

REPORT OF COMMISSIONERS

OF THE

Iowa State Hospital for the Insane,

TO THE

Eighth General Assembly of the State of Iowa,

TO WHICH IS APPENDED THE REPORT OF

SUPERINTENDENT OF CONSTRUCTION.

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REPORT OF COMMISSIONERS

OF THE

INSANE ASYLUM

FOR THE

YEAR ENDING 1881

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1881

REPORT OF

REPORT OF

COMMISSIONERS AND SUPERINTENDENT

OF THE

INSANE ASYLUM.

## COMMISSIONERS' REPORT.

TO THE GENERAL ASSEMBLY

OF THE STATE OF IOWA:—

THE Commissioners appointed by the Act of the General Assembly, approved January 24th, 1855, "to locate and superintend the erection of a building to be used as an Asylum for the Insane of the State of Iowa, at or near Mount Pleasant, in Henry county," beg leave, in accordance with the requirements of said Act, to submit their third report, as follows:—

At the time of making their last report, they hoped to be able at this time, to announce the completion of the building under their care, and its readiness for the reception of patients; but as the appropriations therefor, heretofore made, have proved to be insufficient, they are compelled to make known a different result.

They find that in their last report they under-estimated the amount necessary to complete and furnish the building, even under the most favorable circumstances. Besides, the unfavorableness of the weather during the spring, summer and fall of 1858, and the financial embarrassments of the country, which made it extremely difficult to obtain money, have tended very considerably to increase the cost.

Conscious that the demand for such an institution is great and urgent, the Commissioners deeply regret that there should have been any delay in its progress toward completion, and earnestly hope that arrangements may be made to insure its completion at the earliest possible day.

For information in regard to the present situation of the building and its appurtenances; the expenditures incurred under the



immediate supervision of MR. WINSTON, Superintendent of construction; the additional appropriation necessary to get the institution ready for the reception of patients; and the policy of leaving a portion of the building for a time unfinished, reference is made to the report of said Superintendent, herewith submitted.

It will be seen that the expenditures by the Superintendent, up to the first day of December, 1859, amount to \$238,418.68, and that he estimates that \$100,000, in addition will be necessary to complete the entire building, and add such fixtures and appertinances as will be necessary to put it into successful operation; which sum may be reduced to \$75,000, by leaving the west wing of the building unfinished and in its present state.

Some difference of opinion have existed in regard to the aggregate of appropriations heretofore made. According to the construction given to the different Acts making appropriations by the present Auditor of State, the amount is \$258,555.67, which the Commissioners take to be correct.

Of this amount there has been expended by the Commissioners, for various purposes, in addition to the amount expended by the Superintendent, the sum of \$15,334.13, leaving a balance unexpended of \$4,802.86. See Exhibit "A" hereto appended.

The Commissioners are aware that some difference of opinion exists as to the necessity and economy of erecting, at the present time and at once, so large and expensive a building, for the accommodation of the Insane of the State. For the expression of their own views on this subject, together with a brief description of the building under their care, they refer to their last report. The views therein expressed were founded on the recorded judgment of scientific and practical men, who have had large experience in the care of the Insane, and the management and operation of similar institutions, and remain unchanged. On this topic they beg leave again to call attention to an important document emanating from "*The Association of Medical Superintendents of American Institutions for the Insane*," appended to their last report. See Exhibit "B," hereto appended.

The only question that can arise touching this matter, as they conceive, pertains to the ability of the State to meet the necessa-

ry outlay. They trust that although temporary embarrassment may be experienced, no serious permanent inconvenience will result; while the relief that will be afforded to the most unfortunate and miserable class among us, will abundantly compensate for any temporary evils. They can not, therefore, do otherwise than call for such further appropriation as may be necessary to put the institution in readiness for the accommodation of patients.

The Commissioners take great pleasure in renewing the expression of their confidence in the competency and faithfulness of Mr. WINSTON, the gentleman selected to superintend the construction of the building, and in recording their satisfaction with the plan of operations adopted. They believe that no greater economy or advantages could have been secured, by the choice of any other person, or the adopting of any other plan.

The undersigned would urge upon your honorable body the importance of acting upon the question of an appropriation, as called for in this report, at an early day in your present Session, in order, if an appropriation shall be made, that arrangements may be entered into to resume work on the building early the coming spring.

The undersigned will only add a word by way of allusion to a result they should very much deplore: The failure of your honorable body to make the appropriation called for, will not only leave the Insane of the State in their present deplorable condition, but will also leave the building erected for their accommodation at so great expense, for an indefinite period, in an entirely useless and profitless state.

RALPH P. LOWE, }  
CHARLES S. CLARKE. } Commissioners.

EXHIBIT A.  
 APPROPRIATIONS AND EXPENDITURES.

APPROPRIATIONS.

Amount appropriated for purchase of site. Jan- uary 24th, 1855,	\$4,425.00
Amount appropriated Jan. 24th, 1855, including the Saline Land Funds applied previous to July, 1856,	50,000.00
Amount appropriated July 14th, 1856,	50,000.00
Amount appropriated January 28th, 1857,	40,000.00
Amount of Saline Land Fund applied from July, 1856, to March, 1858,	14,130.67
Amount appropriated February 25th, 1858,	100,000.00
Total,	\$258,555.67

EXPENDITURES.

By the Commissioners, for the following purposes, viz :		
Purchase of site,	\$4,425.00	
Per diem and expenses of Commissioners,	993.97	
Exchange,	114.11	
Express charges,	150.05	
Interest,	9,407.68	
Miscellaneous items,	243.32	
	\$15,334.13	
By Superintendent, as per his report,	238,418.68	253,752.81
Balance of appropriations unexpended December 1st, 1859,		\$4,802.86

EXHIBIT B.

*Propositions relative to the Construction of Hospitals for the  
Insane.*

At a meeting of "THE ASSOCIATION OF MEDICAL SUPERINTENDENTS OF AMERICAN INSTITUTIONS FOR THE INSANE," held in Philadelphia, May 21, 1851, the following propositions relative to the construction and arrangements of hospitals for the insane, after mature consideration, were unanimously adopted, and directed to be published in the Medical Journals of the continent, as the sentiments of the Association on the subjects referred to, viz:—

I. Every hospital for the insane should be in the country, not within less than two miles of a large town, and easily accessible at all seasons.

II. No hospital for the insane, however limited its capacity, should have less than fifty acres of land, devoted to gardens and pleasure grounds for its patients. At least one hundred acres should be possessed by every State hospital, or other institution for to hundred patients, to which number these propositions apply, unless otherwise mentioned.

III. Means should be provided to raise ten thousand gallons of water, daily, two reservoirs that will supply the highest parts of the building.

IV. No hospital for the insane should be built, without the plan having been first submitted to some physician or physicians, who have had charge of a similar establishment, or are practically acquainted with all the details of their arrangements, and received his or their full approbation.

V. The highest number that can with propriety be treated in one building is two hundred and fifty, while two hundred is a preferable maximum.

VI. All such buildings should be constructed of stone or brick, have slate or metallic roofs, and, as far as possible, be made secure from accidents by fire.

VII. Every hospital, having provisions for two hundred or more patients, should have in it at least eight distinct wards for each sex, making sixteen classes in the entire establishment.



VIII. Each ward should have in it a parlor, a corridor, single lodging-rooms for patients, an associated dormitory, communicating with a chamber of two attendants; a clothes-room, a bath room, a water-closet, a dining room, a dumb waiter, and a speaking-tube leading to the kitchen, or other central part of the building.

IX. No apartments should ever be provided for the confinement of patients, or as their lodging-rooms, that are not entirely above ground.

X. No class of rooms should ever be constructed without some kind of window in each, communicating directly with the external atmosphere.

XI. No chamber for the use of a single patient should ever be less than eight by ten feet, nor should the ceiling of any story occupied by patients be less than twelve feet in height.

XII. The floors of patients' apartments should always be of wood.

XIII. The stairways should always be of iron, stone, or other indestructible material, ample in size and number, and easy of ascent, to afford convenient egress in case of accident from fire.

XIV. A large hospital should consist of a main central building with wings.

XV. The main central building should contain the offices, receiving-rooms for company, and apartments entirely private, for the superintending physician and his family, in case that officer resides in the hospital building.

XVI. The wings should be so arranged that, if rooms are placed on both sides of a corridor, the corridors should be furnished at both ends with movable glazed sashes, for the free admission of both light and air.

XVII. The lighting should be by gas, on account of its convenience, cleanliness, safety, and economy.

XVIII. The apartments for washing clothing, &c., should be detached from the hospital building.

XIX. The drainage should be underground, and all the inlets to the sewers should be properly secured to prevent offensive emanations.

XX. All hospitals should be warmed by passing an abundance of pure, fresh air from the external atmosphere, over pipes or plates, containing steam under low pressure, or hot water, the temperature of which at the boiler does not exceed  $212^{\circ}$  F., and placed in the basement or cellar of the building to be heated.

XXI. A complete system of forced ventilation, in connection with the heating, is indispensable to give purity to the air of a hospital for the insane; and no expense that is required to effect this object thoroughly can be deemed either misplaced or injudicious.

XXII. The boilers for generating steam for warming the building should be a detached structure, connected with which may be the engine for pumping water, driving the washing apparatus, and other machinery.

XXIII. All water-closets should, as far as possible, be made of indestructible materials, be simple in their arrangement, and have a strong downward ventilation connected with them.

XXIV. The floors of bath-rooms, water-closets, and basement stories, should, as far as possible, be made of materials that will not absorb moisture.

XXV. The wards for the most excited class should be constructed with rooms on but one side of a corridor, not less than ten feet wide, the external windows of which should be large, and have pleasant views from them.

XXVI. Wherever practicable, the pleasure grounds of a hospital for the insane should be surrounded by a substantial wall, so placed as not to be unpleasantly visible from the building.

## SUPERINTENDENT'S REPORT.

TO THE HON. BOARD OF COMMISSIONERS OF THE IOWA STATE HOSPITAL FOR THE INSANE.

GENTLEMEN:— I have the honor to submit to you my periodical report of the condition of the Institution under my charge, and of the expenses that have been incurred in its construction.

I have the pleasure to say that the building is in a good degree of forwardness, and with the necessary appropriation, can be placed in a few months, in a condition to receive patients. The roof is entirely covered in a most substantial manner with iron. The whole rear part is nearly completed, including the kitchen, baking and drying rooms, family rooms, servants' rooms, &c. &c. The sashes are glazed and are all in the windows of the entire building. The east wing of the building is plastered; the doors are all made; the mouldings and finish nearly ready to put up; the under floors are all laid; the deafening is in place, and otherwise said wing only needs the upper floor to render it fit for occupancy. The underfloors of the west wing and deafening are also laid; the doors are nearly all made, and this wing is nearly ready for plastering.

Everything about the building has been done in the most substantial and workmanlike manner. It is confidently believed that the building is as perfect in all its arrangements, and its construction as any on this Continent, and when completed will reflect great credit on the State.

The expenditures under my supervision have been as follows, to-wit:—

Amount expended up to December 1st, 1857, as per former report,	\$138,548,34
Amount since expended, for the purposes named, to-wit:	
Labor,	41,228,30
Iron Work	3,320,40
Miscellaneous Items	2,675,21
Merchandise	2,263,80
Wood	1,706,54
Salary of Superintendent	3,000,60
Lumber	8,998,31
Provender and seed	390,09
Stone	16,249,51
Fencing	167,25
Machinery	8,15
Lime	1,628,90
Sand	2,767,61
Painting and Glazing	1,160,22
Brick	718,27
Printing	13,25
Roofing	8,967,74
Salary &c. of Secretary	1,250,05
Plastering	2,935,52
Steam and Gas Fittings	502,55
	<u>99,952,27</u>
Less the amount paid by sale of stock,	81,93=99,870,34
Total to December 1st, 1859,	<u>\$238,418,68</u>

It will be observed that this does not include the amounts expended under the direction of the Commissioners, for such items as the farm avenue expenses, per diem of Commissioners, express charges, interest and exchange, stationary, &c. &c.

During the past year a large and substantial barn has been erected; one and a half mile of good picket fence has been built, enclosing the farm; six hundred and fifty thousand of brick, and nearly five thousand bushels of sand, are now on the place, ready



for use in the spring. All the locks for the building are on hand, and some of the necessary hardware. I have raised on the farm, the past year, about fifteen hundred bushels of corn; two hundred bushels of carrots; cut thirty tons of hay, and about five acres of oats.

It will not be improper for me to say that all the work done on this Asylum is of the most substantial character, and that when completed according to the plans it will be one of the most completely appointed, and one of the cheapest, if not the very cheapest institution, according to its capacity for accommodating patients, in the country.

Very little money has been expended upon ornamenting. My aim has been to render the building just as substantial and permanent as possible, with the best possible accommodations for the patients and their attendants, having an eye all the time to an adequate supply of heat, water and air, as well as to their protection from fire. To this end I have availed myself of all the experience and counsel within my reach.

It will be necessary to ask the General Assembly for an appropriation to complete and furnish the building.

Whether it will be advisable, under all the circumstances, in the present condition of the State resources and of monetary affairs generally in this State, to furnish a sufficient sum for the immediate completion of the whole building, or of only the center portion and one wing, is a question for the General Assembly, in their wisdom, to decide. There are many considerations that seem to urge the immediate completion of the whole building, and if the money can be spared for that purpose, such would certainly be this economical course.

It may be well for me to state that to complete the whole building, according to its original design, would require an appropriation of one hundred thousand dollars; but to complete the center and one wing, seventy-five thousand dollars may be sufficient. It will readily be perceived that finishing but one part of the building will require all the necessary out buildings; the building of all the cold air ducts; nearly all the heating apparatus; a steam engine for pumping and forcing the water into the tanks situated in the attic, to be used for bathing, washing,

cooking and other purposes; a large fan for forced ventilation; and many other arrangements the same as if the whole building should be completed.

If we should take the last census, just taken, as a basis for the wants of the Institution, it would seem as if one wing of the Hospital would be sufficient to accommodate all the insane that would be likely to be sent to it for the next two years. But it appears probable to me that omissions have been made in taking this part of the census, when I can enumerate applications made to me for the admission of more than one half the number indicated by the census, mostly from remote parts of the State. The people in the most populous parts, of course, knew the building was not ready; hence a very few applications from them. Then when we take the statistics of other States, a few of which I will mention, this probability is strengthened. Ohio has one insane person to every eight hundred inhabitants; Massachusetts one to every six hundred; Maine one to every seven hundred; and many others about the same. Now, it would not be very unreasonable to suppose there is one insane person to every ten hundred in this State; hence if one half of the number should be sent to the Institution, we should have no spare room if the whole building was completed.

HENRY WINSLOW,  
*Superintendent.*