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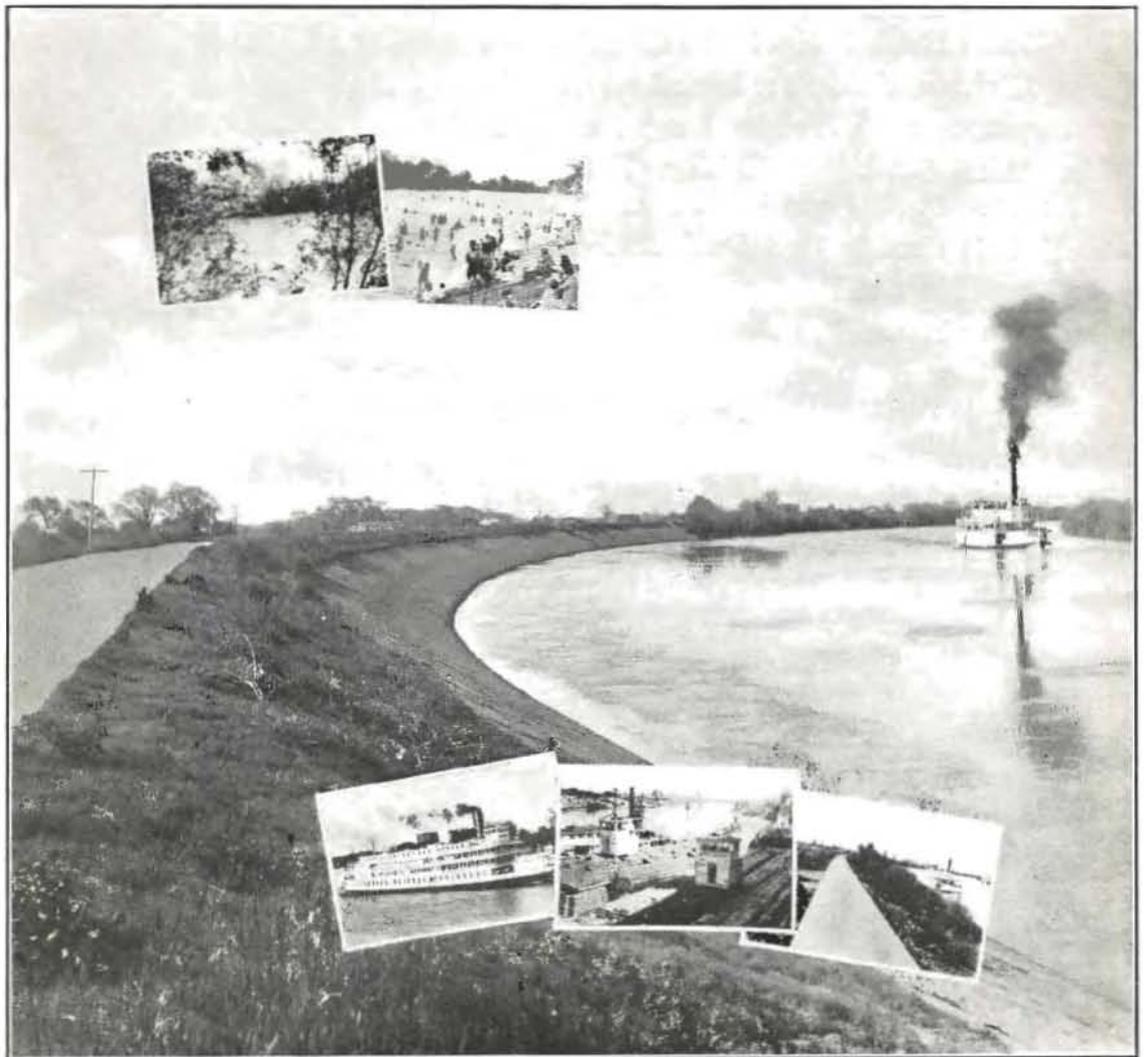
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The Sacramento River at Sacramento

Caring for the Dangerous Insane

California Provides Home at Mendocino Hospital Designed for Deranged Patients of Anti-Social Delusions

By W. K. DANIELS, Deputy Chief, Division of Architecture.

AMONG the many different types of housing problems the Division of Architecture must meet and solve in connection with state institutions, one in particular stands out and requires studies involving new problems in state architectural studies.

The problem of housing and caring for the



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insane presents many obstacles, but the matter of housing and caring for insane of anti-social tendencies is indeed a major problem. The solution of this problem, however, is apparently near as the Division of Architecture is at the present time constructing a building at the Mendocino State Hospital which will function as a hospital for insane patients requiring special custodial care.

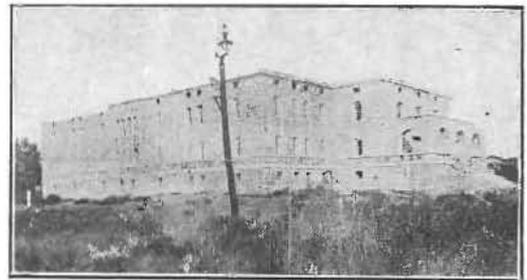
As early as 1882 the suggestion was first made to erect a building to house what was then termed "criminal insane." The idea originated in the prisons whereby prisoners becoming insane could be properly segregated from other prisoners and be accorded medical attention of a nature the prison physicians were unable to give. After repeated requests from the Prison Board, the legislature appropriated a sum to erect such a structure and about 1905 a project was started at the Folsom State Prison. Besides costing a considerable sum of money, several years were consumed in its erection. The building as designed was of the jail type and built of granite stone quarried and prepared by the prisoners. Construction work was done by prison labor under the direction and supervision of the then State Engineer.

Construction was carried along to a point nearing completion, but when the building was about to be turned over to the prison authorities for operation, opposition arose to

this method of caring for insane persons of the type described. Objection was based on the theory that it was wrong to consider the insane of any nature as criminals. It was asserted that their care should not be connected in any way with a penitentiary. The objections prevailed, and as a result, the structure was never used for the purpose originally planned. For a time some of the cells were used for solitary confinement cases. An attempted escape resulted in a killing, and since then the building has been abandoned.

The Division of Architecture has in the past made various surveys and estimates as to ways and means to utilize the material in the structure but nothing has developed from these studies. The building stands today, outside the prison walls battling the elements, defeated in its purpose of assisting society in the burden of caring for insane persons requiring special custodial attention.

As a result of this failure the state institutions for insane were obliged to continue to care for this type of patient. They did this in the most satisfactory way possible under existing conditions. The hospitals for the insane were not controlled by armed guards as



Jail type building for the dangerous insane constructed at Folsom and later abandoned.

are the prisons, and it is not to be wondered that escapes took place.

It so happened a patient of this type escaped from one of the state hospitals on several different occasions and set fire to buildings in a nearby town. This situation brought about a protest from the community and a movement was started to remove the hazard. As a result an appropriation of \$150,000 was



Special custodial building for the anti-social insane now under construction at the Mendocino State Hospital.

approved by the 1925 legislature to erect a Special Custodial Unit to care for this type of insane.

The problem of the location of this unit was submitted to each of the state hospitals for insane for recommendations as to the site, involving as it did the housing and responsibility of the most dangerous type of person the state has to care for. To Doctor Donald R. Smith, Medical Superintendent of the Mendocino State Hospital, goes the honor of being the medical superintendent in the state service to accept this burden by voluntary offer.

Practically all of the old main buildings at the state hospitals were designed and erected on the order of jails. They had iron bars at all openings and were from three to five stories in height. In late years, however, this plan was discontinued, now buildings of domestic type, and as a rule only two stories in height, are being erected, the purpose being the reduction of the fire hazard to a minimum and the creation of a pleasing environment for the insane. By making these surroundings resemble country estates instead of jails a long step towards helping in cures was made.

The problem confronted us as to how to construct a building to meet the requirements of housing safely these insane patients of anti-social tendencies and at the same time to continue to design a building of pleasing domestic suggestions and without the appearance of a jail. With the construction of the special custodial unit at the Mendocino State Hospital, now about 50 per cent complete, evidence is given of what California is trying to do in this matter. Without doubt the building will be second to none among structures in the United States serving the same purpose. It will be the first building of its kind and character to be erected and completed in the State of California.

The nature of the insane patients to be cared for in this building is such as to require their continued

confinement there. It is accordingly necessary to care for and treat them within the buildings without transferring to other buildings for treatment or other purposes. Accordingly the building is practically a complete unit in itself.

Careful consideration in planning the arrangement inside the building was given as in all other insane hospital buildings, to reduce to a minimum the possibility of patients doing bodily harm to themselves or others. In this connection, however, the writer has been informed by Doctor Smith that this particular type of insane person is not altogether dangerous while confined. In a large percentage of cases no greater care is required than in average insane cases. Should an escape be made, however, this type of the insane becomes very dangerous. Accordingly only patients of this class are to be kept in this building. This does not mean that all these patients have at some time committed crime, or have been convicted of some crime, or have spent any portion of their time in a state penitentiary. It is true that some patients who have had anti-social records will be housed in this building, but there will be others who have not.

When such patients are received at the hospital from any source, they will be examined mentally, physically and neurologically. They will receive a course of hydrotherapeutic baths, be given some form of occupation, if possible. They will be permitted many amusements, such as books, music, games of various kinds, as well as card games, checkers, moving pictures once a week, and out-door exercise whenever the weather permits for a period of from four to six hours per day. They will be fed in the large dining room and will have the use, while in-doors, of the spacious day room.

Should any patient be found to be suffering from any definite or specific condition, this will be treated as required. These patients, of course, will have access to and care from the surgery or X-ray department should either of these measures be necessary. In other words, they will receive the same care and treatment, and be given the same opportunities for recreation and occupation, as other mentally sick persons in the hospital but, owing to their anti-social proclivities, must be kept within a building from which they can not escape.

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CARING FOR THE DANGEROUS INSANE

(Continued from page 12.)

There is for instance, the case of one patient who, while confined to a particular ward, performs his duties with a high rating of efficiency. This man labors under the impression that he is being detained to satisfy the desire of others. Should this man escape, he no doubt would have but one thought in mind, that of assassinating certain persons whom he believes are responsible for his detention. This includes members of his own family.

One can realize from the above instance the problem involved in the housing of this type of insane person. Its solution as far as the housing problem is concerned has been accomplished as follows:

On the first floor is an entrance lobby, office, visitors' room, dining room, pantry, shoe room, clothes room, wash room, shower room, dressing room, general toilet room and 29 single rooms.

The second floor contains a hydriatic room for the hydrotherapy treatments which are the major treatments, wash room, general toilet rooms, an assembly and day room and 37 single rooms, all single rooms being approximately 7 feet 6 inches by 11 feet 6 inches.

Both floors of the building have necessary storage rooms and closets, night watch quarters and wide 8-foot corridors. The whole building has an abundance of natural light and ventilation and represents the last word in sanitation. Food is prepared in the institution's main kitchen and brought to this unit in containers where it is served from the pantry.

One of the many features of this building is the window opening arrangement. Windows are enclosed with steel sash and frames divided into small panels of wire glass. This makes it impossible to shatter the glass area or to make an exit should a glass panel be removed. The area of the window to open is constructed of double frame and muntins. The exterior section is glazed and the interior section unglazed and stationary, thus making a guarded opening after the exterior section is swung open. Metal rolling screens cover the openings. This style of window opening does away with the old method of installing steel bars, but still maintains an adequate degree of safety.

The capacity of the building for the present is 66 patients. However it is designed and constructed so that additions may be built later, the ultimate planned capacity being 300 patients. As the assembly and day room, dining room and pantry are centrally located it was necessary to build them of a size to meet the future capacity.

The assembly and day room has a projection room in connection, which enables the showing of films.

Four of the single rooms on the second floor are arranged to detain a patient in one room while under special observation.

The wash rooms, general toilets and shower rooms have tile floors and walls. The hydriatic room includes a continuous bath, ice pack sink, electric cabinet, sitz bath and showers, all being controlled by a series of Leonard control valves operated by an attendant which regulate the temperature of water to be used. The floors, walls and ceilings are covered with tile. All other floors of the building are covered with linoleum.

In the rear of the building is a yard enclosed with a masonry wall to permit sunning and exercise. The yard is provided with seats, shelters, walks and toilets. A heater room is located in the basement where a

steam control valve is placed which functions in the capacity of distributing steam from the high pressure line which is supplied from the institution's central boiler plant. A hot water storage tank and the main electric switchboard of the building are also located in the heater room.

The structure will be practically fireproof. It is built of reinforced concrete construction, having on the exterior a brick veneer base, stucco finished walls and clay tile roof of variegated colors. The design of the building is of rambling English style. The site of the building on the grounds of the Mendocino institution with its large spreading trees and natural shrubbery makes a pleasing and harmonious setting. Walks and drives are being constructed which will bring the building within easy access from the main institution's executive section. The Division of Architecture feels it will have accomplished a project and a purpose heretofore unsolved in the west with the completion of the special custodial unit at the Mendocino State Hospital, providing as it will for the confinement of all anti-social cases of insanity within the State of California.

PREHISTORIC CIVILIZATION ALONG THE LOWER COLORADO

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strued as supernatural phenomena. Hence the location of the "Mystic maze" on a site overlooking the river.

On the banks of the river between Yuma and Blythe are numerous markings on rocks which are beyond all question the work of human hands. The work involved in carving these figures with the crude tools known to have been in use by the prehistoric people would indicate that the story thus written was well worth writing. With this story is an unwritten and long forgotten story, perhaps equally significant and interesting, the story of the author, who he was, when he lived, and the motive for his work.

The Colorado River can be reached in about one day's drive from Los Angeles by three partially improved highways. Yuma, Arizona, can be reached via the Los Angeles and Imperial Valley and Borderland highways; Blythe can be reached by the Los Angeles to Imperial Valley highway and the Sunkist Trail via Thermal and Mecca; and Needles and Topoc can be reached via the Old Trails highway. The season for touring in this district is now at its best and will continue until about the first of May, providing a splendid opportunity for winter outing.

A total of 342,201 automobiles from the United States entered the Province of Ontario during the season of 1927, spending \$40,696,650, and represents an increase of 48.01 per cent over 1925, according to announcement by the American Motorists Association headquarters at Washington.