

REPORT OF THE BOARD OF MANAGERS OF MENDOCINO STATE HOSPITAL.

*To the State Commission in Lunacy,
Sacramento, California.*

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 of the biennial period ending June 30, 1920, together with the report of the Medical Superintendent. The report of the Medical Superintendent shows in tabulated form the movement of population, the medical tables, production of the farm, garden, dairy, etc., and other details of the general management of the institution.

We are especially pleased to be able to report to you that the health conditions in the hospital have been normal during the past year, there having been nothing in the shape of epidemics or unexpected misfortunes to disturb the welfare of the inmates of the institution under our care, and the general outcome of the work has been of a satisfactory and progressive character.

The water softening plant for which appropriation was made by the legislature of 1916 has been completed and is in successful operation.

The second floor of the Administration building has been converted into a ward for male patients and 68 patients are now being cared for there.

Ward 9 which formerly accommodated 107 patients and was situated over the laundry and bakery, making it very uncomfortable, has been reconstructed and the ward made comfortable, accommodating 45 patients.

The laundry and bakery was reconstructed and new laundry and bakery machinery installed, filling a long needed want.

Three old 75-horsepower boilers which were condemned by the boiler inspectors of the Industrial Accident Board, have been replaced by the installation of two 150-horsepower boilers.

Ward 7 which formerly consisted of temporary shacks of wood and was used for housing 105 patients has been reconstructed on the cottage plan as far as the appropriation would permit and now houses 153 patients. The tubercular patients in this congregate cottage plan are separated from non-tubercular patients, and a new modern tubercular cottage built as large as funds would permit.

Floors in the female wards have been renewed and necessary plumbing repairs made as far as the appropriation would permit.

A new steam heating distributing system has been installed in the Administration and Ward Buildings.

A cloister in the yard for female patients has been constructed. There is such a cloister in the yard for male patients which has proven a great benefit to the male patients by enabling them to go out of doors during the winter months and also a protection against the heat of the summer. The female patients can now enjoy this same benefit.

We recommend an appropriation for the support of the hospital for the fiscal years 1921-1922 and 1922-1923 in the sum of \$394,065.40; for salaries for the above period, \$300,000.

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 due to the fact that this hospital has been designated as the receiving hospital for War Risk Insurance patients from all points west of the Mississippi River. The amount asked for support and salaries for the next two years, \$694,065.40, 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 special appropriations asked for are highly necessary. We have investigated these matters fully, wish to emphasize the reasons given and strongly recommend that the legislature be urged to appropriate the amounts asked for by the Medical Superintendent. The list of items of special appropriation asked for and grouped according to functions is as follows:

I. Construction, New.		
1. Receiving Building		\$150,000 00
Service connections, \$8,000; equipment \$17,000.....		25,000 00
2. Addition to kitchen \$18,000; equipment \$2,000.....		20,000 00
3. Employees Building		60,000 00
Service \$7,600; equipment \$6,400.....		14,000 00
4. Completing male tuberculosis cottage \$6,000; equipment \$1,000....		7,000 00
5. Converting present floor in Administration Building to house 60 patients		15,000 00
6. New administration building		45,000 00
		\$336,000 00

II. Farm Improvements.		
1. Treatment and storage at dairy	\$5,000 00	
2. Irrigation at ranch	9,000 00	
3. New well and pump at ranch.....	5,300 00	19,300 00

III. Water Supply.		
1. Improving water supply	35,000 00	
2. Conduit dam No. 3 to dam No. 2.....	1,300 00	
3. Fire protection at dairy.....	1,000 00	
4. Water meter 10-inch pipe line.....	650 00	37,950 00

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IV. Shops and Warehouses, Etc.

1. Plumbing shop \$1,600; equipment \$900.....	2,500 00	
2. Mechanical equipment	13,000 00	
3. Disposal effluent gas plant	2,000 00	
4. High pressure gas receiver, etc.....	11,000 00	
5. Repainting gas and water tanks.....	1,600 00	
6. Two additional oil tanks. One at switch and one at hospital	6,000 00	36,100 00
		<hr/>

V. Miscellaneous.

1. Sewage disposal	10,000 00	
2. Survey pipe lines	1,000 00	11,000 00
		<hr/>
3. Ruddick estate		25,000 00
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		\$465,350 00

We wish to express our gratification at the spirit of harmony and cooperation that pervades between the Medical Superintendent and his staff of assistants and the hospital employees. The work in every department is being conducted with zeal, fidelity and loyalty to the interest of the state.

The results are apparent in the contentment and general good health of the patients, in the large profits that have been earned by the farm, dairy, piggery and poultry farm, and the consequent saving in per capita support.

In conclusion 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.

BOARD OF MANAGERS,

ALFRED GREENEBAUM, *President.*

THOS. P. BOYD.

P. I. LANCASTER.

B. J. PATOCCHIL.

RALPH A. GROVER.

Attest: J. F. GALVIN, *Secretary-Treasurer.*

REPORT OF THE MEDICAL SUPERINTENDENT, MENDOCINO STATE HOSPITAL.

The biennial report of the Mendocino State Hospital covers general topics, special topics and recommendations for the budget of the ensuing biennial period.

GENERAL TOPICS.

I. Physical Conditions.

(1) The following improvements have been made during the past biennium:

(a) Parole grounds cloister for women similar to that for the men.....	\$5,000 00
(b) Male tubercular cottage completed one-half (as far as money permitted)	5,000 00
(c) Farm and dairy improvements including readjustment and rebuilding of poultry yard and repairs to dairy barn.....	4,500 00
(d) Improvement of steam distribution system.....	5,000 00
Total	\$19,500 00

(2) Production on the farm, dairy, pig ranch, gardens, and poultry yard has been pushed so that food production in this hospital has been proportionately as large as the more favored hospitals in the state. The tables of production show the details and are a source of great gratification.

II. Medical Conditions.

(1) General health: Latter part of October to December 1, 1918, witnessed a most virulent influenza epidemic among patients and employees of this hospital. Doctors from other hospitals and the east report that they saw no such number of virulent cases. The facts are: Our total number of cases was 296 patients and 47 employees, or a grand total of 343. Of these 122 patients and 28 employees had pneumonia (44 per cent of patients and 38 per cent of employees). Our general mortality was 17 per cent. Our mortality among pneumonia cases alone was 42 per cent (patients 45 per cent and employees 28 per cent). Forty-three per cent of our influenza cases developed pneumonia. In general these figures correspond with experience elsewhere, but indicate also that we had an unusually severe type of influenza to deal with. Women equal 28 per cent of population; 25 per cent of all the cases were women and 20 per cent of the women cases had pneumonia. Among the women pneumonia cases the mortality was 22 per cent. One in every three employees was sick. Since then we have been entirely free from any epidemics, and our death rate the past year was 4.58 per cent.

(2) Mental health conditions. Since the last report this hospital has continued under the army prior to the armistice, and under the

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War Risk Bureau since the armistice, to act as a center for military psychiatric necessities on and near the Pacific coast, including the Rocky Mountain States and Texas. Up to December 1, 1920, we have received 331 military and War Risk Bureau cases, have classified and treated the same and have filed their claims for compensation as well as adjusted their other military and personal relationships. We have discharged recovered 71 cases, and improved 14 cases; 246 cases are remaining. Our previous analysis of statistical tables would not therefore be comparable for this period. Several important deductions should be made as peculiar to this group.

(a) These cases are with us on military or War Risk Bureau authority and without benefit of the law. As proving that a mental disease hospital has really to do with the law only when the patients have certain legal relationships as any other citizen may have, it is interesting to report that hospital conditions have been the same as they were before; patients and families have accepted the necessary duration of treatment on simply the showing of mental symptoms and necessity for treating the same; and the law has in no way been invoked. This hospital has therefore operated on the same basis as any general hospital, although it has handled only marked mental conditions. This is a practical proof that the community is ready to receive the mental problem as fully and freely as they have received and acted upon the tuberculosis problem.

(b) The value of the neuropsychiatric survey during the war is shown in the fact that Texas was not surveyed because of lack of available specialists until the spring of 1918, while the Pacific Coast began its survey work September, 1917. Our cases from Texas show a very large number of mentally defective and psychopathic cases with mental outbreaks during service and the stress of reconstruction, while the Pacific Coast cases show very little of this because such cases were rejected by the neuropsychiatric boards. This proves the same facts as Col. T. W. Salmons, Chief of Neuropsychiatric service A. E. F., figures of comparison before and after neuropsychiatric surveys, e. g.

<i>Regular Army, 1915 Data.</i>	<i>A. E. F. Data, 1917-1918.</i>
Strength, 100,000 men-----	2,000,000 men.
Suicides, 56-----	94 (1915 basis would mean 2240).
Mental disease cases, 3 per 1000-----	1.6 per 1000 (47 per cent less).
Military offenses, 1 in 8-----	1731 altogether (1915 basis would mean 250,000).

Again we have a practical demonstration of the neuropsychiatrist at work.

(c) Most of the revisions of diagnosis have been on the question of hasty diagnosis without reference to make up and previous history and

in mistaking mental defect for dementia praecox simplex or psychopathic outbreak of dementia praecox or manic depressive insanity. With sufficient data a mental diagnosis is rarely difficult and easily demonstrable, but rapid cross section diagnosis for courts, social service workers, military bureaus or any other sources of authority are absurd and misleading and unfair. No other persons would attempt to reach a conclusion on such insufficient data.

SPECIAL TOPICS.

(1) Personal changes of Medical Staff. Dr. D. R. Smith was on leave of absence status in military service November 15, 1918 to February 18, 1920.

Dr. Eva C. Rawlings had charge of the Second Assistant Physicians service December 15, 1918 to February 17, 1920 when she resigned to complete special psychiatric work on the subject of dementia praecox in which she had been engaged for a number of years.

Dr. Feldkamp, Woman Physician, Third Assistant, resigned to take special work at the Boston Psychopathic Hospital May 10, 1919.

Dr. M. G. T. diGiannini served in the women's service May 11, 1919 to October 28, 1920.

Dr. Annette McIntire came to us as Third Assistant Physician from the Boston Psychopathic Hospital November 15, 1920.

(2) Changes of employees in general. During the war and reconstruction periods we maintained a force 90 to 95 per cent complete, which is an unusual record. Changes at one time amounted to 10 to 15 in and 10 to 15 out each month among a personnel of 150. But California service attracts the trained type because of salary standard, which the employees here as a whole prefer to a reduction in hours of work.

(3) Occupational work among patients has been as extensive and successful as hitherto reported. An occupational survey of all the women patients showed the necessity of repeatedly going over this field, even with as stable a population as the women's department of this hospital.

(4) Entrance Wassermann tests and vaccinations show about the same percentage (14 per cent) of syphilitics as before, and the enormous percentage of 70 per cent positive vaccinations among California's population not having any protection against smallpox.

(5) Religious services and social efforts have been maintained at the same standard and with the same degree of success.

RECOMMENDATIONS FOR BUDGET.

(1) *Support Appropriations.* Under the stress of the past biennium we have been obliged to omit many needed expenditures for repairs,

furnishings and general welfare, and concentrate on food supplies and necessary clothing for patients. So far also we have failed to find any lowering of the aggregate of expenses. Hence our estimate based on present expenditures presupposes a drop in prices adequate to care for the neglected features of the past biennium. We need urgently \$394,065.40

(2) *Salary appropriation.* This is a definite figure which must be maintained owing to the fact that throughout our state we necessarily depend upon attracting a trained class of attendants, and do not draw from other working classes because of their higher wages in other lines of work. It is axiomatic that you can not give patients the same service with a less number of attendants or less pay for the necessary hours of service. We are not a commercial business. We need for salary \$300,000.

(3) *Special Appropriations.*

I. Construction, New.		
1. Receiving building -----		\$150,000 00
Service connections, \$8,000; equipment \$17,000 -----		25,000 00
2. Addition to kitchen \$18,000; equipment \$2,000 -----		25,000 00
3. Employees building -----		60,000 00
Service \$7,600; equipment \$6,400 -----		14,000 00
4. Completing male tuberculosis cottage \$6,000; equipment \$1,000 -----		7,000 00
5. Converting present floor in administration building to house 60 patients -----		15,000 00
6. New administration building -----		45,000 00
II. Farm Improvements.		
1. Improving water supply -----	\$5,000 00	
2. Irrigation at ranch -----	9,000 00	
3. New well and pump at ranch -----	5,300 00	19,300 00
III. Water Supply.		
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2. Conduit dam No. 3 to dam No. 2 -----	1,300 00	
3. Fire protection at dairy -----	1,000 00	
4. Water meter 10-inch pipe line -----	650 00	37,950 00
IV. Shops and Warehouses, etc.		
1. Plumbing shop \$1,600; equipment \$900 -----	2,500 00	
2. Mechanical equipment -----	13,000 00	
3. Disposal effluent gas plant -----	2,000 00	
4. High pressure gas receiver, etc. -----	11,000 00	
5. Repainting gas and water tanks -----	1,600 00	
6. Two additional oil tanks. One at switch and one at hospital -----	6,000 00	33,100 00
V. Miscellaneous.		
1. Sewage disposal -----	10,000 00	
2. Survey pipe lines -----	1,000 00	11,000 00
3. Ruddick estate -----		25,000 00
		\$465,350 00

Explanatory notes for special appropriations.

I.

1. *Receiving Building.* The Mendocino State Hospital is the only hospital in the state without this necessary part for treating mental patients. Asked for in 1913 budget and ever since that. Increasing population and character of War Risk Bureau patients make necessary increased patient accommodations and this type of accommodation. Have 236 War Risk Bureau cases. Total population of hospital 1236 patients.

2. *Additions to Kitchen, etc.* At present insanitary, uncomfortable and inadequate. Always criticized by visitors. For reconstruction see Department of Engineering plans. Equipment means new range, food carts, containers and steam kettles.

3. *Employees Building.* Three thousand two hundred dollars spent last year for rent allowance and this now increased 59 per cent. Better control and more satisfaction of employees. Provides for 50 beds. See Department of Engineering.

4. *Complete Male Tuberculosis Cottage.* Money was allowed last budget and we finished only half. We have a greatly increased number of male tubercular patients.

5. *Converting Present Floor of Administration Building.* Provides space for 60 patients in space vacated by change in administration offices and officers' dining room.

6. *New Administration Building.* Conditioned on changes in No. 5. Follows plans of Engineering Department. Provides adequate office space and dining room facilities. Releases patient space.

II.

1. *Treatment and Storage of Milk at Dairy.* Cooling of milk, proper cleaning and scouring of cans, adequate screened space, storage and abundant hot water are sanitary essentials provided for.

2. *Irrigation at the Ranch.* Irrigation from character of soil means rapid distribution for effectiveness. This means accumulation in small reservoir, proper and rapid pipe distribution and hence greater efficiency for less water.

3. *New Well and Pump at Ranch.* The production from our land is in direct proportion to the amount of water. We need more water and hence a new well.

III.

1. *Water Supply—Increasing Dam No. 3.* This means increasing storage of water 40 per cent to 50 per cent. See Engineering Department.

2. *Conduit Dam No. 3 to Dam No. 2.* Stream seepage and disappearance and reappearance of water great and very critical. This year found it necessary to construct a flume.

3. *Fire Protection at Dairy.* Food stored in wooden barn. Some calves and bulls in same. Contemplates 5-inch wood pipe line and 2 hydrants. Recent experience shows we cannot get adequate amount of water to this point of hospital grounds.

4. *Water Meter for 10-inch Pipe Line.* For economy and especially in critical years it is necessary to know how much water is being used. At present we have no adequate data.

IV.

1. *Plumbing Shop and Equipment.* Construction at this figure possible because of building and material on hand. Additional equipment necessary. Present location under ward with fire danger and too small for any orderly arrangement or care of material.

2. *Mechanical Equipment.* Consists of the following considered necessary by the Department of Engineering for efficiency and economy as well as fire protection and to provide for heavier fuel oil which is anticipated.

(a) Pump at condensation tank.

(b) Raise feed water heater.

(c) Oil conduits.

(d) Oil heating system in oil storage tanks.

(e) Auxiliary fire apparatus (two 40-gallon chemicals).

3. *Disposal of Effluent Gas Plant.* At present we use sumps which when it does not work makes us violate the law by contaminating a stream and damaging our neighbors' property. A sump is a progressing waste of land also. See Department of Engineering.

4. *High Pressure Gas Receiver, etc.* Necessary in use of gas for cooking range and this is estimated as an economical necessity by the Department of Engineering.

5. *Repainting Gas and Water Tanks.* Necessary to protect the two tanks at the hospital.

6. *Two Additional Oil Tanks, One at Railroad Switch and One at Hospital.* Railroad traffic and weather conditions and demurrage make necessary extra tank at railroad switch at Ukiah and extra tank at hospital. Gravity underground tanks contemplated.

V.

1. *Sewage Disposal.* Present septic tanks obsolete and open bottom. It is ineffective and wastes effluent for irrigating beets and carrots for cows.

2. *Survey of Pipe Lines.* No complete survey of pipe lines on hand. We can depend upon recollection only so long and so far. Survey and mapping are accurate and permanent.

Purchase of Land of Ruddick Estate Which is Contemplated. This was agreed upon as necessary last budget but postponed for this biennium. Price agreed upon \$25,000.

In conclusion I desire to thank your Honorable Board for the evidences of your continued confidence and support. With few exceptions, the officers and employees have been faithful and efficient in the discharge of their duties, which have been unusually arduous and wearing.

Respectfully submitted.

ROBERT LEWIS RICHARDS,
Medical Superintendent.