Pennsylvania Hospital

M. B. Darlington

References:
History of Pennsylvania Hospital by Dr. Morton
Reports... for 1833-1845

Importance of food... by Dr. Jocelyn

One visit to the Hospital... to see
Interview with Dr. Chesain & Dr. Jocelyn
Interview with clerk of the Hospital...
Pennsylvania Hospital. Department for insane.

An investigation into the cause which led to the establishment of the Pennsylvania Hospital brings to light a difference of opinion between Dr. Chofn and Dr. Meige. Chofn, in his excellent work on that institution, says, that it was founded for the cure and treatment of Luminacies, in order that they may be restored to reason and become useful members of the community.

Dr. Meige, on the contrary, asserts that its founders had in mind the cure and treatment of the whole body of indigent sick and that the wording of the charter was probably...
accidental where it states that the hospital was for the reception and relief of lunatics, and other dis-
tempered and sick now within this Province. Hence it is probable that Dr. Chough is right in the finding
of the hospital in their petition for a charter, gave a mournful account of the terror and terror resulting
from the insane running at large; the loss they caused their relatives by the squandering of their property.
This fact was especially prominent at that time as the number of insane was increasing with the population,
and, as there was no proper place for their reception, they were either let run at large or chained up in
an almshouse, or little hus, with me thoughts add to their comfort.
This was done in the early history of Delaware County.

Dr. Thomas Bond, aware of these conditions, resolved to try and find some means of changing them. In
1751, he conceived the idea of establishing an institution in Philadelphia for the
benefit of the poor. His solicitations for financial aid, however, met with little success until he appealed
to Benj. Franklin, who at once devoted all his energies to the success of the
plan. Accordingly, through his aid, a petition was presented to the
Provincial Assembly requesting
a charter and an additional grant.
of two thousand pounds. This raised strong objections on the part of the country members who believed that the country districts would reap no benefit from it. Franklin, however, suggested that they make the grant on the condition that two thousand pounds should also be raised by private subscription. This proposition was accepted by the Assembly and on the 10th of May, 1752, a charter and the two thousand pounds were granted. The Assembly did this with the belief that such a sum could not be raised by private subscription and that their liberal offer would never have to be paid. The fact is of this aid...
from the Assembly served to arouse the people to greater efforts, and the necessary sum was immediately subscribed.

The charter, thus obtained, is worthy of notice, both because it was one of the first obtained for such a purpose in this country, and because it has been so successful that the Hospital is still managed in the way it directs. It declares that all those who have contributed ten pounds to the capital stock and all who shall contribute a like amount in the future, shall constitute a body to be known as the Contributors to the Pennsylvania Hospital. This body was required to
meet annually on the first Monday in May in order to elect twelve managers and a treasurer. It was the duty of the twelve managers to superintend the erection of public buildings, to appoint stewards, motion and other servants, and to care for the general financial administration of the Hospital. The charter, however, forbids them to raise the capital stock for any purpose whatever and permitted them to use the interest of the only towards the entertainment and care of the sick and disabled poor that shall be from time to time brought into and placed therein, for the care of their diseases, from any sort of
This province, without partiality or preference, they were also required to publish in the newspapers a statement of the money received by them and to have their books always ready for public inspection. In case there should not be a succession of contributors to meet yearly, then the Assembly was to appoint persons to act as managers. These last provisions especially show how much time and thought were expended on the charter by the members of the Assembly.

After receiving the charter the managers erected Judge Henry's mansion, situated on Market Street west of Fifteenth, for forty thousand dollars.
The first patients were received on Feb 11th, 1792, on which date two were admitted, one of whom was a lunatic. The accommodation of this building which were warmed only by wood fires in the hall, were used for the accommodation of the insane. The only means of ventilation was by the windows which also let in a great amount of cold and dampness, under these circumstances the insane patients did not thrive and many died of pulmonary disease. The opinion prevailing at this time was that the insane should be treated as a species of unmanageable beasts. It was even supposed that they were totally
undifferent as to the temperature
of their cells. What a difference
this showed to the opinion which
we now have and practice!

A short experience in their
building proved that it could
not be used for the care of the
smoke and furthermore that
moisture suitable for such a surface
could be rented in the city.
Therefore the Managers began
to seek aid for the erection of buildings
and also for a suitable place on
which to erect them.

They now applied for help to
the sons of Penn, the Proprietaries
who were then in England. In
reply they received the offer of a
piece of ground, altogether unfit for such a purpose and a charity more limited than the one they had already received. This offer was, therefore, politely declined. The only resource left them was to purchase ground which they should consider suitable for such a purpose.

Accordingly in Dec, 1737, they purchased for five hundred pounds the lot on which the Hospital now stands, except a depth of sixty feet on Spruce Street which was afterwards granted by the Penns together with an annuity of forty pounds. This lot line now becomes the block formed by the intersection of Spruce and Pine with 8th and 9th.
The cornerstone was laid on the 28th of May, 1793. It bore the following inscription by Franklin, which seems to sum up his character:

"In the year of Christ
MDCCCLV",

George the second, long and reign
(He sought the happiness of his people)
Philadelphia, flourishing,
(for its inhabitants were public spirited).

This building
By the bounty of the Government,
And to many private persons had formerly founded for the Relief of the Sick and Miserable. May the God of Mercy Bless the undertaking."

In Dec. 1756, the building was so nearly completed that the inmates were removed to it from the house on Market Street. As the number of patients continued to increase, new buildings had to be added to the main building and even separate houses had to be built for the accommodation of a certain class of inmates.

The Pennsylvania Hospital at first derived its income from grants by the Assembly and donations by private citizens. Later prize-money, fines, and unclaimed dividends from
The estate of a deceased person was granted by the Legislature. One of
the important gifts received was a picture of Christ healing the sick.
This was presented by Benj. Mead who found it expressly for the Hospital.
It was placed on exhibition and yielded a net sum of two thousand
dollars after all expenses connected with it had been paid. Workmen
and tradesmen also tried to do their
duty towards the Hospital by making
liberal reductions in their wages and
the materials furnished. Besides this,
Dr. Zachary, and the two brothers,
Mrs. Thomas and Phineas Bond,
gave their professional services to
the Hospital for a period of three years
without any compensation. At first
The hospital was not taxed, but in 1808, it was assessed for the first time. It refused to pay the taxes and a complicated and protracted litigation followed which was ended in 1843 by an act exempting from taxation both the real estate and personal property of the hospital.

In the early days of the hospital it was not a very difficult manner to get an insane person admitted. A report of fever signed by a physician stating that the person designated was a fit person for the hospital was all that was needed. Of course the inmates on easy choice for those which were neglected to some extent by persons who, for financial reasons, decided to throw their relatives confine where
they were not escape from further harm unless cooled and under the present arrangements is practically impossible.

The cells for the insane, in the Pine Street Hospital were situated in the basement. As these cells had wooden floors, no fire could be made in them and the slightest thermonastic reaction was from a fire placed in the corridor. A suitable system of heating the cells was begun until 1833 when a system of heating them with a fire containing hot air was introduced. Although the windows of the cells were fitted with iron bars and everything made as secure as possible, nevertheless several patients killed themselves in the period from 1757 to 1836. The attendants were men of principle without
any investigation as to their fitness for the position. It was considered necessary for them to carry whips which they were at liberty to use on the slightest provocation.

The medical treatment of this time consisted in treating them to alternate drenching of hot and cold waters, in drawing and blistering their scalps, and in bleeding them until they nearly fainted. This method of treatment was pursued under the idea that increasing the density of the arteries in which the blood vessels were overcharged with blood. Dental treatment was not thought of at this time in connection with the insane.
The physical treatment consisted in chaining them to the walls of the cell or fastening heavy balls and fetters upon them. They were removed from lethargy by certain heroic means, more effective for the time being than lasting. In cases they became too violent they were handcuffed and tied with canvas sacks which prevented them from doing any injury. A machine was also designed which reduced the patient in such a way that the blood rushed to his head. Another one was used to keep the patients quiet and when once placed in it they could not move at all. The main thought in the treatment...
of the insane at that time was not
to cure them but simply secure
them so that they would not be an
annoyance to anyone.

At a later period, it was deemed
advisable to give the insane patients
some light work to do. Mrs. Malin,
in 1834, mentions the following
industries which had already been
tried to accomplish: the making
of straw or long-handled rakes;
culture, shoe-mending, cigar-making;
carpet weaving, cutting wood, and
paring. The benefit derived from
the exercise and enjoyment of
various games was also duly
appreciated. Accordingly we find
books, chess, draughts, backgammon,
Battle-dores, the grace, drum-tells, and music mentioned, as the various indoor amusements, all games of chance, however, were forbidden by the charter. The outdoor games were mazes, jefes, gnomes, and velocipede.

When the hospital was first started, the buildings were so situated that a crowd of curious people could congregate at the windows of the income and tease them at will. The evil effects resulting from this were soon appreciated. Accordingly an iron fence was placed around the building, and persons were admitted only on the payment of a slight
The improved opinion as to
the patients were still troubled by
the sick or gale of the people, a high
bois fence was placed around
the grounds and no one was
allowed to go through the wards with
out an attendant nor to conduct
any conversation with the insane.
The results of these measures were
highly satisfactory as shown by the
improved mental condition of the
insane.

Although the true methods of
treatment of the insane had not
yet been reached, yet there was a
continual and gradual improvement.
Throughout this period. It was during
this time that the tree was taking
cost which was going to bear such noble fruit. Later on the firm beyond the Schuylkill river from the opening of the Price Street Hospital to Jan., 1847, 4386 miasmic patients had been admitted for treatment. About 35.2% of these were free patients. Off the total number received, 34.24% were discharged as cured, 20.9% had improved, 22.8% as stationary, 3.64% had recovered, 14.7% had died, and 2.13% remained.

This illustrates the good done even by such a rough method of treatment as was then practised.

All citizens of Philadelphia have a just right to feel proud of the fact that their ancestors
founded and supported such an institution almost entirely through their own efforts. Those who are members of the Society of Friends have an additional reason to be proud. The earliest mention of a hospital is found in their records for the year 1709. Moreover, the founders and most of the managers were Friends. Perhaps in this fact, we may find a reason why the hospital has been so well managed that there has never been the slightest suspicion of dishonesty on the part of the managers. The founders of the hospital deserve additional credit because of their originality.
PENNSYLVANIA HOSPITAL FOR THE INSANE—DEPARTMENT FOR WOMEN.
of their plans which preceded those of Luke in England and those in France by almost fifty years.

By the year 1835, the demand for theinic was becoming too crowded, and it was deemed advisable to seek a new location to which only the mission should be transferred. Accordingly, a farm of one hundred acres was purchased from Matthew Arrison. The farm was situated between the Hartford and West Chester roads. The erection of the necessary building was immediately commenced, and on the 2nd of June, 1836, the cornerstone was laid by Myron Lewis, chairman of the Committee on Buildings. It was opened for
The reception of patients on Jan. 1, 1844
on which date ninety-three patients
were removed back from the old
Hospitals.

The change in situation was
soon appreciated; numerous demands
for admission were made to the
Managers and they were forced
to turn away as many as fifty
in a single year because of their
inability to accommodate them.
Numerous additions were made
to the original building from time
to time but the number of patients
continued to increase still faster.

About this time Dr. Kirkbride,
who was Physician-in-Chief from
1841 until his death, in 1883, wrote a
letter to the Manager in which he set forth the advantages to be derived from separating the male and female patients. This letter was acted upon formally and on the 7th of June, 1856, the corner stone of the new building for males was laid. It was opened for the reception of patients on the 27th of October, 1857.

The farms on which these buildings were erected were purchased with the money derived from the sale of lands surrounding the Pine Street Hospital. The money for the buildings was raised by private subscription among the citizens of Philadelphia. No state aid.
had been given the hospital since 1796. Since then its only income has been from the interest of the capital stock and the chance donations of wealthy friends.

The women's department of the Pennsylvania Hospital for the insane is surrounded by a wall ten feet high enclosing about fifty acres. A large iron gate on Market Street near 14th admits visitors and wagons which have seating inside. From this gate a long broad walk leads up to the main building through grounds laid out like some of our parks. The main building is a large stone structure with numerous wings and corners.
It is divided into numerous wards, each of which is a complete hospital in itself. The doors between all the wards are kept carefully locked, the keys of which are furnished only to the attendants. The first wards I passed through were all similar to each other so that a description of one will answer for all. On entering a ward you pass along a long aisle which doors open on both sides. These are the sleeping rooms of the patients. At the end of the hall is a large room which is always very nicely furnished. Here the patients spend most of their time during the day employed
in reading, reading or playing the piano. At least two or three attendants are constantly on duty in the parlor in order to watch the worst cases. Each ward had its separate dining room and bath room. The dining rooms are furnished, almost in the same way as those of a private house. Lamb, tripe, and other kinds of the cooked food from the basement. A pantry in one corner contains a large assortment of glass and china.

All patients are classified according to the degree of their insanity. Consequently each hospital must contain what is known as a violent ward, in the women's department. This ward was the quietest one in the whole building.
It was finished in the Spring of 1875, and was intended for the reception of the most unmanageable patients. The first room in it, as you enter, are occupied by patients who are apt to disturb others by their cries. These rooms, three on each side of the hall were separated from it by two narrow halls running parallel to it. The doors of the rooms open into this private hall which is entered either by a door at either or by a door from the main hall. The parlor of this ward is in the middle of it, and is so situated that the sunlight enters it nearly the whole day. The bath-rooms which are at the end of the hall, is fitted
up with special regard for violent and suicidal patients. The bath-tub stands in the middle of the room so that, when it is necessary to carry a person to it, there is no danger of injuring them by contact with the walls. This arrangement also allows an attendant to stand on each side while the patient is taking a bath. The water is let into it by turning a key near the floor. In order to prevent any accidents from scalding, these keys are kept by the attendant.

The towels here are in one piece instead of being fastened double on rollers. This became necessary owing to the fact that the patients often tried to hang themselves in the loops.
The bedrooms of the least troublesome patients in this ward had very thick doors with two holes in them. The upper hole was a narrow slit covered with a glass. The lower one was oval in shape, about three inches long and two inches wide, and was about two inches from the floor. These are for the use of the night-watcher who carries a lantern which he places in front of the bottom hole while he looks through the slit to see if the patient is in bed. By this means a patient can be watched at night without being disturbed. The bedrooms of the most violent ones are furnished with an immovable bed and chair. One particularly violent
Patients had to be kept in a room with a hard finish to prevent her from digging out the plaster. The most troublesome patients sleep in a large room containing fifteen or twenty small cots. An attendant stays there during the night and gives them such attention as they may require.

On the second floor are two large book cases filled with books suitable for insane patients. This library is being continually increased by the purchase of one hundred and fifty dollars worth of books per annum. And the first floor near the entrance is a large room supplied with reversible benches. The patients assemble in this room on every evening in the winter except Sunday.
either to hear a lecture or to see pictures
from a magic lantern. Before this
means of entertainment was adopted
the evenings were the dullest part of the
day but now they are looked forward
so with pleasure by most of the patients.
On Sunday mornings they assemble
in this room and listen to devotional
exercises. These, however, in account
of the various denominations represented,
are of a very simple character.

Near this room is another of
about the same size which is fitted
up as a gymnasiaium. Here the patients
assemble on certain nights in the week
and go through light calisthenics
On two evenings in the week they have
regular dances.
A short distance behind the main building are two smaller buildings which do their share in directing the thoughts of the insane from the terrible condition. One of them is a museum which has lately been fitted up as a club-room. They are permitted to come here three days in the week and amuse themselves either by reading the magazines or playing cards. The other building is the industrial room. One three afternoons in the week the patients are brought here and given lessons in painting and mending by an instructor. They succeed very well in their painting but the figures they move are usually very rough and irregular.
The Villa is a building about the size of an ordinary summer cottage and is situated about ninety yards from the other buildings. It was erected in 1887, for the use of such persons as could afford to pay for special attendants and more commodious quarters than could otherwise be provided. There is room in it for six patients, each of whom occupies a suite of three rooms consisting of two bed-rooms, one of which is for the use of the attendant, and a parlor. These parlors are fitted up very finely and contain either a piano or organ. When this building was opened, the City of Philadelphia tried to make the Managers of the Hospital
Way water rent on the ground that they were deriving an income from the patients in it. The Supreme Court of the State, however, decided that the Pennsylvania Hospital was a purely charitable institution and could not be taxed.

The grounds of the department for men are about the same size as those of the women's department. They are also completely surrounded by a stone wall and are separated from the other department by an open space through which a street is now being made. The entrance is on 47th Street where there is a door constantly studied by an employee of the hospital. No one is admitted to the grounds unless
he can give sufficient reasons to the gate-keeper.

The principal building is a large stone building built on a plan similar to that of the buildings in the other department. The patients in all except the same except the cells for the violent patients. When a patient becomes so violent that they can do nothing with him, he is put in an unfurnished room and left to himself. This room is kept at such a temperature that he will not suffer any more than the good patients and is used to keep off his clothes.

There is a little square window in the top of the door which the attendants unlock and open when they wish to observe the occupants of the room.
On the day that I visited the hospital, out of 187 patients, only 4 were considered violent enough to merit confinement. I found the patients here divided the same way as the women were, and with nearly similar surroundings for each class. There was one difference between the dining rooms and that was, that the table for a certain class of men was set on one side only and without knives or forks. This was done so that attendants could stand on the other side and keep constant watch on them, while they were eating. The cooking was all done in the basement which was occupied by the servants.

In one corner of the grounds
The matatorium and gymnasium. The matatorium contains a large swimming pool, Turkish baths, gray and shower baths. It is much used by the insane who take special delight in bathing. In front of the gymnasium is the athletic field on which they play base ball, football, and tennis.

Not the hospital receives no state aid, it is in consequence free from the debilitating influences of politics for almost half a century there has been but two physicians on the staff. This is an extremely important fact as a long continued connection with the insane affords knowledge as to their treatment which can be obtained in no other way.
The method of treatment now in use is both moral, physical, and medical. The moral treatment consists in trying to get them interested in some occupation or game so that their thoughts will not dwell on their condition or surroundings. The physical treatment is in seeing that they take suitable exercise and in removing violent patients to a place where they can not injure themselves or annoy others. Dr. Jocelyn informed me that insanity had almost always accompanied or rather preceded by bodily diseases which cause a great loss in weight. The first duty, therefore, is to give the patient such medicine as will build up his system.
and remove any bodily disease he may have. According to his account, food, medicine, and surroundings are the three things essential for the proper treatment of the insane. He lays a special stress on the quantity of food and says that he has known cases of recovering to gain as much as a pound a day for nearly two months. The quality of food is not important provided that it is easily digested. According to his experience, plain whole corn food is far more easily digested than the so-called 'prepared foods' with which the market is now flooded. In his report he says: 'No amount of food should be considered sufficient if the patient conscientiously consumed.'
to take more. Notwithstanding the progress that has been made in the theories of insanity, there is at present a woman in the Pennsylvania Hospital whom a prominent physician of the city declares to be possessed by a devil.

Patients are now admitted to the Hospital only on the sworn statement of two physicians who must not be related either by blood or marriage to the person whom they declare to be insane. This sworn statement must also be accompanied by a statement of the magistrate certifying that the signatures are genuine. The managers will not receive from patients whose insanity they believe to be incurable and whose number of free beds is limited and to whom...
Thus occupied would appear curable cases of the opportunity for admission. Persons who can afford to pay partially pay according to their ability as the Munger never take all the property of a poor person. In relation to this one of the doctors said to me: "I do not make贡献 out of self-respecting people and then turn them out to be a charge upon the community. Rich patrons pay according to the comfort which they require. Some who have their own special attendants and other servants pay from 50 to 100 dollars a week.

The following tale which have taken from "The History of the Pennsylvania Hospital," well show the good which
The Hospital had done in hundred fifty three years.

<table>
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<tr>
<th>Semi-</th>
<th>Admissions</th>
<th>Free</th>
<th>Pay</th>
<th>Total</th>
<th>Cured</th>
<th>Mised</th>
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<td>69</td>
<td>208</td>
<td>49</td>
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<td>843</td>
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<td>403</td>
<td>60</td>
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<td>130</td>
<td>766</td>
<td>896</td>
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<td>2137</td>
<td>8,581</td>
<td>6,382</td>
<td>4,422</td>
<td>870</td>
<td>1,492</td>
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According to these lists, 10638 patients.
have been admitted. Since 1841 and of
these 44,867 20 have been discharged as
recovered. By referring to the record of
the Hospital from 1752 to 1841 it is seen
that only 34,247 were discharged as cured
within that period. The difference of
7,320 may fairly be attributed to the
advanced methods of treatment which
have been adopted within the last
fifty years.

The future of the Hospital is now a
bright one. It is making good progress.

It has demonstrated the fact that,
once given buildings, a hospital can
almost be self-supporting even while
during charitable work. The Managers
have recognized the fact that, at some
day not far distant, the city will
encroach upon them to such an
extent that it will be advantageous
to move further into the country.
In view of this possibility, they have
already purchased a large farm
near Newtown Square, Delaware Co,
which is in every way suitable for
the erection of Infirmary hospital
buildings. When the day comes
that they will have to move the ground
which they now occupy will be possible
that the proceeds from this sale will
more than pay for the erection of
buildings supplied with all modern
conveniences. A most fitting summary
of the work done by this institution is
expressed in the following lines by
Dr. Chapin:

"The career of this Department as a practical illustration of faith accomplishing good works. It will stand in the future, as it has in the past, as an object lesson and an example of a well-managed benevolent institution and good charity in the community in which it is located. It has brought happiness and consolation to thousands of families throughout the land. Its influence and principles have been reflected in the organization and administration of similar institutions in other states. It has inspired and stimulated others to make efforts in new fields of human benevolence. It has blessed the benefactors as well as the recipients of its benefits. It note..."
Buildings, and their history, turn the
thoughts of the beholder to the earthly
works of the Divine Master.