

REPORT
OF THE
JOINT COMMITTEE

OF THE
TWENTY-SECOND GENERAL ASSEMBLY

OF THE
STATE OF IOWA,

APPOINTED TO VISIT THE
Hospital for the Insane

LOCATED AT
MOUNT PLEASANT.

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REPORT.

To the Twenty-second General Assembly:

The joint committee appointed to visit the hospital for the insane at Mt. Pleasant for the purpose of investigating the management and condition of the same, beg leave to report that they have performed that duty, and submit the following report as the result of their examination.

Your committee met at the hospital on the morning of January 17th and organized by electing a chairman and secretary, and immediately began the investigation as required by your concurrent resolution by going through the different wards of the hospital, noting carefully the general sanitary condition of the same; the character of the ventilation and the general appearance and condition of the inmates; the character of the clothing and cleanliness of the same; the condition of wash rooms, bath rooms, sinks and water closets; the character and quantity of the food; also the drinking water.

Your committee also carefully noted the means of escape in case of fire, which consists of stairways leading from the ends of each section of each wing; also stairways leading to the rotunda of the central building.

The appliances for extinguishing fire are steam pumps with pipes and hose attachments in each ward, and on each floor of the central building, as well as hand grenades on each floor of the rotunda. Further safeguards are iron doors between the sections of the hospital, together with fire walls and a thorough system of thermostats and electric fire alarm in use here, which works admirably.

Your committee are glad to be able to report that they found the sanitary condition of the hospital all that could be desired; pure air, pure water, clean clothing, clean bedding, and an abundant supply of good sunlight through the building; but more especially is this true in the new wings. The inmates seem well nourished, and were clean

and tidy in person. They were also very quiet, and with but few exceptions contented. But few indications of discontent appeared to your committee, and upon investigation we found that they arose from the condition of the patient and not from their surroundings or treatment.

Your committee found the quantity of food sufficient, and of a good nourishing character, and well-cooked. Everything in this line is eminently satisfactory, except the supply of good, fresh milk, which we found to be inadequate. This is especially so since the completion of the two new wings making room for almost twice the number of inmates formerly cared for in this institution.

Your committee found the general management and administration of the hospital eminently satisfactory. Dr. Gilman, the superintendent, with his able corps of assistants, are an industrious and faithful body of medical gentlemen, well qualified to discharge the responsible duties devolving upon them. We also found the steward, matron, clerk, attendant and employes a respectful, intelligent, industrious and earnest class of ladies and gentlemen.

Your committee found the workmanship of the two new wings of the most substantial character, both as to construction and material. We found the interior finish of the new wings of the most satisfactory character, finished in hard pine, and painted with hardwood paint. We found the wards in the new wing comfortable and cheerful, supplied with abundance of pure air and bright sunshine.

Your committee further found, first, that the appropriations of the last General Assembly have been wisely and economically expended. Second, that they have been expended for the objects appropriated; Third, that chapter 67 of the acts of the Seventeenth General Assembly have been complied with in not contracting indebtedness in excess of the appropriations. Fourth, that there has been no diversion in any manner from the specific purpose for which it was appropriated. Fifth, the names and number of persons employed in this institution, the salaries, etc., will be found appended to this report, marked exhibit "A."

In the opinion of your committee it is impossible to accomplish the improvements that seem to them absolutely necessary to be made here, unless the several items are allowed, for the following reasons:

The new boilers cannot be placed in the small building now in use. Consequently a new boiler house must be constructed for the purpose, with coal house, etc., in connection. The boilers are an impar-

ative necessity which cannot be delayed. The industrial building is a necessity for the accommodation for the ironing room, assorting room, sewing room, etc., before the kitchen can be extended to these rooms now used for domestic purposes. Proper cooking and service of meals cannot be had until this kitchen is renovated and enlarged. In like manner the space required for the enlargement of the amusement hall and chapel. The increased supply of milk, vegetables, feed, etc., now required for the additional number of patients accommodated here, cannot be procured without purchase of the land.

Your committee has carefully examined, and closely scrutinized each item for the several appropriations for improvements and repairs recommended by the Trustees and Superintendent of the Hospital for the Insane at Mt. Pleasant, and emphasized by the State Visiting Committee, and we feel confident that nothing has been requested that is not absolutely necessary for the economical administration of the institution, in all of its extensive and varied operations, and for the scientific and humane care of its eight hundred patients.

We, therefore most earnestly recommend that the several appropriations be granted. They are as follows, and with the enumeration, we state briefly our reasons for such recommendation as discovered by us upon the occasion of our visit:

For five new boilers, boiler house, engine room, coal house, and wash house.....	\$ 20,000
For repairs, extension and furnishing up kitchen.....	5,000
For refrigerating building for cold storage.....	7,000
For 240 acres of land.....	15,000
For ice house.....	3,000
For amusement hall and chapel.....	12,000
For slaughter house and piggery.....	1,500
For repairs, improvements and contingent fund (per annum for two years).....	5,000
For improvement of grounds, summer houses and fences.....	2,000

For five new boilers, boiler house, engine room, coal house and wash house \$20,000. The old boilers in use at this hospital are upright in variety, and have been in use for nearly or quite twenty-five years, are worn out and absolutely dangerous, and have been so pronounced by an expert boiler inspector employed by the Hartford Boiler Inspector and Insurance Company. They are constantly breaking down and we found them leaking badly, notwithstanding several hundred dollars had been expended this season for repairs.

The danger from explosion or such damage as to preclude their use, and thus leave the hospital without heating apparatus in severe weather, impresses us as eminent, and that it is perilous to attempt to use them another season, and there can but be great anxiety until they can be renewed. They should be replaced by horizontal tubular boiler, and much less fuel will then be required, result of all scientific tests showing large economy by the use of boilers of that kind. In the old boiler house there is not room to place these boilers, and it will therefore be necessary to construct a building for the purpose, with an engine room and coal house of sufficient capacity to hold one thousand tons of coal, so that a sufficient supply may be kept on hand in severe weather to be prepared for the snow blockade, strike of miners, or other accidents which might cause a coal famine, leaving the inmates in suffering or danger of illness from cold. A room is also required in connection with this structure for a wash house. The present boiler house is connected with the main building where the patients are cared for, and is not safe, when we take in consideration the fact that an explosion may occur or a fire start at this point. It is proposed to place the boiler house more than a thousand feet from the main building, and the Superintendent has plans and estimates for the construction of this building and the purchase of boilers, and by manufacturing brick upon the premises, and utilizing the work of patients, can do the work for \$20,000, and we recommend that the amount be appropriated for the above purposes.

For industrial building for female patients, \$8,000. This building of which a plan with estimates was also shown us, includes apartments for an ironing room, assorting room, dress making, sewing and mending room, and sleeping apartments for domestics, and it is proposed to construct it near the female wing, for convenience of access by female patients.

Your committee was impressed with the importance of this building in many ways and observations of the surroundings cause us to emphasize the necessity for this appropriation. The present ironing room is a fire trap, ceilings, floor and entire finish being of wood, and anxiety in regard to the fire which is necessary in this apartment, is very great; this is also connected with the main building, and the danger here should not be permitted to longer exist. We observe how all of the female patients, employed in this room, and the other domestic departments were obliged to pass from their wards through the public hall traversing a narrow dark passage way to and from their work

which condition precludes the employment of a large class who would be greatly benefited by such diversion, but who cannot on account of their irregularity of conduct be permitted to go through these rooms. The clothing, after passing through the ironing room must now be carried through this passage way and public hall to the wards, on both sides of the hospital. The total number of persons thus passing during the year, amounts to more than fifty thousand, throwing open outside doors, in extremely cold weather, and producing general discomforture and disturbance. The danger of patients running down the stairs to the kitchen, or upstairs to the employers' rooms, securing matches, razors and knives, secreting them and doing damage is great. This all can be remedied by the construction of the industrial building. The enlargement of the kitchen which cannot be delayed is also dependent upon the removal of this ironing room to another building.

Your committee have carefully examined the plans for this improvement, believe the amount requested is none too much to accomplish the work. We recommend that \$8,000 be appropriated for that purpose.

For repairs, extension and furnishing of kitchen, \$5,000. As intimated in speaking of the ironing room, the enlargement of this kitchen and re-furnishing of same is an improvement which can not be left for the future. In a small room, 20x15 feet, the attempt is now made to cook for one thousand people, patients and employees, and it is impossible in such crowded quarters, and with such facilities as are now at hand, to properly serve the food for that number, and the only surprise to us was, how it could be accomplished at all. We concur in the amount requested for this improvement, with the trustees and superintendent, and no delay should be made in accomplishing the work.

For refrigerating building for cold storage, \$7,000. It appears that an effort has been made for several years, to secure a cold storage building for the large amount of perishable supplies required for the hospital, without success, and great loss has been entailed by spoiled butter, meat, etc., resulting from this lack of a proper refrigerator. There is no place where the large supply of butter, eggs, meat, apples, fish, etc., needed annually for the patients' use, can be safely stored. About 25,000 pounds of butter is required per annum, which should be purchased, as every one knows, in the season when it is best, and can be procured at the most economical price, the year's

supply put away in a temperature of about 36 degrees Fahrenheit, and where it will keep indefinitely in a perfectly sweet condition. Eggs, fruit, and other things are required in the same proportion, and should, both in the interest of economy, and best quality of stores, be treated in the same way. It is a serious matter to have the butter appear on the patients' table, strong, or the meat tainted, but it cannot be prevented when served in such quantities as required here, unless proper facilities are afforded by the State for preserving such articles of diet. The superintendent has a plan and estimates prepared for this structure. We consider this a most important and necessary aid to the economical management, and proper dietary treatment of the patients of this hospital. The amount asked is less than buildings of this size, and character are usually constructed for, and we most emphatically recommend this General Assembly to make appropriation requested for this purpose.

For 240 acres of land, \$15,000.—This land is situated upon the eastern boundary of the land now owned by the Hospital, running for half a mile alongside. The farm connected with the Hospital contains but 337 acres, and there are now about 800 patients. Gentlemen of experience in the management of such institutions, as indicated by statements made at the meetings of the Association of Medical Superintendents, consider an acre for each patient a proper amount of land for such hospital when established. If this land is to be secured, it appears that it must be accomplished now, as the State can only have the refusal of it until July next, when it will be otherwise arranged for. It appears to your committee very unwise to permit this opportunity to pass by, as there is no land in the neighborhood convenient except this. All the garden vegetables, corn, oats, and farm produce, used by the Hospital should be raised by the institution, instead of purchasing outside. We found a great deficiency in milk, which is the most important article of diet for this class of invalids. There is not sufficient pasturage or hay for the number of cows now at the Hospital, and double the present number should be kept in order to supply a sufficient quantity of milk for the number of patients accommodated here. Aside from the economical management indicated above as the result of the purchase of this additional land, it has become evident that there is a more important element which enters in to the question, viz.: the employment of the male patients. There are over four hundred men cared for here, and a large per cent can be judiciously employed in farming pursuits. This exercise out of

doors not only improves the physical strength of the patient, gives him a good appetite, and induces healthy and natural sleep without drugs, but it diverts the mind, and in that manner aids in recovery of mental health and vigor. We heard men pleading with the superintendent to be permitted to labor, while making our investigations of the Hospital. By the patients' labor the farm can be carried on under the oversight of their attendants, and the present force employed, without the employment of additional help. To summarize the whole matter, the most successful and economical management of the Hospital, the necessary demands of the institution for supplies of milk, vegetables, corn, oats, and beef, the best possible treatment of the patient as to their physical and mental well being demand the purchase of this land. It is situated but two miles from the center of the city, and is constantly increasing in value, and now can be secured for a price that farming lands bring in such close proximity to the city. We recommend the amount necessary to purchase this farm, and find upon careful inquiry that it cannot be purchased for less than the amount asked in the bill before this General Assembly.

For ice-house, \$3,000.—The Hospital requires an annual supply of at least 800 tons of ice, and an ice-house must be provided for that purpose. It has been stored, as far as possible, in temporary sheds, which have fallen down from time to time, and as a result ice wasted and it has been necessary to purchase in midsummer at exorbitant prices and great loss in shipment. Ice is an indispensable agent in the treatment of brain diseases; and large quantities are thus used as well as in the domestic economy of the household, and a structure of sufficient capacity for the necessary supply should be constructed at once. The plans submitted by the Superintendent seem to be proper and adapted to the purpose required, and we would recommend the amount asked for by the Trustees and Superintendent for this purpose.

For Amusement Hall and Chapel, 12,000.—We find here a small room which is used for the purpose of an amusement hall and chapel, which will accommodate only 150 persons, while there are 600 patients with their attendants who should have the benefit to be derived from the diversions and services there held. The room is entirely out of repair, unfitted for the purpose intended, and without any of the necessary appliances for carrying out the beneficent work of this department. By properly fitting up the present chapel, and extend-

ing by utilizing the two upper stories of the adjoining building, by cutting through the wall, removing the partitions, walls, ceilings and floors, this much desired and important factor in the treatment of the patients can be arranged for and consummated, and the necessary appliances and furniture procured for the amount recommended by the trustees and superintendent, which is \$12,000. The room for an amusement hall will be 60x40 feet, with a stage and fixtures for dramatic and musical entertainments, lectures with stereopticon illustrations, dances and holiday exercises. The chapel will be of about the same size, and arranged for all the religious services with pulpit and organ. Five or six evenings in the week are occupied with amusements; the long evenings are improved, and the monotony of hospital life dispelled by these pleasing programmes, and the minds of the patients diverted from their unfortunate condition, and directed into healthy channels, thus permitting the process of restoration to go on. Frequently the first step towards convalescence is taken here, and the result, complete recovery of health. Where such a happy result is impossible, it makes institution life less monotonous and lends cheer to the case which cannot be cured. The comfort of gospel ministrations to those religiously inclined cannot be over estimated, and the religious services held here have their restraining influence in the household, and bring encouragement and cheer to many depressed spirits. Such treatment for this class of patients is better than the contents of the dispensary, and we most heartily recommend to this legislature the appropriation required to accomplish this object.

For Slaughter House and Piggery, \$1,500.—As the sanitary question arose in connection with this request, we made a careful examination of the surroundings, and find the building old and needing constant repair, and effluvia emanating therefrom, where slaughtering and rendering is being done daily, is not only a great nuisance, but deleterious to health by its proximity to the main ward buildings, the infected air passing directly into these apartments. There is no shelter here for the large number of swine raised, and as a result many are lost in severe weather. We would recommend the removal of the slaughter house, and construction of a piggery at a point down the creek far enough removed from the Hospital buildings to prevent contagion, and we believe the sum requested for this purpose is very small.

For repairs, improvements and contingent funds, \$5,000 per annum for two years.—The amount appropriated for the purpose of keeping.

the property of the State from deterioration two years ago, has been judiciously expended, but it was insufficient to meet the requirements of so large a structure, and much has been left undone for want of funds that should have been accomplished. Five wards require new floors immediately, as they are decayed and so saturated as to make it impossible to thoroughly cleanse them. The sewer must be relaid which alone will require \$1,500. Repainting, plastering, renewing window glass, wood-work, etc., must be continued in order to prevent greater loss to the State by delaying repairs. By observing the amount of work accomplished during the biennial period with the funds appropriated we are satisfied that \$5,000 per annum for the next two years will not be too much for the purpose, and we recommend that amount.

For improvement of grounds, summer houses and fences, \$2,000. The fences in the rear of the ward buildings have been taken away in the process of building the two wings recently constructed, and nearly half a mile of the airing court fences should be restored, so as to give the more disturbed female patients an opportunity for outdoor exercise in pleasant weather, and also for the better protection of the buildings in the rear from tramps, curious and criminal interlopers. It seems to your committee that this matter should have early attention, and that two or more summer houses should be constructed on the lawn in front of the building for the more quiet, convalescent lady patients, with walks laid out, and additional shade trees set out. Two thousand dollars has been asked for these purposes, and we are of the opinion that that amount can be judiciously expended, and is a necessity, especially the amount required for fences.

INSANE CRIMINALS.

We find here thirty or more persons who have been convicted of a crime, and mostly sent from Ft. Madison. They are a disturbing element among the patients, and ought not to be associated with our other patients. The insane department of the Penitentiary at Anamosa should be completed at the earliest moment, and these persons transferred there.

T. J. CALDWELL.

PHILIP DEITZ.

W. M. MCFARLAND.

OFFICERS AND EMPLOYES.

Names, compensation and kind of service of the employes in the Iowa Hospital for the Insane at Mt. Pleasant.

NAME.	SERVICE.	AMOUNT.
H. A. Gilman.....	Superintendent.....	\$ 250 00 per month.
W. S. Witts.....	2nd Assistant Physician.....	83 33 per month.
F. P. Peck.....	3rd Assistant Physician.....	66.67 per month.
P. F. Straub.....	4th Assistant Physician.....	50.00 per month.
E. N. Nelson.....	Steward.....	83 33 per month.
F. V. Cole.....	Matron.....	50 00 per month.
Flora Chalfrant.....	Clerk.....	25 00 per month.
Cornelia Miller.....	Stenographer.....	30.00 per month.
J. G. Miller.....	Supervisor.....	85.00 per month.
W. K. Dillon.....	Assistant Supervisor.....	30.00 per month.
Clark Laughrey.....	Attendant.....	27.00 per month.
John Rask.....	Attendant.....	28.00 per month.
W. Whittaker.....	Attendant.....	25 00 per month.
D. Moran.....	Attendant.....	25.00 per month.
J. E. Barcus.....	Attendant.....	25 00 per month.
N. Naumann.....	Attendant.....	25 00 per month.
J. Rodine.....	Attendant.....	24.00 per month.
D. O. Woodson.....	Attendant.....	25 00 per month.
F. T. Marsh.....	Attendant.....	24.00 per month.
Eli Geiger.....	Attendant.....	24.00 per month.
Isaac Scarlett.....	Attendant.....	24 00 per month.
Charles Stearns.....	Attendant.....	24.00 per month.
J. W. Carroll.....	Attendant.....	24.00 per month.
A. Frostberg.....	Attendant.....	24.00 per month.
A. W. Franks.....	Attendant.....	24.00 per month.
M. Weaver.....	Attendant.....	24.00 per month.
F. Garner.....	Attendant.....	24.00 per month.
George Parcels.....	Attendant.....	24 00 per month.
L. Harding.....	Attendant.....	24 00 per month.
L. Lancaster.....	Attendant.....	25.00 per month.
James Melton.....	Attendant.....	24.00 per month.
W. J. Moore.....	Attendant.....	25.00 per month.
Charles Day.....	Attendant.....	25.00 per month.
S. McKissich.....	Attendant.....	24.00 per month.
J. J. Anderson.....	Attendant.....	25.00 per month.
H. D. Hammond.....	Attendant.....	24.00 per month.
Paul Braddy.....	Attendant.....	24.00 per month.
A. S. Hopkins.....	Watchman.....	29.00 per month.
Meno Troper.....	Supervisoreess.....	35 00 per month.
Wilna St. Clair.....	Assistant Supervisoreess.....	22.00 per month.
Carrie Bogart.....	Watchman.....	22.00 per month.
Kate Fischer.....	Attendant.....	22 00 per month.
Nellie Witchelo.....	Attendant.....	18 00 per month.
Minnie Bartlett.....	Attendant.....	18.00 per month.
Jennie Goodin.....	Attendant.....	18 00 per month.
May Boston.....	Attendant.....	15.00 per month.
Myra Nichols.....	Attendant.....	15.00 per month.
Mollie Moore.....	Attendant.....	15.00 per month.
Frank Anderson.....	Attendant.....	16 00 per month.
Hester J. Hall.....	Attendant.....	15.00 per month.

OFFICERS AND EMPLOYES—CONTINUED.

NAME.	SERVICE.	AMOUNT.
Bertha Oleson	Attendant	\$ 18 00 per month.
Hattie Whittaker	Attendant	18 00 per month.
Emma Joplin	Attendant	18 00 per month.
May Wingate	Attendant	19.00 per month.
Julia Smith	Attendant	22.00 per month.
Ida Howell	Attendant	18 00 per month.
Minnie Jarvis	Attendant	15 00 per month.
Nellie Daniels	Attendant	18.00 per month.
Nevada Randolph	Attendant	15.00 per month.
Phoebe Brewster	Attendant	16 00 per month.
Sarah Kelly	Attendant	15 00 per month.
Clara Strong	Attendant	22 00 per month.
Laura Tell	Attendant	20 00 per month.
S. Fagerstrom	Cook	22 00 per month.
Mary Hartnett	Assistant cook.	15.00 per month.
Henrietta Kline	Kitchen girl.	11.00 per month.
Mary Burns	Kitchen girl.	11.00 per month.
Ella Sexton	Kitchen girl.	11.00 per month.
Jennie Blythe	Kitchen girl.	11.00 per month.
B. Gustafson	Carman	25.00 per month.
Chas. Carlson	Kitchen man	20.00 per month.
Chas. Holloway	Kitchen man	18.00 per month.
R. C. Morris	Kitchen man.	18 00 per month.
F. G. Ackerman	Baker	45 00 per month.
Angie Park	Assistant baker.	15 00 per month.
Jesse Thomas	Washerman	20.00 per month.
Bell Raphs	Washerwoman	15.00 per month.
Mary McGorern	Washerwoman	11.00 per month.
Laura Carlson	Washerwoman	11.00 per month.
Hilma Carlson	Washerwoman	11.00 per month.
Mary Kinsella	Cook	15 00 per month.
Viola Chase	Kitchen girl.	10 00 per month.
Lizzie Inscore	waiter girl.	15.00 per month.
Bertha Withers	waiter girl.	10 00 per month.
Lizzie Short	Chambermaid	11 00 per month.
Tillie Moreland	Chambermaid	10.00 per month.
Lulu Simmons	Ironer.	16.00 per month.
Bessie Manville	Ironer.	11.00 per month.
Anna Blythe	Ironer.	10.00 per month.
Lizzie Reagan	Ironer.	10.00 per month.
Dora Lancaster	Seamstress	18.00 per month.
Lizzie Crane	Seamstress	11 00 per month.
Ed. Anderson	Porter	20.00 per month.
R. H. Stearns	Farmer	35 00 per month.
S. Hinelaugh	Gardener	35 00 per month.
Henry Rouse	Butcher	50.00 per month.
S. B. Sidelotham	Florist	45 00 per month.
C. Holt	Milkman	18.00 per month.
L. Davis	Milkman	18.00 per month.
John McLaughlin	Laborer	25.00 per month.
L. H. Fenton	Laborer	1.50 per day.
Mike Donahue	Laborer	1.50 per day.
Simon Coghrin	Laborer	1.50 per day.
Wm. Baldwin	Teamster	20.00 per month.
M. Robinson	Teamster	20 00 per month.
M. Spafford	Teamster	20.00 per month.

OFFICERS AND EMPLOYEES—CONTINUED.

NAME.	SERVICE.	AMOUNT.
M. Moore.....	Teamster.....	\$20.00 per month.
W. Vanzent.....	Teamster.....	20.00 per month.
John Thomas.....	Engineer.....	60.00 per month.
John Hart.....	Assistant Engineer.....	40.00 per month.
Pat O'Connell.....	Fireman.....	40.00 per month.
Wilbur O'Connell.....	Fireman.....	30.00 per month.
T. Mount.....	Carpenter.....	2.50 per day....
N. Shriner.....	Carpenter.....	2.00 per day....
James Wilson.....	Painter.....	2.25 per day....