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BIENNIAL REPORT  
OF THE  
Supervisors of the Insane  
OF THE  
STATE OF VERMONT  
FOR THE TWO YEARS ENDING  
JUNE 30, 1928



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

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Montpelier, Vermont, June 30, 1928.

*Wm. H. Dyer,*  
*Commissioner of Public Welfare.*

Dear Sir :

The State Board, Supervisors of the Insane, in accordance with the requirements of Statute, submit the following Biennial Report of their activities and conditions pertaining to insane persons in the hospitals and sanatoria in the State for the past two years.

Once each month the Supervisors have visited the State Hospital at Waterbury and the Brattleboro Retreat at Brattleboro and occasionally the Green Mountain Sanatorium and Lake View Sanatorium, both at Burlington. At such times the living conditions, care and comfort of the patients have been observed, and the kitchen, food supply and diningrooms inspected.

Special examination has been given to those who have recovered sufficiently to be discharged, and those with a prospect of discharge.

All patients have access to the Supervisors for advice or to recount their grievances and many avail themselves of the opportunity.

Also many consultations are held with relatives and friends of patients and much correspondence along these lines attended to. Such sympathetic interest and timely advice, with free access to the Supervisors, has done much to dispel the old time prejudice against what used to be Insane Asylums, but which now are Hospitals for the Insane—and they are hospitals in fact as well as name.

In all these institutions in the State the patients are well and kindly cared for and considered as patients and not as inmates, although many of them are chronic and incurable and their treatment can only be custodial for the protection of the public and to protect them from themselves.

All of our hospitals for the insane have creditable facilities and accommodations and are well conducted.

Section 4326 of the General Laws provide that there shall be kept at the Brattleboro Retreat insane poor to the number of at least 200, while 500 are kept at the State Hospital at Waterbury.

There are now at the Brattleboro Retreat 334 state and part-pay patients and at the State Hospital 753 patients supported in whole or in part by the State (this includes 48 criminal insane). There are 879 in all on the books at Waterbury, which includes both state and private patients, so that the ratio of 2 to 5 makes a somewhat larger proportion at Brattleboro if patients supported by the State at Waterbury are only considered. But if all patients, both state and private at Waterbury, are considered then a somewhat larger proportion are at the State Hospital at Waterbury. Considering the capacity and facilities of both institutions the proportion is fairly approximate.

In order to maintain this approximate proportion it is the custom of the Probate Courts of Bennington, Rutland, Windham and a large part of Windsor Counties to commit insane persons to the Brattleboro Retreat. For the remainder of the State they are mostly committed to the State Hospital at Waterbury. This seems a good working plan, not only to maintain the proportion but it makes it easier for friends and relatives to visit the patients. If the friends have a preference as to which institution the patient is committed, that also is taken into consideration.

The increase in the number of patients supported by the State at Waterbury and Brattleboro is somewhat more than for the past ten years.

Our Board have constantly in mind the matter of keeping the number of state patients at the minimum consistent with public duty and the public welfare. To this end you will observe in the appended statistics that of the 25 conditional discharges given from the Brattleboro Retreat 10 have been revoked and the patient returned.

Of the 153 conditional discharges given patients at the State Hospital at Waterbury 48 have been revoked and 12 returned upon new order of commitment by Probate Court. This indicates something of the effort of the Supervisors to keep the hospital population at the minimum but also indicates the instability of this class of patients and the liability to recurrence of mental aberration in cases that have apparently recovered or improved sufficiently to warrant a conditional discharge and a trial outside of an institution.

The outside environment is always carefully considered, for upon this depends, to some extent at least, the probability of the patient getting along without hospital care.

It is worth while, however, to make such conditional discharges even if the patient is returned after a period of a few months or more.

There have been given during the biennial term altogether 188 discharges, absolute and conditional, from the Brattleboro Retreat and the State Hospital at Waterbury.

The provision of law whereby the Supervisors may receive and have committed persons of acknowledged residence here but who have wandered away and been apprehended and committed to a hospital for the insane in another state, works out very well. Such persons have been received and all the states with which we have had such relations have co-operated in reciprocity and are willing to receive patients from our hospitals on the same basis. This is an equitable arrangement and avoids what used to be too frequently common, the rail-roading of insane persons from one state to another.

In other reports will appear an account of the property damage at the State Hospital, caused by the flood of November 3 and 4, 1927. But we wish to say that most of the wood-work, flooring and finishing, except in the newer buildings, was about 38 years old, and a large appropriation was needed in any event to put the hospital buildings in suitable condition and repair; and besides the toilets and water sections were very inadequate. Much to the comfort of the patients this latter defect will be corrected in the repairs now in progress, as well as other improvements for their comfort.

We wish to most heartily commend Dr. Stanley and all his staff, nurses and employees, and congratulate the State upon the splendid manner in which the 848 patients were cared for during and following the flood of November 3 and 4, 1927. There was necessarily some discomfort but no suffering, and all were clothed, fed and adequately cared for under the most trying circumstances.

The following tables are appended, embracing the State Hospital, Brattleboro Retreat, Lake View Sanatorium, and the Green Mountain Sanatorium, the four institutions the patients of which come under our supervision.

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

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

	Men	Women	Total
Number of patients remaining June 30, 1926..	475	380	805
Number of patients admitted in two years.....	321	189	512
Number of patients discharged in two years ....	227	94	260
Number of patients died in two years .....	100	64	164
Number of patients remaining June 30, 1928 ....	468	411	879*
Absolute discharges by Board of Supervisors ...	2	3	5
Conditional discharges by Board of Supervisors..	112	41	153
Absolute discharged patients returned on new order of commitment .....	11	1	12
Conditional discharges revoked by Supervisors...	30	18	48
Cases twice or more discharged .....	6	2	8
Number of epileptics June 30, 1928 .....	30	30	60
Number of tubercular patients .....	0	0	0
Number of patients on elopement June 30, 1928	13	0	13
Number of Probate Court alcoholic cases June 30, 1928 .....	4	0	4
Number of Probate Court drug cases June 30, 1928	3	1	4
Number of Municipal Court alcoholic cases June 30, 1928 .....	2	0	2
Number of nurses and attendants (being one to 8.88 patients) .....	48	51	99
Number of criminal insane .....	44	4	48

\*Patients on visit permit are included.

BRATTLEBORO RETREAT  
Brattleboro, Vermont

The Medical Staff is as follows:

Horace G. Ripley, M.D., Superintendent  
Arthur V. Goss, M. D., First Assistant Physician  
M. Pearl Russell, M.D., Assistant Physician  
Howe R. Coleman, 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, 1926	Part-Pay and State	317
	Private	205
Number of patients admitted in two years..	Part-Pay and State	77
	Private	308
Number of patients discharged as recovered..	Part-Pay and State	6
	Private	27
Number of patients discharged as improved..	Part-Pay and State	19
	Private	129
Number of patients discharged as unimproved	Part-Pay and State	5
	Private	69
Number of patients discharged as not insane..	Private	1
Number of patients died .....	Part-Pay and State	41
	Private	51
Of the private patients remaining there are 73 residents of the State of Vermont. Of the private patients remaining there are 156 residents of other States and Provinces.		
Number of patients remaining June 30, 1928..	Part-Pay and State	334
	Private	230
Number of conditional discharges by Supervisors of State patients .....	Male	16
	Female	9
Number of absolute discharges by Supervisors of State patients	Male	4
	Female	1
Number of absolutely discharged State patients returned....	Male	1
	Female	0
Number of conditionally discharged State patients returned by revocation of discharge by Supervisors .....	Male	6
	Female	4
Number of voluntary State patients admitted in two years .....		0
Number of tubercular State patients admitted in two years.....		1
Number of tubercular State patients remaining June 30, 1926.....		0
Number of epileptic State patients admitted in two years .....		1
Number of epileptic State patients remaining June 30, 1926.....		23
Number of nurses .....		43
Percentage of nurses to patients .....	1 to	13
Number of drug cases committed at the expense of the State in two years .....		0
Number of drug cases (State) discharged .....		2
Number of alcoholics (State) admitted in two years .....		1
Number of drug cases (State) remaining .....		0
Number of alcoholic cases (State) remaining .....		6

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 LAKEVIEW SANATORIUM, INC.

Dr. Waldo J. Upton, Medical Director  
Burlington, Vermont

Number of patients remaining June 30, 1926 .....	16
Number of patients admitted in 2 years .....	86
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	102
Number of patients discharged recovered .....	41
Number of patients discharged improved .....	26
Number of patients discharged unimproved .....	11
Number of patients died .....	11
Number of patients remaining June 30, 1928 .....	13
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	102
Number of epileptics .....	1
Number of patients remaining residents of Vermont .....	3

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 GREEN MOUNTAIN SANATORIUM

T. E. Hays, M.D., Medical Director.  
Burlington, Vermont

Number of patients (insane) admitted since July 1, 1926.....	13
Number of patients discharged since July 1, 1926 .....	10
Number at Sanatorium July 1, 1928 .....	3
Number residents of Vermont .....	3

The following table shows the population and status of all the hospitals for the care of the insane in the state:

State Hospital:		
*State and part-pay patients .....	746	
*Private patients .....	116	
		862
Brattleboro Retreat:		
State and part-pay patients .....	334	
Private patients .....	230	
		564
Lake View Sanitorium:		
All private patients .....	13	
Green Mountain Sanitorium:		
All private patients .....	3	
		16
Whole number of patients in our hospitals, residents, non-residents and transients .....		1442
Of these there are private patients—non-residents:		
State Hospital .....	0	
Brattleboro Retreat .....	156	
Lake View Sanitorium .....	10	
Green Mountain Sanitorium .....	0	
		166
		1276
Of these there were private patients residents of Vermont:		
State Hospital (not including part-pay patients).....	116	
Brattleboro Retreat .....	73	
Lake View Sanitorium .....	3	
Green Mountain Sanitorium .....	3	
		195
Leaving the total number of insane, drug and alcoholic cases supported by the state .....		1081
Of this number there were supported by the state at		
State Hospital:		
Probate Court drug cases .....	4	
Probate Court alcoholic cases .....	4	
Municipal Court alcoholic cases .....	2	
Brattleboro Retreat:		
Probate Court drug cases .....	0	
Probate Court alcoholic cases .....	6	
		16
Leaving the actual number of insane residents or transients, in our hospitals at the expense of the state on June 30, 1928 .....		1065

\*Visit permit patients not included.



We take this opportunity, Commissioner Dyer, to express our appreciation of your kind consideration and helpfulness in the duties of our Board, and also our appreciation of the uniform courtesy and assistance of Dr. Stanley and his staff at the State Hospital at Waterbury, and of Dr. Ripley and his staff at the Brattleboro Retreat, Dr. Upton of the Lake View Sanitorium and Dr. Hayes of the Green Mountain Sanitorium.

Respectfully submitted,

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

## APPENDIX

## Improvements and New Construction at the Brattleboro Retreat

Much new construction has taken place at the Brattleboro Retreat during the biennial period just closed.

A reception hospital with a capacity for eighty patients has been erected, offering exceptional and most up-to-date facilities for the examination, study and treatment of new cases as they are admitted. The building is of brick, the construction throughout being fireproof. It contains private suites, with bath; single rooms, four nine-bed wards, and an operating room.

On the fourth floor are accommodations for sixteen employees. The basement has a ground level at the rear of the building. Here is located a physiotherapy department, fitted with electrotherapy and hydrotherapy apparatus, an X-Ray room, and a developing room. Here also is a pharmacy and dispensary, billiard room and smoking room, and a large kitchen department furnished with modern equipment, including automatic refrigeration. On three floors, at the rear of the building, are wide, screened balconies.

Along the line of new construction also is the new and modern dairy barn, the erection of this building being necessitated on account of the disastrous fire in December, 1927, which entirely destroyed the dairy barn, which had just been completely remodeled. The new dairy plant is up-to-date in every detail, and has accommodations for one hundred and two head of cattle.

The Chapel, Marsh Building, and some of the wards have been completely renovated, redecorated and refurnished. The plumbing system has been entirely overhauled, and more automatic sprinklers have been installed. A new greenhouse is being erected.