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BIENNIAL REPORT
OF THE
Supervisors of the Insane
OF THE
STATE OF VERMONT
FOR THE TWO YEARS ENDING
JUNE 30, 1930



THE PRINTCRAFT SHOP, INC.
BARRE, VERMONT

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

Montpelier, Vermont, June 30, 1930

Wm. H. Dyer,
Commissioner of Public Welfare

Dear Sir:

The State Board of Supervisors of the Insane, in accordance with legal requirements, submit the following Biennial Report.

The Board have visited the State Hospital at Waterbury and the Brattleboro Retreat at Brattleboro at least once every month, inspected the wards, dining rooms and sleeping apartments and at such visits examined into the general condition of the patients and the facilities for their care and comfort.

At such times the patients are encouraged to consult the Supervisors about their problems and grievances, if any. Many avail themselves of the opportunity and are encouraged to talk freely about their treatment and personal affairs and prospects of discharge. Each case is advised and encouraged according to its needs and merits.

We are pleased to report that both the State Hospital at Waterbury and the Brattleboro Retreat at Brattleboro are in a better physical and general condition for the care, treatment and comfort of patients than they have ever been before.

By comparison with similar hospitals in other states, Vermont may take just pride in these institutions; and the public have confidence in them as indicated by the willingness of relatives and guardians to send their friends for treatment when mental disease is present or threatened.

These hospitals are hospitals in fact and not asylums or institutions for discipline and are more and more so regarded.

It will be observed from the appending statistical table that there were at the State Hospital at Waterbury on June 30, 1928, 756 State patients, not including the part-pay, and that on June 30, 1930 there were 811 State patients, including the part-pay, showing an increase during the biennial term of approximately 55 patients, the increase being of those chargeable to the State as the number of private patients remains practically the same.

There were at the Brattleboro Retreat on June 30, 1928, 334 patients chargeable to the State and on June 30, 1930 there were 354, an increase of 20 for the biennial term. This makes a total increase of 75 during the two years. In the previous biennial term there was an increase of 56.

The last table in this report would indicate an increase of 90 as compared with the summary in the report of 1928. This difference

is accounted for in the fact that in the report of 1928 the "part-pay" were included in the "private" patients; whereas, in this report, which seems more proper, the "part-pay" patients are included with the "State" patients.

The tendency to hospitalize mental cases is increasing now as it has done in the past and, in all probability, the number of patients will steadily increase for some time to come.

It occasionally happens that a town will undertake to get rid of a feeble minded individual or an erratic one or a person with an incurable and disabling illness who cannot be classified as insane and dangerous, by having them committed to the State Hospital. After a period of observation, if such patients are found to be not insane and dangerous, they are discharged by the Board of Supervisors.

We realize that towns are often situated so that it is difficult to properly care for such people but the statute does not contemplate that they should be chargeable to the State or cared for in the State Hospital.

Even when towns are willing to pay for their care as private patients the question of hospital capacity becomes an important matter with the number actually insane and properly hospital charges constantly increasing. It is not feasible nor in accord with the statute that the State Hospital for the Insane should even tend to become a State poor house or an asylum for the mentally deficient, even though paid for by the town, as it is intended only for the mentally diseased.

We have discharged State patients during the two years from the Brattleboro Retreat	32
State Hospital	174
making a total of	206

Practically all these discharges are conditional in order to facilitate the return, without Probate Court procedure, of such as have a return of their mental disease and require further hospital treatment, which is approximately one out of every three discharged. This is the general average in years past. Of those discharged from both institutions.

49 were recovered
80 were improved
37 were unimproved
88 were not insane

This is 58% of 369, the number committed during the two years.

Of course, those discharged were not all the identical ones committed during the past two years but fairly represents the proportion of discharges to commitments and shows very creditable results from hospital treatment.

In view of the increase of patients and the probable further increase, it may not be untimely to suggest provision for additional hospital capacity which will surely be needed within the next two years. In fact, recently every bed at the State Hospital was occupied.

The danger to property and patients from fire at the State Hospital is a matter for earnest consideration. With nine hundred insane people housed in a set of buildings, very serious results might occur from a general conflagration or even from fire involving only one building. An automatic sprinkling system should be installed to effect the greatest possible protection. The decrease in insurance rates would, in a short time, offset the cost of installation.

In making discharges from our hospitals the sex problem and potential fatherhood and motherhood is often a serious problem and a determining factor as to whether or not a patient, if at large, would be a dangerous person or a menace to a community. This is especially the case with those who are more or less mentally deficient and, although they may have recovered from their insanity, are immoral or unmoral with sexual tendencies often pronounced and frequently perverted. If they marry, which they often do, it would be to a person as feeble-minded as themselves with a resultant family of children with heredity taint. Or illegitimacy is the outcome. A considerable number of this class of children would eventually find their way to the School for Feeble-minded or Hospital for the Insane or become delinquents or paupers. From this class comes an endless chain of breeding the unfit from the unfit.

It would appear that some means should be provided to prevent the procreation of children with an inherited tendency to crime, feeble-mindedness, epilepsy, idiocy, imbecility, or insanity. Not only those to be discharged from our institutions for mental disease or deficiency, our penal and corrective institutions, but also those at large contemplating marriage or are a public nuisance with illegitimacy a threatening possibility.

Such a bill was passed by the Legislature of 1913 but it was so loosely drawn that the Governor vetoed it as unconstitutional. A constitutional bill could easily be drawn providing for the sterilization of the unfit. Sterilization by modern methods is a comparatively simple surgical procedure. No organ is removed or function impaired, but procreation is made impossible. Many, and probably most, of the cases requiring it would gladly volunteer.

Twenty-three states now have sterilization laws. We recommend that such a law be enacted by the incoming Legislature. The expense involved would be largely offset, in the near future, by decreasing the population of our hospitals and State institutions; and, as time went on, would increasingly help relieve the State of its de-

pendent and defective wards; also, a matter of great importance, the general standard of mentalitw and efficiency would be raised.

The provision for the treatment of alcoholics and drug addicts is a wise one and in most cases curative ,or beneficial and worth while. A certain number are returned time after time and are free from alcohol or drugs only for such time as they are at the hospital. The size of our State and the number of such cases does not warrant a State farm where they could be put to work and pay for their keeping.

We would suggest that the Governor be authorized to transfer alcoholic or drug cases, upon their second commitment by a Probate Court, and upon recommendation by the Board of Supervisors of the Insane, to the State's Prison at Windsor or the State's Prison for Women at Rutland where they can be put to work and earn at least a portion of the expense of their maintenance. This would carry out the same principle as now rests with thhe Governor in transferring inmates from the School for Feeble-minded at Brandon or from the State Industrial School at Vergennes to the State Hospital at Waterbury or vice versa. That is, place them where it seems best for their own good and in the interests of the State.

The Municipal Courts may now commit to the State's Prison for six months to one year a person convicted of intoxication for the third time within a year. The transfer of inebriates by the Governor would further carry out the purposes of this statute.

RECOMMENDATIONS

1. We recommend the enactment of a statute vesting the Governor with authority to transfer chronic alcoholic and drug cases to Windsor or Rutland upon their second commitment to Brattleboro or Waterbury by a Probate Court.
2. We recommend the enactment of a sterilization law permitting sterilization in selected cases as a purely eugenic measure where the personal and family history indicate that progeny would likely be mentally defective or socially inadequate.
3. We recommend the installation of an automatic sprinkling system at the State Hospital.
4. We recommend, to provide additional hospital capacity, the extension or enlargement of the two story building at the State Hospital in which are situated wards 8 and 9; the building on the female side, being the more congested, to be enlarged during the year 1931 and the corresponding building on the male side during the year 1932.

The movement of population and other data of the Vermont State Hospital, Brattleboro Retreat, Lakeview Sanatorium, and Green Mountain Sanatorium (these two latter being licensed by the Supervisors to receive and care for insane persons) is indicated in the following tables:

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. L. P. Forest, Third Assistant
Dr. Evelyn B. Fisk, Fourth Assistant

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

Number of patients remaining June 30, 1928	State*	756
	Private and part pay*	123
Number of patients admitted in two years	State and part pay	278
	Private	278
Number of patients discharged as recovered	State and part pay	47
	Private	31
Number of patients discharged as improved	State and part pay	57
	Private	39
Number of patients discharged as unimproved	State and part pay	30
	Private	16
Number of patients discharged as not insane	State and part pay	88
	Private	23
Number of patients died	State and part pay	116
	Private	64
Number of patients remaining June 30, 1930	State and part pay*	811
	Private*	113
Number of conditional discharges by Supervisors of State and part pay patients		169
Number of absolute discharges by Supervisors of State and part pay patients		5
Number of conditionally discharged patients returned by revocation of discharge by Supervisors		59
Number of epileptic patients admitted in two years		15
Number of epileptic patients remaining June 30, 1930		71
Number of nurses		110
Percentage of nurses to patients		1 to 8.15

Number of drug cases committed at th eexpense of the State in two years	13
Number of drug cases (State) discharged	12
Number of drug cases (State) remaining	2
Number of alcoholic cases (State) admitted in two years	44
Number of alcoholic cases (State) discharged	40
Number of alcoholic cases (State) remaining	7
*Patients on visit and elopement 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
Roy C. Jackson, M. D., Second Assistant Physician
Marius Peladeau, M. D., Second Assistant Physician
Frank P. Coleman, Medican Interne

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

Number of patients remaining June 30, 1928	Part-pay and State	334
	Private	230
Number of patients admitted in two years	Part-pay and State	91
	Private	358
Number of patients discharged as recovered	Part-pay and State	2
	Private	41
Number of patients discharged as improved	Part-pay and State	23
	Private	163
Number of patients discharged as unimproved	Part-pay and State	7
	Private	74
Number of patients discharged as not insane	Part-pay and State	0
	Private	42
Number of patients died	Part-pay and State	40
	Private	47

Of the private patients remaining there are 73 who are residents of the State of Vermont. Of the private patients remaining there are 180 who are residents of other states and provinces.

Number of patients remaining June 30, 1930	Part-pay and State	354
	Private	253
Number of conditional discharges by the Supervisors of State patients	Male	10
	Female	16
Number of absolute discharges by Supervisors of State patients	Male	4
	Female	2
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	6
	Female	4
Number of voluntary State patients admitted in two years		0
Number of epileptic State patients admitted in two years		2
Number of epileptic State patients remaining June 30, 1930		21
Number of nurses		60
Percentage of nurses to patients		1 to 10.1
Number of drug cases committed at the expense of the State in two years		0
Number of drug cases (State) discharged		0
Number of drug cases (State) remaining		0
Number of alcoholic cases (State) admitted		4
Number of alcoholic cases (State) discharged		3
Number of alcoholic cases (State) remaining June 30, 1930		1

SUPERVISORS OF THE INSANE

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

Number of patients remaining June 30, 1930	13
Number of patients admitted in two years	94
	—
	107
Number of patients discharged recovered	47
Number of patients discharged improved	32
Number of patients discharged unimproved	10
Number of patients died	8
Number of patients remaining June 30, 1930	10
	—
	107
Number of epileptics remaining	0
Number of patients remaining residents of Vermont	4

GREEN MOUNTAIN SANATORIUM
 T. E. HAYS, M. D., *Medical Director*
 BURLINGTON, VERMONT

Number of insane patients remaining June 30, 1928	2
Number of patients admitted in two years	11
	—
	13
Number of patients discharged in two years	10
Number of patients died	2
Number of patients remaining June 30, 1930	1
Of those remaining there were:	
Epileptics	0
Residents of Vermont	1

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

State Hospital:

State and part pay patients	811	
Private patients	113	924
Brattleboro Retreat:		
State and part pay patients	354	
Private patients	253	607
Lakeview Sanatorium:		
All private patients	10	
Green Mountain Sanatorium:		
All private patients	1	11
Whole number of patients in our hospitals, residents, non-residents and transients		<u>1542</u>
Of these there are private patients, non-resident:		
State Hospital	0	
Brattleboro Retreat	180	
Lakeview Sanatorium	0	
Green Mountain Sanatorium	0	186
		<u>1356</u>
Of these there were private patients, residents of Vermont		
State Hospital (not including part pay)	113	
Brattleboro Retreat	73	
Lakeview Sanatorium	4	
Green Mountain Sanatorium	1	191
Leaving the total number of insane, drug and alcoholic cases supported by the State		<u>1165</u>
Of this number there were supported by the State at the		
State Hospital:		
Probate Court Drug Cases	2	
Probate Court Alcoholic Cases	7	
Brattleboro Retreat:		
Probate Court Drug Cases	0	
Probate Court Alcoholic Cases	1	10
Leaving the actual number of insane residents or transients in our hospitals at the expense of the State on June 30, 1930.		<u>1155</u>

We take this opportunity to thank Dr. Stanley, Superintendent of the State Hospital, Dr. Ripley, Superintendent of the Brattleboro Retreat, Dr. Upton, Medical Director of Lakeview Sanatorium, and Dr. Hays, Medical Director of Green Mountain Sanatorium for their uniform courtesy and assistance in our periodical official visits. And Commissioner Dyer we wish to express to you our appreciation of your helpful council and assistance.

Respectfully submitted,

R. M. PELTON, M. D., Richford,

F. L. OSGOOD, M. D., Saxtons River,

F. E. STEELE, M. D., Secretary, Montpelier

Supervisors of the Insane

IN MEMORIAM

WILLIAM N. BRYANT, M. D.

Dr. Bryant, who died at his home in Springfield, Vermont July 10, 1929, at the age of 77, was made a member of the State Board of Supervisors of the Insane in 1911, having been appointed by Governor John A. Mead to fill out the unexpired term of Dr. George S. Foster. He remained on the Board by successive appointments continuously until the time of his death, a period of 18 years.

Dr. Bryant was a man of many parts and lovable traits. His keen mind, retentive memory and wide experience, combined with his broad-minded and sympathetic understanding of human nature and human affairs made his council invaluable and his influence for good marked beyond the scope of most men.

Most of his professional life in the general practice of medicine was spent in Ludlow, Vermont. On retiring from active practice he went to Springfield, Vermont where he spent the last two years of his life.

As a country practitioner he was a gentleman of the Old School; courteous, genial, dignified, and sympathetic with a sense of humor and a rare ability in his chosen profession. He inspired a merited confidence and was loved by all who knew him.

Dr. Bryant's activities outside his general practice were State-wide. He was one of the promoters and a trustee of the Vermont Tuberculosis Sanatorium at Pittsford and made many public addresses to promote measures for the prevention and cure of tuberculosis in an educational campaign.

He was a member of the House of Representatives from Ludlow in 1910 and a Senator from Windsor County in 1921 and was active in many civic and public positions of trust in all of which he merited the confidence placed in him. He was much in demand to make public addresses for which he had pleasing faculty, his addresses abounding in wit and humor as well as sound, right-minded opinions and advice.

As a member of the Board of Supervisors of the Insane he was always faithful and efficient, his opinions just and tempered with broad-minded human sympathy.

The passing of this lovable man is keenly felt by all who knew him. His genial personality will always remain a monument to his memory.