

Eleventh Biennial Report

OF THE

Visiting Committee

TO THE

Hospitals for the Insane.

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1895.

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PRINTED BY ORDER OF THE GENERAL ASSEMBLY.

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DES MOINES:  
F. R. CONAWAY, STATE PRINTER.  
1895.

## REPORT.

*Hon. FRANK D. JACKSON, 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, 1895.

During this period each hospital has been visited by one or more of the committee every month. We have no regular time for our visits, consequently they are unannounced, and we believe that the popular fallacy that the authorities make great preparation whenever visitors are expected, is fast being dispelled, as the public becomes more enlightened upon the subject.

We are pleased to report that in all respects the physical well-being, comfort, and happiness of the patients is considered of paramount importance in all our hospitals. Everything relating to their sanitary condition receives careful consideration. The food is excellent in quality and abundant in supply. All patients are bathed at least once every week (and as much oftener as becomes necessary) under the special care of attendants, and fresh clothing provided.

Having visited similar institutions in other states, carefully observing other methods, we are proud to note that the officials of our state hospitals are abreast with the times on all the advanced lines for improving the conditions of those in their keeping. We believe that less is known by the general public in regard to the improved methods of caring for those who are deprived of God's best gift to man—reason—than upon any other subject of such vital interest to humanity, and we would approve of some means for a wider dissemination of the facts, establishing greater confidence in hospital care and inducing friends to send patients upon the first approach of insanity, as a larger

percentage of recoveries are effected if the patient has the benefit of the treatment in the first stages of the disease, and every month they are kept at home only delays their recovery or renders it more doubtful.

We have all heard of the old-time mad house, with its huge plank doors swinging upon hinges heavy with bolts and padlocks, giving entrance to padded cells, unsanitary, dark, and prison like, giving reality to the thought that he who enters there leaves hope behind. Thanks to the onward progress of the times there has been a steady improvement along these lines, and today in Iowa we boast of institutions whose officials are thoroughly imbued with the spirit of progressive philanthropy. We have no padded cells, and all forms of restraint which are not humanely necessary, have been abandoned. The patients are treated as invalids and are allowed all the liberty which is consistent with good discipline.

Religious services are held every Sabbath afternoon. Amusements of all kinds are furnished them. Literary societies are formed. Weekly dances are held. Concerts and dramatic entertainments are of frequent occurrence, and the wards are abundantly supplied with games of all kinds. Christmas, New Years, Thanksgiving, Washington's birthday, and Memorial Day are observed with ceremonies befitting the occasions. A special programme 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.

Thanksgiving and Washington's birthday are celebrated by a masque or poverty ball, and at Christmas a large tree is decorated, and every patient is remembered with gifts. During each evening of the holiday week special entertainments are provided, making it a week long to be remembered. The sitting rooms, halls, and sleeping rooms are bright, attractive, and homelike, being furnished with easy chairs, sofas, handsome carpets, and lace draperies while bright pictures adorn the walls. Plants are placed in all available nooks and the air is filled with the singing of birds. Everything which a fertile brain can suggest or ingenuity can devise is prepared for the comfort of the patients, thus diverting their minds and turning their thoughts into healthy channels.

Next in importance to medical skill is the proper nursing and care for the insane. The requirements which attendants should possess 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 main spring of all our lives.

We are firmly of the opinion that a moderate amount of employment is necessary to the welfare and happiness of the patients, and while there are always plenty of avenues for the ladies to occupy their time and attention, we notice a certain dejection on the part of the male patients during the winter months when outdoor employment is impracticable. One man said to us that he wished he had some work to do, if nothing but sawing wood, recognizing the fact that only those who labor know the reward of rest. We would, therefore, earnestly recommend liberal appropriations for industrial buildings at all our state hospitals, fully equipped with all the appliances for the manufacture of whatever might be practicable. This would be an element of economy and become a potent factor in the complete restoration of the patients to their normal conditions.

One subject against which we would raise our voices in earnest protest, is keeping insane patients who require any form of restraint in county poor houses. They have there no conveniences for giving them proper care. No fresh air or exercise can be given them. They are confined in dark, unsanitary rooms, without facilities for bathing, without exercise, amusement or companionship, and the environments are of such a nature that recovery is an impossibility. They can only rave and become more violent, without one bright ray of hope for the future. We consider it positive cruelty and would recommend that all such be transferred to our state institutions. We would further recommend that county houses be visited by a committee appointed for that purpose, who shall be empowered with authority to transfer to the state hospitals all those whose condition justified their removal.

## MOUNT PLEASANT.

As its name would indicate, this hospital home is a pleasant one, beauty reigning without, and good will within its walls.

Dr. Gilman, by his superior ability and long experience has gained an enviable reputation as a successful manager. The grounds directly fronting the hospital are large and beautifully cared for. They contain a variety of ornamental shade trees, which afford a pleasant park for the convalescent patients, while interspersed among them are hammocks, swings, and lawn seats. Two large conservatories furnish a supply of 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, thus employing much of the time with pleasure and profit. The patients from the intermediate wards have pleasant parks upon either side of the building, while the more disturbed are taken for air and exercise to courts in the rear. All patients are kept as much as possible in the open air, nothing but inclement weather preventing them from being taken out three times each day.

## FURNISHINGS.

The amusement hall has a seating capacity of 600. The handsome stage settings would do credit to any of its size in Iowa. The chapel adjoining it for religious services contains a beautiful pipe organ. This room 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 ferns. The reception room and hall in the center of the building are handsomely decorated and furnished. The large rotunda, with its winding stairway upon either side, has a beautiful inlaid floor and the walls are exquisitely frescoed.

The superintendent aims to have all the wards as homelike as possible. The front and intermediate ones have delicately tinted walls, while the carpets, draperies, and other furnishings

all harmonize in coloring. Birds, plants, and handsome pictures add to the pleasure of the eye and ear, and the entire arrangement suggests the fulfillment of the superintendent's perfect taste. 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 abundantly supplied with games, such as chess, checkers, cards, billiards, 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 full of 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. Monday evening is devoted to varied literary programs; Tuesday evening to dancing; Thursday evening there is a magic lantern exhibition with a descriptive lecture by the first assistant physician, Dr. Wittee; Friday evening is set apart for dramatic entertainments; and Saturday evening a prayer meeting is held for young men, employes of the hospital.

## 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 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 the ladies find healthful employment in the dressmaking room, domestic sewing room, where sheets, pillow slips, table linen and underwear is made, and in the ironing room. They also do a great amount of fancy work upon the wards.

## IMPROVEMENTS.

During the biennial period just closed improved fire protection has been introduced, with steam fire pump in the engine house and a system of hose for every ward and in the center building. The horse and carriage barn has been completed, and is a model of beauty and convenience. The rotunda,

reception room and nine wards have been painted and decorated.

#### RECOMMENDATIONS.

*First.*—We would most heartily recommend that a generous appropriation be voted by the next legislature for improvement in the water supply. The quantity is insufficient and the quality exceedingly poor. As the supply in the river is diminished, the heat causes a decomposition of the vegetable matter it contains, and it is impossible to use it for culinary purposes and it is almost unfit for bathing.

*Second.*—We would also recommend an appropriation for infirmary buildings, that they may have greater conveniences for caring for their invalid patients, and where contagious diseases could be quarantined, thus preventing any spread. The erection of such a building would enable the superintendent more perfectly to classify the patients.

*Third.*—We would further recommend an appropriation for repairing the outside wall of the third section on the east side of the old building, which is badly cracked and settled.

*Fourth.*—We would also recommend an annual appropriation for general improvements and repairs in the hospital building to prevent deteriorations too numerous to mention.

*Fifth.*—And we would further recommend separate and annual appropriations for improvement of grounds, for new furniture, for painting, and for pictures and diversions.

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#### INDEPENDENCE.

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This hospital furnishes a home for nearly one thousand storm-tossed souls. Dr. Gershom H. Hill, the superintendent, needs no introduction to the public. He has no superior as a capable and conscientious manager, both from a medical and a financial standpoint. The grounds surrounding the hospital, gently undulating, give a magnificent view of the surrounding country with its well tilled farms, dotted here and there by comfortable homes. The landscape forms a pleasing picture which serves to break the monotony of hospital life.

To the right of the main building stands the conservatory which supplies the wards from its wealth of flowers, cheering

many sick beds. Clusters of trees adorn the lawn, affording protection to patients from the sun's too penetrating rays, while graveled walks wind in and out from one cottage to another.

#### FURNISHINGS.

The main building is pleasantly situated, and an air of comfort pervades all parts of it. The wards with their beautifully tinted walls, handsome furnishings, birds, plants, and pictures are comfortable and homelike in the extreme. The sleeping rooms are daintily furnished and admit an abundance of fresh air. The superintendent aims to supplant all wooden bedsteads with iron, which he considers more sanitary. They are easily moved out of the rooms, as they are arranged to fold, are not accessible to absorbing odors, and are easily kept free from bugs.

#### 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 patients are taken out in the wagonette.

There are more than nine hundred patients in this hospital, 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 superintendent's strong convictions 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, when all are seated, remaining until all are ready to leave. Five male and five female attendants keep the silent vigils of the night. 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 necessaries.

#### AMUSEMENTS.

During the winter months theatricals and stereoptican exhibitions are given each week. Socials are held once a month in the superintendent's parlors, and game parties are held in the amusement hall, where thirty tables are used and all sorts of games are played. During the summer months lawn sports are indulged in. There are five pianos and fourteen cabinet organs

on the wards, and the superintendent desires to have one placed upon each ward and in each cottage. An entertainer is employed, whose sole duty is to go from one ward to another amusing and cheering patients by reading and singing to them. There is a reading room to which the patients so inclined have free access, while upon all the wards are placed illustrated papers and magazines which help to while away many a weary hour.

#### TRAINING SCHOOL.

In this hospital attendants are given an opportunity for a thorough preparation for their work by attending the training school, which is in charge of the faculty of physicians. They are required to give two years in preparation for graduation and prepare written examinations upon the various topics. This gives dignity to the profession and better prepares them for their special vocation. After graduation they are required to attend lectures in a more advanced course and give written examinations each year, thus constantly improving in the services rendered the patients. Only graduates are uniformed and receive a higher salary than those who are unskilled.

#### INDUSTRIES.

The Hospital Press, published by patients, greets its readers with a cheerful face every month and makes a creditable showing among other periodicals.

There is no regular industrial building, the different industries being carried on in the different rooms devoted to them. In the carpenter shop furniture is repaired and painted and other necessary repairs made. A mattress factory furnishes employment for a number of patients. The hair is bought in the curled rope and the 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 to be taken to the wards, such as bed linen, table linen and underwear. Two electric sewing machines assist materially in the work. The cutting is done by an experienced attendant and the mending is done by patients on the wards. The wash room and ironing room furnish employment for both sexes. Hundreds of male patients are furnished employment about the farm, conservatory and garden.

#### IMPROVEMENTS.

The improvements during this biennial period are many and varied. "Sunnyside Villa," a model cottage for the incurables, is the result of many months of anxious thought and toil upon the part of Dr. Hill, and reflects great credit upon him. It was dedicated April 11 with elaborate ceremonies and in presence of an audience of five hundred invited guests. The hospital band rendered choice selections upon one of the broad verandas. The cottage is a model of architecture, and the sanitary arrangement is perfect in every detail. It contains one hundred patients and enables the superintendent perfectly to classify them. On either side of the cottage are broad verandas, where patients may derive the benefit of both the morning and afternoon sun and air. A semi-circular sitting room upon each ward admits light and sunshine the entire day.

Among other improvements may be mentioned the storage battery which has been put in for lighting closets and rooms in the basement in the day time when the dynamos are not running.

The capacity of the water tanks has been increased, enabling them to store a more abundant supply of water.

The superintendent has specific plans for the grounds in front of the buildings and is working toward their fulfillment. The one hundred acres which is already tile drained will be used as an immense campus for patients. The carriage drives are of limestone and cinders, and the walks are of gravel. Trees have been planted in rows and in groves, and as soon as possible pavilions will be erected in different locations where patients can read or do needle work. The arrangement is beautiful and will be the perfection of a plan of the superintendent, whose sole thought is for the comfort and pleasure of those committed to his watchful care.

#### RECOMMENDATIONS.

*First.*—We would recommend for this institution, an industrial building where all forms of industry could be carried on under one roof.

*Second.*—We would also recommend an appropriation for a shower bath for untidy patients. This would prevent the danger of attendants bathing more than one patient in the same water.

*Third.*—We would further recommend separate appropriations for improved radiators, for new machinery for laundry purposes which is badly needed, for enlarging the conservatory, and for the purchase of more pianos and organs.

*Fourth.*—Having objections to the old wooden bedsteads and straw ticks, used in the large dormitories of the cottages for the male patients, upon the score of their being untidy and unsanitary, we would recommend that they be replaced with iron bedsteads, wire springs, and hair mattresses.

*Fifth.*—We would recommend an apparatus for furnishing the room in the attic of the new cottage for a gymnasium, and emphasize the benefits which would accrue to the patients from it. This would furnish recreation and diversion for the male patients when outdoor exercise is impracticable.

*Sixth.*—Again we would recommend an appropriation for a blacksmith shop and paint shop, so much needed. Also for an ice house; the one now in use, which is in a state of decay, being inadequate to the needs of the institution. Owing to the rapidly increasing necessities of this hospital we would recommend the purchase of the eighty acres adjoining the hospital farm, for pasturage.

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### CLARINDA.

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This hospital does not equal in capacity either the one at Mt. Pleasant or Independence, yet it is elegant in its furnishings and home-like in its appearance, every ward displaying artistic taste. It is presided over by an efficient superintendent, Dr. Frank C. Hoyt, who is a man of marked executive ability and enthusiastically devoted to his chosen work.

### FURNISHINGS.

The halls and bays are made bright and attractive by lace draperies, birds, plants, and bric-a-brac. 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. The sleeping rooms are well

lighted and ventilated, and handsome wooden bedsteads have been substituted for iron ones. The beds all have springs of woven wire, and hair mattresses.

### AMUSEMENTS.

During the summer months outdoor sports are indulged in, such as lawn tennis and croquet, while the male patients have base ball and a military drill. They have a band composed entirely of employes, of which they are justly proud. 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 outdoor concert is impracticable.

In addition to the usual amusements referred to in our general remarks, the superintendent has added a phonograph for the entertainment of the convalescent patients. The attendants play upon the piano, and direct the lady patients in *delsarte* exercises.

Although periodicals are furnished to some extent, this hospital is not as well supplied as it should be, and an appropriation should be voted each year by the legislature as a special amusement fund for the purchase of a library and more pianos and organs.

### ATTENDANTS.

The superintendent has a preference for experienced employes. These are handsomely uniformed, and are courteous and polite.

### CARE OF PATIENTS.

Owing to the lack of room, the classification is not so perfect as the superintendent desires it to be. Whenever the weather will permit they are taken out for a ride every day and for a walk twice each day. The dining room for male patients is presided over by lady attendants. The superintendent has found this experiment has brought about very satisfactory results, the patients recognizing the respect due to women, and there is a marked absence of profanity, better behavior, and a more content and homelike appearance. Six nurses furnish all needful attention to the patients during the night.

### IMPROVEMENTS.

There have been many improvements in this institution during the biennial period just closed. In addition to the necessary amount of frescoing and decoration of the interior of the

building, the large lawn has been graded, the work being done by patients, thus affording healthful employment and exercise. The avenues and graveled walks are bordered on either side by arbor vitæ. The large circle, in the center of which stands a fountain, contains many flower beds. The entire arrangement is pleasing to the eye and displays the artistic taste of the superintendent.

The new industrial building (special reference to which is made later) has been completed and furnishes ample room for its many industries.

A large electric fan has been placed in the ironing room, which renders it more comfortable. One has also been placed in the kitchen, which exhausts all odors and steam. The ventilating system has been completed. By means of large electric fans fresh air is warmed and forced into the wards and foul air expelled. This insures a current of fresh air without danger of draughts.

The water tower, containing three large reservoirs, furnishes an abundant supply of pure water, the drouth of 1894 not affecting the supply in the least.

The new wing for the accommodation of male patients contains five wards and will accommodate 125 patients. This will enable the superintendent more perfectly to classify the male patients. It will be complete in its arrangement and absolutely fireproof, being made of stone, iron and brick. The principal feature is the open dormitory for the invalid patients upon 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 immunity from odors which may arise. Opposite these beds is a large fire-place which is available when other heat is not needed and is cheerful and home-like. When patients are able to sit up they are taken in the day time to the sun room, which, being semi-circular in form, admits of 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.

#### INDUSTRIES.

The most prominent feature at this hospital is the extent to which the industrial treatment of the insane has been developed. The results of the last two years have proven beyond

question that employment for the insane is a method of treatment which needs but to be developed to bring forth still greater benefits.

The employment has always been suited to the peculiarities of the patient and to the requirements of his particular type of insanity. No one is compelled to work, but all are urged to employ themselves a part of each day. To the contrary, there are always more patients seeking employment than can be accommodated.

The new industrial building, which is arranged in such a manner that it is both convenient and attractive, offers splendid facilities for the development of this important accessory to a hospital. The second floor is devoted to women, and here are made all of the articles of clothing used in the hospital. Men's clothing, underwear, and all garments used by the women patients, are produced here, and the room is a veritable beehive. Adjoining this room is the ironing room, which gives employment to a large number of patients.

On the third floor we find the shoe shop, in which all the slippers and shoes worn in the hospital are made; the general industrial room for men, and the mattress shop. In this industrial room men are busily engaged in making brooms, whisk brooms, scrub brushes, bath brushes, mattresses, and doing wood turning, scroll sawing, etc.

The farm, garden, and dairy employ the time of a large number of men, while the extensive grading which has been done is the result of the labor of a large number of patients who were formerly occupants of the violent and disturbed wards. Women who are not employed in the industrial department directly perform domestic work, sew, knit hose and lace, and do the many small but useful little duties which can be done only by women.

The printing office, which is entirely under the management of patients, besides turning out a large amount of job work, is the publishing office of the Hospital News. This is a twenty-page, monthly magazine, which is edited largely by patients and is a readable and entertaining little publication. It gives the institution news, and besides furnishes bright, attractive stories, which makes it always a welcome visitor on the wards.

The amount of industrial work done in the last two years can be better appreciated when we state the records of the hospital show that during this time there have been employed



daily from two hundred and twenty-five to two hundred and seventy-five patients. The aggregate number of days labor represented by the employment of patients reaches the enormous amount of 164,606 days.

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 great scarcity of shade, we would recommend its purchase, as it is needed for park room for patients.

*Second.*—We would also recommend an appropriation for pavilions, which are inexpensive and would be available when patients could be out of doors while it is too cold or damp to sit upon the ground.

*Third.*—We would suggest an appropriation for a greenhouse similar to those at the other hospitals be allowed, as flowers are enjoyed by all classes of patients.

*Fourth.*—We would further recommend a natatorium for this institution, 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; and it could also be used by the men for a drill in the manual of arms.

*Fifth.*—In consideration of the crowded condition of all our hospitals and the fact that there are those in our county houses who should be transferred to our state hospitals, we would recommend for this institution the erection of a wing similar to the one just completed, for the accommodation and classification of the female patients.

STATISTICS.

Through the kindness of the clerks of courts or auditors of the several counties, we have been able to compile the following statistical table. We wish to call special attention to the tabulated report of the three hospitals, which we consider very creditable to the management, showing as it does so many recoveries and such a small percentage of deaths among so many admitted:

STATISTICS.

EXHIBIT No. 1.

SHOWING TOTAL NUMBER OF INSANE AS REPORTED.

COUNTIES.	NO. OF INSANE IN POOR HOUSE.			NO. OF INSANE IN PRIVATE HOSPITALS.			NO. OF INSANE IN STATE HOSPITALS.			NO. INSANE IN CARE OF FRIENDS.		
	Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Total.
Allamakee.....	4	12	16				9	4	13			
Adair.....							15	5	20			
Adams.....	3		3				8	7	15	3	1	4
Appanoose.....	1		1				3	7	10			
Audubon.....				9		9	9	13	22	1	1	2
Benton.....	18		18				3	3	6			
Black Hawk.....	3	13	16				12	13	25			
Boone.....		5	5				11	12	23			
Butler.....							18	18	36			
Bremer.....		4	4				6	2	8	1	2	3
Buchanan.....	15	3	18				2	7	9			
Buena Vista.....	1	2	3				17	15	32	10	5	15
Calhoun.....							10	9	19			
Carroll.....							12	5	17			
Cedar.....	9	7	16	1	1	2	5	6	11	1		1
Cherokee.....					1	1	8	11	19			
Clarke.....							8	4	12			
Clay.....		2	2				10	9	19			
Clayton.....							2	4	6			
Clinton.....	16	20	36				12	11	23		2	2
Crawford.....	18	16	34				31	29	60		1	1
Cass.....							15	9	24			
Cerro Gordo.....	2	2	4	5	1	6	5	9	14			
Chickasaw.....	12	2	14				10	6	16	1	2	3
Dallas.....	7	4	11				5	4	9			
Davis.....	3	3	6				6	13	19			
Decatur.....	3	3	6				4	15	19			
Delaware.....	5	3	8				9	11	20			
Des Moines.....				1		1	13	11	24	1		1
Dickinson.....	20	15	35				20	16	36		2	2
Dubuque.....							2	4	6			
Emmet.....				36	46	82	25	12	37		1	1
Floyd.....							3	5	8			
Franklin.....							15	13	28			
Fremont.....							16	2	18			
Fayette.....	1		1				14	7	21	1		1
Greene.....	2	5	7				17	18	35			
Grundy.....	3		3	3	4	7	7	5	12			
Guthrie.....		1	1				7	5	12		1	1
Hamilton.....					1	1	8	4	12		1	1
Hancock.....	3	3	6				17	4	21		1	1
Hardin.....							10	2	12			
Harrison.....							13	23	36			
Henry.....				3	10	13	15	13	28			
Howard.....	8	6	14				13	15	28			
Humboldt.....							12	10	22	5	6	11
Ida.....							8	5	13			
Iowa.....	11	3	14				6	9	15			
							11	9	20			

EXHIBIT No. 1—CONTINUED.

COUNTIES.	NO. OF INSANE IN POOR HOUSE.			NO. OF INSANE IN PRIVATE HOSPITALS.			NO. OF INSANE IN STATE HOSPITALS.			NO. INSANE IN CARE OF FRIENDS.		
	Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Total.
Jackson.....	13	10	23				8	16	24	2	1	3
Jasper.....	2	2	4				22	12	34			
Jefferson.....	9	8	17				11	13	24			
Johnson.....	16	7	23				16	19	35			
Jones.....	3	4	7				17	13	30			
Keokuk.....	9	5	14				13	7	20			
Kossuth.....							5	8	13			
Lee.....	18	20	38				24	32	56			
Linn.....	13	34	47				36	40	76			
Louisa.....	4	3	7				10	6	16			
Lucas.....	2	2	4				14	6	20			
Lyon.....							6	6	12			
Madison.....	5	8	13				11	2	13			
Mahaska.....	1	3	4				27	10	37			
Marion.....	2	2	4				18	12	30			
Marshall.....	17	17	34				8	11	19			
Mills.....				3	3	6	16	6	22			
Mitchell.....		1	1				9	7	16			
Monona.....							10	8	18			
Monroe.....	1	4	5				9	6	15	1	2	3
Montgomery.....							8	3	11			
Muscatine.....	16	17	33				14	8	22			
O'Brien.....							6	3	9			
Osceola.....							5	1	6		1	1
Page.....				4	4	8	1	2	3			
Palo Alto.....							16	15	31	2		2
Plymouth.....							5	2	7			
Pocahontas.....							21	10	31			
Polk.....	31	31	62				9	8	17			
Pottawattamie.....				30	23	53	29	34	63			
Poweshiek (no returns)							10	12	22			
Ringgold.....	1		1				5	5	10	1	1	2
Sac.....							8	3	11			
Scott.....				34	44	78	10	31	41	4		4
Shelby.....	1		1	1		2	7	10	17	1		1
Sioux.....	1		1				6	6	12			
Story.....	2	1	3				12	13	25			
Tama.....	14	13	27				3	4	7			
Taylor.....	2	4	6		1	1	7	13	20	1	1	2
Union.....	1		1				6	6	12			
Van Buren.....	9	5	14				14	10	24			
Wapello.....	13	12	25				22	19	41			
Warren.....	5	4	9				15	8	23			
Washington.....	9	6	15				12	8	20			
Wayne.....							8	6	14			
Webster.....	10		10				23	20	43			
Winnebago.....							5	7	12			
Winneshiek.....	20	10	30				3	3	6			
Woodbury.....							24	24	48			
Worth.....							10	5	15	1		1
Wright.....							9	7	16			
Total.....	424	369	793	126	139	265	1,146	955	2,101	42	38	80

EXHIBIT No. 2.

MOVEMENT OF POPULATION IN THE STATE HOSPITALS FOR THE INSANE FOR THE BIENNIAL PERIOD.

FOR THE BIENNIAL PERIOD.	MT. PLEASANT HOSPITAL.			INDEPENDENCE HOSPITAL.			CLARINDA HOSPITAL.			Grand total.
	Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Total.	
Number of patients June 30, 1893.	460	364	824	495	373	868	327	233	560	2,254
Admitted during the period.....	417	303	720	443	304	747	243	148	391	1,858
Total No. treated during period.....	877	667	1,544	938	677	1,615	570	381	951	4,110
Discharged recovered.....	156	90	246	101	95	197	90	47	137	580
Discharged improved.....	108	62	170	173	97	270	60	48	108	548
Discharged unimproved.....	86	33	119	54	34	88	14	17	31	238
Discharged died.....	77	62	139	70	44	114	56	29	85	398
Discharged not insane.....										
Total discharged during period.....	427	247	674	398	271	669	220	141	361	1,704
Remaining July 1, 1895.....	450	420	870	540	406	946	350	240	590	2,406

It may be of interest to those who are not familiar with the duties of the visiting committee to state that the law provides that "the committee shall visit the insane asylums at their discretion, and without giving notice of their intended visit, to ascertain whether any of the inmates are improperly detained in the hospital, and whether they are humanely and kindly treated, with full power to correct any abuses found to exist. They shall have power to discharge any attendant or employe who is found to have been guilty of misdemeanor meriting such discharge. Any member of this committee who shall neglect to heed the calls of the patient to him for protection, when proved to have been needed, shall be deemed unfit for his office and shall be discharged by the governor."

Our aim has been to comply with the requirements of the law to the best of our ability. We have endeavored to bring some sunshine into the lives of the patients by writing to their friends, and whenever possible visiting them, and by sympathetic words bringing to them something of 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. This we were not always able to do to their satisfaction, as we hear the most complaints, as a rule, from those whose mental condition is most unreliable. Cases of cruelty of attendants have been reported to us, and thoughtful and careful investigations have been instituted. The superintendents and assistant physicians have been very courteous in affording us every opportunity for obtaining the desired information. And

while our hospitals are to be congratulated that they are able to secure so many faithful and conscientious men and women as attendants (whose duties are laborious and often disagreeable), yet upon investigation we have found it necessary to recommend the dismissal of some whose abuses might otherwise never have been made known to the superintendent. The patients realize that we are their confidential friends, and that whatever they may tell us will receive proper consideration.

Knowing our interests in the patients and our careful oversight as to their treatment, and that the time of our visits are unknown to them, furnishes a restraint to abuses which might otherwise be practiced by occasional unscrupulous attendants, and the value of good to the patients of a conscientious visiting committee cannot be over-estimated.

In conclusion we would suggest that the committee to whom these recommendations for appropriations are referred, should visit our state hospitals and determine for themselves if the things which we, in our judgment have thought best to recommend, are needed, and in this way alone can the legislature determine the facts which should govern their decisions. While looking towards an economical administration of these great institutions, they 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 by lack of means any of their broad avenues toward the improvement of methods for caring for her unfortunate charges.

Our thanks are due to the superintendents, trustees, assistant physicians, and all in authority for the kindly courtesy which has always been accorded us. We are especially indebted to Dr. Hoyt for his kindness in having circular letters printed and this report typewritten for us.

W. P. GIBSON,  
MRS. JULIA A. YOUNG,  
S. B. PHILLIPS,  
*Visiting Committee.*