

In accordance with your kind leave of absence, I left on May 27 for attendance upon the Association of Superintendents of Institutions for Feeble-Minded which met at Pottsville, in western Pennsylvania, on May 29, 30 and 31. I take pleasure in stating that the meeting was a very interesting one and was well attended. More papers were presented than there was time to read, covering the various phases of our work, and discussions were abundant and instructive.

The institution for feeble-minded at this place enjoys the unique distinction of having been planned, built, and equipped for a population of about 700 before a single one was admitted. It occupies a table land resembling a truncated cone, set in the midst of a large valley surrounded by mountains. The state owns in this connection something over 800 acres. The building is also unique in its plan of making a congregate system out of a separate one; that is to say, the institution is sixteen cottages containing from thirty to fifty, and these cottages are connected with one another and with the school, industrial buildings, with the dining room and with the administration building, by closed and well lighted corridors, in the basement of which steam pipes are carried. Their present population is 640 feeble-minded, epileptic and idiotic persons. The classification in the cottages is good but all of each sex dine together, except such helpless ones as are fed in their living rooms. The cost of the plant as it stands is about \$500,000. It is proposed to place the custodial children eventually in detached pavilions such as we have them in Minnesota. The superintendent very much desires to colonize also the farm boys, but the institution has not yet reached the period in its growth when the necessity for separating the epileptics is pressing, nor do they at present receive enough of high-grade cases to justify such separation. Without dwelling upon this institution longer, I wish to report more at length upon the Craig Colony for Epileptics at Seneca, N. Y. I reached Seneca on Friday

evening, the first of June, and was joined by Mr. Stocker on the following Tuesday. We thus had the pleasure of two days of study of the colony together, after my three days alone. Craig Colony for Epileptics is situated three miles east of Mt. Morris, in Livingston Co., N. Y., about thirty-nine miles south of Rochester, on a tract of 1895 acres of land, formerly belonging to the Shaker community. About 600 acres of this land is covered with native forest; about one-fourth of the land is rich alluvial soil, about three-eighths contains a large mixture of clay, and about one-eighth is said to be especially adapted to market gardening. This land lies in the Genesee Valley, with buildings and forest on table land. West of the tillable <sup>soil</sup> is in a flat valley bounded in the distance to the north and east by continuations of the valley and finally by a high range of hills so far as can be seen in the northwest and southeast. The W. N. Y. & P. and N. & W. M. R.R.s. run through the grounds, each having a station for the colony. The principal traffic is on the former and its station is within 300 ft. of the administration building. At this point will eventually be built a large warehouse and all stores will be distributed from it. The engine, power-house and pumping station is located about 450 ft. from the station so that a large portion of the coal required can be transferred at a small expense, though the heating plants are distributed through-out the colony. One disadvantage of these railroads is the danger to inmates from passing trains. While they run very slowly through the grounds, yet four inmates have been killed on their tracks.

#### Water Supply.

The water supply is from three sources: First, that for household and laundry purposes, which is taken from the Kishaque, a small stream running through a beautiful valley with precipitous banks, separating the males and females of the colony. The water tower occupies the highest point of one of these plateaus and is of steel 75 ft. high and 15 ft. in diameter. It contains a steel tube 77 ft. high and 4 ft. in diameter. The outer space

of this tower is filled from the creek and has a capacity of 90,000<sup>gals</sup>. The inner tube is filled from springs located near the tower and has a capacity of 7,000 gals. The latter supply is used for drinking and cooking purposes. The total pumping capacity is 1,440,000 gals. per day. The actual consumption is about 70 gals. per capita per day. The pressure upon the stand is about 60 lbs. from gravity and this can be increased to 120 lbs. by pumps. The third supply is only used in emergencies and is from a spring down on the lowest part of the colony. It was once found necessary to draw from this source by means of a portable engine and pump to help out the supply from the creek, during <sup>a</sup>one dry season.

#### Sewerage.

The colony uses the gravel filter system. The sewerage first runs into a double-<sup>sum</sup>settling-basin with a sieve-like outlet which retains the sludge and so arranged that one of these compartments only is used at a time. As the sewerage is directed from one to the other, first one and then the other is cleaned by a man who gives his time to the care of the sewer. Only about three or four buckets of sludge is obtained each day and this is buried in the ground near by. The water which filters through is finally carried on to the gravel filter which covers one acre of ground (this being the size for 500 people). This gravel filter is made by excavating ditches or troughs in clay with sloping sides, ten feet apart on centres. In these ditches the ordinary drain tile is placed, discharging into a common pipe at the opposite end from which the water enters the filtering ground. These ditches or troughs are then filled with gravel 2 1/2 ft. deep and the sewerage running through one or more of these troughs at a time, filters through the gravel, enters the drain tile at the bottom, through that is carried off to the other end and finally carried to the creek some distance below where it emerges <sup>a</sup>perfectly clear ~~into the~~ stream. By simply using a little clay for the purpose, the tender can direct the sewerage over any one of the ditches in the same

manner as water is diverted in irrigation, thus giving each filter an opportunity to dry and oxydize the material it contains. Rows of cabbages are grown on the ridges between the filters. The filtrate emerging in the creek abounds, of course, in nitrogenous matter but has lost the largest portion of its dangerous constituents. I have no doubt some such system as this will have to be adopted in our western states before long, and if the severity of our winter climate would not preclude the adoption, this particular plan is especially applicable to our farm colony, especially where we have gravel beds already prepared.

#### Buildings.

The buildings of the colony are of two general classes, viz: Those which existed when the property was obtained from the Shakers, some of which have been used with more or less modifications since, and those which have been constructed since in harmony with the idea of colony or village system. "The principle governing the development of the colony is that of perfecting an aggregation of small houses or village houses in which each house has its own distinct kitchen service. In this way food may be served as in private families and the individual requirements more nearly met. There are now about forty-one houses on the estate." The first are found in two groups, as shown in the accompanying map, and known as the Letchworth Group and West Group. The new buildings consist of the administration and hospital buildings and one cottage, all of brick and located with the Letchworth Group. The women's group, known as the Villa Flora group, or White City, Framstead and the Village Green for boys, four buildings on which are now being constructed. Many other groups, such as Villa Sylvia Group, Kiahqua Point Group, and Hillside Group are in contemplation as future demands may require. The Letchworth House is of brick. The other old buildings are wooden. All new buildings are of brick with stone trimmings. The population on June 3 was 573 -- 315 males and 257 females. In the administrative

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building are offices for the superintendent, steward, matron, two physicians, stenographer, usher, and the necessary service for their meals, upon the first floor. Living apartments for all of these are on the second floor, except the superintendent and steward. A special room is provided for the Board of Directors and a visitors sitting room. The hospital building is situated near this and is used exclusively for surgical cases and acute diseases. About twenty-one beds are provided, (the intention being to provide <sup>separate</sup> <sup>in this place</sup> infirmaries for men and women respectively) living rooms for assistant physicians, general medical offices, clinical examination room, waiting rooms for out-door patients, and a pharmacy are special features of the building on the first floor. The second floor is devoted to wards and an operating room. The cost of the building is \$25,000. A mortuary house close to the hospital has been constructed at a cost of \$3,000 and an additional appropriation of \$1,500 is being used for fitting it out with apparatus.

Generally speaking, the old buildings of the Letchworth group are used for boys. The Letchworth House is a four-story building and accommodates 130 patients and they are congregated here more than it is desirable. <sup>however</sup> The room, in small groups averaging six beds to the room. The Village Green is to be the realization of the colony plan for boys. A small inconvenient store-house, in which Sonyea Postoffice is located, a cold storage, bakery, small assembly hall with library attached, and dormitory over head, are some of the other features of the Letchworth group.

An interesting, and to me very beautiful, system of nomenclature has been adopted for the groups and buildings. Generally speaking, the girls' buildings have been named for flowers. The Village Green, or boys' groups, will be named for trees. The West Group retains the Indian names -- Six Nations, Wyandotte, Seneca, and Mohawk. The boys on the farm will be known as the Gleaners and <sup>Reapers</sup> <sup>Reapers</sup>. Several groups are named from Indian nations, and the buildings take the names of the tribes. Taking the woman's as the most complete group exemplifying the colony

system, we find it to consist at the present time of a Centre building, Villa Flora, for physicians, lady supervisor, sewing and clothing rooms, and living rooms for the brightest working women patients. On either side is a cottage, Bluet and Aster, for forty children, each with four teachers and nurses. Extending to the rear -- two on each side of the square -- are four cottages: Oxalis, Columbine, Gentian, and Hepatica, built to accommodate thirty patients each. They contain the girls of the lowest mental ability and are constructed on the double plan, having two separate entrances and corresponding rooms for better classification. Each has its own kitchen complete and two nurses in charge. In the rear of them are four cottages -- Daisy, Flax, Aglantine, and Wadsworth -- for twelve patients each, and one nurse to each building. These are for the brighter and most refined patients. In addition to these groups, four small cottages are being constructed and are to be erected. Following these are to be small wooden cottages to be known as the Hillside Group, built especially with reference to private patients. The cost of the buildings of this group has been \$587 per capita equipped with heating, lighting and plumbing. Furnishing is estimated at \$60 per person, though at the present time they are not quite satisfactorily equipped with furniture, though what they have is of good quality, as they had only about \$30 per capita available for its purchase. The Villa Flora building is about two-thirds of a mile from the administration building, separated as has already been stated, by a deep ravine and creek, passable at only one point in the colony. The Village Green for boys will have twenty-three buildings, four of which -- Birch, Beach, Walnut and Willow -- are now nearly completed.

### The Farmstead Group.

The Farmstead Group contains two buildings, constructed alike, for the residence of thirty-three and thirty-four boys respectively, there being one cook and one nurse for each building, and one outside nurse or attendant for the two buildings. About two-thirds of the patients in these buildings are capable of working out upon the farm. The care of these patients rests entirely with the nurses, subject to the ~~direction of the~~ direction of the general administrative officers. The farm itself is under the management of a farmer with a graduate veterinarian in charge of the stock. I visited the family known as the "Sewers" just at the time that they were engaged in their semi-weekly ~~absolutism~~ ablution under the shower bath. They were a hearty, happy looking group of boys. A herd of thirty-eight Jerseys at the farmstead supplies milk for the colony at present. They are very carefully fed by the veterinarian in charge, the feeding being conducted on a ration basis. The stated average yield of milk is twenty-one pounds per cow per day, ranging in butter fat from 2 to 3 7/8%. The milking is done by one hired man and five patients, and the milk is aerated and cooled before distribution. The veterinarian also has under his care nineteen young cattle, 575 sheep, 22 horses and 104 hogs and pigs. A portion of the time the colony is furnished by slaughtering four to five carcasses a week. At the time of my visit their meat was supplied by Armour at \$7.47 per hundred pounds, and is of excellent quality. This department is managed by a farmer, at \$50.00, and an assistant farmer at \$35.00; two teamsters at \$30.00; one farm laborer at \$20.00; one gardener at \$40.00; two garden laborers at \$30.00; one poultryman at \$25.00; one laborer in cow barn, at \$20.00; one slaughterer, at \$20.00; and one dairyman at \$45.00. The balance of the work is done by the patients.

The difference in wages for the same employment is owing to the fact that some of these men board at home. *Ten dollars per month being allowed for board.*

### Purchases.

The purchases are made by the Steward in accordance with the system peculiar to New York. Printed forms for estimates are provided on which are entered the amounts and prices of the various articles required for a month, including the services of officers and employes. It

is the duty of the Steward to collect and systematize requisitions and obtain prices on all required articles and repairs. They are then approved by the Superintendent and entered upon the forms provided for that purpose. These estimates are then forwarded to the Comptroller at Albany with whom rests the responsibility of approving, modifying or rejecting the estimates. After they have been passed by the Comptroller, authority is given for the necessary <sup>purchases</sup> ~~expenses~~. A special estimate blank is provided for special appropriations and supplemental forms are provided for re-estimates and additional articles found necessary after the original blanks have been forwarded.

At the time of my visit, beef, as already stated, was costing \$7.47 per hundred pounds, lard  $2\frac{1}{4}$ ¢ in Rochester, creamery butter, 18¢, plus charges for delivery. Eggs vary in the market from 12 to 19¢; flour <sup>in Saguirely</sup> \$5.40 per bbl, with 8¢ additional for delivery. Coffee is 20¢ for Rio, and 17¢ for mixed Mocha and Java. Contract was just being let for coal at \$3.10 delivered at the station. Chestnut anthracite for use in ranges was \$3.65. About 2,000 tons of coal are used <sup>the power</sup> ~~for heating plant and for~~ coal used in ranges. From fifty to one hundred barrels of apples are supplied by the colony orchard, with the expense of picking.

Requisitions for food and household supplies are made to the store clerk who transcribes them to regular forms, <sup>adapting</sup> ~~adapting~~ the food requisitions <sup>if</sup> necessary to correspond with the ration allowance for the population of the building where the food is to be used. After these are approved by the superintendent, the issues are put up in packages and sent out by the delivery wagons to their respective destinations.

#### Medical and General Administration.

A large portion to the superintendent's (Dr. Spratling) <sup>is</sup> time <sup>is</sup> taken up with matters pertaining to the general development of the colony. Dr. Clark is first assistant, and he looks after the routine medical administration and is in charge of the colony during the absence of the superintendent. Dr. Clark has charge of the Nurses' Training Classes, and was just examining this year's candidates at the time of my visit. Drs. Sharpe, Haines, Berlin, and Gregory are the present medical interns. Two of these interns live at the women's group and look after the medical and hygienic administration of these groups. The other interns live

in the administration building and are detailed each to look after certain specific groups of patients and hospital. Dr. Sharpe is in special charge of the school and training work of the colony. Each group of buildings is in charge of a supervisor whose duties correspond very closely to those of our matrons in the pavilion buildings, <sup>side</sup> Sunny, and Skinner Hall. One matron of the colony, who is a graduate nurse and trained in dietetics and domestic economy, supervises the domestic work of the whole colony. She looks especially after the cooking and <sup>household</sup> management of the twenty-one <sup>and numerous buildings</sup> kitchens under her care.

#### Supervisors and Nurses.

There are three of the supervisors referred to -- two males at \$30.00 and one female at \$28.00, each having charge of a group of buildings. The people in direct charge of the patients are known as charge nurses, nurses, special nurses, and ward helpers as occasional assistants. The wages of the nurses are from \$18.00 to \$24.00 for males and \$14.00 to \$20.00 for females until the time of graduation, when \$26.00 and \$28.00 respectively are paid. Nurses are taken for three months on probation and paid a minimum wage during this period. If accepted and promoted at the end of the probationary period, the wage of each nurse is increased \$2.00 per month, and an advance of \$2.00 per month is made at the end of the first year, \$3.00 at the end of the second year, and \$2.00 again upon graduation. Nurses employed during the year are not admitted regularly into the training class until Oct. 1st next following, though they are expected to attend the classes and receive benefit of the instruction. For the month of May, with a population of 573 patients, there were seventeen male and nineteen female nurses and ward helpers, or about one to sixteen patients.

#### The Patients.

The colony is designed for two classes of patients: State and private. The former are indigent persons over age and minors whose parents and guardians are unable to pay for their support. Private patients can be received by the managers on special terms as required are used, preference being given to state cases. The county and city poor authorities are authorized to make applications for state patients. Any body else may make applications, but when this is done, the information re-

quired must be verified by affidavit by the petitioner and two disinterested parties, accompanied by a certificate of a qualified physician, all residents of the county in which the patient resides. These persons must be certified by as credible by the surrogate judge. The judge must also certify that the applicants are eligible and proper persons for admission to the colony. It is the duty of the poor authorities of the county and city to place in the colony all epileptics who become public charge. For the support of such cases, a draft upon the state treasurer is made for as much as is required for the board, lodging, medical treatment, care and tuition, not to exceed \$250 per capita per annum, for the number in actual attendance. \$50.00 a year for clothing is required for indigent cases, payments being made on or before Apr. 1st each year.

#### Treatment.

Dr. Spratling says of the patient: "We treat him as an individual at first, along broad hygienic lines, for many come to us in poor general health, and the first demand is to build him up and reconstruct him physically. To accomplish this, we employ a diversity of means -- medicine, systematic employment, gymnastic exercises, baths, special food, and the use of such moral agencies as may be essential. He [the patient] must eat only such food, and in only such a manner as is prescribed for him."

Dietetics is considered as important as medicine. The colony is also planned with reference to their careful classification and the placing, as far as possible, of congenial natures together. I think one is quickly impressed with the healthy, good-natured appearance of the most of the patients who have been in the colony for some time.

It is a rule everywhere that epileptics deteriorate mentally, and that only a very small percentage, even under the most favorable conditions, is ever cured. Dr. Spratling claims that from 6 to 8% are cured, though so much time must elapse after the disappearance of the convulsions without their return, before it is safe to call the cases cured, that he refers to the whole subject very guardedly. Dr. Clark said to us that they are able to reduce the average number of spasms nearly 75%. The first fifty cases that were carefully studied and reported showed, according to the report of the colony, a reduction of 56% in the number of spasms in

five marks. This simply means that the degenerative process is diminished.

It was rather surprising to find the general average mentality of the patients so low. Dr. Clark stated that less than 10% would be self-supporting. It must be remembered, of course, in this connection that preference is given by law to indigent cases, which means usually also chronic cases, in which the mental deterioration has been very marked before the time of admission.