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BIENNIAL REPORT
OF THE
Supervisors of the Insane
STATE OF VERMONT
FOR THE TWO YEARS ENDING
JUNE 30, 1926



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REPORT OF THE SUPERVISORS OF THE INSANE FOR
THE STATE OF VERMONT

HON. JOHN E. WEEKS,

Commissioner of Public Welfare.

Dear Sir:

The State Board of Supervisors of the Insane, which is in your Department, submit the following biennial report for the period ending June 30, 1926.

The Board as usual, and in accordance with law, have made a monthly visit to the State Hospital at Waterbury and the Brattleboro Retreat at Brattleboro and have also made occasional visits to the Lake View Sanitorium and the Green Mountain Sanitorium at Burlington. To those not familiar as you are with the status of these four institutions for the care of the insane, in their relation to the State, it may be of interest to say that the State Hospital at Waterbury is the only one owned and exclusively controlled by the State.

At this date there were 838 patients of whom 707 were at the expense of the State and 131 wholly or partly pay patients, all being residents of the State. There are as a rule no patients received in this Hospital save residents of the State, except some transients without known residence.

The Brattleboro Retreat is a private incorporated institution controlled by a board of trustees but without stockholders or purpose of profit.

In this institution your Department makes provision for the care of the indigent insane that may be in excess of the capacity of the State Hospital, for which the State at present pays \$6.00 per week. These patients are for the most part committed by Probate Court from the four lower counties of the State.

The present number of patients there chargeable to the State is 317. Private patients 205, of which 59 are from Vermont and 146 from other States or Provinces.

The provision of Statute is that the approximate number of patients shall be in the ratio of 500 at the State Hospital and 200 at the Brattleboro Retreat.

The Lakeview Sanitorium and the Green Mountain Sanitorium at Burlington are both privately owned and controlled.

Lake View at this date has 12 patients of whom 6 are residents of Vermont.

Green Mountain has no insane patients at present. For more definite information you are referred to the statistical data as a part of this report.

It may be said that the Statute provides that no person or institution is allowed to hold or restrain insane persons unless licensed to do so by the State Board of Supervisors and that having suitable accommodations for care, safe-guarding and treatment of insane persons, Lake View and Green Mountain Sanitorium are so licensed by this Board.

Regarding the work and duties of our Board, that is outlined by Statute.

We visit the State Hospital and Retreat at Brattleboro every month and on such occasions inspect the various wards, listen to and investigate any complaints of patients in private, having it in view that there shall be no injustice done either as regards treatment or as to retention of a patient; the possible discharge of patients, or their deportation to the State of legal residence, being always in mind. But in the case of discharge it is often necessary to ascertain, if they are not fully recovered, into what environment they will go as upon that depends in many cases whether or not they can get along outside an institution without being a public menace or nuisance. We feel very liberal as to discharges of sons or daughters to their parents and to discharges of elderly people to their sons or daughters, they having a personal interest and willingness to safe-guard and pacify borderland cases. This takes time for investigation, but in this way the State is relieved of the care of many cases, and the families when and if they so desire, are allowed to care personally for some of their unfortunate members.

You will observe from the appended statistical tables that our board have discharged during the biennial term 181 state patients, 9 of whom were given absolute discharges and 172 given conditional discharges. It seems advisable to make discharges conditional in the case of Vermont residents in order to obviate the necessity and expense of another Probate Court proceeding in case a return of the patient becomes advisable because of relapse to another active insanity. It has been necessary for our Board to revoke 62 such conditional discharges although so far as we are informed no conditionally discharged patient has committed an overt act menacing the community.

IMPROVEMENTS

At the State Hospital the receiving ward was completed and occupied in November 1925. This much needed building is modern, well equipped and an additional credit to the State. It has been named the "Weeks Building" to perpetuate the name of Judge John E. Weeks of Middlebury, and in commemoration of his long and faithful service for the State in the interest of that unfortunate class requiring State supervision and care. The Brattleboro Retreat has undergone extensive renovation

and improvement. It now ranks among the best in New England.

For details regarding betterments of the State Hospital and the Brattleboro Retreat you are referred to the report of those institutions as published in the coming volume of Vermont Public Documents.

HOSPITAL CAPACITY

Notwithstanding the relief of congestion at the State Hospital by the opening of the Weeks Building last November, with its capacity of a little more than 100 patients, the male side there is now filled and the female side there nearly filled to its reasonable accommodating capacity.

The Brattleboro Retreat also has all the patients it can well care for and the proportion of state patients as of 200 to 500 at Waterbury is already exceeded.

We call your attention to the fact that our biennial report of 1916, ten years ago, shows that there were 1117 private and state patients, residents of Vermont, in our hospitals for the insane. Now there are 1216 or an average yearly increase of 10.

Insane patients chargeable to the state in 1916 were in number 874. Now there are 1004, an average annual increase of 13 for the ten years.

We have for some time been looking for the peak in our insane population in the hospitals, but that time evidently has not yet arrived. This is due, not so much because of increase of insanity, as to the fact that individuals and towns are more and more tending toward the hospitalization of mental, medical and surgical cases.

RECOMMENDATIONS

From the foregoing paragraph it would appear that soon additional hospital capacity would be required. There are at the State Hospital a number of insane imbeciles who might be properly cared for in a suitable ward or building at the School for Feeble-minded at Brandon, thus relieving congestion at Waterbury and besides placing them where they more properly belong. They are, under our laws, chargeable to the State in any event. We therefore recommend that one or more suitable buildings be constructed at Brandon to take care of this class of patients now at Waterbury which would also provide for the hospitalization of an additional number of feeble-minded throughout the State.

The following tables are appended for your information:

VERMONT STATE HOSPITAL FOR THE INSANE
WATERBURY, VERMONT

MEDICAL STAFF

Dr. E. A. Stanley, Superintendent

Dr. J. C. O'Neil, First Assistant

Dr. H. A. Ladd, Second Assistant

Dr. J. W. Armstrong, Third Assistant

The following shows the movements of population and other data for the biennial period:

	Men	Women	Total
Number of patients remaining June 30, 1924	441	364	805
Number of patients admitted in two years	311	199	510
Number of patients discharged in two years	187	104	292
Number of patients died in two years	90	79	169
Number of patients remaining June 30, 1926	475	380	855
Absolute discharges by Board of Supervisors	4	2	6
Conditional discharges by Board of Supervisors	91	42	133
Absolute discharged patients returned on new order of commitment	0	1	1
Conditionally discharged patients returned on new order of commitment	0	0	0
Conditional discharges revoked by Supervisors	28	15	43
Cases twice or more discharged	4	1	5
Number of epileptics June 30, 1926	36	28	64
Number of tubercular patients	3	1	4
Number of patients on elopement June 30, 1926	9	0	9
Number of Probate Court Alcoholic Cases June 30, 1926	6	0	6
Number of Probate Court Drug Cases June 30, 1926	4	0	4
Number of Municipal Court Alcoholic cases June 30, 1926	4	0	4
Number of nurses and attendants (Being one to 8.55 patients)	51	49	100

BRATTLEBORO RETREAT
BRATTLEBORO, VERMONT

The Medical Staff is as follows:

Horace G. Ripley, M. D., Superintendent
Arthur V. Goss, M. D., First Assistant Physician
Salomon Gagnon, M. D., Assistant Physician
John A. Stewart, M. D., Assistant Physician
Vacant, Assistant Physician
Irwin B. Trapp, Medical Interne

The following table shows the movement of population for the biennial period together with other pertinent data:

Number of patients remaining June 30, 1924.	Part Pay and State	300
	Private	184
Number of patients admitted in two years.	Part pay and State	63
	Private	304
Number of patients discharged as recovered.	Part pay and State	4
	Private	15
Number of patients discharged as improved.	Part pay and State	34
	Private	105
Number of patients discharged as unimproved.	Part pay and State	4
	Private	62
Number of patients died.	Part pay and State	40
	Private	60

Of the private patients remaining there are 59 residents of the State of Vermont. Of the private patients remaining there are 146 residents of other States and Provinces.

Number of patients remaining June 30, 1926.	Part pay and State	317
	Private	205
Number of absolute discharges by Supervisors of State patients.	Male	2
	Female	1
Number of conditional discharges by Supervisors of State patients.	Male	22
	Female	17
Number of escapes of State patients.	Male	1
	Female	0
Number of absolutely discharged State patients returned.	Male	0
	Female	0
Number of conditionally discharged State patients returned by revocation of discharge by Supervisors	Male	12
	Female	7
Number of voluntary State patients admitted in 2 years		0
Number of tubercular State patients admitted in 2 years		0
Number of tubercular State patients remaining June 30, 1924		0
Number of epileptic State patients admitted in 2 years		5

Number of epileptic State patients remaining June 30, 1924	25
Number of nurses	30
Percentage of nurses to patients	1 to 17
Number of drug cases committed at the expense of the State in 2 years	3
Number of drug cases (State) discharged	3
Number of alcoholics (State) admitted in 2 years	6
Number of drug cases (State) remaining	1
Number of alcoholic cases (State) remaining	5

LAKEVIEW SANATORIUM, INC.
BURLINGTON, VERMONT
DR. WALDO J. UPTON, Medical Director

Number of patients remaining June 30, 1924	12
Number of patients admitted in two years	98
	110
Number of patients discharged recovered	28
Number of patients discharged improved	54
Number of patients discharged unimproved	7
Number of patients died	5
Number of patients remaining June 30, 1926	16
	110
Number of epileptics	2
Number of patients remaining, residents of Vermont	6

GREEN MOUNTAIN SANATORIUM
BURLINGTON, VERMONT
T. E. HAYS, M.D., Superintendent

Number of patients (insane) admitted since July 1, 1924	14
Number of patients discharged since July 1, 1924	14
Number at Sanitorium July 1, 1926	0
Number residents of Vermont	7

The following table shows the total number and status of patients in all hospitals in the State on June 30, 1926.

State Hospital:		
*State patients	707	
*Private patients	127	
		834
Brattleboro Retreat		
State patients and part-pay patients	317	
Private patients	205	
		522
Lakeview Sanitorium—All private patients	16	
Green Mountain Sanitorium—All private patients	0	
		16
Whole number of patients in our hospitals, residents, non-residents or transients		1372
Of these the number of private patients non-residents:		
State Hospital	0	
Brattleboro Retreat	146	
Lakeview Sanitorium	10	
		156
Whole number of patients in our hospitals residents of Vermont or transients		1216
Of these there were private patients residents of Vermont:		
State Hospital	127	
Brattleboro Retreat	59	
Lakeview Sanitorium	6	
		192
Total number of insane drug and alcoholic cases supported by the State June 30, 1926		1024
Of this number there were supported by the State at the State Hospital:		
Drug cases committed by the Probate Court	4	
Alcoholic cases committed by the Probate Court	6	
Alcoholic cases committed by the Municipal Court	4	
Brattleboro Retreat:		
Drug cases committed by the Probate Court	1	
Alcoholic cases committed by the Probate Court	5	
		20
Leaving the actual number of insane residents or transients in Vermont in our hospitals at the expense of the State on June 30, 1926		1004

*Elopers and visit permits of State patients not included, although they remain on the books at the hospital.

We take this opportunity to express our appreciation of the helpfulness and cooperation in our work extended by the Superintendents of the several hospitals:

Dr. E. A. Stanley at Waterbury.

Dr. Horace G. Ripley at Brattleboro.

Dr. W. J. Upton, Lakeview, at Burlington.

Dr. T. E. Hays, Green Mountain, at Burlington.

And to you, Judge Weeks, our appreciation of your guiding spirit and helpfulness.

The foregoing report is respectfully submitted.

W. N. BRYANT, M. D., Ludlow,
R. M. PELTON, M. D., Richford,
F. E. STEELE, M. D., Montpelier,
Secretary

Supervisors of the Insane.