AMERICAN JOURNAL OF INSANITY

SOME STATISTICS AND PARTIAL HISTORY OF THE INSANE IN VIRGINIA.¹

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It has seemed to me that it would be exceedingly appropriate at this time, when this capital city of the Old Dominion is being honored by this meeting together here of distinguished alienists from all parts of our country and from other lands, if we could present a complete history or review of the insane in Virginia from her colonial period down to the present time. It is a source of regret that the time at my disposal and the available data at hand are entirely insufficient for the undertaking of such a task. I can only hope at this time to give, as indicated in the title, "Some Statistics and Partial History of the Insane in Virginia," and leave it to others to perfect and complete the same.

The ravages of two wars (the War of the Revolution and the war between the States) have sadly marred and scarred the bosom of this old "Mother of States and Statesmen," and destroyed many valuable statistics and records in this and other departments of State history which can never be replaced.

We, as Virginians, claim as a matter of State pride the honor of having built the first hospital exclusively for the insane on this continent. In Colonial days, the House of Burgesses incorporated "The Hospital for the reception of idiots, lunatics,

¹ Read before American Medico-Psychological Association, May 23, 1900.

and persons of insane or disordered mind," which was opened for the reception of patients September 14, 1773.

This hospital is perpetuated to-day as the Eastern State Hospital, at the old Colonial Capital, Williamsburg, Va. We would at the same time accord to our sister Commonwealth of Pennsylvania every mead of praise for original and prior efforts in providing wards for the insane in a general hospital in 1752, and also to our sister Commonwealth of Maryland for like efforts in this direction inaugurated in 1774 and carried into effect in 1797 in the establishment of the Maryland Hospital. It may be said, too, on the word of Governor Gilbert C. Walker, in his centennial address at Williamsburg in 1873, that "Virginia in her deep poverty, in the days of reconstruction, established the first asylum for the poor colored man ever organized," established first at Richmond, Va., as "Howard's Grove Hospital" and in 1885 permanently established as the Central State Hospital, near Petersburg, Va., where to-day nearly one thousand colored insane are cared for in magnificent buildings, splendidly equipped, under the able and skillful management of Dr. Wm. F. Drewry, in a manner that reflects great credit upon this old Commonwealth and upon this age.

I have endeavored to prepare the following statistical table showing the number of insane in the State Hospitals at the end of each census decade (as far as obtainable) from the opening of the hospital, in 1773 at Williamsburg, down to the present time and also the population of the State (white and colored) for each census, with the percentage of increase, comparatively, of the insane and the population.

The statistics have been compiled at considerable labor, owing, as before said, to the destruction and loss of many valuable records.

I have been unable to fill out the earlier census statistics of the Eastern Hospital, though I have had much correspondence and research, aided by the superintendents of the other State Hospitals and others, to whom I wish to render thanks and acknowledgments.

In these statistics only the insane in the State Hospitals are considered, but it is probable that the number of insane outside the hospitals has varied but little each year; as many perhaps are unprovided for to-day in the State as at any previous time.

INSANE POPULATION IN VIRGINIA STATE HOSPITALS (OR ASYLUMS).

Date.	Eastern Hospital.	Western Hospital.	Southwestern Hospital.	Central Hospital.	Percentage insane colored.	Total insane.	Percentage of increase.	Total white insane.	Percentage of increase.	Total population.	Percentage of increase.	White population.	Percentage of increase.	Numbers of white insane to population.	Colored population.	Percentage of increase.	Numbers of colored insane to population.
Sep. 30, 1780.....	<i>a</i>									747,610	17.6	442,117			305,493		
1790.....										747,610	17.6	442,117			305,493		
1800.....	20									880,200	17.6	514,280	10.6		365,920	13.2	
1810.....	35									974,600	10.6	551,514	7.2			15.6	
1820.....	43									1,065,116	9.8	603,085	9.3		423,086	9.6	
1830.....	58	<i>b 16*</i>								1,211,405	15.8	694,300	15.3		462,031	12.0	
1840.....	78	100								1,239,797	2.3	740,968	6.7		517,105		
1850.....	193	275								1,421,661	14.6	894,800	20.9		498,829	5.8	
1860.....	379			<i>d</i>						1,596,318	12.4	1,047,299	17.5		526,861	4.3	1 to 8,000 [†]
1870.....	200	335		147		682		535		1,225,163	4.4	712,089			549,019		1 to 3,500
1880.....	330	479	<i>c</i>	326	122	1,135 66.4		809	51	1,512,565	23.5	880,858	23.7		513,074	23.0	1 to 1,937
1890.....	402	604	248	578	77‡	1,832 61.4		1,254	55	1,655,980	9.5	1,020,122	15.7		631,707	6.7	1 to 1,100
1899.....	564	940	386	852	49	2,742 49		1,890	50						635,858		

a.—Eastern State Hospital, incorporated 1769, opened September 14, 1773. *b*.—Western State Hospital, incorporated 1825, opened—1828. *c*.—Southwestern State Hospital, incorporated November 29, 1884, opened May 17, 1887. *d*.—Central State Hospital, incorporated —, opened December 17, 1869, as "Howard's Grove Hospital," Richmond, Va.

* In 1830 there were about 16 patients in Western Hospital.

† As far as I can ascertain there were in 1860, 50 or 60 insane colored in the Eastern State Hospital, or probably less. This would be 1 to 8,000 or 10,000 population.

The first two insane patients were admitted into the Eastern Hospital October 12th, 1773, by the Court of Directors, who met once a week for this purpose.

From this table it will be seen that in the early decades of this century, up to 1860 (the war between the States) the white population had increased a little over 100 per cent, while the colored population had increased about 50 per cent.

At this time there were about 500 white insane in hospitals, and possibly not over 50 or 60 colored insane. In other words, there were in 1860 (prior to the said war) one white insane person to 1,810 white population, and one insane colored to about 6,000 or 8,000 colored population.

During the war the old Commonwealth of Virginia was unfortunately dismembered and the State of West Virginia was separated from the old Mother State (I would fondly hope to see the day when the old landmarks were restored and the original boundaries re-established, but I fear hoping would be in vain).

This cut off from Virginia nearly one-third of her population, and the percentage of increase in total population in this decade, counting both States, was much less—only about 4.4.

At the end of the seventh decade (1870) we find one insane white to 1,331 of white population, and one colored insane to 3,500 of colored population.

During the eighth decade (1880) we find that the population (white and colored) had increased at about the same ratio, 23 per cent while the white insane had increased 51 per cent and the colored insane 122 per cent. At this time there was one insane white to 1,089 of white population, and one colored insane to 1,937 of colored population.

During the ninth decade, or in 1890, we find that the white population had increased 15.7 per cent, while the colored population had increased only 6.7 per cent, and that the white insane had increased 55 per cent and the colored insane about 77 per cent; in other words, in 1890 there was one white insane to 813 of white population, and one colored insane to 1,100 of colored population.

We regret that we cannot as yet have the full returns of the tenth census, but up to 1899 increase in the white and colored insane in the hospitals has been in about the same ratio—about 50 per cent.

These statistics show for the last decades of this century, since the Civil War, a remarkably increased ratio of insanity over and above the increase of populations, both in the white and colored races, much more marked among the colored.

This may be accounted for in part by the greater freedom of access to the State Hospitals, the improved methods of management, and gradual popularizing, so to speak, of these institutions; but other causes have contributed to this in much greater degree.

While we cannot attempt to give at this time a detailed history of the management of the insane, and of the many noble men who have devoted their lives to this specialty in this State (this has been done to a large extent by our distinguished ex-president, Dr. T. O. Powell, in his address before the association in 1897 in Baltimore, Md.) it may be of interest to give the names of those who have been in charge of these State institutions from their establishment up to the present time.

The Eastern State Hospital, from its opening in 1773, was in charge of keepers up to 1841, and visiting physicians only attended the patient when sent for by said keepers. The keepers were James Galt, 1773 to 1801, succeeded by his son, William F. Galt, 1801 to 1826; Jessie Cole, for a few months; Dickie Galt, 1826-1837; Henry Edloe, a few months; then Philip Barziza, 1837-1841, when he was elected steward.

The visiting physicians were Dr. Jno. Siqueyra, 1773-1795; Dr. John Galt and Dr. Barraud, 1795-1808; Dr. Alex. D. Galt, Jr., aged twenty-two, was made superintendent and held office until 1862. Thus the Galts—father, son, and grandson—all eminent physicians and philanthropists, were associated with the hospital from its foundation, in 1773, up to the Civil War, in 1862. During the war, the Federal authorities took charge and Dr. Wager, of the Fifth Pennsylvania, was superintendent until the end of the war. Then Dr. Henly, Dr. Garrett and Dr. Petticolas were successively superintendents for short periods, succeeded by Dr. Brower, 1867 to 1875; Dr. Harvey Black, 1875 to 1882; Dr. Wise, 1882 to 1884; Dr. Moncure, 1884 to 1898; Dr. L. S. Foster, 1898 to present time.

It is worthy of note that the first institution on this continent was incorporated and established as a hospital.

The Western State Hospital for the first eight years of its existence, 1828 to 1836, seems to have been under the charge of a physician, Dr. Boys, 1836; Dr. Francis F. Stribling, aged twenty-two, was made visiting physician; Samuel Woodward was keeper, and his wife matron. Dr. Stribling was afterwards made superintendent—probably the first medical superintendent—and had charge of the hospital until 1874; Dr. Robert T. Baldwin was superintendent from 1874 to 1879; Dr. A. M. Fauntleroy, 1880 (January) to 1882; Dr. R. S. Hamilton, 1882-1884; Dr. A. M. Fauntleroy, 1884-1886; Dr. Daniel B. Conrad, 1886 to 22d April, 1889, when Benj. Blackford, the present worthy superintendent, was elected.

The Central State Hospital was under charge of Dr. J. J. De Lamater from its organization, 1869 (as Howard's Grove Hospital) till June, 1870. Dr. Daniel B. Conrad, superintendent from July, 1870, to September, 1873; Dr. Randolph Barksdale, superintendent from September, 1873, to March, 1882; Dr. David F. May was superintendent under the Readjuster State Government from March, 1882, to April 15, 1884, when Dr. Randolph Barksdale was reinstated as superintendent, and held office till October, 1896. Dr. Wm. F. Drewry, superintendent, 1896 to present time.

In the Southwestern State Hospital Dr. Harvey Black was superintendent from March, 1887, until his death, October, 1888. He had previously served on the committee appointed by the Legislature for the selection of a site for this hospital, and had also been chairman of the Building Committee. Dr. Ro. J. Preston, Superintendent from November 18, 1888, to present time.

Many of these who devoted their lives to this specialty have gone to their reward, and time and space would fail me, even if I could do justice to their memory. When we compare the decades at the beginning and prior to the present century, when the characteristics of asylums in many places throughout the world, in the language of another, were "chains, darkness and stripes, hideous cries and fool orders," with the present decade, "when so many of the appliances of health, comfort and pleasure characterize these institutions with their spacious mansions and handsome grounds, with well-ventilated, lighted and heated apartments, with pure air throughout the premises, and wholesome

food in abundant quantity, with the regular hours for recreation, food and rest, with the needful but mild restraint; where added to these the stately trees, the smiling flowers, the splashing fountains, the shining grass adorn the scene, arrest the eye, and distract attention from the dismal present, and awaken hope; where the reading-room, with its voice from the outer world arouses sympathy with the animating pursuits of men and stirs the love of pleasure and ambition; where music, too, the earliest remedial agent of insanity, with its voice of harmony exorcises the demon of madness, and last, but not least, among these curative agencies, where the place of divine worship allures to a brighter world, where sorrows cease." When we consider these things which science and humanity and Christianity have brought about, we can but wonder at the change.

"While Franklin spoke for humane treatment, in 1750, and Pinel broke the chains from the insane in Paris in 1792, and Tuke advocated non-restraint in England in the same year, and Rush, of Philadelphia, showed that insanity was not a curse but a disease and required buildings specially devised for its care, with skilled physicians in charge," the Galts and Stribling and others in Virginia raised their voices in behalf of the gentle treatment and abolition of harsh and cruel methods of restraint. These noble physicians and humanitarians were in advance of their age, and while they could not educate public sentiment up to this high standard in their day, they all did noble work for the cause of humanity and the cause of God, and have impressed their names and their influence indelibly upon psychiatry. We would not in this partial history ignore or pass over the efforts and marvellous work of that noble woman, Miss Dorothea L. Dix, whose wonderful influence in ameliorating the condition of the insane was felt in Virginia and all over the South in bringing about these marvellous changes.

While all the State hospitals are to-day endeavoring to keep up these improved methods in the care and treatment of the insane, yet straitened finances, necessitating lowered per capitas, have of late years restricted efforts along many of these lines of treatment. Many of the means and facilities for investigation and research into neuro- and psycho-pathology, enjoyed by many States, have as yet been unimproved in this State, or at least to a very limited extent.