

MENDOCINO STATE HOSPITAL—1. MAIN BUILDING, WITH ADMINISTRATION BUILDING TO THE LEFT; 2. CORRIDOR IN WOMEN'S DEPARTMENT.

REPORT OF THE MENDOCINO STATE HOSPITAL.

NOTE: For statistical tables, see Appendix.

REPORT OF THE BOARD OF MANAGERS,

For the Fiscal Year ending June 30, 1904.

To the State Commission in Lunacy, Sacramento, Cal.:

GENTLEMEN: The Board of Managers of the Mendocino State Hospital, in accordance with statutory requirements, respectfully submits its annual report of the business carried on and transacted at the Hospital, for the year ending June 30, 1904.

The Board is pleased to be able to report that many useful and beneficial improvements have been added during the past year, the most important one in our estimation being the completion and installation of settling tanks for the reception and treating of the sewage matter from the Hospital. For years, and in fact since the establishment of this State Hospital, all the sewage was carried to Russian River in a creek that flowed alongside of the county road leading to the Hospital, and at all times, and particularly during the hot season, the odor was most offensive to those traveling on the road and to people living near the stream. The sewage is now conducted 5,000 feet in a sewer line to the ranch and deposited in large settling tanks. The solid matter either settles or is destroyed and the water comes out clear, and without smell, and is conducted on to the fields for irrigating. These tanks are located where they trouble no one, and so far the system has proven a success.

At the ranch 40 acres of brush land has been cleaned up, 25 acres of which was cultivated and sown to hay. It is calculated to have a block of this land cleared up each year until the whole tract is under cultivation.

The last Legislature made an appropriation of \$7,500 for the purchase of the land along the stream that supplies the institution with water. The Board has purchased this land and the stream is now fully protected from the cutting of timber and underbrush which shade the stream and prevent evaporation.

It is the judgment of the Board that the stream be well fenced to keep stock from the water and to fully protect in every way the rights and interests of the State. The water supply is one of the great arteries of an institution of this character, and nothing should be left undone to keep the water pure and undefiled.

We have added seventeen first-class Holstein cows to our dairy herd, and have killed off several of the old cows that had outlived their usefulness. We now have the foundation of a model dairy herd, and by careful attention will in time, we are satisfied, have a herd equal to any in the State, and one that will supply the institution with an abundance of milk.

We have started poultry yards at the ranch and expect to increase this plant until it is on a paying basis as to the production of both eggs and chickens for the table, and by another year we hope to show good and satisfactory results.

Plans and specifications for the erection and construction of a connecting building and assembly hall have been adopted, and in August contracts will be let for the completion of the building. This building will finish out and complete and connect the present buildings, giving us a spacious assembly hall, and other rooms and apartments that are much needed. An appropriation of \$30,000 was made by the last Legislature for this purpose.

An appropriation for the improvement and beautifying of the grounds around the buildings is much needed. This State Hospital has been established over ten years and no appropriation has ever been made for this purpose; and we consider it to be one of the essential features of the treatment of the unfortunates who are confined here, that the grounds be made to look as cheerful and bright as possible. To do this will require an appropriation by the Legislature. The Medical Superintendent has estimated that \$6,000 is needed for this purpose, and we respectfully ask your honorable Commission to assist us in getting this amount appropriated.

The Medical Superintendent has estimated that the amount needed for the maintenance of this State Hospital for the next two fiscal years is \$229,950, or \$114,975 for each year. The Board is satisfied that this amount will be needed, as the increase, by the last Legislature, of the wages of the attendants has increased materially the expense of the institution.

We have visited and inspected the institution monthly, and at such monthly visits have always found that with the limited amount of help allowed the management has been excellent. The Superintendent has at all times given his careful attention to the best interests of the State and to the welfare of the patients. His work has been intelligent and conscientious, and he has succeeded in keeping this institution up

to the highest standard. Our institution has arrived at that period in its history where we are satisfied the help allowed is wholly inadequate. The best interests of the Hospital and its future welfare demand that its help be increased by the addition of one mattress-maker, one landscape gardener, one dairy hand, one stable hand, two female attendants, and three male attendants.

Respectfully submitted.

A. HOCHHEIMER.

A. B. TRUMAN.

T. A. TEMPLETON.

E. B. MARTINELLI.

**REPORT OF THE MEDICAL SUPERINTENDENT,
For the Fiscal Year ending June 30, 1903.**

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

GENTLEMEN: In accordance with law I herewith submit my annual report of the business of this Hospital for the fiscal year ending June 30, 1903.

In the yearly summary of the movement of patients our books show that on June 30, 1902, we had 617 patients, and 620 at the end of the fiscal year 1903, an increase of only 3 patients during the year.

The number admitted during the year was 133; making 750 under care and treatment. Of this number, 46 were discharged as recovered, 10 as improved, 6 as unimproved, and 5 as not insane, and 63 died, leaving 620 on our books at the end of the year.

The products of the farm and garden have been increased from \$3,996.58 to \$9,914.23. This amount we hope to increase very materially the coming season, when we get water for irrigation to the farm.

The average per capita for the twelve months has been 44.85 cents.

As another report will be required before the meeting of the Legislature, no extended remarks other than the statistical report for the year will be necessary.

E. W. KING,
Medical Superintendent.

REPORT OF THE MEDICAL SUPERINTENDENT,**For the Fiscal Year ending June 30, 1904.**

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

GENTLEMEN: In presenting to you my annual report for the fifty-fifth fiscal year, it gives me pleasure to state that during the year there has been but little sickness among the patients or employés. There has been no epidemic or zymotic diseases, and the general condition and discipline of the Hospital have been good.

It is gratifying to note that the year has passed without any serious accident occurring among the patients. No case of suicide or homicide has occurred, although several patients have been received who required constant watching.

In the statistics relating to patients there is nothing that requires especial comment. The number of commitments was 142, and the increase in the number of patients only 9 for the year. In the matter of discharges, 57, or 40.1 per cent of the commitments, were discharged as recovered and 24 as improved.

The word "recovered" as generally used is not sufficiently definite and ought to be used in a more restricted sense. As now used it is not only applied to cases of a recurrent character, but to cases which have recovered sufficiently to be able to go out into the world and make their way perhaps with a reasonable measure of success, but with a marked defect in their mental condition; that is to say, their sensibilities have been blunted, their judgment is somewhat defective, and their capacity for original work or thought very much restricted. They are able to do very good work along certain lines in which they were well informed and perfectly familiar before the attack, but can not take up and carry to a successful termination any work with which they are not familiar. It seems to me that the word "recovered" should be used only in such cases as have made a real recovery in the same sense as we apply the word to a recovery of a case of pneumonia or typhoid fever, and where there is a marked defect it should be noted, not on the discharge itself, as this might affect the future of the patient, but on the Hospital books, in order that our statistical tables may give more reliable information.

In all recurrent cases, which are nearly always of a hereditary character and hardly ever recover in a proper sense, the word "recovered" should not be used at all, but the word "restored" could be used with propriety and it would have a definite meaning if used only in that class of cases. If the above suggestions could be carried out, while the percentage of recoveries would be very materially reduced, the value of the statistics would be very much enhanced.



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

SEWER SYSTEM.

In 1902 the Board of Managers purchased 270 acres of land lying about one mile from the Hospital buildings and from 50 to 60 feet lower in altitude than the Hospital. A sewer was constructed from the Hospital to this land and a system of settling tanks built which seems to have definitely settled the disposition of the sewage and furnished a means of irrigation at the same time.

Without entering into a detailed description of the settling tanks, I will say that the sewage enters the upper tank practically as it leaves the Hospital. After passing through the tanks it comes out at the lower end of the lower tank clear and without any offensive smell, and there is nothing about the tanks that is offensive. The water after it leaves the tanks is used for irrigating. The sewer has now been in use nearly eight months, and we have had no trouble of any kind with it. The important thing about it is that it is not likely to become a nuisance. This sewer runs under the bed of Mill Creek, and during the spring and summer months water from the creek can be turned into the sewer for irrigation at the ranch.

ASSEMBLY HALL.

At the last session of the Legislature, an appropriation of \$30,000 was made to build and furnish an assembly hall; but the money was not available until July, 1904. Plans and specifications have been procured and adopted by the Board of Managers and approved by the State officers, and the secretary has advertised, under the instructions of the Board of Managers, for contracts to build, and we hope in the near future to have that much needed addition for the proper treatment of the insane, an assembly hall.

PRESERVATION OF WATER SUPPLY.

At the last session of the Legislature \$7,500 was appropriated to purchase land on each side of Mill Creek in order to preserve and protect the water supply of the Hospital. The purchase of this land became a necessity, as the cutting of the timber along the banks of the creek would have very materially affected the amount of water, which in dry seasons is hardly sufficient for Hospital use.

It is the intention of the Hospital management as soon as practicable to dig a ditch along the side of the mountain above the upper dam and bring the water down to be used as a hydraulic to wash out and enlarge the reservoir and to remove the débris which is deposited in large quantities during the winter months in the reservoir above the dam and which unless removed each spring would render the water unfit for use and also would soon fill up the reservoir.

At the present time (July 25, 1904) we are running all our machinery

by water, viz: laundry, cold-storage and ice plant, sewing machines, and electric light plant, and surplus water is running over the dam. We hope to be able to run through the entire season by water.

TRAINING SCHOOL.

In the fall of 1902 a training school for nurses was instituted and has been in successful operation since. There can be no question as to its utility. The attendants get a better idea of their duties and have a clearer conception of their relationship not only to the patients but to the Hospital. Much of the success in the treatment of the insane depends upon the manner in which the patients are treated by the attendants, hence the attendants should have a clear conception of their duties as well as their relation to the patients. Firmness and kindness to the patients and a careful study of the peculiarities of each individual case will do much toward leading disturbed patients back to their normal mental condition and assist the medical staff in getting an accurate knowledge of any physical disability and of the mental condition. To do good work an attendant must realize his responsibility to the patients under his care, that in many cases the recovery of the patient depends largely upon the character of the attention which he receives while under treatment, and more especially when first received. A ready sympathy and interest in the patient's welfare, properly carried into action by an intelligent attendant, have great influence in quieting a supersensitive nervous condition. It is the province of the training school to point out this responsibility and relationship of the attendants to patients, and to instruct them in the character of the attention which the patients ought to receive in order to procure the best results.

IMPROVEMENT OF GROUNDS.

This Hospital has now been in operation nearly eleven years and no money has ever been appropriated by the State for improvement of the grounds about the Hospital. Something has been done by our patients and employes, but much more ought to be done. We need a hothouse for starting seeds and plants not only for the grounds but for the garden. Everything about a State Hospital where patients are treated for mental trouble should be pleasant and attractive. The amount of appropriation needed for this purpose is \$6,000.

MAINTENANCE.

The number of patients in the Hospital June 30, 1904, was 620. It is safe to estimate the increase of patients as at least forty each year, making 700 patients at the end of the next two fiscal years. The estimate on this number, at a per capita of 45 cents, is \$114,975, or \$229,950 for the two fiscal years.

ACKNOWLEDGMENTS.

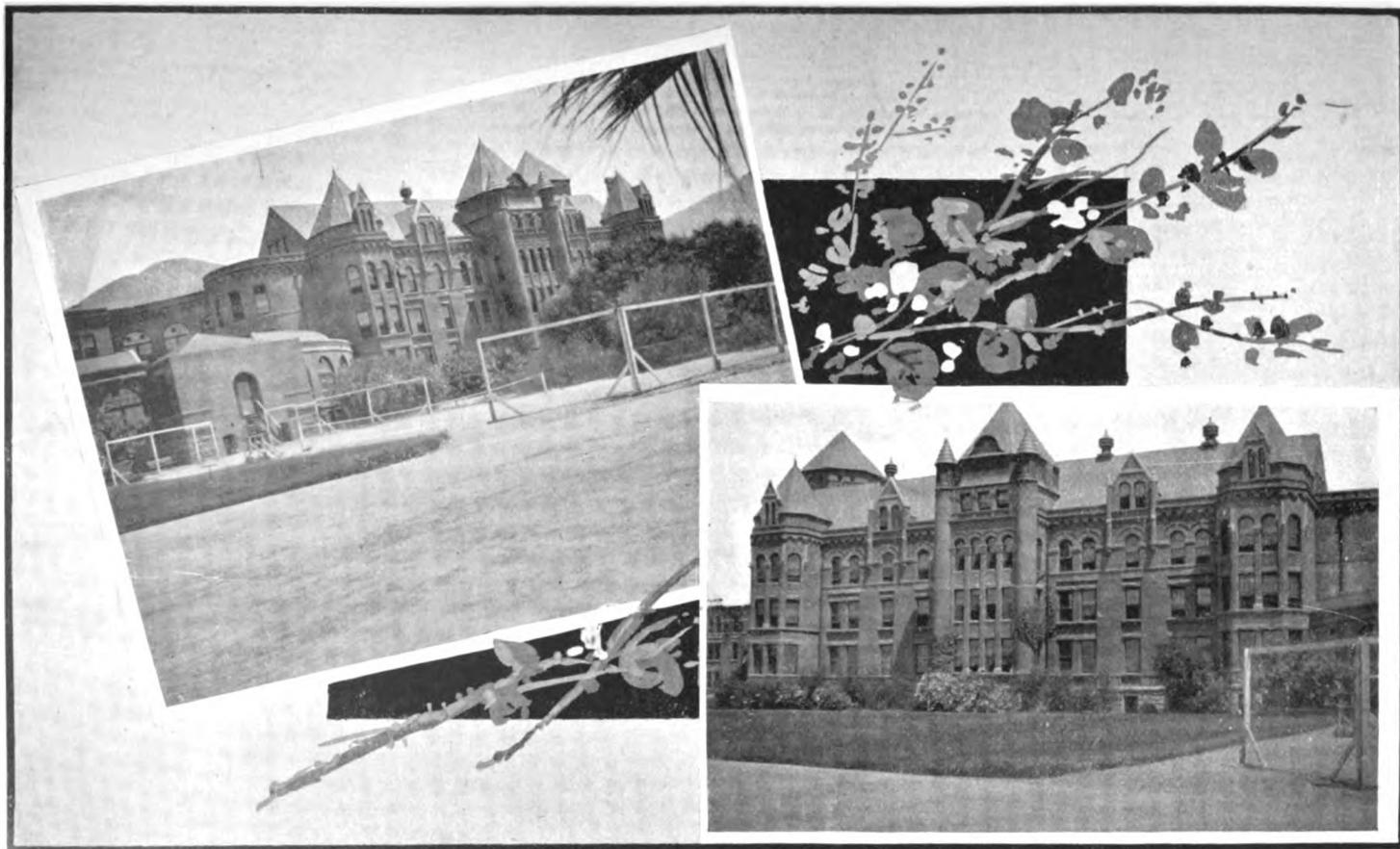
We desire to acknowledge the receipt of generous donations of clothing and other articles for our Christmas entertainment by the many friends of the Hospital, and also donations from time to time of periodicals, magazines, etc.

We are also under obligations to the publishers of the following newspapers which have been received regularly at the Hospital: Ukiah Times, Dispatch-Democrat, Republican Press, Yolo Weekly Mail, Sacramento Union, La Voce del Popolo, L' Italia, Oakland Enquirer, Staats Zeitung, Oakland Tribune, Tree and Vine.

I am under obligations to the officers and employés for the interest they have taken in their duties, for their faithfulness in the careful discharge thereof, and with few exceptions for their loyalty to the management which is so necessary to the welfare and discipline of the Hospital.

To you, gentlemen of the Board, allow me to express my appreciation of the many acts of kindness; and for the advice and support which you have always been ready to give me in the discharge of the many trying and responsible duties devolving upon your Superintendent, I am truly grateful.

E. W. KING,
Medical Superintendent.



SOUTHERN CALIFORNIA STATE HOSPITAL—EAST AND WEST WINGS.