

REPORT  
OF THE  
MENDOCINO STATE HOSPITAL.

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NOTE: For statistical tables, see Appendix.

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**REPORT OF THE MEDICAL SUPERINTENDENT.**

**For the Fiscal Year ending June 30, 1901.**

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*To the Honorable the Board of Managers of the Mendocino State Hospital:*

GENTLEMEN: I herewith submit to you my annual report for the fifty-second fiscal year.

As another report will be required of the Superintendent before the next meeting of the Legislature, no extended report, other than the usual statistics, will be necessary.

The number of patients in Hospital at the end of the year was 611. The annual daily per capita was 43.3 cents. This includes the entire expense of food, clothing, fuel, care, and medical attendance, and salaries of the Board of Managers, officers, and employées.

Very respectfully,

E. W. KING,  
Medical Superintendent.

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**REPORT OF THE MEDICAL SUPERINTENDENT.**

**For the Fiscal Year ending June 30, 1902.**

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*To the Honorable the Board of Managers of the Mendocino State Hospital:*

GENTLEMEN: I herewith present you the ninth annual report of the Mendocino State Hospital for the year ending June 30, 1902.

The past year has marked quite an important epoch in our history,

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because of the improvements which the appropriation of money by the last Legislature has enabled us to make.

Two hundred and seventy acres of land have been added to the Hospital tract. A large portion of this land is first-class Russian River bottom; nearly all of it will raise alfalfa if irrigated, which can easily be done with our water-supply; it is well adapted to raise grain and all kinds of garden vegetables, also the small and large fruits; in fact, almost everything necessary in the line of fruits and vegetables for the Hospital can be raised on this place.

The purchase of this land has enabled us to procure a dairy of thirty cows. Fifty acres have been sown to alfalfa, from which a small amount of hay will be procured this season, but next season it will furnish plenty of alfalfa hay and pasture for the dairy. This will give us good milk at a minimum cost. Probably forty to forty-five cows will furnish the Hospital with plenty of milk.

#### SEWER.

The last Legislature appropriated the sum of \$2,500 for sewer pipe. This pipe is used for conducting the sewage from the Hospital to the land recently purchased, where it is to be used for irrigation and fertilization. This, it is believed, will effectually dispose of the sewage and prevent it from becoming a menace to health or a nuisance to others. This sewer system is now nearly completed and will be in operation in a short time.

#### ELECTRIC LIGHT.

About the first of March, a contract was let to Charles F. Sloane & Co., of San Francisco, to put in an electric light plant and wire the Hospital buildings for same. This plant was to be of a capacity of four hundred and fifty lights. The motive power was to be water and steam, the water power to be generated by a Pelton wheel of 45 horse-power, and the steam power by an engine of the same capacity. The water to run the Pelton wheel is taken from the supply pipe which furnishes the Hospital. This pipe is 12 inches inside diameter at the Hospital, and increases in size from 12 inches to 13, then 14, and finally near the dam to 24 inches. The water in the reservoir at the head of the pipe-line is about 300 feet above (altitude) the Hospital buildings, giving a pressure on the wheel of 135 to 140 pounds to the square inch. At this time (June 30) we are lighting with water power, with a large amount of waste water flowing over the dam. The reservoir above the dam has a capacity of about five million gallons. By increasing the height of the dam four or five feet its capacity would easily be more than doubled. This could be done at a small expense (\$500 or \$600), and would greatly increase the water-supply, especially in dry seasons. Should

the water-supply be short in the fall months, the dynamo will be run with steam until the rains increase the water-supply. So far the electric light plant has proved perfectly satisfactory; the light being clear and steady and it seems a great luxury after using dirty gasoline for years.

The expense of running the plant by water is practically nothing. The cost of wiring the buildings and putting in the lighting plant was \$6,050, paid from our Contingent Fund. A brick building, 24 x 50 feet, was built by the patients and employés to house the plant, at a cost of about \$900, paid also out of the Contingent Fund. The completion of this lighting plant will materially lessen the cost of lighting the Hospital and at the same time give us a good, clean light.

#### READING-ROOM FOR EMPLOYÉS.

During the last-year a large room in the basement of the Administration building has been fitted up for the employés. This is a great convenience. When off duty the employés can meet there for amusement or social intercourse. This will have a tendency to make them more contented and satisfied with their surroundings. The room has been nicely furnished, electric lights have been put in, and in winter it will be heated by steam.

#### TRAINING SCHOOL.

Under the direction of the State Commission in Lunacy, training schools have been established in all of the State Hospitals, for the training of nurses and attendants for the insane. This is a decided step in advance, and will without doubt result in better and more systematic methods in handling this most unfortunate class of our citizens, in bettering their condition, and it is to be hoped it will result in a larger percentage of cures, as upon proper nursing depends largely their prospects of recovery. A class was formed in this Hospital in March, 1902. The course consists of two years of eight months each, with lectures and clinical instruction by the medical staff.

#### IMPROVEMENT OF GROUNDS.

During the fall of 1901 the unsightly grounds in front of the Superintendent's residence were greatly improved by confining the water of the creek to a proper channel, reinforcing its banks where necessary by planting willows to prevent the banks from washing in high water, and filling low places with earth. Nearly one thousand loads of loam were hauled and put in place, the whole leveled and trees and shrubs planted. The grounds around the hospital buildings have been laid out and as much work done on them as our limited means would permit, no money ever having been appropriated to this Hospital for improvement of the grounds.

## SPRAY BATHS.

Since our last biennial report, spray baths have been put in on our wards. They have proven a great success. Their great advantage is absolute cleanliness, as the water under no contingency can be used a second time. Other advantages are: Facility in bathing—at least a half dozen patients can be properly bathed by the new method while one was being bathed by the old; the saving of water and fuel—much less hot water being used than by the old tub method; finally, most patients like the bath better.

## OPERATING ROOM.

A small operating room has been fitted up in the Administration building and furnished with an up-to-date operating table, and instruments, etc., necessary for meeting almost any emergency. It is impossible to meet the requirements of modern surgery without an operating room properly fitted up and furnished with the necessary instruments and all the modern improvements. Trained nurses are also a necessity, and these our training school will give us.

## CLASSIFICATION OF INSANE.

During the past year a distinct advance has been made in the State Hospitals by the adoption of a uniform mode of classification. This will enable each Hospital to so classify its cases that it will conform to one uniform method; and while this classification may be far from perfect, it will certainly do away with a great amount of confusion in the arrangement of statistical tables, and at the same time furnish more reliable information regarding the causes and probable termination of each class of cases.

## TELEPHONES FOR WARDS.

A system of telephones has been put in, connecting the wards, Steward's department, and stable with the main office, which is a great convenience and saves much time.

## SANITARY CONDITION OF HOSPITAL.

Plenty of good, pure water and fresh mountain air have largely contributed to the health of the patients, which as a rule has been good. The sanitary condition of the Hospital is excellent, and we have had no epidemic or zymotic diseases, except a few cases of la grippe during the spring months. Cases of tuberculosis are common in all of the State Hospitals, and I cannot recommend too strongly the erection, at each Hospital, of a cottage building for patients afflicted with tuberculous and other contagious diseases.

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MENDOCINO STATE HOSPITAL—1. MAIN DRIVEWAY, WITH FEMALE DEPARTMENT IN THE DISTANCE; 2. A WOMAN'S WARD.

## CRIMINAL INSANE.

There are in the State Hospitals of California quite a large number of criminal insane and insane convicts. These cases ought never to be sent to the State Hospitals. To become insane is a great calamity, and these unfortunates ought to be protected from contact with insane criminals and convicts. To mix them is a great outrage.

A building should at once be constructed at one of the State Prisons where all such cases could be properly and economically cared for. This would to some extent relieve the congestion of the State Hospitals and at the same time relieve the State from the opprobrium of mixing criminals and convicts with the unfortunate insane.

## PROTECTION OF WATER-SUPPLY.

The water-supply of the Hospital is taken from South Mill Creek, a small stream whose head is about three miles from the hospital. The cañon through which the waters flow is for the greater part covered with timber, particularly along the banks of the creek.

During the months of August, September, and sometimes October, particularly in dry seasons, the water-supply is barely sufficient to meet the demands of the Hospital. The land on each side of Mill Creek and over which the water flows is owned by several different persons, some of whom have attempted to cut the timber along the creek. The State has an undisputed right to the water in the creek, but it is believed that the removal of the timber from the banks of the creek will materially lessen the flow of water and result in great and irreparable injury to the Hospital and the State. An injunction suit is now pending in the courts to determine the right of the owners of the land to remove this timber.

There seems to be but one sensible way to settle this matter and to properly protect the water-supply of the hospital, and that is to acquire title to the land on each bank of the creek from the lower dam to the headwaters of the creek. This land is not valuable, and probably a strip 150 feet wide on each side of the creek would be sufficient to protect the water-supply. The total amount of land would not be more than 80 or 100 acres, and as this is mountain land, the price per acre would not be large.

This is an exceedingly important matter and some action should be taken at an early date to get an option on this strip of land, or, failing this, to commence a suit to condemn the same, and our Senator and Assemblyman who are to be elected at the next general election should be made acquainted with the facts, that they may present the matter properly to the next Legislature, with the view, if possible, of getting an appropriation sufficient to procure this land.

## ASSEMBLY HALL.

This State Hospital is yet without an assembly hall. All the other State Hospitals have large, roomy, well-furnished assembly halls. They are everywhere recognized as a necessity in the treatment of the insane. Here we have no place where the patients can assemble for church service or for amusement. The need of an assembly hall is great. As originally planned, the assembly hall is to be placed between the Administration building and the connecting corridors of the ward buildings and form the connection between them.

I would recommend that it be constructed with a basement, with a ward above capable of accommodating twenty-five to thirty patients, and a hall over all. The cost of this building, including the construction of the ward and furnishing same, is estimated at \$30,000.

## STATISTICAL INFORMATION.

There have been committed to this Hospital during the last year 140 patients. Of these, 74, or 51.42 per cent, were native born; 57, or 40.71 per cent, were foreign born; and 9 were of unknown birth.

The meager history of these cases given in the commitments, and the inability or indisposition of the patient or his friends to supply this want, makes it exceedingly difficult to judge correctly of the causes of the mental derangement.

Thirty-four, or 24.28 per cent, of these cases used alcohol in some form and to such an extent as to have been considered one of the causes of the disease.

In 11 cases heredity was given as a cause, and in 9 cases drugs, principally opium, in some form.

Twenty-seven, or 19.28 per cent, were above the age of sixty, and 13 of these were more than seventy years old. Many of these aged persons were cases that ought not to have been sent to the Hospital. They could and should have been cared for in the county hospitals and almshouses of the several counties from which they were sent.

The number of patients discharged recovered was 51, or 36.42 per cent of those committed; 8 were discharged improved, 6 unimproved, and 3 as not insane.

The number of deaths during the year was 67. Of this number, 16, or 23.88 per cent, were above the age of seventy. Ten died from dementia paralytica; 3 of these were in the third decade, 3 in the fourth, 3 in the fifth, and one above sixty years. 14.92 per cent of the deaths were from dementia paralytica.

## APPROPRIATIONS REQUIRED.

The number of patients in the Hospital June 30, 1902, was 617. It is safe to estimate that the increase which has averaged since the Hospital was opened (something over 4 patients per month) will continue, and

this would give us more patients than we could accommodate. I have therefore estimated for 700 patients for the next two fiscal years, at 45 cents per capita:

For the fiscal year ending June 30, 1903.....	\$114,975 00
For the fiscal year ending June 30, 1904.....	114,975 00
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	\$229,950 00

## ACKNOWLEDGMENTS.

We desire to make grateful acknowledgment to the many friends of the Hospital and patients for their generous donations of money, clothing, and other articles for our Christmas entertainment; also, to Mr. Mart Bechtol, B. S. Hirsch, Mrs. Oakley, Mrs. Wigkoff, Mrs. Butler, Mrs. Hammeken, Mrs. Templeton, and many others for donations of books, periodicals, and papers, which have been of great interest to the patients.

We are under obligations to the publishers of the following newspapers, which have been sent here regularly from the office: Oakland Enquirer, Point Arena Record, Napa Register, Record-Union, La Voce del Popolo, Ukiah Times, Napa Reflector, Abend Post, A Uniao Portuguesa, Dispatch-Democrat, Yolo Mail, Marin Journal, Breeder and Sportsman, Mendocino Beacon, Santa Cruz Surf, Colusa Sun, L'Italia, Staats Zeitung, Ukiah Press, and Marysville Appeal.

I desire to express my sincere thanks to the officers and employes who have coöperated with me in the management of the Hospital; and to you, gentlemen of the Board of Managers, for your cordial coöperation, your advice and support at all times in matters pertaining to the management and welfare of the Hospital, and for the liberality which has always characterized your actions.

Very respectfully,

E. W. KING,  
Medical Superintendent.