

FIRST ANNUAL REPORT

OF THE

BOARD OF TRUSTEES AND OFFICERS

OF THE

MINNESOTA HOSPITAL FOR INSANE,

TO THE GOVERNOR OF THE STATE OF MINNESOTA,

FOR THE YEAR 1867.

PRINTED BY AUTHORITY.

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1868.

MINNESOTA HOSPITAL FOR INSANE.

BOARD OF TRUSTEES.

C. T. BROWN, St. Peter, *President*,
Rev. A. H. KERR, St. Peter, *Secretary*.
LUKE MILLER, M. D. Rushford.
SOLOMON BLOOD, M. D., Owatonna.
RUBEN BUTTERS, Kasota.
H. B. STRAIT, Shakopee,
WM. SCHIMMEL, St. Peter.

RESIDENT OFFICERS.

SAMUEL E. SHANTZ, M. D.,

Superintendent and Physician.

GEORGE W. DRYER,

Steward and Treasurer.

MRS. MARY L. PEXTON,

Matron.

REPORT.

The trustees of the Minnesota Hospital for Insane, respectfully submit to the Governor of Minnesota, their first annual report.

Before presenting the statistical items it is proper to give a resume of the provisions made for the insane previous to the establishment of a state hospital for their reception.

At an early period in the history of our state the wants of this most unfortunate class appealed to the deepest sympathy and philanthropy of our people, most earnestly asking that suitable provision be made for their proper care and treatment. As our population increased this appeal became more pressing. Something must be done for their relief. Correspondence was opened by our state officials with the superintendents of hospitals in Wisconsin, Illinois and Iowa, asking if arrangements could be made to receive our insane patients until we were able to erect suitable buildings for this purpose. The only favorable response was from the superintendent of the Iowa hospital stating that the trustees thereof were willing to accommodate a limited number, and then only so long as their own patients did not require the full capacity of their building. This was a great favor conferred by our sister state. The result, however, was that as a state we did not feel the high necessity of making provision for them at home. The history of all our states shows that the first great charity demanding legislative action is the proper accommodation for the safety and medical treatment of the insane.

Under this arrangement, at a stipulated rate per week for board and medical attendance, the first patient was sent to the Iowa Hospital, April 28th, 1862. Since then the

Whole number sent is	-	-	-	-	55
“ “ recovered,	-	-	-	-	14
“ “ died,	-	-	-	-	10
“ “ eloped,	-	-	-	-	2
“ “ discharged unimproved,	-	-	-	-	25
“ “ remaining,	-	-	-	-	2

Of the number unimproved 19 were transferred to the hospital in St. Peter.

In the spring of 1866, as no more patients could be sent to Iowa, arrangements were made with the “ St. Vincent's Institute for Insane,” located at St. Louis, to receive a few patients, at six dollars per week.

No sent to St. Vincent's Institute,	-	-	-	-	7
“ discharged,	-	-	-	-	1
“ still remaining,	-	-	-	-	6

The expense for transportation, attendance, &c., in conveying patients so great a distance was necessarily great, which should be avoided at as early a day as possible.

In the fall of 1865 notice was received that no more patients could be received into the Iowa Hospital, and later the Governor was notified that the increasing number in Iowa required the entire accommodations of their building, and requested the removal of all our patients as early as the fall of 1866. In his first annual message, his Excellency Wm. B. Marshall, earnestly recommended this subject to the Legislature, that the time had now come, that the proper provision for our insane was imperatively demanded.

On the 2d of March, 1866, the Legislature passed “ an act for the establishment and location of a hospital for insane in the state of Minnesota, and to provide for the regulation of the same.”

By this act a Board of Trustees was constituted, viz :

S. D. Flagg and Orin Densmore for two years.

H. A. Swift and Solomon Blood “ four “

John L. Thorne, J. V. Daniels and Luke Miller for six years.

This board was authorized to erect or lease or purchase buildings for temporary use, and as soon as practicable have the patients removed from Iowa. Fifteen thousand dollars were appropriated for this purpose.

By the same act, W. R. Marshall, Thos. Wilson, S. J. R. McMillen, John M. Berry and Chas. McIlrath, were constituted a board to determine the permanent location of the State Hospital. They were authorized to associate with them Dr. R. J. Patterson, late superintendent of the Iowa Hospital, and their report to be filed on or before the 1st of July, 1866.

The board of trustees, by notification of the Governor, William R. Marshall, as per organic act, held their first meeting April 5th, 1866, at the capitol, in St. Paul. Previous to this, A. H. Kerr was appointed a member of the board, vice Hon. H. A. Swift, resigned.

At this first meeting J. V. Daniels was elected President, and S. D. Flagg, Secretary.

The securing of a suitable building for the Insane, was the first important duty required of the trustees, but upon consideration that it was exceedingly desirable to locate the temporary buildings and the Hospital proper at the same place, the board resolved to defer their selection until the report of the locating committee was rendered.

On the 1st of July, 1866, that report was duly filed in the office of the Secretary of State, and by this board the "State Hospital for Insane," was located at St. Peter, in Nicollet county. A farm containing 210 acres, was purchased by the citizens of St. Peter, at \$7,000 and conveyed to the state in fee simple for the use of the Hospital. This farm lies one mile south of St. Peter, touching the Minnesota River, part prairie and part timber, about 80 acres under cultivation, with bluffs and timber in the rear, and possessing comparatively many advantages for such an institution.

At their first meeting after this report was filed, the trustees purchased the property in St. Peter, known as the "Ewing House," with six lots, containing a stone building 60x82 feet, and three stories above the basement; attached thereto is a frame building 60 feet by 26, and two stories

high. These buildings were repaired, additions made, rooms furnished for the officers, two day rooms, two dining halls and accommodations for about 50 patients, were provided with the necessary furniture, etc. These buildings were heated with two furnaces, and the block on which they stand enclosed with a close board fence. It was thought and urged by some members of the board that these buildings would furnish capacity to meet the wants of the state for years to come. The result however is, that the number of patients far exceeded our estimates from any data by which we could be guided.

On the 2d of October, 1866, Dr. Samuel E. Shantz, of Utica, N. Y., was elected *Medical Superintendent* of the Hospital. By telegram he reported his acceptance and entered upon the duties of his office November 1st. At the subsequent meeting, Mrs. Mary L. Pexton, of Utica, N. Y., was elected *Matron*, her name having been presented by the Superintendent, as eminently qualified for this position by several years experience in an eastern institution. Dr. S. E. Shantz was requested to act as Steward and Treasurer of the Hospital. At this meeting the price of board for public patients was placed at \$5 per week.

Owing to unavoidable delays in putting up the furnaces the institution was not opened until the 6th of December. Under the care of Dr. Luke Miller, the patients in the Iowa Hospital, with the exception of four who were too feeble to be removed, were safely brought to St. Peter and received on the 28th of December.

At the meeting of the board Feb. 5th, '67, we found there were forty-eight patients under treatment; the building filled to its utmost capacity (desirable) and some fifteen applications on file. Other provisions must be made speedily and the president of the board of trustees was instructed to ask the Legislature to appropriate the sum of \$50,000, in order to "commence the erection of the permanent buildings at the earliest day possible;" \$40,000 was asked for and appropriated.

In the spring of '67, two meetings were called, but a quorum not being present no action could be taken. All

the members, with one exception, were distant from fifty to one hundred and fifty miles. A change in the board became desirable, to secure efficiency of action and especially was this felt by some of the distant members. Several resignations were tendered and in May the Governor appointed Hon. C. T. Brown vice Hon. J. V. Daniels, resigned; Hon. Ruben Butters vice Dr. S. D. Flagg, resigned; Major H. B. Strait vice Hon. J. L. Thorne, resigned; William Schimmel, Esq., vice Hon. Orrin Densmore, resigned.

On the 30th of May a reorganization of the board took place, and Hon. C. T. Brown was elected president and A. H. Kerr, secretary. This board felt the necessity of prompt action. The present buildings were full—patients in some cases were brought over one hundred miles and had to be taken back. We felt that other accommodations must be provided without delay. Every instinct of humanity urged this. Friends and county authorities knew not what to do with their insane and in many cases hoping to find admittance, brought them here and complained bitterly that they could not be received. Under this pressure and believing the state would fully sanction this course, the board resolved to erect an additional temporary frame building, on our ground in St. Peter, to accommodate fifty more patients. As no permission for such expenditure had been made, the trustees decided to draw from the building fund (\$40,000) for this purpose. In doing this we felt fully warranted, under the urgent appeals and the pressing circumstances of the case.

Plans were immediately secured and contracts given for a frame building ninety-six feet by thirty-four, two stories high, each twelve feet in the clear, with a stone basement under the whole eight feet in height. This building was completed and furnished by the first of September, but owing to the non-arrival of the window guards, it was not occupied until the 22d of October. It is heated by a large furnace and supplied with substantial furniture. This is a much more suitable and comfortable building than the old ones, yet as it was designed to be for temporary use, it has many inconveniences for this class of unfortunates.

Our accommodations now at the utmost are, for only 100 patients. 87 are now present as per the superintendent's report, with about 20 applications on file. What shall be done for others who ask for admission, especially since all medical testimony urges the immediate reception of recent or acute cases for hospital treatment? The board do not feel warranted in expending more on temporary buildings, and the hospital proper cannot be ready for occupancy earlier than the fall of 1869. The question is most urgently pressed upon the attention of the legislature, demanding their earnest and prompt action as to the method and the means to meet this demand of suffering humanity.

After careful examination of different hospital plans the trustees in February, 1867, unanimously adopted for our state institution the Linear plan, consisting of centre building with sections and return—wings. In consultation with our superintendent this plan received his full approbation, and at the first meeting of the reorganized board the last of May, it was decided to employ a suitable architect, and if possible have the basement laid before winter.

We find that all hospitals erected within a few years, and those more recently projected, embody more or less the features of this plan. In assuming the responsible task of erecting for the state of Minnesota a building, not for a day, but for a century, suitable for this class of sufferers, and which is certainly one of our noblest state charities, the board have projected an edifice that when completed will be an honor to our state. Without aiming at an ornamental structure, our purpose was to secure a substantial, plain and well arranged building, combining such internal facilities for heating, ventilation, water, machinery, etc., as experience and science have suggested as essential. When finished it will present a plain exterior of hammered stone, broken range and well pointed, embracing a centre building 60 feet by 120, with sections on each side and returns, each 118 feet by 44. These sections may be increased in number as the wants of the state may demand, and as thus extended the whole will be harmonious. The centre building is to be 4 stories and all the sections 3 stories above the basement.

The laundry building, machine shop, etc., are in the rear of the center building.

Proposals were received from a number of architects, east and west. That of Samuel Sloan, of Philadelphia, was accepted. Mr. Sloan has had large experience in furnishing plans for hospitals in Ohio, Pennsylvania, New Jersey, Alabama, Connecticut and other states. The board have been highly pleased upon acquaintance with him and feel they could not have secured a more competent and experienced architect, in this department. He made his first visit in July, examined the grounds and gave directions for excavations, &c. Mr. William Couplin was selected as superintendent of the building, in whom the building committee have full confidence. Under his directions the excavations have been made, and about one-half the basement walls laid. The work, as far as it has progressed, is very substantial, embracing the foundation of the centre building, and one section on each side, with the returns, and having a frontage of 374 feet. Could the plans have been furnished sooner, a larger amount of rock could have been laid up. A number of workmen will be employed during the winter in cutting and dressing stone, of which a considerable amount has been quarried.

The point on which the building stands was selected by the locating board, and the trustees did not feel at liberty to make any change. Upon trial, the site was found to be on a rocky bed, and very expensive to excavate; the rock, too, of a shelly uneven character and unfit to be used in the walls. At the base of the excavation, however, are layers of solid rock, two feet thick, so that the walls of the entire building rest on rock. While this is desirable as to the solidity of the structure, the expense for drainage and piping will necessarily be large. On the farm is abundance of stone; after experimenting at different points, a quarry was opened about 600 feet from the building, which will furnish all the stone requisite. An abundant bed of excellent sand is found about sixty rods distant. On the farm, also, are two clay beds for brick. The location thus possesses many incidental advantages.

Dr. R. J. Patterson, who accompanied the locating board, gave it as his opinion that water could be supplied from springs almost directly in front, by means of an hydraulic pump, forcing the water to a reservoir and thence distributed through the building by steam power. There are a number of these springs of excellent, pure, soft water, with a constant flow, but they are liable to overflow when the river is very high. After a full examination by Mr. Sloan, (see his accompanying letter to the trustees,) he strongly recommends the bringing of water from a lake lying almost directly west of the farm. This lake is about two and one-half miles in length and three-quarters of a mile wide and affords a basin of water one hundred and fifty feet above the base of the building. With a reservoir on the bluff, immediately in the rear, ninety feet above the basement, the entire building can be supplied without the aid of machinery. The advantages of this method of supply are obvious. By the use of two *turbine* wheels, power is also secured to drive the fan, for ventilation, and also the required machinery in the carpenter shops and laundry, thus largely reducing the annual expense. This is a most important desideratum, as the annual outlay for fuel and steam power is apparent to all.

We hereby submit the report of our architect, (which however was not received until the 13th of January, 1868, and which the board regarded as important to embody in their annual report, hence the delay in its presentation.) Mr. Sloan's views are very suggestive, and his estimates are for the guidance of the trustees, and the legislature :

NEW YORK, Dec. 30th, 1867.

To the Board of Trustees, Hospital for Insane, Minn.:

GENTLEMEN :—As requested by your building committee, I now submit a report as a result of my late visit to St. Peter, relative to the *site*, the *materials* and the probable cost of erecting the centre building, with the two adjoining wings, including the laundry building, the workshops, boiler house, chimneys, &c., and also as to the supply of water. The

site selected by your locating committee is, without question, the best, from the fact that it affords advantages not only during the erection of the buildings, but also a great and perpetual saving in the annual expenses. The surface of the ground rests on an underlying bed of stone, so all parts of the foundation of the building will literally stand on *rock*. In making the excavations for the deeper portions of the cellar, the stone proved to be suitable for building the walls, which induced the committee to open a quarry near the building, which is thus far very promising, and leaves scarcely a doubt but that a sufficient quantity of stone can be had for the entire work. An abundance of sand and brick-clay can be had on the farm; thus you are favored in all the materials to construct the walls, which embrace the heaviest expenses, owing to their being usually the most difficult to procure in such large quantities.

The building as located is well sheltered from the north and northwest winds by the rising ground and woods in that direction; while the country is open to the south and southwest, giving all the advantages of the sun and the prevailing winds from those points in the summer.

The important item of a proper supply of water is too frequently overlooked in selecting sites for buildings of this character, which are often thus burdened with a *heavy tax* to sustain a limited supply of this most essential article. In this particular you are also favored, there being a lake of pure water within a distance of four miles, and at an elevation of one hundred and sixty feet above the base of the building. From this lake to the bluff, a distance of nearly four miles, with a descent of about sixty feet, I would recommend the use of an eight-inch terra-cotta supply pipe, to a reservoir, (underground) about eight feet in diameter, and two hundred feet long, (with an overflow,) located on the bluff, about one-eighth of a mile from the building, and with about ninety feet elevation above its base. This head will be sufficient, with an eight-inch iron pipe, to drive two six-inch turbine wheels; one of these to be attached to the *fan* and in constant motion, the other to run the machinery in the laundry and workshops. All this can be accomplished with the advantage of such a head of water, and will avoid the outlay of one boiler and two engines, pumps, tanks, &c., and also the expense of fuel for generating steam for the latter purposes. In this alone there will be an annual saving of *fifteen hundred* dollars, besides labor, the wear of boilers and machinery which will frequently require *renewal*. The annual saving in favor of the turbine

wheels, counting the expenses attending the steam, will be at least *three thousand* dollars, and as to durability there is no comparison. In fact you are unequalled for such facilities by any hospital in this country. I therefore urge your attention to the importance of carrying out this idea, as you will thus have a constant and sure source of supply. I may observe, in addition that I have just had a consultation with Dr. Shew, superintendent of the Connecticut hospital for insaue, now being erected, in which he assures me, that a single turbine wheel, which he has had running machinery in his carpenter shop about eight months, preparing materials for the new building has saved in that time three thousand dollars.

The cost of centre building, all completed, will be,	\$56,000
“ two wings and returns,	“ 96,000
“ laundry building and workshops,	“ 20,000
“ water supply,	“ 15,000
“ drainage and culvert,	“ 5,000
“ chimney and boiler house,	“ 3,000
	<hr/>
	\$195,000

The cost of extension of wings to complete the entire building,	- - - - - 100,000
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	\$295,000

SAMUEL SLOAN,
Architect.

The earnest effort of the trustees will be to enclose the centre building and the two wings with returns, before the winter of 1868-9, if a sufficient appropriation is made. To accomplish this it is estimated that \$75,000 is needed, and we therefore ask an appropriation of this amount.

Herewith is submitted the report of Dr. S. E. Shantz, as steward of the hospital, for the year ending Nov. 30, 1867. From this it appears that the total receipts from all sources was \$18,703.40, and the expenditures \$20,758.19, leaving an excess of expenditures over receipts of \$2,054.79. We ask an appropriation of this amount, (\$2,054.79,) to cover the deficiency in current expenses for the year ending December 1st, 1867. It is evident that a much larger appropriation for current expenses is essential for the ensuing

year, owing to the greatly increased number of patients. For this purpose we ask the sum of \$30,000 as estimated in the Superintendent's report.

Accompanying this is the report of Dr. S. E. Shantz, as Medical Superintendent, to which your attention is earnestly invited. In this will be found much information bearing upon the subject of insanity, and the appointments essential to the comfort, treatment and recovery of these most unfortunate ones.

As no special fund was provided by the Legislature for furnishing purposes, the trustees were under the necessity of taking out of the appropriation for building purposes the sum of \$3,965.79, to furnish the temporary additional hospital building erected the past season. This and incidental repairs to the temporary buildings, should be met by a suitable appropriation, and not come out of the building fund. We therefore ask that at least \$5,000 be granted to re-pay the above amount to the building fund, and the balance be set aside for a team and agricultural implements needed on the farm.

The trustees make a quarterly visitation and examination of the hospital, and during the interim a monthly visitation is made by a committee appointed, a record of which is kept in the office for the inspection of any who visit the institution. The trustees take pleasure in reporting their gratification as to the manner in which the hospital is conducted, the order manifested and the comparative comfort of the patients, evidencing watchfulness and care on the part of the Medical Superintendent, the Matron and the Employees.

By the act of March 2d, 1866, \$15,000 were appropriated for securing temporary accommodations.

RECEIPTS.

By Orders on State Treasurer from Aug. 2d to Nov. 30th, 1866,	- - - - -	\$9,330 00
By Orders on State Treasurer from Dec 1, 1866, to March 5th, 1867,	- - - - -	5,670 00

March 15, 1867, by insurance, barn burned, -	200 00
April 15, 1867, by order on State Treasurer, drawn from appropriation. Mar. 5th, 1867,	817 71
	<hr/>
	\$16,017 71

EXPENDITURES.

Purchase of property, additions and repairs on temporary buildings, - - -	\$10,437 84
Furnishing the same, - - -	5,313 64
Expenses of J. V. Daniels and J. L. Thorne, attending meetings of Board, - -	43 50
Cash to balance, - - - -	222 73
	<hr/>
	\$16,017 71

By act of March 5th, 1867, \$40,000 were appropriated for building purposes.

RECEIPTS.

From June 4th to Nov. 30th, 1867, by orders on State Treasurer, - - -	\$32,746 02
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EXPENDITURES.

Hospital, excacavation, and cellar walls, -	\$13,067 19
New frame temporary hospital, -	9,675 17
Furnishing the same " - <i>Suppld</i>	3,965 79
Repairs on old buildings and new stables -	948 47
Cash to balance, - - - -	5,089 40
	<hr/>
	\$32,746 02

This amount, with the sum of \$817.71 drawn March 5th, makes \$33,563.73 drawn from the Treasury, leaving an un-drawn balance of \$6,436.27 in the State Treasury.

REPORT OF THE BUILDING COMMITTEE.

Trustees of Minnesota Hospital for Insane :

Your Building Committee would herewith submit their report of expenditures since their appointment, May 31st, 1887, itemizing the same as minutely perhaps as desirable. Immediately upon our appointment we took steps to carry out the instructions of the Board in the erection of a new frame temporary building, 96 feet by 34, and two stories above the basement. As soon as the plans were procured, proposals to complete the same, above the basement, were invited and awarded to the lowest bidder, for the sum of \$6,575 00, contractors to furnish all materials. The excavation and the basement walls were also given to the lowest bidders, the excavation at 20 cents per cubic yard, and masonry at \$1.20 per perch.

EXPENDITURES ON FRAME BUILDING.

Plans,	-	-	-	-	-	\$50 00
Excavation, 20 cents per yard,	-	-	-	-	-	149 75
Stone,	-	-	-	-	-	167 50
Caps, Sills, and Steps,	-	-	-	-	-	72 50
Hauling Rock and removing Soil,	-	-	-	-	-	137 30
Masonry, 405 perch, \$1.20 per perch,	-	-	-	-	-	486 00
Masonry, Portico and Areas,	-	-	-	-	-	41 25
Contract for Building,	-	-	-	-	-	6,575 00
Extras, Water-closets, etc.,	-	-	-	-	-	533 50
Plastering in Basement,	-	-	-	-	-	43 30
Insurance,	-	-	-	-	-	124 00
Lightning Rods,	-	-	-	-	-	42 20
Locks,	-	-	-	-	-	209 78
Express Charges,	-	-	-	-	-	8 67
Painting Window Guards, &c.,	-	-	-	-	-	98 20
Furnace and Freight,	-	-	-	-	-	828 03
Wet,	-	-	-	-	-	46 50
Miscellaneous Items,	-	-	-	-	-	61 49
						<hr/>
						9,675 17
Furnishing Frame Building,	-	-	-	-	-	3,965 79

OLD BUILDINGS.

Lightning Rod, - - - - -	\$31 00
Insurance, - - - - -	43 75
Plastering, - - - - -	17 00
Eave Trough, - - - - -	44 30
Painting, including Fence, - - - - -	81 35
Whitewashing, and Repairs of Plastering, - - - - -	70 00
Shingles, - - - - -	115 00

NEW STABLE.

Lumber, - - - - -	275 29
Work, Shingles, Hardware, &c. - - - - -	189 15
Lumber, &c., pig pen, - - - - -	25 32
Stone and Masonry, - - - - -	56 31

 948 47

Under the direction of Mr. Sloan, your architect, the hospital grounds were surveyed and the basement of the centre building with one section and return, on each side, properly staked out. It was his advice as the proper way for the erection of such a building to secure a superintendent of the work, under whose direction suitable men should be employed to carry out the plans. Indeed in a building having arrangements and appliances peculiar to such institutions, it was almost impracticable to give contracts and combine all essential requirements without great danger of having portions of it slighted. Accordingly we secured for this purpose the services of Mr. Wm. Couplin, and on the 22d of July the first work on the excavation commenced. The site selected proved to be a bed of rock, and required great labor to remove it. The excavation, too, is extensive, having a frontage of 378 feet, the centre building running back 120 feet, the sections and returns each 113 feet. The expense of excavation was necessarily large, but doubtless a full compensation is had in securing a rock base for the edifice.

The expenditures are as follows :

Excavation, - - - - -	\$2,465 85
Stone Quarries, - - - - -	1,009 50
By contract, 2,807 feet dimension rock, 15 cents,	421 05
do 213 cords rock, \$2 per cord,	426 00
do 26½ do \$3 do - - -	63 75

Masons and Attendance, - - - -	2,832 60
Hauling Stone and Sand, - - - -	648 50
250 Barrels Lime, - - - -	259 00
Labor, - - - -	182 14
Powder and Fuse, - - - -	60 85
Wheelbarrows, - - - -	121 75
Carts and Harness, - - - -	193 00
Hardware, Shovels, Picks, &c., - - - -	103 06
Drills, Sledges, Blacksmithing, &c., - - - -	234 72
Window Guards and Freight, (designed for present Hospital), - - - -	717 33
Surveying Grounds, Elevations, &c., - - - -	57 00
Miscellaneous Items, - - - -	6 80
Samuel Sloan, Architect, - - - -	500 00
Brick Machine, - - - -	120 00
120,000 Brick, - - - -	909 63
Lumber, Freights and Hauling, - - - -	1,734 66
	<hr/>
	\$13,067 19

Of the above expenditure, we have, as you will notice, lumber, (including joists for the lower floor,) brick, brick machine, carts, tools and other items, on hand paid for, amounting in the aggregate to about - - \$4,000 00 also 5,000 feet dimension rock, 15 cents per foot, 750 00 150 cords rock, \$3 per cord, - - 450 00 150 cords shell rock \$2 per cord, - - 300 00

\$5,500 00

So that the cost of excavation and mason work done on the basement and piers amounts to \$7,517.19. Nearly one-half the basement walls are built. In the above estimate a large amount of sand hauled, is not included. A tool house and lime house erected, also are not included. Some stone cutters will be employed during the winter to dress dimension rock, caps and sills, so as to have material ready for early spring work.

It may be well to state that hard wood lumber, for basement window frames, dormitory doors and floors for halls, has been contracted for, to be delivered during the winter, at the following rates: 45,000 feet oak dimension, of which about two-thirds is clear, at \$22 per thousand feet; 53,000 clear oak and maple flooring, three by one and one quarter, at twenty-four, twenty-six and twenty-seven dollars per thousand. These contracts are very favorable.

It is exceedingly desirable that the work commence early in the spring, under an efficient force of workmen, so as to have the building enclosed before the coming winter. About 2,000,000 of brick are needed for inside walls and lining—these must be burned at an early day. A good bed of clay is found on the farm, and we are confident that the supply of brick can be had as needed. The entire building is to be covered with slate and this should be obtained early so as to secure water transportation—so also the water pipes. Other suggestions would make our report too lengthy.

For the making of window and door frames, doors, sash and other items, when it is practicable, we expect to invite proposals and award contracts, until suitable machinery is secured for the hospital.

Commencing on work so late in the season, nearly the first of August, as the plans could not be furnished sooner, we have been able to accomplish a fair amount of work which is protected for the winter. It will be our earnest effort to have the plans you have adopted for the hospital carried out and all the work substantially done, and at the lowest rates.

C. T. BROWN,
A. H. KERR,
WM. SCHIMMEL,
S. E. SHANTZ,

Building Committee.

We have thus given you a brief history of what has been done, and would earnestly commend to your warmest sympathy this institution, claiming as it does the aid and fostering care of our State. A hospital for insane, founded by her benefactions and cherished under her auspices, will constitute one of her brightest jewels, and stand as the noblest evidence of an advancing Christian civilization.

All of which is most respectfully submitted,

LUKE MILLER,
SOLOMON BLOOD,
A. H. KERR,
C. T. BROWN,
R. BUTTERS,
H. B. STRAIT,
WM. SCHIMMEL.

Trustees.

TREASURER'S REPORT.

To the Trustees of the Minnesota Hospital for Insane:

The Treasurer respectfully submits the following summary of his receipts and expenditures for the year ending November 30, 1867.

RECEIPTS.

From State Treasury, from amount appropriated for current expenses, for 1867.	-\$14,318 89
From Sundry Private Patients,	366 58
From Building Fund for Furnishing temporary Hospital,	3,965 77
From the Steward for sundries sold,	52 16
	18,703 40

PAYMENTS.

For additional Alterations and Repairs,	\$58 78
“ Attendants, Assistants and Labor, including the salaries of Clerk, Supervisor, Watchman, Fireman, &c.,	2,776 78
For Books, Stationery, Printing, &c.,	240 71
“ Clothing for Patients,	1,255 73
“ Farm, Barn, Garden and Grounds, including Horse, Cows, Pigs, Wagon, Farm Implements, &c.,	749 12
Fuel and Heating,	829 45
For Furniture, including Beds and Bedding,	3,661 23
“ Lights,	121 57
“ Medicines and Medical Supplies,	463 82
“ Miscellaneous Expenses,	557 53
“ Officer's Salaries,	1,529 18
“ Patients' Miscellaneous Expenses,	83 50
“ Provisions and Household Supplies,	7,012 79

ANNUAL REPORT.

For Steward's Petty Expenses, - -	150 00
“ Support of Sundry Insane Patients in Iowa Hospital for Insane, - - -	225 39
For Support of Sundry Insane Patients, in St. Vincent's Institution for the Insane, at St. Louis, Mo. - - -	1,042 61
Am't of Payments, - - -	20,758 19
Am't of Receipts, - - -	18,703 40
Dec. 1, 1867, Am't of Deficiency, - - -	2,054 79

St. Peter, Minn., Dec. 1, 1867.

SAMUEL E. SHANTZ,
Treasurer.

FIRST ANNUAL REPORT OF THE
SUPERINTENDENT
OF THE
MINNESOTA HOSPITAL FOR INSANE,
FROM THE OPENING OF THE INSTITUTION,
DEC. 6, 1866, TO NOV. 30, 1867.

To the Board of Trustees:

GENTLEMEN:—It was your pleasure, on the 2d day of October, 1866, to elect me Superintendent of an hospital for the insane, which, agreeable to statute, you were then about to organize for the State of Minnesota. And in accordance with the provisions of the law governing the Institution, I have the honor to submit to you the first annual report of its operations.

In obedience to your request I arrived in St. Peter Nov. 1st, 1866, and immediately entered upon my duties.

I found the property known as the Ewing House, an old dilapidated hotel, undergoing repairs under the supervision of a member of your Board.

The work of repairing and transforming so far as accomplished, was suitably done; but there was yet much to do, viz., the plastering and painting of the whole of the frame building, the construction of a water closet, and the protection of the windows by guards. The two buildings had also to be heated and the furnishing done throughout.

By the sixth of December all this work was so near its

completion that we felt warranted in declaring the hospital ready for the reception of patients.

The buildings thus formally opened consist of a three story stone building 60 by 32, with a frame L 60 by 25, two stories high, running back from the stone, and a laundry building attached to one side of the frame, and also abutting on the stone.

It was supposed the stone building would accommodate about 25 patients, and the frame about 20; and as it was anticipated there would be more male than female patients, we made the stone building the department for men, and the frame for women. Each department had but one sitting room and one dining room, with suitable sleeping apartments for the number already mentioned; and thus affording no means of classification, whatever, which is one of the prime essentials to successful administration and effective treatment.

The first patient was admitted Dec. 12th, 1866. On the 28th of the same month the insane who had been sent from this State to the Iowa Hospital for Insane, nineteen in number, were returned and admitted here. It now became generally known that the Institution was open, and admissions followed in rapid succession, some having previously asked for admission and others not, until at your quarterly meeting, held Feb. 5th, 1867, I reported the number under treatment 48.

As the building was already crowded beyond just sanitary limits, you determined no more patients should be admitted, except as discharges were made after recovery; and to prevent persons being brought to the Institution except on these conditions, you gave notice to this effect in the public press. But notwithstanding this notice, many persons were brought to the Institution and admission sought for them. In many cases admission was demanded as a right which they had under the law, and in other cases the most pitiful tales were told of sufferings already endured, and of inability to provide for the wants of the balance of the family—much less for the afflicted one.

The condition of many of the cases thus presented, after

traveling for an hundred or more miles, in an open wagon, was such that they must inevitably have perished if obliged to undergo the fatigue and exposure incident to a return home.

I therefore continued to receive such, and to crowd them in with the rest, at great risk of personal violence—for in many single bedded rooms, 9 x 11 feet, there were three sleeping—thinking that by so doing I was choosing the least of two evils for them.

At your next meeting, held May 30, 1867, the number had run up to fifty-six, and I had still thirty applications pending.

You then determined to erect another temporary building to accommodate about fifty more persons. At your request I drew a plan of a building, and had a drawing made of it, which you at once proceeded to erect, and which was ready for occupation by the 23d of October.

This building has some semblance to an hospital, and answers well the purpose intended. It is 96x34, two stories high, and has a good high basement. The basement is used for kitchen, furnace-room, cellar, store-room, and bed-room for the cooks.

The two stories are entirely devoted to patients, except a small office and bedroom for the steward.

A hall ten feet wide runs the whole length through the center of the building on each floor, which afford a promanade and sitting-room. Leading off from the hall, over the kitchen, is the dining-room, on each floor, and all the bedrooms and the water closets also open directly on this hall. The food is brought from the kitchen by a dumb-waiter to each dining-room. Thus it will be seen that we can make two distinct classes in this new building, and that we are saved the necessity of climbing stairs, or obliging the patients to do so, at every meal, at night, and in the morning, and even every time they have occasion to go to the water closet, as in the old building.

The many difficulties encountered every day in getting old and infirm, stupid and excited, willing and obstinate, to mount stairs together, without tumbling each other down

headlong, can scarcely be anticipated by any one not having knowledge of the manners and habits of the insane.

By the time this building was ready for occupation I had more than half enough applications on file to fill it. These soon after being notified presented themselves for admission, and as soon as it became generally known that further provision had been made, many more were brought, without previous application. From the number who have been brought in this way and from the number of applications now on file, I am satisfied this building will again be full by the first of February.

The whole number of patients admitted during the year is ninety-seven.

Out of this number thirteen have been discharged, ten recovered, two died and one eloped, unimproved. Remaining, eighty-four. One death resulted from epilepsy and the other from apoplexy.

Table Showing the Nativity of those Admitted.

	Males.	Females.	Total.
Czechia, - - - - -		1	1
Connecticut, - - - - -	2		2
Canada, - - - - -	3	1	4
Denmark, - - - - -	1		1
England, - - - - -	2		2
Germany, - - - - -	10	6	16
Illinois, - - - - -	2	1	3
Indiana, - - - - -	1		1
Iowa, - - - - -		1	1
Ireland, - - - - -	3	9	12
Maine, - - - - -	1		1
New Hampshire, - - - - -	1		1
New Brunswick, - - - - -	1		1
New Jersey, - - - - -	1		1
New York, - - - - -	8	10	18
North Carolina, - - - - -	1		1
Norway, - - - - -	4	4	8
Ohio, - - - - -	1	1	2
Pennsylvania, - - - - -	3	1	4
Prussia, - - - - -		1	1
Sweden, - - - - -	1	2	3
Switzerland, - - - - -	1	1	2
Texas, - - - - -	2	3	5
Virginia, - - - - -	1	2	3
Unascertained, - - - - -	3		3
Total	53	44	97

I am very often asked whether our insane are not nearly all foreigners. This table shows 51 persons of foreign, 43 of American, and three of unknown birth. The three unknown are, however, natives of this country, and are unknown only as to the particular State.

I am not aware what the relative proportion of the native and foreign population in this State is, but from what I have observed, I judge it to be much the same as here represented.

Table showing the occupation of those admitted.

	Males.	Females.	Total.
Cook, - - - - -	1		1
Farmer, - - - - -	20		20
Gardner, - - - - -	1		1
Harness Maker, - - - - -	1		1
House Keeper, - - - - -		36	36
Laborer, - - - - -	24		24
Merchant, - - - - -	1		1
No occupation, - - - - -	2	1	3
Printer, - - - - -	1		1
Stone Mason, - - - - -	1		1
Domestic servant, - - - - -		7	7
Teamster, - - - - -	1		1
	53	44	97

Table showing the religious persuasion of those admitted.

	Males.	Females.	Total.
Episcopalian, - - - - -	1		1
Baptist, - - - - -	4	6	10
Dutch Reformed, - - - - -		1	1
Methodist, - - - - -	5	7	12
Lutheran, - - - - -	15	11	26
Presbyterian, - - - - -		1	1
Roman Catholic, - - - - -	6	12	18
Not religious, - - - - -	22	6	28
	53	44	92

Table showing the ages of those admitted.

	Males.	Females.	Total.
From 10 to 20, - - - - -	5	2	7
" 20 " 30, - - - - -	15	6	21
" 30 " 40, - - - - -	16	15	31
" 40 " 50, - - - - -	8	11	19
" 50 " 60, - - - - -	7	8	15
" 60 " 70, - - - - -		1	1
" 70 " 80, - - - - -	1		1
" 80 " 90, - - - - -	1	1	2
	53	44	97

Table showing duration of insanity before admission.

	Males.	Females.	Total.
Under three months, - - - - -	9	6	15
" six " - - - - -	8	2	10
" one year, - - - - -	5		5
" two years, - - - - -	6	1	7
" three " - - - - -	3	4	7
" five " - - - - -		9	9
" ten " - - - - -	9	6	15
" twenty " - - - - -	2	5	7
Unknown, - - - - -	10	10	20
Chotic, - - - - -		1	1
Subecile, - - - - -	1		1
	53	44	97

Table showing form of Insanity.

	Males.	Females.	Total.
Acute Mania, - - - -	11	4	15
Sub Acute Mania, - - - -	5	1	6
Chronic Mania, - - - -	3	2	5
Periodic Mania, - - - -	1	1	2
Melancholia, - - - -	4	7	11
Dementia, - - - -	22	24	46
Senile Dementia, - - - -	2	2	4
Puerperal Mania, - - - -		2	2
Peresis Generalis, - - - -	4		4
Idiocy, - - - -		1	1
Imbecility, - - - -	1		1
	53	44	97

Table giving assigned Causes.

	Males.	Females.	Total.
Intemperance, - - - -	1		1
Grief, - - - -	1		1
Epilepsy, - - - -	2	4	6
Ill health and over-work, - - - -	2	4	6
Sun stroke, - - - -	3		3
Masturbation, - - - -	4		4
Suppressed Menses, - - - -		1	1
Accouchement, - - - -		2	2
Injury to the Head, - - - -	1	1	2
Fright, - - - -		1	1
Desertion by husband, - - - -		1	1
	14	14	28

Table showing civil condition.

Married.			Single.			Widowed.		
Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Total.
15	27	42	37	10	47	1	7	8

In 69 cases no cause was assigned for the attack; in six cases an hereditary predisposition to insanity is said to have existed; in 32, no such tendency, and in 59, this fact could not be ascertained.

These tables I have prepared in the manner customary in hospitals for the insane in this country. If this course is carefully pursued for a number of years, many valuable deductions and practical lessons may be drawn from the materials that will thus be accumulated.

I desire to draw your attention particularly to three of these tables, viz: to that of age, of form, and of duration. Nearly one-half the cases admitted were over 40 years of age; more than half are suffering from the chronic forms of the disorder, and very nearly two-thirds have been insane over two years. These facts show that we have very few cases in which there is much hope of recovery; and as our hospital will soon be filled, and vacancies can then be awarded only as discharges after recovery are made, it is easily to be seen that our limited provision will soon be found totally inadequate.

I am of opinion that there are now but few chronic cases in the State that are not under our care. It is, therefore, greatly to be regretted that we have not now about forty or fifty beds for the acute cases that are likely to seek admission during the current year. The proportion of recoveries that may reasonably be expected under proper management, and where all essential facilities for medical and moral treatment are afforded, is generally stated by the best authorities n

this subject, at from 70 to 90 per cent. ; and if cases are neglected for two years, not more than 10 or 15 per cent. will recover. Early treatment, therefore, is the only means of preventing the burden of chronic lunacy.

The expense of erecting an hospital sufficiently large to accommodate all we now have, and to provide reasonable room for the future, may seem very large at the present time, particularly in view of our age and circumstances as a State.

But is it not better to incur the expense now, and pay when we get able, if by so doing we restore our insane to reason and prevent them from becoming incurable. For it must be remembered that after their cases have become chronic, they must, in a majority of cases, be provided for during the remainder of their lives, if not in a hospital, at least in some place of confinement provided at either county or State expense.

In many of the older States the subject of provision for the chronic insane is fast becoming one of great moment, so great is the accumulation of this unfortunate class, for want of proper facilities for early treatment. With us the number is yet so small that if proper and energetic effort is made to prevent farther accumulation, by early treatment, we may be saved the burden so greivous to our neighbors, while at the same time we make many a home happy and relieve many a person from that saddest of all calamities, life-long insanity.

It is a matter of great surprise to many people that we should have so large a number of chronic insane in this new State. Let such be admonished by this fact, and aid us in preventing the increase of this number by providing proper facilities for the treatment of all recent cases as they arise in the future.

The proportion of insane to sane in many of the older states far exceeds that of ours, so far as we now can ascertain.

Many of them have about one insane person to every thousand inhabitants; we as yet show but one in three thousand. Let us not flatter ourselves, however, that our healthful climate, our youth and activity, &c., is going to

empt us from insanity. We have not yet had time to accumulate. And I will venture to predict that as our state is largely being settled by invalids, we will show a larger proportion than many states, as time advances.

Any thing that impairs the physical vigor of an individual prepares him for insanity, and we may rest assured that the many who have made their homes amongst us because of their infirmities, will either themselves, or by their progeny, contribute to the number of our insane.

I do not regard it necessary to attempt any description of the location chosen for our hospital, nor of the facilities it affords for building purposes, as your report necessarily alludes to these points.

But as I drew your attention to the plan chosen, and urged upon you its adoption, I feel called upon to speak of it somewhat in detail.

The plan contemplates a center building 60 ft. by 120 ft., four stories high, six sections and return wings, 113 ft. by 44 ft., three stories high, and four one story buildings, running back from the last section.

The centre building will afford a kitchen, two dining-rooms, store-rooms and an apotecary's shop on the basement floor; offices, parlor, and private rooms for assistant physician, steward and matron, on the second floor; the superintendent's private apartments and a chapel for the institution on the third floor; bedrooms for the domestics of the institution on the fourth floor. The sections will be wholly occupied by patients, and those who are in immediate attendance upon them. In the rear of the center building, at a distance of about one hundred feet, will be the laundry and back of it again the workshop.

It is to be constructed of magnesian limestone, laid in broken range and hammer dressed, and is to be roofed with slate. It is to be heated throughout by steam and ventilated by a fan.

You now have in process of erection the center building and one section on each side. This, when completed, will afford room for about one hundred and sixty or seventy patients, and will enable us to make at least three classes on

each side, and it will leave in the center building all the appointments necessary to an hospital.

On assuming the responsibility of erecting an hospital for the insane, for a great state and for generations to come, your first great duty was to adopt a plan suited to the purpose. This, I am satisfied, has been done, and that it may be seen that our plan meets the approval of the best authorities on this subject, I submit herewith a letter received by me from Dr. Thos. S. Kirkbride, superintendent of the Pennsylvania hospital for insane :

PENNSYLVANIA HOSPITAL FOR THE INSANE, }
PHILADELPHIA, December 20, 1867. }

My Dear Doctor: Agreeably to your request, I have carefully examined the plans for the Minnesota hospital for the insane, as drawn by Samuel Sloan, Esq., architect of this city, and have great pleasure in bearing testimony to its completeness in every department. If carried out as proposed, I have no hesitation in saying that it cannot fail to give general satisfaction and will certainly be an honor to your state. I have no doubt but that in a few years the whole of the structure will be needed, but it is one of the advantages of the plan, that a portion can be put up to meet the immediate wants of the community, while provision is made for its extension whenever required. I trust the authorities of Minnesota will recognize the fact, that the *best hospital* is always the *cheapest* in the end, and this proposed hospital it seems to me, will challenge comparison with any that have heretofore been built. It is especially to be commended for the completeness of its arrangements for classification, for heating and ventilation, for supply of water, and for all the domestic departments of the institution.

Congratulating your state upon having adopted so excellent a plan, and wishing you all possible success in the execution of the work,

I am, very respectfully, yours,
THOMAS S. KIRKBRIDE.

Dr. S. E. Shantz, Supt. of Hospital for the Insane, St. Peter, Minnesota :

I also present herewith a series of propositions adopted by the association of medical superintendents of American

institution for the insane, in order that it may be seen that our plan is in conformity to the expressed opinion of this distinguished body.

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 200 patients, to which number these propositions apply, unless otherwise mentioned.

III. Means should be provided to raise ten thousand gallons of water, daily, to 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 provision 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 for 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 floor of patients' apartments should always be of wood.

XIII. The stairways should always be made of iron, stone, or other destructible 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 superintendent 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 moveable 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 under ground, 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

*Proposed in 1867 so as to read six hundred. Ours, when completed, will accommodate four hundred.

boiler does not exceed 212 degrees F., and placed in the basement or cellar of the building to be heated.

XXI. A complete system of forced ventilation, in connection with 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 should be deemed either misplaced or injudicious.

XXII. The boilers for generating steam for warming the building should be in 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 incombustible materials; be simple in their arrangement, and have strong downward ventilation connected with them.

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

XXV. The wards of 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. Whenever 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.

There is another series of propositions on the organization of hospitals for the insane, adopted by the same high authority, which I also submit herewith. I do this in order that the correct views on this subject may become more generally disseminated. I am satisfied that any variation from the views herein expressed, in the organization and management of our hospital, would be highly detrimental to its efficiency and usefulness:

I. The general controlling power should be vested in a Board of Trustees or Managers, if of a State institution, selected in such manner, that it will be likely most effectually to protect it from all influences connected with political measures or political changes; if of a private corporation, by those properly authorized to vote.

II. The board of trustees should not exceed twelve in number, and be composed of individuals possessing the public confidence, distinguished by liberality, intelligence and active benevolence; above all political influence, and able and willing faithfully to attend to the duties of their station. Their tenure of office should be so arranged, that where changes are deemed desirable, the terms of not more than one-third of the whole number should expire in any one year.

III. The board of trustees should appoint the physician, and on nomination, and not otherwise, the assistant physician, steward and manager. They should, as a board, or by committee, visit and examine every part of the institution, at frequent stated intervals, not less than semi-monthly, and at such other times as they may deem expedient, and exercise so careful a supervision over the expenditures and general operations of the hospital, as to give to the community a proper degree of confidence in the correctness of its management.

IV. The physician should be the superintendent, and chief executive officer of the establishment. Besides being a well educated physician, he should possess the mental, physical and social qualities to fit him for his post. He should serve during good behavior, reside on, or near the premises, and his compensation should be so liberal, as to enable him to devote his whole time and energies to the welfare of the hospital.

should nominate to the board suitable persons to act as assistant physician, steward and matron; he should have the entire control of the medical, moral and dietetic treatment of the patients, the unrestricted power of appointment and discharge of all persons engaged in their care, and should exercise a general supervision and direction of every part of the institution.

VI. The assistant physician, or assistant physicians, where more than one is required, should be graduates of medicine, of such character and qualifications as to be able to represent and to perform the ordinary duties of the physician during his absence.

VII. The steward, under the direction of the superintending physician, and by his order, should make all purchases for the institution, keep the accounts, make engagements with, pay and discharge those employed about the establishment; have a supervision of the farm, garden and grounds, and perform such other duties as may be assigned him.

VIII. The matron, under the direction of the superintendent, should exercise a general supervision of the domestic arrangements of the house, and under the same direction, do what she can to promote the comfort and restoration of the patients.

IX. In institutions containing more than two hundred patients, a second assistant physician and an apothecary should be employed, to the order of whom, other duties, in the male wards, may be conveniently assigned.

X. If a chaplain is deemed desirable as a permanent officer, he should be selected by the superintendent, and like all others engaged in the care of the patients, should be entirely under his direction.

XI. In every hospital for the insane there should be one supervisor for each sex, exercising a general oversight of all attendants and patients, and forming a medium of communication between them and the officers.

XII. In no institution should the number of persons in immediate attendance on the patients be in a lower ratio than one attendant for every five patients; and a much larger proportion of attendants will commonly be desirable.

XIII. The fullest authority should be given to the superintendent to take every precaution that can guard against fire or accident within an institution, and to secure this an efficient night-watch should always be provided.

XIV. The situation and circumstances of different institutions may require a considerable number of persons to be employed in various other positions, but in every hospital, at least all those that have been referred to, are deemed not only desirable but absolutely necessary, to give all the advantages that may be hoped for from a liberal and enlightened management of the insane.

XV. All persons employed in the care of the insane, should be active, obedient, cheerful, and in good health. They should be of a kind and amiable disposition, be educated, and in all respects trustworthy, and their compensation should be sufficiently liberal to secure the services of individuals of this description.

With the labor of patients and attendants, our garden on the town property, worked for this purpose for the first time the past summer, and a ten acre field on the farm, have produced the following articles :

Apples,	300 bus.,	80 cents,	-	-	-	\$240 00
Pears,	213 do	75 do	-	-	-	159 00
Oranges,	304 do	25 do	-	-	-	76 00
Strawberries,	22 do	75 do	-	-	-	16 50
Swine,	104 heads,	8 do	-	-	-	8 32

Onions,	3 $\frac{3}{4}$ bus.,	90 do	-	-	-	3 38
Peas,	1 $\frac{1}{2}$ do	\$1.50	-	-	-	2 25
Cucumbers,	45 $\frac{1}{2}$ do		-	-	-	68 25
Water melons, squash, lettuce, radish, pie plant,			-	-	-	40 00
						\$616 10

All the above articles we would have been obliged to purchase at the prices named. It is but a small portion of what we need for the current year, but it may give some idea of what can be produced on a good farm in connection with a well regulated hospital.

Our farm stock consists of one horse, three cows and fourteen hogs.

The Matron reports the following articles made during the year, in addition to the mending for the household, by the labor of patients and attendants :

FOR FURNISHING.

Quilts,	-	-	-	-	-	56
Straw Ticks,	-	-	-	-	-	73
Sheets,	-	-	-	-	-	266
Pillow Cases,	-	-	-	-	-	127
Towels,	-	-	-	-	-	59

WEARING APPARREL.

Men's Shirts,	-	-	-	-	-	73
do Wrappers,	-	-	-	-	-	29
do Drawers,	-	-	-	-	-	2
do Pantaloon,	-	-	-	-	-	15
Women's Wrappers,	-	-	-	-	-	45
do Drawers,	-	-	-	-	-	50
do Dresses,	-	-	-	-	-	51
do Aprons,	-	-	-	-	-	28
do Chemises,	-	-	-	-	-	62
do Night Dresses,	-	-	-	-	-	8
do Night Caps,	-	-	-	-	-	9

Our receipts from all sources as shown by the Treasurer's report, is \$18,703.40, and our disbursements \$20,758.79, leaving a deficiency of \$2,054.79.

The appropriation for current expenses last year was intended for about fifty patients, as we had room for only this number. By the erection of another temporary build-

ing we have provided for twice this number for several months, and hence our appropriation has fallen short.

For the current year we will need \$30,000 for current expenses; including expenses of Board of Trustees and officer's salaries, which, according to statute, is paid out of this fund.

We will therefore have to ask for \$32,054.79 for current expenses, \$2,054.79 to meet our deficit and the balance for current expenses for the ensuing year.

In conclusion, gentlemen, I assure you that the organization of an hospital, and the management of an hundred people, suddenly brought together, many of them violent and filthy, in buildings so poorly adapted to the purpose as ours, is by no means an easy task.

By your kind advice and generous confidence I have been very materially aided in this arduous undertaking, but more especially by those more immediately associated with me. The matron, who has been with us almost from the first, has proved herself eminently qualified for the position. Her past experience in an institution of this character, has been of inestimable value in the development of this, and her labors this year have been particularly arduous, owing to the large amount of furnishing that had to be done. Mr. Dyer, who joined us early in the spring, and who has acted in the capacity of clerk during this summer, has rendered valuable service in keeping our books, and in relieving us of duties that properly belong to the position of Steward. He, too, has had much experience in hospital management, is an excellent book-keeper, a good business man, and has many other qualifications eminently fitting him for the position of Steward. And I hereby earnestly recommend his appointment to that position. Many of those who have acted in the capacity of attendants, though the work was new and strange to them, showed an aptness for, and a devotion to their duty, seldom surpassed. I am happy to say that I have found it necessary to make but few changes among the employees. Frank Dunn, our supervisor and book-keeper, deserves especial commendation for his zeal and devotion to the interests of the institution.

In behalf of our household we return our sincere thanks to the following friends, who have generously remembered our wants : To Bishop Whipple for a number of games and a quantity of illustrated papers—our first present ; to the proprietors of the St. Paul Pioneer, St. Paul Press, Volksblatt, Minneapolis Tribune, Winona Democrat, Chatfield Democrat, St. Peter Tribune and St. Peter Advertiser, for their papers gratuitously sent to the institution.

These papers are eagerly sought for and read by our patients. We should be very glad to add many more to our list in other parts of the state. Patients always prefer to read a paper from their own locality.

No provision whatever has yet been made for a library, and this want is badly felt by our patients.

Supposing that many charitably disposed people, who have more books than they know what to do with, would gladly send them to us for a patients' library, if their attention was directed to our needs, we take this opportunity of assuring such that any books, pictures or pamphlets, &c., they may send to our address, will be most gratefully accepted by us and our household.

It is meet that I should close this report with profound gratitude to the giver of every good and perfect gift, who has protected us and our household, and has thus permitted us to inaugurate this great charity, and that I should humbly and devoutly commit ourselves and our work into His hands in the future.

SAMUEL E. SHANTZ,
Superintendent.

APPENDIX.

As our buildings will in all probability be entirely filled by the time this report is printed, I will here state that no person should be brought to the hospital without having previously applied for admission.

Full and accurate replies should be given to the following questions, and they transmitted with the application, as a correct history of the case is essential to its successful treatment :

What is the person's name?

Where does he or she reside?

What is his or her age?

Is he or she married or single?

Has he or she any children? if so, how many?

What is his or her occupation?

Is he or she a church member?

What has been his or her habits as regards temperance and morality?

Where was he or she born?

Is insanity hereditary in the family?

What relatives, if any, have been insane?

What is the supposed cause of this attack?

What is the form of this attack; acute, chronic, exalted, depressed, or paroxysmal?

Is there any accompanying bodily disorder?

When were the first symptoms of disease manifested, and in what way?

Is this the first attack?

If not, when did others occur, and what was the duration of each?

On what subjects, or in what way is insanity now manifested?

Has he or she ever shown any disposition to injure others, and if so, was it from sudden passion or premeditation?

Has suicide ever been attempted? If so, in what way, and is the propensity now active?

Is there any disposition to filthy habits, destruction of clothing, &c.?

Did he or she manifest any peculiarities of temper, habits, disposition or pursuits before the symptoms of insanity appeared, any predominant passion, religious impression, &c., &c.?

Has he or she been subject to any bodily disease; epilepsy, suppressed eruptions, discharges or sores, or ever had any injury to the head?

Has restraint or confinement ever been employed?

If so, what kind and how long?

Has he or she ever been under medical treatment? If so, mention particulars and effects.

State any other particulars supposed to have a bearing on this case.

Two classes of patients are received into this institution, public and private.

The former on an order of the judge of probate or court commissioner; the latter on bond of two or more parties, who are responsible for the payment of all expenses.

All patients require at least two suits of clothing and several changes of under garments. Many of our patients walk out regularly and many go to church, and consequently require clothing suited to this purpose. For men overcoats and boots are required in the winter; shoes will answer in the summer. Slippers are worn in the house. Females also need shawls, &c., necessary in riding or walking out in the winter.

Every person's clothing is marked and much pains is taken to have it in good order and repair.

No person should be removed from home while laboring under some bodily disease; and in all cases where there is any doubt the opinion of a competent physician should be obtained.

No person should be brought to the hospital by deception. It is much better to explain frankly what is intended to be done, and then resort to force if necessary. A common deception practiced is to plan a visit to St. Peter, or to visit the hospital, and when there to suggest the idea of staying, or to induce patients to come and stay a few days to see how they like it, under the impression they can leave at pleasure. Such a course always destroys confidence in friends, and in many cases gives patients the impression that the Superintendent is a party to the deception, and thus confidence in him is compromised in the outset, which he may labor in vain for months to restore, and which until restored proves a barrier to the accomplishment of any good to the person so deceived.

All patients should be accompanied by an intelligent and intimate acquaintance, who can give an accurate and full history of the case.

All correspondence about patients, and all letters to patients, should be addressed to Samuel E. Shantz, M. D., Superintendent Minnesota Hospital for Insane, St. Peter, Minnesota.

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