

## *Autobiography*

### /82/ PROSPECT AT LOUISVILLE, KENTUCKY

There came, at this time, a light from another and remote quarter. His classmate and life-long friend, Mr. Hosmer, went to Louisville to preach through the winter of 1835–36. While there he found many families from New England. They said they were contented in that strange land except in time of sickness, and then they felt the want of a Yankee Doctor with whose habits and sympathies they were familiar. They wished such a physician would come and live among them. Mr. H. advised them to try to get Dr. Jarvis, of Concord, Mass., to remove to Louisville. A correspondence arose between some of the Louisville people and Dr. J., some of them visited him and, after much consultation, and with many doubts and anxieties, and after the loss of the McLean Asylum, he concluded to leave Concord and try his fortune anew in the West.

It was a painful matter to him to leave New England, with all its privileges and blessings, with all its pleasant associations and the friends of his life; and go among strangers and find new customs, new manners and ideas of life. But it seemed best, and so he decided, and spent the winter in making arrangements, getting letters and settling up his affairs in Concord.

### REMOVAL

March 20th, 1837, Dr. J. took stage at 7 o'clock in the morning for Boston. The next morning he took railroad for Providence, and in the afternoon, the steamboat for New York where he remained one day, /83/ and then went to Philadelphia where he found many friends and stayed five days. Then he took railroad and canal to Pittsburgh where he remained with his friend Daniel Stone and Sarah, his sister, four days. Then he took steamboat for Marietta and stayed there four days with friends; and went next to Cincinnati and stayed there three days, and as long in Madison, Indiana, and at length reached Louisville early in April.

This was his first appearance in the West. He found friends in all these places who showed him much kindness and prepared the way for his life in Louisville. He wished to become as familiar with the West as possible before he began on his new life there. These friends gave him much instruction, and furnished him with many letters to their friends in Louisville.

Moreover he went with a heavy heart. Although he had received abundant encouragement and had high hope, yet it was a new, and, at least, a doubtful experiment as a matter of business, and still more doubtful as to his social life whether he could find comfort or happiness, even if financially successful. He was then willing to postpone the dreaded trial, and to cling to these wayside friends who were the representatives of those he had left behind. All of them gave new life to his hope of Louisville; none threw any doubt as to his future there. But the friends in Madison urged him to remain with them, and offered so strong inducements for his settlement there, that if he had not been pre-engaged at L. he would have tried his fortune /84/ there. This, however, strengthened his confidence of success in the West, and all that he had seen and heard on the way had added new confidence in his selected place of business.

At length on the \_\_\_\_\_ April, he reached Louisville. There, at once, he found friends who were expecting him, and who gave him a cordial welcome. They were principally New Englanders and members of the Unitarian religious congregation. But the natives of

other regions and countries, and members of other religious organizations, also welcomed him; and he seemed not to be among strangers.

He boarded with Mrs. Buttrick and took [an] office in Fifth Street for the summer, and in the autumn in Fourth Street where he remained until he left Kentucky in July, 1842. This was remarkable in that very unstable place, where people moved frequently. There was hardly a physician who held to one office as long as Dr. J. did to that in Fourth Street.

#### MEDICAL PRACTICE

Much of the medical practice in Louisville, unlike that in New England, was transient. Many of the physicians, like lawyers, had their offices on the thoroughfares away from their dwellings, with large and prominent signs to catch the accidental seeker of a Doctor. Dr. J. was advised by his friends to take [an] office on one of the streets leading up from the steamboat landing, because there were frequent calls for a physician on board the boats, and their messengers /85/ called at the first office at which they saw a sign. Besides this, many families had no idea of a permanent medical attendant. They employed one accidentally, and it would be but accident if he was employed again on a like occasion. Some other families more fixed in their habits than these, would, nevertheless, change for slight motives, and adhere to none long. Others, like the people of the East, had their family physician to whom they clung as long as both parties were living within each other's reach, yet these were comparatively few.

This unsettled state of medical practice made it much easier for a physician to get business; and, on the contrary, it was equally easily lost; so that however long and well-established in practice one might be, he was dependant, in great measure, on getting new employers, like any new candidate for public patronage. This was not confined to the relations of physicians to their employers. It ran through a large part of the business relations. A lawyer of the highest reputation and best practice, said it was the same in his profession. It was so in others. Boarding-house keepers were continually losing their boarders, and others taking their places. Private schools suffered in the same way, and mechanical trades, all were subject to this general law of frequent change of business relations. Hence adventurers found this a good place to begin.<sup>34</sup> They could get customers readily, and had high hope for a season, and then the trial came and it was to be determined whether they could hold fast that which they had succeeded to gain.

#### /86/ LIFE IN LOUISVILLE

On the side of Fourth Street between Market and Main Street, where Dr. Jarvis's office was, there were nineteen places of business, stores, offices, &c.; and in these nineteen places there were, in two years, thirty-two changes of occupants, signs, &c.; and when he left Louisville in July, 1842, there were only three or four doing business in that part of the street who were there when he went to it in 1837. Nevertheless some families began with Dr. J. when he went to L. and were his employers through to the end of his sojourn in Kentucky. The business was, at first, all that he expected. His residence in Louisville was at the time of the great commercial and financial depression, 1837 to 1842. This was more

<sup>34</sup> On the deficiencies of the medical practice in Louisville see a letter from E.J. to James Jackson, Louisville, September 25, 1837, in which he writes of his practice; he mentions that "bilious fever" is the name for all diseases in his area, and calomel the remedy.

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severely felt there in the latter part of this period. Until the great revulsion in 1837, the city had been exceedingly prosperous. Merchants had done a large and, apparently, successful business. Everything was buoyant and hopeful. The tide turned. Many became bankrupt. Many left and went elsewhere. Stores were deserted; rent fell; such as were hired for \$800 to \$1,000 in 1837, were, in 1842, hired for \$150 to \$200; and even then many were empty. Consequently people were embarrassed. Many were poor and could not pay, and those who counted their earnings by their labor found sad deficiencies when they counted them by their collections.

In the first year Dr. J. earned \$2,960; in the second year, in about ten months (absent two months) \$2,400; the third year the same, and the fourth and fifth years, rather less. This represents the business done supposed, /87/ at the time, to be good, but the collections especially in the latter years when universal poverty fell on the people, fell sadly short of the charges made on the books.\* Fortunately it was a cheap place to live in. Provisions were low and board corresponding. In all the summers, except that of 1840, Dr. J. was alone in Louisville, and Mrs. J. at home in Concord, Mass. In these periods, Dr. J. slept at his office, and had only food at his boarding-house. In the spring of 1837 and to July 10th, he boarded with Mrs. Buttrick for \$3 a week, and at the Jefferson House for \$4 a week to Sept. 11th. Oct. 15th Mrs. Jarvis arrived, and they boarded and roomed at the Ormsby House, kept by Mrs. Denny, a Kentuckian, for \$11 a week. June 18, 1838, Mrs. Jarvis went to Massachusetts and Dr. J. lodged at the office and ate with Mrs. Denny for \_\_\_\_\_ a week until he broke up and moved; then he boarded with Mr. John A. Smith for \$3.50 a week until Nov. 5th when Mrs. Jarvis returned and they boarded, by grace, with their friend Mr. L. R. Clark for \$11, until Dec. 26th when they took lodgings and board with Mr. Caswell for \$12 per week until he broke up March 19th, 1839. They went to the house of a friend, Mr. Francis E. Goddard, and stayed until the 5th /88/ of April when, on account of the sickness of his father, they went to Concord, Mass. Dr. J. was absent two months and returning early in June, boarded with Mrs. Jefferson Clark for \$3.50 a week until Mrs. J. returned, Oct. 29th, when they boarded at Capt. Tufts' until Sept. 4th, 1840, for \$8 a week. Then they went to the Louisville Hotel and remained there nearly two years until June 9th, 1842, paying \$12 a week the first year, and \$10 a week, the second, and taking the medical care of the family. From June 9th, they were in the family of a friend, Mrs. Jefferson Clark, for \$11 a week, until they finally left the city, July 14th, 1842.

Thus it appears that they had eleven different boarding-houses. Dr. J. left Mrs. Buttrick to live at the hotel as more advantageous. Mrs Denny, L. B. [sic] Clark, and Mr. Caswell all removed, and changes took place in the family arrangements of Mrs. Clark and Capt. Tufts rendering the removal of Dr. J. necessary.

### EXPENSES OF LIVING

It will be inferred that the cost of living must be very low in Louisville, especially in rents and provisions. Dr. J. paid \$144 a year for his office for two years, and afterward

\*In June, 1837, Dr. J. earned \$150, in July \$220, in Aug. \$300, Sept. \$414. This was his largest earning in Louisville. The business was less in October and through the winter, but the average of the first year, from June to May, 1838, was nearly \$250 a month, or \$2,960 for the entire year.

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\$100. It was a room about 14 ft. square in the second story of a block of stores. The floor was of rough boards and very uneven. The walls were plastered.

Fuel was very cheap, about 12 cts. a bushel for Pittsburgh coal. Clothing was expensive—nearly 50 per cent. greater than in Boston.

/89/ Dr. J.'s whole expenses<sup>35</sup> were:

1837, June to Dec. 31, 7 months	\$ 427.66
1838, 1 year	\$ 1062.96
1839, 1 year	\$ 1049.31
1840, 1 year	\$ 987.54
1841, 1 year	\$ 791.15
1842, 5 months	\$ 322.20
	<hr/>
Five years	\$4,640.82

With his earnings, Dr. J. paid for his entire support. He incurred no debts, not even for a day, but paid every bill as rendered, weekly or quarterly, or when he made a purchase. Moreover he paid the debt incurred for his pupilage that had hung over him from 1830 to 1837. This was the first time that he earned more than his living, and as soon as he gathered surplus sufficient for a remittance, he sent it to his father to pay Mr. Hoar. The first remittance and the subsequent ones were \$100. There was a great joy in the Dr.'s heart when he made the first payment, and he often questioned which gave the greater pleasure the first payment, after seven years waiting with no means of paying for the past deficiencies and the occasional fear that such prosperity might never come, or the last, when no more debt remained, no fear of loss to others by his failure to earn and to pay. The balance of doubt was in favor of the first. That broke the seal of inability and opened the way hitherto closed, and made it possible, even probable, that the others would follow. The last payment seemed a foregone conclusion from the first, /90/ and almost a certainty from the successive instalments that had been paid.

MRS. JARVIS'S VISITS TO MASSACHUSETTS

On account of the age of her mother, Mrs. Hunt, Mrs. Jarvis went home and spent the summers with her in Concord, Massachusetts, every year except 1840. Travelling in those days was laborious, tedious and expensive. The distance from Concord to Louisville was about 1,200 miles on all the routes. She went the first time in Oct. 1837, with Nathan Jarvis of New Orleans, by the Pennsylvania Canal and Ohio River. In May, 1838, she went with Mr. John A. Richardson and his wife, by river to Portsmouth, Ohio, by canal to Cleveland, Lake to Buffalo, where she remained with Rev. Geo[rge] W. Hosmer a week; then by canal to Albany, and by stage to Concord, Mass. The whole cost was \$64.33. She returned with Mr. Hartwell of Cincinnati by the Penn. Canal and Ohio River, Oct. 26th to Nov. 15th. The river was low. The boat could move only in the daytime, and then very slowly. They were thirteen days between Pittsburgh and Louisville. Whole cost of the journey,

<sup>35</sup> Diary, II, p. 178.

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\$71. April 5th to 17th, 1839, Dr. J. and wife went home together by river to Wheeling, national road to Baltimore, boat N. York to Stonington, twelve days at [a] cost of \$108 for both.

Dr. J. returned to Louisville by stage to Albany, railroad to Utica, stage to Rochester, canal to Lockport, railroad to Buffalo, visited Niagara Falls, and Geo[rge] W. Hosmer in Buffalo, by Lake to Huron, stage to /91/ Cincinnati, river to Louisville; time twelve days, cost \$61.94. Mrs. Jarvis returned with Stephen Jarvis of New Orleans, by stage from Baltimore to Cincinnati and river to Louisville. They travelled in stage five days and three nights, stopping one night at Wheeling. Whole time of journey, eleven days: cost \$65.30.

In 1840 Mrs. Jarvis remained in Louisville through the summer except three weeks spent on the plantation of John J. Locke Esq. in Oldham County. In 1841, Mrs. J. went home with Rev. John H. Heywood, by river to Pittsburgh, stage to Chambersburg, railroad to New York, then boat to Norwich and rail to Boston. Time June 10th to 21st, eleven days—cost \$40.95.

In the autumn she returned with Nathan Jarvis of New Orleans by way of Philadelphia, railroad to Chambersburg, stage to Pittsburgh, river to Louisville. They were delayed in New York and Philadelphia by Mr. Jarvis's business. The whole time was twenty days, Nov. 1st to 20th, cost \$63.16.

Thus the cost of travel from Boston to Louisville was more than twice as great and the time more than four times as great as it is now, 1873.

#### /92/ RELATION TO THE PROFESSION

Dr. J. was received with marked kindness by the physicians of the city who ever after treated him with generous confidence and unremitting courtesy. Nothing could be more satisfactory to him than his intercourse with them. They were, at times, at variance among themselves; but not with him.

There was a bitter quarrel between the Medical College and its few friends on the one side, and the body of the physicians on the other, in which the professors were wrong. They were conceited, supercilious, overbearing. A meeting of the city physicians was called. Dr. J. attended and was on [the] Committee to propose resolutions. Although he agreed with them in their views of the case, yet when his colleagues presented their resolutions, they were as certainly, through not so far, wrong as the College. He could not consent to vote for them. A great wrong does not justify a little wrong, and he was compelled to dissent from his friends. This produced no alienation. They respected him for his honesty in forming an independent judgment, and his firmness in adhering to it.

One of the professors, hearing of his dissent from the resolutions thus adopted and published, asked Dr. J. to come out in the paper, and so state; to which he answered that he could not do so without putting himself in a false position, for he agreed with the general purport of the resolutions though he disagreed with the especial form of statement which seemed to him to overstate the grounds of objection to the course and /93/ conduct of the College. Thus he lived on friendly terms with both parties, without agreeing at all with one, or fully agreeing with the other.

Although the physicians of the city were men of high intelligence and well educated, gentlemanly and courteous, and individually very agreeable—invariably so to Dr. J.—yet

there was some lack of mutual confidence of power of co-operation. They formed associations which soon fell asunder and died.

A College of Physicians was formed and incorporated. It organized with high hope and great promise of usefulness, but there were dissensions, and it lived only five months. In Feb. 1841, a District Medical Society was formed for the City and County. This, too, had great plans, and proposed to do much for the profession; but it had only about a year's life. In 1841 the Medical Conversation Club was formed, including the élite of the profession except members of the College. Dr. J. was elected secretary and held the office until he left the city. The weekly meetings were very earnest and profitable, and exceedingly agreeable. There seemed to be more cohesiveness and persistence in this body than in the others; but it was said that it died, like the others, before it had enjoyed even three years of life. Nevertheless it was useful in its day.

#### ACADEMY OF MEDICINE

The Academy of Medicine was formed including the most active opponents of the Medical College. The /94/ members were Drs. Flint, Powell, Rogers, Bullit, Donne, Bell, Ellston, Jarvis, and Rev. Mr. Willard, the chemist.<sup>36</sup> Dr. Jarvis was professor of *Materia Medica*, and also recorder of the faculty. This was intended to antagonize the present Medical College, and to give lectures to classes, and degrees.

This institution was organized and the professors were chosen in the spring of 1842, with the intention of commencing operations in the fall. Dr. J. left in the summer, and therefore did not lecture. He had great fears that, like the other associations, it would come to an end before it could accomplish much in the way it proposed; yet he thought this was one of the means of educating these men in the way of associate usefulness. He thought this would hold a longer life than its predecessors, and even if that life should be short, still the desire of co-operation remained, and would again and again put forth its efforts, gaining a little year by year, in effort after effort, until at length they would outgrow their variance, and establish a permanent institution in which they could work pleasantly and harmoniously together.

#### HOSPITAL

Dr. Jarvis was elected by the City Council one of the attending physicians of the Marine Hospital. This was a mark of high confidence as it was intended to put the best of the middle-aged physicians in this office. He was disappointed in finding the affairs of the institution in bad condition. The house was not neat, nor were the patients attended to as his idea /95/ of duty required them to be.

Soon after he began his service he directed the house student to apply to the patient then under consideration, a blistering plaster of certain length and breadth. When they were in the office the student asked if it were necessary that the plaster should be exactly of the

<sup>36</sup> He seems to have made some close friends because years later many were still among his correspondents, for example, Llewellyn Powell, Lewis Rogers (1812–1875), Joshua Barker Flint (1801–1864), and Theodore Stout Bell (1807–1884).



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size and form described. Dr. J. said he could not say that it was necessary, but when he had the patient and his symptoms before him, that seemed to be the best, and unless some new fact or reason should offer, he would adhere to his first decision. "Why do you ask? Can you not make a plaster of one size and form as well as another?" The student answered, "I do not know that we have any exactly like that in the drawer."

"Do you have plasters on hand already spread?"

"Yes! There is a drawer full."

He opened a drawer about 2 ft. long, 18 in. wide and 6 in. deep, filled with plasters of every sort ever used in medical practice—blisters, pitch, resin, mercurial, olivine, &c.—that had been applied to patient after patient, for any and every cause; and, when taken off, put back into the drawer to be used again when occasion might require. Dr. J. was struck with surprise and even indignation, and said, "In no hospital or sick chamber should the exuvia of sickness be kept. Nothing from one diseased person should ever be offered or applied to another; but everything that has been so used should at once be destroyed." He then directed the boy to burn the whole, and the house student to always give and apply to every patient nothing but fresh medicine and /96/ medical agents. The medical student was surprised, but obeyed. He, however, informed the steward when he returned, of the new physician's bold proceeding. The steward then sent an order to Dr. J. to save his plasters, and use them again, from time to time. Dr. J. took no notice of this injunction, but directed the student to burn every plaster that should thereafter be used, as soon as it should be taken off, and in all cases apply new and fresh plasters to every patient. The steward then informed the City Council who issued an order to Dr. J. to change this method of practice. Dr. J. took no notice of this order. Then the Mayor wrote a letter to Dr. J. saying that the Trustees of the Hospital were surprised at his persistence in destroying the hospital property—that is the plasters that had been once or more in use—and they wished that he would call on each member of the Board, and explain the reason.

Dr. J. then thought that the Mayor and Council were not blameworthy. They knew nothing of disease and its dangers, nor of medicine. They acted up to their intelligence, and, if blame were to be given, it should be to the physicians who had practised in this way, and taught the non-professional directors their unhealthy lesson. He then wrote a full explanation of the danger of hospital practice, of contagion of fever, &c. and the necessity of keeping the air, rooms, and especially the medicines, as pure and clean as possible. He farther said that he never /97/ had applied any plaster that had already been used, nor could he without being false to his ideas of duty to his patients. He added that, if still the Council differed from him in this respect, he would give his place to any other physician whose method of practice was more acceptable to them. This long letter was copied and sent to each one of the Trustees. Dr. J. thought that the Board would either rise in their magnificence and turn him out of office, or in their magnanimity, and assure him that he was right, and beg him to practice according to his better and more satisfactory method.

But they did neither. They only gave directions to the steward to furnish Dr. J. with whatever medicine he might wish, but save all his old plasters for his successor. Dr. J. was not willing to leave any of the residuum of his practice to be used by any successor, and still caused all his plasters to be burned after they had been used.

Notwithstanding this difference between Dr. J. and the governing Board, he was re-elected another year, and after having served this second term he declined re-election.

#### CONVERSATION CLUB

At the beginning of the sessions of the Conversation Club in Nov. 1837, Dr. J. was elected a member. This club met weekly at each others' houses through six months of the cold season. They spent the evening in the discussion of some topic or question selected at the /98/ previous meeting. The subjects were of every kind—literary, scientific, political, practical—that might be selected. The discussions were genial, kindly and high-toned. The whole manner of the members was courteous, honorable, and in search of truth. They gave great scope for thought and freedom of opinion.

The members were the best and most cultivated men of the city—about twelve or fifteen only. They were of all professions—clergymen, physicians, lawyers, teachers, engineers, merchants, manufacturers.

After the discussion at 10 o'clock they had a supper—usually a luxurious one, although the regulation required it to be simple; but wine and spirits were not offered.

Dr. J. attended these meetings all the five years of his residence in Louisville, and ever afterward looked upon this as one of the happiest and most profitable experiences of his life.

#### SCHOOLS

In the summer of 1838, Dr. J. was appointed by the City Council a member of the Board of School Visitors, and held the office until May 1842, when the Council created a new Board with exception of two.

In these four years he devoted himself heart and soul to the interests of the work entrusted to him. The Board was composed of the most intelligent men of the city; most of them were members of the Conversation Club—about half Yankees, and the rest southern and western men.

/99/ There were four male, and three female grammar schools, generally under the care of competent teachers. In the district assigned to Dr. J. was one master unfit in talent, education, moral discipline and manner, for the place. When, at the end of the year, the question of re-election came up, Dr. J. was asked what he had to say to this teacher, he answered, as above, that he was unfit. The others said they were aware of that, and they had, for three or four years, felt the same objections; but the man was poor, had a family, and, if he should lose the school, he had no other resource. To which Dr. J. answered, "That is a good reason that we should pity him, and perhaps that the City should support him; but we are not trustees of the poor, nor have we the disposal of the poor's funds. We are entrusted with the children's development and education, and money is put into our hands for this purpose only; and as this candidate is acknowledged to be unfit to teach and govern a school, we cannot elect him."

He was rejected, and the argument of poverty or charity was rarely again brought up as inducement to vote for a candidate while Dr. J. remained on the Board. And even ten years afterwards, Mr. Heywood, member of the Board, said that if, at any time, this motive should be offered, Judge Nichols invariably said, "Remember what Dr. Jarvis told us. We are not the trustees of the funds of the poor", and this always settled the question in favor of the better teacher.



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/100/ There were no primary schools, no place for the education of young children. They took their chance of learning their letters, and spelling, at home, or were taught in the grammar schools. Dr. J. proposed that schools for this purpose should be opened. Two or three were provided. They were soon filled and crowded. Others were added, with the same result, until there were twelve in the city, and all filled to overflowing.

One district on the river, just above and out of the dense city, was reserved to the last. This was a very rude neighborhood. The people were ignorant and many were intemperate. They needed a primary school more than any other, yet the Board feared that a school would not be appreciated or much used; and, more than this, they feared that the rowdies, drunken or wanton, would disturb the school, and prevent its operations. Yet they felt it their duty to make the attempt and offer a school, and if the people would not send their children to it, or if they could not or would not protect it from disturbance or rupture, by the careless or evil-disposed, it would be their fault, not that of the Board of Visitors.

The school was put under the supervision of Dr. J. They took great pains to find a woman of firmness and energy, of tact and gentleness, to meet any extraordinary difficulty in managing the school, or in allaying any disturbing element among the people.

But all the Visitors' fears were groundless. The /101/ people of this district received the proposition to establish a school, not with indifference, but with very great pleasure and gratitude. As soon as it was opened it was filled with children, and the people were proud of it. They had now a school of their own and their children could be taught as children were in other districts of the City. So far from any interference, the school was watched with the greatest tenderness and respect, and was as secure from harm as any in Louisville.

It was intended that these primary schools should only be stepping stones to the grammar schools, and the law of the Visitors required that none should go to them who could read or were over eight years old. One day when Dr. J. visited this school, he found a man, plainly over twenty, sitting on the little children's low bench, studying the spelling-book. He asked the teacher what that meant. She said that a day or two before, he came there saying he could not read, he did not know his letters, and begged the privilege of coming there to learn. "I couldn't refuse him," she added, "although I knew it was contrary to the law. So I told him he could come until you should be here, and then I would lay the matter before you." Dr. J. asked as to the conduct of the man. She said that it was perfectly gentlemanly. "None could behave better; and even if I had any fear of disturbance from others, it seems that in him I have a protector. He studies his book earnestly. He learned the alphabet in a few hours, and to spell small words in a short time."

/102/ Dr. J. told the teacher to let him remain until he should again visit the school, and in the meantime he would consult the Board. The young man was very grateful for the privilege.

At the next meeting of the Board Dr. J. related the case to them and asked their judgment in view of the prohibition of the law. They shouted with joy and said, "Let him stay and learn! let any one, however old, who cannot read but wants to learn, come to any of the schools and be taught!" The young man soon accomplished his purpose. He learned to read, and it was a great comfort to the teacher that she was the means of his first step in education. Dr. J. ever afterward looked upon this as one of the pleasantest incidents connected with his care of the schools.

In the course of these four years, 1838–42, the schools improved in number and

character. They increased from seven to nineteen, and were filled. They drew in nearly all the children under fourteen, and many that were older. Their teachers were more and more fit for their work. The system grew more and more popular, and seemed to be thoroughly established in the hearts and confidence of the people as a necessary element of their social being.

Extract from a letter from Rev. E. P. Humphrey, read at the dedication of the Female High School in Louisville, Aug. 29th, 1873: "It is an act of simple justice to recall the names of some of the most active and useful men who labored at the foundations of the system. Perhaps some should assign the first place to Simon S. Goodwin. Mr. Goodwin /103/ was in the truest sense of the term a lover of his kind, full of gentle charity and generous impulses. He gave to the public schools the benefit of his wide influence over his fellow citizens, his sterling good sense, his unwearied industry, and his thorough purpose to accomplish this very undertaking. At first the schools were free schools only in part. The parents were expected to pay tuition fees, if they were able to do that. People in narrow circumstances were allowed to send their children without pay. Mr. Goodwin saw plainly that this mixed plan was liable to the most serious objections. But, with his usual sound sense, he advised no open opposition to the plan, knowing as he did, that it would soon give way to the principles of an education common to all, and free to all—one and the same thing alike to the poor and the rich. Mr. Goodwin prepared a family tomb faced with the granite of his native region, in the Western Cemetery. But he died in Rhode Island and was buried there. His name and memory are here, and will be honored as long as the generation that knew him shall survive. Dr. Edward Jarvis gave to these labors the advantage of the thorough knowledge of the Boston free-school system, and a clear appreciation of the modifications in that system which were needed to adapt it to our wants. His advice was eagerly sought by his colleagues in the Board, and he contributed very largely to the success and development of the schools in all departments. It is not, perhaps, generally known at this time that Dr. Jarvis was most prominent in establishing the Kentucky Historical Society, and in collecting a valuable historical library. /104/ At his removal from the city and his return to Boston, the Society began to languish, and languishing it became extinct. The library was scattered or destroyed. The cause of popular education in this city, lost in him one of its most efficient and faithful friends. The Hon. Samuel S. Nicholas entered into this work with the enthusiasm and intelligence which he always brought to the aid of the institutions of a free people. He took unwearied pains in examining the teachers, visiting the schools, and in securing an enlarged and liberal policy on the part of the City Council and the tax-payers. Those only who were associated with him in this enterprise, are able to estimate the value of his services herein. Love of country in him amounted to a passion. Fortunately for our public schools, his patriotism took this for one of its directions."

#### CHURCH

Dr. J. immediately attached himself to the Unitarian Church which was his own by education, training and life, by faith and sympathy. Rev. James F. Clarke was a man of large gifts and acquirements, a genial and social friend, a faithful pastor and a very pleasant companion. He was very liberal and comprehensive in his sympathies, yet of variable temperament and sometimes changeable in purpose, yet unflinching in his large and

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benevolent desire and plan of benefitting mankind. He was there three years after Dr. J. arrived, and left in the summer of 1840, and was succeeded by Rev. John H. Heywood. Mr. H. was /105/ very young, singularly benevolent and devoted to his chosen profession, but utterly inexperienced, diffident, and unused to public ministration. But he rapidly grew in grace and power. He was so largely and warmly endowed with all the generous sympathies and sweet affections, that he grew into the confidence and love of the people, and few had so strong hold of their church and congregation, few wielded such influence for good over not only their own, but other parishes, few accomplished so large a purpose of charity and righteousness, as Mr. Heywood during his long subsequent ministrations in Louisville—now, 1873, thirty-three years of unbroken and successful service in the cause of religion and humanity.

#### SUNDAY SCHOOL

Dr. J. could not take a part in the Sunday School for it was held at 9 a.m. when he must be visiting the sick, not at noon, as at Northfield and Concord; yet he felt his interest unabated, and gave his sympathy to it. Mrs. J. had a class in the school during the whole period of her residence in Louisville.

Religious or sectarian divisions were more strictly made in the West—certainly in Kentucky—than in the East. In 1836 the Trinitarian congregations proposed to have a joint Sunday School celebration of the 4th of July. The Sunday Schools of the churches except the Unitarians, Universalists and Catholics, were invited to meet at a certain place, and march thence in procession to a Presbyterian church where they should hear appropriate addresses and music. This was repeated with /106/ the same restriction, in 1837. The Unitarians finding themselves left out, proposed to have a celebration of their own in their church. Dr. J. read an address on the obligation of the risen generation to give the rising generation the best moral and religious education and training. This was rather a philosophical treatise, fitted, perhaps, for parents and teachers, but probably unsuitable for the children. Nevertheless the elders spoke kindly of it, but the younger hearers said nothing and probably thought nothing about it.

The Orthodox celebration was exclusively spiritual and religious, in the church; and when it was over and the children were dismissed very many of them went straightway to the Unitarian Church where the services, being late, had but just begun. When the exercises in the Unitarian Church were concluded, all persons present, whether belonging to that or to other societies, were invited to go to a large hall on the opposite side of the street, and partake of a collation. All accepted and went. The hall was filled with happy children from the various societies, who partook of the abundant refreshment made ready for them.

The next day Mrs. Denny—herself a Presbyterian—who saw the singular relation in which her own people were thus placed, said that the Presbyterian managers, although unwilling that the Unitarian children should enjoy any part of their spiritual teaching, had no objections to their own children eating the material food offered by the Unitarians.

#### /107/ CHARITY SUNDAY SCHOOL

There was also a missionary Sunday School opened in a school house in Green Street, Sunday afternoons, by Mr. Clarke and Mr. Heywood; and all children of the neighborhood,

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especially the poor, were asked to attend it. This was under the superintendence of that devoted and excellent Christian, Abraham G. Mann; and the teachers of the Unitarian school took charge of the classes. Mrs. Jarvis attended constantly, and Dr. J. occasionally gave addresses or taught a class. It was very popular and successful. Many were drawn in and received moral and religious instruction, who otherwise would have spent the afternoon in the streets, and perhaps have had no other opportunity to learn the way of life and duty. It was no part of the plan to teach doctrines, or to make them Unitarians, but to fit them for an honest and holy self-administration.

#### RELIGIOUS CONVERSATION MEETINGS

Mr. Clarke and Mr. Heywood held religious conversation meetings at the houses of friends, where usually a roomfull gathered. They had some topic of conversation in which the minister took the lead, but left mostly to the others to talk as their spirits severally prompted. These were very happy occasions especially to Dr. J. and Mrs. Jarvis. There they had opportunity to express their sentiments on a great variety of moral and religious subjects relating to duty, to righteousness, and to human relations.

#### /108/ SABBATH, AND CHURCH ATTENDANCE

Tradition tells of the time when there was no church in the city, and that the first erected was rather a speculation of ambition and commerce, to give the town an air of respectability, as all respectable places had churches, and to draw customers to their trade, as religious people were good purchasers and they liked to trade with religious men, and if in city over Sunday they wanted to go to church.

When the first church was built the people hardly knew what to do with it. Few attended its services; most attended to their merchandise, to their pleasure, or lazed about the streets or in coffee-houses.

In 1837 there were churches of most denominations filled on the Sabbath. Very few stores were open on Sunday—hardly any except some on the wharf, and those kept mostly by Jews. The coffee-houses were half closed, and their proceedings concealed and very quiet. There were few people in the streets. Boys were rarely seen playing abroad.

In 1842 all this improvement was greatly advanced, and the streets were as quiet and the people as orderly as in a New England village on Sunday.

#### TEMPERANCE

Louisville was overspread with coffee-houses so-called, but, in reality, whiskey, rum and beer-drinking houses. These were on every street and square, and they had an abundance of customers; consequently there was much drunkenness, many brawls, fights, and disturbances /109/ of the public peace. On the contrary there were Temperance Societies which held meetings with small attendance of the faithful few. Dr. J. joined these. The Washingtonian movement sprang up while he was there, and added very greatly to the power of the temperance efforts, and the meetings were filled with earnest and interested auditors. Dr. J. attended them often, and lectured and talked much, with what effect is not known, but certainly to houses of apparently patient, and even attentive and sympathizing hearers.

Under the influence of this movement, or certainly contemporaneously with it, there

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was a manifest and great improvement in the drinking habits of many of the people. Many of the coffee-houses were closed; others had fewer customers; the streets were less noisy; brawls and uproars diminished, and there was more sobriety and order among the people generally.

### OTHER IMPROVEMENTS

It had been common for men to carry arms—pistols, bowie knives, dirks—as they said for self-defence. As many were suspicious, excitable, irritable, especially when under the influence of spirit, quarrels and fights frequently took place, and these deadly weapons were put into use. Hence injuries, wounds, and sometimes death ensued. One man was brought to Dr. J. with a great gash in his flesh, made in a momentary quarrel in a coffee-house. He seemed to have no ill feeling towards his antagonist. It was all fair play. They had a dispute, then high words and blows, and both drew their knives, and he was the one that fell. It might /110/ have been the other. He had done his best to wound his fellow. It was all right. This was the moral state. To such the fight with the knife and pistol was on a par with argument; and he that was beaten in that warfare had no reason to complain.

Within the observation of Dr. J. this vice greatly diminished. Hardware and cutlery dealers, in 1842, informed him that the sale of these deadly instruments was not one fiftieth as great as it had been within their remembrance, in proportion to the population.

### HOSPITALITY

Much has been said of Southern hospitality and with some reason, yet it is not a characteristic of the South as Northerners understand it. That impulsive hospitality which opens the houses to a stranger, simply because he is a stranger, does not manifest itself as one would suppose from the Southerners' account of themselves. Yet there is much passive hospitality, especially in the country where a visitor is a rare event. As the farmer, planter or store holder has plenty of provisions and servants and a paucity of company, he is glad of the presence of a traveller, and gives him freely of his abundance. In the cities it is as generally elsewhere. People are hospitable to their friends and to those who represent their friends. Those of the same affinity love to associate together and to be in each others' houses.

Both Dr. and Mrs. J. were received with warm hospitality by many in Louisville, and so continued /111/ until their final departure. The profession were cordial to Dr. J. from the beginning to the end, and many of their taste and sympathy, the most cultivated of the city, called upon and frequently visited them and invited them to their houses, during all their sojourn there. Many of the warmest and most enduring friendships were formed there with Kentuckians. With the class they associated with, Mrs. J. was a favorite, and found as pleasant sympathy as she could desire.

Although the general moral and intellectual tone was lower than in New England, yet the moral and intellectual élite of the city would be fit associates in any place, and among any people, however cultivated.

### PROVIDENT SOCIETY

The Provident Society carried relief, money, clothing and food to the poor. Mrs. J. was one of the active managers and visited the suffering of her district and others. Her

sweetness of spirit and manner, and tact with the poor and ignorant, and tenderness toward the suffering, made her visits those of joy and peace to the troubled and desponding. On this account other ladies called for her to go with them on their errands of mercy which they feared they could not do acceptably. The poor called on her for counsel as well as aid to eke out their imperfect strength to accomplish their purposes. Some could sew, but did not know how to get work; and she sought it for them.

#### HISTORICAL SOCIETY

In January, 1838, Dr. J. wishing to examine the early /112/ history of Kentucky, and finding very little of the early records, proposed to Rev. Benj. O. Peers, late President of Transylvania University, to form a State Historical Society. Mr. P. cordially entered into the scheme. Then with the aid of Mr. Leonard Bliss, Professor in the Louisville College, Judge Pirtle and others, a petition to the Legislature for an act of incorporation was drawn up. The Charter was readily granted.

In March the first meeting was held at the house of Judge Pirtle, and the Society was organized: Judge Rowan, President; Judge Pirtle, Vice President; Mr. Bliss, Secretary; Dr. Jarvis, Librarian.

There was great satisfaction in this movement, and great hopes of usefulness and pleasure were indulged. The principal objects were the gathering of the records printed and written, manuscripts, letters, traditions—everything that could illustrate the early and recent history of Kentucky and the Western country. To this Dr. Jarvis gave his mind, hand and heart. He enlisted many friends and co-operators, and obtained much from the people of Kentucky and other Western states; also much from Washington, Philadelphia and Massachusetts. But it was at the cost of much labor, begging, entreaty, repeated visiting at houses and offices, and public places. The people of the South and South-West are not careful; they do not save. They allow documents, papers, manuscripts, to perish. Some said their servants burned all such matters to kindle fires. Judge Rowan said if they /113/ wanted national documents, they must go to Northern men, for they, not the Southern men, were accustomed to save. Much was found in attics, in by-places, in sheds, some in damp, basement rooms where they mildewed and moulded, and some were rotten.

Nevertheless in the course of four and half years, about 900 volumes, 5,000 pamphlets and 70 volumes of newspapers were gathered. A part of the pamphlets were bound in 220 volumes. Besides these were letters and other manuscripts, maps, sheets, &c. in respect to the history of Kentucky and the West.

The library was kept in Dr. Jarvis's office. It had no other home. The meetings were generally held there, yet occasionally at the houses of the members. At first they were satisfactorily attended, but the zeal soon began to falter, and the members failed to attend and their interest subsided. It was painfully apparent to Dr. J. that if this work should succeed, it must be by his efforts alone. Even the President was passive, and asked when, where and why a meeting would be held, and, when gathered, he asked Dr. J.—not the Secretary, but the librarian—what he had for the Society to do. No others seemed to give any active co-operation or even a thought.

Still Dr. J. hoped that under the sanction of the Society, he could gather such a library that the Kentuckians would look upon it with pride; and from ambition, if from no other motive, would take care of it, add to its treasures and preserve it forever. His only hope



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was that, by his labors, he could give it a /114/ self-preserving life, and then it probably would itself develop an interest in, and a taste for history, so that future generations would be sure to sustain the Society.

When he left the state the Society seemed to have but a passive existence beyond his exertions, so that it was not an uncommon remark that Dr. Jarvis was the Historical Society; and when, a few months later, a man came from Louisiana wishing to learn some facts connected with the early period of the West, and asked Mr. George D. Prentiss where he could find the Historical Society, Mr. P. answered, "The Historical Society has removed to Massachusetts."

After Dr. J. left, the Historical Library was removed to the room of the Public Library. But this had a short life. It went through various changes and hands. It went into several successive libraries that sprang into feeble life and, before long, died. Passing through these various conditions, many—probably a large portion—of its treasures were lost, and few of the most valuable documents that were the most difficult to be replaced, remained. The remnant that had not perished or disappeared, were put into a new library about 1866, and were there in 1873.

Thus one of his pet schemes had come to naught, and his anxious labors for the preservation of the early history of Kentucky resulted in nothing.

### MASSACHUSETTS HISTORICAL SOCIETY

While Dr. Jarvis was gathering the record of Kentucky and the West, whenever he could obtain duplicates he /115/ sent one to the Massachusetts Historical Society, and this gave it a double chance of preservation; and by this means much of the history of Kentucky is now preserved in that remote library of New England.

In recognition of these services, the Massachusetts Historical Society elected Dr. J. an honorary member.

He procured many seeds of Western plants and sent them to the Massachusetts Horticultural Society, and that Society also elected him an honorary member.

### VISITS IN NEW ORLEANS

In Feb. 1838, Capt. Tufts', owner and master of the steamboat *Sultana*, and a friend of Mrs. Jarvis's family from childhood, invited her to go with him to New Orleans. She remained on the boat while in New Orleans. Stephen and Nathan Jarvis living there were very attentive to her, and made the visit very delightful; and Capt. Tufts' courtesy made the passages down and up very pleasant.

Again in Feb. 1841, by invitation of Stephen and Nathan Jarvis, she visited New Orleans, and stayed with them three weeks at the St. Charles Hotel.

In May, 1841, Dr. J. went to New Orleans, and spent a week with his brothers. This was a new experience for him.<sup>37</sup> The passage on the Mississippi was full of unceasing interest,

<sup>37</sup> The trip is described in detail in 'Journal of a journey from Louisville to New Orleans of a visit of eight days in New Orleans and return to Louisville from April 16, 1841, to May 6th, 1841' by Edward Jarvis, MS at CFPL, safe shelf 6, item 8, 161 (167) pp. He annotated carefully the temperature, boat speed, countryside and passengers, both on his outward journey through the states of Indiana, Illinois, Arkansas, Louisiana, and after New Orleans on his return through Louisiana, Mississippi, Arkansas, Tennessee, and Kentucky.

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and New Orleans, with its almost tropical climate and manner of life, filled him with very pleasant associations.

FRANKFORT

Dr. J.'s business confined him to the city. He had /116/ no occasion to go beyond the city limits for business. He went once to Frankfort as delegate from the Louisville Medical Society to a State Medical Convention, and remained there three days.

At several times he and Mrs. J. visited Mr. Locke's farm in Oldham County, fourteen miles from the city, and Mr. Bates, eight or ten miles out, and other families in the neighborhood of Louisville. They also rode into Indiana, and visited the towns and villages within a few miles of the city.

CORRESPONDENCE

Beside the ways of occupation herein described, Dr. J. spent much time in studying professional and other subjects. He also gave much time to writing. He had large correspondence both friendly—with family and friends at home and in New Orleans—and also on business with friends and strangers.

He received a great many letters of inquiry from persons in various employments and conditions, asking advice as to their removal to, and prospect of obtaining business in the West. These were from physicians, lawyers, teachers, merchants, clerks, mechanics, farmers, laborers. All seemed to think that he was a cyclopedia of the West and its opportunities, and could give information in regard to their respective interests. As then business was depressed at the West as well as at the East, a great many were thrown out of employment, and were seeking some means of earning their bread. Dr. J. /117/ advised his correspondents to remain at home where, at least, they had friends, and most of them a resting-place.

Some asked him to make investigations. One in Louisiana wrote asking him to go to all the brick yards, and examine the brick-making machines, and ascertain which was the best, get a description of it and send to him. He went to the yards, made the examinations, got the brick-makers' opinions and wrote the result. He never heard of the matter again. He was willing to look at this manufacture from general interest in all mechanical processes.

For all these purposes, self, family, friends, and strangers, he wrote in

1837, 279 letters	} 2049, in five and one half years some short but many—especially those for home—of 7½ pages of folio post paper.
1838, 486 letters	
1839, 315 letters	
1840, 460 letters	
1841, 352 letters	
1842, 157 letters	

The Conversation Club gave a course of public lectures to the people of the city in 1840. Dr. J. wrote one on the Properties of Animal and Vegetable Life, showing their peculiarities, powers, and liabilities.

He wrote many articles for Mr. Prentiss's Journal. These were educational and literary. Once he carried a long notice of Horace Mann's last report on Education in Massachusetts. Without opening it Mr. Prentiss gave it to the messenger to carry to the composition. Dr. J said, "You have not seen it. You do not know the contents of the paper." Mr. P. answered, "I will print /118/ anything you send me without looking at it."

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He wrote articles for the *Western Messenger*, a semi-religious magazine edited by Rev. Mr. Clarke, on True Delicacy in the Treatment of Animals, showing that every animal, however humble, is a creature of God and a representative of His skill and wisdom, an object of His care and love, and should, therefore, be treated with kindness and respect; and an account of the principles and purposes of the “Non-resistant Society” which interested him deeply; one series of letters in respect to Life in the West, for the *Boston Mercantile Journal*, and another for the *Concord Gazette*; for the *Louisville Medical Journal* he wrote many articles all on the subject of ‘Insanity and Insane Asylums’ which interested him much—one on this subject covering forty pages, and another as long, ‘What shall we do with our Insane?’ One, in 1841, on ‘Insanity in Kentucky and the West’ [sic]. By these he wished to show that there was a want of proper provision for the care of the insane in those states; that the lunatic hospital at Lexington was a mere custodial institution, and had no means for the cure of the disease. These were reprinted for distribution, and sent to the legislature of Kentucky. The matter was taken up in that body and referred to a Committee with orders and powers to investigate the whole subject, and especially the character and operations of the Lexington Hospital.

The Committee reported in favor of the re-organization of the institution, the appointment of a resident physician qualified for and wholly devoted to the /119/ treatment of the insane, and an adaptation of the building to this purpose. Unfortunately the measure was resisted and lost by the influence of the old managers, some of whom had been long in office and were said to have found great profits therefrom. Yet public attention was called to the matter, and was not satisfied with the treatment of the legislature at that session. In the next year the subject was again called up, and the plan of improvement was adopted. Ever after that the Kentucky Lunatic Hospital took rank with the excellent healing institutions of the country.

Dr. J. wrote articles on the proposed hospital in Indiana, on the ‘McLean Asylum’, on the ‘Statistics of Insanity’, showing its general prevalence in all ages and countries, and that it is the duty of every state and community to provide the means for its care. Also he wrote a series of articles for the *Boston Mercantile Journal* on the duty of the people to attend early to cases of insanity and the consequence of such promptness in reducing the body of the insane that are found in every county; and an article in the *Boston Medical [and Surgical] Journal* on the ‘History of Lunatic Hospitals’.

In the winter of 1841–42, Dr. S. G. Howe<sup>38</sup> came to Louisville and Frankfort with some blind pupils, to show what had been, and what could be done for these benighted children, and to persuade the people and the Legislature to establish an institution for them in Kentucky. Dr J. took great interest in the measure and /120/ wrote in the papers, and in other ways lent his co-operation. The Legislature established the school in Louisville, and Dr. J. was one of the trustees. This was an object of much pleasant care and anxiety as long as he remained there.

### INTEREST IN THE INSANE

The interest in mental disorder still remained in his mind, and the desire of a position in a hospital still burned within him. It seemed to him that his field of usefulness was there,

<sup>38</sup> Samuel Gridley Howe (1801–1876), on his life and work cf. Harold Schwartz, *Samuel Gridley Howe: social reformer*, Cambridge, Mass., Harvard University Press, 1956.

and that he could in that way do a greater good for humanity and accomplish a higher purpose for himself.

Dr. Howe encouraged this idea and told him that there would be a change in the superintendency of the Boston Lunatic Hospital, and he (Dr. J.) could be a candidate. Moreover Dr. J. heard that both Dr. Woodward,<sup>39</sup> of the Worcester Hospital, and Dr. Bell, of the McLean, would resign. Horace Mann<sup>40</sup> wrote him very encouraging letters in regard to this expectation, and so did his long-trying and beloved friend, Dr. James Jackson,<sup>41</sup> both expressing strong desire that he should be placed at the head of a hospital. But Mr. Mann ascertained that the rumor of Dr. Woodward's proposed resignation was an error, and Dr. Howe wrote that Dr. Bell had returned from abroad in re-established health, and would continue in his present office.

This desire took leading hold of Dr. Jarvis's heart and made him discontented with his position of general /121/ physician. This was aided by his old doubts as to the efficacy of medical agents, and although he had given medicines and patients had been restored during his management, in as large proportion as in the case of other physicians, yet he was not convinced that their restoration was due to his therapeutical administration. Whatever agency he may have had in the removal of disease, he attributed it rather to the moral than the therapeutic treatment; and he supposed that the insane were to be healed by the same means, rather than by medicine. Although he had the sympathy and co-operation of the whole medical world and the approbation of the people at large in giving medicine, yet he felt in his own heart that he was in a false position and was accepting the restoration as a consequence of actions, events and interference that were not their causes. Both his conscience and his philosophy were dissatisfied with his relation to his patients in this respect, and it seemed to him that if he had the management of mental disorder he would have little occasion for medication, but great call for that moral treatment that would lead the lunatics out of their delusions, their vagaries and their excitements.

#### WEARINESS OF LOUISVILLE

Moreover he had become weary of Kentucky, and longed for home and the society and associations of New England. He went there with the hope of earning a large income and acquiring a competence and independence in a few years. His eyes were very early opened to this error. He found that none of the old physicians, not even the most popular, had

<sup>39</sup> Samuel Bayard Woodward (1787–1850) was involved with the foundation of the Connecticut Retreat for the Insane at Hartford in 1824. "He was the founder and first president of the Association of Medical Superintendents of American Institutions for the Insane (later the American Psychiatric Association)", cf. *Dictionary of American biography* ed. Dumas Malone, 20 vols, New York, Charles Scribner's Sons, 1928–36, vol. 9, pp. 296–7 (hereafter *DAB*).

<sup>40</sup> Horace Mann (1796–1859), an educationalist and idealist who transformed the Free School education system in Massachusetts while he was secretary of the State Board of Education from 1837–1848. Many of his letters to E. J. were probably returned after his death to his widow, Mary Tyler Peabody Mann (1806–1887). In a letter to E. J. dated 22nd December 1859, she stated that her late husband looked after his health in every way except in the matter of rest. She added that she wished to write a memoir of her husband and asked for the return of his letters. (Letter removed from the James Read Chadwick collection), BCLM, C MS c 11.2, M. M. to E. J.

<sup>41</sup> James Jackson (1777–1867). "I have had a letter from Dr. Jackson in which he expresses strong personal interest and offer of service and influence to procure me a situation in a Hospital but also doubts whether some one there already engaged would not be preferred by Trustees to me". Cf. *Diary*, II, p. 188.

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accomplished his end. /122/ Few of them collected more than sufficient for current expenses. None was rich. Some were poor. Nevertheless, having made the move and finding sufficient for his support, he concluded to remain for a few years to learn the life and character of the West, and, if possible, wear off some of his diffidence and self-distrust by intercourse with the freer and bolder mannered South and West; and the profession and the people made his life there so comfortable that he felt in no haste to get away.

The presence of slavery was hateful to him, and he could not wash his hands entirely of its guilt, without going out of the state. He determined that, so far as he could prevent it, he would employ no labor except by its own consent, and that he paid for it. He hired some who were slaves, to do his washing and other personal services, but they had themselves bought or hired their time, and thus sought opportunities to work for themselves. These he employed by their own desire, and paid them for their labor.

He took care of his own office, swept the floor, made the fires, carried down ashes and bought up water. At the hotel he paid for all service but he brushed his own shoes, made his own fire rather than let the slaves who waited upon the guests and rooms, do the work for which they were not paid.

On the contrary their food was cooked at the hotel and in the homes of his friends, by slaves. They were waited upon at table by slaves, and they knew /123/ no house open to them in which free labor *only* was employed. It was impossible to live there without, in some measure, indirectly using the services of the bondmen. He desired to be relieved of this connection with slavery.

Excepting the better-educated and the New Englanders living there, the habits of thought, the estimate of things, the moral ideas of the people, differed from his. Without open variance, with seeming concord, it was clear to his mind, that there was wanting that completeness of sympathy and co-operation that belong to those whose radical notions and training have been the same. It seemed to him that in New England he would find a larger life, a more generous harmony, and a better professional appreciation and success.

Yet the fault, if fault there was, might be all in him. Perhaps he had failed to adapt himself and his habits to those about him. He may have set up his own ideal of life and intercourse which was not theirs and no better than theirs. Whatever might be the cause whether in himself or others, whether a fault or a virtue, certainly he had not obtained all his heart's desire, and he was discontented and looked elsewhere for relief, or to obtain that which was not given him in Kentucky.<sup>42</sup>

In the summer of 1842, he determined to visit Massachusetts and take a new survey of things and see whether a better and more satisfactory opportunity of obtaining his bread

<sup>42</sup> "Louisville, State of Kentucky, October 29. It is now 8 years since I have written in this journal, and in that time I have sufficient material for history. At first I neglected it because I had much to do. So by [illegible] I had not done and dreaded trying to make up the deficiency. Now I am 38 years old. I live in this city on the borders of the Ohio. I have lived here almost 5 years, and have seen a great variety of people. I have been married almost 8 years and have enjoyed life more and more. I have found my wife—all, that I could wish—amiable sweet wise— . . . strong minded and resolute. She has done much to purify and elevate my character. We have no children. That blessing, by a little Providence, was an [illegible] always understood has been denied to us though both wished them. My dear father died as he had lived in Christian calmness and hope, October 1, 1840. My brothers Nathan and Stephen are both resident in New Orleans and are very prosperous. When I last wrote it was October 1833 and in Concord. It is now Oct. 24, 1841 and in Louisville, Kentucky." *Diary*, II, pp. 123–4. Some years later Louisville becomes a most inappropriate place for a New Englander in sympathy with the Non-Resistant Society.

and finding happiness, might not present itself. The Hospital of Boston, possibly other hospitals, places for general practice, any of these /124/ would be acceptable; and if, after this re-examination of New England and its means, nothing better could be found, he could return to Louisville and find sufficient bread as he had in the five last years, and as much rational comfort and social sympathy as were accorded to the most of mankind.

Accordingly, on the 14th of July, 1842, at 12½ o'clock, with the Rev. John H. Heywood, Dr. and Mrs. J. left Louisville never to return to live there. They went by river to Wheeling, stage to Cumberland, railroad to Baltimore and Washington, thence home. In Philadelphia Dr. J. visited the Insane Hospitals under care of Drs. Kirkbride and Earle,<sup>43</sup> and in New York, the Bloomingdale Asylum. In these he was received so cordially by the superintendents, they spoke so kindly of his writings and his interest in the matter of insanity, they expressed so much hope that he would be called to join their corps, and co-operate with them, that he felt encouraged in his hope, and went to Massachusetts with a more ardent desire than ever, of entering this new field of employment, and a determination to leave no stone unturned that should lie in his way of being made superintendent of an insane hospital.

/125/ RETURN TO MASSACHUSETTS. BOSTON HOSPITAL

They went at once to Concord and made their home with Mrs. Hunt, Mrs J.'s most lovely mother. They were received with great joy, especially as there was a prospect of their remaining in New England.

There was probably to be a vacancy in the Lunatic Hospital of Boston. The majority of the members of the City government were determined to elect another superintendent in place of the incumbent, Dr. John S. Butler. Dr. J. offered himself as a candidate. Dr. Charles H. Stedman<sup>44</sup> was also a candidate for the office. The Mayor, Dea. Grant one of the Aldermen, and Thomas C. Amory a leading member of the Council, were the friends of Dr. J. Apparently they were supported by a majority of both branches of the government. Out of the government, Dr. James Jackson, Dr. Jacob Bigelow, Dr. Warren, Dr. Bell of the McLean Asylum,<sup>45</sup> Dr. Woodward of the Worcester, Dr. S. G. Howe, Mr. Thomas A. Dixon and Horace Mann, were especially interested in behalf of Dr. J. and lent their influence, without measure, for his election. Dr. J. visited each member of the government, presented his petition and argued for his own election. This was very distasteful to him. He was very averse to presenting his own claims; yet his friends above mentioned advised it as the common way. The Aldermen and Councilmen wished to see the candidate privately and see the evidence of his merits. He carried his pamphlet publications in the *Louisville Medical Journal*, and left copies with these officials, and showed them also /126/ some letters commendatory. Generally these officers, by their

<sup>43</sup> Thomas Story Kirkbride (1800–1883) held the position of physician-in chief and superintendent of the Pennsylvania Hospital for the Insane from 1840–1883. Cf. Nancy Tomes, *A generous confidence: Thomas Story Kirkbride and the art of asylum keeping 1840–1883*, Cambridge University Press, 1984. Pliny Earle (1809–1892) became superintendent of the Friends' Hospital for the Insane at Frankford, Pennsylvania, from 1840 to 1844.

<sup>44</sup> John Simpkins Butler (1803–1890), see 16 ALS to E. J. 1855–1870, BCLM, B MS c 11.2, 3fd; Charles Harrison Stedman (1805–1866), see 4 ALS to E. J. 1844–1861, *ibid*.

<sup>45</sup> Luther V. Bell, although not a Butler supporter, did not in fact give any consistent support to Edward Jarvis's application; he is quoted as having observed that "J. does not stand so well as when he returned from Kentucky". Cf. Grob, *op. cit.*, note 30 above, pp. 58–9.



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great courtesy and affability, made this canvassing pleasant; remarkably, so did that excellent gentleman and merchant, Col. Enoch Train. There were a few—these were democrats—who were supercilious, distant, and made the petitioner feel the humility of his position. They magnified their office and manifested their consciousness of power. This was the only painful part of the proceeding.

Of course the work was an anxious one. There was great hope, but ever an attendant fear. Dr. Stedman was a man of excellent character. He had lived in all his mature years in Boston and Chelsea. He was well known. He had many friends, and, being a democrat, was sure of the support of all of his political faith. Yet Dr. J's friends being the leading members of the city government, were supposed to represent the majority, and they considered his election sure.

On the afternoon of the election Dr. J. with Dr. Howe were at the office of Mr. Charles Sumner waiting the result. In anxious hope they looked for the messenger of glad tidings from the Council. At length he came with a note from Dea. Grant, saying, "Dr. Stedman is elected."

### HARTFORD HOSPITAL

This was an end of that hope; but no farther time was to be lost there. The Hartford Hospital was vacant by the removal of Dr. Brigham<sup>46</sup> to Utica. Dr. J. had been advised to strive for that rather than /127/ the hospital in Boston. He had determined to do so in case of his failure in this effort. It was afternoon—3 or 4 o'clock. He at once asked Mr. Sumner the time the train would go to Hartford, and, learning that it would be within an hour, he took letters from Dr. Howe and some others that he had used in Boston, went to his lodgings, packed his carpet-bag and went to Worcester that afternoon.

He had a long conference at the Hospital with Dr. Woodward who was familiar with the hospital authorities in Hartford. Dr. W. gave much good advice as to his methods of procedure in that city, gave him letters as well as instructions, and wished him all success in this second application for the superintendency of an insane hospital. The next morning he went to Hartford.

He found Dr. Sumner and several of the managers very favorable to his election. They received him with warm courtesy and became active friends of his election. He saw all the officers in the city and in Middletown. He went, also, to New Haven, to Norwich and New London, and saw other managers who lived in those places. The kind reception by those in Hartford who were supposed to control the destinies of the institution, gave him much encouragement; yet others, although kind and courteous, manifested a very careful caution in their conversation and manner. They could give no assurance; they were glad to see Dr. J., examine his testimonials and to know that they had so good a candidate before them.

Dr. J. felt that he had not quite satisfied their /128/ wants; that, however satisfactory his professional qualifications might be, there was yet a want, beyond this, of something unexpressed yet essential, and which they would require in principal part, although they did not describe nor even mention it. He was not of their religious faith. His Unitarianism would not satisfy the Trinitarianism of Connecticut, and even if elected he could not give

<sup>46</sup> Dr Amariah Brigham (1798–1849) was superintendent at the Retreat for the Insane at Hartford from 1840 until he became superintendent at the Utica (N.Y.) State Asylum in 1842. While there he started the *American Journal of Insanity* in 1844.

them the sympathy which they expected, and they would ever feel that they had not, in him, all that they had reason to expect in one that was brought so closely and frequently into their association.

So there was a cloud resting upon this hope, and it seemed to him that his labor and this promise would end in disappointment. Dr. Butler<sup>47</sup> of the Boston Hospital—a good man though not acceptable to the people of his late connection—was in harmony with the Connecticut people in religious doctrine. He went to Hartford, presented his claim and made strong friends. The election was delayed even unto winter when it was decided in favor of Dr. Butler.

Here was the third defeat in his candidacy for the superintendency of an insane hospital. He had supposed that therein was his best field of development of his complete professional character, where he could bring his talents and taste more effectively into use, and where he could enjoy scientific and professional life better than in any other. Yet the results of these three attempts seemed to show that the world thought /129/ differently, and that they could find men who would work in this sphere more satisfactory to them. He must therefore be content to take his chance, and find what fortune the world had to offer him in the field of general practice.

#### LIFE IN CONCORD AND BOSTON

While, however, the question of the Boston and Hartford Insane Hospitals was pending in the summer, autumn, and winter of 1842, Dr. J. spent his time in Concord and Boston, in very happy association with his friends.

#### MARRIAGE AND INSANITY

Wishing to have some ground on which to found an opinion whether the married or single were more subject to insanity, he found it necessary first to know the number and proportion of persons married and the number and proportion of persons insane. The last was indicated approximately by the numbers sent to hospitals; but there was no record of numbers married, in census and other documents. He then wrote to persons, mostly postmasters in all but the very largest towns and cities of Massachusetts, asking them to examine the lists of voters, and determine the number and ratio of those that were married. For this purpose he wrote about 400 letters.

In connection with this inquiry he had evidence of the uselessness of excessive labor and the effect of overexpenditure of nervous power on future effectiveness. These letters were very similar, with similar statements and similar requests. He could write about thirty a day /130/ without especial fatigue, and have undiminished strength on the day following. One day he rose early feeling very bright and vigorous. He wrote all day and until midnight and finished fifty. He slept uneasily, rose the next morning languid and indisposed to mental exertion. He found it difficult to apply his mind, and wrote no letters. That day was lost. Even on the third day he had not his usual buoyancy and energy of brain, and wrote less than usual. The result was that the waste of effective power by his excessive day's labor was much greater than the gain of the day.<sup>48</sup>

<sup>47</sup> John S. Butler, Letters to E. J. 1855–1870, BCLM, B MS c 11.2, 3fd.

<sup>48</sup> In the current literature on stress effects there was much interest in these empirical observations; on its history cf. G. Canguilhem, *La formation du concept de réflexe au XVIIe et XVIIIe siècles*, 2nd edn., Paris, n. p., 1977.

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He received many kind and very courteous answers to his requests, but not sufficient to justify a calculation of the proportion that were married in the whole state.

### LECTURES

Beside this he wrote two long lectures on the laws of health and the connection of self-administration with strength and longevity. He desired to make his hearers feel their responsibility for their vitality and sickness; and that, with faithful use of their powers and obedience to the laws of life, much sickness could be avoided and their days on earth prolonged. These lectures were read to the Concord Lyceum.

Dr. Howe was in the Legislature in 1843, on the Committee of Charitable Institutions. The question of enlarging the Worcester Hospital was before the General Court, and referred to this Committee. Dr. H. asked Dr. J. to come to the city and stay at his /131/ house—the Blind Institution—and aid him in the preparation of his report on this matter. He spent three weeks with Dr. Howe in this work.

### DORCHESTER

But all hope of hospitals seemed to be at an end, and his only resort now was to go back to general practice of the profession. Dr. J. had fully resolved not to go back to Kentucky, but to seek what fortune should be in wait for him in New England. His wife preferred this course, though she was willing to go back to Louisville if that should be necessary.

Dr. John Ware advised him to go to Dorchester which was a very desirable town, but not strong in medical supply. Dr. Thaxter of Dorchester advised the same, and thought the opportunity for business sufficiently inviting. His intercourse with the members of the city government of Boston, and with physicians and other gentlemen of the city, had given him a reputation as a manager of the insane and secured him many efficient friends. Some of these advised him to establish himself in some town in the eastern part of Massachusetts, and take insane patients into his house. One man, a member of whose family had been long insane and boarded out at great cost in the country, offered to send this patient to Dr. Jarvis if he could offer proper accommodation. He spoke of others whom he knew, who were in want of better supervision than they then could find in private families, and whose friends would gladly place them under his care. "I assure you," /132/ said he to Dr. J., "judging from my own painful experience of seventeen years, we shall be under much greater obligation to you for the care you will give to our friends mentally disordered, than you can be to us for any reward we may give you."

This gave him a new ground of hope on which he could rest with the probability of earning his bread in the way most agreeable, and which would not interfere with general practice.

After much inquiry in the town and of others, on the 10th of March, 1843, he went to Dorchester and lived in that part—Meeting-House Hill—where he now is. Dr. Thaxter welcomed him with very sincere cordiality. The other physicians were equally kind, and Rev. M. Hall, still his beloved and excellent minister, and many others gave him a similar reception. Mr. Hall took him to his house where he stayed a week. On the 17th he took rooms and board in the house of Mr. William D. Swan who took much interest in his welfare and success. Patients came immediately and—what seemed surprising after the financial experience of Louisville—they paid immediately after their diseases were healed.

*Edward Jarvis*

In the spring he wrote a review of Horace Mann's report on the Study of Physiology and the Law of Health, in the cause of common education. This was published in two numbers of the *Christian Examiner*. The first part was upon the general character of the schools. The second, on the special /133/ subject of his report. This part was republished in a pamphlet form entitled 'Law of Physical life'. In this he endeavored to set forth man's duty in the care of himself, and the inseparable connection of health and sickness with the measure of our obedience to the law established by the wise and benevolent Creator for the conduct of our being. His good friend Dr. Peabody afterward told him that some called this "Dr. Jarvis' ascetic article".

**BROKEN LEG**

Mrs. Jarvis did not go to Dorchester until June 13th. They rode that afternoon to Cambridge to carry this article to Rev. Wm. Ware, then editor of the *Examiner*. Returning home through Roxbury a boy fired a Chinese cracker at the horse. The horse was frightened, jumped to one side, overturned the chaise and threw them both out. Mrs. Jarvis was much bruised and Dr. J.'s left leg was broken, both bones near the ankle. He lay on the bed four weeks, he went about the chambers with heavy splint and crutches four weeks, then he went with crutches and attended to some patients.

This was a very comfortable experience. He had little or no pain except neuralgia in the side, from dyspepsia. Having a good and vigorous constitution his injury healed rapidly, and he regained his power of motion in less than the usual time and with a shortening of the limb so slight as to be hardly perceptible to himself or observable to others. And in his after life this has not interfered with walking, riding horseback or even dancing, or interrupted any plan of business or pleasure that depended on free use of the limbs. He felt that he had /134/ every reason to be grateful to the Father of all for the smallness of the injury, and for the fulness of health and power that was afterward given to him.

**FRIENDS**

Dr. Jarvis had been but three months in Dorchester when he was thus laid on the sick bed, and he had made many acquaintances and friends in this short period; but while confined to his chamber he seemed to gain friends even faster than before. Many of these friends came then to see him. Many whom he had not before known visited him in his sickness. Their kindness and sympathy had no limits, and his room was made bright and cheerful by their frequent presence. This was his first experience of a sick room and he found it very pleasant.

His limb did not prevent the use of books or mental application. He read much and studied some.

**INSANITY IN FREE COLORED POPULATION**

He wrote an article for the *Philadelphia Medical Journal* on the gross errors of the census of 1840, in misrepresenting the number and proportion of the insane among the free colored population. For this purpose he examined the census of each town in the whole country and compared the number of the free colored living with the members stated to be insane. In the tables of population there were columns for ages, sexes, insane, idiots, blind, &c. The columns of the white insane were next to those of the colored insane. These

columns were long and many towns on a page, and /135/ it required a very accurate eye and careful discipline to select the proper column for a fact, and to follow it down from the heading. But for want of this care, the figures representing the white lunatics of many towns were placed in the column of the colored. Consequently towns which had no colored population on one page, were represented on the other as having colored lunatics; and in many others the number of colored lunatics was more than that of the colored living; others were stated to have a large part of their colored people insane. The result of these statements made every fourteenth colored person in Maine insane, every twenty-seventh in Michigan, and every forty-fourth in Massachusetts; and through all the northern states, every one hundred and forty-fifth.

He was deeply interested in this discovery for the enormous proportion of insanity among the free negroes had staggered him from the moment he saw the report. It had astonished and grieved most people, certainly at the North, but it had delighted the slaveholders, for herein they found a strong argument for the support of the system. Mr. Calhoun said, "Here is the proof of the necessity of slavery. The African is incapable of self care, and sinks into lunacy under the burden of freedom. It is a mercy to him to give this guardianship and protection from mental death."

This article was published in the *Philadelphia Medical Journal*. Dr. Jarvis afterward wrote a similar article for the *Boston Medical [and Surgical] Journal*. In 1845, it was brought up before a meeting of the Statistical /136/ Association. It was voted to ask Congress to amend the census in this respect. Mr. William Brigham, Mr. John W. Thornton and Dr. Jarvis were directed to prepare a memorial which Dr. J. wrote, pointing out these inconsistencies and many others in reference to education, manufacture, trade, &c.

Mr. John Quincy Adams took the charge of the matter in the House of Representatives, and Mr. \_\_\_\_\_ of Connecticut in the Senate. The memorial was printed by Congress, and also by the *Merchants' Magazine* of New York. It was referred to a committee who, Mr. Adams said, made no report; and Dr. J. thought that they never met.

Mr. Bencan of Georgia told Dr. Jarvis that the census was in an error in this respect, "but," he added, "it is too good a thing for *our* politicians to give up, and many of them have prepared speeches based on this, which they cannot afford to lose." The annexation of Texas was then agitated and this was one of the strong reasons. The number of slaves has grown beyond the means of occupying them in the present slave states. We must either find new fields for their employment or we must set them adrift, and let them take care of themselves. If we do this, they are subject to mental disorder—a calamity far worse than slavery. Humanity then demands that Texas be added to our nation, and opened to the occupation of our surplus slaves to save them from mental death. Texas was annexed, but the people became convinced of the fallacy of the census statement.

/137/ Yet the error went abroad, and was published and believed by some in Europe. Dr. Boudin in his admirable work, *Traité de Géographie et de Statistique Médicales*, says that cold is destructive to the mental health of the African, as shown in the United States where only one in 2,117 is insane in Georgia the warmest state, and one in fourteen in Maine, the coldest.

When, in 1860, Dr. Jarvis saw Dr. Boudin in Paris, the latter was very courteous to him. Dr. Jarvis pointed out the mistake and the way it had happened. Dr. B. was very thankful;

he said it was not in accordance with all his notions of anthropology, yet as he found the fact stated in so reliable a document as the census of the United States, he could not deny it, but admitted it into his book. He was glad to be corrected, and would correct his book when he should publish a second edition.

#### PATIENTS

Many families called Dr. J. to their sick, and he was soon in good and satisfactory practice, earning and receiving more than he expended for his support.

In the winter of 1843–44, he wrote a dissertation for the Boylston prize, on the Influence of Climate on Longevity for which the Committee accorded him \$60 in the spring of 1845.<sup>49</sup>

#### INSANE PATIENTS

In the autumn, insane patients were brought to him. He had, at first, two recent cases which recovered and two chronic, that did not regain their health. Three of these were from Boston and one /138/ from Philadelphia. Others came after these, and he had some constantly under his care until he declined taking more in 1866.

While Dr. J. and Mr. S. Jarvis were boarding in Mr. Swan's family, until June, 1845, the insane patients were boarded, each with an attendant, in the families of the neighborhood. When in June, 1845, they took the house where they now (1873) live, they took these patients with them; and, after this, they had, in their own family, two or three—as many as they were willing to accommodate—and the others were still boarded in families in the neighborhood. He never had more than eight or nine at any one time. These were as many as he could watch over at once.

His method of treatment was rather moral than medicinal. He gave them a great deal of time and attention, and by occupying them in manifold ways, riding, walking abroad, employment—reading, sewing, music, conversation, and in the manifold ways that females have of indoor employment, he endeavored to keep their minds and feelings away from their delusions and vagaries, to calm their excitement, and raise them from their depression.

In this management of patients, his wife was a great and very effective aid. She, with her good sense, her ready sympathies, and very tender affections, received their confidence and co-operation. She had a wonderful tact in meeting their feelings and drawing them out of their errors of judgment and emotion, and leading /139/ them in the right and healthy way of thought.

This field of practice soon became the most important and absorbed most of Dr. J.'s thoughts and interest. It was constant, for there was an unbroken succession of these patients sent to him, and it was only by incessant attention that they were healed or cared for. Nearly all were recent and curable cases, and they were restored. The few chronic patients were made comfortable. Of course he could take only mild cases that were trustworthy, and that could live in a private family, and be managed by personal influence.

<sup>49</sup> This was the beginning of a period of relative comfort which would allow him to pay off his debts, and to gain a firm income, see G. Grob, *op. cit.*, note 30 above, p. 61. Excluded from the hospital and clinical practice, Jarvis turned to medical statistics, and to the method of treating mental illness by environment and "family-therapy", in which the role and help of Almira became more and more important.



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Although he had applications to take others who were violent, he refused them and advised them to go to a hospital; and he always stipulated with the friends that they should take their patient away, if he or she should become violent or untrustworthy or if, for any cause, he should think it best for him or her to go elsewhere; and if the friends were beyond immediate reach, that he should be permitted to take such unmanageable patient to the McLean Asylum.

There was a great want of a private house for the insane. Many of these do not need the confinement in, and repression of, an asylum. Under proper influences they can enjoy many of the comforts of free domestic and social life without detriment to their maladies, or periling their chance of restoration. More than this, many have a better chance of healing, and recover more rapidly when they have the opportunity of life abroad, than when confined within, and under the necessarily more rigid arrangement of a hospital.

/140/ The care of the insane, of any wayward or uncertain persons, in a private house, is a very great and exhaustive burden. Nothing in respect to them, no influence, no association with them, is to be taken for granted as right. Everything must be under the watchful eye of the guardian. He must be, and if a conscientious physician, he feels responsible for the good condition of his patients, and for everything that affects them for good or evil.

Knowing that so much depends on the influences which surround the patients, Dr. J. regulated every thing in respect to its effect upon them—their food, their exercise, the places and the persons they visited or who visited them, the conversation at table or elsewhere. As some were disturbed by a certain diet, this was denied, and adapted to each one according to his especial peculiarity. As they are disturbed by certain persons, or ideas, or suggestions, these were arranged with the same view. Some of Dr. Jarvis's friends—his best—even caused painful associations to some of the patients, and such were requested not to visit them so long as the patient was with them, or as long as he remained susceptible of excitement by their presence. Certain topics were disagreeable to some. These they did not present, and requested their friends not to bring them to the patient's mind; and it required patient watchfulness in parlor, chamber, dining-room and elsewhere, to change the course of conversation if such should, by accident, be suggested.

/141/ As the cautious physician regulates and controls, so far as he can, all the food that reaches or affects the digestive organs of his dyspeptic patients, so the private manager of mental disorders must regulate all the language, books, conversation, scenes, suggestions, everything that can affect the cerebral organs. By this means he keeps the mind in a healthy action, withdraws it from unhealthy actions, and allows it to recover its healthy tone. This unceasing responsibility weighs heavily on the physician, and especially on his wife if the patients are in her family and more immediately under her inspection.

Mrs. Jarvis's health, at length, began to fail under this burden, yet she persisted in this domestic care to the patients. She was unwilling to forego this opportunity of doing good, and aiding her husband in his professional work.

### GENERAL AND INSANE PRACTICE

The attention of Dr. Jarvis so largely given to insanity, had the double effect of creating in him a predominating interest in its practice, and of leading the people to think that he cared only for that, and consequently would not give such hearty attention to the care of

fevers, pneumonia, and other physical diseases as he did to those of the mind, and as they had a right to expect. Hence, properly and naturally, in the course of a few years, as he became established as an insane physician, his general business began to fade away. This began to be apparent in 1850 and thenceforth it faded away until in 1860, he had few cases of diseases to treat /142/ except those of the brain. Some families still, and to this time (1873) continue to employ him for all their ailments of body and mind.

Some other causes contributed to produce this result. He became interested in matters abroad, which though not strictly professional, grew out of his profession. He joined the Association of Medical Superintendents of Insane Hospitals and met with them once a year in New York, Philadelphia, Baltimore, Washington, Utica, Hartford, Providence, Quebec, Toronto (Canada), Boston. This took about a week at each meeting.

#### IDIOT SCHOOL

He was made a member of the Corporation, a trustee and secretary of the School for Idiots. This was an experiment originated by Dr. Howe who gave it his heart and mind. It had few friends and no means of support except the grants of the State Legislature which looked at first, and for a long time, very doubtingly at it. It was, therefore, expedient to make the burden of support as light as possible until, at least, its utility should be established, and the State and community would give it a voluntary support. Dr. Howe was willing to take the charge without salary, but as he was often absent, Dr. Jarvis was appointed by the trustees superintendent pro tem. to supply his place.

This institution has been a favorite object of interest with him. He has been with it frequently at all times and daily or tri-weekly when Dr. Howe has been away for months. He saw much good from its operations, /143/ and those benighted children who must have otherwise lived in permanent darkness, have been, by its teaching, developed in intellect in some degree, and in morals, more. They have been brought out of the depths of their low condition somewhat nearer that of other children, and made to assimilate somewhat in manner, life and feeling, with the rest of the world.

#### BLIND INSTITUTION

In 1849 he was appointed physician to the Institution for the Blind without salary or reward. He held the office until the spring of 1860. In 1850, when Dr. Howe went to Europe and was absent eight months, Dr. J. was appointed superintendent pro tem. and went there daily. This, with the Idiot School, took about half his time and his best thoughts. This was, to him, a very pleasant position. The institution was very easily managed. The matron, steward, teachers, and pupils all followed kindly and faithfully in the path wherein he wished to lead them; and the trustees seemed to feel unhesitating confidence in his administration. He has often thought that these eight months of connection with the Blind Institution and the year with the Concord school, were the only periods in which he completely fulfilled his purpose for the time—when he felt at night that he had accomplished in the day, what the morning had promised. In all the rest of his life he has had larger plans for the day than he has fulfilled, and has lain down at night with regret that he had fallen so far short of what he had proposed and thought he would do.

/144/ It is so now. In writing this memoir he thinks in the morning, he will write a definite number of pages before evening, but the night finds the work far less than the morning hope.

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In the Blind Institution he had the charge of the funds and was responsible for the correctness of the accounts. When his term expired, he found that his own and the bank officer's accounts did not agree by eight cents. He had credited himself with expending eight cents less than the bank had charged to him. In the expenditure of about \$12,000 he could not leave his stewardship even with this small discrepancy. He made search, and the book-keeper sought diligently for some days without finding the mistake, until at length comparing the bank book and his checks with his own bank book, he found that on one, for a certain number of dollar and a half, he had written 50, a very imperfect cipher which the cashier had read [5]6 (six), and so paid and so charged to him. This accounted for six cents of the discrepancy. In two other drafts which were for a number of dollars and two thirds, he had written in the checks 67 cents and on his own book 66 cents. This explained the remaining discrepancy. The bank officer allowed him to pay the eight cents, and altered his books accordingly. Thus the accounts balanced, and he rendered his books to the trustees without variation in the debt and credit side of the ledger.

In several other periods when Dr. Howe went /145/ again to Europe, to the West Indies, and in the service of the United States in investigating the condition of the free colored population, Dr. Jarvis was his successor in the charge of the Blind Institution and the Idiot School. This position, from first to last, was ever satisfactory to him; and he looks upon it as among the happiest and most successful experiences of his life.

These cares never took him away from home at night, and seldom more than half the day; yet they gave him the reputation, with some, of having removed from Dorchester, with others of having given up his professional connection there, and with many—and very justly—of having lessened his interest in and opportunity of attending to general practice in the town. Yet they did not interfere with his care of insane patients who were constantly under his charge.

### WRITINGS

In the next winter after his establishment in Dorchester he was invited to lecture before lyceum and other public assemblies on topics interesting to him. His lectures were almost entirely connected with the subject nearest his heart, human health and longevity. He wrote upon the Laws of Health and upon the details of the Physiological Connection of Conduct and Life; on Respiration; Air; Ventilation; Digestion and Food; on Bones and Muscles; Labor and Exercise; on the Heart, Arteries and Veins, and the Circulation of the Blood; on the Vital Organs; on the necessity of teaching children in common schools, the law of life and man's duty in connection with this; on the brain and nervous system and their liability /146/ to disorder when abused. All these were intended to teach and enforce the connection of our self care and obedience to the condition of life, with health and longevity. They were read to Lyceums in Dorchester, Nepouset, Lower Mills, Dedham, Boston, Natick, Concord, Beverly and the High School in Newburyport.

He also lectured to the West Newton Normal School, and to Teachers' Institutes in Dover, New Hampshire, Royalston, Massachusetts; and Newport and Kingston, Rhode Island. He read two lectures to assemblages gathered in the State-House by Rev. Warren Burton.

In 1873 he wrote a special course of eleven lectures for Mr. Gannett's school of a hundred young ladies in Boston, on the laws of health and their practical duty.