

Part of the "Victorian Manchester" series of education packs for Key Stages 1, 2 & 3.



Aims

The images provided have been selected from original sources at Greater Manchester County Record Office. It is the aim of this pack to encourage the use of original source material in historical study from a young age.

The pack is part of a series covering Victorian Manchester, which covers both the Victorian Britain and the Local History aspects of the National Curriculum. The pack can also be used outside of the classroom, by parents or youth groups, involving a visit to the record office.

Please note that some of these sources may not be suitable for Key Stage One.

Sources

Most of the sources used in this pack relate to Prestwich Lunatic Asylum in Lancashire. This hospital still exists today, but is now smaller and more specialised.

All sources are held at Greater Manchester County Record Office, and are open for the public to view.

- 1. Extract from a Patient Casebook relating to Mary Jane Malvey 1891 (ADMF2/1)
- 2. Statistics taken from the Proceedings of the Lancashire Asylums Board and Annual Reports of County Asylums, 1899 (page 64).
- 3. Extract from a Plan of Prestwich Asylum showing patients' accommodation 1870s (as for sources 6 & 7).
- 4. Extracts from a staff Obligation Book relating to Eleanor Jackson and Williams Walls, 1872-1875 (AOB2/1)
- 5. Information relating to wages paid to staff, taken from the Proceedings of the Lancashire Asylums Board and Annual Reports of County Asylums, 1899 (pages 67-70).
- 6. Extract from a Plan of Prestwich Asylum showing staff quarters 1870s.

The picture on the title page is the plan of Prestwich Asylum, 1870s.

Contents

Background History	Pre-Reform	4
	Reforms	7
Timeline		8
Useful Terms		9
General Questions		10
Source Work:	Patients	11
	Staff	17
Teacher's Notes		23
Suggested Answers to Questions		24
Further Sources		28

Background History

In the Victorian era, great reforms were made to the mental health system, which led to better conditions for patients, and more hope of being cured. Before these reforms, there were many problems for those will mental illnesses:

Pre-Reform

- Before the changes that happened in the eighteenth and nineteenth centuries, the mentally ill had to rely on alms and Christian charity.
- Mental illness was seen as a spiritual problem (so the church was responsible for them), and because of this people did not try to find medical cures for it.
- The poor law meant that the mentally ill were the responsibility of the parish as a whole, so they would often be unwelcome because people did not want to have to pay to look after them.
- The first lunatic asylums were set up in the mid-eighteenth century for the mentally ill, and were sponsored by rich patrons as a charity.
- The patients' family had to pay a weekly fee to cover food and lodging (although for the very poor the fee was often waved).
- Because of this, some asylums took advantage of rich patients to make money. The richer patients would be charged more and often kept in the asylum for no real reason with no intention of a cure.

- In these cases it was extremely difficult for patients to prove that they were cured, since no medical evidence was required to institutionalise a person, and any resistance to treatment could be seen as proof that they were mad.
- There was no formal procedure for admitting someone to an asylum they did not have to be examined, and so people could be put in an institution simply because they were inconvenient.
- Lunatic asylums had a reputation as brutal prisons, but many of them did hope to cure their patients.

 For example, The Lunatic Asylum at Manchester declared only one patient incurable out of 11 admitted in six months. Three were cured, two were relieved, and five remained in treatment.
- Reports of cruelty and violence appeared in newspapers about the asylums.

 In 1774 newspapers reported a patient having his arm broken, and another being able to commit suicide only one hour after admittance. The asylum assured that the use of cruelty would be punished.
- Where patients had violent tendencies, they were often beaten, chained up and starved in order to control them. In these cases patients were treated like beasts, and not seen as human. In fact insanity was considered as the loss of any human qualities.
- Even people of great importance were treated badly:

 For example, George III was restrained by chains, beaten and

 starved because he was considered insane, despite the fact that he

 was King of England.

- Insanity was attributed to the devil, bad air, and various dietary problems. This was part of the ancient Greek idea of how the body worked; everyone had four "humours" (blood, choler, phlegm, and bile), and an excess of one of these would cause illness. The balance had to be regained by draining the body of the problem substance (purging, blood letting, vomiting).
- Other methods of treatment included "trephaning" (drilling a hole in the skull to relieve pressure on the brain and remove excess humours), and raising blisters with hot irons.
- When looking at the often squalid conditions in early lunatic asylums, it is important to realise that conditions outside institutions were not much better. The conditions must be judged by the standards of the time.

Reforms

- Part of the reason for the changes that took place in the way people saw mental illness was the illness of George III, which was widely talked about.
- As time went on, treatment of the insane became based on Christian values, moral restraint, and useful employment for patients.
- The methods used in the asylums had little medical basis, but were instead based on practical experience and work, which was thought to be good for the soul. This is very different to treatment for the mentally ill today, where drugs are tested in the hope of finding a cure.
- County asylums became compulsory in 1845, and records of admission and discharge had to be kept (this was to stop people who were not ill being put in an asylum).
- This need for records was fuelled by a great fear held by the general public, that they might be 'locked up' when they were not ill. From 1828 it was compulsory that two doctors signed an admissions form for every new patient, after having examined the patient on different occasions.

Useful Terms

Alms Charitable donations

Asylum Hospital specifically designed to look after the

mentally ill. It also means "safe place", hence "asylum

seekers".

Parish Area defined and governed by the nearest church.

Patron A wealthy person that gives money to a particular

Cause to support it.

Poor Law This was set up so that a parish was responsible for

those that could not look after themselves (i.e. the

poor and the insane).

Types of Illness

Mania - described as a mental disorder "with excitement"

Melancholia - Depressive or suicidal tendencies

Dementia - loss or weakness of mental faculties

Epilepsy - A convulsive seizure (can vary in intensity)

General Paralysis of the Insane - Deterioration of brain and eventual dementia, paralysis of the legs.

General Questions

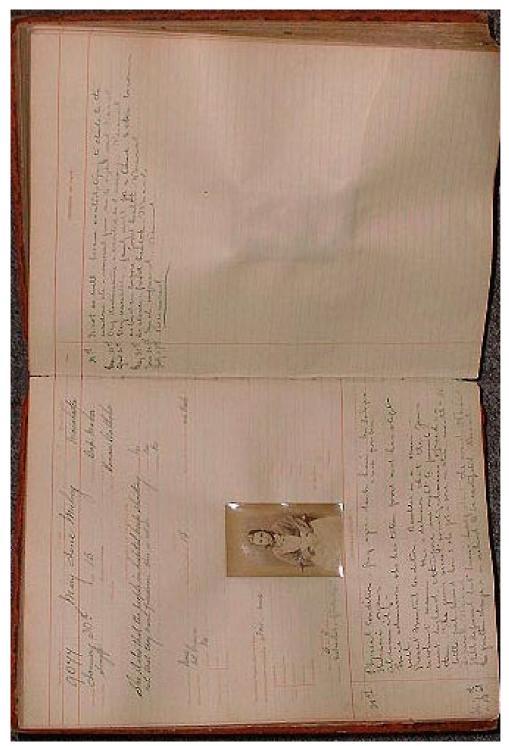
These questions are designed to be used in a general discussion in class, airing their own views and using the background information provided.

Questions 5 & 6 could be used as a "for and against" discussion. You could also bring in ideas they have heard about on the news - "care in the community", and the difference between asylum seekers and lunatic asylums (also that they are not called this anymore).

- 1. How were asylums funded? Why might this mean that some patients did not get the best treatment?
- 2. How has the definition of the word "lunatic" changed?
- 3. What kind of illnesses might the patients of Victorian asylums have had?
- 4. How do you think they would have been treated? How does this compare to modern treatment of the mentally ill?
- 5. Imagine you are a patron of the hospital. Why do you think it is a good thing? What are the alternatives?
- 6. Imagine you are a relative of an inmate of an asylum. Write a letter to a friend describing your feelings about your relative being in an asylum.

Source Work : Patients

Source 1



This source is taken from a patient case book of 1891. It details the initial illness of the patient, and their development over time.

Transcript - Extracts

Extracts of the source are transcribed below for use in the classroom, "..." shows where a gap in the transcription has been made.

9077 Mary Jane Malvey Manchester

Admitted: January 30th Age: 15 Occupation: Cap Maker

Social Status: Single Religion: Roman Catholic

She states that the people in hospital keep shouting out that they want freedom. This is not so.

Diagnosis: Melancholia of Puberty

Progress of Case

31st January Physical Condition – grey eyes – dark hair. Scar on

face & neck from bun

• • •

Since admission she has taken food and has slept

well.

Present mental condition; rambles in a semi-

incoherant manner... JP

Depressed. J Penewal.

February 7th Still depressed but busies herself about the ward.

Jpenewal

February 14th No further change...

Jperceval

February 21st Is not so well – became excited – trying to climb to

the windows etc. – removed from one to eight ward.

Jperceval

March 21st Very destructive – excited and noisy. Jperceval

April 21st Very variable, fairly well for a time & then becomes

as bad as before. Good health. Jperceval

May 21st As above. Good health. Jperceval

June 21st Much improved Jperceval

July 17th Recovered

Key Stage 1

- What job did Mary Jane have before she entered the Asylum?
- How old is Mary Jane?
- How long did she spend in the asylum? What was the outcome?

Key Stage 2

- What illness has Mary Jane been diagnosed with? (see the glossary).
- Write a diary or a letter as if you were Mary Jane after she left the asylum. Write about how you feel about the place, about the treatment you received, about the food you were given...
- Look at the style of language used in the case notes, how is this different to the way a modern day patient would be described?

Key Stage 3

- What do these notes tell you about the methods used to cure patients?
- What do they tell you about the conditions in the asylum?
- Think about how Mary would have been treated before the advent of asylums. Do you think she would have received help and got better?
- How do you think Mary would be treated today?

Source 2

Women	Men
<u>Breakfast</u>	
6 oz Bread	80z Bread
$\frac{3}{4}$ oz Butter	³₄ oz Butter
Tea	Tea
½ oz sugar	$\frac{1}{2}$ oz sugar
Milk	Milk
<u>Dinner</u> 6 oz Fresh meat uncooked 12oz potatoes* 3 oz bread *& cabbage/peas when available	8oz fresh meat uncooked 16 oz potatoes* 3 oz bread
Tea 6 oz Bread \(\frac{3}{4} \) oz Butter or 1 \(\frac{1}{2} \) oz preserve Tea \(\frac{1}{2} \) oz sugar Milk	8oz Bread \[\frac{3}{4} \] oz Butter or 1 \[\frac{1}{2} \] oz preserve Tea \[\frac{1}{2} \] oz sugar Milk

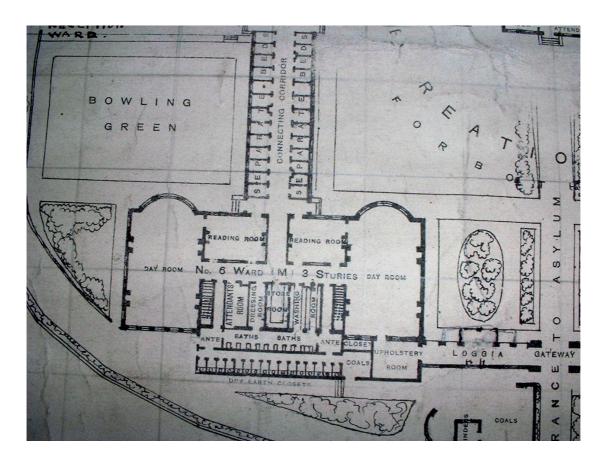
Drinks

Cocoa, Milk, Beer - half a pint each.

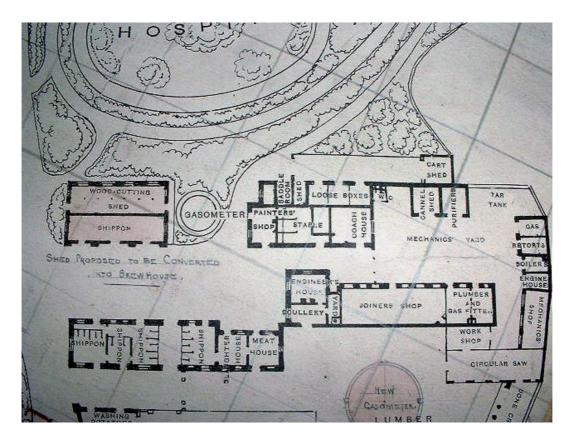
This is the menu for a Monday in 1899, on Wednesday and Saturday they would have beef, on Friday fish, and on Sunday they would have tinned meat and Rhubarb Pie or Currant Pudding for desert.

This is taken from the annual report of the asylum in 1899, and details the kind of diet the patients would have had.

Source 3



These are extracts taken from a plan of Prestwich Asylum in the 1870s.



Look at sources 2 & 3 together and discuss the following questions.

Key Stage 1

- Looking at the diet table, do you think the asylum had much money, do you think the patients were well looked after?
- Compare the diet table to your average diet for week what are the results?
- Looking at the plan, what could patients do in the asylum grounds?

Key Stage 2

- How do you think the food provided in the asylum would have compared to life outside? What would life have been like for the inmates if they were not in the asylum?
- Look at the plan, and the whole plan used on the front cover of this pack. What strikes you about the grounds? Why do you think they were designed like this?

Key Stage 3

- What do these sources tell you about the way patients were treated in the asylum?
- Patients would have helped to run the asylum by working with the staff - why do you think this was?
- Using these sources, discuss whether you think asylums were a good development from the way the mentally ill were treated before. Explain why you think this.

Staff Source 4

1	N.A.
STATE AND	Nam Slauter Sachetter 2
	Name Allante Sacheth
	No. 10 C. C.
1	Date of eatry on Berries Illegy 11-72
	Social State Stripley 1. 14 l. Mail
	Presina Occapative and Residence Of Older With Men Phillets
	groundet,
	mus fe . Mean Helefoldy
100	By whom recommended III - thoughoung. Whostmolet Metory
	OBLIGATION
	To be signed by such Attendent and Servent before approximate.
	I HERERY PROMISE to obey the Roles, Regulations, and Orders of the Arylan; to promote as far
	to codestone generally by the execut of the property; to avoid generally about its invastres or affairs; and
100	trary to the Raise of the Archar is done to the way the Supercitedent. If anything improper and con-
100	neural a refer should I wish to have not supported by the monthly; and I agree to give a
	intendent, which survey will be fortified to the continued by and in the hands of the Super-
100	warning, or due me for arts of unbindense or dispersion to dispersion the dispersion of the dispersion
	colors, or for any transposants of the Hales, Regulations, and Orders; my wages being furbited if my conduct composition the character of the Lucitation.
126	Po.
	Signed Eleanor Gretitor
1 25	In the presence of FISS
	Dan Llelys 11-72
	Guedori during period of Service
-	
	Detro of and reason for Learning November 1 1772.
1000	
100	
	Oternations
24 116	

This is an extract from an "Obligation Book", which new staff had to sign.

Transcript

Name *Eleanor Jackson*

Age 18

Date of entry on Service July 11_72
Social State Single

Previous Occupation and Residence At home with her parents ...

By whom recommended *Mrs Hiding Grosvenor Rectory*

Obligation

To be signed by each Attendant and Servant before appointment.

I HEREBY PROMISE to obey the Rules, Regulations, and Orders of the Asylum; to promote as far as I am able its objects; to be careful of its property; to avoid gossiping about its inmates or affairs; and to endeavour generally by my own good conduct and demeanour to sustain its respectability. I consider myself bound to perform any duty assigned to me by the Superintendent. If anything improper and contrary to the Rules of the Asylum is done in my presence, or comes within my knowledge, I pledge myself to report it to the Superintendent. I understand my engagement to be monthly; and I agree to give a month's notice should I wish to leave my situation, or to forfeit a month's wages should I leave without giving notice. I also understand that a month's wages will be retained by and in the hands of the Superintendent, which wages will be forfeited in the event of my giving up the appointment, or leaving the Asylum without just cause. I acknowledge the right of the Superintendent to discharge me without warning, or fine me for acts of unkindness or violence to patients, for intemperance, for disobedience of orders, or for any transgression of the Rules, Regulations, and Orders; my wages being forfeited if my conduct compromise the character of the Institution.

Signed *Eleanor Jackson*

In the presence of **J Ford**

Date *July 11 72*

Conduct during period of service

Date and reason for Leaving November 1st 1872

Observations

308 New Villiam Vallo AST 27 Rears. Date of water on dervice April Ind 1874 Social State Jung La Presing acception to a Residence Streematics hand there Rognor - Survere. By when remarked My B. N. Certe. 16 Steynes 180gn x OBLIGATION Showing a land that I be to upon by only structure got, Benery piece oppositions of the Boylet for the form of the Boylet of the Assert of the as Lum able its objects; to be corollid of its property; to need goodping about its intrates or effore; and to endeavoor generally by my over good conduct and decrement to sustain its responsibility. I consider so relative to perform any dark control of the Superintendent. If anything improper and contrary to the Roles of the Asyttes is done in my presence, we come within my hoseinday. I picking oneself to report it to the Superintendent. I understand my regardent to be minutely; and I agree to give a minutely as action of the superintendent of the superint private notice should I wish to leave my situation, or to fulfish a month's wages abouted I have without giving notice. I also understand that a month's wages will be retained by ead in the broads of the Separateorical, which wages will be forfeited in the event of any giving up the appenditment, or leaving the haytons without your cause. I acknowledge the right of the Separateorical to discharge me without working, or fine we fer axis of trainments or vidence to Patients, for intemperature, for disobedience of rights or for any transpression of the Rales, Requisitions, and Orders; my unges being forfeited if my conduct compression the character of the Institution. Siens William Walls Reporte Don April 2000 1874 recovered - latter & moutherent moderated med to Loaning 19th Warch 1886 - Discussed 14th - Sushended on 15th with I Worelander and " top top the Drawned - Patients warme In 19th State

Transcript

Name William Walls

Age 27 years

Date on entry on service April 2nd 1874

Social State Single

Previous Occupation and Residence *Shoemaker. Manor Place, Bognor-Sussex* By whom recommended *Mr N. W. Castle. 16 Sleyne Bognor.*

Obligation

To be signed by each Attendant and Servant before appointment.

I hereby admit that I have read and been furnished with a copy of the Rules, Regulations, and Orders for the guidance of persons engaged in the services of the County Asylum at Prestwich.

I HEREBY PROMISE to obey the Rules, Regulations, and Orders of the Asylum; to promote as far as I am able its objects; to be careful of its property; to avoid gossiping about its inmates or affairs; and to endeavour generally by my own good conduct and demeanour to sustain its respectability. I consider myself bound to perform any duty assigned to me by the Superintendent. If anything improper and contrary to the Rules of the Asylum is done in my presence, or comes within my knowledge, I pledge myself to report it to the Superintendent. I understand my engagement to be monthly; and I agree to give a month's notice should I wish to leave my situation, or to forfeit a month's wages should I leave without giving notice. I also understand that a month's wages will be retained by and in the hands of the Superintendent, which wages will be forfeited in the event of my giving up the appointment, or leaving the Asylum without just cause. I acknowledge the right of the Superintendent to discharge me without warning, or fine me for acts of unkindness or violence to patients, for intemperance, for disobedience of orders, or for any transgression of the Rules, Regulations, and Orders; my wages being forfeited if my conduct compromise the character of the Institution.

Signed William Walls In the presence of M. Smith

Date April 2^{nd} 1874

Conduct during period of service

Very fair just part of service – Utterly indifferent
Date of and reason for leaving 19th March 1886 – Dismissed

Observations Roughly using a patient on Sunday 14th – suspended on 15th with J. Worslecroft and case brought before Committee 19th March both Dismissed – Patients name James Wearden

Questions

Key Stage 1

- Where did Eleanor live before she started her job at Prestwich?
 (she would have lived on site once she started the job)
- What was Williams' previous job?
- Why did William lose his job?
- What kind of things do you think Eleanor and William would have done in their daily jobs?

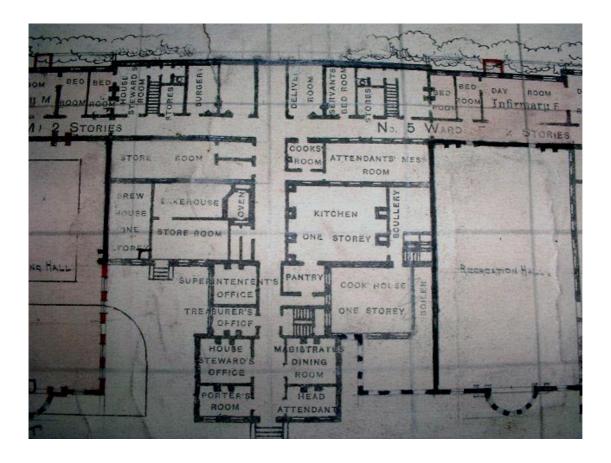
Key Stage 2

- Both of these jobs would have involved living on the premises, and working shifts. What other jobs can you think of where this is the case?
- What are Eleanor and William obliged to do once they have signed the "Obligation Book"?
- Pretend you are either William or Eleanor. Write a diary of your day.

Key Stage 3

- What does William's dismissal from his job tell you about the reforms made to the Asylums in the nineteenth century?
- Some jobs today require you to sign a confidentiality form before you start work what jobs can you think of where this is true?
- What do you think the training would have been like for this job?
 What kind of qualifications do you think you would need today for a similar job?

Source 6



This is an extract from a plan of Prestwich Lunatic Asylum, made in the 1870s.

Teacher's Notes

This pack has been designed for use at Key Stages 1,2 and 3, in order to enhance the national curriculum and encourage the use of original source material in the study of history from a young age. It is appropriate to be used as part of unit 11a (Victorian Britain) and unit 7 (Local History).

It is hoped that as well as contributing to national curriculum requirements, the pack will promote a keen interest and understanding of history and development of the area.

The sources should be downloaded and printed, so that the children can all see them.

Each source has a set of questions to go with it, and children should be encouraged to analyse the source as far as they are able. The questions are divided up into key stages, so it is best if only the source is printed for the class, and the questions written on the black board.

Key stage 1 questions are mainly concerned with looking at the sources and understanding the differences.

Where the sources have been transcribed, they are not always done so in full, due to the sensitive content of the documents used. "..." is used where a gap has been left.

Suggested Answers to Questions

General Questions

- 1. They were at first funded by rich patrons and relied on the wealth of their patients, but later (after reforms) through taxes. Being funded through rich patrons and patients meant that the richer people would be kept in the asylum even though there might be nothing wrong with them.
- 2. Today the word "lunatic" tends to be used as a term of offence for someone acting stupidly (usually in a dangerous manner), whereas at the time it was a technical term for someone with a mental illness. This could be the start of a discussion on how words have changed their meaning many have become offensive terms, when they were originally technical descriptions.
- 3. Mental illnesses were divided into "Mania", "Melancholia", and "Dementia" as a general rule. This divided people into those who were likely to be (respectively) excitable and violent, depressed, and those who were simply losing their mental faculties.
- 4. The treatment for mental illness in Victorian times tended to simply be hard work and discipline thus inmates would work in the asylum and spend their time constructively. Later on, treatment through the use of electricity was used, and drugs were introduced to try and treat illnesses of the brain. Today the mentally ill tend to be treated with drugs, but also through developing creative outlets (this works in a similar way to the Victorian "hard work" ethic).
- 5. It would be a good thing because: families often abandoned children they could not look after (especially once they reached adulthood), so the mentally ill would be left to cope with the world on their own and would be a danger to themselves and possibly other people. They would probably have ended up in the workhouse because they couldn't make their own money, and would have had very little chance of recovery. Conditions had improved very greatly by the late 1800s, asylums were no longer to be feared like the infamous Bethlem Hospital in London (also known as "Bedlam").
- 7. This could incorporate ideas such as feeling guilty for putting them in their, being unsure about the conditions (although they have got better). It could also incorporate the fear many people had that insanity was catching, and that they might be locked up when they were sane.

Patients

Source 1

Key Stage 1

- She was a Cap maker.
- 15 Years Old.
- Nearly 6 months (admitted January 30th, recovered July 17th), she was noted as "recovered" and discharged.

Key Stage 2

- She was diagnosed with "Melancholia of Puberty", which today would be diagnosed as depression, caused (at least in part) by adolescence.
- This can be used as a discussion piece, or as an individual project, it is designed to be used with all the sources on patients.
- The language tends to be very basic, and the observations are not in a medical tone at all. Today you would expect medical terms to be used in case notes.

Key Stage 3

- The emphasis is very much on work a good sign is when she "busies herself about the ward".
- Conditions, although they might not be perfect, are designed to be comfortable when she first arrives, the notes say that she has "taken food and has slept well".
- Before the asylums were around, she would have either been looked after by her family, or ended up on the street or in the workhouse. Very few families could have afforded to keep a 15 year-old that was not able to work. In the workhouse it is unlikely she would have received any treatment.
- Today Mary would probably have visited a psychiatrist who would have either given her some drugs to get her through the illness, or set her on a course of therapy. It is highly unlikely that she would have had to move away from home.

Sources 2 & 3

Key Stage 1

- The diet is certainly not extravagant, but by the standards of the time it was comfortable, and almost definitely better than they would have received if they had lived outside the asylum. This aspect can be used to bring in elements about life in Victorian England (especially for those with little money), what were "normal" people eating? This shows that the asylum did not have a great deal of wealth, but worked to ensure that patients were looked after properly.
- This can be used to compare the past and the present. How have things changed? Today we eat a lot of processed foods that will last for some time, and are fairly cheap. Have any of the pupils been in hospital? What was the food like there?
- There is a bowling green, a cricket ground, a day room, plenty of trees and open land, and a variety of workshops which would have helped run the asylum,

- and which would have employed patients. This shows that the asylum was trying to create a peaceful and relaxing environment for patients, with the added incentive of work to help them to get better.
- The Victorian ideal was that work would help to cure people because it was good for the soul.
- Before the reforms and changes in the way people thought about mental illness
 in the eighteenth century, insanity was very much a taboo issue. People
 thought it was caused by demons or the devil, and were afraid to be near
 people with mental illnesses in case they caught it. They would have been
 either put in the workhouse, or left on the streets, and the early asylums were
 almost as bad as this, since they concentrated on physical punishment, and
 simply confining the ill, rather than curing them.

Staff

Source 4

Key Stage 1

- At home with her parents.
- He was a shoe maker in Bognor.
- Because he was cruel to a patient.
- They would have cleaned up after the patients, ensured that they were comfortable, and kept the asylum running (much like a farm, the asylum would have been mostly self-sufficient).

Key Stage 2

- Nurses in residential homes would live on the premises, as would workers in some pubs etc. Shift work could be hospital workers, taxi drivers, bus drivers, etc.
- They must obey the rules and regulations of the asylum, they must not gossip about what happens in the asylum, and must not put the respectability of the asylum at risk. They must report any cases of misconduct to the superintendent, give a month's notice if they wish to leave (if the do not, they will have to give up a month's wages). If they do not do their job properly, are disobedient, or they are unkind or violent to patients they can be fired without notice, and may have to give up their wages. This is to protect the patients.
- This could be part of a project encourage the children to empathise with the people in the documents.

Key Stage 3

• The fact that William was dismissed illustrates that the reforms have made the safety and well being of the patient very important. This is great change from the example given by the Bethlem Hospital in London (where inmates were chained up), and previous ideas that preached that insanity was caused by evil spirits or the devil, which could be removed through violence.

- Jobs in hospitals, doctor's surgeries, banks, or many companies that deal with personal information about their customers. It is very important with medical information, to protect the patient's privacy.
- Training would have been purely on-the-job, except for the doctors and consultants at the top, who would have been likely to have some medical training. Today you would need a nursing qualification to work with patients all the time (although some volunteers may be used).

Further Sources

Greater Manchester County Record Office holds the records of Prestwich Lunatic Asylum from the 1890s, and the earlier records are held at Lancashire Record Office (Please see their web site http://www.lancashire.com/lcc/edu/ro/).

Because these are sensitive medical records, they are closed to the

To find out more about Lunatic Asylums in Lancashire and Lunatic Reform in the Victorian era see :

public for 100 years.

Patricia L Gartside & Bruce Jackson *Model Guide to Lancashire Mental Hospital Records* Lancashire County Council

http://www.rossbret.pwp.blueyonder.co.uk/asylums/england/lancs/lancashire_asylums.htm

Public Record Office Leaflets at http://catalogue.pro.gov.uk/Leaflets/ri2268.htm http://catalogue.pro.gov.uk/Leaflets/ri2269.htm

Timeline

This timeline covers the period of the reforms in the mental health laws, and points out major developments.

