Historical Perspectives Through Gaming: A Look Into America's Insane Asylums Of The Past
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Insane asylums in the United States varied in their architecture depending on when they were built. This is shown in the Buffalo State Insane Asylum, modeled after the Kirkbride Plan, where it was designed to incorporate sweeping architecture to help relax patients. Above to the right is the Rochester State Hospital where you can see the difference in architecture.

Many patients who were admitted were suffering from mental illnesses. Since these were not yet understood by the medical community, they were sent to insane asylums in an attempt to help them. Most of these mental illnesses were similar to schizophrenia and patients suffered from hallucinations.

Since most insane asylums were ran by the state or county, they were publically funded. However, they usually did not receive enough to afford ideal supplies and staff. Therefore, patients were relieved upon help to run the facility such as cooking, cleaning farming.

Patients often spent their free time doing various individual or group activities. Some of these activities included painting or other forms of art.

Depending on how the patients reacted to the drugs they were given or their hallucinations, alternate forms of treatment were tried. To the far left was hydrotherapy where patients were soaked in cold or warm water for hours depending on if they were latharic or if they were hyperactive. The other image shows rotational therapy were patients were spun in circles to increase blood flow to the brain but the only effects it had on patients was vertigo, dizziness and vomiting.

Many patients were never able to be discharged from the hospitals due to a variety of reasons. Some were just never able to function in society and were sent to the asylum as a form of punishment. However, there were thousands who died while being a patient and were buried in mass graves anonymously. The few who were able to have a headstone were ones who relatives financed it.
"Somebody help me! These men are taking me against my will!" you scream. Frankly, I'm not sure what to do.

Tell them again to stop:
"I said shut up already!" The taller, more muscular man yells at you and then smacks you over.

Swallow the blood.
You swallow the blood, fearing what they might do if you spit it out and it gets on them. The salt...

Spit the blood out on:
As you spit the blood out towards the ground, some of it gets on one of the men's pants and...

Sit back up and don't:
You decide to just sit there and deal with the bumps, cart, afraid that he'll hit you again...

Attempt to stand up:
You stand up and start to walk with them, resigned to just go with them although confused as...

Ask him what's going:
"Sir, may I ask what this place is?" He just stares at you. "Sir, please what is that...

A Doctor enters.
Then a man comes in wearing a doctor's outfit. "Hello there, I'm Dr. Lord, the...

Protest against this.
"I don't want you to, I want to keep my beard." you protest. "Sorry, but it has...

Let him shave it.
It's been weeks since you last shaved since you had no way to in the almshouse where..."