

BIENNIAL REPORT

OF THE

VISITING COMMITTEE

TO THE

Iowa Hospitals for the Insane.

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PRINTED BY ORDER OF THE GENERAL ASSEMBLY.

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## REPORT.

*Hon. F. M. Drake, Governor of Iowa:*

In compliance with the requirements of the statutes of Iowa, we, the members of the visiting committee to the hospitals for the insane, respectfully submit the following report for the biennial period ending June 30, 1897:

The members of the committee have been conscientious in fulfilling the requirements of the law, each hospital having been visited every month. We have endeavored to bring some sunshine into the lives of the patients by words of sympathy, bringing to them something of the freshness from the outside world. To their complaints we have ever lent a listening ear, and, as far as possible, have endeavored to remove all causes of dissatisfaction. Our state institutions are presided over by men of marked executive ability and broad charities, who are thoroughly imbued with the spirit of progressive philanthropy, abreast of the times upon all advanced lines for improvement in the methods for caring for this most unfortunate class of people, and who consider the well-being, comfort and happiness of those committed to their care of paramount importance.

Patients are surrounded by the best hygienic conditions possible. Restraint has been minimized, only such forms being in use as are humanely necessary, and they are allowed all the freedom which is consistent with good discipline.

Religious services are held every Sabbath. Amusements of all kinds are furnished for the patients. Literary societies are formed and weekly dances held. Concerts and dramatic entertainments are of frequent occurrence, and the wards are abundantly supplied with games of all kinds. Christmas, New Year's, Thanksgiving, Washington's birthday, and Memorial day, are all observed with ceremonies befitting the occasions.

A special program is prepared and an extra bill of fare provided. The Fourth of July is observed with elaborate ceremonies, which conclude with a band concert and fireworks in the evening. Upon these occasions the lawns are tastefully decorated with Chinese lanterns and the interior of the buildings draped with flags and bunting. At Christmas large trees are decorated and every patient remembered with gifts. During each evening of the holiday week special entertainments are provided, making it one long to be remembered.

The sitting-rooms, halls, and sleeping-rooms are bright, attractive, and home-like, being furnished with easy chairs, sofas, handsome carpets, and lace draperies, while bright pictures adorn the walls. Plants are placed in every available nook, and the air is filled with the singing of birds.

Everything which a fertile brain can suggest or ingenuity devise is prepared for their comfort, thus diverting their minds and turning their thoughts into healthy channels, that the higher attributes of the mind may be restored by observance of the laws of the right kind of living.

Each institution has a pathological laboratory where specimens are preserved for study, and microscopic examinations made, which is a potent factor in the advancement of physical research.

Next in importance to medical skill is the proper care and nursing for the insane. The requirements of the attendants are many and varied. Having themselves in perfect control and fully realizing the importance of their trust, they need to be in sympathy with all the varying conditions of those in their care. With delicate intuitions and the ability to possess their souls in patience, they may keep alive that hope which is the mainspring of all our lives.

Until a comparatively few years ago it was not considered necessary that those in charge of the insane needed any special preparation for their work, and they were selected with little reference to their fitness for the position, but now we have training schools in all our hospitals, and attendants are required to pursue a course of study which renders them more competent and intelligent guardians of the welfare of their patients. The training school makes the special work of nursing both dignified and honorable. It teaches self-reliance in times of emergencies, and places the nurses in a position to act with promptness and intelligence.

The three hospitals now in use are not sufficient for the needs of the state, and we would earnestly recommend an appropriation to complete the one in process of erection at Cherokee at an early date. At present the overflow from the state hospitals is assumed by the counties from which they came.

There is much discussion upon the comparative merits of state and county care. As the care of the insane is the most sacred of all the offices of our government, it is well to consider the subject from the standpoint of humanity, not allowing the economic side to outweigh more important considerations. The principle of state care is founded on the broad basis of science and humanity, and stands for all that is best in the present state of medical knowledge on the subject. The state provides a medical staff whose entire time and attention is devoted to their care, also skilled nurses who are trained with especial reference to the care of the insane. Buildings are constructed which are equipped with all modern sanitary appliances. Every facility in the way, not only of medical and surgical appliances, but of healthful occupation, diversions, and entertainments are provided under state supervision.

Our county poor-houses are lacking in every essential particular for the care and treatment of insane patients, who are confined in dark, unsanitary rooms without facilities for bathing, exercise, amusement, or companionship, and their environments are of such a nature that a recovery seems little less than a miracle. The county physician who has professional charge of the patients often lives many miles away, and is usually unacquainted with the methods of treating mental and nervous disorders, and is too frequently selected because he is the lowest bidder for the position.

It is clearly in the interest of economy to provide such environments and treatment as will insure the greatest amount of recoveries and enable the greatest number to take their places among the wage-earners, thus assisting them to become self-supporting and relieve the public of the burden of their support.

We hope our thoughtful and intelligent people of Iowa will seriously consider this matter and profit by the experiences of those states older and larger than ours, and adopt the system which is the most humane and helpful to recovery. Knowing that brain tissue, like muscular, degenerates if not used in the performance of natural functions and that employment for mind



and body is necessary for all, we would recommend liberal appropriations for industries in all our hospitals, that whatever seems practicable may be manufactured. This, besides being an element of economy, becomes a potent factor in the restoration of the patients to their normal conditions. In making known our wants and asking for many needed improvements, we have done so after having considered both sides of the question, the humane and the economic, and while looking to an economical administration of these great institutions, our legislature should not lose sight of the fact that it is to the credit of our great, grand state that appropriations sufficient for their necessities be granted, not crippling for lack of means any of the broad avenues toward the improvement of methods for caring for her unfortunate wards.

### MOUNT PLEASANT.

The grounds directly in front of the hospital are large and well cared for. They contain a variety of ornamental shade trees which afford a pleasant park for convalescent patients, while interspersed among them are hammocks, swings and lawn seats. Two large conservatories furnish flowers for each ward. Pleasant summer houses afford protection to the patients from the damp ground after rains, and ladies take fancy work out here, employing much of their time pleasantly and profitably. Patients from the intermediate wards have pleasant parks upon either side of the building, while those more disturbed are taken for air and exercise to courts in the rear.

#### FURNISHINGS.

The amusement hall has a seating capacity of 600. The handsome stage setting would do credit to any of its size in Iowa. The chapel for religious services adjoining it is daintily furnished, and every Sabbath afternoon it presents a scene of beauty, with its profusion of cut flowers and banks of potted plants and graceful ferns. The pipe organ is presided over by an accomplished musician. The reception room and hall in the center of the building are handsomely decorated. The large

rotunda, with its winding stairway upon either side, has a beautiful inlaid floor, and the walls are exquisitely frescoed. The wards are pleasant and homelike. The front and intermediate ones have delicately tinted walls, while the carpets, draperies, and other furnishings all harmonize in coloring. Birds, plants, and pictures add to the pleasure of the eye and ear. The wards for the disturbed and untidy patients have handsomely oiled floors.

#### AMUSEMENTS.

The out-of-door amusements are base ball, battle ball, croquet, and lawn tennis, while the wards are supplied with games of all kinds, such as chess, checkers, cards, billiards, pool, and crokinole.

#### ENTERTAINMENTS.

During the summer months the hospital band furnishes three concerts each week upon the lawn. During the winter season each week is filled with varied programs for the entertainment of the patients, the assistant physicians, employes, and many of the patients gladly giving their time and talents to make them successful and interesting. During the past year the office of entertainer has been created, and the position filled by a young lady, whose duties are to have charge of the literary, dramatic and musical entertainments, and to read upon the wards which are not supplied with musical instruments; and the success of the winter's entertainments was largely due to her untiring labor and gentle tact.

#### TRAINING SCHOOL.

During the biennial period just closed a training school for nurses has been established, and twenty-five attendants are availing themselves of the opportunity of receiving a thorough course in practical nursing, having especial reference to this particular class of patients, which better fits them for the performance of their duties. A two years' course of study is required, and the medical lectures are given by the superintendent and assistant physicians.

#### CARE OF PATIENTS.

A hospital ward on both male and female wings, for the treatment of surgical and acute cases, has been arranged for on the second floor. These are supplied with gas ranges where special diet is prepared. They are in charge of trained nurses,



while medical internes are employed for night duty, thus insuring the best of care for the sick. A lady physician, Dr. Madeline Folkland, has been added to the staff, whose time will be largely devoted to gynecological work. Her adaptability for the work, and the confidence given her by the lady patients, prove this to be a move in the right direction.

#### INDUSTRIES.

The industrial building is used as a carpenter shop and mattress factory. There are also repair shops where boots and shoes are mended and tinware repaired. In addition to these industries there is a broom factory where all the brooms used in the hospital are made. Nearly three hundred male patients are employed in various capacities on the farm, while ladies find healthful employment in the dress-making room, ironing room, and domestic sewing room, where sheets, pillow-slips, table linen and underwear are made, and a large amount of fancy work is made on the wards.

#### IMPROVEMENTS.

A new walk of broken stone, concrete, sand, and cement, made sufficiently deep that it will not be affected by frost, has been laid down the avenue to the gate, a distance of half a mile. This will enable the patients to take a walk at all times of the year, when many times a walk upon the ground would be impossible. Six wards have been painted and decorated, and one ward has been provided with a steel ceiling during this biennial period. The walls of the old building have been repaired with new foundations, sub-basement and superstructure. One section of the old wing has been repaired by a slate roof. A commodious infirmary for the accommodation of fifty of the most aged and infirm men has been erected. The building is one story in height, with hall, day room and dormitories, dining room, kitchen and scullery. The day room, semi-circular in shape, with large chimney in center, has four fireplaces surmounted by mirrors, making a very cheerful sitting-room for these aged people. The building is lighted by gas, heated by steam, and supplied with hot and cold water from the main plant. The wood work is southern yellow pine. The ceiling is handsome in design, being of the most modern pattern in steel. The day room is surrounded by a broad veranda, giving an exposure on the east, west and south, which enables the patients

to get out of doors in all kinds of weather. This room is supplied with comfortable rocking chairs. There are no iron sashes at the windows. The patients spend much of their time upon the veranda reading. This is indeed a model home for the class of patients who occupy it, and the arrangement reflects credit upon the superintendent.

#### RECOMMENDATIONS.

*First.*—We would recommend an appropriation for an infirmary for the ladies similar in design to the one just described.

*Second.*—We would also recommend an appropriation for a cottage for working men be made, to be located on what is called Knox farm, to accommodate twenty-five patients. This will leave room to accommodate more in the main building and be more convenient for the men who work there.

*Third.*—We would further recommend an appropriation for a refrigerator plant and a machine for the manufacture of ice. The refrigerator plant is a system of piping by using ammonia for cooling. This system will effectually prevent any danger from bacteria, and will save the \$3,000 which is expended annually for ice.

*Fourth.*—We would recommend, as an important appropriation, a repair and contingent fund. When one realizes that 900 patients are cared for under one roof, and that repairs are constantly needed to prevent the deteriorations which must necessarily occur, it will be understood why we consider this an important recommendation. The grounds must be kept in order. Furniture is constantly needing repairs, while plastering and roofs will wear out, and there are many contingencies arising from running such a large institution which need immediate and constant care.

## INDEPENDENCE.

This hospital is located upon an elevated and undulating tract of land affording a magnificent view of the surrounding country. One hundred acres of tile-drained land in front of the buildings have been improved and beautified, and are used as an immense campus for the patients. Extensive improvements have been made during the last biennial period, such as grading, seeding, etc. The carriage drives are of limestone and cinders, and the walks are of gravel. Avenues, bordered on either side by trees, add much to the appearance of the grounds and the comfort of the patients. Pavilions have been erected, where patients may read or do fancy work, and which afford protection from rain and sun. The arrangement is pleasing to the eye, and is the perfection of a plan of the superintendent, whose one thought is for the comfort and happiness of those committed to his watchful care.

### FURNISHINGS.

The wards, with their beautifully tinted walls, handsome carpets and draperies, birds and plants, are homelike in the extreme. Many new and beautiful pictures have been hung upon the walls and some of the wards have been recarpeted.

### AMUSEMENTS.

The usual theatricals, stereopticon exhibitions, socials, game parties, dances, etc., are still observed, and we are glad to report that every ward in the institution is supplied with either a piano or an organ. A young lady, whose duties are to dispense sweet music, is employed as entertainer, visiting all the wards. Her sunny smile and encouraging words have made her a great favorite with the patients. The weekly excursions to town on the street cars are much enjoyed by the patients. They are accompanied by the hospital band, and the cars are gaily decorated with flags. The armory and gymnasium will soon be

furnished with dumb bells, Indian clubs, wooden guns, etc.; in fact, a completely equipped hall where patients may enjoy wholesome exercise in athletics and military tactics. A base ball diamond has been made upon the grounds, with a large amphitheater near by, for the accommodation of the male patients, who greatly enjoy the contests with ball teams from adjacent towns.

### LIBRARY.

The appropriation made by the last legislature for a library has been expended in the purchase of books, which have been put in a circulating library for the patients. More than 400 volumes have recently been added to the list, and include works of science, poetry, biography, history, travel and fiction. These are in charge of a librarian, and are issued under certain requirements. Besides the books, a large number of daily papers and leading periodicals of the day are to be found here.

### CARE OF PATIENTS.

A special diet is prepared for invalid patients. Feeble and partially paralyzed patients are taken out for a ride every morning. Front ward patients are taken in the street cars, which run from Independence to the door of the hospital, while the intermediate and violent cases are taken out in the wagonette.

There are more than 900 patients, and all of this number who are not debarred by sickness, spend the greater portion of the time out of doors, as it is one of the strong convictions of the superintendent that they are greatly benefited by spending as much time as possible in the open air, absorbing from beneficent nature life-giving principle. Good order is preserved in the dining-rooms, the patients all standing until a tap of the bell seats all, and remaining seated until all are ready to leave. The doors of the infirmary wards remain open, and the night nurses are not allowed to leave the wards for a moment, those who patrol the wards receiving all requests for a physician or other necessities.

### TRAINING SCHOOL.

The sixth class has recently graduated from this hospital. The training school is in charge of the faculty of physicians, and the object of the school is to make attendants more proficient and better able to render skillful service to those in their care,



and at the same time acquire a profession which is both important and ennobling. They are required to give two years in preparation for graduation, and prepare written examinations upon the various subjects. After graduation they are required to attend lectures in a more advanced course, and give written examinations for each year. A reference library has been provided for the use of attendants, and two monthly journals on nursing are supplied that they may constantly learn new methods, thus improving in the service rendered the patients each year.

#### IMPROVEMENTS.

The eighty acres of land purchased during this biennial period has been improved and fenced, and forty acres this year planted to potatoes. The stone used in the construction of the industrial building was obtained from this piece of land, which was a great saving in expense to the state. A fine modern slaughter house has been built, with a cooling room in which sufficient beef for two or three weeks' supply can be stored. The new industrial building will soon be completed. The plans for the building were secured by the superintendent at a considerable expense of time and labor, and many kinds of useful articles will soon be manufactured here by the patients. This will furnish employment for many in winter, which is far better than enforced idleness. A hot water tank has been supplied which furnishes an abundance of water for bathing, scrubbing, and laundry purposes. Wards C and D have been renewed with floors and lights, finished in oil colors, and changed to infirmaries. "Farmers' Lodge," a cottage for male patients, is being renovated. Shower baths will supplant the tub baths, which will prevent bathing more than one patient in the same water. One section of the north wing has been supplied with new radiators, and the wards on this section are kept at an even temperature with less expense than formerly.

#### INDUSTRIES.

The Hospital Press published by patients every month makes a creditable showing among the periodicals. In the carpenter shop furniture is repaired and painted. A mattress factory furnishes employment for a number of patients. The hair is bought in the curled rope and patients pick and prepare it for the ticking. There is a loom in one of the cottages for male patients where 2,000 yards of carpeting are made annually.

The rags are prepared by demented and epileptic patients of both sexes. In the sewing-room female patients make dresses and cut and plan work for the wards, such as table and bed linen, and underwear. Two electric sewing machines assist materially in the work. The wash room and ironing-room furnish employment for both sexes. Hundreds of male patients are furnished employment about the farm, conservatory and garden.

#### RECOMMENDATIONS.

In an institution of this kind and magnitude the necessities are necessarily great to properly care for these unfortunate people, and we would recommend:

*First.*—That an appropriation be made for improved radiators for the other sections of the north wing, similar to those under the first section, as this would be an economical measure and a benefit to the patients.

*Second.*—We would also recommend an appropriation for an ice house, a substantial, convenient building to take the place of the temporary and unsightly affair now in use. Large quantities of ice are used, and suitable provision should be made for storing the same.

*Third.*—Many horses are used about the farm and they have not had sufficient barn room for them, some being cared for in temporary sheds, and we would recommend that an appropriation for a new barn be made by the next legislature.

*Fourth.*—There is no place where flowers shed a greater influence than in a hospital where patients are suffering from nervous disorders, away from home and friends. This institution should have an addition to the small conservatory now in use, and we recommend an appropriation for this purpose.

*Fifth.*—Realizing the benefit to patients, both mentally and physically, to be out of doors as much as possible, we would recommend that more summer houses be provided for, that patients may be able to be out and yet protected from the rain or sun.

*Sixth.*—To increase the light in and around the buildings and furnish power for the industrial building, it is necessary for this institution to be supplied with a new dynamo and new boilers for heating, and we earnestly recommend an appropriation for the same.

*Seventh.*—We believe it would be a matter of economy for the state to furnish water for the needs of this hospital, and we recommend an appropriation for an artesian well for the same.

## CLARINDA.

This hospital presents an imposing facade. In architectural design it stands among the foremost of modern buildings in Iowa, and is planned to meet all modern scientific requirements. The large lawn has been improved and beautified, 1,500 new trees and shrubs having been added to the grounds. The avenues and graveled walks are bordered on either side by arbor vitae. The large circle, in the center of which stands a fountain, contains many flower beds. The entire arrangement is artistic, displaying the rare taste of the superintendent. There has been added to the medical staff a valuable assistant in the person of Dr. Anne Burnet, a graduate of the Woman's Medical College, of Chicago. She was for some time an assistant at the Kankakee hospital, and is a lady of superior endowments and eminently qualified for the position she occupies. She has charge of all female patients. She is ably assisted by Dr. Abigail D. Wade, a medical interne, who, in addition to being a graduate in medicine, is also a graduate in pharmacy.

### FURNISHINGS.

The halls and bays are made bright and attractive by lace draperies, birds, and plants. The alcoves upon each ward are bowers of beauty, in whose embrace are sheltered pieces of statuary, bright flowers, and clinging vines, while birds fill the air with sweet melodies. The walls, handsomely frescoed, are adorned with pictures, and the carpets are of rich material and handsome in design.

### AMUSEMENTS.

During the summer months out-door sports are indulged in, such as lawn tennis, croquet, base ball, and foot ball. A literary society has been organized by the lady patients, which meets every week. Very creditable programs are rendered, and the interest manifested in it is pleasing to behold. The band,

composed of twenty-four trained musicians, all of whom are employes of the hospital, under the leadership of the supervisor, deserves especial mention. Their repertoire consists of selections from the best composers, and their rendition is artistic in the extreme. Three times each week they discourse sweet music upon the lawn, when the weather will permit, and in the center of the building, where they can be heard by all the patients, when the out-door concert is impracticable. There are two pianos and three organs for the amusement of the patients; also a phonograph, and a stereopticon with views. The appropriation for a library fund has made possible the addition of 1,000 volumes to the library.

### MILITARY DRILL.

A pleasing innovation has been inaugurated, in the form of a military drill by the patients, under the leadership of a competent drill-master. Quoting from his report for the month of April will give an idea of the nature of the drills. He says: "The total number of drills held during the month was eighteen, of which eight were outside and ten inside. Of the outside drills, five were battalion, two skirmish, and one company drill. The ten inside drills consisted of the marching school and the regulation military 'setting up' drills. The daily average attendance was 243." The patients take a deep interest in the drills, and the field maneuvers are especially valuable, giving that exercise in the open air which is not obtained by simply walking. The trumpet-signals are another interesting feature recently introduced by the superintendent. The 6 A. M. call is known as the reveille, and is the signal for rising. At 10 a call is given for "outside drill." The recall at 11:30 is the signal to discontinue work and prepare for dinner. The "retreat" at 5:30 P. M. is the signal to discontinue work for the day and prepare for supper. At 8 the beautiful "tattoo" calls for the patients to retire. At 9:45 "attention" calls in the employes, and at 10 the order "extinguish lights" finishes the calls for the day.

### CARE OF PATIENTS.

The superintendent has demonstrated that the experiment of having ladies in attendance upon the male patients is meeting with satisfactory results. The men feel more at home where there are ladies, and, recognizing the respect due the sex, better



behavior is observed, while a more cheerful and contented feeling exists. The general dining rooms are all in charge of female attendants. An attendant and his wife have charge of one of the convalescent wards. Another man and his wife superintend the receiving ward; while the hospital ward is in charge of a trained nurse, a graduate of the Illinois Training School, in Chicago. She is assisted by an attendant and his wife. This ward is occupied entirely by the sick, and the wife of the attendant has especial care of the diet. Woman's care and companionship are greatly appreciated by the patients.

#### TRAINING SCHOOL.

A training school has been in successful operation since the winter of 1894-95. The first class, numbering fifteen attendants, graduated in June, 1896. The second class, of eight members, in June, 1897. A thorough course of instruction in all branches pertaining to practical nursing is given each year, and pupils receive daily bedside instructions from the physicians and the head nurse. The members of the class are assigned in rotation to duty on the infirmary ward, where they have fine opportunities for assisting in clinical work. Graduates receiving diplomas as trained nurses receive substantial increase in salary. The alumni of the school have formed an association which meets at stated intervals, and topics of general interest as well as those bearing on professional nursing are discussed. Each year the superintendent and wife tender a reception to the alumni that is truly a feast of reason and a flow of soul.

#### WATER SUPPLY.

The new pumping station with three new wells is completed as is also the immense reservoir for storing purposes. An immense high pressure pump with a capacity of 1,000 gallons per minute insures an abundant supply of water for domestic purposes, and an ample supply at high pressure for fire protection. This water is clear and pure, like that flowing from natural springs. To the quality and abundance of the supply is attributed the excellent health of the patients, not a single case of fever or other acute disease occurring during the biennial period just closed.

#### INDUSTRIES.

The industrial building presents the appearance of a veritable beehive. The second floor is devoted to women, and here are

made all the articles of clothing used in the hospital, for both men and women. Adjoining this is the ironing room, giving employment to a large number of patients. Women, when not employed in the industrial department, knit hose, make lace, and do other kinds of fancy work upon the wards at their pleasure. On the third floor we find the shoeshop, where shoes and slippers are made and repaired, and the general industrial room for men. In this department tables, chairs, and picture frames are made, also small bureaus, the backs and sides of which are made from dry goods boxes and the front of new lumber. Much of the ward furniture is here manufactured by patients. In the mattress shop on the same floor men are busily engaged in making brooms, scrub brushes, bath brushes, and mattresses, doing wood turning and scroll sawing, etc. A tin shop has been added to the other industrial features, where all the tinware in use on the wards is made at a cost of less than one-half their usual price. Outside repairs, such as roofing, etc., are carried on here. The printing office, under the management of the patients, is the publishing office of the Hospital News, a bright, attractive monthly magazine edited and published by patients, and is always a welcome visitor on the wards. All the printing required for the institution is done in the job room by patients, no money having been spent for printing in the last biennial period.

#### IMPROVEMENTS.

There have been many repairs during the last biennial period. Ward one on the female side has been repainted and the old plastered ceiling replaced by one of steel. Wards one and four on the male side have been replastered, painted, and refurnished. New floors have been made of southern hard pine, laid diagonally. The stairways, landings, and halls in both wings have been repainted. Two circular pavilions, twenty-five feet in diameter, have been placed upon the lawn, affording shelter for patients from sun and rain. Two patent lawn swings have been placed in the park for the use of the ladies. A walk has been made extending from the front gate to the building. A broad brick pavement has been laid around the new infirmary section, which affords a cool, dry place for exercise for the aged or infirm who are not able to go to the grove. The upper floor of the infirmary is devoted to working men. It has two large verandas opening out of it, where patients may go for rest. The doors of this ward are not kept locked, the patients

going and coming at will. The new wing for female patients, now nearly completed, contains five wards, and will accommodate 125 patients. It will be complete in arrangement and absolutely fireproof, being made of stone, iron and brick. The principal feature is the open dormitory for the invalid patients on the first floor. The beds are arranged in a semi-circle, and at the back of each are small ventilating flues, which not only admit of perfect ventilation but offer immunities from odors which may arise. Opposite these beds is a large fireplace, which is available when other heat is not needed, and is cheerful and homelike. When patients are able to sit up they are taken in the daytime to the sun room which, being semi-circular in form, admits sunshine at all times of day. The second floor is devoted to the receiving wards, and contains the suicidal patients, under constant surveillance day and night.

#### RECOMMENDATIONS.

*First.*—Owing to the topographical relation existing between the hospital farm and the ninety acres lying between it and Clarinda, and the fact that there is a scarcity of shade, we would recommend its purchase for park room for patients.

*Second.*—We would recommend an appropriation for a natatorium, as it possesses many advantages over the tub for bathing. The building should be two stories in height, and the upper story fitted for a gymnasium for both sexes.

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We are under renewed obligations to the superintendents and other officials for the kindly courtesy which they have always accorded us, and we are again especially indebted to Dr. Hoyt for his kindness in having this report typewritten for us.

S. B. PHILLIPS,  
JULIA A. YOUNG,  
H. H. DISBROW,  
*Visiting Committee.*