

MENDOCINO STATE HOSPITAL.

REPORT OF THE BOARD OF MANAGERS

For the Fiscal Year ending June 30, 1911.

UKIAH, CAL., August 1, 1911.

To the State Commission in Lunacy:

GENTLEMEN: The Board of Managers of the Mendocino State Hospital respectfully submit to you for your consideration their annual report for the year ending June 30, 1911.

For more specific details of the management of the institution and of its financial affairs, we beg to refer to the accompanying reports of the Medical Superintendent and the Treasurer.

We are pleased to be able to report that the health conditions during the past year have been normal, and that there have been no epidemics or unexpected misfortune to disturb the welfare of the inmates of this State Hospital.

The general outcome of the work during the year has been of a satisfactory and progressive character, and the appropriations made by the legislature have been judiciously and economically expended.

The institution has had the constant advice and coöperation of Dr. F. W. Hatch, the General Superintendent of State Hospitals, and we fully appreciate his interest and attention to the affairs of the hospital.

PERMANENT IMPROVEMENTS.

It became necessary to move the septic tanks, which receive and treat all of the sewage matter from the various buildings, to another part of the State ranch. New tanks were built from plans furnished by the State Engineering Department, and a new sewer line, 2,500 feet in length, constructed of 14-inch sewer pipe, has been laid from the buildings to these tanks. The whole system is working very satisfactorily and we are able to irrigate about 10 acres of land, which this year are planted in beets for the use of the dairy herd, with the water after it passes through these tanks.

At the out-door colony, a new bath house has been constructed and the lavatory enlarged and new closets, sinks, etc., have been installed. The improvements made at this group of buildings have greatly increased the efficiency of the service.

A grand stand at the baseball grounds, with a seating capacity of about 400, has been erected. This is a substantial and convenient structure, admirably arranged for the purpose for which it is intended, and the patients take a great amount of pleasure in occupying it and witnessing the games. In this connection, we desire to express our

great satisfaction with the motion-picture entertainments given weekly for the benefit of the patients. The hall is always crowded and the patients look forward to and enjoy the pictures immensely. The films are carefully selected and are very interesting to all. They are a great improvement over the weekly dances, and afford much real pleasure to the patients and to the employees.

The boiler room building has been enlarged and a new boiler of 125 horsepower has been added. This now gives us a total capacity of 350 horsepower. The plant is in the best of shape, as the other boilers have been overhauled and repaired, and will give excellent and adequate service for many years.

We are most happy to be able to report that we have developed pumping water in inexhaustible quantities, sufficient for irrigating alfalfa and other crops at the ranch, and the gardens at the buildings. Last fall a steam driller and equipment were purchased and two 12-inch wells were bored at the ranch. Water was found at a depth of 20 feet, in clean, washed river gravel. One well was bored to a depth of 60 feet and the other 80 feet, the wells being 35 feet apart. A six-inch centrifugal pump, with a capacity of 1,000 gallons per minute, operated by a 10 horsepower electric motor has been installed and considerable pumping through 8-inch galvanized casing has been done, everything working perfectly. Continuous pumping fails to lower the water in this underground reservoir.

In the north garden an 8-inch well, 90 feet deep, and in the south garden a 10-inch well, 185 feet deep, have been bored. The water in both of these wells rises to the surface and there is quite a flow out of each well. These two wells are each equipped with pumps and the gardens are being irrigated from them, and so far we have not been able to exhaust the supply.

It is not possible to measure in dollars and cents the value of these wells to the Mendocino State Hospital. The lands belonging to the institution are uplands, with loose soil and considerable gravel, and without irrigation only minimum crops can be produced. With copious irrigation, they should be highly productive, as there is excellent sub-drainage, and the soil is warm and easily cultivated. We feel that a great step in the future, for the best development of the lands belonging to the State, has been taken.

Work has been commenced on the additional dam and reservoir, for which purpose the last legislature made an appropriation. This is a task of considerable magnitude, as most of the work is to be done with the help of the patients. This reservoir is intended to impound about thirty million gallons of water, and will give the hospital a water supply sufficient for all purposes for many years.

These are the most important improvements made along permanent lines during the past fiscal year. The buildings and other property of the hospital have been kept in excellent repair and have been fully protected in all ways.

Before closing this report we wish to repeat our continued satisfac-

tion with the Medical Superintendent's progressive, yet careful, administration of the affairs of the institution, and the uniform devotion to their duties which has characterized the conduct of the other officers and employees.

Respectfully submitted.

WM. FOSTER.
A. J. FAIRBANKS.
J. L. McNAB.
A. HOCHHEIMER.
G. D. CLARK.

REPORT OF THE MEDICAL SUPERINTENDENT.

To the Board of Managers of the Mendocino State Hospital:

GENTLEMEN: I herewith present you my annual report for the sixty-second fiscal year, ending June 30, 1911.

We received on commitment during the year, males 208, females 48, total 256, an increase in our population of 51.

The percentage of deaths to whole number treated was 5.43. The percentage of recoveries to commitments was 38.84.

Of the commitments, 163 were first, 28 were second, 7 were third, 3 were fourth commitments, and 55 unascertained.

Of those admitted, 18, or 7.61 per cent were syphilitics; 29, or 11.32 per cent, were alcoholics; 42, or 16.40 per cent, were drugs—89, or 35.33 per cent, all preventable.

Causes.—Under the head of heredity, so far as we were able to ascertain, we find six of the fathers were insane, five of the mothers were insane, nine of the brothers and sisters were insane and eleven of the uncles and aunts, showing a percentage of 12.10 of insanity, so far as we could ascertain, in the ancestors. In addition to this, 31 were classed as nervous and 75 used alcohol to excess.

It is a well-known fact that the man or woman who drinks alcoholic liquors to excess and for any considerable time, is sure to transmit defects to his or her progeny, if they have any.

Insanity in a very large percentage of the cases which come under our observation, is the result of defective organizations received from the patient's ancestors. Syphilis and the excessive use of alcohol are responsible for a large number of these defects. There are many other predisposing causes, such as sickness and a weak and unstable organization in the parents. It is self-evident that if the parents are suffering from serious disease the children will be defective. A large percentage of the race unconsciously commit slow suicide by leading a life that violates all the laws of health. This prepares the soil for insanity and crime, idiocy, imbecility, and the weak minded for the next generation.

Then the exciting causes such as adverse circumstances, mental strain, worry, excitement, religious or otherwise, sexual excesses, and many other causes, come into action, with the result of mental breakdown with all its disastrous consequences. In order to correct these condi-

tions we must carefully study the causes which bring about such results, because if the causes continue in action the same results follow. One of the first duties of a physician, when called upon to treat a patient, is to ascertain, so far as possible, the cause or causes which produced the trouble. These removed, he can expect good results. In the insane this is an exceedingly difficult matter and often impossible, but much information bearing upon this subject can be elicited by determined and persistent effort, patient and careful investigation, with a determination to get at the facts. The physicians of the State hospitals, many of them men of large experience in the care and treatment of the insane, are well informed as to the causes of insanity and are well qualified to explain the action of these causes to any intelligent man. The study of tuberculosis has been pursued for some years with great vigor by many of the best minds in the United States and Europe, and great good has resulted in bringing to the lay mind the causes of this fell disease. The same reasons for studying the causes of insanity and its prevention exist and with even greater force, because most of the causes are preventable, and for that reason ought to be fully understood and explained so that the mass of the people can understand them. This information, in the nature of things, must come from medical men attached to the State hospitals.

Evidently a knowledge of the causes of insanity and their disastrous effects, if generally known, would result in great good to the people.

Sickness.—There has been no unusual sickness among the patients or employees, during the past year, no epidemics or infectious diseases and no suicides. The death rate among the patients has been remarkably low, 5.43.

Hydropathy.—We continue to get good results from the use of water in various ways in the treatment of patients. There is no drug in the pharmacopœia which has such a wide range of usefulness, when properly used, as water. It can be used as a stimulant and tonic, as a depressant and quieting sedative, or as an eliminative. Perhaps one of the most remarkable of its effects is its quieting effect upon maniacal patients, in the form of the continuous bath, usually resulting in quiet and sleep. That water has a wide range of usefulness, particularly when used in connection with the electric and hot air cabinet, massage, hot and cold pack, no one who is conversant with its use will deny.

Staff Meetings.—Meetings of the members of the medical staff are held regularly, at which time all patients received are presented, with their clinical histories, diagnosis and classification. Also patients who are applicants for parole or discharge are brought before the staff, and their condition carefully investigated. At these meetings any question pertaining to the care and treatment of the insane can be brought up and considered. A careful typewritten record is made of these, the transactions there pursued and the record filed.

Tent Life at the Hospital.—No part of the work of the hospital is more interesting or more fruitful of good results than Ward 7, usually called the tent plant. Since this ward was opened in 1904, with

sixteen tuberculous patients, because of the very satisfactory results obtained we have steadily enlarged this ward until at the present time, June 30, 1911, there are on this ward 104 patients. These patients are cases of dementia, many of them untidy, and senile cases. Also a few cases of tuberculosis. These patients are practically in the open air twenty-four hours in the day. During the summer months many of them sleep out under the trees. These patients are more contented, better satisfied with their surroundings, and have more freedom than the patients housed in the other wards. This plant cost the State less than \$60.00 per bed. In the State of California, where the weather is never very cold, this manner of handling a large percentage of our tubercular cases, cases of chronic dementia, and many cases of dementia paralytica, is an ideal one and helps to relieve the burden of the taxpayer. This plant, which now accommodates more than one hundred patients, with a large fine sitting-room for the accommodation of patients in inclement weather, heated by steam, with bath room, toilet, hot and cold water, all connected up with the main sewer, and a large, commodious dining room, cost less than \$6,000.

In closing this report it gives me pleasure to state that with a few exceptions, the officers and employees of the hospital have done good, efficient work and I desire to compliment them for the same.

To the Board of Managers I wish to say that I have always felt free to go to any member for advice, at any time, and have always found them ready to advise me in regard to the affairs of the hospital. The relations between the Board of Managers and the Superintendent have been cordial and harmonious.

All of which is respectfully submitted.

E. W. KING,
Medical Superintendent.

REPORT OF THE BOARD OF MANAGERS

For the Fiscal Year ending June 30, 1912.

To the State Commission in Lunacy:

GENTLEMEN: We, the undersigned managers of the Mendocino State Hospital, do hereby submit our report for the fiscal year ending June 30, 1912.

Accompanying this report, you will find the annual reports of the Medical Superintendent, and the Secretary and Treasurer of the Board, which are to be considered in connection with, and as a part of, this report.

Dr. E. W. King, who has been the Medical Superintendent of the hospital from the time it was first opened for the occupancy of patients, and who was a member of the first Board of Managers while the buildings were in course of construction, resigned his position on May 1st, 1912. His resignation was voluntary, owing to a surgical operation which deprived him of one of his limbs and he felt that he would not be able to perform his duties to his own satisfaction. His resignation

was accepted by the Board with keen and genuine regret, as, through his management and faithful service, he has achieved an enviable reputation for this State hospital and deservedly merits the appreciation of the people of the State of California.

No appointment of medical superintendent has yet been made by the Board. Dr. George D. Marvin, first assistant physician, has been assigned to duty as Acting Medical Superintendent, is now acting in that capacity and is handling matters satisfactorily.

The general health of the institution has been good throughout the year, and the care and management of the different departments is worthy of commendation.

Among the various improvements made during the past year may be mentioned the following:

Installation of new plumbing in the wards; changing of steam lines and addition of steam traps and repairs to plumbing which have resulted in the saving of water and the economical use of steam, and the general betterment of sanitary conditions.

The erection of a wagon and implement shed, 24 feet by 48 feet.

An apple and tool house, 20 feet by 32 feet.

A storehouse at the ranch.

An incubator house at the poultry yards.

New fencing at the ranch and along the stream that supplies the reservoir.

A cottage for the second assistant physician, and other minor improvements.

At the site of the new reservoir the work of excavating for the dam has been completed, and considerable concrete has been put in place. Comfortable quarters for the patients who are working on the dam have been erected, and a good equipment, consisting of two gasoline engines, rock crusher, mixer, and track and cars for handling rock and material is being operated at this point. Considerable work has been done in the way of new roads, thus cutting down the steep grades. Owing to the fact that a larger dam is being built than was figured on when the appropriation was made, thereby increasing very materially the capacity of the reservoir, it will not be possible to complete the work with the present appropriation, and we will have to have an additional appropriation to finish this dam and clean out the reservoir.

In this connection we call your attention to the results that have come from the irrigation system that has been put in operation through the boring of wells at the ranch and in the gardens. There was an increase of \$3,000 in value of products last year, due to the irrigation from these wells.

As shown by the Medical Superintendent's report there has been an increase in our population of 74 patients during the past year, and to properly take care of the commitments that we are sure to get during the next two years, we will require additional ward buildings, or cottages, and provision should be made for these cottages by the coming legislature.

The Medical Superintendent has estimated the amount necessary for maintenance during the two next fiscal years, as follows:

For support	\$256,175 00
For salaries	180,000 00

Special Appropriations.

For two cottages, for male and female patients	\$50,000 00
For dam and reservoir	12,500 00
For gas plant, complete	10,000 00
For repairs to plumbing, etc.	5,000 00

In concluding this report, we wish to express our appreciation of the fair treatment and the prompt attention that this State hospital has received from your Honorable Commission and from the State Board of Control.

To Dr. F. W. Hatch, General Superintendent of State Hospitals, we extend our sincere thanks for his kind interest, useful advice and cooperation with us in the affairs of the State hospital.

We appreciate the efforts of the officers and employees of the Mendocino State Hospital in their endeavor to properly care for the unfortunates under their charge, and to keep the institution up to the standard already established.

Respectfully submitted,

WM. FOSTER,
A. J. FAIRBANKS,
J. G. McNAB,
G. D. CLARK,
A. HOCHHEIMER.
Board of Managers.

REPORT OF THE ACTING MEDICAL SUPERINTENDENT.

To the Honorable Board of Managers, Mendocino State Hospital:

GENTLEMEN: June 30, 1912, having arrived, I respectfully submit the following report:

Movement of Patients.—The table shows that during the last year we received three hundred and seventy-two new patients, being an excess of one hundred and thirteen over the largest number received during any previous year.

Our percentage of recoveries is reduced on account of twenty-eight drug and alcohol cases having been classified as not insane, which in former years has been added to our percentage of recoveries.

The number of deaths has been 66, making the percentage to the number treated, only 4.79, the lowest since the institution opened.

The paroling of so many of the term-commitment cases has increased this class by 36.

The actual increase of the number of patients in the hospital is 74, while the increase of the number carried on our books is one hundred

and ten. This rapid increase is due to the inebriety act, which became operative July 1, 1911. The following table shows the movement of this class:

	Male.	Female.	Total.
Number received during 1911 and 1912.....	141	25	166
Number received, drug	80	11	91
Number received, alcohol	61	14	75
Discharged	53	3	56
Paroled	25	9	34
Eloped	16	0	16
Died	1	0	1
Discharged, paroled, eloped and died.....	95	12	107
Returned from parole	3	2	5
Returned escapes	11	0	11
Remaining in hospital June 30, 1912.....	60	15	75

Term of Commitment.

4	3 months.
20	6 months.
19	1 year.
111	2 years.
12	Discretion of Superintendent.

This act has been the means of doing a great deal of good for these classes but a greater amount could be accomplished by a separate hospital, where intemperance cases only would be received, as they resent being quartered with the insane, whom they annoy and delight to tease, making it detrimental to all concerned. The discipline is necessarily different for the insane and the drug or liquor case, and all become dissatisfied when placed in the same wards.

The new cottage to be erected during the coming year at the ranch, and for which the appropriation made by the last Legislature is now available, will partially accommodate the increase during the coming year, but it will be necessary to make further provision for the increase that will follow, and we would recommend the erection of two comfortable but plain buildings to be situated in the rear near the boiler rooms, to accommodate the chronic cases of each sex, who stay with us for years with no hope of recovery, but who have the right to be comfortable housed and humanely treated.

The modern hospitals for the insane are making the mistake of providing accommodations for too large a number of convalescent and new cases and not enough for the chronic class.

We must not lose sight of the necessity of checking the increased percentage of mental defects, and the most necessary step in this direction is the prevention of reproduction in the defective class. This is easily accomplished in the male by the vasectomy operation, and in the female by salpingectomy, and should be insisted upon in every case of a young person, before discharge is granted.

The wells which were mentioned in last year's report have afforded a good supply of water, which has increased the value of the products of the ranch and gardens to \$28,419.97, being \$2,585.45 more than the

year previous. Another well has been bored at the ranch, which will give an ample water supply for the new ward building, and a second one on the higher ground near the county road, which gives artesian water to the amount of 200,000 gallons per day, and by reason of its situation can be conducted to any part of the ranch by means of irrigating ditches. This added water supply will be the means of permanently increasing the production of the ranch and gardens, thus greatly enhancing the value of the State's property.

CHANGES IN THE MEDICAL STAFF.

The hospital lost its first and only superintendent, Dr. E. W. King, by resignation May 1, 1912. He retired after many years of faithful and honorable service, and his absence has been regretted by all.

Dr. H. B. Ehle, whose work has been eminently satisfactory, resigned May 1, 1912, and Dr. Lethia R. Tyler was appointed in his place. This gives Mendocino State Hospital a woman physician who has been needed for some time.

REQUIREMENTS.

It is estimated that we will need accommodations for two hundred and forty more patients within the next three years, fifty of whom will be provided for in the new cottage at the ranch which will be constructed this year. The other one hundred and ninety can best be provided for by the construction of two cottages for chronic insane. The estimated cost of these cottages is \$50,000.00.

The State Engineer estimates that it will require \$12,500 to complete the dam which is being constructed at the present time.

The plumbing in various places about the buildings needs bettering and two years ago we asked for \$5,000 to do this work. We were allowed \$3,000 which left it partially finished, and the floors in the hydro rooms require repairing. We need \$5,000 to complete the plumbing and improve the floors in the hydro rooms.

The gas plant has outlived its usefulness. It was installed many years ago and is simply a process of making gas from gasoline. It is an expensive process and, even if repaired, would be insufficient for the needs of a hospital of our present size. We would recommend the construction of an up-to-date plant for the manufacture of gas from crude oil. The estimated cost of such a plant is \$10,000.

In conclusion, I wish to express my appreciation of the loyal support I have received from the officers and employees during my two months of temporary service, and also my thanks to the Board of Managers for their advice and wise administration of the affairs of the hospital.

Respectfully submitted,

G. D. MARVIN,

Acting Medical Superintendent.