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BIENNIAL REPORT  
OF THE  
**Supervisors of the Insane**  
OF THE  
STATE OF VERMONT  
FOR THE TWO YEARS ENDING  
JUNE 30, 1938



THE NOVAK PRINTING COMPANY  
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## REPORT OF THE SUPERVISORS OF THE INSANE FOR THE STATE OF VERMONT

To T. C. Dale  
Commissioner of Public Welfare:

The State Board of Supervisors of the Insane submit the following report for the biennial term ending June 30, 1938.

In accordance with the requirements of Statute and previous custom, the Supervisors have held a regular monthly meeting at the State Hospital for the Insane at Waterbury and at the Brattleboro Retreat at Brattleboro and at least once a year at the Lake View Sanatorium and the Green Mountain Sanatorium at Burlington. At these monthly meetings we have discharged from the State Hospital:

Conditional discharges.....	215	
Permanent discharges.....	26	241

From the Brattleboro Retreat:

Conditional discharges.....	55	
Permanent discharges.....	6	61

Total number of discharges.....		302
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You will observe that 270 of these discharges were conditional and 32 permanent. The conditional discharges are in effect a full discharge but with the provision that if it becomes necessary because of relapse or recurrence of insanity, the patient may be returned to the hospital upon revocation of the conditional discharge by the Supervisors, thus avoiding the delay and expense of again taking the case before the probate court. This course seems best in view of the fact that while there were in all 270 conditional discharges, 73 conditional discharges from the State Hospital during this or some previous biennial term were revoked, and 25 revocations of those discharges from the Brattleboro Retreat making 98 revocations during this biennial term.

This is approximately the same proportion of revocations as has been made in previous biennial terms.

On June 30, 1938, there were at the State Hospital:

State and part pay patients.....	976	
Private patients.....	115	1091
	<u>          </u>	

On June 30, 1936, there were:

State and part pay patients.....	961	
Private patients.....	79	1040
	<u>          </u>	<u>          </u>
Increase in two years.....		51

But to show the actual increase there should be added 13 male patients who were transferred to the Brattleboro Retreat in November, 1937; this would make the actual increase 64 of which 28 were state and part-pay patients and 36 private patients.

The increase of 51 patients in the State Hospital indicates the increased burden upon the capacity of the wards.

On June 30, 1936, there were state patients at the Brattleboro Retreat to the number of.....	374
Transferred from State Hospital in November, 1937, male patients.....	13
Increase, admissions over discharges.....	<u>8</u>
Number of state patients at Brattleboro Retreat, June 30, 1938.....	395

This shows an increase of 8 during the biennial term to which is added 13 male patients transferred from the State Hospital.

During the biennial term there were 131 deaths of state and part pay patients at the State Hospital and 51 at the Brattleboro Retreat. A total of 182 which is not an unusual death rate considering the advanced age and infirmities of such a body of mental cases. But notwithstanding the death of 182 state patients and the fact that our Board have discharged 302, there has been an actual increase at the State Hospital of state and part-pay patients of 15 as compared with the number on June 30, 1936, and an increase of private patients at the State Hospital to the number of 36. The increase of state and part-pay patients at the Brattleboro Retreat during this term was 21.

Under our reciprocal agreement with other states, we have had insane persons in our hospitals transferred as follows:

To Massachusetts.....	5
New York.....	4
Connecticut.....	3
New Hampshire.....	1
	<hr/>
	13

We have accepted and received insane patients as follows:

From Massachusetts.....	2
New York.....	3
Connecticut.....	3
	<hr/>
	8

That is we have had 5 more deported than we have accepted and received.

You will note in Table I and Table II that during the biennial term under Probate Court orders, there has been admitted to the State Hospital 47 patients for treatment for alcoholism and 12 such patients have been admitted to the Brattleboro Retreat all as state patients; 59 altogether.

It has been the policy of our Board to give such patients a conditional discharge at the expiration of two months as near as may be. The conditions being that they refrain from alcoholics for the 6 month period for which they were committed by the Probate Court. Most of these cases make good but a goodly number, too many in fact, are chronic alcoholic habitues and a revocation of the conditional discharge by the Supervisors becomes necessary and they are returned to the hospital to remain until the expiration of the 6 month commitment by the Court. A considerable number of these chronic alcoholic addicts have been repeatedly committed for 6 months by the Probate Court.

It would seem in the interest of the chronic alcoholic as well as the community in which he lives that such habitues should be held at the hospital for the full period of 6 months if he has been three or more times committed by the Probate Court.

As a deterrent, a Legislative enactment to that effect would be best. It could, however, be done by the Supervisors making it a policy to hold them for the full 6 months period if the person has been committed three or more times. In this connection we suggest for the earnest consideration of the next Legislature, the equity and advisability of providing that the charge of \$6 a week for persons committed to the State Hospital or Brattleboro Retreat for alcoholism be paid out of the funds received by the State Liquor Board in profits from the sale of liquor and for licenses granted for its sales.

Table I

VERMONT STATE HOSPITAL FOR THE INSANE  
WATERBURY, VERMONT

MEDICAL STAFF

DR. J. C. O'NEILL, *Superintendent*  
DR. A. W. SNEDEKER, *First Assistant*  
DR. H. A. LADD, *Second Assistant*  
DR. L. P. FOREST, *Third Assistant*  
DR. G. F. WEST, *Fourth Assistant*

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

Number of patients remaining June 30, 1936	Part pay and State	*961
	Private	*79
Number of patients admitted in two years	Part pay and State	384
	Private	301
Number of patients discharged as Recovered	Part pay and State	75
	Private	27
Number of patients discharged as Improved	Part pay and State	76
	Private	45
Number of patients discharged as unimproved	Part pay and State	36
	Private	44
Number of patients discharged as not Insane	Part Pay and State	139
	Private	20
Number of patients discharged as Undetermined	Part pay and State	0
	Private	5
Number of patients died	Part pay and State	131
	Private	36
Number of patients remaining June 30, 1938	Part pay and State	#976
	Private	#115

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Number of Conditional discharges by Supervisors of State and part pay patients	215
Number of absolute discharges by Supervisors of State and part pay patients	26
Number of conditionally discharged patients returned by revocation of discharge by Supervisors.	73
Number of epileptic State patients admitted in two years	20
Number of epileptic State patients remaining June 30, 1938	76
Number of nurses	118
Percentage of nurses to patients	9.16
Number of drug cases committed at the expense of the State in two years	16
Number of drug cases (State) discharged	14
Number of drug cases (State) remaining	1
Number of alcoholic cases (State) admitted in two years	47
Number of alcoholic cases (State) discharged	51
Number of alcoholic cases (State) remaining	5
Number of criminal cases—6 women and 51 men	57

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\*Includes patients on visit and elopement.

# Includes 18 patients on visit and elopement.

Table II

BRATTLEBORO RETREAT  
BRATTLEBORO, VERMONT

The Medical Staff is as follows:

HORACE G. RIPLEY, M.D., *Superintendent*  
 FREEMAN A. TOWER, M.D., *Senior Assistant Physician*  
 MARIUS PELADEAU, M.D., *Senior Assistant Physician*  
 CHARLES T. BATTEN, M.D., *Senior Assistant Physician*  
 LILLIAN M. MAHONEY, M.D., *Senior Assistant Physician*  
 RICHARD W. GRAY, M.D., *Assistant Physician*  
 FEIGA GROSS, M.D., *Assistant Physician*

The following table shows the movement of population for the biennial period ending June 30, 1938, together with other pertinent data:

Number of patients remaining June 30, 1936	Part pay and State 374 Private 332 —706
Number of patients admitted in two years	Part pay and State 124 Private 734 —858
<p>In addition to the above 124 part pay and State patients, 9 other patients were first admitted as Private patients prior to June 30, 1936, and transferred during this biennial period to State Account by Order of Probate Court.</p> <p>Of the above 858 patients, 49 were first admitted as Private patients, and subsequently transferred to State Account by Order of Probate Court.</p>	
Number of patients discharged as recovered	Part pay and State 14 Private 179 —193
Number of patients discharged as improved	Part pay and State 41 Private 385 —426

Number of patients discharged as unimproved	Part pay and State	6	
	Private	42	
			— 48
Number of patients died	Part pay and State	51	
	Private	82	
			—133
Total number of patients discharged and died	Part pay and State	112	
	Private	688	
			—800
Number of patients returned to their homes	Part pay and State	59	
	Private	568	
			—627
Number of patients transferred to other hospitals	Part pay and State	2	
	Private	38	
			— 40
Of the 667 patients discharged, 208 were without psychosis	Part pay and State	12	
	Private	196	
			—208
Of the private patients remaining there are 74 who are residents of the State of Vermont, and 294 who are residents of other States and Countries.			
Number of patients remaining June 30, 1938	Part pay and State	395	
	Private	368	
	On visit	4	
			—767
Number of conditional discharges by the Supervisors of State patients	Men	36	
	Women	19	
			— 55
Number of absolute discharges by the Supervisors of State patients	Men	4	
	Women	2	
			— 6



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Number of absolutely discharged State patients returned	Men 0 Women 0 — 0
Number of conditionally dis- charged State patients re- turned by revocation of dis- charge by Supervisors	Men 15 Women 10 — 25
Number of voluntary State patients admitted in two years	0
Number of epileptic State patients admitted in two years.	5
Number of epileptic State patients remaining June 30, 1938	20
Number of drug cases committed at the expense of the State in two years	2
Number of State drug cases discharged	2
Number of State drug cases remaining	0
Number of State alcoholic cases admitted	12
Number of State alcoholic cases discharged	10
Number of State alcoholic cases remaining	2
Number of nurses	122
Percentage of nurses to patients	1 to 5.9

Table III

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

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Number of patients remaining June 30, 1936	12
Number of patients admitted in two years	104
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	116
Number of patients discharged as recovered	49
Number of patients discharged as improved	37
Number of patients discharged as unimproved	15
Number of patients died	6
Number of patients remaining June 30, 1938	9
Epileptics	0
Number of patients, residents of Vermont, remaining	5

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Table IV

Number of patients remaining June 30, 1936	0
Number of patients admitted in two years	10
Number of patients discharged in two years	10
Number of patients died	0
Number of patients remaining June 30, 1938	0
Epileptics	0
Residents of Vermont, remaining	0

Table V

The following shows the population and status in all the hospitals for the care of the insane in the state on June 30, 1938.

State Hospital:		
State and part pay patients	# 976	
Private patients	# 115	1091
Brattleboro Retreat:		
State and part pay patients	395	
Private patients	368	763
Lake View Sanatorium:		
All private patients	9	9
Green Mountain Sanatorium		
	0	0
		1863
Whole number of patients, residents, non-residents and transients.		
Of these there were private patients, non-resident:		
State Hospital	0	
Brattleboro Retreat	294	
Lake View Sanatorium	4	
Green Mountain Sanatorium	0	298
Number of Vermont residents in hospitals		1565
Of these there were private patients:		
State Hospital (not including part pay)	115	
Brattleboro Retreat	74	
Lake View Sanatorium	5	
Green Mountain Sanatorium	0	194
Number of patients supported by the State		1371

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There were of this number at the State Hospital:

Drug cases remaining	1	
Alcoholic cases remaining	5	

Brattleboro Retreat:

Drug cases remaining	0	
Alcoholic cases remaining	2	8

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Leaving the actual number of insane residents or  
transients in our hospitals at the expense of the  
State on June 30, 1938

1363

# Includes 18 patients on visit or elopement.

Table VI

Number of admissions to the State Hospital by Counties during the biennial term from July 1, 1936 to June 30, 1938. This does not include private patients.

## STATE HOSPITAL

Addison	24
Bennington	8
Caledonia	36
Chittenden	89
Essex	5
Franklin	48
Grand Isle	7
Lamoille	11
Orange	21
Orleans	24
Rutland	52
Washington	36
Windham	2
Windsor	21
Total	384

Table VII

Admission to the Brattleboro Retreat of State patients by Counties, July 1 1936 to June 30, 1938, inclusive.

Addison	0
Bennington	46
Caledonia	0
Chittenden	0
Essex	1
Franklin	1
Grand Isle	0
Lamoille	0
Orange	0
Orleans	1
Rutland	23
Washington	0
Windham	33
Windsor	19
Total	124

The Lake View Sanatorium and the Green Mountain Sanatorium, both at Burlington, are the only ones licensed by our Board for the care and treatment of insane patients. They are both well conducted and serve the purpose for which they are intended, the care of private patients.

At our monthly meetings at the State Hospital and the Brattleboro Retreat, we have found both institutions with an efficient medical staff and well conducted.

The crowded condition at the State Hospital is a serious handicap but a new building is under construction to be ready for occupancy next spring or early summer to contain one hundred beds for the care of the more disturbed male patients. This will relieve the congested situation, to some extent. But during the past two years there has been an increase in private and State patients to the number of 51, (besides 13 more were transferred to the Brattleboro Retreat). So that more wards and an increase of one or better two on the medical staff in the near future seems urgently necessary.

The chief building enterprise at the Brattleboro Retreat has been the erection of a Centennial Memorial building, at a cost of \$160,000, which is nearly ready for occupancy and contains 100 rooms. It is located south of the Marsh Building, and is annexed thereto by a central section which will contain offices and pathological laboratories. This will make the rooming space sufficient for the present.

We take this occasion to express our appreciation to Dr. J. C. O'Neil, Superintendent of the State Hospital and to Dr. Horace G. Ripley, Superintendent of the Brattleboro Retreat for their uniform courtesy and helpfulness.

To you, Commissioner Dale, we extend our thanks for your aid and helpful suggestions in supervising the care of the insane in the State and the transfer of patients to other institutions in the State where they would better classify.

Respectfully submitted,

R. M. PELTON, M.D., Richford  
F. L. OSGOOD, M.D., Saxtons River,  
F. E. STEELE, M.D., Secretary, Montpelier

Dated:

Montpelier, Vermont,  
June 30, 1938.