

The Continuing Struggle for Reformation in Asylums: Drawing a Line Between Treatment
and Torture

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The misconception about mental illness within the United States caused a moral conflict to arise in the minds of the public. Especially during the 19th Century when there was an increased amount of questioning in the effectiveness of committing people to asylums who were deemed unable to function independently in society. Despite the professed ideals of institutions to care for those considered insufficient, the government concealed from society the abusive and inhumane policies they were actually implicating by labelling them as “treatments”. A very profound example of this misdirection would be the case of Rosemary Kennedy a politicians daughter “virtually hidden for decades” due to severe mental illness and a failed lobotomy.¹ In analysing the negative social stigmas of the 19th century, the abuse of patients that occurred within asylums, the falsified public advertisement of the inhumane medical practices, and the allegations of the reformers who stood up for the ill. It was evident that a conflict existed between what was morally and ethically justifiable that delayed the reformation of asylums. It seemed as though healthcare reformers were unsuccessful in enforcing change, but they had succeeded in opening the eyes of the public and made them aware of what was really going on but it had taken decades before compromises were made that provided salvation for those suffering under the corrupted asylum administrations.

During the 1900-1920s, after being hidden within conservative families who were shamed by the abnormal behaviors of their loved ones, the interpretation of psychological conditions was prejudice; terms such as, “...insane and lunatic” were used to describe “people

¹ “A Hidden ? But Quietly Influential ? Life In ‘Rosemary’.” Weekend Edition Saturday, 3 Oct. 2015. Opposing Viewpoints in Context

whose thoughts and behavior were not tolerated...”.² These non-tolerated behaviors referred to statuses such as homosexuality, discontent housewives, and even civilians with different ethnic backgrounds who were “confined” in asylums “for no other reason than speaking too little English to explain their situation...”.³ One of the most politically influential cases of injustice done towards the mentally ill was that of the Joseph Kennedy and his kin. On September 13th, 1918 in Massachusetts Rosemary Kennedy was born to Joseph and Rose Kennedy. She was the younger sister of former President John F. Kennedy⁴ and the “third of nine children”. Considered to be “a beauty” and “the daughter of one of America’s most glamorous families”⁵ nobody thought twice about Rose Kennedy's infatuated attention towards her eldest daughter over the rest of her children; what the public was unaware of was that she was born with a cognitive disability. Rosemary Kennedy was born “at the height of the flu epidemic of 1918...” and despite her family's futile attempts to improve her illness so that she could function in everyday society without the use of medical treatment, “...she seemed unable to grasp even the simplest tasks...”⁶ The Kennedys had boundless love for their eldest daughter but were “worried that Rosemary’s mild mental retardation would lead her into situations that could damage the families reputation...”⁷ their judgement was clouded by their social status. This fear of social degradation is what led the Kennedy family to take action in eradicating Rosemary’s mental illness through the use of an experimental

² Muckenhoupt, Margaret. *Dorothea Dix: advocate for mental health care*. New York: Oxford University Press, 2003. (79).

³ Popova, Maria. "Ten Days at the Mad-House: How Nellie Bly Posed as Insane in 1887 in Her Brave Exposé of Asylum Abuse." *Brain Pickings*. March 22, 2017.

⁴ “Profile: Rosemary Kennedy dies at age 86.” *Weekend All Things Considered*, 8 Jan. 2005. *Opposing Viewpoints in Context*

⁵ “A Hidden ? But Quietly Influential ? Life In ‘Rosemary’.” *Weekend Edition Saturday*, 3 Oct. 2015. *Opposing Viewpoints in Context*

⁶ Goodwin, Doris Kearns. *The Fitzgeralds and the Kennedys: an American saga*. Pleasantville, NY: Readers Digest Fund for the Blind, 1991.

⁷ “Rosemary Kennedy, Senator's Sister, 86.” *New York Times*, 8 Jan. 2005, p. A13. *Opposing Viewpoints in Context*

surgery known as a lobotomy. In a lobotomy a doctor "...bores two small holes in the patients skull... he inserts delicate blade and severs the white fibers connecting the frontal lobe and the thalamus"⁸ This procedure was meant to rid patients of their irrational behaviors by disconnecting improper signals being sent to their brains. Instead, many of the subjects underwent changes eerily similar to that of Rosemary Kennedy who post-operation was "reduced" to "an infant like state, mumbling words and sitting for hours, staring at walls."⁹ After utter disappointment, due to the lack of success in curing Rosemary, she was admitted to "St. Coletta's School for Exceptional Children in Jefferson, Wisconsin where she lived for more than half a century"¹⁰ and died. Despite the belief that subjecting the mentally challenged to experimental surgery and institutionalization would improve their functionality and make them somewhat "normal", when the odds of success are weighed against that of failure it is clear that mindsets such as these were at fault for the demented atmosphere of asylums.

Some patients, despite being committed through the court of law, were noticeably sane. The reformer who first discovered this was the journalist Nellie Bly. Bly's career started when a reporter claimed women "were best served in the home" Bly responded ferociously, not only were 1900s a time of an inhumane health craze but also the second wave of the feminist movement. When Bly wrote a rebuttal of the article she earned herself her first job.¹¹ One of her most famed journalistic projects was when she faked insanity to get herself committed to an asylum known as, "...the Women's Lunatic Asylum on Blackwell's

⁸ Martin, John Bartlow. 1956. "Why Am I Here, Doctor?." Saturday Evening Post 229, no. 18: 36. MasterFILE Premier, EBSCOhost

⁹ "Rosemary Kennedy, Senator's Sister, 86."

¹⁰ "Profile: Rosemary Kennedy dies at age 86." Weekend All Things Considered

¹¹ "Nellie Bly." Biography.com. March 21, 2017. Accessed December 18, 2017.

Island...” with the intention of uncovering the, “...horrific brutality and neglect to which patients were subjected.”¹² This lasted for about ten days, the time it took for her to convince them of her sanity and let her go. Within the asylum she made note of a women who beyond the appearance of being “overworked” seemed perfectly sensible.¹³ It *was* common for husbands to rebuff “overly independent” women, dejected by their demanding lifestyle, and went as far as to commit them into institutions.¹⁴ In one case a women known as “Elizabeth W. Packard” married a “Protestant minister” named “Theophilus Packard” and because of their “sharp religious differences” he had her committed to an asylum for “three years”. The government didn’t step in until a friend of Mrs. Packard came forward in protest. There was no ethical or medically based reasoning behind Mrs. Packard’s incarceration but the federal system was so caught up in their “cure all” mentality that they could no longer separate the sane from what was considered insane. Mrs. Packard was one of the first cases filed in which a husband unfairly institutionalized his wife and was not the last.¹⁵ Religiously, Packard’s actions may have seemed justifiable (based upon the beliefs going back to the Middle Ages in which people who were mentally ill were being possessed by Satan), but from a modern medical perspective, locking ones disobedient wife away for years was not a proactive solution to marital conflicts and lead to an increase of unnecessary commitment of the sane.

Within many asylums, during the early 1800s, the living conditions were inadequate for sustaining life and had a horror film aesthetic, "Men and women were chained to walls,

¹² Popova, Maria

¹³ Popova, Maria

¹⁴ Grob, Gerald N. *Mad among us: a history of the care of America's mentally ill*, (65)

¹⁵ Grob, Gerald (69).

and some lost their feet to frostbite when their keepers forgot to build fires in the winter"¹⁶ This was partially due to the falsified belief that “insane people were immune to cold and pain.”¹⁷ When they actually experienced pain as severe as any sane person would. Not only were the environments desiccating, but the enlisted treatments performed by professionals were life threatening but there was also a high probability of turning the patient into a “vegetable”. Invasive procedures were not proven to cure the mentally ill but they did strip patients of what was left of their humanity¹⁸ their, “feelings were coarsened and made shallow... irresponsible, tactless, lazy, childish and lacking in sympathy...” Some had even died”¹⁹ One of these treatments was known as “Insulin shock therapy” which was used “in the 1940s and 1950s, mainly for schizophrenia...” with “brain damage”, “comas”, and “convulsions.” often occurring after treatment²⁰ The government was fully aware of these situations and yet made no attempt to aide the mentally ill who were suffering under the dominance of institutional staff. When allegations were first being made against institution administrators; the horrific conditions were unbelievable, officials complained that reformers were overexhagerating and conjuring up, “bare-face falsehoods, false impressions, and false statements”²¹ And so, the decrepit cry of the insane went unheard. This progressed until healthcare reformers became increasingly inquisitive in the 19th century and went into asylums only to find themselves within an atmosphere of misery rather than that of a facility meant for rehabilitation. The government was disconcerted about the traumatic environment

¹⁶ Muckenhaupt, Margaret, (52).

¹⁷ Vaughn, Susan, “Reformer Dorothea Dix - Her Resolve Vastly Improved Care For the Mentally Ill” Student Resources in Context. May, 3, 2000.

¹⁸ "A Beautiful Mind: The History of the Treatment of Mental Illness."

¹⁹ Martin, John Bartlow. 1956. "Why Am I Here, Doctor?."

²⁰ Jackson, Aaron . "13 shocking pictures showing how we used to 'treat' the mentally ill." Exposing The Truth. September 20, 2015. Accessed January 08, 2018.

²¹ Muckenhaupt, Margaret. *Dorothea Dix: advocate for mental health care*, (56).

asylums were fostering; just like the rest of society they believed that the insane were dangerous, and although their intentions were amiable when proclaiming they intended to, “...protect society and the insane from harm...” but these institutions were far from “humanitarian”²² Even in the late 2000s healthcare centers were being accused of inhumane treatment of the mentally ill. In 2016 “...insufficient staff... incomplete treatment plans, dirty bedrooms, and vacancies in key leadership positions...” were reported in four United Healthcare Centers²³ only when complaints became publicized and suspicion arose about whether the torturous practices should be allowed to progress did the government actually step in and, “The Occupational Safety and Health Administration... Fined the hospital a token \$12,675!” It also demanded that the hospital hire more staff and raise security so that they have a better handling on “violent patients”.²⁴ It seemed as though the initial intentions of asylums was in deed to cure the mentally ill but lacked the comprehensive understanding that the mentally ill were susceptible to pain and possessed humanity like anyone else, which is why many of the medical practices were more torture than they were treatment.

Under such horrendous circumstances, the mentally ill were in a conflict they were unfit to solve: many of them couldn't even talk. This is why the world famous healthcare reformer Dorothea Lynde Dix decided to fight to rectify the practices within asylums and prisons and ensure the availability of treatment for those in need, “with violent criminals housed side by side with the mentally ill. Inmates were often subject to the whims and

²² "A Beautiful Mind: The History of the Treatment of Mental Illness." History Cooperative. September 21, 2016.

²³ "For-profit Psychiatric Hospitals Rake in Millions While Under Investigation for Fraud." Citizens Commission on Human Rights, CCHR. March 26, 2017. Accessed January 02, 2018.

²⁴ "For-profit Psychiatric Hospitals Rake in Millions While Under Investigation for Fraud."

brutalities of their jailers.”²⁵ Prisons were often overlooked due to their hostile nature, “...not constructed in view of being converted into County Hospitals...” or even caring for the mentally ill they contained. The problem was that the wardens couldn’t refuse the admittance of prisoners sane or not and even the, “Alms-Houses are not founded as receptacles for the Insane...” allowing for abusive tendencies towards the insane inflicting upon them a never to be resolved emotional trauma.²⁶ Dix’s intentions were clear: she wished to be an “...advocate of helpless, forgotten, insane and idiotic...” within “Prisons, and more wretched Alms-Houses...” because of how “revolting” they were in appearance²⁷ One crucial factor that caused Dix a great deal of grief in her attempt to reform asylums was that she had, “...no political allies and didn't come from an influential family.”²⁸ being a woman during the 19th century and trying to have political influence was a challenge. Dix wasn’t even allowed to, “...address the Cambridge Court... Instead, she would have to compose a powerful written plea”²⁹ Dix had vision of, “...the ample and beautiful grounds” and “quiet, home like wards” with the “tender care of those who would look after the insane...” but without congressional approval her intentions were implausible.³⁰ Her only hope was to write a strong enough allegation that the men of the Massachusetts court system would be compelled to oblige:

²⁵ History.com Staff. "Dorothea Lynde Dix." History.com. 2009. Accessed December 18, 2017.

<http://www.history.com/topics/womens-history/dorothea-lynde-dix>.

²⁶ Dix, Dorothea. "“I Tell What I Have Seen”—The Reports of Asylum Reformer Dorothea Dix." American Journal of Public Health. April 2006. Accessed January 14, 2018.

²⁷ "Meet the Mother of Healthcare Reform." Student Resources in Context. April 2, 2017. Accessed January 2, 2018.

²⁸ Vaughn, Susan, “Reformer Dorothea Dix - Her Resolve Vastly Improved Care For the Mentally Ill”

²⁹ Vaughn, Susan

³⁰ Schlaifer, Charles, and Lucy Freeman. *Hearts work: Civil War heroine and champion of the mentally ill, Dorothea Lynde Dix*. New York: Paragon House, 1991.

“Men of Massachusetts, I beg, I implore, I demand, pity and protection, for these of my suffering, outraged sex!—Fathers, Husbands, Brothers, I would supplicate you for this boon—but what do I say? I dishonor you, divest you at once of Christianity and humanity—does this appeal imply distrust. If it comes burthened with a doubt of your righteousness in this Legislation, then blot it out; while I declare confidence in your honor, not less than your humanity.”³¹

She did succeed in getting approval to adjust the setting of an institution in Massachusetts but barely made an impact in the structuring of asylums. Her journey continued around the world but one woman could not solve a world-wide conflict in just a few decades. This was a step forward in the progression of the reformation of institutions; but it also shed a light on the fact that despite national backlash these administrations were content in their vindictive ways. Still today, with “...over 7 million mentally ill and emotionally disturbed children in America”³² institutions are being found guilty of abuse of their patients and poor living conditions. A New York Times article written in 2015 clearly stated that, “Rigorous regulations evolved to ensure patient safety and autonomy. However, many have backfired.”³³ the author Christine Montross stressed that people today are still ignorant as to how to treat the mentally ill because they are so easily agitated. Even the “frequency” in the use of restraint and seduction has seen an abnormal increase.³⁴ The struggle for justification continues against the use unethical practices, with no evidential

³¹ Dix, Dorothea. “I Tell What I Have Seen”

³² Kotuk, Richard “Children of Darkness” YouTube. November 22, 2017.

³³ Montross, Christine. “The Modern Asylum.” The New York Times, The New York Times, 18 Feb. 2015, www.nytimes.com/2015/02/18/opinion/the-modern-asylum.html.

³⁴ Montross, Christine. “The Modern Asylum.” The New York Times, The New York Times, 18 Feb. 2015, www.nytimes.com/2015/02/18/opinion/the-modern-asylum.html.

purpose, in order to “cure” the mentally ill. There may be a way to provide a safe environment for those unfit to be independent, but the conflict is too controversial that the government is not willing to spend taxpayer money to see if its possible.

Although, reformers such as Dorothea Dix and Nellie Bly made a notable influence on the way that the mentally ill were treated while institutionalized, the government was reluctant to enforce these demands because of the lack of benefit in trying to treat incurable mental illnesses. This allowed for inhumane practices to progress with little to no penalty. Looking at the initial social response, falsely expressed governmental intentions, and the length that reformers went to in order to find justification for the mentally ill; the confliction of ethics and morality created a divide within the public and did not allow for compromisation.

Annotated Bibliography

Tertiary:

History.com Staff. "Dorothea Lynde Dix." History.com. 2009. Accessed December 18, 2017. <http://www.history.com/topics/womens-history/dorothea-lynde-dix>.

This website provided the initial background information necessary in understanding why Dorothea Dix decided to fight for the wellbeing of the mentally ill; including, her early life, what she accomplished during the Asylum Movement, and even her important role in the Civil War.

"Nellie Bly." Biography.com. March 21, 2017. Accessed December 18, 2017. <https://www.biography.com/people/nellie-bly-9216680>.

This website provided the biography of Nellie Bly which helped in developing a comprehension of what lead her to sneak into an the Blackwell Asylum and expose the environmental and psychological misconduct. Including information on: her early life, her journaling career, and her asylum expose.

Primary:

1LMedia. "Lost in Laconia" YouTube. April 09, 2013. Accessed January 08, 2018.

<https://m.youtube.com/watch?v=UesOm2HTm2I>.

This video provided a first hand visual of the poor conditions of insane asylums back in the 1800s also allowing for a comparison to be made between asylums in the 1900s to see if there had been a significant change.

"A Hidden ? But Quietly Influential ? Life In 'Rosemary'." Weekend Edition Saturday, 3

Oct. 2015. *Opposing Viewpoints in Context*,

<http://link.galegroup.com/apps/doc/A431646711/OVIC?u=scho84541&xid=a4b5bffe>.

Accessed 7 Feb. 2018.

This article/interview of the author Kate Clifford Larson who wrote a historical book called "Rosemary: The Hidden Kennedy Daughter." provided an overview of who Rosemary Kennedy was before and after the lobotomy which was performed on her. It also touched lightly on the aspect of why Rosemary's condition was being hidden from the public.

Bly, Nellie. *Ten days in a mad-house*. The Perfect Library, 2017.

This book written by the healthcare reformer Nellie Bly was one of the most essential sources in providing a visual and emotional relay of the poor living conditions and deception that occurred not only inside the asylum walls but also in the process of getting committed.

Dix, Dorothea. "“I Tell What I Have Seen”—The Reports of Asylum Reformer Dorothea Dix." American Journal of Public Health. April 2006. Accessed January 14, 2018.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470564/>.

This article provided specific context from Dorothea Dix’s written request of the Massachusetts court to resolve the concerning environmental state within their mental institution.

Electronic Nostalgia “Anyplace but Here” (Mental Institution Documentary, 1979)

YouTube. September 10, 2013. Accessed January 08, 2018.

<https://youtu.be/tTCSfx47R1w>.

This video allowed for another more public look inside institutions not only confirming the allegations of the reformers during the late 1900s but also publicly exposed the inhumane treatment of the mentally ill. This resulted in people feeling a higher sense of urgency about making a change in the healthcare system.

"For-profit Psychiatric Hospitals Rake in Millions While Under Investigation for Fraud."

Citizens Commission on Human Rights, CCHR. March 26, 2017. Accessed January

02, 2018. <http://www.cchrflorida.org/for-profit-psychiatric-hospitals-rake-in-millions-while-under-investigation-for-fraud/>.

This article provided insight into the idea that still today asylums are being found to be fraudulent and treating their patients unhumanely with only personal gain

in mind. This is why the paper does not take a more positive spin because yes, there was major reformation but this confliction is not over yet.

Heingartner, Douglas. "The Doctors Were Real, the Patients Undercover." *The New York Times*. November 30, 2009. <http://www.nytimes.com/2009/12/01/health/01dutch.html>.

This article provided examples as to how Nellie Bly inspired the public to fight back and expose the inhumane treatment of institutions. If professionals were willing to sneak into asylums and do analytic studies about how the system should change then the government might benefit from making changes before the public becomes more upset.

Kotuk, Richard "Children of Darkness" YouTube. November 22, 2017. Accessed January 08, 2018. <https://m.youtube.com/watch?v=o1yyS066sgk>.

This video was highly influential to the tone of this essay. Not only did it provide a visual and auditory experience they was reverberating but it also provided a more personal and in depth analysis about how both the parents and loving parents felt about the treatment of the mentally ill in asylums and in society.

Marcella, Carol. "Theory and Practice Sometimes Conflict: Martin." *Daily Press Staff*, August 29, 1986. Accessed January 7, 2018. Newspaper Archive. Keyword: Treatment of Mentally Ill.

This newspaper article provided a professionals viewpoint on how and why the mental health institution conflict arised. Dealing also with the consequences of

not rightfully supporting these administrations and the desperate need of financial aid from the government.

Martin, John Bartlow. 1956. "Why Am I Here, Doctor?." Saturday Evening Post 229, no. 18: 36. MasterFILE Premier, EBSCOhost (accessed December 10, 2017).

<http://search.ebscohost.com/login.aspx?direct=true&AuthType=cookie,ip,cpid&custid=s6242580&db=f5h&AN=21082350&site=ehost-live&scope=site>

This newspaper article provided an evidentially proven example of the improper commitment and scientific based treatment of the mentally ill within asylums. This includes how surgical treatments underwent and their effects on patients including their success rates which were little to none.

Marcella, Carol. " Delta Mental Health Department Budget Breaking \$2 Million Mark." *Escanaba Daily Press*, August 29, 1986. Accessed January 8, 2018. US Newspaper Archive.

This article branched off into a discussion about the necessity of financial aid from the government and the positive impact it could have on the function of mental institutions as well as help mentally ill prisoners get the help they need.

Margorie. 1952. "How to Protect Our Children From Mental Illness." Saturday Evening Post 225, no. 21: 32. MasterFILE Premier, EBSCOhost (accessed December 10, 2017).

<http://search.ebscohost.com/login.aspx?direct=true&AuthType=cookie,ip,cpid&custid=s6242580&db=f5h&AN=19454497&site=ehost-live&scope=site>

This article is based of the conflicting psychological concept of nature and nurture and idea that the only way for children to grow up healthy is for women to become stay at home mothers; a commonly shared belief of society in the 1900s before the Feminist Movement began to change the societal mindset.

Montross, Christine. "The Modern Asylum." *The New York Times*, The New York Times, 18 Feb. 2015, www.nytimes.com/2015/02/18/opinion/the-modern-asylum.html.

This article provided evidence of inhumane practices and the disorderly environment of insane asylums as recent as 2015. Strengthening the argument that this conflict has not been resolved despite considerable progress.

PeriscopeFilm. "City of the Sick." YouTube. April 27, 2016. Accessed January 08, 2018. https://m.youtube.com/watch?list=PLdnRdvEGnXSp6CJqrxcsyy_p30N79GeGN&v=wmm572kEqs.

This video allowed for another look inside institutions, amazingly in black and white a evidently older film. Not only does it confirm the allegations of the reformers during the late 1900s but also publicly exposed the inhumane treatment of the mentally ill.

"Prisons Treat Mentally Ill Inadequately." *Iola Register*, May 12, 1983. Accessed January 8, 2018. US Newspaper Archive . Keyword: Treatment of Mentally Ill.

This newspaper article provided a different perspective into the treatment of the mentally ill in the 1900s. It dealt with the inhumane conditions within prisons where “violent” and unstable persons were kept, mentally ill or not.

"Profile: Rosemary Kennedy dies at age 86." Weekend All Things Considered, 8 Jan. 2005.

Opposing Viewpoints in Context,

<http://link.galegroup.com/apps/doc/A161907750/OVIC?u=scho84541&xid=c39cba2b>.

Accessed 7 Feb. 2018.

This article/interview occurred after Rosemary Kennedy had passed away at age 86. It provided a more in depth reason as to why the Kennedy family had decided to conceal Rosemary's illness. It also discussed what happened after the public learned of her state of mind.

"Rosemary Kennedy, Senator's Sister, 86." New York Times, 8 Jan. 2005, p. A13.

Opposing Viewpoints in Context,

<http://link.galegroup.com/apps/doc/A126808808/OVIC?u=scho84541&xid=6ae0a0c8>

Accessed 7 Feb. 2018.

This article provided a brief biography of Rosemary Kennedy the day after her passing. Uprooting the issue of how the Kennedy family unethically dealt with her mental illness.

Shaw, David L. "Willard Center's Chapin House: Monument to Humanity Felled by Wrecking Ball." *Syracuse Post Standard*, April 29, 1986. Accessed January 8, 2018. Newspaper Archive . Keyword: Treatment of Mentally Ill.

This newspaper article provided a more architectural and emotional connection to the past and suggested that society was in remission from the history of misconduct towards the mentally ill. Tearing down the building was a symbol of change for the community.

Secondary:

"A Beautiful Mind: The History of the Treatment of Mental Illness." History Cooperative. September 21, 2016. Accessed January 08, 2018. <http://historycooperative.org/a-beautiful-mind-the-history-of-the-treatment-of-mental-illness/>.

This article provided information on the history of the treatment of mentally ill individuals including why such negative stigmas were formed against the ill. The article stresses about the fact that society didn't even see the "insane" as human beings but rather animals.

Goodwin, Doris Kearns. *The Fitzgeralds and the Kennedys: an American saga*.

Pleasantville, NY: Readers Digest Fund for the Blind, 1991. Accessed Feb 9th. 2018.

This book provided a plethora of detailed historical information about the Kennedy family and more specifically Rosemary Kennedy. It addressed a lot of the effects

that social stigmas had on the admittance of Rosemary's illness to the public as well as some more personal thoughts and feelings expressed by the family.

Grob, Gerald N. *Mad among us: a history of the care of Americas mentally ill*. New York: Free Press, 2011.

This book provided a summary of the historical context during the mental illness craze. Including both the political and social reasons why individuals were incarcerated. The Elizabeth Packard case study was revealed here.

Jackson, Aaron . "13 shocking pictures showing how we used to 'treat' the mentally ill." Exposing The Truth. September 20, 2015. Accessed January 08, 2018.

<https://www.exposingtruth.com/13-shocking-pictures-showing-how-we-used-to-treat-the-mentally-ill/>.

This article provided a multitude of images that displayed the specific treatments performed on the mentally ill. The intent was to reveal how truly inhumane the practices were also providing a brief summary of what the treatment enlisted and its physical and psychological impact.

"Meet the Mother of Healthcare Reform." Student Resources in Context. April 2, 2017. Accessed January 2, 2018.

<http://link.galegroup.com/apps/doc/A488031316/SUIC?u=scho84541&xid=0148fde7>.

This article provided background information on Dorothea Lynde Dix and her influence in healthcare reform. It includes quotations taken from Dix herself as she pled to the government officials to make a change in regards to the environment of asylums for the insane.

Muckenhoupt, Margaret. *Dorothea Dix: advocate for mental health care*. New York: Oxford University Press, 2003.

This book provided specific actions Dorothea Dix took in her attempt and overall succession in reforming asylums. It included articles that she had personally written in an attempt to sway the government and even the public onto the side of the mentally ill who were being abused.

Popova, Maria. "Ten Days at the Mad-House: How Nellie Bly Posed as Insane in 1887 in Her Brave Exposé of Asylum Abuse." Brain Pickings. March 22, 2017.

<https://www.brainpickings.org/2014/05/05/ten-days-at-the-mad-house-nellie-bly/>.

This book review provided a second hand interpretation of Nellie Bly's book *Ten Days in a Mad-House*. It was essential in deciphering the reasoning behind why Bly snuck into an insane asylum and the impact of her findings on the public and government opinionation of the mentally ill and how they must be treated.

Schlaifer, Charles, and Lucy Freeman. *Hearts work: Civil War heroine and champion of the mentally ill, Dorothea Lynde Dix*. New York: Paragon House, 1991.

This book provided specific reasons as to why Dorothea Dix decided to stand up for the mentally ill and her overall success in reforming asylums. As well as some essential background information into her assistance during the Civil War and beyond helping to build an image of the “heroine” she was portrayed as.

Shumsky, Neil Larry, “Philanthropy.” In American History, ABC-CLIO, 2018 Accessed January 7, 2018, <https://americanhistory.abc-clio.com/Search/Display/44210>

This article provided a more in depth explanation of the psychological and cultural influences on the interpretation of mental illnesses.

Vaughn, Susan, “Reformer Dorothea Dix - Her Resolve Vastly Improved Care For the Mentally Ill” Student Resources in Context. May, 3, 2000. Accessed January 2, 2018, <http://link.galegroup.com/apps/doc/A106885737/SUIC?u=scho84541&xid=6061906f>.

This article provided information as to how Dorothea Dix improved the environment of asylums worldwide. This includes a chronological relay of all the important steps she took and the hard work it commanded from her, how it formed her into a strong political figure.