prevails that he is almost always a diseased person, and therefore is, under *all* circumstances, to be treated as an invalid, with that gentleness and forbearance which we exercise toward any other invalid. While admitting this plea of invalidism in *certain* cases, as, for example, where there is hereditary taint or under the influence of early instruction or neglect, and in certain dipsomaniacs, I deny the legitimacy of the opinion, in a majority of cases of drunken men or women.

#### TREATMENT OF THE DRUNKARD BY THE LAW.

A stranger anomaly still, is the fact, that while the majority of the community have these sympathetic views in regard to the drunkard, the law still holds up its terrors and declares, for example, drunkenness no excuse for crime. It tries, in its imperfect way, to keep the State from harm by means of various penalties, but it does little or nothing toward reclaiming the drunkard from his evil habits. On the contrary, the law generally, after interfering with him, leaves him worse than before. It fines him, and he goes away quite as much disposed to get drunk as he was previously. Nay, more! the public fine has degraded him; his self-respect has been seriously injured by this public censure. As a means of preventing a repetition of the offence, a fine is ludicrously inoperative. But if the man be unable to pay the fine, the matter is still worse; the culprit is then put into confinement in jail,

often with criminals, thieves, and desperadoes of all kinds.\* Then and there often begins his career of real crime. Moreover, the law at this time deprives the family of the labor of the father, and virtually lets it starve, without a thought of its misery. The law, as thus administered, seems to commit a real crime against the individual, while it defeats its own best endeavor to defend the community from the evils of drunkenness. It may, I think, be summarily asserted, that it does harm to the culprit, beggars in some degree the family, and fails in its endeavor to prevent intemperance.

HITHERTO THE LAW HAS MADE NO SYSTEMATIC EFFORT TO  
CURE THE DRUNKARD AS ONE DISEASED.

Thus we find that the State, by its organic laws, gives not the least assistance to the wretched victim of an all-engrossing vice. Much less does it make any attempt to cure drunkenness as a disease to which some persons are just as liable as they are to consumption or nervous diseases, typhoid fever, etc., all of which complaints are provided for by the establishment of public dispensaries, hospitals, etc.

Meanwhile a certain number of persons in the community have gone in an opposite direction, and, filled with that tenderness for the drunkard of which I have already spoken, seem to forget that his acts of drunkenness are real crimes against society. In order to prevent him from going astray, these persons would prohibit even the temperate and occasional use of any so-called intoxicating drinks. They virtually say to the small band of drunkards—"You cannot resist temptation, and, therefore, the whole community should give up its rights, and we mean to pass the strictest sumptuary laws for all of us, in order to prevent you, and a small minority like you, from going astray."

*A priori*, it seems singular to attempt to prevent the overuse of any article by the few, by shutting off from all persons a legitimate and non-injurious use of the same article. But, in this way, for more than twenty years, the State has endeavored to prevent intemperance among the few by prohibition to all. Moral suasion, and the early and persistent

\* For excellent remarks upon this subject, see those by Mr. Savage in Police Report of Boston, page 50, *et seq.*, 1872.



inculcation of temperance, and fitting institutions for the cure of the drunkard have been, comparatively speaking, lost sight of, in the vain hope of extinguishing one of the strongest impulses implanted in the human frame; viz., a love for some stimulus, whether it be tea, coffee, tobacco, or alcohol, or some other of the numberless stimulants found on every part of the globe. Doubtless some good has been done by prohibitory laws in the rural districts, and in some, perhaps, of the larger towns; but this cannot be said of their influence in the larger cities, where the universal and open disregard of these laws, or the secret, but not less injurious evasion of them, has tended to lower in the eyes of the people their estimate generally of law. Nothing can be more fatal to the best interests of a free state than to pass any enactment whereby the keenest reverence for law on the part of the citizen is lessened.

#### WHAT SHOULD WE DO UNDER THE PRESENT CIRCUMSTANCES?

From the foregoing remarks it will be seen that, in my opinion, the present treatment of drunkenness and the drunkard by individual citizens and the State laws is, to use the mildest epithet, very imperfect in many respects. What more can be done in the premises? It would be very presumptuous on my part were I to claim that I can propose any measures capable of coping effectually with this enormous evil of intemperance in its blighting influence on the individual and the State. Knowing, as my profession teaches me (and modern science fully sustains the idea), the all-powerful influences of social and climatic law, of hereditary taint, and the consequent peculiarities of the individual, I cannot make this claim, but as discussion in a reasonable way is one of the chief sources of progress, I propose to make a few remarks on the following questions, viz.:

1st. What is a drunkard, and how does he stand toward the community in a free state?

2d. How shall the drunkard be treated?

If I seem to write harshly of the drunkard, it is because of the harshness of truth itself in its application to his crimes toward a long-suffering community.

The drunkard voluntarily deprives himself of his highest attribute of reason. For the time being, he makes himself a mumbling idiot, not only incapable of doing rightly a good action, but often he may be strongly inclined to do the vilest deeds toward those whom he most dearly loves, or to any stranger he may chance to meet. By putting himself in this condition he contaminates the life-blood of a free state, whose very existence depends upon her healthy and honest hard-working men and womanly women. If, then, any individual, of either sex, voluntarily resigns that manhood, or that womanhood, and makes himself, or herself, a wild beast, wallowing perhaps like a pig, in the gutter before the door; such persons should be treated humanely, it is true, but they cannot complain if they be treated *decidedly* by the sovereign state of which they claim to be members. As they voluntarily resign their reason, and thereby, for a time at least, destroy their power of acting intelligently, in their share of the public work, they surely cannot complain if their mother state sees fit to punish them, by depriving them, until they behave decently and rightly, of those very rights which they virtually discard by intemperance.

#### DRUNKARDS OUGHT TO BE DEPRIVED OF CIVIL RIGHTS.

I submit, therefore, that drunkards, if they be inveterate in their habits, should be deprived of all civil rights, in the same manner that the idiot, the insane, the high criminal, are deprived of their rights. I think that the law should allow any one to complain of the habitual drunkard, and on sufficient proof being given of the truth of the allegation before the proper court, said court should decree civil rights to be held in abeyance until a radical cure be effected. The best interests of the State seem to me, even in principle, not only to allow of this procedure, but to absolutely require it as a means of self-defence, if the republic is to continue in a state of purity. I believe the period will arrive when, to be drunk, even in private, will be deemed a misdemeanor, and to appear in public in a state of intoxication will justly be considered one of the greatest of crimes against the good order of the State. Any one public exhibition of this condition of mind will then be considered satisfactory evidence (unless valid

proof be procured to the contrary) of habitual drunkenness, and as such will render the offender amenable to those highest penalties which the State can inflict. For example, for one offence in public, I think that such a person should not be allowed to vote, or exercise his civil rights, for at least six months, and for a longer time on a repetition of the offence. This punishment may seem absurd to some, and be opposed by others, as wholly unjust for the amount of injury done to the State. Some earnest defenders of the rights of man will say that the error of once being intoxicated in public would not deserve so serious a deprivation as that of the right to act generally as a man in civil life. There may also be others who, from the way in which they use their own rights, will think that the deprivation of civil rights from a drunkard; will have but little force towards his cure. A man who will lie in the gutter drunk, is regardless of shame, and what cares he for civil rights? I admit this argument as of some weight as to the efficiency of the punishment, but deny the plea of its injustice. But if this plan fail, what then? Shall we have recourse to a fine, or imprisonment in a jail, as at present, or shall we, in some cases at least, treat the inveterate drunkard as a monomaniac, and place him either voluntarily, or by force of law, in an asylum, where, under moral suasion and entire removal from all external temptations, he may be able to recover his manhood,—renew, in fact, his whole character, and endeavor to be forever afterward an abstainer from every species of intoxicating drinks? That will be his sole hope of salvation. Upon these topics let us have some reasoning together.

Fines, as we have already decided, seem rarely to produce any good effects, and our jails generally prove seminaries of high learning in crime to our drunkards, and bring poverty and wretchedness to their families. All means, at times, would seem to fail of preventing drunkenness and of curing the drunkard. An early training to a manly temperance in our youth is not given; sincere moral suasion in later years is often neglected, and even prohibitory laws, acting upon the whole people, seem worse than useless in some large communities. Drunkenness prevails on all sides. The question constantly arises: What shall be done? Is there no way

open for a union of all who love temperance, so that we may escape from this vast evil? For, notwithstanding the drunkard cannot be restrained by any means heretofore used, we must nevertheless not leave him at liberty to indulge in his vile habit. We must bring him, if possible, under *his own self-control*. In order to do this, he must for a long time, months or years perhaps, be separated from the evil influences to which he has been subjected. For the total reorganization of his nature, he needs some place of refuge to which he can voluntarily retire, or in which he can be by law placed, provided he be too degraded and cannot make any voluntary effort for reformation. This naturally leads us to the discussion of the question of

#### INEBRIATE ASYLUMS OR HOSPITALS.—STATE INSTITUTIONS.

Massachusetts has never in its own behalf, as the guardian-mother of every one of its inhabitants, attempted to sustain an asylum or hospital for the radical cure of the drunkard. It has, it is true, sparingly aided from its funds a well-conducted "Washingtonian Home," in Boston. This institution has been in operation for the past sixteen years. Quietly, but very efficiently has it done its most noble work. It has been liberally sustained by private charity, eked out by the small fund annually granted by the State.\* During the sixteen years that this institution has been in operation, one hundred and fifty-seven thousand (157,000) dollars, have been expended, or a little less than ten thousand (10,000) dollars annually for current expenses. During this period it has treated four thousand two hundred and ten (4,210) persons at a cost of about thirty-eight (38) dollars each.† It is believed that at least one-third of the number have been cured; another third have been greatly improved. One-third have not been permanently changed from their evil habits, but possibly, under increased facilities and every convenience that a great State could provide, a number of this last third might be reclaimed.

\* The Washingtonian Home and its Sixteen Years of Work. Address, etc., by Otis Clapp. 1874.

† Recently the corporation has been enabled to erect a commodious building in Boston, at an expense of \$100,000. Thus the total expenditure for this corporation, since its commencement, has been \$257,000, of which only \$61,000 have been given by the State in its annual grants.

Surely, this private experiment, in one county of the State, should give encouragement to the legislature to establish other similar institutions to be sustained as works of public necessity. New York has the honor of being the first State in the civilized world that has established and wholly sustained a State Inebriate Asylum.\* Maryland has recently done the same. Some other States and countries are now earnestly examining the subject.† England has had its parliamentary committee and report. It has summoned from this country experts upon the matter. Connecticut, Minnesota, and the Provinces of Nova Scotia and Ontario have also had committees on the subject. I am not aware that any movement has yet been made by the legislature of Massachusetts, looking to this desirable end. Massachusetts usually is not a laggard in any good work tending to the improvement of her citizens. I feel sure that she will not be in this instance, when once she comprehends its vast importance. As an individual, I take the ground that it is not only the bounden duty, but it is of the highest sanitary, as well as moral, importance to the State, to adopt any feasible method for more thoroughly dealing with intemperance. This vice so saps the health of individuals and of their progeny, that, as a sanitary measure, inebriate asylums could be urged upon the notice of the State with as much reason as common public hospitals were formerly demanded as public necessities.

As a matter of economy in the expenses of the State, the establishment of these hospitals might be urged. A very large proportion, now in our almshouses, are there, either directly or indirectly, in consequence of drunkenness. They are there, and virtually left to themselves. No one seems to care for them; no one endeavors to lift them up, and to raise them to a proper self-respect, and to the beauty of a life of temper-

\* Fourth Annual Report of the managers of the New York Inebriate Asylum, Albany. 1874, page 5.

† The following list comprises, it is believed, all the permanently organized Inebriate Asylums in this country. Some smaller ones may exist, of which I have no information. 1. At Binghamton (New York State Asylum). 2. New York City Asylum (under Board of Charities of the city). 3. King's County Home for Inebriates, Brooklyn, N. Y. 4. Maryland Asylum, at Baltimore, Md. 5. The Sanitarium for the Treatment of Inebriates, at Media, Pa. 6. Washingtonian Home, Chicago, Ill. 7. Washingtonian Home, Boston. 8. Greenwood Asylum, under Dr. Albert Day (recently nearly destroyed by fire), at Stoneham, Mass.

ance. Consequently, they and their families are often left to regain an honorable status in society as best they may. By putting them into the hospitals I advocate, we shall not only support them, as we do now, but we shall restore a large percentage of them to the rank of honorable citizenship, and they and their families will become a part of the working force of the State, instead of being an incubus upon it, as they now are. And we shall gain these desirable ends without a much greater expenditure of funds than we now make for a comparatively futile purpose.\*

*Classification of Drunkards in Asylums.*

Drunkards may be divided into different classes, needing different treatment. Doubtless each individual has his own peculiar character and tendencies. Hence, each drunkard should be managed so as to meet his peculiarities, in the same manner that physicians, while guided by general principles of action, have to adapt their treatment to each special case among their patients.

Among these classes of drunkards I will name the following:

Some have hereditary tendencies to the vice, and they are the most difficult of radical cure. The family taint seems at times to fairly overcome all efforts of the individual. Unless a great determination to become temperate be made by the drunkard himself, and the wisest course be pursued by the friends, such a person is doomed to spend a worse than useless life, disgraceful to himself and a source of endless sorrow to his friends. Others again seem to have periodic fits of an insane desire for drink. They will be perfectly sober and excellent men and women for several months, when suddenly, either from great sorrow, or some more trivial cause, or from helpless subjection to instinct, the liquor is seized upon to "drown care." The poor wretch then makes himself a brute for several days or weeks, until generally the stomach loathes all food; and even the liquor, previously gloated upon, becomes wholly distasteful. Not infrequently the attack terminates in that state called in common language "the horrors." Nothing

\* We refer to the Appendix to this paper for ample confirmation of the propriety of establishing inebriate asylums on economical as well as moral grounds.

can be more pitiable than the condition of a human being when reduced to this dire extremity. Trembling in every muscle, his wild face is the fair index of the mind. He is no longer the drivelling idiot, but a "horror"-struck maniac, urged by terrible dreams in which, perhaps, his best friends seem acting the part of fiends, while their gentlest movements to overcome his terror appear to him brutal attacks upon his liberty or life. He trembles, and flies affrighted from imaginary demons who are pursuing him. He is in hell, even when surrounded by loving attendants, who vainly endeavor, by caresses, to soothe him in his fright. I wish I could, like the Spartans of old, introduce every young drinker into the presence of a poor wretch when in the height of a paroxysm of delirium tremens; and, if the youth did not become a temperance devotee from that moment, he would not be moved by any argument. If he could be persuaded to act as an attendant through these few days of horror, and vainly endeavor to restrain the wild delirium; if he could see the fear manifested by the victim, and watch the sudden approach of death, or the slow process of cure with entire prostration of physical and intellectual powers, the lesson would, I am sure, be a good one.

A third class, from want of an early training in a manly temperance, or from evil companionship, fall into habits of intemperance. By temperance, in this climate and country, I mean total abstinence in childhood, and only the occasional use of wine in youth, when need of body requires it, and in subsequent life, the more frequent, but still moderate, use of alcohol when health or strength call for it.

Again, it is essential, in any definition of drunkards, for the purpose of ulterior treatment in asylums, to consider the relative amount of culture and refinement, or the reverse, among the different classes. I know that we are accustomed to consider all men as equals in this country; and yet, save in God's presence, and before human law, where all have equal rights, there never was a more flagrant abuse of terms, or a greater falsehood laid down. Of all persons born into this world, no two are exactly equal, physically, intellectually, morally, or in the surroundings of their birth. These facts have immense influence on all subsequent development, from

the cradle to the grave, and they must be considered, in any arrangements to be made, in the treatment of drunkards.

Finally, the intemperate may be divided into two more classes, viz.: those who, being fully aware of their desperate condition, have made up their minds, and are anxious to use any and all means for a radical cure; 2d, another class who, though aware of their degradation, have not the moral courage to withstand temptation, or who brutally refuse to leave off drinking. Taking either of these categories of drunkards, let us see what is necessary to meet their necessities, in an asylum for their cure.

I think arrangements could be made in inebriate asylums, as at all hospitals, for private apartments and public wards. Out-of-door arrangements, such as farm work, and work in mechanic shops, or the more quiet pleasures of intellectual pursuits, are likewise called for.

It seems to me that at least one asylum should be forthwith erected, or adequately endowed, by this State. Eventually, when the ideas connected with such a building become more thoroughly digested by the people, we shall need more, in order to classify the inmates; certainly, so far as to partially, or perhaps wholly, separate those who voluntarily seek the asylum from others who are compelled to go there by law. I think, still further, that it would be advisable to allow those able to pay for larger and more commodious apartments, and fuller attendance, to do so, in the same way as the McLean Asylum provides the "Appleton Ward." In this way we could give a more home-like feeling to some persons than can possibly be obtained in a large ward. I should hope, however, that in every asylum there would be an opportunity for all to meet on a common ground of the lecture room, the church, the library, and reading-room. I should wish for this amount of intercourse, because I would have the asylum, as much as possible, like the world at large, save in one particular, viz., there should be such a total abstinence from liquor as would gladden the heart of the warmest friend of prohibition. I would scarcely ever use alcohol in any form, even medicinally, and as a lotion, and never (if possible to avoid it with safety to human life) should it be taken internally, within the walls of an inebriate asylum.



*Sites for the Asylum.*

They should be in the interior of the State, in a fertile spot, where farming would be possible and easy. They should be removed from the noises and temptations of the city, but easy of access by rail. The grounds should be extensive, and well laid out in roads, bridle, and foot paths. They should have woods near or upon them. The sites should be, if possible, among the most beautiful and healthful in the State; they should command extensive views, so that the first sight that would greet the eyes of the inmates, with every morning light, should be such as to excite pleasant and grateful thoughts. The houses should be commodious, of medium size, and not expensively or luxuriously built. They should be airy, and bathed in sunlight all day long; ample space should be afforded by them for walking and exercise in all weathers, by means of piazzas, or covered corridors, carriages, etc. These sites should be recommended, as by law now provided that all sites for public institutions should be, by the State Board of Health, with especial reference to the various sanitary conditions best fitted for mind and body. In a word, I would have every arrangement in and outside of the houses so made as to produce cheerfulness and brightness. A tranquilizing, but not sad, influence should permeate and surround the whole.

*Employments of the Inmates.*

A large farm should be connected with each institution. This should be under the direction of an experienced farmer, who should ask the services of volunteers, or should require of non-paying inmates, whether voluntary ones or those put there by law, a certain number of hours of work each day. This work would be beneficial to the worker, and while it would produce a certain amount of the food for the establishment, it would also aid in the proper discipline of the inmates. Immediately around the house should be planted flower-beds, similar to those seen everywhere in England, which, kept in order by the inmates, would contribute much to the pleasure and healthful activity, if not actual profit, connected with the house.

*Work-Shops.*

Work-shops, in which carpentering, joining, painting of all kinds, and turning in iron and wood, could be carried on, should be in constant operation. They should be the general repair-shops for the institution. Of course, skilled workmen should superintend; but the object being to afford interesting work to inmates, all should be urged to avail themselves of the privilege of more or less active work therein afforded. Those who by law may be confined should be required to labor, and might be taught some useful trade, which would help support them on leaving the asylum. Amongst others, I should hope the printer's trade would not be neglected. A journal, published by the patients, would be one of the most effective means of pleasure and improvement for all.

*Amusements.*

There should be amusements of every kind; billiard rooms; bowling alleys should be open; base ball, cricket, foot ball, and croquet should be encouraged by the superintendent. The superintendent and his wife should likewise be persons capable of preparing evening entertainments, charades, whist-parties, readings, recitations, lectures and concerts. Occasional private conferences of the patients might be held, at which personal experiences might be told, in full confidence of the entire sympathy of all present; to these no outsider should ordinarily be admitted. Many a word of encouragement and of abounding hope might be given at these friendly meetings by those who have been through the "slough of despond," and may have overcome all difficulties. Some poor soul, still struggling with the trials attendant on a weak nature, and while staggering almost in despair of ever reaching any sure foot-hold, from which to begin anew the work of life, would gain at such meetings the requisite courage and strength. If possible, I would have a band of music from among the residents, led by an experienced music-teacher. An adult school should be open daily for the instruction of those ignorant of the common rudiments of learning. Assistants in this school, as teachers, I should expect would be sometimes found among the patients. A wise superintendent

would gently but earnestly urge this duty of teaching upon those of the inmates who have better cultivated minds, placing it upon the high ground of mutual benefit, to the teacher and taught; for surely no employment tends more to develop the intellect and all manly qualities, than self-forgetful instruction given to those less wise than ourselves. The name of teacher, Agassiz considered the highest title he could assume.

*Superintendent.*

This man should be of a large and high-toned nature. He must be able to look upon all the inmates, however degraded they may be at entrance, as fellow-mortals, born under the same laws as those which brought himself into existence, and therefore his own self-respect should lead him to treat those committed to his charge with respect as well as with authority. He should do all his work under a solemn sense of responsibility to God and to man; he should be no bigot of a sect. He should not try to proselyte to certain dogmas of belief, but to gently lead all to temperance. His object should be to induce all under him to act up to that inner light that dwelleth in every human being, and which tells him that an honest, true and temperate life is the only one worth pursuing. He should have a finely-cultivated intellect, and he should be in perfect health of body, otherwise his important duties would be likely to suffer.

Dyspepsia, or debility of mind or body, are always antagonistic to authority and to a true estimate of life in others. His presence should be a benediction as well as a power.

Such a man would have equal laws, but no tyranny. His word, having been once declared, under the best light he can get, would govern all with justice and mercy. No common man *could* take the place. He should be selected by trustees appointed by the governor and council, and be removable at the pleasure of the trustees, under whom he would act. We have very few in the community capable of taking the place; there are doubtless many persons who would seek the place for the salary, and for the gratification of a petty, though perfect, authority the office would confer.

If possible, a man who has had experience should be first selected, and his deputy, chosen or nominated by himself,

should be gradually initiated into all proper methods of conducting the establishment. The whole should be under the general direction of some non-political body of trustees, appointed by the executive of the State. Believing that the treatment of intemperance is one of the greatest subjects this Board can consider, and looking to the far future, rather than to the present, I think that the duty of superintending these establishments, and of nominating the proper persons to be resident superintendents, might, with propriety, be vested in the State Board of Health. I hold this opinion upon these, among other reasons, that might be adduced for this suggestion, viz. : First : that in the original Act establishing this Board, the legislature ordered the Board from time to time to report upon the uses of alcoholic liquors by the community, and for the prevention of intemperance ; and second : because by the same act the Board was directed to advise with the government on the selection of sites for public institutions ; and third : because by its constitution the Board will generally be removed from party politics and partisanship.

#### *Attendants.*

These should all be selected with especial reference to the moral rather than the physical objects of the place, and no one should ever be appointed to fill any place who was not fully alive to the high objects proposed, and hopeful of good from the general work of the institution.

As great care should be used in the selection of these persons as is now taken in the choice of attendants in hospitals for the insane. The superintendent should nominate them to the trustees, and should be held strictly responsible for their good behavior.

#### *Religious Instruction and Worship in the Place.*

I would have services at certain periods, conducted by clergymen of the various denominations, or by laymen. No dogmas should be preached, but the sole object should be to lead the inmates to a proper self-respect, by raising in each a lively sense of his own responsibility to God and to mankind for the proper care of his own body, by living a temperate life ; even this latter point should be rather indi-

rectly than directly advocated. For I would not willingly offend by a religious act the self-esteem of a patient in the asylum. No one should be obliged to attend these services, and no one, for non-attendance, should suffer in the estimation of any one or have different treatment in consequence of such absence.

#### PENAL ASYLUMS.

In all I have thus far suggested, I have supposed an institution in which the inmates have rather a voluntary than a forced residence. It may be asked, how I would manage those incorrigible, brutal drunkards, who go to the place from no will of their own, but simply when forced to do so by the arm of the law. It is evident that, at first, it will be necessary to use more restraint, but even with these poor wretches I hope that an able and skilful superintendent would soon be able to relax all penal arrangements. Especially could this be done if the court, when sending the victim to the asylum, should let him distinctly understand that if he attempt to escape, without permission, or behave in a manner unbecoming the institution, he will be summarily sent to a house of correction, or otherwise more severely treated.

#### ASYLUM ACCOMMODATIONS FOR WOMEN.

In my preceding remarks I have, while considering chiefly asylums for men, made many suggestions that are equally applicable to institutions, or parts of institutions, which would be devoted to the treatment of females. Of course the superintendent of a female institution or department of a general asylum should be a woman. Some modifications of employments would likewise be necessary, but the general principles of treatment of the male and female drunkard would be identical.

#### REPORTS.

Annual reports to the legislature should be made by the trustees early in the legislative year, with statements of finances, and of all other points of interest naturally connected with such an institution.

## CONCLUSION.

I have thus, gentlemen, given you my sincere convictions of what the State ought to do in one direction, at least, toward stemming this frightful evil of intemperance, which, although perhaps less diffused than formerly, and certainly not permitted by society as it was formerly, is nevertheless an evil of the greatest magnitude in Massachusetts. I sincerely hope that the Board will unite with me in advising the legislature to enter upon this plan of reformation. The idea, I trust, will also commend itself to all citizens. No one, even if he be a temperate or intemperate user of liquor or a strictly total abstainer, can object to this, which has been proved to be a feasible plan for curing the real drunkard.

Finally, I would suggest for your consideration the following resolution:—

*Voted*, That this Board earnestly and unanimously recommend to the legislature, as a sanitary measure of the highest importance, the establishment or endowment of one or more inebriate asylums or hospitals.

I remain, very faithfully,

Your friend and colleague,

HENRY I. BOWDITCH.

## APPENDIX

TO THE PAPER ON INEBRIATE ASYLUMS.

## INTEMPERANCE AS A CAUSE OF PAUPERISM.

In December last, circulars from the Secretary of the State Board of Health were sent to the overseers of the poor of this Commonwealth, requesting answers to the following questions, and any other information on the subject involved in them, in order to complete investigations being made by the Chairman of the Board, Dr. Henry I. Bowditch.

1. What proportion of the inmates of your almshouse are there in consequence of the deleterious use of intoxicating liquors?

2. What proportion of the children in the house are there in consequence of the drunkenness of parents?

The number of cities and towns in the State is 341, and replies have been received from 282.

*First Question.*

Fifty towns are without almshouses, supporting their poor in those of other towns, or in private families. Eighty towns report none of this class as inmates. The following are the results derived from the reports of the remainder.

Adult inmates directly and indirectly from this cause. Results from fifty-one towns.

Whole number of inmates, . . . . .	445
From this cause, . . . . .	192
From other causes, . . . . .	253

Proportion reported by these fifty-one towns.

Highest, . . . . .									$\frac{15}{17}$
Lowest, . . . . .									$\frac{2}{31}$
1 town, . . . . .	$\frac{15}{17}$	5 towns, . . . . .							$\frac{1}{4}$
1 " . . . . .	$\frac{9}{14}$	3 " . . . . .							$\frac{2}{3}$
3 towns, . . . . .	$\frac{3}{8}$	2 " . . . . .							$\frac{1}{8}$
1 town, . . . . .	$\frac{3}{4}$	1 town, . . . . .							$\frac{3}{16}$
1 " . . . . .	$\frac{9}{14}$	2 towns, . . . . .							$\frac{1}{6}$
1 " . . . . .	$\frac{3}{8}$	2 " . . . . .							$\frac{1}{7}$
8 towns, . . . . .	$\frac{1}{2}$	2 " . . . . .							$\frac{1}{8}$
1 town, . . . . .	$\frac{3}{8}$	2 " . . . . .							$\frac{1}{6}$
1 " . . . . .	$\frac{4}{7}$	2 " . . . . .							$\frac{1}{10}$
1 " . . . . .	$\frac{5}{9}$	1 town, . . . . .							$\frac{1}{11}$
1 " . . . . .	$\frac{3}{8}$	1 " . . . . .							$\frac{2}{5}$
6 towns, . . . . .	$\frac{1}{3}$	1 " . . . . .							$\frac{2}{31}$
1 town, . . . . .	$\frac{6}{17}$								

Average percentage of adults from this cause, 35+.

Almshouses having only adult inmates, and reporting only the proportion from this cause. Thirty-five towns:

Highest, . . . . .									$\frac{10}{23}$
Lowest, . . . . .									$\frac{1}{7}$
1 town, . . . . .	$\frac{10}{20}$	5 towns, . . . . .							$\frac{1}{8}$
1 " . . . . .	$\frac{9}{10}$	5 " . . . . .							$\frac{1}{4}$
2 towns, . . . . .	$\frac{3}{4}$	1 town, . . . . .							$\frac{2}{5}$
3 " . . . . .	$\frac{2}{3}$	4 towns, . . . . .							$\frac{1}{8}$
2 " . . . . .	$\frac{5}{8}$	1 town, . . . . .							$\frac{1}{6}$
5 " . . . . .	$\frac{1}{2}$	2 towns, . . . . .							$\frac{2}{7}$
1 town, . . . . .	$\frac{4}{7}$	2 " . . . . .							$\frac{1}{7}$

Average percentage from this cause, 40+.

Reports from almshouses of fifty-seven towns, giving only the proportion, from this cause, of all inmates, both adults and children.

Highest, . . . . .									$\frac{49}{53} = 92$ per cent.
Lowest, . . . . .									$\frac{1}{23} = 4.8$ per cent.
1 town, . . . . .	$\frac{49}{53}$	10 towns, . . . . .							$\frac{1}{4}$
1 " . . . . .	$\frac{6}{7}$	1 town, . . . . .							$\frac{5}{16}$
2 towns, . . . . .	$\frac{7}{8}$	1 " . . . . .							$\frac{2}{3}$
1 town, . . . . .	$\frac{5}{6}$	1 " . . . . .							$\frac{2}{7}$
5 towns, . . . . .	$\frac{3}{4}$	1 " . . . . .							$\frac{2}{9}$
5 " . . . . .	$\frac{2}{3}$	4 towns, . . . . .							$\frac{1}{5}$
1 $\frac{1}{2}$ town, . . . . .	$\frac{7}{11}$	1 town, . . . . .							$\frac{1}{6}$
1 " . . . . .	$\frac{9}{14}$	6 towns, . . . . .							$\frac{1}{8}$
4 towns, . . . . .	$\frac{1}{2}$	1 town, . . . . .							$\frac{1}{9}$
1 town, . . . . .	$\frac{23}{45}$	1 " . . . . .							$\frac{3}{13}$
2 towns, . . . . .	$\frac{3}{4}$	1 " . . . . .							$\frac{1}{11}$
3 " . . . . .	$\frac{1}{3}$	1 " . . . . .							$\frac{1}{23}$
1 town, . . . . .	$\frac{11}{38}$								

Average percentage, 41.



Answers not proportional.

9 towns report "one."		1 town reports "all, i. e. one."
3 " " "two."		1 " " "all, i. e. two."
1 " " "five."		1 " " "all."
1 " " "probably ten."		

Seventeen towns. Number reported by sixteen towns,—33.

*Second Question.*

90 towns report,	. . . . .	No children in house.
86 " " . . . . .		"None" from this cause.
27 " " . . . . .		"All" " " " "

Thirty-three towns report one hundred and forty-five such children.

From drunkenness of parents,	. . . . .	105
" " "both parents,	. . . . .	23
" " "father,	. . . . .	17
Total,		<hr/> 145

*Proportional Answers.*

Fourteen towns. Highest,  $\frac{4}{5} = 98$  per cent. Lowest,  $\frac{1}{3} = 33$  per cent.

1 town, . . . . .	$\frac{4}{5}$	3 towns, . . . . .	$\frac{3}{4}$
1 " . . . . .	$\frac{1}{2}$	1 town, . . . . .	$\frac{1}{5}$
1 " . . . . .	$\frac{1}{10}$	1 " . . . . .	$\frac{1}{2}$
1 " . . . . .	$\frac{1}{11}$	1 " . . . . .	$\frac{4}{7}$
1 " . . . . .	$\frac{2}{5}$	1 " . . . . .	$\frac{2}{5}$
1 " . . . . .	$\frac{6}{7}$	1 " . . . . .	$\frac{1}{3}$

Average percentage, 72.9.

TOWNS HAVING NO ALMSHOUSES.

*First Question.*

Proportional answers, five towns. Highest,  $\frac{1}{2} = 50$  per cent. Lowest,  $\frac{1}{6} = 16.7$  per cent.

2 towns, . . . . .	$\frac{1}{2}$		1 town, . . . . .	$\frac{1}{6}$
1 town, . . . . .	$\frac{3}{7}$		1 " . . . . .	$\frac{1}{6}$

Average percentage, 35.8.

One town reports as supporting no children, and proportion as  $\frac{2}{6} = 40$  per cent.

Eight towns report twenty adults, viz.:

3 towns, . . . . .	"one"	3		1 town, . . . . .	"five"	5
3 " . . . . .	"two"	6		1 " . . . . .	"six"	6
						<hr/> 20

One town "all," one town nearly "all." One town as lodging and feeding ten "tramps," or vagrants, per diem.

*Second Question.*

Proportional answers, three towns. One town  $\frac{7}{8}$ ; two towns  $\frac{1}{2}$ ; average 62.5 per cent.

Nine towns report thirty-five children, viz.:

2 towns, 3,	. . . . . 6		1 town, 1,	. . . . . 1
1 town, 10,	. . . . . 10		1 " 6, " all "	. . . . . 6
2 towns, 2,	. . . . . 4		1 " 5,	. . . . . 5
1 town, 3,	. . . . . 3			—
				35

One town "all." One town "none."

*Outside Aid.*

By towns having almshouses.

*First Question.*

Proportional answers, including adults and children. Six towns

1 town, . . . . .	$\frac{9}{10}$		1 town, . . . . .	$\frac{1}{2}$
1 " . . . . .	$\frac{4}{8}$		1 " . . . . .	$\frac{55}{149}$
1 " . . . . .	$\frac{3}{4}$		1 " . . . . .	$\frac{250}{288}$

Average percentage, 71.4.

1 town reports, . . . 5 parents | 1 town reports, . . . 3 persons

*Second Question.*

Proportional answers. Four towns.

1 town, . . . . .	$\frac{9}{10}$		1 town, . . . . .	$\frac{1}{2}$
1 " . . . . .	$\frac{3}{4}$		1 " . . . . .	$\frac{27}{85}$

Average percentage, 61.6.

1 town reports,	. . . . .	4 child.en.
1 " "	. . . . .	12 "
1 " "	. . . . .	6 "
Total,	. . . . .	22 "

*Particular Answers by Towns.*

*Bernardston.*—No. 1. One-fourth of the number and nearly half the expense chargeable to whiskey.

*Boston.*—Nos. 1 and 2. Deer Island Almshouse and Hospital. I would answer the above (the two questions) by saying to the best of my knowledge and belief per 90 cent. to both questions.

Our register shows that full one-third of the inmates received for the last two years are here through the direct cause of drunkenness. Very few inmates (there are exceptions) in this house but what rum brought them there. Setting aside the sentenced boys (sent here for truancy, petty theft, etc.), nine-tenths of the remainder are here through the influence of the use of intoxicating liquors by the parents. The great and almost the only cause for so much poverty and distress in the city can be traced to the use of intoxicating drink either by husband or wife, or both.

*Chelsea*.—No. 1. We have no almshouse, but are of opinion that fully one-half of those we aid as paupers become so by reason of using intoxicating liquors as a beverage.

No. 2. The same answer can be given to this question.

*Chesterfield*.—No. 1. Seven-eighths of all the inmates of our almshouse are there in consequence of the deleterious use of intoxicating liquors, directly or indirectly.

No. 2. There is but one child that cannot be traced to intoxicating liquors.

*Chicopee*.—No. 1. Nineteen out of twenty. If it were not for intoxicating liquors, we should not need any almshouse.

No. 2. Forty-nine out of fifty.

*Danvers*.—No. 1. We have no almshouse in Danvers. Our poor are mostly supported in private families. About one-sixth of our poor are made paupers by intoxicating liquors.

No. 2. One-half of our children are a town charge in consequence of the drunkenness of their parents.

*Dedham*.—No. 1. We have fifteen in our almshouse, and *three-fourths* of the whole at least are there in consequence of the use, by themselves, or others on whom they should have depended for support.

No. 2. The same proportion will apply to all the children, and I think more. The same rule will hold good to all the poor *outside* the almshouse, and leave a margin, I fear.

*Fairhaven*.—No. 1. All are directly or indirectly there on account of the use of intoxicating liquors.

*Gardner*.—No. 1. Nearly one-half.

No. 2.—Whole number that we have had at our almshouse.

*Gloucester*.—No. 1. We have had in our almshouse this year forty-six inmates,—thirty-two adults and fourteen children. Twenty-six of the adults were there in consequence of the use of intoxicating liquors.

No. 2. All the children, fourteen in number, that are there and have been there for 1874, were there in consequence of drunken parents.

Out of about two hundred applicants for outside relief during the year, fifty per cent. of them were made poor directly or indirectly by the use of intoxicating liquor.

*Hancock*.—No. 1. There has been no public sale of liquors in Hancock for several years, and we therefore have no paupers and no almshouse.

*Haverhill*.—No. 1. We have had fifty-three at our almshouse the past year: forty-nine are there directly and indirectly from intoxicating liquors. Thirty-two directly and four from other causes besides liquors.

No. 2. We have had eight families at our almshouse with children, seven on account of intemperance, one from other causes. Twelve children out of fifteen are there from drunken parents, both father and mother.

*Huntington*.—No. 1. We have no almshouse, but we have to aid some every year whose poverty is partly or wholly chargeable to intemperance. We have three persons who are partly chargeable to intemperance now.

No. 2. Two of the three above named are children. We have but five who are wholly chargeable now.

Number of persons, in 1873, who pay a poll-tax only, is ninety-one. Number in 1874 is eighty-five.

*Lexington.*—No. 1. There are seven adults in the house, four in consequence of intemperance.

No. 2. There is but one child in the house, and that one is owing to the intemperance of both parents.

We are furnishing aid to five parents and twelve children outside of house, intoxication being the cause.

*Ludlow.*—No. 1. Hospitals, almshouses, prisons, we have none.

*Lynnfield.*—In my experience as an overseer of poor for more than twenty years, I find a large percentage of those brought to the necessity of help from the town to have been caused by the use of intoxicating liquors. I am also happy to add, that in the country towns, the children of those parents who have been so unfortunate as to need such assistance, through the influence of our schools and the changes in the customs of society, are being educated up to a moral standard which promises a better future and less pauperism.

*Methuen.*—No. 1. There are now in the almshouse in this town thirteen inmates. Nine belong to one family, which is there temporarily in consequence of the drunkenness of the father. The remaining inmates (four) are not there in consequence of the deleterious use of liquors.

No. 2. All.

In my five years' experience as overseer of the poor, I should not estimate the number of paupers fully supported by the town of Methuen, who became so by the excessive use of intoxicating liquors, as more than one-fourth.

*Milford.*—Nos. 1 and 2. At this date (Dec. 14, 1874), there are in our poor-house nine men, eight women, and eight children. Of the nine men, seven are habitual drunkards, two made paupers by drunken sons, who have spent the property of their fathers, and made them paupers. Of the eight women, one is a drunkard, four others had drunken husbands, one a drunken father, the other two we cannot find out, not being able to get their parentage. Of the eight children, four have drunken father and mother, two drunken fathers; the other two have temperate parents. Of the two hundred and fifty-eight persons partially aided Sept. 1, 1874, we can find but eight persons who do not owe their poverty directly or indirectly to the use of intoxicating liquors.

*Milbury.*—No. 1. Three-fourths of them.

No. 2. We have no children at almshouse at present, but all that we have had in the past, to my knowledge, have been on account of drunkenness.

*Monroe.*—We have no almshouse in town and no drunken inmates. No paupers in town that I know of.

*Montgomery.*—We have no almshouse in the town of Montgomery, but three-sevenths of our paupers were made so from liquors.

*New Ashford.*—This town has but one pauper at present, seventy-six years of age; he has been a drunkard for more than fifty years; his son is a drunkard, and his grandson is ditto.

*Newbury.*—We have no almshouse, but those that are partially supported, and about one-half of the fully supported, are all caused by intoxicating liquors.

*Norfolk.*—Fortunate for our town, we have no almshouse, nor house where liquor may be obtained, but will give this testimony: have never examined any case of pauperism as to its cause but found drunkenness as a family disease.

*Pittsfield.*—No. 1. About one-half.

No. 2. We have no children in our almshouse except from drunken parents.

*Raynham.*—No. 1. The only two fully supported by the town, and one-third of those partially supported.

*Richmond.*—No almshouse, no town paupers for the last three years. We have from one to ten vagrants or "tramps" each night, and many of them show the effect of liquor.

*Rowley.*—I have been overseer of poor thirteen years, and think six-eighths of our pauper expense is caused by liquor, directly or indirectly.

*Russell.*—No. 1. There is no almshouse in Russell, but most of those supported become paupers on account of liquor.

No. 2. Three-fourths.

I believe that tobacco in all its forms has more to do in making men intemperate and drunkards than any other cause. Drinking generally follows the using of tobacco. Boys commence young in using it, and drinking soon follows.

*Sandwich.*—Of one hundred and forty-nine persons aided out of almshouse (sixty-four adults and eighty-five children), fifty-five are paupers from intemperance (twenty-eight children and twenty-seven adults). Not all the adults were themselves intemperate, being widows and wives whose husbands are or were drunkards.

*Springfield.*—No. 1. There are thirty-one adults in our almshouse, and twenty-one were brought there by intemperance.

No. 2. There are fourteen children, and thirteen in consequence of drunkenness.

In addition to circular, I would say that we have lodged and fed eight thousand and fifty-two persons that we call "tramps," and I can seldom find a man among them who was not reduced to that condition by intemperance. It is safe to say nine-tenths are drunkards, though we have not the exact records; also our records show that we have aided outside the almshouse four hundred families, one thousand one hundred and twelve persons, out of which one hundred and twenty-five families, four hundred and forty-three persons, were brought to destitution by intemperance.

*Stockbridge.*—No. 1. We have no almshouse, but one-fifth of our paupers are supported because of such use.

*Stoughton.*—No. 2. None just now, but during the past year one hundred per cent.

*Wakefield.*—We have at the present time fourteen inmates of our almshouse. Of these, nine were brought there directly by the use of intoxicating

liquors. Of the remaining five, three were so weak mentally as to be incapable of supporting themselves, but whose condition was aggravated by the use of spirituous liquors. In short, of the whole fourteen, there are but two entirely free in this respect, while nine of the number were reduced to their present condition by this pernicious habit.

*Wales.*—We have no almshouse, but we have one pauper that has been supported by our town over forty years in consequence of the intemperance of her husband; and a son of these parties is supported at the Northampton Hospital for the Insane, brought to his present condition on account of his own and his father's intemperate habits. We have supported him about fourteen years.

*Westfield.*—No. 1. There are two aged men, both in consequence of intoxicating liquors; seven women; four of the husbands died drunkards.

No. 2. Three idiotic boys; their fathers are drinking men.

*West Newbury.*—No. 1. One-eighth part of the inmates of our almshouse for the past year were there in consequence of excessive use of intoxicating liquor, and that part indirectly.

*Winchester.*—Am sorry to say that, of all that receive aid from this town, four-fifths are themselves addicted to the over-indulgence of intoxicating drink, or are the families of such. Of the seven that receive full support from the town, three are confirmed inebriates, one widow of an inebriate, two are children of a drunken father, and one from disability not caused by drink.

*Winthrop.*—We have no poor.

*Worcester.*—No. 1. From October 1st, 1873, to October 1st, 1874, there were in our almshouse ninety persons in all, and forty-six of them were sent there from the effects of intemperance.

No. 2. We have in our almshouse seven children, all of whom are there from the cause of drunken parents.

Think can safely say from records of overseers of the poor, that fully forty per cent. of the disbursements of the almoner of the board have gone to sustain drunken families. We have about fifty thousand inhabitants, and near fifteen thousand are foreigners, mostly Irish and Canadians.

#### *State Institutions.*

*South Boston (School for Idiotic and Feeble-minded Youth).*—No. 1. Probably one-third in consequence of the indirect effect of the habitual use of strong drink.

No. 2. The parent or parents of one-sixth are avowedly drunkards. The real proportion is much higher—I should say one quarter.

*Bridgewater (State Workhouse).*—No 1. Two-thirds.

No. 2. One-third.

*Charlestown (State Prison).*—No. 1. About eighty five per cent.

*Lancaster (Industrial School).*—No. 1. About five per cent.

No. 2. About seventy-five per cent.

*Northampton (State Lunatic Hospital).*—No. 1. Patients admitted from December 30th, 1873, to October 1st, 1874 (one year): men, one hundred and five; women, eighty-eight; total, one hundred and ninety-three. Intemperance alleged as the cause of insanity: men, twenty-one; women, three; total, twenty-four. Of at least one-half of our patients we obtain no full and reliable history. I think it would be fair to assume intemperance as the main cause in at least twenty-four cases more.

*Taunton (State Lunatic Asylum).*—No. 1. Without going into close calculation I should say, one-fifth; certainly as many as that if you include those where the use of intoxicating liquors is conjoined with other causes as hereditary predisposition, trouble, etc.

*Tewksbury (State Almshouse).*—No. 1. Our physician says three-fourths.  
No. 2. Don't keep any record by which we can ascertain.

*Westborough (State Reform School).*—No. 1. Two-sevenths.  
No. 2. One-half plus.

*Worcester (State Lunatic Hospital).*—No. 1. Five per cent. are attributed to intemperance, and in a few other cases intemperance doubtless was one of the causes. Of eight hundred and seven patients admitted during the last two years, just ten per cent. were caused by intemperance, and in a few others intemperance may have aided.

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STATE WORKHOUSE, BRIDGEWATER, Dec. 14, 1874.

CHAS. F. FOLSOM, M. D., *Secretary of State Board of Health.*

DEAR SIR:—Your circular is just received. My answer to your questions must of necessity partake largely of "guesswork." The prisoners at this institution are rather of the mild type of criminals. Most of them sentenced on such charges as the following, viz.: "Idle and disorderly," "Vagrant," "Common drunkard," "Lewd, wanton, and lascivious." The first class, "Idle and disorderly," comprise I think two-thirds of the whole. The children that are here, sixty in number, are mostly illegitimate—were born here of mothers who were sentenced for being "lewd." From information received of the inmates themselves, I should say seven-eighths of the adults were in the habit of using liquor to excess.

I have answered your questions somewhat at random, but think I am not much out of the way.

Yours truly,

N. LEONARD, JR., *Supt.*







