# **Dorothea Dix, Excerpted version of the Memorial to the Massachusetts Legislature, 1843**

**Background Notes**

Dix (1802-1887) found her commitment to reform not in evangelical Christianity and the revival but in their antithesis, Unitarianism. It was when she volunteered to teach a Sunday School class for women inmates of the East Cambridge prison in 1841 that Dix found her life's work as a reformer. She was shocked by the terrible conditions in the prison and felt an obligation to change them for the better. This led her to undertake a systematic tour of the jails and prisons throughout Massachusetts. She detailed her findings in her 1843 Memorial to the state legislature. The Memorial may be the single most important document in the history of mental illness and its treatment in the United States.

Memorial to the Massachusetts Legislature

I found, near Boston, in the jails and asylums for the poor, a numerous class brought into unsuitable connection with criminals and the general mass of paupers. I refer to idiots and insane persons, dwelling in circumstances not only adverse to their own physical and moral improvement, but productive of extreme disadvantages to all other persons brought into association with them. I applied myself diligently to trace the causes of these evils, and sought to supply remedies. As one obstacle was surmounted, fresh difficulties appeared. Every new investigation has given depth to the conviction that it is only by decided, prompt, and vigorous legislation the evils to which I refer, and which I shall proceed more fully to illustrate, can be remedied. I shall be obliged to speak with great plainness, and to reveal many things revolting to the taste, and from which my woman's nature shrinks with peculiar sensitiveness. But truth is the highest consideration. I tell what I have seen--painful and shocking as the details often are--that from them you may feel more deeply the imperative obligation which lies upon you to prevent the possibility of a repetition or continuance of such outrages upon humanity. . . .

I come to present the strong claims of suffering humanity. I come to place before the Legislature of Massachusetts the condition of the miserable, the desolate, the outcast. I come as the advocate of helpless, forgotten, insane, and idiotic men and women; of beings sunk to a condition from which the most unconcerned would start with real horror; of beings wretched in our prisons, and more wretched in our almshouses. . . .

I must confine myself to few examples, but am ready to furnish other and more complete details, if required.

If my pictures are displeasing, coarse, and severe, my subjects, it must be recollected, offer no tranquil, refined, or composing features. The condition of human beings, reduced to the extremest states of degradation and misery cannot be exhibited in softened language, or adorn a polished page.

I proceed, gentlemen, briefly to call your attention to the present state of insane persons confined within this Commonwealth, in cages, closets, cellars, stalls, pens! Chained, naked, beaten with rods, and lashed into obedience. . .

It is the Commonwealth, not its integral parts, that is accountable for most of the abuses which have lately and do still exist. I repeat it, it is defective legislation which perpetuates and multiplies these abuses. In illustration of my subject, I offer the following extracts from my Note-book and Journal:--

Springfield. In the jail, one lunatic woman, furiously mad, a State pauper, improperly situated, both in regard to the prisoners, the keepers, and herself. It is a case of extreme self-forgetfulness and oblivion to all the decencies of life, to describe which would be to repeat only the grossest scenes. She is much worse since leaving Worcester. In the almshouse of the same town is a woman apparently only needing judicious care, and some well-chosen employment, to make it unnecessary to confine her in solitude, in a dreary unfurnished room. Her appeals for employment and companionship are most touching, but the mistress replied she had no time to attend to her. . . .

Lincoln. A woman in a cage. Medford. One idiotic subject chained, and one in a close stall for seventeen years. Pepperell. One often doubly chained, hand and foot; another violent; several peaceable now. Brookfield. One man caged, comfortable. Granville. One often closely confined; now losing the use of his limbs from want of exercise.

Dedham. The insane disadvantageously placed in the jail. In the almshouse, two females in stalls, situated in the main building; lie in wooden bunks filled with straw; always shut up. One of these subjects is supposed curable. The overseers of the poor have declined giving her a trial at the hospital, as I was informed, on account of expense...

Besides the above, I have seen many who, part of the year, are chained or caged. The use of cages all but universal. Hardly a town but can refer to some not distant period of using them; chains are less common; negligences frequent; wilful abuse less frequent than sufferings proceeding from ignorance, or want of consideration. I encountered during the last three months many poor creatures wandering reckless and unprotected through the country. . . But I cannot particularize. In traversing the State, I have found hundreds of insane persons in every variety of circumstance and condition, many whose situation could not and need not be improved; a less number, but that very large, whose lives are the saddest pictures of human suffering and degradation.

I give a few illustrations; but description fades before reality.

Men of Massachusetts, I beg, I implore, I demand pity and protection for these of my suffering, outraged sex. Fathers, husbands, brothers, I would supplicate you for this boon; but what do I say? I dishonor you, divest you at once of Christianity and humanity, does this appeal imply distrust. If it comes burdened with a doubt of your righteousness in this legislation, then blot it out; while I declare confidence in your honor, not less than your humanity. Here you will put away the cold, calculating spirit of selfishness and self-seeking; lay off the armor of local strife and political opposition; here and now, for once, forgetful of the earthly and perishable, come up to these halls and consecrate them with one heart and one mind to works of righteousness and just judgment.

Become the benefactors of your race, the just guardians of the solemn rights you hold in trust. Raise up the fallen, succor the desolate, restore the outcast, defend the helpless, and for your eternal and great reward receive the benediction, "Well done, good and faithful servants, become rulers over many things!"

Injustice is also done to the convicts: it is certainly very wrong that they should be doomed day after day and night after night to listen to the ravings of madmen and madwomen. This is a kind of punishment that is not recognized by our statutes, and is what the criminal ought not to be called upon to undergo. The confinement of the criminal and of the insane in the same building is subversive of that good order and discipline which should be observed in every well-regulated prison. I do most sincerely hope that more permanent provision will be made for the pauper insane by the State, either to restore Worcester Insane Asylum to what it was originally designed to be or else make some just appropriation for the benefit of this very unfortunate class of our "fellow-beings."

Gentlemen, I commit to you this sacred cause. Your action upon this subject will affect the present and future condition of hundreds and of thousands. In this legislation, as in all things, may you exercise that "wisdom which is the breath of the power of God." Respectfully Submitted, D. L. Dix