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brightic, and the nervous system thus impaired will show an impaired ous system in the children of varying type, or developing into defects the form of which seems largely a matter of seeming chance.

We are not free to do that which will interfere with others' freedom or well-being, and the marriage of epileptics certainly does just this to the offspring. By such measures, we strike at the root of the evils, while by nursing and liberating the defectives we merely try to bend and direct and make healthy the branches, and often perpetuate the defectiveness.

The following are recent books and articles treating of this subject:

1. "Causes of Idiocy and Imbecility." Shuttleworth & Beach. Diet. Psych. Med., Vol. 1, p. 660.
2. "Heredity." Chas. Mercler. Diet. Psych. Med., Vol. 1, p. 583.
3. "Causes of Insanity and Idiocy." Bucknill & Tuke. Psych. Med., p. 54.
4. "Abnormal Man." Arthur MacDonald.
5. "Some Causes of Mental Impairment in Children." J. Madison Taylor. Am. Med. and Surg. Bull., July 15, 1895.
6. "Causes of Conspiring; to Produce Mental Enfeeblement in Children." J. Savoy Pierce, Am. Med. and Surg. Bull., Aug. 1, 1895.
7. "Relation of Diseases, Crimes, and Vice." W. O. Henry, Journ. A. Med. Assn., March 2, 1895.
8. "Heredity and Its Environments." S. A. Work. Journ. A. Mod. Assn., Oct. 12, 1895.
9. "Heredity." Jane Carver. Woman's Med. Journ., Sept. 18, 1895.
10. "Heredity as a Factor in Disease." Editorial. Med. News. April 13, 1895.

CARE OF THIS ADULT FEEBLE-MINDED.

BY ERNEST BICKNELL. SECRETARY OF THE INDIANA BOARD OF STATE CHARITIES.

Much is said about the number of criminals and the number of insane persons in Indiana. Our two big prisons are crowded with convicts. Four large insane hospitals will not hold our insane. We have but one institution for feeble-minded; yet to-day there are as many feeble-minded persons in Indiana as of criminals and insane added together. According to the last United States census there were five years ago 5,568 feeble-minded persons in Indiana. Our single asylum for this class of unfortunates—a school, we call it—has a capacity for about 500 inmates. Some 5,000 then are in the county poor asylums, orphan asylums, are being cared for by private effort, or are wandering about as vagrants and beggars.

It was not until 1879 that Indiana became aware that she owed anything to her feeble-minded citizens. Since then she has done well. Her liberality has established a magnificent institution with its great farm.

The 500 inmates are well cared for. They are clothed and fed, and given such training of hand and mind as they are capable of receiving. But what about the other 5,000? Does the state owe nothing to them?

For convenience let us separate the broad subject into three divisions:

1. Labor and cost of support of the feeble-minded.
2. Happiness of the feeble-minded.
3. Protection for the feeble-minded themselves and for society.

As matters stand to-day, the feeble-minded citizen does not amount to ninth as a laborer. He is more likely to be a dead weight upon his family or the community in which he lives. In many instances a single feeble-minded person proves to be such a burden that his whole family is kept in poverty and wretchedness in its efforts to properly care for and support him. It is like putting on brakes while the wagon goes up hill. In the poor asylum the feeble-minded inmate is of some use, but not a great deal. The superintendent has so many duties that he cannot take time to give the feeble-minded inmate special attention. Everyone who has had experience with these inmates knows that they are unreliable and of little use except under close supervision. With proper training and supervision they could earn a considerable part of the cost of their support, but in our poor asylums they cannot have the training or the supervision. The earnings are therefore exceedingly small.

Dr. F. H. Wines of Illinois, at the International Congress of Charities at Chicago, during the World's Fair, said:

"Some idiots can be made self-supporting, just as an animal can be. I can take a horse and make it earn money, but it cannot earn money for itself. I can make an idiot earn money for me, but it cannot earn money for itself. I can protect that idiot, as I can a child, but the idiot cannot protect itself. So, when a family is in circumstances to take care of its own idiots, well and good; it is far better that they remain where they have the benefit of natural parental affection. But the great mass of families with idiotic children cannot do it. For this reason idiots have to be collected together under the charge of trained attendants and held for life."

The average cost of supporting a poor asylum inmate a year in Indiana is about seventy-one dollars above what he earns. The average cost of supporting each feeble-minded person kept in his own home we have no means of knowing, but it is probably as great as in the poor asylum. Suppose now we have a large number of these persons brought together into one place, where buildings have been constructed especially with a view to the needs of feeble-minded persons, and under the supervision of a sufficient number of officers who are skilled in the work and whose whole time is given to it. We then have an opportunity to train the weak minds and clumsy hands as fully as they are capable of being trained. The inmate works always under the direction of skilled officers. Each inmate is employed at what; he can do to the best advantage. They can be divided into groups according to their dispositions and ability. Some are found who show a natural aptitude for oaring for cows; others do better in gardening; some are better fitted for housework; a certain per cent like tools, and can be taught to use them with sufficient skill to manufacture mattresses, brooms, shoes, clothing, and do various kinds of construction and repair work. Each group works under its particular officer, and in this way works to the best advantage. The result is (that the average amount of profitable labor done by each inmate in the large institution is much greater than when he was at home or in the poor asylum. At the same time he is better fed and better clothed than when at the poor asylum, because he is in the hands of specialists who look after his welfare in every particular. Experience has shown that steady employment is the best remedy for the restlessness, viciousness, and discontent of feeble-minded persons.

A large institution such as have here described could only be established and maintained by the state. But the question of cost comes in. How

much greater would be the expense of supporting the feeble-minded in a big state institution than it is in the poor asylums?

Dr. G. A. Doren, who for many years has been superintendent of the Ohio School for Feeble-Minded Children, has asserted that with a farm of 1,000 acres he could care for all the feeble-minded of the custodial class in that state and make them self-supporting. While this is probably all extreme view, we are certainly conservative in estimating that the cost of maintaining the feeble-minded in a state institution would not exceed the cost of keeping him in the county poor asylum.

Let us pass in the second place to the question of the inmate's own preferences and happiness. Who has not seen and pitied the one feeble minded child in a family? Without companions, unappreciated, neglected, separated from all about him by an impassable gulf, he wanders about, doing such simple chores as he is capable of, the family affection for him too often eaten away by the incessant gnawing of humiliation and care. The pitifulness of it makes the heart bleed. In the county asylum even the comforts of parental or family care are absent. The feeble-minded man or woman is simply one member of the herd. His chief animal wants are satisfied. The superintendent has neither the time nor facilities for cultivating the weak mind or training unsteady and awkward limbs.

Place the feeble-minded person in a large institution especially prepared for him and all this is changed. The whole life and spirit of the institution are on a plane that he can understand and appreciate. Everything is simplified and managed for his benefit. Life is brought down to his level and he begins to enjoy it. He is surrounded by companions of his own kind and is no longer isolated and lonely. Instead of being the last person thought of and the common drudge he finds himself "as good as anybody" and the object of solicitation and care. He is constantly inspired to do his best, and the effort sharpens his wits and trains his muscles. Special amusements and entertainments are provided for him. In the poor asylum or private family he does not fit his surroundings. He is a round bolt in a square hole. In the large special institution the surroundings are made to fit him snugly and pleasantly. Being happier and more contented thus, he is more easily controlled, and can and will do more and better work.

We come now to the most important considerations of all in our relations to the feeble-minded. These have to do with the protection of this unfortunate class from society and the protection of society from the unfortunates. Feeble-mindedness not only tends to perpetuate itself through heredity, but it fills the ranks of vice, contributes heavily to crime, and swells mightily the hosts of pauperism. Our best efforts will be necessary if we are to check this rising tide of evil.

The curse of feeble-mindedness descends from parent to child as no other defect does. Feeble-minded parents rarely bear children of sound mind. When one parent is mentally sound the offspring may be fairly bright, but if both parents be of feeble intellect, there is little hope for aught but feeble-minded children. We need not go far for illustrations. Every poor asylum superintendent and every other person who has given attention to the subject can cite them. I could fill many pages of this paper with illustrations of the inheritance of feeble-mindedness which have come to my attention in Indiana. In the office of the Board of State Charities to-day are records of hundreds of families from which examples could be given. I have selected sixty-one

families, which are wholly or in part inmates of county poor asylums, as affording some of the most noteworthy examples. These records are not complete. Many members of the sixty-one families selected are not enumerated because their mental condition is not known positively. Although it is certain that a great many of the omitted members are feeble-minded, none are counted except where the feeble-mindedness is known through the observation of some responsible person. These families are to be found in thirty-one counties, thus representing only one-third of the ninety-two counties of the state. In these sixty-one families are known to have been 207 different feeble-minded persons, an average of four and one-third to each family. These 207 feeble-minded persons consist of 101 women, 51 men and 140 children.* That is an average of three feeble-minded children for every two feeble-minded women. Here we see how the curse increases. Take the fact that there are over 5,000 feeble-minded persons in Indiana to-day, of whom about one-half are women, and think of that in its relation to the other fact that 101 feeble-minded women, of whom we have partial records, are the mothers of at least 149 feeble-minded children, and the real significance and danger of the situation begin to be apparent.

But even yet the terrible tale is only half-told. It is impossible to think of the evil of feeble-mindedness without heeding the curse of vice and illegitimacy which are its inevitable accompaniments. In feeble-minded persons the animal passions are usually present and are often abnormally developed, while will and reason, which should control and repress them, are absent. The feeble-minded woman, thus lacking the protection which should be her birthright, falls easily into vice. She cannot, in her weakness, resist the persuasions and temptations which beset her. When the baser passions are strong, she must not only oppose the influences from without but her own dominating desires. She is not to be condemned and punished, but rather to be pitied and helped in every possible manner. On the other hand, society is also entitled to protection. *Many* have been the instances in which the presence of a feeble-minded woman or girl in a village or country neighborhood has been a veritable curse to the community. Unable to control her debasing propensities she has become a source of temptation and corruption to young men and boys, who otherwise would not have been led into vicious habits. Irresponsible and innocent of intentional wrong, she yet brings to our very doors the most destructive and insidious of evils.

The immorality and demoralization which thus often accompany the feeble-minded woman through life leave in their train a harvest of illegitimacy and pauperism beyond the power of words to adequately portray. The three children of feeble-mindedness—idiocy, pauperism, and illegitimacy—are monstrosities from which we must protect ourselves. They are a triple burden upon the prosperity of the people and a threat against the best in morals and education. With these helpless women mingling more or less freely in society, no remedy for the present conditions, growing worse every year as they are, seems possible. It were easy to give illustrations of the evils of which I am speaking, until my hearers would turn away sick and weary at the sad recital. A few cases of individuals and groups, however*, may serve to indicate how widespread the evils are to-day and the rapidity with which their magnitude increases.

In cases where feeble-minded children have become mothers they are counted twice in this classification. This accounts for an apparent discrepancy between the total and classifications.

In one of our Southern Indiana counties is a family of which from one to six members have been in the poor asylum at all times for thirty and probably forty years. Many of the members have died, but their descendants have always been ready to take their places in the ranks of pauperism and vice. It is impossible to secure a complete record of this family, but from the fragmentary history which is available and which includes probably not more than half the whole number of members, the following facts are taken: One of the oldest of the family now living was born in 1823. He is feeble-minded. His first wife was feeble-minded. Four children were the result of this marriage, two sons and daughters. All were feeble-minded. These children were named Mary, Margaret, Andrew, and George Washington. The first wife died, and in his old age this man married a second time, his second choice being also a feeble-minded woman. The two daughters which were born to the first wife of this man were, as I have said, feeble-minded. Both are living to-day and are inmates of the poor asylum. Neither has ever married. Mary has borne six or seven children. Two or three have been dead for years, and their mental condition is not positively known. Two daughters now living are in the School for the Feeble-minded, and a son, who died within a few years, was feeble-minded. A third daughter is feeble-minded and is the wife of a feeble-minded man. They are not in the poor asylum, but live in a neighboring county, where they are given assistance by a township trustee. This couple has one child, of whose mental condition I have no information. The other sister, Margaret, has a daughter, feeble-minded and unmarried who works in another county, and a feeble-minded son now in a School for Feeble-minded. This woman has also borne two or three children, now dead, but all said to have been feeble-minded. Of the son Andrew, we have no record. He is dead, and probably died in youth. The son, George Washington, married a feeble-minded woman and a feeble-minded son was born to them. George Washington afterwards separated from his wife, and later married a second feeble-minded woman. Before marriage this woman had borne an illegitimate child by George Washington. This child was also feeble-minded. It should be remembered that nearly all the persons referred to in this family record have been during the whole or part of their lives a burden upon the community. Every member of the family, so far as known, has been feeble-minded. Probably one-half the members of the family have been illegitimate. Those who have entered into the marriage relation have had little or no respect for it, and there is much doubt as to the legitimacy of the children born to married mothers. The history of this family is not closed. As it stands to-day, there are probably thirteen members supported wholly or chiefly through public funds. Hardly a year passes that other feeble-minded illegitimate children are not born into the family. The burden upon the taxpayers grows greater and the curse of feeble-mindedness and illegitimacy spreads.

From one of the best of our eastern counties the following example is taken: Tills record begins with a feeble-minded man, dead many years ago. Of his wife we have no record. Two daughters were born to the couple, Mary and Susan. Both were feeble-minded. Further than this we knew nothing of Susan. Mary married and became the mother of two daughters, Sarah and Florence, both feeble-minded. Both Sarah and Florence were in the poor asylum when girls, and both were afflicted with a disease which resulted from leading an immoral life. Florence married, and is now in the poor asylum. She has a child said to be feeble-minded, but we have no authen-

the information as to the number of children or their mental condition. Sarah bore one illegitimate child. This child, Ida, is feeble-minded and is suffering from a loathsome disease. She has borne one illegitimate child, which is now dead. It was feeble-minded. This is an unbroken record of five generations of feeble-mindedness.

Here is a case taken mainly from the records of a poor asylum in another Indiana county: A certain man and his wife were reasonably bright, but were first cousins. To them twelve children were born. Of these twelve children, one, or possibly two, were or are bright. Two daughters, Martha and Florence, are in one of the state insane hospitals. One daughter, Mary, has two illegitimate children and is soon to bear another. The two children already born are feeble-minded. This woman is still young, and likely to bring several more children of the same kind into the world during the next ten years.

In another county poor asylum is a feeble-minded woman who herself is the illegitimate child of a feeble-minded mother. This woman, now in the asylum, has four feeble-minded children, all illegitimate. Of these four children, three are white and one black. One of the children, a fifteen-year-old girl, is away from the poor asylum, going about the country as she pleases, and although but a child, has already started upon a life of immorality. There is little doubt, that, unless she is properly protected, she will in years to come assist in increasing the host of feeble-mindedness and illegitimacy in the state.

In an asylum of a southeastern county, years ago, was a man with his sister and wife, all feeble-minded. The man's sister married and became the mother of several children, all feeble-minded. Of these, two daughters grew to womanhood. These two daughters were Rachel and one whose name is unknown. Rachel married and bore two children, who died in infancy. She and her husband then separated and she married a negro. Both were inmates of the poor asylum and they ran away to marry. Several children were born of this second union, all but one dying in infancy. Joe, the surviving child, is feeble-minded. He has served a term in state's prison for stealing. Rachel's sister, whose name is unknown, bore two feeble-minded daughters, both of whom are now living and both are married. One of these daughters is Lou, (the other Nancy. Lou has four little children, and she and her family are supported by the public, though they are not in the asylum. The mental condition of her children we do not know. Nancy is also married. She is the second wife of a feeble-minded man, who is a cripple from paralysis. The result of this marriage is four daughters, all feeble-minded. The oldest daughter, only sixteen years of age, is a bad character, and has served one or more jail sentences for vicious conduct of this family from first to last it is said there has never been a female member of sound mind and that of the male members, all with possibly two or three exceptions, have been feeble-minded. As this family to-day contains four young daughters, all feeble-minded and in the worst, of associations, it does not require any stretch of the imagination to believe that unless vigorous measures of protection are taken, the record of the future will even exceed that, of the past in the production of feeble-mindedness and the spread of immorality.

Enough examples have been cited, I believe, to give some idea of the conditions which prevail to a greater or less degree in every county in Indiana. It should not be forgotten that a very great proportion of the illegitimacy

which exists among the feeble-minded has come to pass in spite of the best efforts of homes and county poor asylums to prevent it. Anyone who has given even the briefest attention to the subject knows how totally inadequate is the protection for the feeble-minded which can be given by these institutions. Dr. Walter Fernald, the superintendent of the Massachusetts School for Feeble-minded Children, in speaking of the feeble-minded, has said:

"The tendency to lead dissolute lives is specially noticeable in the females. A feeble-minded girl is exposed as no other girl in the world is exposed. She has not sense enough to protect herself from the perils to which women are subjected. Often bright and attractive, if at large they either marry and bring forth in geometrical ratio a new generation of defectives and dependents, or become irresponsible sources of corruption and debauchery in the communities where they live. There is hardly a poorhouse in this land where there are not two or more feeble-minded women with from one to four illegitimate children each. There is every reason, in morality, humanity, and public policy, that these feeble-minded women should be under permanent and watchful guardianship, especially during the child-bearing age."

In the office of the Board of State Charities we have partial records which show that in forty-two county poor asylums are, or within recent years have been, seventy-five feeble-minded women who gave birth to 137 illegitimate children. These figures, taken in conjunction with those given in preceding pages of this paper, showing that in thirty-one county poor asylums are sixty-one families known to contain 267 different feeble-minded persons, may convey some idea of the extent of this great triple evil of feeble-mindedness, pauperism, and illegitimacy. In collecting these records we have felt that we are simply dealing with the surface indications. We have made no systematic effort to gather complete statistics, as this would be impossible while poor asylum records are kept as they now are. The great underlying facts of the wretchedness, and poverty, and immorality, and ignorance and cost we can only estimate or conjecture, but enough of the truth is tangible for us to know that the problem which we have to solve, is one of tremendous magnitude and importance.

In the famous study made by Dugdale of the Juices family in New York it was shown that, from a single feeble-minded woman descended many generations of paupers and criminals, while the worst of vices characterized a large majority of her descendants. Records were made of 709 persons who were descendants of this woman. Fifty-two per cent of all the women in this number were prostitutes. Of the 709 persons seventy-six were criminals. The history of this family, in its various ramifications, was obtained for a period of seventy-five years, and Mr. Dugdale estimates that the cost to the community of caring for the paupers and prosecuting the criminals of this family during that period was over one and one-quarter millions of dollars. The percentage of feeble-mindedness which descended from parent to child through all this wretched history was very great. Speaking of the evils resulting from feeble-mindedness, Prof. Charles H. Henderson of the Chicago University has said: "It is intolerable to permit such creatures to become parents, and so multiply and perpetuate pauperism, idiocy, and crime." This sentiment has been expressed in various forms by every person who has given the subject attention. Since all feeble-mindedness does not come from feeble-minded parents, but may be caused by sickness or accidents in infancy, or by prenatal influences, of which we know but little, there is little hope that

any method of prevention can ever eliminate feeble-mindedness entirely from among the people. It does seem clear, however, that if those who are feeble-minded could be effectually prevented from bringing children of their own kind into existence, we should have cut off the greatest and most menacing source of supply.

Even though the protection of the feeble-minded on the one hand and of society on the other should draw heavily upon the public treasury, it would mone the less be in the interests of real economy. It is impossible to calculate what even one feeble-minded woman may cost the public, when her vast possibilities for evil as a producer of paupers and criminals through an endless line of descendants is considered. If the state can seclude such a woman and thus at one stroke cut off the possibility of a never-ending and ever-widening record of evil and expense, shall it do it? Can it afford not to do it? The people cannot choose whether or not they will support the feeble-minded. That problem solves itself, always in the same way. The feeble-minded must be supported by the public. It may be through the charity of neighbors and friends. It may be through the township overseer of the poor, or the county poor asylum, or the hospital, or the jail, or state's prison; but the public always pays the bills. And steadily, during all these efforts to assist the helpless feeble-minded, that unfortunates class continues to rapidly introduce his kind and swell the host of paupers and criminals. The state is the only agency by which the feeble-minded may be humanely and mercifully, but firmly, taken in hand and placed where they can be utterly prevented from producing the evils touched upon in this paper. Does not every sentiment of humanity and pity and business demand that the state small take this step? It would mean the expenditure of some money, it is true. It would mean the expenditure of a large amount of money. But it would immediately save at the same time an expenditure almost or quite as great by the counties or communities, and save in time to come so great a sum of money that the expenditures now needed to provide for these people would seem, beside it, comparatively small. I believe that the calm judgment of the people of Indiana, could they once fully and clearly understand the magnitude and gravity of this problem, would be overwhelmingly in favor of promptly taking such measures as promise to most effectively check the evils which have here been portrayed. When the dictates of humanity and public economy are in entire harmony it would seem that decisive action ought not to be so long delayed.

CHILDREN OF THE STATE.

ADDRESS DELIVERED BEFORE THE CONFERENCE AT THE STATE PUBLIC SCHOOL- AT OWATONNA. BY EX-GOV. L.F. HUBBARD OF RED WING.

Mr. President, Ladies, and Gentlemen: For the very kind and complimentary personal reference made by your chairman in his introduction I desire to express my grateful thanks. However much one's consciousness may suggest that such expressions are undeserved, they cannot fail to appeal to and appreciably stimulate one's sensibilities, But while I am glad to express