

= Eli Todd =

Dr. Eli Todd (July 22 , 1769 ? November 17 , 1833) was a pioneer in the treatment of the mentally ill . His efforts in the medical field of mental care and smallpox treatment had a significant impact on not only the residents of his town , Farmington , Connecticut , but contributed to the establishment of high standards for the rest of the newly formed nation .

= = Early life = =

Eli Todd was born in 1769 in New Haven , Connecticut . He had two sisters , named Polly and Eunice . His mother was Mary Rowe , and his father , a New Haven merchant , died in 1776 , a few months before his 7th birthday . He was then sent to live with his great uncle , Reverend Dr. Todd , who resided in East Guilford , in the same state . He remained with Reverend Dr. Todd until he was ten , when he was then under the care and instruction of Reverend Dr. Goodrich , of Durham , Connecticut , during which time he was introduced to the practice of medicine . He began to attend Yale University at the age of fourteen in 1783 , and graduated with honors at the age of eighteen in 1787 . His graduation was a significant milestone in his medical career . He studied medicine as an apprentice under Dr. Ebenezer Beardsley of New Haven , and began his own medical practice in Farmington at the age of 21 . He soon became the favorite practitioner of the wealthy class in the community . He used gentle treatment methods as opposed to the harsh remedies commonly used at that time . Todd was 23 years old when he established Hospital Rock on Rattlesnake Mountain . He helped found the Hartford County and Connecticut Medical Societies , and was later a member of the Conversation Club . He also founded the Society of Medical Friends in Farmington , where doctors from around Connecticut could share treatments and discuss opinions .

= = Accomplishments = =

= = = Hospital Rock = = =

In 1791 , working with Dr. Theodore Wadsworth , Todd gained permission to start a hospital near the present @-@ day Farmington / Plainville border for smallpox inoculation . The facility , commonly called Hospital Rock , is found deep in the second @-@ growth hardwood forest of Rattlesnake Mountain in Connecticut and was used from 1792 @-@ 1794 . Though the building is no longer present , the nearby rock ledge upon which patients would socialize remains . It was this rock that lent the facility its name . At this location , they could also receive mail and various packages .

The actual rock has been marked with over 100 distinct carvings , 66 of which are the full names of contemporary patients . Other carvings include initials , names , and dates . Prior to widespread vaccination , the treatment at Hospital Rock was extremely important . Hospital Rock was no longer needed when the smallpox vaccination was available and eventually faded away into the woods .

= = = Contributions to mental health care = = =

Todd was a pioneer doctor in the field of psychiatry . At the time , treatment of the mentally ill was typically inhumane : ? A mentally ill patient was locked up in an insane asylum with little or no care and treated as if they were a criminal ? . Prior to 1800 , it was common for people deemed mad to be locked away and forgotten about . Some individuals , such as Todd and Dorothea Dix wanted more humane care for the mentally ill as they were appalled at the treatment of such people . The Connecticut Retreat for the Insane was built in 1823 , and was opened to admissions in 1824 . Eli Todd was its first director . It was often referred to as the Hartford Retreat for the Insane , and is now known as The Institute of Living . The Hartford Retreat for the Insane cost \$ 12 @,@ 000 to build and could serve up to 40 patients at a time . ? It cost \$ 3 @.@ 00 a week for a state resident and \$

4 @.@ 00 a week for an out of state resident ? .

= = = Alcoholism treatment and theory = = =

The widespread consumption of alcohol was recognized as a problem by Dr. Eli Todd in 1812 . In a conversation with Edward Hooker on March 30 , 1812 , he stated that there was no single solution to alcoholism . ? He advised a 3 @-@ pronged attack that was as follows : there should be an association of respectable men who would make it unfashionable to take ardent spirits ; work houses of ? idle , drinking persons ? after their third conviction for drunkenness ; and heavy taxes on imported and domestic liquor ? .

Dr. Eli Todd also viewed alcohol as the ? prominent evil of the day ? . On February 22 , 1842 , the Washington Society of Farmington was formed . They practiced total abstinence , and employed social pressure for temperance in Farmington . By 1847 , 569 people were part of this society . This was a step forward as part of Dr. Eli Todd ? s attack against alcoholism .

= = Personal life = =

After graduating Yale at the age of 18 , Todd had a two @-@ year apprenticeship in Farmington , Connecticut . After finishing his apprenticeship , he spent the next 25 years serving as Farmington 's resident doctor , retiring in 1815 . He often consulted with farmers to help them with the productivity of their produce . Todd concluded that ? the return to social and political stability during the first years of independence was undoubtedly eased by the availability of unlimited land to the west ? .

He was not a very good businessman and although his fame grew statewide , his wealth never swelled to match until he became director of the Connecticut Retreat . In 1796 , shortly after starting his work in Farmington , he married Rachel Hills . In the same year , his half @-@ brother Michael died at sea . In 1797 , his sister Polly died of spotted fever . His mother died in 1806 . In 1811 , Rachel 's brother Reuben died , and Todd and his wife adopted his two daughters Theresa and Jennet . Rachel died in 1825 , and Todd subsequently married her younger sister , Catherine . She would outlive him by 33 years , dying herself in 1866 .

His interest in psychology began when his sister Eunice committed suicide , because of the issue of depression . He received a letter from Eunice 's husband in August 1829 , which told of her death . Todd had thought he had cured her , multiple times , but she still had episodes , and when she had to attend to a large farm in empty Vermont alone , she was pushed over the edge . This began his theory that mental retardation (insanity at the time) was a disease and had a cause and possibly a cure . This began his revolutionary treatments , and what made the government give so much money for the mental hospital to be built .