Friends' Asylum
Near Frankfort

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Sources of Information

* Kirkbridge on Hospitals for the Insane
* Responsibility in Mental Diseases
* Prevention of Insanity, in Small Houses on Great Subjects
* Article on Insanity in Chambers Encyclopaedia
* An Account of the Asylum near Frankford
* Annual Report of Frankford Asylum
* Personal Inquiry and Investigation

I obtained most of my information from those marked *
Many and various mixed are the diseases which
affect man's body and
sorrow but of all maladies,
those which affect the
brain, and come to this
class come in sanity, have
the strongest claim on
our sympathy and care.

Although this is unoubt-
edly true, it is the sad-
fact that not until com-
paratively recently have
the insane ever been
humanly treated.

By a report printed
in 1816 by a Committee
of the House of Commons
which had been investigated
The condition of the poor for the care and treatment of the insane. The public of England was first made aware of the frightful conditions then existing. They then learned that the insane were subjected to the most cruel cruelty. That their keepers were careless, ignorant and unscrupulous men, whose chief aim was to escape trouble and expense, and that consequently the poor witches put under their care suffered more misery and were subjected to more incredible outrages than
Those in any other class of society. The writer in speaking of these asylums states that "Cruelty itself is staggered at the recital of the before unheard of cruelty practiced even through cultured within the walls of most of those institutions."

There were however a few notable exceptions to these degraded and disgraceful mad houses, as the asylums were then called. One of these was The Quakers Retreat near York. In 1792 the same year that Pinel started his reforms m
The Bœuf-à-Paris, a few friends originated a new system to afford these poor creatures, who had lost their reason, some home where they would be treated kindly and not returned but little better than beasts. Accordingly by 1796 a building had been erected and a few patients received. This new mode of treatment was so uniformly satisfactory that others at once followed the example set by friends.

The same motives which induced these English friends to establish the
Asylum near York also prompted the Phila.
philadelphia Friends to start
a similar institution.
They therefore united to-
gether calling themselves
"Contributors to the Asylum
for the Relief of Persons
Aproved of the Use of Their
Reason" and drew up
a constitution in which
They stated that their pur-
pose was to provide suitable
accommodations for that
class of our fellow members
and professors with us, who
are or may be Aproved
of the use of their Reason.
as well as the relief of their
families and friends."
They collected subscriptions for this enterprise, and were so successful that they soon had funds enough to erect a suitable asylum which was occupied in 1817.

As has been stated, the object of this asylum was to accommodate the insane and, at the same time, to relieve their families. This latter purpose was very prominent in the early history of this institution; in fact Dr. Bayley almost said that it was a more important consideration than the curing of the patients. This conduct of affairs has, however,
Gradually changed, until today by far the most important object of the institution is to treat and cure as far as possible the insane.

This is the asylum, or as it is more commonly known, the Frankford Asylum, is situated just outside of Philadelphia. It is therefore but a few miles outside of the City proper and as there is an abundance of rolling wooded farm land around it, is in a very convenient, pleasant and healthy locality, which for the well being of an asylum is essential. The pleasantness of the
neighbourhood around an asylum has much to do with a patient's recovery, for if it is pleasant, he can enjoy the beauties of nature which surround him and, in this way, his mind is often diverted from its old train of thoughts, and thus he is mentally helped to throw off his invalidity. The convenience with which an asylum can be reached is also very important. If the inmates are to be sure their families must have easy access to the asylum, so other wise they will not be willing to let the patients reside.
There, not at least until the disease is very far advanced, and there much harder to cure. The necessity for the vicinity round an asylum being healthy is not obvious to need further comment.

Another important requirement for a successful asylum is privacy. Not violation, however, which is undesirable, since the patients do much better if they can see some of the more active sides of life. Frankfort Asylum in this respect also is well provided for, as it owns about eighty acres of land.
Fifteen acres of which are
farmed, and the remain-
ing sixty five acres are in
lawn and woodland.
The patients thus have
ample opportunity to carry
on outdoor life without
being disturbed by outsiders.

The main building
of the asylum is situated
about two hundred yards
back from the public
turnpike and is surrou-
ded by beautiful trees and
lawn. It is a long three
story plaster building,
which is plain and
simple in appearance.
It faces towards the north
and is built in the shape
of a letter E. That is, it
consists of a long central
building (the cross bar of
the E) which has two
wings running from the
north end towards the
east and west (the back
of the E). At the end of
these wings there are other
wings which run back
towards the south (the top
and bottom of the E).

The entrance is at the
north end of the central
building, which has a large
pleasant hall running
through it from north to
south. At the southern
end of this building is a large
parlor, which has windows
on three sides, and is tastefully furnished so that it is a cheerful, sunny and attractive room. This parlor invited by those patients who are well enough to behave themselves. Here they spend their time reading books and monthly magazines which are provided for them. They also often receive their friends and relations here. To the right of the front door is the doctor's office where the business of the asylum is managed. And right across the hall is the parlor where visitors are received. This parlor is beautifully
fixed up. It has a handsome
dark green carpet on the
floor, lace curtains at the
windows, and beautiful
old fashioned furniture,
the pieces of which belonged
to Willidean Pease. Directly
to the south of these rooms
runs a cross hall which
winds the entire length
of the building, but that
part of it which is in the
central building is shut
off from the wings by
heavy doors, which are
never locked. On the south
side of this cross hall on the
right is the doctors' dining
room and on the left is
The dispensary.
of which is the doctors private office, where special consultations are held.

The wings running East and West from the Central building are practically by the same shape. The men patients are in the East wing, and the women are in the West wing. These wings have a lobby hall, which I have already mentioned, running along the North side of the wing and on the South side bedrooms, which open into this hall. The hall, or long parlor, is Charming furnished, and has windows all along the North.

...
This affords the patients a pleasant place to sit. This arrangement of having the bedrooms only on one side of the hall is extremely beneficial to the patients as it gives them more light, air, and quiet quarters than would otherwise be possible.

The two buildings, or wings, which are represented by the top and bottom of the letter E are built on the same plan as the wings just described.

The patients' bed rooms vary in size, some being about the size by double, while others are as large
as our bedrooms in a
private house, but all are
well heated, lighted and
ventilated. The furnishing
of the rooms varies according
to the financial circumstances
of the patient's family, but
most of the smallest rooms
are neatly papered, and
furnished with a mattress,
a chair and sheet, except
in the violent wards, where
there can be but little
furniture as the patients
themselves have
themselves everything they
can lay their hands on.
Some of the patients, especial-
ly the women, take a great
deal of pleasure in giving
up their rooms, if necessary,
Such a result is shown if it is encouraged, as it helps to divert and occupy their minds.

The second and third floors of this building are the same as the first floor except that the wing buildings or wings are only one story high and there is a large lecture room, where lectures are given for the patients, and services are held on Sunday.

The patients quarters are divided into wards. On the main side there are four wards; the first meal takes place on the first floor of the
Eastern wing, the second, the second floor of this wing, the third, the third floor, and the fourth, the last building of this wing, the western side of the building, which the women occupy. The average rate works to the Dress as one the needs to be the basement in the central part of this building is the kitchen, which is kept scrupulously clean and tidy. Here the food for the entire institution is cooked. When cooked, it is put on a closed car and wheeled along toward the nurses' quarters, by which it is sent up to the
Hearing rooms in the different wards. There is a nicely furnished hearing room in each ward, and as they are directly over each other in the different stories, one nurse makes takes food to these wards. This arrangement for cooking and serving the meals is under the circumstances, the best, as it is most economical and best way of serving good hot food to the patients. There is beside the large kitchen a small adjoining kitchen, provided with a gas range, where the meals for the sick patients are prepared. The sick are
Therefore the given much more appetizing meals than would otherwise be possible.

In the basement is also the larder and storage room.

The tunnels, which I have just mentioned, connect all the dwelling buildings of the institution, so that meals can be cooked in one weather across from one building to another with perfect ease.

To the South West of this main building, a reception of which I have just quoted, is the Hall Memorial Building. This is a two story building with a one story wing. The accum.
The picture gives a very good idea of it. The left part of the house in the picture consists of parlors for the nurses. The porches are enclosed and warmed in winter, thus affording a warm sunny place for the patients. The right side of the building in the picture is divided up into tea-rooms. Behind this part of the building is the one-story wing, just visible to the right in the picture, which also has a large sunny parlor, nicely furnished, and two rooms and a glass enclosed piazza, where the patients can themselves
The Hall Memorial Building is used entirely for the women patients. It is divided into three wards. Ward five and six are on the first and second floor respectively of the two-story partly.

This building, as a ward house, is at the wing. In these, as in all the other wards, are bath rooms and water closets, so that every convenience in the respect is provided. That this should be as is very important in any hospital, and especially so in one for the insane.

To the West of the Main Building is the church, a picture of which is on
The opposite page. It consists chiefly of apartments for the women nurses. The first floor is a large cheerful parlor for the nurses and on the second floor are accommodations for about thirty nurses. There are also on the first floor two fire rooms or rooms for patients. These, however, are entirely separated from the nurses' apartments.

This building is the newest on the grounds, being completed in 1897, and has proved a great success, as it allows the women nurses to have a quiet home, where they
are entirely separated from the main and ex-


tertainment of having patients around them. It seems to

me that it would also greatly enhance the

efficiency of the men.

Shelters of this kind could have

some raised place to sleep

and rest, instead of living,

as they do at present, in

the main building. But

the basement of this building

a room is provided where

the women can come and

amuse themselves playing

checkers or billiards. This

however, is not used much

tby the patients, as they do

not seem to enjoy these games.
In this basement is also a small operating room provided with all the necessary appliances. It may seem strange that these rooms should be in the basement, but, as they are on the south side of the house, they get plenty of sunshine. They are also well lighted, warm and dry.

To the northwest of the main building is the gymnasium, a picture of which will be seen on the next page. In the basement of the gymnasium which are on the side open out on a level with the ground, as the building
is on a hill, areshuffleboards, washboards, and pool tables, which are considerably used by the male patients. On the first floor of this building are the art rooms, where classes in painting, which are only attended by the women, are held every weekday afternoon at three o'clock, 2) Carpentry room, where classes in carpentry, which are only attended by the men, are held at three o'clock every day, and 3) Electrical room, where a considerable number of patients daily are treated. The apparatus in this room is of the tallest model, so
That various kinds of static electricity can be given. This treatment is found very beneficial to the patients as it aides to help the nutritive processes and also to have a good effect on the brain. In the second story of this building is a large gymnasium, where the patients have regular classes. They can come here also at other times when they are well enough for it to do them good. The completeness of the apparatus in this gymnasium can be seen by the picture of it on the opposite page. In this room entertainments are
hela for the patients of which I will speak later.

Besides these buildings which I have described there is a cottage for a few of the sick old women patients, a power house where the heating of the institution is done. The farm buildings and the physicians' residences.

There are also extensive greenhouses which supply the house and wards with an abundance of plants and flowers, which make the patients' parlors and rooms look very attractive. The whole institution is heated by forced hot air which is brought in from
from out doors and heated by steam, which is generated in the building mentioned above. The lighting of the buildings is done by electricity, so that the chances of fire, which must be guarded against with the utmost care in an institution where the patients are protected by locked doors and barred windows, is greatly reduced. Fire is not only guarded against by having insulated heating and lighting by electricity, but is provided for by having the Staircases at the ends of the Main Building fireproof, and also by having the Attendants
Carefully instructed how to manage the boxes and fire appliances which are placed in the wards. There is moreover a large supply of pure spring water, which comes from two artesian wells and pumped up into a large tank in the Main Building.

Therefore my care is superintended by Dr. Chase, who is the Physician in Chief. He has the entire management of that part of the asylum which is actually connected with the patients. Under Dr. Chase are two assistants, physicians, one a woman and the other, a man.
The possession of a woman doctor has been found to be most advantageous, as the care understood and taken care of the women much better than a man could. Under these assistant physicians there is a woman head nurse for the women and a man head nurse for the men, and under these head nurses are the regular men and women nurses. All the nurses are well trained, so there is a special school for them at the Boylston, where they are given a regular course in nursing. This school, which is very peculiar, is...
found to be of great advantage as it makes the nurses much more competent and trustworthy. There is also a matron, and also a steward who attends to buying the provisions and cleaning the rooms, etc. There are also a gynecologist, an ophthalmologist, and a pathologist, each of whom has an assistant.

To get a patient into the asylum, it is necessary to have a certificate from two reputable physicians, stating that the patient is insane, and also a request for assistance from a relative or guardian of the patient.
In this way any unbalanced
person will be admitted
provided they are more
than mere idiots. Thus
this asylum is open to all
Cases of Real Insanity, with
regard to the duration, or
Curability of the Disease.
Some patients prefer to
be admitted "voluntarily;
That is without a certificate.
This tendency has increased
of late, but its increase is
not desirable, since when
the time for which the patient
was admitted has expired,
he often wishes to have his
liberty, which may be most
unreasonable. In such cases either he must
to cut off, a thing often dangerous and unfortunate, or to physicians uncertain, and put him under a certificate. The latter course appears to your double salve, and consequent treatment as interred with great loss of confidence.

The division of the patients is very important. As I have already stated, on the men's side there are four wards and on the women's seven. The men are divided as follows. The sick old men are put in the first ward. Those who are recovering in the
Second ward. Those who are not recovering much but are not restless, are put in the third ward. And the violent patients are put in the fourth ward, which is in the East end building or wing. Communication between this and the other wards is cut off as much as possible so as not to disturb the other patients. Besides the violent ward, in the end building. There are six other wards where very sick patients are put when thought best by the physician. The classification of the wards patients can be carried out.
more fully. It is much the same as on the means except that the violent women are in the seventh ward, which is in the Hall Memorial Building. They are therefore much more completely separated from the other women. These are the violent women. The men ought thus to be separated, but as yet the managers have not had the funds to build a separate building for these violent men. It is always very important to have good classification as and as available for melancholy patients affects those who are not affected with
and a special attendant. Such an arrangement is often found to be very advantageous to the recovery of the patient.

In wards where there are at least three attendants, and in the more violent wards, many more are necessary. The attendance at night is also important, as the presence of a night watchman is not only necessary to guard against fire but also to see that the patients are behaving themselves. This he can do by looking through a small opening in the bed-room door. There is, besides a
night watchman for the men's side and a night watchwoman for the women's side, a nurse in every ward who attends and keeps watchful, nervous of each patient.

The treatment of the patients is very simple. The essential points if it are to keep as far as possible the patient from becoming either of going into and of his customary ailments, states of mind, to encourage any sane symptoms, to rise when possible moral means of restraint and last but not least to build up the patients physical
Condition so that the mental disease will be known off. The patients are therefore treated kindly and humane as far as possible re-tract and seclusion have almost entirely been given up, being only used when a patient has a very violent attack which either endangers his own life or that of others. I only saw one case of restraint in my two visits to the asylum. One man during my second visit was strapped in bed, as he endangered his life by so persistently trying to run his head into any small hole that
The other cases could not manage him.

Those patients who are not violent often have very peculiar attitudes. The man, I saw, pleasantly, but firmly maintained that he was all one apart, made so we could easily see if we would look in his ear. Another man thought that he is accomplishing a great deal by writing on small slips of paper which he hands to all visitors. The connection between the words is often very hard to see but in some cases is quite plain as can be seen by the few
Campaign Chill-amend-potoves-allovalks
-employer- (indigita-signary)
Owens-grandstain-griffin-405-frostinent

So high! (Some pitchpin-highwayman
Goggles-so no-b-monogram)
goodnight fed-discontinue nightgown

Continued over-

Interpret time and-thirst-synopsis square
legal-an-hostel-represent title
language with-alleluia-girden

Continued
samples which are on
the opposite page. Another
mae is under the discussion
that his watch gives the
time to the whole world,
and that even the stars
sets by it.

The violent word
patience are the most ex-
cetable, many of them talk-
ing in a most extravagant
and wild manner. They
thus women after talking
to me in this way, insisted
on having a dance with
me which I avoided with
great difficulty. Very

least when a patient
thus becomes excited mercy
changing the topic of couc-
nation will direct her attention and she will calm down. Some of the patients however do not show any signs of relaxation but are in a sleep. In such cases they sit all day long and hardly speak a word. The mental condition of a patient is as she already stated very closely connected with his physical condition. The attendants and physicians have their work to keep a close watch on the patient. In many cases they are not able to report their own condition. As the average age of an institution is...
very close & counseled with the patient's health. I should like to mention here that at St. Frankford the arrangements is very good.
The life of a patient is very regular. He rises at 6:30 in the morning, and has his breakfast at 7 o'clock. Immediately after breakfast the attending physicians make their rounds. Those who are able attend classes in the gymnasium at 9 after which they walk, drive, play croquet, tennis, etc. Those who are not able to do so themselves go in the large parlors already
At 12 o'clock they have dinner and in the afternoon they go out for a walk again if it is bright. Some of the patients are taken to the exercise and dancing classes. About half past five the assistant physician again visit the patients. At 7 the patients have their supper, after which they either read or play games in their parlors. Dr. Chase makes one visit to all the patients at some hour during the day. On Tuesday and Thursday evenings they have entertainment for those who are interested.
well enough, in the gymnasium. These consists of lectures, music, or games, and are attended by both men and women. The inter-course between the men and women has to be very carefully watched as it is often harmful. At Frankford, they practically do not see any thing of each other except at the entertainments and sometimes when exercising. In the whole, these latter entertainments seem to be good, but balls and the like are accidentally uninteresting.
The income of this Institution for a year and a half is derived largely from the patients themselves. Although there are a considerable number of free beds, Receipts and Legacies make up the remaining part of the income.

Since the institution started 2,905 cases have come to the asylum, 8140 of which have recovered, 673 have left in proved, and 574 have remained stationary, while 443 have died. The report for 1898 shows that during the past year 222 cases have been treated.
87 of whom have been discharged. Of these, 87
30 had recovered. 7 were
much improved, 24
improved, 11, unimprov.
and 15 had died.
Of the remaining 135 patients
56 were men and 79
women. There have been
95 new patients admitted
during the year, 47 were
men and 48, women.
Of the 30 patients who re-
covered 19 had cases of
acute mania, 1 of chronic
mania and 10, of melon-
cholia, so that we see
that as is usual, majority
there suffering from
acute mania are most
likely to recover.

From these figures we can calculate to some extent the good which Frankford Asylum has done. It has kept 2900 irresponsible people safely, many of whom it has cured of a disease to which is near almost all suicides and which if not cured would at least have incurred the Condemnation with many persons who would have been a constant source of expense and danger.