

their choice of books on a slip of paper and send it in to the superintendent or the librarian. A used library is the most interesting thing that we members of the Board find. To have a combination of a beautifully housed library or a comfortably housed library that is being used intelligently is very gratifying, and is of great value as well as pleasure to the wards of the state.

Are there any other questions or remarks?

**Arthur F. Kilbourne, M. D., Rochester State Hospital:** I suppose it is the ambition of all of us to have a beautiful library. We have a library. Ours is an old institution and it is very difficult to find a beautiful place for a library. That may be possible in the new institutions, but you must put up with the space you can spare for your books. As you say, if it is a dispensary for books, that is all there is to it; it need not be beautiful for show. In state hospitals there are not so many people who can go to the library without supervision. Our books are taken to the wards twice a week and they select the book they want. From the appearance of our books at the time they go to the bindery, I imagine they are pretty well used—or ill used. It is very nice to have a beautiful library, but such a one is not necessary for the dispensing of books.

**Mr. Swendsen:** Miss Jones, what do you do with old books, books which perhaps do not fit in with our times, which would not interest people very much in these days?

**Miss Jones:** Of course any library is bound to have lumber on its shelves, particularly if it has had a great many gifts. I found that at the Prison. I think a great many of these books have come from small colleges. When they weed out their libraries, they say: "We don't want to throw away these books. We will send them to the Prison." About a year or so ago, I think, we sold about two tons of such books. We could not sell them legally, so we sent them to a second-hand book dealer in St. Paul and got quite a lot of good, readable books in return. In most of the libraries the books that we discard are absolutely worn out, particularly where there are children. They wear them to tatters and they are burned.

**Mr. Swendsen:** You also said that books were rebound. I wish you would tell us something about that.

**Miss Jones:** At one time we wondered whether we couldn't have a state bindery for books at St. Cloud. We thought we could have all the books at the state institutions bound there. When we went into it carefully it didn't seem so practicable. In some places—for instance, at St. Cloud and Stillwater—they have very good binderies themselves. They rebind and mend all their own books and could handle work from the other institutions if that were developed. We do all of our amateur mending in the other institutions as part of the work of the library, and it is pretty thorough, too. When you sew and cover books they last a great deal longer. When it gets to the point where a book needs machine sewing, then we must send it to the professional bindery to have it done. It is just the same with the magazines that are rebound. In a great many places, such as Rochester, Fergus Falls, Anoka, Red Wing and other places, the work of the mending and rebinding is done so far as

possible under the direction of the occupational therapy instructor, and that has been a great improvement. It has taken the work off the hands of the local librarian or her assistant, and it helps tremendously. It also interests more patients in the library.

**Dr. Kilbourne:** This is something that I feel we as institution people ought not to let pass without acknowledgment, the excellence of our librarians. I think the institutions are greatly indebted to them.

**Mr. Swendsen** spoke of the excellence of our institutions. He is too modest to take any credit for the development of the institutions in Minnesota during his long service on the Board, but the fact is that we have the most remarkable Board of Control of any state in the Union. When one member can serve on the Board of Control in any state for twenty years, it is a great credit to the state and a recognition of his valuable services, and we all hope he will continue in the service many years to come.

**Mr. Fulton:** In this connection it may be interesting to this gathering to know that Mr. Swendsen's work has been recognized in a national way. At the Toronto (Canada) meeting of the American Prison Association, this great organization placed its crown upon the head of Mr. Swendsen by making him president. He was a presiding officer at the Louisville (Kentucky) Congress, and handled the Congress in such a manner as to win the enthusiastic approval of the delegates from all parts of the United States and Canada.

**Mrs. La Du:** Before adjourning for luncheon, I want to introduce a few of our local people who are here.

When the legislature gave the Board of Control permission to select a site for this Colony, we were invited to visit many different places by citizens and groups of citizens in the state who wished to secure the institution for their community. The Board finally decided that this particular institution could best serve the people of the state if it were located at Cambridge. We wanted an institution easy of access by rail from the Twin Cities and Duluth because those, being the centers of population, would have the largest number of commitments. It was because of its very desirable location between the Twin Cities and Duluth that Cambridge was chosen.

The people of Cambridge were very delightful people to meet, and we met them many times while looking over the site. Not only were they delightful at that time, but they have been very delightful and very cooperative with the institution ever since its location here. They have taken a personal interest in the development of it. I know they are just as proud of it as they can be. They are anxious for its success and interested in every improvement made. They are wishing every good for the institution and many are contributing their services here at the institution in order to promote its welfare.

As I told you when I was speaking about the history of Cambridge this morning, we have a number of local people on the staff, and among those who contribute to the welfare of the patients is Dr. Hedenstrom,

who was here this morning. He is the physician. He no doubt will be with us this afternoon, and will then have an opportunity to meet you.

Dr. Anderson, the dentist, is here. Will you please stand, Dr. Anderson? Have you anything to say to us relative to your work?

Dr. G. A. Anderson, Dentist, Cambridge: Chairman, I am glad to be here and meet the Board of Control and the superintendents of the different institutions and listen to these lectures.

In my work, this being a new institution, there is much to do. Patients come here with apparently no mouth hygiene at all. So we are endeavoring to get it down to a system whereby we can check them regularly, and in that way bring on the results we want.

Mrs. La Du: When we visited here the first time we were entertained at luncheon at the home of Mr. Gillespie, one of the leading business men of the city. He is not here today, having passed away a couple of years ago. He had a very strong interest in the organization of the work here, and his family has kept up that interest.

I would like to have you meet Mrs. Gillespie, who entertained us in her home the first day that we came to Cambridge.

Have you any remarks, Mrs. Gillespie?

Mrs. E. F. Gillespie, Cambridge: I have a recollection of that day, a very enjoyable recollection of having the pleasure of entertaining the Board, and I also recollect that I volunteered to go with the Board to look over the land. Never before in my life had I walked so far. I limped for some time afterwards.

I, also, have taken a very deep interest in this institution, and will as long as I live. I am very proud of it.

Mrs. La Du: The son of Mr. and Mrs. Gillespie is here today. May I introduce Mr. Gillespie, an attorney of Cambridge? We would be glad to hear from you, Mr. Gillespie.

Robert B. Gillespie, Attorney, Cambridge: I really haven't anything to say, Mrs. La Du.

I certainly appreciate being asked to come here today. I have enjoyed the meeting. In fact, all of the things that have been said are very instructive. I have often wondered how some of these things were carried on in our institutions.

It might be highly proper for me to say something to rebut the inference that has been made here that the inmates at Stillwater and St. Cloud have somewhat the same interests that lawyers have.

However, it might be true, I found in Stillwater—as a visitor—I particularly noticed the cell of one of the men who was at one time connected with the University. I wanted to see what kind of a lineup he had. We were quite surprised to find all the books in his cell were law books. We presumed he was studying law for the purpose of later engaging in a profession where there could be no possibility of his straying off the straight and narrow path.

Mrs. La Du: In telling you about the religious services at this institution I told you that they were under the direction of Reverend Henry, Reverend Gustafson, both of Cambridge, and Reverend Wey, of Rush City. Reverend Henry is present, and I am happy to introduce him and invite him to speak to us a few minutes before we adjourn. Reverend Henry.

Rev. O. A. Henry, Cambridge: I appreciate the fact, Madam Chairman, first that a large humanitarian and philanthropic work is represented here this morning. I appreciate being here.

I have been connected with institution life somewhat myself. I have seen it from the inside, as a hospital superintendent. Reverend Gustafson, my colleague, and I come down every Sunday. I really appreciate the opportunity of coming in contact with these unfortunates. They are responsive.

I do not know how extensive the vocabulary of Dr. McBroom, the head of this institution, is, but it is the most picturesque vocabulary I believe I have ever heard.

We ministers, whose income has to have the elasticity of the bread and fishes in order to reach as far as it must go, came down here at first for a very nominal sum. Dr. McBroom took the matter up with the powers that be, and it was increased. It is very modest yet, but we appreciate that service.

I am glad to see the institution grow. It makes Cambridge known throughout the whole state.

Mrs. La Du: Speaking about making Cambridge well known, I will tell you what I told the business men of Cambridge when we located the institution here. I said: "I advise you to get the landscape architect's plans which show this place as it will be when it is completed, and have copies made and put in the bank windows and everywhere in town, because that picture will make Cambridge a boom town."

On the program this afternoon we are going to give Dr. McBroom a chance to use some of his picturesque language that Dr. Henry admires so much. He is going to have charge of the program this afternoon and tell us about epilepsy, the disease that brings patients to this institution.

Dr. Wheeler is going to speak to us about a survey which she made of patients, and she will illustrate her talk by stereopticon slides.

We hope others from Cambridge will be able to attend this afternoon. The program will be on subjects which concern the institution itself.

(Adjourned for luncheon.)

#### AFTERNOON

C. J. Swendsen, Member, State Board of Control: We are very happy to be the guests of Dr. and Mrs. McBroom on this occasion.

Most of you are here for the first time, and I am sure that you will receive a very good impression of the institution. I might say that it is only in its infancy as yet.

When the Board appointed Dr. McBroom head of this institution, we knew very well what we were doing. We had had occasion to watch his work in connection with the School for Feeble-Minded for years, and we are glad to have Dr. McBroom here, and I know that he is happy to be here because he has a great opportunity to do constructive work.

This institution is going to expand from year to year. The School for Feeble-Minded has probably reached its maximum as far as inmates are concerned. It is an institution of more than 2,000, and we feel that that is as many as should be housed in one institution. Some day we shall have about 1,500 in this institution; then, in my opinion, the state will have to seek a new location.

I am very happy to introduce Dr. McBroom, although it is of course not necessary. Dr. McBroom is now going to speak to you on "Epilepsy."

## EPILEPSY

D. E. McBroom, M. D.

Superintendent Colony for Epileptics

Attacks of unconsciousness or recurrent spasms have for many centuries been thought to constitute a disease entity known as the Sacred Disease or Epilepsy (a Greek word meaning seizure), but increased knowledge has demonstrated that many different pathological conditions may produce the same symptoms, so that it is now generally believed that fits or spasms are in reality only an outstanding symptom of some fundamental disorder.

Epilepsy is very common among adults, but it usually begins before the patient is twenty years of age, so that the condition is more closely related to the disorders of childhood than to those of adult life.

**History.** Epilepsy is the oldest disease of which there are any historical records. As stated by Talbot, even Hippocrates' description may be merely a repetition of facts which were known to physicians in the year 3500 B. C. The consensus of opinion as to the cause of this disease has undergone many marked changes. At different times in history it was thought to be a temporary loss of the soul from the body; again, that the body was in possession of some demon or malignant spirit. Later it was attributed to natural causes by Hippocrates. Throughout the Middle Ages it was thought that the condition was a contagious one. This was evidently an outgrowth of the idea that the body of the patient suffering with epilepsy was filled with demons. Then again we find the cause attributed to meteorological factors; as, different phases of the moon, etc. This idea persisted until the latter part of the 19th century, and even today there are some traces of these old theories in the methods of treatment. But in spite of the many theories as to the cause, we have handed down to us from the ancient physicians many very accurate descriptions of this disease. The present-day study of epilepsy dates back to a report published on the experimental work on this disorder by Brown-Sequard in 1869-70. And about the same time Hughlings Jackson made many clinical observations, and finally his name was given to one special type of epilepsy which we now know as Jacksonian. Since then heredity, alcoholism, lesions of the central nervous system and the endocrine glands, digestive disorders, and practically everything in the human anatomy, have been thought responsible for the disease. It is only in the last decade that investigations have shown that there is an intimate relation between the symptoms of the disease and the metabolic processes of the body.

As terrible as this disease is, and having a very gloomy prognosis, patients suffering from it must not be classed as incurable; neither must the presence of this condition make them absolute dependents, as many of the outstanding men in history have left shining records to the world in spite of this handicap. The condition seems to be associated with an ego-centricity and independence of thought and action—traits which can be of great value when properly used. The presence of the condition in certain great figures of history is very striking; such as Julius Caesar,