

DEPARTMENT OF THE INTERIOR,
INSPECTION SERVICE.

Portland, Oregon,
December 29, 1911.

The Honorable

The Secretary of the Interior,
Washington, D.C.

Sir:

I have the honor to submit the following as my report on the buildings recently constructed at Portland, Oregon, by The Sanitarium Company, in which the insane of Alaska are now cared for by said company under contract with the Department dated April 28, 1909, and the conditions surrounding the care and treatment of the inmates thereof.

Permit me to advise you that, in compliance with instructions sent to me at Great Falls, Montana, dated September 26, 1911, I met the Governor of Alaska at Portland, Oregon, October 13, 1911, and, in conjunction with him, made investigation of general conditions at the sanitarium, but more especially with regard to the care and treatment patients confined therein receive. Since Governor Clark's departure from Portland, October 16 - except October 26, 27 and 28 - when I visited Seattle, Washington, and had further conference with him in the matter, I have continued the investigation, carrying it on both at and

away from the sanitarium. A number of persons have been called upon and conferred with including a Judge of the Federal Court, before whom habeas corpus proceedings were brought, physicians who have made occasional visits to the sanitarium, and others who, actuated by altruistic or other motives, have written letters of complaint, or have in other ways criticised the management of the institution.

Careful inquiry has been made as to the treatment patients receive from attendants and nurses and of the care and medical attention afforded them. Also, a close personal inspection has been made of the food - including the manner in which it is prepared and served - beds and clothing with which the patients are provided, together with a thorough inspection of all buildings, with particular reference to the capacity, fire protection, lighting, heating, ventilation and sanitary condition thereof and, further, to ascertain whether the large, main building has been constructed in accordance with the plans and specifications approved by the Department November 29, 1910.

LOCATION AND BUILDINGS.

The institution conducted by The Sanitarium Company, which is now known as "Morningside Hospital", is located on a ten-acre tract of level land situated one mile east of Montavilla, a suburb of Portland, Oregon, on what is known as the Base Line road, a well improved macadam highway. The site is about one and one-half miles east of the former location

(Crystal Springs Sanitarium), is away from the residential section and appears to be desirable. The tract is occupied under a lease of five years from December 1, 1910, which carries, also, an option to purchase. While the grounds were unimproved at the time the buildings were erected, much work has been done on them the past season in the way of removing stumps, grading, building walks, setting out trees and seeding, and, at this time, they present a pleasing appearance. In another year further marked improvements in the surroundings can be expected.

The buildings constructed on the present site consist of a large, main building, Women's Cottage, The Inn, small cottage for attendants, water tank and heating plant, and are particularly described as follows:

Main Building:

The main building, which is occupied by male patients only, is a two-story frame, 40' x 140', with tar and gravel roof, and foundation walls of concrete eight inches thick. Across the front - facing north - is a porch leading from the upper ward, 10' x 40', and across the rear - facing south - are two porches, one leading from the upper ward and one from the lower ward, each 10' x 40'. The two upper porches are inclosed by heavy, steel wire grating, and the lower porch by substantial wood frame work; they are constantly frequented by patients during the day, affording them opportunity for outdoor air and exercise, and should be considered one of the best features of the building.

There are three exits leading from the second story, viz: one inside stairway, and one outside stairway at each end of the building, which would, in case of an emergency, permit the removal of all the patients from this floor within a very short time.

The building stands north and south, the front end being toward the road - facing north - and is well provided with windows which furnish an abundance of light and air. The openings are:

Front end, first story; one door and four windows; second story, one door and one window, with transom over each.

Rear end, first story; one door and one window; second story, one door and one window, each with transom.

East side, first story; nine double-sash windows; second story, eleven large, single-sash windows with transom over each.

West side, first story; two doors and nine, double-sash windows; second story, eleven large, single-sash windows with transoms.

All transoms are hinged at the top and open outward. First-story windows have steel sash with glass panes 8" x 8", while the windows and transoms on the second floor are screened inside with heavy, steel wire.

The building has two large wards, one on each floor, which afford better facilities for classification of male patients than was ever before provided at this institution. Sub-division of the interior has been made as follows: first story, front, 14'6" x 40', divided into reception and two office rooms; ward, 39'2" x 92'6", in which are placed sixty-two single-beds;

rear, 13' x 40', divided into four rooms, viz: linen room, lavatory, bath and toilet rooms. The bathroom is provided with one porcelain lined bath tub and one shower bath, and the toilet room with four hoppers and two urinals. Second story: ward, 25'6" by 112' with alcove 14'6" by 20'6", containing fifty-nine single-beds. Six separate bedrooms open on this ward, each being 13' x 14' in size, three of which are occupied by attendants and three used for noisy or invalid patients. At the rear, on this floor, are lavatory, toilet and bath rooms equipped in the same manner as those on the lower floor.

Benches with backs are placed along the sides of each ward. The floors of the wards and bedrooms are stained and paraffined, and are kept well polished. The interior finish is natural yellow fir, varnished. The ceilings in the building are high, being 10'3" in the lower ward, and in the upper ward, 11'6", which, with the large windows and transoms, at all times assure good ventilation. One very noticeable feature of these wards is good air, there being an entire absence of the hospital odor common in many institutions. At the present time, the building throughout is in A-1 sanitary condition. The crowded condition of the building in which the Alaska male patients formerly were housed - specially referred to in my report on the sanitarium dated December 21, 1909 - has been overcome in the construction of this building by providing the two large wards. The lower ward contains 3623 square feet of floor space and

37136 cubic feet of air space, thereby affording the sixty-two patients and one attendant on duty at night 590 cubic feet of air space each. In the upper ward are 3153 square feet of floor space, and 36260 cubic feet of air space which allows 604 cubic feet of air space for each person now occupying the ward at night, the total being fifty-nine patients and one attendant.

Other marked improvements in the new building are an abundance of sunlight - which reaches it from every quarter - additional exits, and separate buildings for the heating plant and kitchen. On each floor are kept in convenient places two Royal fire extinguishers, and a coil of one-inch hose having the same length as the building.

Careful inspection of this building shows it has been well constructed and, in the main, in accordance with the plans and specifications approved November 29, 1910, the exception being a slight difference between actual room measurements and those shown on the blue print of the first-floor plan, which should be considered as immaterial.

At the rear of this building is an open-air inclosure, 350' square, surrounded by a high, tight-board fence having three strings of barb wire on top, which is used by the male patients for recreation and exercise in pleasant weather. Inside of this inclosure are a water faucet and drinking cups, a small bower, benches and toilet.

Women's Cottage:

This is a new, one and one-half story frame building, 24'3" x 62'3" with an "L" 23' x 28'2", and a single-story addition 8'2" x 16'2", of two rooms, intended for noisy or tubercular patients. At the southwest corner of the building is a recreation porch 9'3" x 23'8" screened with heavy, wire netting, which is frequented by nearly all the patients in the cottage at different times during the day. The building is situated 143 feet north of the main building and is used exclusively for the accommodation of the Alaska female patients. On the lower floor are the ward, six bedrooms, serving kitchen, pantry, linen and clothes room, bath room with stationery wash-stand, bath tub and shower, and two toilet rooms. The ward is 19'4" x 39'8" with alcove 5' x 10', with ceiling 10' in height, and contains 817 square feet of floor space and 8170 cubic feet of air space. At the present time, thirteen patients and one nurse occupy this ward at night, each of whom is afforded 584 cubic feet of air space, and ten patients occupy the six bedrooms.

On the upper floor are a large, square hall and four private rooms, now used by the nurses. A coil of one-inch hose the full length of the building and four Royal fire extinguishers are kept in place on the first floor.

The Inn:

This building is a one and one-half story frame 22'3" x 108'4", in which are the dining room, kitchen, store-

room and laundry, with a small heating plant. It is located midway between the main building and Women's Cottage.

The dining room is 21'4" x 70'2" in which are in daily use twelve tables, ten being set for the male patients, one for the female patients, and one for the attendants and nurses. The room is well ventilated, and has sufficient capacity for four or five additional tables. Separate entrances to the dining room are used by the male and female patients, and board walks each 60 feet long, inclosed with rustic trellis work and covered with tarpaulin, lead thereto from their respective quarters.

The kitchen, which adjoins the dining room, is 16'6" x 21'4". It is equipped with two, large, steel ranges, sinks for washing and rinsing dishes, and with other modern conveniences usually found in large culinary departments. Connected with the kitchen is the store-room, in which the grocery supplies are kept, and in the rear of the building, adjoining the kitchen, are the laundry and auxiliary heating plant. Near the kitchen is an outside cellar, fitted with shelves filled with canned fruits in glass jars.

No provision having been made to exclude flies from either of the buildings occupied by the patients, or from the dining room and kitchen, criticism of this condition was made by both Governor Clark and myself and was followed by the suggestion that early next spring wire fly screens, set in frames,

be fitted to all windows; that wire screen-doors be placed throughout; and that the main entrances to each of these buildings be provided with vestibules having double screen-doors. This is a very necessary improvement which I have been assured by The Sanitarium Company would be carried out early next season in accordance with the plan above outlined. As a reason for not having installed fly screens this year, the company pleaded excess work due to moving and building construction.

Situated between The Inn and main building is a water tank of 8000 gallons capacity connected with the old plant at Crystal Springs which affords a strong pressure. Also, connection has recently been made with the city's water supply, which can be used if required.

The main heating plant is installed in a separate building in which is placed an Ideal sectional boiler with capacity to supply 3150 square feet of radiation. The system, which is hot water circulation, works well and is very satisfactory. Should occasion arise, the auxiliary plant above referred to also could be used in supplying heat to the several buildings. All the buildings are substantial and comfortable and are lighted throughout by electricity. No fires of any kind are allowed in the main building or Women's Cottage.

FOOD, CLOTHING AND BEDS.

The patients are given three meals daily, viz: breakfast, 7:00 A.M.; dinner, 12:00 M.; supper, 5:30 P.M. The food

Syrup,
Sauce, either prune, raspberry or pear, or rice
 cooked in milk,
Tea, with sugar and milk,
Milk,
Cake occasionally.

On several occasions I visited the sanitarium when not expected - always arriving just before meal time - two such visits having been made in company with Governor Clark, when we had opportunity each time to see what food was given the patients at the midday meal. So far as I have been able to observe, the menu book referred to correctly shows the kinds of food with which the tables are daily supplied.

Having ascertained that a stew - either beef or mutton - was usually served for dinner five days each week, suggestion was made to the management that, in order to afford greater variety of meats at this meal, boiled meat be served once and roast meat once each week, which, with corned beef and cabbage on Monday and fresh fish on Friday, would permit a change to be made every day. It was suggested further by me that the table set apart for the female patients be supplied with butter every day at the evening meal, and that the male patients be given butter for supper three times a week. On my visit to the sanitarium on the 14th instant, I found that butter was being served to the female patients every day for supper, and to the male patients three times a week, but only to those who work, instead of to all male patients as I had suggested. I am now advised, however, that all the male patients receive butter for supper twice a week.

Grocery supplies found in stock consisted of coffee, tea, white sugar, brown sugar, flour, rolled oats, corn meal, rice, hominy, pearl barley, split peas, beans, vermicelli, macaroni, corn starch, crackers, butter, lard, sauerkraut, codfish, syrup, vinegar, dried prunes, dried currants, canned tomatoes and canned corn.

Of green vegetables, there were potatoes, turnips, carrots, cabbage, rutabagas, string beans and parsnips.

A large supply of fruits put up in glass jars were found in the outside cellar and storeroom, consisting of plums, pears, cherries, raspberries and blackberries, also, a quantity of canned rhubarb. Mr. Simmons, Chief Cook, informed me he had put up twenty-four hundred quarts of canned fruits the past season which were grown on the company's farm.

The farm, consisting of about forty acres of land near the sanitarium, is operated by the company and furnishes the kitchen with vegetables, milk, and fruits in season. Fresh meats are delivered every morning and evening, and fish on Friday. Also, the kitchen is supplied daily with bread by the Montavilla Bakery, and milk from the farm, where twelve cows are kept, is brought in each morning.

Clothing is furnished by the Sanitarium Company, it being necessary in almost every case when a patient is received to provide him or her with new clothes throughout. The male patients wear a fair quality of cotton, knit underwear of good

length and medium weight, heavy cotton half hose, dark cotton overshirts, blue and gray denim jumpers and overalls and kid-lined leather slippers. Jumpers, overalls and slippers are worn by all when in the wards. When patients work outside they are furnished clothes suitable for the weather, and always heavy shoes. At my suggestion The Sanitarium Company recently purchased and now also carries in stock a number of suits of men's merino underwear (half wool and half cotton) and a supply of all-wool socks, it being important, in my judgment, that certain patients whose circulation is below normal and who are in a general anaemic condition be supplied with such clothing. Merino, instead of all-wool underwear, was preferred on account of its slight shrinkage.

The female patients appear to be comfortably clothed, being provided with cotton, knit undergarments of fair quality, hose, two petticoats, corsets, kimonas, gingham and calico dresses, cotton and flannelette nightgowns, handkerchiefs, shawls, shoes and slippers.

The beds used by the patients consist of single, iron, sanitary bedstead - white enamel - woven wire and spiral spring, excelsior mattress with cotton top, two sheets, single and double blankets, white spread, feather pillow and case. In addition, a comforter is rolled up and placed across the foot of the beds used by the female patients. Extra blankets are kept in all of the wards and the attendants informed me that whenever a patient re-

quires or asks for additional covering it is supplied. All of the beds have a clean appearance and are comfortable.

PHYSICIANS AND ATTENDANTS.

While no changes with respect to the principal officers of The Sanitarium Company have been made, Mrs. V. M. Coe, wife of Dr. Henry Waldo Coe, also a physician, has for the past year attended chiefly to the business management of the sanitarium, and the positions of medical director and assistant physician formerly occupied by Dr. Robert L. Gillespie and Dr. Joseph A. Applewhite, are now filled by Dr. William C. Judd and Dr. Stephen T. Bayles, respectively.

Attached to Morningside Hospital now are Dr. William C. Judd, Physician in Charge; Dr. Stephen T. Bayles, Assistant Physician; Paul H. Lutz, Head Attendant, in charge of male patients in main building, and Miss Josephine Jackson, Head Attendant, in charge of female patients, Women's Cottage.

Dr. Judd is a graduate of the medical department of Willamette University, Salem, Oregon, and has resided in the State most of the time since his childhood. He is a single man, twenty-nine years of age, studious, and of correct habits. He informed me that during his junior year at the University he spent one afternoon each week at the State Insane Asylum attending lectures and clinics, and that during his senior year he passed two afternoons of each week at said asylum in like manner;

that he was employed two years in the Florence Sanitarium at Salem, Oregon, a private institution; that for three years he was engaged in a general private practice - most of the time at Paducah, Texas - and for one year - 1910 - he had charge of the Oregon Trunk Railway Company's hospital at Shaniko, Oregon. Dr. Judd has been with The Sanitarium Company as Physician in Charge of Morningside Hospital since January 1, 1911. He makes regular daily visits to the wards usually in the forenoon between eight and twelve o'clock, when he examines the patients, hears all requests and complaints that are made, and renders medical treatment to those who require it. He also visits the wards at other times when necessary. He has a private office in Montavilla - one mile distant - where he remains, usually, during a portion of the afternoon, though always within 'phone call. He takes his meals at the hospital and sleeps there. Report is made by him every day - by telephone - to Mrs. Coe.

Dr. Stephen T. Bayles came to Oregon eight months ago from Attica, Kansas, and has occupied the position of assistant physician since June 16, 1911. He is a married man, thirty-two years of age, and states that he has had more than five years experience as attendant in institutions for the insane. He informed me that he graduated from Ensworth Central Medical College, St. Joseph, Missouri, in April, 1908, prior to which time he had for five years been employed as attendant in the Iowa State Hospi-

tal at Clarinda, and, for five months as attendant in the State Hospital for the Insane, No. 2, at St. Joseph, Missouri. Dr. Bayles visits the wards at different times during the day and assists in administering to the wants of the patients. However, he lacks ambition and appears to attend to his work in a perfunctory manner. He also lives at the hospital, and is there at night as well as during the times Dr. Judd is absent.

Paul H. Lutz, Head Attendant, main building, has been employed by The Sanitarium Company since February 2, 1910, first as attendant, and since January 15, 1911, as head attendant and nurse in charge of the male patients. He is twenty-nine years of age, and is a man of even temper, kindly disposition and excellent habits. He is thorough and systematic, has good control over both attendants and patients, is constantly on duty during the day, and always within call at night, occupying one of the rooms connected with the upper ward. Mr. Lutz personally attends to the giving of medicine and to all other treatment prescribed by the physicians, making a record thereof in each case in the Medical Record and in the Daily Dose Book. He has prepared complete diagrams of the two wards, which show the location of each bed and the name of the occupant thereof; has at all times knowledge of the physical and mental condition of each patient and, apparently takes great interest in his work. Prior to coming to Portland, Mr. Lutz was employed two years - 1908, 1909 - as attendant and nurse in the State Hospital for the In-

sane at Fergus Falls, Minnesota.

Miss Josephine Jackson, Head Attendant, Women's Cottage, has been employed by The Sanitarium Company in such capacity since July 13, 1908. She is thirty-two years of age, and before coming to this sanitarium had been employed as attendant and nurse in other institutions, as follows: One year in State Epileptic Hospital at Parsons, Kansas; one year in State Asylum for the Insane at Hastings, Nebraska; and six months in Dr. Robertson's private sanitarium at Livermore, California. Miss Jackson is a woman of equal temperment and has good control over the patients in her charge. She is attentive in the performance of her duties and appears to be, in all respects, well qualified for the position she now holds.

Also, there are employed by The Sanitarium Company eleven male attendants who work under the direction of Mr. Lutz, and three female attendants attached to the Women's Cottage, under the supervision of Miss Jackson, all of whom have had experience in insane asylum or sanitarium work. Also, a laundryman and laundress are regularly employed.

CARE AND TREATMENT.

All of the patients confined in this institution appear to be receiving good care and attention. Those who use tobacco are furnished as much as they desire and are allowed, during the day, to chew and smoke at will. The facilities for

exercise are good, the outside inclosure being used for such purpose by the male patients in pleasant weather, while at other times they have unrestricted use of the large wards and screened porches connected therewith. The female patients have the freedom of the ward in their building as well as the large screened porch leading therefrom, which afford them sufficient room for exercise when kept inside. At times, in pleasant weather, they are given outside recreation by the nurses. Other than being confined, the inmates of this institution are kept under very little restraint, being allowed to mingle freely in their respective wards which, undoubtedly, assists in their mental improvement to a greater degree than would the plan of strict classification, if followed.

In cases of violent or otherwise dangerous patients, straps are used consisting of leather wristlets lined with buckskin to each of which is attached a staple through which a leather belt is passed and fastened around the waist. These straps prevent the wearer from striking, but at the same time afford him sufficient use of his arms to feed himself. They are a mild, though effective, form of restraint - the only kind used in the sanitarium - and are resorted to in exceptional cases only.

Throughout the investigation particular attention has been given to all matters pertaining to the care and treatment of the inmates of this sanitarium. Since the patients were transferred to the present location near Montavilla in December,

1910, , at which time The Sanitarium Company ceased to care for private patients (except two), very little criticism or complaint of any kind, it appears, has been directed against the institution. Former complaints of ill treatment, insufficient clothing, unwholesome food, etc., which, upon investigation, were found to be unwarranted, were chiefly intended, it would seem, as personal attacks upon Dr. Robert L. Gillespie, then superintendent and medical director. Dr. Gillespie resigned about the time of the discontinuance of the Crystal Springs Sanitarium, viz: in November, 1910, and in February, 1911, his assistant, Dr. Joseph A. Applewhite, also severed his connection with The Sanitarium Company by resignation.

Through personal interviews with many of the patients and employes of the institution, and in other ways, efforts have been made to ascertain whether any of the patients have at any time been subjected to ill treatment by attendants or others in the employ of The Sanitarium Company, with the result that in no instance has such a case been found.

My first two visits to the sanitarium in connection with the investigation were made October 14 and 16, 1911, in company with the Governor of Alaska. We arrived in the forenoon wholly unexpected and were therefore able to observe everything under usual conditions. Inspection at that time was made of the wards and other rooms in the buildings, the beds, and the food

supplied the patients. While at the sanitarium Governor Clark conversed freely with many of the patients, both male and female. He quickly gained their confidence and all whom he met appeared to greatly appreciate his visits to them. A number of the patients in each of the wards, many of them paranoiacs including Charles Van Nostrand and Frank Logerquist, on whose cases reports have been submitted, were brought into the office - one at a time - and interviewed by us. In a quiet and assuring way Governor Clark informed them that the purpose of his visit was to ascertain how the Alaskans sent down here were getting along, whether or not they were comfortable and were being well treated. Not one of the patients complained of having received ill treatment, but on the other hand each informed us that he had always been well treated by attendants and other employes. All except Charles Van Nostrand stated that no patient had, to their knowledge, been mistreated by attendants. As shown in my report of October 30, 1911, Van Nostrand informed us that two of the attendants had mistreated other patients in his ward without being able to say who the patients were, but his statement was not substantiated in any way though inquiry was made of other occupants of the ward. Further, his assertions being contradictory to those made by him during an investigation in November, 1909, regarding the treatment of himself by attendants, no credence could be given any of his statements.

Since the Governor's departure, I have visited the sanitarium at different times and have, on several occasions, conversed freely with patients regarding the treatment they receive from attendants. With the exception of one female patient - Mrs. Louise Miller - an irresponsible paranoiac who complained of being subjected to shocks from electric batteries, all told me they had no complaint to make of ill treatment.

The only complaints against the institution made within the last year that have been brought to my attention are contained in a letter dated December 28, 1910, addressed to the Governor of Alaska by Mrs. Alice Franklin of Portland, Oregon; a letter dated Portland, Oregon, July 6, 1911, to which was attached a clipping from "The Daily News" of Portland of the same date, addressed to Honorable George E. Chamberlain, United States Senate, by H. D. Wagnon; and a letter addressed to Mrs. M. Bishop, Fairbanks, Alaska, by Joseph Von Kowski, an escape from the sanitarium, dated Seattle, Washington, August 4, 1911, copies of which were sent to me by the Department.

The letter of Mrs. Alice Franklin appears to have been written, primarily, in behalf of her friend, Mrs. Blanche E. Duvall, an inmate of the institution. In the letter, however, she states that aside from any friendship in the matter her duty to humanity prompted her to write. Mrs. Franklin sets out in the letter that Mrs. Duvall is a frail woman and that she had complained to her of the treatment she had received in the sani-

tarium, viz: that she was compelled to work in the laundry, which work was far beyond her strength, and that the food was poorly cooked, it being neither appetizing nor nutritious. The letter also states that a Mrs. Miller, another inmate, "confirmed" the statements of Mrs. Duvall and, "while insane Mrs. Miller seems to be rational on most subjects, but insists that chloral, bromide, etc. are administered through the food to all the patients to keep them quiet." The letter states further that the writer was "informed by the women" that transfer of the patients to the new location was made on a cold, blustery, winter's day, in a lumber wagon and without adequate wraps; that the patients are compelled to march to their meals from one building to another, regardless of the weather, and that the sanitarium is located in a slashing in the brush where no grounds are afforded the patients for exercise.

In this connection you are advised that Mrs. Duvall is not a frail woman but is indeed quite robust - weighing about 155 pounds - and physically she appears to be strong and well. She has not worked in the laundry for months and in fact performs no work at the present time. When visited by any person outside the institution she talks incessantly, always complaining about being deprived of her liberty - as most insane patients do - and about the food and the manner in which it is prepared and served. At other times she is quiet and gives little trouble.

At the time of Governor Clark's visit, during a conversation we had with Mrs. Duvall, she complained about the food, as usual, saying all of it was unwholesome and, further, that it was "rotten and not fit for a dog to eat". I then asked her if she and the other patients at her table had not been served with a good dinner that day, and if the bread, meat and vegetables were not fresh and well cooked, to which she replied: "Yes, the dinner today was all right but of course it was extra." It was, however, the usual dinner consisting of soup, meat, vegetables, bread, milk and pudding.

The sanitarium records relative to Mrs. Duvall and Mrs. Miller, which contain a brief history and diagnosis of the patient in each case, show as follows:

No. 241 - Blanche E. Duvall - married.

History:

Born in Seattle, Washington.
Occupation, waitress.
Killed a Deputy U.S. Marshal in Fairbanks, Alaska.
Adjudged insane and committed from Fairbanks, Alaska.
Received at the sanitarium April 16, 1909.

Diagnosis:

Paranoia - chronic.
Delusions of wealth and grandeur,
also delusions of persecution.
Orderly - tidy.
Physical condition good.

No. 254 - Louise Miller - married.

History:

Born in Germany.
Adjudged insane and committed from Nome, Alaska.
Received at the sanitarium July 27, 1909.

Diagnosis:

Paranoia - chronic.

Delusions of persecution by the Roman Catholics,
the Masons and the Guggenheims,
also electrical delusions.
Hallucinations of hearing and sight.
Erratic, irritable and quarrelsome.
Ego marked.
Physical condition good.

Transfer of the patients to the new buildings on the site now occupied by The Sanitarium Company was made from December 19 to 23, inclusive, 1910. All the female patients, however, were moved to and established in their new quarters the first day, viz: December 19, and my investigation shows, contrary to the allegations of Mrs. Franklin, that they were conveyed in a spring wagon, were well provided with wraps in the shape of shawls and blankets, and that in making the short trip - one and one-half miles - they suffered no discomfort. As to weather conditions will say that I examined the records of the United States Weather Bureau in this city which shows that December 19, 1910, in Portland, was a clear day from sunrise to sunset; that the mean temperature was 40°, being one degree below normal; and that the average wind velocity during the day was 12 miles an hour.

There is no marching through slashing or brush from these patients' quarters to the dining room, the passageway being the covered, board walk hereinbefore described. Further, the sanitarium is not located "in a slashing in the brush", but it has pleasant surroundings, as well as grounds for outdoor exercise, as will be seen by photographs accompanying this report.

November 4, 1911, Mrs. Alice Franklin was called upon and interviewed at length by me as to her knowledge of existing conditions at the sanitarium, especially with respect to the care and treatment the inmates thereof receive. I found her to be an intelligent woman of middle age, very sympathetic and inclined to be credulous. In referring to Mrs. Blanche E. Duvall she stated that she and her family had known her - though never intimately - for a number of years, and while she disapproved of her former association and manner of living, she had much sympathy for her in her distress and, since her confinement in the sanitarium, had visited her a few times. When interrogated concerning the statements embodied in her letter to Governor Clark, supra, Mrs. Franklin informed me they were based entirely on the statements made to her December 25, 1910, by the two patients, - Mrs. Duvall and Mrs. Miller - and that of her own knowledge she knew nothing about the conditions surrounding the care of the Alaska insane at Morningside Hospital. Replying to further questions, she stated that she considered both Mrs. Duvall and Mrs. Miller insane, and that possibly it was unfair to the institution to submit a complaint based upon such evidence, although she had believed Mrs. Duvall's statements to be true. She said, however, that her communication to the Governor was for the purpose of causing investigation to be made, and that it was not intended as a formal complaint. Mrs. Franklin informed me further that she had not been out to the sanitarium since

December 25, 1910 (two days after the transfer had been completed), and that she had ceased to visit Mrs. Duvall because of the fear of being with her alone even for a short time.

As to the Wagnon letter and the newspaper clipping enclosed therewith alleging cruel treatment of Frank Logerquist, an inmate of the institution, it is sufficient to say that the allegations were denied by Logerquist himself at the time of Governor Clark's visit, as shown in my report of November 4, 1911. Dr. E. P. Geary, County Physician, informed me that soon after publication of said newspaper article he met one of the proprietors of The Daily News who, at his request, accompanied the doctor on a visit to the sanitarium for the purpose of acquainting himself with general conditions, and that no criticism of the institution has appeared since in that newspaper.

The unreasonable, disjointed statements regarding the treatment of patients made by Joseph Von Kowski in his letter to Mrs. Bishop of Fairbanks - written less than three weeks after his escape from the sanitarium - are plainly the emanations of a diseased mind and need not be further considered as they are wholly untrue. In reference to this patient the records of the sanitarium show:

No. 351 - Joseph Van Kowski - single.

History:

Born in Pennsylvania.
Occupation, prospector.
Adjudged insane and committed from Fort Gibbon, Alaska.
Received at the sanitarium, April 14, 1911.
Escaped, July 16, 1911.
Apprehended in Seattle, Washington, and returned
December 4, 1911.

Diagnosis:

Paranoia.

Delusions of persecution, also delusions of wealth and grandeur.

Hallucinations of hearing and, probably, of sight.

Quiet - tidy.

Physical condition good.

Van Kowski, who was an orderly patient and had never given any trouble, was at all times, it appears, well treated and accorded more than the usual privileges. At the time of his escape he was outside doing some work on the grounds. This patient was captured in Seattle, Washington, and returned December 4, 1911. During a conversation had with Van Kowski at the time of my visit to the sanitarium December 14, 1911, he had no complaint of ill treatment to offer, but told me he had gotten along well during the short time he had been confined, and that he had always been accorded good treatment by attendants and others attached to the sanitarium.

The Legislative Assembly of the State of Oregon at its last session passed an Act - which was filed in the office of the Secretary of State, February 15, 1911, - requiring all private institutions for the care of insane or demented persons to obtain a license therefor from the court of the county in which such institutions are located.

Section 2 of said Act provides that:

"Every application for a license shall be accompanied by a statement of the number of patients proposed to be received therein, and whether the license so applied for is for the reception of male or female patients, or both, and if for the reception of both, what number of each sex

proposed to be received into such institution, and that proper accommodations are provided therefor."

Section 3 of said Act provides that:

"Whenever the county court, upon application of any person, firm, association or corporation, may, as in the preceding section, after the examination of the buildings and plans employed or proposed to be employed to take care of insane persons or persons of unsound minds, shall determine that the same are sufficient and proper for such purpose, the said county court is hereby authorized and required to grant such license upon the payment therefor of \$5.00 for a period of one year from the date thereof, and such license may be renewed annually upon the further payment of \$5.00. Such license shall be issued by the county clerk of the county in which said hospital, asylum or sanitarium is located."

Section 4 of said Act provides that:

"The county court shall have at all suitable times the right and power to investigate the methods employed in the operation of any such institution and in the care and treatment of patients therein, and to inspect the buildings and equipment of any such institution, and the county court may if it sees fit, make a full written report of any such investigation or inspection and file the same with the county clerk as a public record."

Under authority of said act inspection of the sanitarium was made July 1, 1911, by Dr. E. P. Geary, County Physician, at the request of County Judge Thomas J. Cleeton. July 3, 1911, an order was issued and filed in the clerk's office by the county judge, based on the inspection made for him by the county physician, whereupon a license was granted to The Sanitarium Company for one year, of which the following is a copy:

"STATE OF OREGON
County of Multnomah.

}ss:

No. 2

TO ALL WHOM IT MAY CONCERN:

THIS LICENSE

Is granted to THE SANITARIUM COMPANY of Portland, Multnomah

County, Oregon, to conduct a private sanitarium at Mt. Tabor on the Base Line Road, they having filed an application therefor conformable with the provisions of the Statutes of the State of Oregon, relating thereto.

This License to be in force until the 3rd day of July, A.D., 1912.

WITNESS my hand and official seal this 3rd day of July, A.D., 1911.

(Seal)

F. S. Fields
COUNTY CLERK"

I called upon the county judge and afterwards upon the county physician for the purpose of ascertaining what were found to be the conditions in general at this sanitarium in July last, and what their opinions were regarding the management. Judge Cleeton assured me he had tried to be very careful in granting licenses under the aforesaid act and stated as his opinion that the sanitarium is being conducted along proper lines. I had an extended interview with Dr. Geary who informed me he found conditions satisfactory at the time of his inspection, as well as upon a subsequent visit, and that he was favorably impressed with the manner in which the institution was being conducted. He stated that the buildings had ample ventilation and were kept in excellent sanitary condition; that the patients were provided with good beds, comfortable clothing, sufficient quantity of wholesome food, and as far as he had been able to ascertain were being well treated and cared for.

In compliance with your special instructions from Seattle, Washington, sent to me here September 11, 1911, through Mr. A. Christensen, of the General Land Office, and received upon

my arrival a month later, I beg to state that consultation with Joseph N. Teal, Esq., of this city, was had upon his return from the East, and that he furnished me all the information in his possession relating to the sanitarium. Mr. Teal at once informed me he had never visited the sanitarium and that he had no personal knowledge bearing upon the subject, but stated he had obtained certain information from Dr. A. J. Giesy, an acquaintance and friend of long standing, which he had set down in the form of memoranda and would show me. The memoranda referring to the sanitarium company's original location on the top of Mt. Tabor, advises that the air-space was not one-half sufficient and that the patients were cramped for room; also, that the food was poor and the clothing inadequate. As to the present location, the memoranda refers to Dr. Judd as being a young man of limited experience, to Mrs. Coe as a person of limited means, and to the contract as having been taken at too low a figure.

Mr. Teal expressed a willingness to assist me in any way he could and suggested that I see Dr. Giesy, with whom he arranged a meeting for me. At the conference had with Dr. Giesy he informed me he had been in Europe most of the time during the past year and therefore knew nothing about the conditions surrounding the care of insane patients by The Sanitarium Company since it had moved to its present location. He stated that he was not personally acquainted with Dr. Judd but understood

he was a young man of limited experience, who had graduated from Willamette University a few years ago. When I advised him that Dr. W. T. Williamson had known Dr. Judd several years, and that he spoke well of him, he said that would be sufficient for him as he had a very high regard for Dr. Williamson's professional attainments and judgment. Dr. Giesy, in referring to Mrs. Coe, stated that she was an M.D. and familiar with sanitarium work; that he had known her a number of years, and that as long as she attended to the business management of the institution he was satisfied there would be no occasion for complaint from any source. The doctor stated that the information he had furnished Mr. Teal had been given him by other physicians; that he had never visited the sanitarium at its present or former locations, and of his own knowledge knew nothing about it. He stated further that the criticisms in respect to quarters, food and clothing - contained in Mr. Teal's memoranda - were intended only to refer to the company's original location on the top of Mt. Tabor.

Other physicians in Portland who were called upon and conferred with regarding the sanitarium are Dr. W. T. Williamson, Dr. Harry Lane and Dr. William House, well known alienists, the two first named having for a number of years been connected with the State Asylum for the Insane at Salem, Oregon. Neither of these physicians had any criticism to make, and they stated that they were in possession of no information adverse to the institu-

tion. Dr. Williamson and Dr. House were out to the sanitarium a few months ago to see certain patients confined there. Dr. Lane, however, advised me that he had never visited the new quarters.

As to Dr. Judd, Physician in Charge, Dr. Williamson informed me he had known him several years and thought well of him; that when he was First Assistant Physician at the State Asylum, he delivered lectures and conducted clinics which were attended by Dr. Judd during the time he was a student at Willamette University, and that he considered him a man of good judgment and competent to attend to the duties of his present position.

As far as I have been able to learn there has been no newspaper criticism of or complaint against the sanitarium for about six months last past, or in fact during the present year other than in connection with the unsuccessful attempt in July last to secure the release of a patient (Frank Logerquist) by habeas corpus proceedings and the Van Kowski letter sent from Seattle soon after his escape.

RECORDS.

The records of the sanitarium, which were inspected by me, consist of the following:

Admission Register,

Discharge Register (showing elopements)

Death Register,

Personal History Register,

Day Book (containing a record of the number of patients in the sanitarium - male and female - showing also the number of deaths, elopements and return escapes, and the number who receive medical treatment),

Medical Record (containing the names of all the patients and a record of all medicine and medical treatment given each patient),

Mental Record (showing, from time to time, the mental condition of each patient),

Daily Dose Book (showing all medical attention rendered patients each day and the names of such patients),

The Medical Record and the Mental Record, I was advised, were intended to take the place of the clinical records (card system) which were commenced by Dr. Gillespie, former superintendent, but never completed.

Every institution of this kind should be required to keep clinical records of its patients, and if consolidation, simplicity and convenience are considered, an alphabetical card index system would appear to be preferable. I therefore suggested that preparation of such records be commenced at once, which suggestion met with the approval of the management and was promptly followed by the purchase of a supply of 5"x 8" cards and a lock filing case therefor. The index cards were printed from a sample card prepared by Dr. Judd, the form adopted being considered more suitable for the keeping of clinical records of

the patients now cared for than the form that was used by Dr. Gillespie, which was prepared primarily for use in connection with private patients. With the colored index or printed card for each patient, there are blank white cards intended for additional statements from time to time. These clinical records are now being carefully prepared by Dr. Judd who will, he assures me, continue to keep them in as complete a manner as possible. Samples of the two styles of cards used are herewith enclosed.

NUMBER OF PATIENTS, ANNUAL INCREASE AND ELOPEMENTS.

With the exception of two patients, both elderly men who, having been cared for by The Sanitarium Company a number of years, objected to being transferred to another sanitarium, all the inmates of Morningside Hospital are Government patients. No private patients have been received at this sanitarium since the transfer to its present location was made a year ago, at which time all then being cared for, except the two above referred to, were placed in other institutions. The company has informed me that it does not intend to receive any private patients. The number of Alaska patients in the sanitarium December 14, 1911, was 157, being made up of 134 males and 23 females. In addition to the Alaskans there were two patients from the United States Public Health and Marine Hospital Service which, with the two private patients, made in all 161 confined in the sanitarium on that date.

Of the 134 Alaska male patients, 115 went to the dining room for their meals and 19 were provided with tray service in the wards and rooms December 14. All the female patients were at their table in the dining room on that date, though frequently from 1 to 3 have their meals brought to them in the cottage.

At the present time 12 of the male patients work outside in pleasant weather, attended by four guards. In each of the wards in the men's building three male attendants are on duty during the day, and one at night. In the women's cottage there are always three female attendants on day duty and one on night duty.

The records of the sanitarium show that on June 30, 1911, there were 142 Alaska patients in the institution, the net increase for that fiscal year having been 20. Since June 30, 1911, the records show as follows:

Number of patients in sanitarium June 30, 1911	142	OK
Number of patients received, July 1 to Dec. 14-1911	34	
Number of patients discharged, " " " " " "	6	
Number of patients eloped, " " " " " "	6	
Number of patients died, " " " " " "	7	
Number of patients in sanitarium Dec. 14, 1911	<u>157</u>	
	<u>176</u>	<u>176</u> OK

It will be seen that from July 1 to December 14, 1911, the net increase of patients was 15. Considering the increase from

July 1, 1910, to December 14, 1911, it is reasonable to assume that the sanitarium will have on hand beginning the next fiscal year 167 Alaska patients, and should this rate of increase be maintained the average number to provide for during the fiscal year ending June 30, 1913, will be 179. Basing the estimate on the last fiscal year only, the average number for the fiscal year ending June 30, 1913, will be but 172.

Most of the elopements are made by "trusties" or parole patients, the number thereof since July 1, last, equaling the number of discharges, and exceeding by one the number of elopements for the entire fiscal year ended June 30, 1911. In my opinion sufficient effort is not made by The Sanitarium Company to capture and return these escapes, the plan usually followed being to notify the chiefs of police of certain nearby cities of a patient's escape and, after describing him, request that, if found, he be placed in confinement and held until the arrival of a sanitarium guard. Unquestionably more diligence than this should be used in these cases, which I insisted upon in that of No. 351 (Joseph Von Kowski), resulting in his apprehension in Seattle and return to the sanitarium December 4, 1911.

TUBERCULAR PATIENTS.

The Sanitarium Company has been exceedingly fortunate so far in having to care for but few patients afflicted with tuberculosis. However, as many of the natives of Alaska are

predisposed to this disease, and as it is not uncommon for other residents of the District to contract it through exposure, insane persons may at any time be committed to the sanitarium who have, also, tubercular trouble. Further, it is not at all unlikely that among certain debilitated and physically run-down patients now in the sanitarium tubercular complications may set in and finally cause death, as occurred in the cases of two patients last month, viz: William Belton and Louis Moreau. Belton died November 11 and Moreau November 26, the hospital records showing the cause of death on each occasion to have been "pulmonary tuberculosis". Development of the disease appears to have been rapid, as Dr. Judd advised me the tubercular symptoms did not appear until a few weeks before death, viz: October 1 in the case of Belton and November 5 in that of Moreau. These men were occupants of the upper ward in the men's building, but as soon as the symptoms appeared beds were made for them on the rear porch. At present no patients in the sanitarium are known to have tubercular trouble.

No provision having been made for the proper care of tubercular patients when received at or found among the inmates of the institution, the necessity for the construction of a separate, small building distant from all other buildings in which patients are kept was brought to the attention of The Sanitarium Company. Some objection was made to such a plan by Mrs. Coe, who stated she thought such patients could be provided for on the

porches. My contention was that the porches should be used for the purpose first intended, viz: recreation of patients, and that in order to give tubercular patients the care and attention they require and in justice to the other patients, many of whom by reason of their physical condition have but slight resisting power against disease, arrangements for complete separation of tuberculars from all other patients in the sanitarium should be made. I thereupon outlined in a general way the kind of building that in my opinion should be constructed, suggesting that it be located about 200 feet southwest of the large, main building; that it be not less than 24' x 32' in size, divided into two wards and one small room for the accomodation of six male and three female patients, the small room to be used for violent patients if required; and that it have two toilet rooms and a bathroom with tub and shower. The structure as outlined to have walls about 4 feet in height, on top of which running to the roof will be heavy, steel wire netting about five feet in height, the sides and ends protected by light board walls hinged so they can be opened to the weather.

Instead of agreeing to the construction of a building, Mrs. Coe suggested the use of tents, although she said the matter would be taken under advisement. Later, she informed me that conclusion had been reached not to erect such a building at this time, and that, when necessary, tents would be used. However, in further conference had with her on the subject, as well as

with the secretary of the company, Mr. R. M. Tuttle, it was agreed that a building suitable for the care of tubercular patients would be constructed substantially on the plans proposed by me, and arrangements to that effect are now being made.

BOARD OF VISITORS.

On account of the yearly increase in the number of patients, it would appear that occasional inspection of the sanitarium should be made by members of the medical profession, some of whom have had experience in caring for or treating persons afflicted with mental diseases. The matter was discussed between the Governor of Alaska and myself at the time of his recent visit to and inspection of this institution, when it was agreed that the appointment of a board of visitors to make a thorough, general inspection of the sanitarium, including the care and treatment of the inmates thereof, at least once a year, would be desirable; and that should such a board be created and convene but once a year, it should meet in Portland and remain in session about one week, during which time it could, also, make examination of such patients as the management might not care to assume the responsibility of releasing, particularly chronic paranoiacs, thereby being in position to pass upon individual applications for their discharge or parole. The tentative plan favorably considered by Governor Clark and myself contemplates a board of visitors composed of three persons, ex-

cellent selections for which would appear to be:

Dr. William A. White, Superintendent of the Government hospital for the insane, Washington, D.C., or an alienist connected with said institution to be designated by Dr. White;

The surgeon of the local United States Public Health and Marine Hospital Service, or the United States Army surgeon stationed at Vancouver Barracks, Washington;

A local alienist; among those who stand high in the profession and have had extended experience are Dr. W. T. Williamson, Dr. Harry Lane and Dr. S. E. Josephi.

It is estimated that, to defray the annual expenses of such a board, approximately, one thousand dollars would be required.

As an alternative, should selection of the personnel above suggested be considered as impracticable, it is respectfully submitted that the proposed board consist of:

The Superintendent of the State Asylum for the Insane at Salem, Oregon;

The Superintendent of the State Asylum for the Insane at Steilacoom, Washington;

The Superintendent of the State Asylum for the Insane at Stockton, California, or from another nearby State institution.

The expenses of a board as above outlined, covering a week's session in Portland, are estimated to be five hundred dollars.

The benefits to be derived from inspection by a board of visitors made up on either of the lines above indicated are obvious. Such supervision would undoubtedly increase confidence in the management of the institution and would, in large measure,

tend to prevent unjust newspaper criticism based on individual complaints made with an ulterior purpose and without personal knowledge. Further, any improved methods or new ideas relating to the care of insane persons which such a board would be in position to suggest, would not only be to the advantage of the sanitarium but to the inmates thereof as well. Wherefore, it is respectfully recommended that a board of visitors be appointed to make annual inspections of this sanitarium.

APPROPRIATION.

It is presumed the Governor of Alaska has advised the Department relative to the appropriation for the care of the Alaska insane for the fiscal year ending June 30, 1913. Considering the probable increase for that year and the amount estimated to meet the expenses of a board of visitors, should one be created, it is my opinion that sixty thousand dollars will be required.

There are herewith transmitted ten recent photographs of Morningside Hospital, showing the buildings, interiors and grounds.

The plans and specifications of the main building, handed to me in Washington, are herewith returned.

Very respectfully,

Edward W. Ripon
Special Inspector.