

# MENDOCINO STATE HOSPITAL.

NOTE: For statistical tables, see Appendix.

## REPORT OF THE BOARD OF MANAGERS.

For the Fiscal Year ending June 30, 1907.

*To the State Commission in Lunacy.*

GENTLEMEN: We, the Board of Managers of the Mendocino State Hospital, in discharge of the duty imposed upon us by law, hereby submit to you our report for the year ending June 30, 1907, together with the reports to us of the Medical Superintendent, Treasurer, and Steward, for the same period.

A careful consideration of the reports above mentioned will show you in detail all of the expenditures and transactions concerning the hospital for the year, as well as certain recommendations for the relief of the present and future needs.

The buildings, which were damaged by the earthquake on April 18, 1906, have been reconstructed and repaired. The brick towers, stone turrets, and other heavy ornamentation, and the brick chimneys have been replaced with galvanized iron and practically all traces of the earthquake obliterated and the buildings made stronger and safer. The total cost of this work was \$8,075.54.

With the brick taken from the towers, gables, etc., a substantial wall around the male exercise yard has been built. It is about 400 feet in length and 12 feet in height, the first 7 feet having a concrete center. The cost of this wall was \$516.65. A similar wall is needed around the female yard.

A handsome, substantial, and durable fence, over one mile in length, has been built around the sides and front of the hospital grounds. It is constructed of lawn wire mesh and 6 by 6 posts, well painted an appropriate color.

The tent hospital plant, or outdoor colony, has been enlarged by adding a large dormitory, a lavatory and bathroom, and adding to the dining-room to accommodate 100 patients. While this construction has been of wood, it has been substantial in character, and is satisfactorily serving the purpose for which it was originally intended. A sitting room

and another dormitory are needed, and plans have been prepared and will be submitted to your Honorable Commission for your approval.

The products from the farm, garden, dairy, etc., have more than doubled during the last four years, and the reports show an increase of nearly \$5,000 over last year.

Work was commenced on the female cottage building (for which an appropriation was made at the special session of the legislature of 1906), in March of this year. The foundations and first story of this building have been completed and the work of construction is well in hand. This work is being done by days' labor, and under the direction of the Board of Managers. The first story is concrete and the second story reinforced brick, and will accommodate about 125 patients when completed. Apparatus for hydrotherapeutic treatment of the acute insane will be installed in the building, and highly beneficial results are expected from this method of treatment.

The legislature at its session in the early part of this year made an appropriation for a male cottage building, and plans are now being prepared for its construction.

Plans for the erection and construction of a steel water tower, with a steel tank of a capacity of 100,000 gallons of water, have been prepared by the State Department of Engineering, and contracts will shortly be let for the building of this structure. This will take the water tanks out of the buildings and relieve them of a great weight. A part of these tanks were taken out at the time of the repairs to the buildings from damage by the earthquake.

Before closing this report, we wish to acknowledge the excellent service rendered by the Medical Superintendent, Dr. E. W. King. To his constant and untiring efforts and the perfect discipline maintained in each department is due the excellent general condition of this State Hospital. Nor can we fail to express our appreciation of our Steward, Mr. F. C. Handy, to whose skill and industry the institution is so much indebted.

The spirit of harmony existing throughout the entire official personnel of the institution is exceedingly gratifying to the Board of Managers, who have endeavored to conduct the affairs of the institution strictly for the welfare of its unfortunate inmates.

Respectfully submitted.

W. A. S. FOSTER,  
A. J. FAIRBANKS,  
J. L. M'NAB,  
GEO. D. CLARK,  
E. B. MARTINELLI,  
Board of Managers.

## REPORT OF THE BOARD OF MANAGERS.

For the Fiscal Year ending June 30, 1908.

*To the State Commission in Lunacy.*

GENTLEMEN: The Board of Managers of the Mendocino State Hospital, in accordance with the law and in discharge of their official duty, submit for your consideration their annual report, together with the reports of the Medical Superintendent and Treasurer, for the same period. The report of the Medical Superintendent shows in tabulated form the movement of population, the medical tables, supplies purchased and consumed, production of the farm, garden, dairy, etc., and other details of the general management of the institution.

During this period the hospital has been free from any epidemic or contagious diseases of serious nature; the welfare of the patients has been guarded, and the general condition of the institution improved.

The two-story cottage for female patients has been completed, furnished, and is now occupied. This is a handsome and substantial building, is well furnished, and relieves the crowded condition of the female wards. The cost of this building was \$35,000.

The steel water tower and tank, for the building of which an appropriation was made by the last legislature, has been erected and is ready to be connected up with the plumbing of the institution. This structure cost \$8,000.

At the outdoor colony a sitting-room building and an additional dormitory building have been constructed, increasing the capacity of this part of the hospital to 100 patients. The cost of these improvements was \$2,283.57.

On account of not being able to secure sufficient wood for fuel purposes, it was necessary to change to an oil burning system, the cost of which was \$3,246.30.

Work has been commenced on the male receiving cottage, and will soon be well under way.

All of the work mentioned above, except the steel tower and tank, has been done by days' labor, under the management of the hospital, with very satisfactory results and a considerable saving of money.

In the way of appropriations the board wishes to call your attention to the various needs of the institution, which they consider important and necessary for its maintenance and welfare for the next two years, commencing July 1, 1909.

The ordinary expense has been considerably increased, due, for the most part, to the higher prices paid for all supplies, to the advance paid

for salaries and wages, and to the increase in the number of patients received, on account of the crowded condition of all of the State hospitals. The amount asked for support and salaries for the next two years, \$356,751, will be none too much for the requirements and needs of this institution.

The Medical Superintendent in his report has in detail given the reasons why appropriations for a receiving cottage for both male and female patients, a milking barn at the dairy, a new kitchen with furniture, etc., additional machinery for the laundry, etc., are highly necessary. We have investigated these matters fully, and strongly recommend that the legislature be urged to appropriate the amounts asked for by the Medical Superintendent.

In closing this report, the Board desires to make mention of their high appreciation of the services of the Medical Superintendent and the other officers associated with him in the management and administration of the affairs of this State Hospital.

Respectfully submitted.

W. A. S. FOSTER,  
A. J. FAIRBANKS,  
GEO. D. CLARK,  
J. L. M'NAB,  
E. B. MARTINELLI.  
Board of Managers.

## REPORT OF THE MEDICAL SUPERINTENDENT.

For the Fiscal Year ending June 30, 1907.

*To the Board of Managers of the Mendocino State Hospital.*

GENTLEMEN: In compliance of the law and custom I herewith submit to you my annual report for the fiscal year ending June 30, 1907.

The percentage of recoveries to the number admitted was 38.16, and the percentage of deaths to the whole number treated was 6.91.

There have been no epidemic diseases among the patients during the year.

The treatment of patients at the tent hospital continues to be very satisfactory. The patients enjoy the outdoor life, both winter and summer; their physical health is better; they have more freedom; they are, as a rule, quieter, less noisy and disturbed at night, sleep better, and are controlled with less friction.

## CAUSES OF INSANITY.

Alcohol, heredity, and syphilis continue to hold the most important place in the production of insanity, as shown by the fact that syphilis was found to be a creative factor in 19 cases, heredity in 28 of the 164 males admitted during the year, while 76 of these cases used alcohol to excess. Of the 64 females committed during the year, 7 used alcohol to excess and in 15 heredity was a causative factor.

## ACKNOWLEDGMENTS.

Our grateful acknowledgments are due to Mrs. J. W. Eversole of Ukiah, Mrs. B. S. Hirsch of Ukiah, St. John's Epworth League, Ukiah, and Miss Whipple of Cloverdale, for reading matter sent for the use of our patients; also to Rev. Father Duffy, of Ukiah, for holding services monthly at the hospital and for frequent and repeated visits to individual patients. To the officers and employees of the hospital I am under many obligations; almost without exception they have performed their duties in a conscientious, faithful, and skilled manner, and to the best interest of the hospital. To the members of this Honorable Board of Managers I am under special obligation for advice, support, and encouragement in the many trying duties pertaining to the management of the hospital.

Respectfully submitted.

E. W. KING,  
Medical Superintendent.

## REPORT OF THE MEDICAL SUPERINTENDENT.

For the Fiscal Year ending June 30, 1908.

*To the Board of Managers of the Mendocino State Hospital.*

GENTLEMEN: I herewith present to you my annual report for the fiscal year ending June 30, 1908.

It gives me pleasure to state that there has been no unusual amount of sickness during this fiscal year, no epidemics of any kind, no typhoid fever.

The number of commitments during the year was 253, of which 193 were males and 60 females, an increase during the year of 78 patients.

The percentage of recoveries to number admitted was 37.55, and the percentage of deaths to the whole number treated was 6.90.

#### FEMALE COTTAGE.

During the year a cottage for female patients has been completed and furnished, and is ready for occupancy. It will accommodate about 120 patients. It was greatly needed, as our wards were very much crowded. This cottage was erected at a moderate cost, as we were able to utilize the labor of a considerable number of patients in its erection, thus reducing the cost very materially.

The building was erected under the supervision of Mr. F. C. Handy, our Steward, and to him is due the credit of having brought the work to a successful completion.

#### MALE COTTAGE.

Considerable work has been done in excavating for the foundation of the building and a large amount of gravel has been hauled for concrete, but owing to an unexpected delay in getting the completed plans for the construction of the building, no work has yet been done on the building itself. We anticipate being able to commence work on this cottage at an early date, when it will be rushed along as rapidly as possible, as we are sure to need more room for male patients before it can be completed.

#### WATER TOWER.

A steel water tower has just been completed. The height of this tower from the ground to the top of the tank is 134 feet. The tank carries 100,000 gallons of water, and is also constructed of steel. This is not only a great convenience but an absolute necessity, for with such a tank we are enabled to remove all the large water tanks from the ward buildings, where they were a source of constant annoyance as well as a menace to the safety of the inmates. The cost of this tower was \$6,000.

#### CEMENT WALKS.

Cement walks have been constructed from the main building to the female cottage and to the tent plant. This work has been done by patients, under the supervision of Mr. Handy, the Steward.

#### KITCHEN FACILITIES.

This hospital was constructed, as far as the ward buildings, kitchen, and laundry are concerned, and made ready for patients in 1893. The bill which passed the legislature establishing this hospital called for a building that would accommodate not to exceed 500 patients. We have at this time, July 31, 1908, 846 patients, and at the present rate of increase, we will have before the end of the sixtieth fiscal year more than 1,000 patients. Our kitchen is entirely inadequate for such service.

To enlarge the kitchen, put in a dining-room for kitchen help, new range, steam table, and other necessary kitchen furniture, and to enlarge the cold storage room, we will need an appropriation of \$10,000.

**DAIRY BARN.**

We also need a concrete dairy barn for dairy purposes. The barn we are using at present is old and entirely too small for our present dairy, and is also unsanitary. Such a dairy barn as we need will cost the State \$5,000.

**LAUNDRY MACHINERY.**

Our laundry machinery has been in constant use since this hospital was opened in 1893. It was put in to accommodate not more than 500 patients. It is old, easily gets out of repair, and is entirely inadequate to do the work. I am asking for an appropriation of \$2,500 for machinery to put our laundry in proper working order.

**RECEIVING COTTAGE FOR MALE AND FEMALE PATIENTS.**

In order to give our acute cases proper treatment in the early stages of the disease, when they might get relief, if ever, I am going to ask the legislature for an appropriation of \$40,000, to erect and furnish a cottage for the accommodation of 60 patients, 30 male and 30 female; this cottage to be used exclusively for the treatment of acute cases of both sexes. This cottage is to be fitted up with all the modern appliances. We are using our female cottage for a convalescent ward, which is a necessity for the proper treatment of cases that have begun to recover. They need quiet, rest and pleasant, homelike surroundings, and everything that will serve to soothe and quiet their super-sensitive nervous system will conduce to their ultimate recovery. The cottage for male patients which is in process of construction, will, when completed, relieve to a great extent the congested condition of our male wards, and one of the wards of this cottage is to be used for a convalescent ward for male patients.

**TENT HOSPITAL.**

Our tent hospital continues to render us excellent results. At an expense of \$5,387.28, we have accommodation for one hundred patients who are practically in the open air every hour of the day and night. For a certain class of patients, the conditions at this tent plant are much more satisfactory than are the conditions surrounding patients housed in large, stately, brick structures. The sanitary conditions are better, because they constantly breathe pure, atmospheric air. They are quieter, more contented and cheerful, because, although a large percentage of them are considerably demented, they still enjoy the additional freedom which they get in this tent plant. •

Originally our tent plant consisted of seven small tents. These were intended exclusively for tubercular cases. The improvement in these cases was so marked that we concluded to enlarge the plant by putting up what we called wooden tents. These were found to be more

and more satisfactory, and we have continued to add new wooden tents until the plant now carries more than one hundred patients.

On April 18, 1906, one of our wards was rendered unfit for patients. The patients on this ward were transferred in a body to the tents. This plant has taken the overflow from our congested wards for the last two years, with great benefit to the patients and to the institution. We have lately constructed a fine sitting-room, octagonal in shape, in the style of a bungalow, with a porch all around, where the patients can congregate in stormy or inclement weather. It is heated by steam and furnished with electric lights. The bathroom and toilets are connected with the main sewer and furnished with hot and cold water.

The results which we get from the treatment of patients here are all that could be expected.

#### NECESSITY FOR ADDITIONAL HELP.

We have in the State of California five State hospitals, built for the express purpose of giving proper care and treatment to this most unfortunate class of our fellow citizens. On July 1, 1908, this class numbered in California 6,234, exclusive of those in the Feeble-Minded Home at Eldridge.

As a rule, I believe we are giving these unfortunates as good care and treatment as our sister states, but there are defects, and one of them is our night service. At this hospital we have but two night watches for male patients. One of these cares for 101 patients at the tent plant. Many of these patients are sick, bedfast and untidy, and by keeping one night watch on this ward continuously during the night, they are rendered very good service. The other night watch has under his care 384 patients on five different wards, one of which is a hospital ward for feeble, sick and untidy patients, and it is a physical impossibility for one man, no matter how faithful he may be, to give this number such treatment as they ought to have and as they are entitled to. On our female wards a similar condition prevails, although not to such an extent.

It is evident to any intelligent person that on a hospital ward where there are a considerable number of feeble, sick, and untidy patients, there should be an attendant constantly on duty to look out for their wants and to keep them in proper sanitary condition. To do this we must have two more night attendants, one male and one female.

The opening of the female cottage has greatly relieved the congestion of the three female wards in the main building. From the number of commitments which we have been getting during the last five months it is evident that this cottage will soon be full, and this will make it necessary to put on three more attendants.

The male wards are now crowded and we need more room. We hope before the meeting of the next legislature to have the male cottage well under construction, and to have it completed and ready for patients before the end of the next fiscal year. In this cottage we will need five attendants and a night watch.

#### FEMALE PHYSICIAN.

The increase in the number of patients here will make it necessary to add another member to our medical staff, and I would strongly recommend the putting on of a female physician, and that the legislature appropriate sufficient money to pay her salary. I have estimated for one at a salary of \$900 for the first year and \$1,000 for the second year.

#### DRUGGIST.

For several years this hospital has been without a druggist, this work having been done by some member of the medical staff. I would recommend that a sufficient amount of money be appropriated to pay the salary of a druggist.

#### ASSISTANT COOK.

Because of the rapid increase in our insane population, it will be necessary to put on another assistant cook. The salary of the assistant cook is \$50 per month.

#### STOREKEEPER.

This hospital has never had a storekeeper other than a patient. The increase in the number of patients makes it necessary to have a regular employee to attend to this work.

#### ESTIMATE FOR ADDITIONAL HELP.

In my estimate for salaries for the next two fiscal years I have estimated for a female physician, a druggist, a storekeeper, an assistant cook, two male night watches, one female night watch, five male attendants for the male cottage, and three female attendants for the female cottage, all of whom will be necessary for the next two fiscal years. This is a very conservative estimate for additional help.

This will add to our present pay roll, which is \$61,268.50 per year, the sum of \$9,772, making the pay roll \$71,040.50, or \$142,081 for the two years.

#### MAINTENANCE FUND.

In estimating for maintenance for the sixty-first and sixty-second fiscal years, I have taken the number of patients actually in the hospital on June 30, 1908, as a basis. During the last four months we have gained 42 patients, or a net gain of 10.5 per month. Napa State Hospital and Stockton State Hospital are both crowded. Agnews State

Hospital is not in a condition to receive patients, and there seems to be no question as to the necessity of caring for this increase of patients.

At this rate of increase we will have at the end of the sixty-first fiscal year 1,086 patients, and at the end of the sixty-second year we will have 1,212.

As this net increase of 252 patients for the sixty-first and sixty-second fiscal years would be spread over two years, we will estimate on the number at the end of the sixty-first fiscal year, which will give us an average for the two years. This gives us \$107,335 for the year, or for the two years, \$214,670; and this amount added to the estimate for salaries, \$142,081, makes a total of \$356,751 for salaries and maintenance for the two fiscal years.

These figures are the result of a careful estimate of the entire situation and are made on a strictly business basis, and are not subject to a cut without crippling the efficiency of the hospital.

It gives me pleasure to say that the service of the officers and employees of this hospital during the last fiscal year has been highly satisfactory, and especially to the Steward, Mr. F. C. Handy, is the State, as well as myself, greatly indebted for valuable services rendered outside of his duties as Steward. He has had charge of and general supervision over the construction of the female cottage, the new steel water tower, the construction of the male cottage, and the repair of the buildings after the earthquake; and in the management of this work he has saved the State many thousands of dollars.

The cordial relations existing between the Board of Managers and the Superintendent have been an important factor in promoting the welfare of the hospital, and have assisted very materially in bringing about good results. This condition of affairs I appreciate fully.

Respectfully submitted.

E. W. KING,  
Medical Superintendent.