

Recreation and Education in the Asylum – Source 1

The Moral Treatment of Insanity (from Report of the Committee of Visitors 1867)

Embracing as this moral treatment does, every impression made upon the senses of the lunatic, every mental pleasure or pain to which he is subjected, every pursuit in which he is induced to take part and every recreation provided for him.....no pains have been spared in these respects, strenuous efforts have been made to improve and harmonize the surroundings of the inmates, to extend and diversify their means of employment and to multiply and refine their amusements.

The most remarkable and beneficial results have accrued from all such efforts. Books, games and concerts have been found to contribute to recovery...one important addition has been made to our means of moral treatment by the formation of classes for instruction in reading, writing and arithmetic.

These are eagerly joined by convalescent patients some of whom have carried away from the Asylum not only restored reason, but new acquirements, and also by chronic imbeciles whose habits seem to improve with their progress in spelling.



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