SIXTH ANNUAL REPORT

OF THE

Committee on Mental Hygiene

OF THE

State Charities Aid Association

AND THE

Twenty-Fourth Annual Report

OF THE

State Charities Aid Association

TO THE

STATE HOSPITAL COMMISSION

NOVEMBER 1, 1916.

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105 East 22nd Street
New York City
State Charities Aid Association
OF NEW YORK
UNITED CHARITIES BUILDING
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CENTRAL ISLIP STATE HOSPITAL.
SIXTH ANNUAL REPORT
OF THE
Committee on Mental Hygiene
OF THE
STATE CHARITIES AID ASSOCIATION

The Mental Hygiene Committee of the State Charities Aid Association is making an organized effort throughout New York State to prevent mental diseases and to secure the establishment of facilities for the earlier discovery and treatment of mental disorders before they develop to serious or hopeless stages. It works in cooperation with the State Hospital Commission and the superintendents of the State hospitals for mental diseases. The committee was established in 1910 as an outgrowth of after-care work with the insane which had been done by the After-Care Committee of the State Charities Aid Association for some years previous.

The committee carries on its work along four main lines:

1. Informing the general public through public addresses, exhibits, literature and newspaper publicity about the nature, extent, causes, and means for the prevention of mental diseases.

2. Promoting the establishment of free clinics or dispensaries for mental and nervous disorders, especially in connection with the State hospitals.

3. Acting as a bureau of information about the examination and treatment of the mentally ill and about hospitals and dispensaries for mental diseases. Through cooperation with the Cornell Clinic of Psychopathology in New York City it assists individuals to obtain prompt medical aid and social service. The committee's own social workers make home visits in New York City to render preventive social service to persons in danger of a mental breakdown.


SIX YEARS' RESULTS

Since 1910 the Committee has distributed 700,000 pamphlets about the prevention and treatment of mental diseases and has published hundreds of newspaper articles. 110 public meetings have been held and mental hygiene exhibits have been shown in many of the larger
cities of the State, and in a number of the smaller towns. Trained social workers of the committee have assisted 1,900 persons to medical or social readjustment.

Among the various remedial legislative measures promoted was the law which the committee suggested and secured the passage of in 1913, authorizing each State hospital to have an out-patient department, with a field worker.

At the request of the Governor and the State Hospital Commission the committee is assisting in establishing, popularizing and supervising the free dispensaries which are being opened pursuant to this law. Nine new clinics have been established during the past year, bringing the total up to 17. Twelve of the hospitals now have field agents.

**BRIEF SUMMARY OF THE PAST YEAR'S WORK**

The results of the past year's work may be summarized in brief as follows:

1. Carried on educational work throughout the State for the prevention of insanity.
   a. By correspondence, magazine articles, 36 newspaper articles and the distribution of 29,663 pieces of literature.
   b. By 29 public meetings and lectures under its auspices on subjects bearing upon various phases of mental hygiene. An exhibit on the preventable causes of mental disease has been shown at many of the meetings and at conventions and various other gatherings.

2. Assisted at the request of the Governor and the State Hospital Commission in establishing, popularizing and supervising nine new State dispensaries for earlier diagnosis and treatment of mental disorders. The number of such out-patient stations in various communities throughout the State is now 17. Twelve of the 13 hospitals employ field agents for home visitation work.

3. Maintained a social service department which has helped 758 individuals by assisting them to proper medical treatment or toward social readjustment. Assisted other social welfare organizations to undertake and carry on preventive social service work with mental cases on their own responsibility.

4. Studied all measures before the Legislature relating to the care and treatment of the insane and to the administration and maintenance of institutions for such patients. Urged larger appropriations for buildings to relieve overcrowding of the State hospitals.

5. Visited all the State hospitals for the insane and submitted reports and recommendations thereon to the State Hospital Commission.

6. Taken steps to enlist the cooperation of the State Department of Health and the American Social Hygiene Association in efforts to secure better facilities in general hospitals of the State outside of New York City for the treatment of syphilis, which is the chief preventable cause of insanity. This action was taken following a State-wide study of the situation made in cooperation with the Committee on Hospitals of the State Charities Aid Association.

**EDUCATIONAL WORK**

Again this year the committee has placed strong emphasis upon educational work. The committee feels that it has made measurable progress in acquainting the public with the essential facts regarding the extent, causes and treatment of mental disorders. It plans, in addition to continuing this general work, to provide more specialized information for the guidance of teachers and social workers. It has it in mind, and in fact has already done something along this line, to undertake work through the schools in behalf of the so-called psychopathic children—not feebleminded children, but children with a mental make-up different from the normal who are having difficulty at an early age in adjusting to their school work, to home life, and to other relations outside of home and school. Such faulty adjustments continued may result in serious mental disorder later in life. The committee feels that the school system is almost untouched territory so far as mental hygiene is concerned, and it is devising ways and means to interest teachers in the problem of discovering, assisting and encouraging children who need such attention in order to adjust properly, to keep out of bad mental habits and to become normal and useful citizens.

During the year important information about the general subject of mental hygiene, regarding the new clinics for early treatment, and about matters relating to the institutions for the insane and the welfare of the insane generally has been conveyed to the public by means of correspondence, magazine articles, 36 newspaper stories, the distribution of 29,663 pieces of literature, and publication of material in regular and special issues of the S. C. A. A. News.

A total of 29 public addresses and meetings on mental hygiene have been held under its auspices or through its cooperation. Through cooperation with the Board of Education in New York
City 'three courses of six lectures on mental hygiene have been ar-
ranged in the Board's public lecture course, and one such course of
six lectures has already been given. The lectures were attended by
an average of 175 people and aroused much interest.

In addition to numerous meetings and lectures in this State, the
executive secretary of the committee has spoken on mental hygiene
subjects at the National Convention of Mental Hygiene Societies in
New Orleans; at a conference of the managers and superintendents
of the Michigan State Hospitals in Kalamazoo, and at public meet­
ings of the Alabama Mental Hygiene Society in Birmingham,
Alabama.

By Distribution of Literature:
The distribution of literature has been heavy throughout the year.
Requests for literature and information about mental hygiene have
come from individuals, libraries, social agencies, institutions, and
universities all over the United States, and from the Philippine
Islands and Canada. The bulk of the literature distributed, how­
ever, is in New York State.

The following publications have been issued for distribution
during the year: |

<table>
<thead>
<tr>
<th>Publication</th>
<th>Copies</th>
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<tbody>
<tr>
<td>List of Lectures and Lecturers</td>
<td>2,000</td>
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<tr>
<td>&quot;Social Service for the Mentally Ill&quot; (2nd edition)</td>
<td>300</td>
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<tr>
<td>&quot;Is There Anything the Matter with Your Child's Mind&quot;</td>
<td>1,000</td>
</tr>
<tr>
<td>&quot;Meeting the Mentally Sick Half Way&quot;</td>
<td>500</td>
</tr>
<tr>
<td>&quot;The State as Alienist&quot; (2nd edition)</td>
<td>1,500</td>
</tr>
<tr>
<td>Leaflet containing list of clinics</td>
<td>6,500</td>
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Among the pamphlets and publications which the Committee now
has on hand for distribution and which may be obtained upon re­
quest are the following:
"Why Should So Many Go Insane?" By Homer Folks and Everett
S. Elwood.
Proceedings of 1912 Mental Hygiene Conference held at City Col­
lege, New York City.
Proceedings of 1915 Mental Hygiene Conference held at Albany.
Annual Reports of the Committee on Mental Hygiene.
"Social Service to the Rescue." By George A. Hastings and
Katharine Tucker, R. N.
"Is There Anything the Matter with Your Child's Mind?" By
Jessie Taft, Ph.D.

"Meeting the Mentally Sick Half Way." By George A. Hastings.
"The State as Alienist." By Homer Folks.
Leaflet containing list of lectures and lecturers.
Leaflet containing list of clinics.
"Principles of Mental Hygiene Applied to the Management of
Children Predisposed to Nervousness." By Dr. L. F. Barker.
"Care of the Insane Under State Boards of Control." By Homer
Folks.

Newspaper Publicity:
Thirty-six articles have been sent to the newspapers; some of
them to all the weeklies and dailies in the State (a total of 818
papers); some of them to the dailies only, a list of about 200, and
others to carefully selected groups of papers in various localities.
The newspaper publicity sent to the State-wide list of papers has
been about as usual, but there has been a decided increase in the
number of articles sent to papers in particular localities in order
to explain local clinic work.

Out-Patient Department Work:
During the past year the committee has seen the fruition of plans
which it has long and perseveringly advocated; i.e., the establish­
ment of more free clinics and dispensaries by the State itself. Even
after the State had recognized the importance and practical aspects
of preventive work, it was rather slow for a number of reasons, par­
ticularly lack of funds, in establishing out-patient departments
of the various State hospitals, with field agents, as authorized by the
law passed in 1913. But last October, following a conference be­
tween Governor Whitman and the State Hospital Commission, at
which members of this Committee's staff were present, it was

decided to proceed to the extent and along the lines contemplated
in the statute. Governor Whitman lent the impetus of his interest and
influence to a plan to enlarge the activities of the out-patient depart­
ments already established and to establish such dispensaries in all
the State hospitals which had not previously done so.

Up to last October eight of the hospitals had made a beginning in
this work. Only four of them, however, had a field agent, and two
of them were sharing one agent. As a result of a letter from the
State Hospital Commission to the State hospital superintendents
requesting the establishment of additional clinics, and with the
Mental Hygiene Committee cooperating in the opening and adver-
rising of the new out-patient stations, nine more such clinics have been put out in operation on a regular schedule during the past year, bringing the total up to seventeen. Twelve of the thirteen hospitals now have field agents.

The significance of this forward step by the State in turning its largest department, the State Hospital Commission, squarely in the line of preventive effort probably will not be fully realized for some years. It is undoubtedly the most important step of its kind taken since State-care of the insane in New York became a reality.

The State hospitals which have developed into remarkably efficient, smooth-running and scientifically managed institutions for the care and treatment of the insane and study of mental diseases have now made prevention of the insane and after-care work in connection with mental cases has been taken.

The other step which will do much toward raising the standards of work done by field agents, as well as bringing about more systematic and uniform methods, is the decision on the part of the After-Care Committee, has already prepared blanks and established a system of plans of the newly appointed field agent, and two days at Rochester, studying the system of social service work there. This department has also supervised the work of the volunteer social service attendant at the mental dispensary maintained in Yonkers by Manhattan State Hospital.

Much is yet to be done, however, in establishing the dispensaries and field agents so firmly that there will not only be no possibility of a lapse in interest but also every assurance of a growing realization of the importance of work by the hospital for those without its walls. There is need for standardizing the work of the dispensaries and field agents, for coordinating their activities into an effective system and for directing their energies more and more to include preventive work among the people of their various districts. Two very important steps have already been taken along these lines. The State Hospital Commission, at the suggestion of the Mental Hygiene Committee, has already prepared blanks and established a system of monthly reports to be made to them by the field agents and the State hospitals on the out-patient work. This will do much to create uniform records and will give to the out-patient work definite recognition by the State Hospital Commission.

Throughout the year the social service department has been ready to assist in the opening of new dispensaries, especially by helping to train new and inexperienced field workers. The social service assistant made two trips to the St. Lawrence State Hospital to assist at the opening of dispensaries in the district and to instruct the new field agent, who had previously spent some time attending the Cornell Clinic of Psychopathology and studying the records and methods of this office. The Social Service Director spent a day at Binghamton State Hospital confering with Dr. Wagner and going over the plans of the newly appointed field agent, and two days at Rochester, studying the system of social service work there. This department has also supervised the work of the volunteer social service attendant at the mental dispensary maintained in Yonkers by Manhattan State Hospital.

SOCIAL SERVICE WORK

During the past year the social service work of the committee has continued along the same general lines as previously. Individual cases referred by social agencies and individuals from all parts of New York City and many parts of New York State have been dealt with. Social service aid has been furnished the Cornell Clinic of Psychopathology. The number of persons with which the social service department has come in contact this year is 700.

The department has seen its original purpose fulfilled in a large measure during the year. While much remains to be done in carrying out and perfecting the plans now established, the great step of getting the State hospitals to assume responsibility for social service work with mental cases has been taken.

After many years of general work with paroled patients from the State hospitals on the part of the After-Care Committee of the State Charities Aid Association, followed by four years of specialized social service in New York City by the Mental Hygiene Committee, (to demonstrate the need and value of such work both for preventive and after-care cases) the social service department is at last able to report that all of the 13 State hospitals have acknowledged the value of social service and 12 of them have appointed field agents for home visitation work in their respective hospital districts, or for preventive and after-care work in connection with outpatient clinics of the institutions.

Cornell Clinic:

The social service department has continued to give service to the Cornell Clinic of Psychopathology, with the exception of the Thursday sessions which have been turned over to the new field agent of
Central Islip State Hospital since the attendance at this clinic is composed largely of paroled patients from that institution.

Last February it was noted that the attendance at the morning sessions at Cornell clinic was not as large as usual, and a circular letter was sent out to all physicians in Manhattan and the Bronx reminding them of the existence and purposes of the clinic. The response was immediate, resulting in a doubling of the attendance the following month; especially noticeable was the increased number of cases referred by physicians.

The relief agencies have made excellent use of the clinic and are becoming alert in the detection of mental symptoms as well as intelligent in supervision of mental cases.

The statistics for the year show an increase in the number of cases referred by public schools. Two of the most interesting preventive cases that have come under the supervision of this department have been thus referred. On the whole, however, the schools have not as yet learned how to make the best use of a clinic of psychopathology. The majority of children sent by the schools are mentally defective and could be examined to better advantage elsewhere.

The public school is in reality the most untouched and uneducated of any social agency with regard to the use of a clinic of psychopathology or the possibilities of social service in the prevention of mental disease. Yet only through the public school is fundamental preventive work to be done—for only there can we get at those individuals who are just beginning to show the signs of mental maladjustment—children whom a psychiatric clinic and adequate social service might save from ultimate mental disaster.

When all other social agencies are educated to the practice of social service with mental cases; when the State hospitals have taken over all after-care and much preventive work among adults of the community, there will still remain for this department, the great field of the public school and all its infinite possibilities for the prevention of mental diseases. Such a field offers the vital test of the value of social service. Here, if anywhere, social treatment should be the deciding factor. It is the hope of this department that one of its chief tasks for the future, may be to meet the test of the public school.

Following is a statistical summary of the work of the social service department during the year ended October 1, 1916:

<table>
<thead>
<tr>
<th>Source of Referral</th>
<th>Number of Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social agencies</td>
<td>106</td>
</tr>
<tr>
<td>Cornell clinic</td>
<td>24</td>
</tr>
<tr>
<td>Individuals</td>
<td>25</td>
</tr>
<tr>
<td>Physicians</td>
<td>8</td>
</tr>
<tr>
<td>Public schools</td>
<td>8</td>
</tr>
<tr>
<td>Other clinics</td>
<td>5</td>
</tr>
<tr>
<td>Churches</td>
<td>3</td>
</tr>
<tr>
<td>Other patients</td>
<td>2</td>
</tr>
<tr>
<td>Hospitals</td>
<td>1</td>
</tr>
<tr>
<td>State hospitals</td>
<td>5</td>
</tr>
<tr>
<td>Self</td>
<td>2</td>
</tr>
<tr>
<td>Sanatoria</td>
<td>2</td>
</tr>
</tbody>
</table>

Total referrals: 193

---

**Report of the Cornell Clinic of Psychopathology**
(The Social Service Department is affiliated with this clinic.)

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total attendance</td>
<td>422</td>
</tr>
<tr>
<td>Number of individuals, old and new cases</td>
<td>197</td>
</tr>
<tr>
<td>Men</td>
<td>64</td>
</tr>
<tr>
<td>Women</td>
<td>90</td>
</tr>
<tr>
<td>Children</td>
<td>43</td>
</tr>
</tbody>
</table>

Total: 197

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of new cases</td>
<td>163</td>
</tr>
<tr>
<td>Number of old cases reporting</td>
<td>34</td>
</tr>
<tr>
<td>Number of new cases reporting more than once</td>
<td>60</td>
</tr>
<tr>
<td>Number of clinic sessions</td>
<td>251</td>
</tr>
</tbody>
</table>

Average attendance per session 1.68
Seen once ........................................... 103
Seen twice ......................................... 29
Seen more than twice .............................. 31
Total ................................................... 163

SOURCES.
Publicity ................................................ 1
Social agencies ...................................... 60
Practicing physicians .............................. 34
Public schools ....................................... 12
Other clinics ......................................... 19
Individuals ........................................... 11
Self ...................................................... 6
Cornell clinic ......................................... 8
Churches ............................................... 4
Hospitals .............................................. 5
National Committee Mental Hygiene .......... 3
Total ................................................... 163

DISPOSITION OF CASES.
To report but have not ............................ 26
Under continued treatment ...................... 20
Seen as often as desired, etc. .................. 117
Total ................................................... 163

Analysis of the above 117:
State hospital ....................................... 6
State hospital advised ............................. 16
Advice to relative or social agency .......... 44
Referred to other clinic .......................... 12
Sanitorium advised ............................... 3
Referred to practicing physician .............. 6
Under social service supervision .............. 9
Advice to patient .................................. 13
Institution advised ............................... 3
Hospital advised .................................... 3
Total ................................................... 117

DIAGNOSES.
Hypophysis disease ................................ 1
Arterio-sclerosis ................................... 3
General paralysis .................................. 1
Cerebro-syphilis ................................... 2
Mentally defective ................................ 10
Retarded ............................................. 8
Epilepsy ............................................... 6
Constitutional Inferiority ....................... 15
Paranoid condition ................................ 4
Dementia praecox or allied to .................. 25
Chronic alcoholic condition .................... 3
Involutional melancholia ......................... 1
Allied to manic depressive insanity .......... 11
Symptomatic depression ........................ 3
Psychoneurosis .................................... 40
Chorea ............................................... 14
Unclassified ........................................ 7
Deferred diagnosis ................................. 9
Normal ............................................... 8
Obscure neurological condition ............... 1
Paramyoclonus multiplex ........................ 1
Total ................................................... 163
Twenty-Fourth Annual Report of the State Charities Aid Association to the State Hospital Commission.

The following is the annual report of the State Charities Aid Association to the State Hospital Commission for the period from October 1, 1915, to July 1, 1916, the new date of the beginning of the State's fiscal year.

State Hospitals overcrowded 21.5 per cent

The overcrowding of the State hospitals has still further increased during the past year. According to the census of June 30, 1916, the 13 hospitals were overcrowded: 5,983 patients, as against 5,261 at the end of the fiscal year 1915, and 4,595 at the end of the fiscal year 1914. This overcrowding is exclusive of the paroles and is computed on the basis of certified capacity determined by the medical member of the Commission. The average percentage of overcrowding on June 30, 1916, was 21.5 per cent. This percentage is mounting steadily higher year by year. In 1915 it was 18.8 and 1914, 16.7 per cent.

The population of the hospitals on June 30, 1916, exclusive of paroles, was 33,873. The average daily population since October 1, 1915, excluding paroles, was 33,401. The average daily number on parole since October 1, was 1,346. The number of patients at home on parole on June 30, 1916, was 1,340.

TABLE SHOWING OVERCROWDING OF STATE HOSPITALS ON BASIS OF JUNE 30, 1916.

<table>
<thead>
<tr>
<th>Hospital</th>
<th>June 30, excluding paroles</th>
<th>Certified Capacity</th>
<th>Number Overcrowding</th>
<th>Overcrowded</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Utica</td>
<td>1,612</td>
<td>1,352</td>
<td>260</td>
<td>16.6</td>
<td></td>
</tr>
<tr>
<td>Willard</td>
<td>2,304</td>
<td>2,015</td>
<td>289</td>
<td>14.4</td>
<td></td>
</tr>
<tr>
<td>Hudson River</td>
<td>3,355</td>
<td>2,800</td>
<td>555</td>
<td>19.8</td>
<td></td>
</tr>
<tr>
<td>Middletown</td>
<td>2,151</td>
<td>1,985</td>
<td>166</td>
<td>8.4</td>
<td></td>
</tr>
<tr>
<td>Buffalo</td>
<td>2,336</td>
<td>2,104</td>
<td>232</td>
<td>10.9</td>
<td></td>
</tr>
<tr>
<td>Binghamton</td>
<td>2,407</td>
<td>2,110</td>
<td>290</td>
<td>13.7</td>
<td></td>
</tr>
<tr>
<td>St. Lawrence</td>
<td>2,159</td>
<td>1,848</td>
<td>311</td>
<td>16.8</td>
<td></td>
</tr>
<tr>
<td>Rochester</td>
<td>1,603</td>
<td>1,298</td>
<td>305</td>
<td>23.5</td>
<td></td>
</tr>
<tr>
<td>Gowans</td>
<td>1,248</td>
<td>908</td>
<td>250</td>
<td>25.1</td>
<td></td>
</tr>
<tr>
<td>Kings Park</td>
<td>4,295</td>
<td>3,397</td>
<td>898</td>
<td>26.4</td>
<td></td>
</tr>
<tr>
<td>Brooklyn</td>
<td>835</td>
<td>637</td>
<td>198</td>
<td>31.1</td>
<td></td>
</tr>
<tr>
<td>Manhattan</td>
<td>4,570</td>
<td>3,690</td>
<td>1,271</td>
<td>34.4</td>
<td></td>
</tr>
<tr>
<td>Central Islip</td>
<td>4,725</td>
<td>4,017</td>
<td>708</td>
<td>17.6</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>33,873</strong></td>
<td><strong>27,890</strong></td>
<td><strong>5,983</strong></td>
<td><strong>21.5</strong></td>
<td></td>
</tr>
</tbody>
</table>

Here is a situation which calls for prompt and serious attention and far-sighted statesmanship on the part of the responsible authorities. Clearly, the most important duty of the State toward the insane at the present moment is to formulate and carry out as speedily as possible a plan to relieve the overcrowding of the hospitals which has now reached 21.6 per cent on the average in these institutions. This means the early provision of 6,000 hospital beds at the probable average cost of $1,000, or a total expenditure of $6,000,000. If funds are not forthcoming from current taxes, these 6,000 beds should be provided from the proceeds of a bond issue.

The average yearly increase in the number of patients is about 800. The overcrowding has been growing steadily worse for a number of years until conditions have become almost intolerable. The usual appropriations of a few hundred thousand dollars a year for new construction do not make provision even for the annual increase, to say nothing of catching up with the accumulated overcrowding.

Opponents of a bond issue to erect sufficient buildings may urge that the State should adopt a "pay-as-you-go" policy. If the State had followed a pay-as-you-go policy, instead of a delay-as-you-go policy in relation to the State hospitals during the last dozen years, the institutions would not now be housing nearly 6,000 more patients than they were built to accommodate. The State should indeed pay as it goes, but it should first catch up with the situation resulting from the neglect of the past.

There is need for the development of a comprehensive plan extending over a period of years, and the adoption of a definite and settled policy by the State which will have continuity and command general support. A study of the situation by an executive commission appointed by the Governor might give the greatest promise of a wise formulation of such a program for adequate relief.

Nowhere in the state is the overcrowding felt so seriously as in the metropolitan district, where the Manhattan, Central Islip, Brooklyn, and Kings Park State Hospitals, three of which have populations hovering around the 6,000 mark, are overcrowded from 17.6 to 34.4 per cent. The total overcrowding in these four institutions amounts to 3,075, or more than half of the total overcrowding of 5,983 in the State. Plainly the first step toward relief should be in the metropolitan district.

The Association has vigorously opposed and greatly regrets the
abandonment of the Mohansic State Hospital project. It believes that the institution could have been constructed and operated without danger of polluting the water supply of New York City and that the erection of the hospital would have accomplished more toward relieving the intolerable overcrowding of the hospitals in the metropolitan district, and accomplished it quicker, than the same expenditure anywhere else. Now that the Mohansic site has been abandoned, another site should be found as near New York City as possible and a hospital erected with all possible dispatch.

A suggestion emanating from your Commission which would provide for a degree of relief in the metropolitan district in the shortest time appeals to this Association as feasible and desirable. At the present time, the Hudson River State Hospital district includes the counties of Washington, Albany, and Rensselaer, which now furnish about 1,600 patients to the Hudson River State Hospital at Poughkeepsie. The suggestion is that these three counties be taken from the Hudson River district and added to the Utica State Hospital district. The State already owns nearly 1,000 acres of excellent farming land at Marcy, a few miles from the Utica State Hospital. On this site a hospital could be constructed which would accommodate the 1,600 patients transferred from the Hudson River State Hospital, and it could be enlarged subsequently. The appropriation already made for the erection of the Mohansic Hospital could be used for the erection of new buildings at Marcy. Three hundred thousand dollars of the appropriation is available immediately. If it is not used, it will lapse.

The removal of 1,600 patients from the Hudson River State Hospital would make room for the transfer there of an equal number from the hospitals of the metropolitan district, thus affording some temporary relief. The hospital at Poughkeepsie is only 75 miles from New York City and can be readily and economically reached by boat as well as by train. So far as distance and accessibility are concerned, Poughkeepsie compares favorably with Central Islip and Kings Park, L. I., which are located 45 miles from New York.

But while this plan would provide momentary relief for the metropolitan hospitals and would prevent the lapsing of the Mohansic appropriation, it should not interfere with the development and putting into effect of a comprehensive and State-wide plan to clear up the entire overcrowding and make adequate provision for the annual increase in the population of the committed insane.

The 1916 Legislature made appropriations totaling $369,220 for new construction, permanent betterments and repairs at State hospitals. The appropriation made by the 1915 Legislature for new construction amounted to $810,000. Neither of these, if devoted wholly to new buildings, would meet the increased census of the year. And of course a physical plant which represents an investment of approximately $35,000,000, as the State hospitals' plant does, requires large sums for repairs, especially as many of the buildings were erected many years ago. While the appropriations in 1915 and 1916 were entirely inadequate to the need, they are a substantial contribution toward the task for a single year. Much larger appropriations for this purpose should be forthcoming at the 1917 session of the Legislature or should be provided by a bond issue.

The total appropriations made by the 1916 Legislature for all purposes in connection with the State hospitals amounted to $7,809,160.83. It is to be regretted that the Governor cut down the appropriation of the Bureau of Deportation to a point where its operation is seriously interfered with.

Following is a table containing a summary of the appropriations for 1916-17.

<table>
<thead>
<tr>
<th>Personal Service:</th>
<th>$42,790.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administration, general</td>
<td>$5,000.00</td>
</tr>
<tr>
<td>Bureau of statistics</td>
<td>$13,200.00</td>
</tr>
<tr>
<td>Collection bureau</td>
<td>$11,300.00</td>
</tr>
<tr>
<td>Bureau of treasurer</td>
<td>$10,780.00</td>
</tr>
<tr>
<td>Bureau of Deportation</td>
<td>$15,100.00</td>
</tr>
<tr>
<td>Psychiatric Institute</td>
<td>$23,966.00</td>
</tr>
<tr>
<td>Purchasing Committee</td>
<td>$7,844.00</td>
</tr>
<tr>
<td>Maintenance and operation:</td>
<td>$160,599.00</td>
</tr>
<tr>
<td>General office, bureaus, and Psychiatric Institute</td>
<td>$30,619.00</td>
</tr>
<tr>
<td>State hospitals:</td>
<td>$7,647,476.32</td>
</tr>
<tr>
<td>Personal service</td>
<td>$3,266,157.32</td>
</tr>
<tr>
<td>Maintenance and operation</td>
<td>$4,012,099.06</td>
</tr>
<tr>
<td>Construction, permanent betterments and repairs</td>
<td>$369,220.00</td>
</tr>
<tr>
<td>Miscellaneous items</td>
<td>$1,085.51</td>
</tr>
<tr>
<td>Grand total for all purposes</td>
<td>$7,809,160.83</td>
</tr>
<tr>
<td>Reappropriations</td>
<td>$1,888.30</td>
</tr>
</tbody>
</table>
LEGISLATION

The Association, its Standing Committee on the Insane, and its Special Committee on Mental Hygiene, took an active interest in measures introduced in the 1915-16 Legislature which related to the State hospital system and the welfare of the insane generally. The session was characterized by fewer attempts than usual to cripple the efficiency by ill-advised consolidations or changes such as have been suggested in previous sessions in recent years.

An act to amend the Insanity Law by changing the name of the Long Island State Hospital to the Brooklyn State Hospital was passed. This was an appropriate change as the institution is located in Brooklyn and receives most of its patients from Brooklyn.

Another measure provides that the fiscal year of all the offices, asylums, hospitals, charitable and reformatory institutions in this State henceforth shall begin July 1 instead of October 1, and abridged the 1916 fiscal year so that it ended on June 30.

The legislative law in relation to financial information for the use of the Legislature and the preparation of the annual budget and appropriation bills was amended. This bill provides that the Governor shall annually send to the Senate and Assembly, within a week after convening, a statement of the total amount of appropriations desired by each department, commission, board, bureau, office and institution, and may at the same time make suggestions for reductions or additions thereto. The measure provides also that the Finance Committee and the Ways and Means Committee are continued during the legislative recess for the purpose of gathering information regarding the financial needs of the various institutions and departments.

The Association notes that the appropriation bill for the year 1916-17 provides funds for the maintenance of the several hospitals without the customary appropriation of board monies received by the hospitals. This is commendable, for it eliminates uncertainty as to the amount each hospital is to receive and obviates the necessity of a special appropriation in the supply bill of each year covering this item.

Another commendable innovation is that the Purchasing Committee of the State Hospitals is recognized in the appropriation bill for the current year as a separate bureau of the Commission and funds are directly appropriated for its maintenance. Heretofore it has been necessary to pro rate the expense of the Committee among the several hospitals.

Changes in the Service:

In May, 1916, Dr. James V. May, the medical member of the State Hospital Commission, resigned to accept the position of superintendent of the Grafton State Hospital at Worcester, Mass. He had served in the Commission since December 30, 1911. Dr. May had had wide experience in the State hospital service before his appointment as a commissioner and brought to the position a thorough knowledge of hospital conditions and needs as well as the highest grade of technical and administrative qualifications. His service in the Commission was characterized by a high order of devotion and efficiency. His interest in broadening the educational and other extra-mural activities of the hospitals led to effective work in extending and developing the out-patient departments of the institutions.

On February 7, 1916, Frederick A. Higgins, formerly Appraiser of the Port of New York, and at one time an assemblyman from the 23rd Assembly District of New York, was appointed a member of the Commission to succeed William H. Friday, deceased. Mr. Higgins possesses business ability, capacity and experience, as well as a keen interest in the welfare of the hospitals.

On June 30, 1916, Dr. Michael Osnato resigned as Medical Deputy in charge of the Bureau of Deportation. Dr. Isham G. Harris, formerly Superintendent of the Mohansic State Hospital, was appointed as his successor. Dr. Harris served in this capacity until August 1, 1916, when he was appointed Superintendent of the Brooklyn State Hospital to succeed Dr. Elbert M. Somers, resigned. Dr. J. L. VanDeMark, Deputy Medical Examiner, was appointed to succeed Dr. Harris as head of the Deportation Bureau, and Dr. Spencer L. Dawes, of Albany, was appointed temporarily, pending a civil service examination, as Deputy Medical Examiner to succeed Dr. VanDeMark.

DEPORTATION OF ALIEN INSANE

The following table shows that the total number of patients deported and repatriated and non-residents returned to other states by

In September, 1916, Dr. Charles W. Pilgrim, Superintendent of the Hudson River State Hospital at Poughkeepsie, was appointed Medical Member of the Commission to succeed Dr. May and was chosen by his associates as Chairman of the Commission.
the Bureau of Deportations for the 9-month period from October 1, 1915, to June 30, 1916, was 493.

<table>
<thead>
<tr>
<th>Year</th>
<th>1914</th>
<th>1915</th>
<th>1916</th>
<th>9 mos.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aliens deported by U. S. Immigration Service</td>
<td>399</td>
<td>118</td>
<td>85</td>
<td></td>
</tr>
<tr>
<td>Aliens repatriated at expense of State</td>
<td>309</td>
<td>309</td>
<td>76</td>
<td></td>
</tr>
<tr>
<td>Aliens repatriated at expense of friends</td>
<td>117</td>
<td>63</td>
<td>47</td>
<td></td>
</tr>
<tr>
<td>Total aliens deported</td>
<td>825</td>
<td>490</td>
<td>208</td>
<td></td>
</tr>
<tr>
<td>Non-residents returned to other states:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>At expense of State</td>
<td>204</td>
<td>190</td>
<td>162</td>
<td></td>
</tr>
<tr>
<td>At expense of friends</td>
<td>193</td>
<td>114</td>
<td>123</td>
<td></td>
</tr>
<tr>
<td>Total aliens deported and non-residents returned</td>
<td>1,224</td>
<td>794</td>
<td>493</td>
<td></td>
</tr>
</tbody>
</table>

The figures for 1916, it should be noted, cover only nine months. In the last preceding 12-month period the number of aliens deported and non-residents returned was 794. In 1914 it was 1,224.

The heavy falling off in deportation during the past 18 months is, of course, due largely to the European war. The federal government has virtually stopped deportation because it is unwilling to return patients to the nations at war. This has aggravated the serious overcrowding in the State hospitals. Approximately 9,000 of the 38,000 patients in the State hospitals are aliens, or about one out of every four patients. New York State is paying in round numbers $8,000,000 a year for the care and maintenance of insane persons who are neither citizens of the State nor of the United States. The situation calls for relief. The Federal government, through whose laxity so many thousands of insane have been allowed to land, should take care of them when they become public charges instead of expecting the taxpayers of New York to do so. These alien patients not only add to the congestion of the hospitals but they make it more difficult to maintain high standards of medical service. If the Federal government cannot keep out the alien insane, it should provide for their care and treatment. If it will not do that, the least it can do is to reimburse New York State for what they cost this State every year.

The Association at this time renews with all possible vigor its suggestion of a year ago that the Federal government reimburse this state for the care of deportable aliens from the immigration per capita tax. The Federal government receives a $4 per capita tax upon immigrants when they arrive in this country. This money, presumably is to defray the cost of the immigration service, but the amount received has exceeded the cost of the Immigration Depart-
for a new patient in an institution. If it had been necessary to erect new buildings to house an equal number of patients, there would have been a heavy additional expenditure.

Under the present regulations the hospitals are authorized to parole patients for a period of six months. This period can be extended by having the patient returned to the hospital and re-paroled. It would seem that the original parole period might wisely be extended to one year instead of only six months. At the present time it is held that patients must return to the hospital to secure a re-parole. Undoubtedly the same end would be served, and it would be much more convenient for the patients in many instances if they returned to the nearest out-patient clinic of the hospital and the physicians in charge were authorized to act in regard to the parole.

### OUT-PATIENT DEPARTMENT EXTENSION

In the opinion of this Association, the most significant and important development in the State hospital system during the past year has been the extension of the out-patient departments, with the employment of field agents by the various hospitals and the establishment of numerous clinics in various communities throughout the State. By establishing out-patient departments where free diagnosis, advice and treatment are given in cases of nervous and mental disorders, especially in their earlier and milder stages, the State Hospital Commission has taken a most important and effective step toward meeting the mentally sick half way and toward providing preventive medical and social service when the chances of its effectiveness are the greatest.

It will be recalled that in 1913 the Legislature, at the suggestion of this Association, passed a law authorizing each of the State hospitals to establish an out-patient department, assign a physician to it and employ a social worker or field agent. This law has been referred to by competent authority as the most important law in behalf of the insane passed in a generation.

But for several reasons, particularly lack of funds, the hospitals were slow in taking advantage of the new law. Up to October 1, 1915, only three of the thirteen institutions had a paid agent and only eight of the hospitals had established any sort of an out-patient department. But through the deep interest of your Commission and Governor Whitman in the early discovery and prompt treatment of mental diseases and as a result of a conference between your Commission, the Governor, and members of this Association's staff last October it was decided to proceed along the lines and to the extent contemplated in the statute: namely, to have a field agent attached to every hospital and one or more clinics established by every hospital. The Association's Mental Hygiene Committee gladly accepted the invitation of your Commission and the Governor to help in establishing and supervising these dispensaries. The work proceeded almost immediately. Twelve of the thirteen State hospitals now employ a field agent and the remaining institution plans to have one in the near future. Eleven of the thirteen hospitals maintain one or more clinics at regular hours—13 in all—and the other two institutions provide for consultation with patients calling at the hospital.

Complete official figures of the operation of the out-patient departments during the past nine months are not yet available. But there are figures to show that the clinics are being well attended and are serving a very useful purpose in the various communities. For instance, the St. Lawrence State Hospital reported an attendance of 164 patients at five clinic sessions in Malone and Watertown. In six months the three clinics in Brooklyn had a total of 488 patients.

The decision of your Commission to require monthly reports of the out-patient departments, covering both the clinics and the activities of the social workers, is bound to stimulate the work and to increase their usefulness. The first monthly report of this kind submitted showed 44 clinics held, with a total of 352 patients. Of these, 220 were paroled patients, 8 discharged, and 112 preventive cases.

Without doubt the out-patient work of the State hospitals constitutes one of the most important activities of the institutions. The opening of the additional mental dispensaries in the various hospital districts and the employment of field agents is unquestionably an important preventive measure.

The Association would recommend as the next step in the development and extension of this important work the establishment of a bureau or division in the Hospital Commission to have constant and close supervision of all out-patient activities. The work needs constant guidance and expert direction, and its effectiveness will be greatly increased by a reasonable similarity of methods and records.

The State hospitals are taking good care of a large number of
wrecked lives and are rebuilding some of them very successfully, but they will reach their greatest value when they have gained the confidence and understanding of the districts they serve to such an extent that the ordinary citizen will come to them when he becomes conscious of some apparent change of a disturbing nature in his mental operation or in the conduct of one of his family, in order to obtain diagnosis, advice, and treatment before the illness has advanced to a serious or hopeless stage. The State hospitals, through their out-patient departments, are getting closer and closer to the communities which they serve and it is in this broader sphere that they are going to find their greatest opportunities for usefulness.

PSYCHIATRIC INSTITUTE

The Association takes this occasion to emphasize again to your Honorable Commission the importance of the effective research and laboratory work done at the Psychiatric Institute of the New York State Hospitals. The value of intensive study of mental diseases and of the courses in psychiatry given to members of the staffs of the State hospitals make the Institute indispensable. Its work constitutes the basis for advancement in methods of treating the insane in this State and is in a large measure responsible for the high standards of medical service maintained in the State hospitals and the scientific spirit which permeates the service.

A very urgent need of the Institute is funds to provide an assistant for the Director of the Institute, Dr. August Hoch. Such an assistant would not only increase the volume of work done at the Institute but would make it possible to give more attention and expert direction to the medical service of the out-patient departments of the State hospitals.

Reports of the Visitors to State Hospitals.

ROCHESTER STATE HOSPITAL.

Your visiting committee respectfully report that on all our visits to the Rochester State Hospital we have found conditions very satisfactory so far as the management, cleanliness, food, and care of inmates are concerned. The living rooms, dormitories, dining rooms and kitchens are kept immaculately clean, well ventilated and in good order; nurses and attendants always present to care for the needs of the patients. Plants and cut flowers are kept on all wards, so as to give the institution a home-like appearance.

Overcrowding: Every available space is used to accommodate the 1,700 inmates. The hospital's normal capacity is about 1,300 patients. This condition naturally crowds all the rooms, and especially the dormitories and dining rooms, and some of the porches are used for sleeping quarters. This can be done nicely during the warm weather, but provision should be made to overcome this crowded condition. We would respectfully suggest that the mansard roof on the old part of the hospital, which is unfit to be occupied, (the flooring being bad, and the roof leaky and beyond repair) should be taken down and replaced by a safe and fire-proof story which would accommodate from 50 to 75 patients; this would relieve the crowded conditions in a measure.

At present the hospital has one three-story building which is overcrowded by infirm patients, two floors being occupied by women and one floor by men patients. There should be another building to accommodate at least 150 patients, so that one building could be used for women and one for men, all of which is very necessary and which we hope will be provided in the near future. Better work could then be accomplished and inmates better and more comfortably housed. Both tailor and shoe shops are now located in basements which are dark and not well ventilated. No hospital for the insane can do its duty by the patients without a light, cheerful and well ventilated building for these industries, and new quarters should be provided in which to carry them on. More patients could then be employed to carry on this work, with better results for both patients and the institution.

Tubercular patients are now being cared for on the infirmary wards, which should not be continued. These patients cannot be properly cared for there and are a menace to the health of the other patients. A separate building or pavilion should be provided for this type of patients.

Occupational Work: The school for dementia praecox patients is now
conducted in the basement, which is dark and cheerless. There are some 50 patients doing basketry, embroidery, crocheting, knitting, washing, ironing, and rug weaving as well as gymnasium exercises. This work is a great benefit to the patients, and a more cheerful place should be provided to continue it.

The sewing room has ten machines with some 40 patients employed daily under the supervision of the doctors, nurses and attendants, making bedding, dresses and other articles used in the hospital.

Many of the patients are employed in outdoor work, laundry, carpenter shop, soap factory, bakery, farm work, lawns. In all over 50 per cent. of the inmates are employed at some occupation, more for the betterment of the patients than for the benefit of the hospital.

About 30 patients are employed at the Lake farm at Webster during the summer months, picking berries and working in the vegetable gardens. Daily trips are made by auto-truck from the hospital to the farm carrying some 20 patients who assist in the work at the farm and also enjoy the bathing in the lake. They are much benefited by these outings.

Clinic examinations and treatments are made on all newly admitted patients and all others when needed. A dental clinic and eye clinic are held twice a month.

Recreation: Entertainments in the amusement hall, tennis, croquet, picnics, library, magazines, newspapers, music, dances and games are provided for the amusement and recreation of patients.

Religious Activities: Religious services are conducted each Sunday and on holy days. Protestant and Catholic worship is on alternate Sundays. There is music by a choir at the services.

Out-Patient and After-Care Department: The out-patient department work is conducted by the medical staff, and patients and relatives are visited and advised. An after-care nurse visits recently discharged and paroled patients at their homes regularly.

In conclusion we wish to express our confidence in the superintendent and all other members of the staff, and our appreciation of the value of his and their services. We believe that the administration of the hospital is efficient; that the patients receive skillful treatment and humane and interested care, and that the great body of nurses and attendants and other employees are loyal to the institution and faithful in the performance of their duties.

(Signed) Mrs. Daniel B. Murphy.
William Miller.
have already expressed on other occasions, that the management is both efficient and progressive.

(Signed) Paul Tuckerman.

Susan Tuckerman.

Alice Kneeland Munroe.

Henry Kinsley Wilcox.

St. Lawrence State Hospital

Your committee visited the St. Lawrence State Hospital at Ogdensburg on Wednesday, August 16, for their annual inspection. We were gratified to find every department and building thoroughly clean and in a healthful condition. From the bright and cheerful surroundings and atmosphere, the uninitiated would find it difficult to suspect that it harbored those sick in mind. Splendid discipline prevailed everywhere, and the high standard of those employed could not help but contribute comfort and efficiency.

We note the deficiency and lack of accommodations for the nurses and see the necessity of the building of another nurses’ home. The present two are overcrowded, many sleeping in dormitories, and there are already 75 nurses waiting for proper accommodations. The nurses need more bathing facilities, in one building there being but one bath room for 28 people. More accommodations are required for the patients. The census of August 16 finds a total of 2,251, with a capacity of 1,848. Changes made on the third floor of the farm cottage furnish accommodations for about 30 more.

There is a crying need for a special building for the convalescent, timid and voluntary patients. These should not see the deterioration that must necessarily go on among the violent or chronic cases. We suggest that this building should be at some distance from the others, away from the sights and sounds of the hospital. It is unwise, in our opinion, to put these cases side by side with the disturbed ones. In the same building could be arranged rooms for psycho-analytical cases, electrical treatments, massage and continuous baths. We would suggest that this building should resemble a general hospital, in that it should have no locks or bars. If it is found that any patients cannot be rusted in such an environment, they can be removed to the regular wards.

Now that the State has acquired the Morrison farm, it would appear to us that it would be of great advantage, from an economic point of view and for convenience, to erect a cottage, (housing about 20), for those employed. The barn also needs rebuilding.

Additional equipment is required for the laundry; an addition should also be made to the present laundry building, for though there has been an increase of 400 in the hospital population, there has been no corresponding increase in the size of the laundry.

As every protection from fire should be given the inmates as well as employees, and as some doubt has been expressed as to the safety of the present system of wiring in some of the buildings, we call attention to this fact.

We find that there is a shortage of medical assistance. A social service field agent was appointed in March, and mental clinics have been held at Malone and Watertown, which have been well attended and proven popular and helpful. As yet no public meetings have been held since those in connection with the starting of these clinics. The field worker is handicapped by lack of facilities, such as they have in large cities, in placing patients in situations. If a nurse from the State Hospital could be secured to visit the public schools and classify subnormal children, we think a great advance would be made.

We found that everything possible was being done for the amusement and welfare of the patients. Afternoon teas are held, lawn parties given, an annual bazaar is held, and on the last Field Day, a float was arranged by the patients. Concerts are held, as well as choir practice every Saturday morning. Moving pictures are shown and dances held, boating at Lotus Island twice a day, where picnics are often held, special lunches being prepared. A music teacher practices with the patients and gives singing lessons. Much attention is given to basket weaving and to fancy work, the quality of the latter being excellent.

One of the nurses holds special classes daily for young dementia praecox patients where Montessori toys and games are used and simple instructions given in arithmetic, writing, spelling, etc.

There is no restraint used in the hospital. Continuous baths are given to the most disturbed cases.

The food is plentiful and good, splendid milk, butter and vegetables from their own farm. Special diet is given when needed and, beginning September 1, two trained dieticians will be employed in the kitchen. The dining rooms do not look at all institutional, in many of them small round tables being used.

It is to be regretted that the State does not pay more to its nurses. There is a splendid training class, under an exceptional teacher, but the best, who can earn only $40 a month there, soon leave for positions that pay a higher salary.

Voluntary social welfare work, consisting of visiting the patients
on an average of twice a week during the winter, was done by one of the undersigned. This work consisted in trying to win the friendship and confidence of the patients and to make them feel that someone outside the institution had their welfare at heart. We wish more social service work could be done.

We realize that the high standing of the St. Lawrence State Hospital is due to the excellent, painstaking, humane work of the Superintendent, Dr. Richard H. Hutchings, and we congratulate the State on having him at its head.

(Signed) (Mrs. Julius) Marion Sanger Frank.
G. W. Knowlton.

Brooklyn State Hospital.

Your Visiting Committee respectfully reports, under date of July 29, as follows:

The foundations have been laid for a new dormitory and reception hospital to accommodate 600 patients. This means that for many years, at any rate, the Long Island State Hospital, now known as the Brooklyn State Hospital, will remain at its present site. Every effort should therefore be made to modernize the institution and make the plant thoroughly fit. It can no longer be regarded as a temporary makeshift.

Some consideration should also be had for the neighborhood. Property owners have made persistent effort for the removal of the institution. Now that it has secured permanent tenure, everything possible should be done to minimize injury to the neighborhood. The Eastern Parkway subway will add value to the land in this vicinity, and it is important to the city as well as to individual owners that proper development should not be held back by the presence of the institution. A movement has been started to improve “Pigtown,” which adjoins the hospital on the north. The hospital authorities should do their share in making the grounds fronting on Winthrop street presentable. Winthrop street, though recently opened, curbed and graded, is practically unused. Shacks and out-buildings of the hospital adjoin it.

Grounds and Recreation Facilities: The city recently transferred the Potter’s Field, which lies between the old hospital grounds and Utica avenue, to the State in exchange for property on Randall’s Island. The erection of the two new buildings has taken up most of the unbuilt portion of the old grounds and the hospital is again without proper garden, yard, recreation field. The old Potter’s Field has not yet been made use of, and is far too small to meet the needs of so large an institution for farming and recreational purposes.

The city owns a strip of land some 400 feet wide running along the northerly side of Winthrop street from Albany avenue to East 45th street. This is about half the distance from Albany avenue to Utica avenue. The rest of the property along Winthrop street is in private hands; it is unimproved and the average value per lot is under $400. The city should transfer the property it owns to that State in exchange for property which it can use elsewhere, if there is any such. If there is not, the city should allow the State to use its land. Provided some arrangement can be made for the transfer of the city property to the State, the State should also buy the private property lying between Utica avenue and the city tract. The land on the north side of Winthrop street should be parked and laid out in gardens, tennis courts and ball fields for the patients. It will remove to a considerable extent the undesirable influence of the hospital on the neighborhood and will provide grounds somewhere near adequate for the institution. It would be still more desirable to acquire a strip of land along Clarkson street in front of the hospital, but all of this property is privately owned, it is improved to a considerable extent, and the land value is much higher. The hospital grounds are now cut off from Utica avenue by a narrow strip of lots. It would be desirable to secure this property on Utica avenue to round out the site.

Recreation: It is important that patients be suitably employed. Wholesome recreation is one of the best forms of treatment for insanity. Provision for outdoor recreation is almost entirely lacking. For indoor recreation there is an Amusement Hall with a small stage. This hall will accommodate about 150. It is an old frame structure with a poor floor and with nothing to commend it. This is the only amusement room for the 900 patients now at the institution, and no additional facilities are provided in the new building, which will increase the number of inmates to about 1,500.

Dances are held one a week during the winter and concerts two or three times during the year. Concerts should be more frequent and some effort should be made to get the inmates to arrange concerts and dramas themselves. The importance of recreation in an institution of this nature is well set forth in an address by Judge Rhea to Governor Dunne of Illinois. Judge Rhea, who is an inmate of the Anna State Hospital of Illinois, made an address of welcome to the Governor in December, 1915, in which he said:
"Note the present arrangement for the amusement of the patients. In addition to the usual picture shows, there have been added concerts, theatricals, outdoor vaudeville in summer, a standard ball park, and a team organized and developed to where it has attracted much attention, and a tennis court, basketball and a football field; all lately introduced. Those are small matters, some might think, but you know that the physic effect of those apparently little things, is to make 1,800 unfortunates feel that someone—somewhere, is yet aware of their existence; and now, would anyone dare attempt to place a figure—or a limit—upon the worth of those things to those people?"

We urge this erection of a suitable amusement building to meet the needs of the enlarged hospitals and that efforts be made to provide sufficient recreational facilities.

Gardening is one of the best forms of exercise and employment for the patients. It also saves money to the institution. Yet there is now practically no garden space. There are some 900 inmates and the new building will provide for 600 more. There is but one tennis court and no ball field.

**Occupations**: It is of first importance that a patient be continually occupied. It is unfortunate that so much time is given to sitting in chairs and staring at the wall. We have already spoken of the importance of recreation, and it is perhaps equally urgent that adequate shops and garden space be provided. A large number of the patients at the Brooklyn State Hospital are well along in years and are not adapted to the more strenuous forms of exercise. For patients of advanced years gardening and light farming is one of the most wholesome forms of occupation. Greenhouses could be provided to continue gardening through the year.

There is no adequate garden space and what there it has not been fully utilized. The shops accommodate but a few of the patients and are located in an old wooden out-house. New shops should be provided and approved modern occupations should be taught. Competent teachers should be provided.

**Out-Patient Department**: The average daily number of patients on parole is 27. During the past nine months 204 patients have been paroled. The parole patients are visited by a nurse at their home and are also seen by a physician at the hospital, or at one of the out-patient clinics. A social worker has been very much needed, and has only recently been provided. She went on vacation shortly after starting work, so that no report is as yet possible. It is encouraging that funds have been granted for this purpose, and considerable benefit should result.

Out-patient departments are maintained at the institution itself and also at Polhemus Memorial Clinic and at the Williamsburgh Hospital. About 175 persons have applied to the clinics for treatment.

It would seem that a larger volume of work should be accomplished at the out-patient departments, and the new social worker should be of considerable help in stimulating this branch of the work.

**Religious Services**: Services are conducted each Sunday by various Protestant ministers and by Father Wood for the Catholics. Jewish services are held only once a month. The attendance is small, but it would seem desirable to have services weekly instead of monthly, if possible.

**Physical Condition of Buildings**: Although many alterations and repairs are needed, as specified in our previous report, the old buildings are kept neat, clean and attractive, and the staff deserves credit for having the buildings in such good condition under great difficulties.

**Kitchen and Dining Room**: The kitchen is in a dilapidated old brick building in the yard, and the dining room is in the basement. The basement corridors are used for dining halls. These facilities are perhaps more to be criticised than any at the institution. Both kitchen and dining rooms are unfit. An extension should be built at the rear of the main building providing a modern kitchen and equipment and large well ventilated dining room. This building should also provide modern facilities for the laundry which is now housed in a shack in the rear yard, and it is not adequately equipped. It would be desirable to add a bakery of sufficient size to supply the institution. At present bread is purchased, but it could be baked at the institution with less expense.

**The Old Building**: As soon as the new building is completed, the patients should be transferred from the old building; and the old structure should be thoroughly repaired and renovated. It would be unfortunate to at once fill the new building with fresh commitments, because it would be most difficult to renovate the old buildings when they are occupied. We congratulate the authorities upon the neatness and good order of the institutional buildings despite their age and the lack of modern conveniences.

(Signed) F. A. M. BURRELL, Chairman.
H. F. GUNNISON, Secretary.
LOUIS H. PINK, Secretary.

GOWANDA STATE HOSPITAL.

At a visit made by members of the Visiting Committee in May we heard through Dr. Potter the good news that a sufficient fund for run-
The greatest need now is the necessity for more ground for the herd of cattle. The State has been renting for some years the Dodman farm. It is to be sold at the end of this year and unless purchased by the State will pass into the hands of other parties. Should the State not buy it, it will be necessary to sell the 150 cows, which are in a perfectly healthy condition, give a sufficient supply of milk for all patients and at certain seasons of the year supply considerable butter. Upon the ground which now belongs to the State only 30 cows can be kept; hence milk and butter would have to be purchased. The Dodman farm adjoins the hospital grounds and can probably be purchased for $12,000. It is a golden opportunity for the State and one that it would be inexpedient for it to lose under the circumstances. It is a question of very deep concern to the hospital officials.

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The hospital is doing excellent out-patient work, with clinics at Jamestown, Buffalo and Salamanca, and plans for one at Dunkirk. A very efficient field agent, Miss Armstrong, is employed.

(Signed) Mary A. L. Bookstaver, Chairman.
Helen S. Tennant.
Frederick P. Hall.

Willard State Hospital.

The appointed visitors to the Willard State Hospital desire to make the following report:

An inspection was made in May, when we were courteously shown around by the Superintendent, Dr. Elliott. Excellent general conditions prevailed throughout the institution. In some of the wards there is still overcrowding, as shown by 2,397 patients in quarters for 2,015. The farm work on 810 acres, which is a specialty at Willard, was well up to date.

Among the most noticeable improvement are: The reconstructed east side barn; the new granary; the improved laundry, with new floor in the ironing room.

An improvement of value in hospital treatment is the two new pianos, one in Chapin House and one at the Pines. It is a pleasure to know the enjoyment the pianos afford. We were glad to learn that the moving-picture apparatus, to cost about $260, had been ordered.

Modern methods are constantly requiring improvements. Among the imperative needs would seem to be a tuberculosis pavilion for 40 men, since in the men's infirmary with 190 beds, only 30 are suited to tuberculous patients. It would cost about $16,000 and could be heated from the boiler of the Hermitage. At present these patients are accommodated in an enclosed veranda at the Hermitage, and the room is needed for infirmary purposes. Verandas for Chapin House and Edgemere are still desired.

A much needed improvement is a filtration plant. An appropriation of $12,000 for fire escapes on center buildings, not so equipped, has been secured, but fireproof stairs in those same buildings at a cost of $9,000 are urgently needed for complete safety.

Economy would seem to demand a consolidation of heating plants. If one plant could be built to heat the electric light station, Sunnycroft and the Hermitage, three firemen could do the work of the five now employed.

New tile floors are needed in the dining rooms of Sunnycroft and the Maples, to correspond with those so satisfactorily placed in the kitchen and sink rooms.

The greatest need is for a nurses' home for women. A most desirable site is available, where the building could be heated from Chapin House with little expense. When this necessary nurses' home is built, and 60 nurses now living over Chapin House kitchen are removed, that central kitchen can be reconstructed on modern lines.

No fact shows greater progress in the policy of the hospital than at the time of the visitors' inspection there were 20 registered nurses on the wards from our own Willard Training School.

Willard has no regular field worker, on account of insufficient funds. The work of the Willard Mental Hygiene or After-Care Committee goes on with the same energy, however, their report showing that 54 cases had been referred to the committee during the six months ending
April 30, 1916. These cases were distributed among the members, who gave all assistance in their power. (Signed) Mary C. Acker.

Harriet N. Lyon.
A. B. Houghton.

Central Islip State Hospital.

During the summer I have made several unannounced visits to the Central Islip State Hospital. The subject I would like to mention first, is the one of overcrowding, and I submit the following figures to your careful attention. For the nine months ending June 30, 1916, the daily average population is 4,917; total number admitted 1,224; total under treatment, 6,100; rated capacity of the hospital, 4,017; census June 30, 1916, 4,988; census, September 8, 1916, 5,140; patients on parole, 276. The hospital is overcrowded by 1,123 or 27.9 per cent.

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About the efficient management and care of the hospital, the wards, dormitories, kitchens, bakeries, storerooms, cold storage rooms, I can write in terms of highest praise, having noticed everywhere a high standard of cleanliness and order.

The patients are well cared for and sympathetically and considerately treated. Their sitting rooms are light and airy, have well polished floors, and are made attractive, where possible, with plants, comfortable chairs and pianos. The well kept dormitories are as the overcrowding in places will permit.

For recreation, there are ball games, moving pictures, dances, and band concerts. Religious services are held for the different Protestant denominations, for the Catholics and for the Hebrews, and all these various things seemed to be enjoyed by those patients who are able to attend them.

In closing I must add that a visit to the Central Islip State Hospital is one of pleasing interest, owing, in a great degree, to the atmosphere of kindliness and courtesy that prevails throughout the institution.

(Signed) (Mrs. J. H.) Lulu M. Ceballos.

I beg to submit my report on my visits to the Central Islip State Hospital. It is impossible to become really familiar with so large an institution in the course of a few visits, and I can only give my general impressions and add a few suggestions which I hope may be of some value.

The officials and doctors at the institution were extremely courteous and showed me as far as possible all the different departments of the institution. I was very much impressed with the thoroughness of the organization, the cleanliness of the kitchens, wards, store houses, etc., and the first-class appearance of the nurses and attendants. The newer buildings seem to me to be most admirably designed, and the older ones in good repair and in most ways perfectly satisfactory.

As in all institutions, more money is needed for any improvements, but I venture the following:

1. Although with 5,000 patients and the necessary facilities at hand, a splendid opportunity is afforded for research and therapeutic work, especially in the fields of pathology and bacteriology, there is at the present time no physician engaged along these lines. It would seem to me of the greatest importance to increase the salary of this position or to do whatever is necessary to procure a good man for this work. It is important in the treatment of many cases to have a competent bacteriologist and pathologist, and valuable contributions to medical science might be made at they actually have been in the past.

2. During the summer, a number of patients, disregarding the limitations of their parole, have wandered over to the south shore. People have been badly frightened and such escapes are extremely unpleasant, if not actually unsafe. An extra attendant, and now two extra attendants have been assigned to take charge of those patients who work about the grounds, but I think that undoubtedly more are necessary to make it impossible for the patients to escape.

3. A small appropriation is needed for insect screens. In some of the kitchens, flies are pretty numerous.

4. I should strongly suggest that all the physicians, employees, and attendants, and all the patients not in bad physical condition should be vaccinated against typhoid. Although I am informed that there were only three cases in the whole colony last year, an epidemic is always a very real possibility in any institution. The value of the procedure has been proved, and it should cost little.

In conclusion, I wish to express my appreciation of the courtesy with which I was treated on all my visits to the institution.

(Signed) Malcolm McBurney.

Utica State Hospital.

A visit to the Utica State Hospital showed nothing about the management to criticize. The place everywhere was spotless and in order. The beds are very nice, and the food they were preparing was cooked in a clean and wholesome manner.

But everything seemed so crowded. Rooms that should have had but four patients had seven and eight. The offices looked too small and
the house for the nurses should be larger or separate building. There is not enough space anywhere for the people they must take care of. Dr. Palmer was most courteous in showing us about.

(Signed) (Mrs. S. G.) Ida M. Heacock.

BUFFALO STATE HOSPITAL.

Your visitors to the Buffalo State Hospital beg to report as follows:

Whatever we said in our report for 1915 on the subject of overcrowding must be reiterated at this time with added emphasis, in view of the fact that this year's population exceeds that of last year by 69 inmates.

On the day of our recent visit the weather was warm, with bright sunshine, and the population thronged the verandas or were assembled out of doors intent upon a ball game. Naturally the overcrowding was not in evidence. To visit this hospital on a dark, raw, unpleasant day, means to receive a shocking impression of the overcrowding conditions. With the population at home in their several living corridors at a time when the windows must be closed to keep out the weather, the evil smells and the grossly insufficient air space in the sleeping quarters, must impress even an inexperienced and indifferent visitor with the fact that a decent regard for the comfort of these forlorn wards of the State should be shown in reducing the population hereby several hundred patients.

As far as we are able to observe the internal affairs of this institution, we find them to be well managed and the interests of the State and its charges honestly, conscientiously and ably looked after. What we find to deplore seems to be beyond the jurisdiction of the superintendent to remedy. Worn out heating facilities, danger of disaster by fire from the proximity of wooden structures to radiator boxes, old and disapproved methods of electric wiring, wasteful coaling devices (the correction of which would save the use of one half the boilers now used), the crowding in the nurses' quarters (both for men and women), the sterilizer and the sterilizer washer—all these are plain, practical needs, for the lack of which the work of the institution must suffer, not to mention those "requested" items the supplying of which must result in immediate saving of money to the State.

The commissary department is conspicuous for its excellent service. The facilities for cold storage, the new bakery, the handling of butter, eggs and milk are highly approved and in some respects are probably unsurpassed in any of the State institutions.

The work of this hospital in the out-patient field during the past year has been in the hands of a highly efficient person, Mrs. Anna Laughlin.

She has covered the field of the parole cases and the inspection of home conditions awaiting released patients. The services she renders are of absolute value to the hospital and quite indispensable to the welfare of the poorer patients.

(Signed) George A. Lewis.

Fanny H. Bartow.

Esther K. McWilliams.

Margaret B. Brown.

C. Sumner Jones, M.D.

BINGHAMTON STATE HOSPITAL.

A visitor from the central office reports that the Binghamton State Hospital is overcrowded 13.7 per cent. The census on June 30, excluding paroles, was 2,400. The average number of patients on parole the past nine months was 55, and the overcrowding on July 1 was 290.

There are numerous items covering improvements, betterments, and repairs which are urgently needed and for which the Legislature should make appropriations at the 1917 session. One of the most urgent of these needs is a surgical pavilion, the cost of which is estimated at $18,000. Better facilities for surgical work have long been needed by the hospital. The only operating room is small and poorly constructed and lighted. It has wooden floors and plastered walls which make it unsanitary for its purposes. The room was provided many years ago when the hospital had only about half as many patients as it has now.

Fairmount, the hospital building for acutely ill patients, should be enlarged to provide sufficient accommodations for all the acute cases. Such an addition would not only accommodate a larger number of patients but would make possible the separation of the more disturbed patients from those who are convalescing and therefore improve the chance of recovery for all. The estimated cost of such an addition is $18,000.

Other needs include furnishings and equipment for the recently-completed new building; a dormitory, scullery, and equipment for the East Building kitchen; a building for an analytical laboratory; the reconstruction of Ward No. 6; the erection of a fire proof building for the valuable hospital records, now kept in unsuitable and unsafe quarters; rest and recreation room for women employees; remodeling of the heating system, renewal of electric wiring and numerous other improvements to the physical plant of the hospital, all necessitated by the growth of the institution.

The recent purchase of more farm land makes an additional cow barn
necessary; this would cost about $15,000. There should be an appropriation for a general storehouse to replace the one that was burned down several years ago. Foundations for this are now available.

The visitor would comment most favorably upon the opportunities provided for convalescing patients to enjoy short sojourns at Pine Camp, an admirably conceived and conducted adjunct to the hospital, located on a farm on the banks of the Susquehanna River at some distance from the main grounds. This not only is a source of great enjoyment to a certain class of patients, but improves their general health and is conducive to their more rapid recovery from mental illness.

Kings Park State Hospital.

A visitor from the office reports that the work of construction of additions to groups two and three is in progress and it is hoped that the additions will be ready for occupancy early in the Autumn of 1916. These additions, however, can only be partly utilized, because the item for furniture was eliminated from the appropriation bill of 1916, and no further appropriations become available until July, 1917. An item of $30,000 in the appropriation bill for additional funds to erect a home for employees was disapproved. This made it necessary for the State Hospital Commission, the members of the Board of Managers and the Superintendent to hold a conference with the State architect with a view to preparing different plans and specifications.

The overcrowding of the Kings Park State Hospital, according to the census of June 30, was 898 or 26.4 per cent. Only one other hospital in the entire State showed a more serious condition of overcrowding—Manhattan, which was overcrowded 34.4 per cent. Although the certified capacity of the Kings Park institution is only 3,397, the actual population of the hospital on June 30, excluding paroles, was 4,295.

Manhattan State Hospital.

The Manhattan State Hospital on Ward's Island continues to be the most seriously overcrowded of any of the thirteen state hospitals. According to the census of June 30, the population of the hospital excluding paroles, was 4,970. The certified capacity of the hospital is 3,699. The institution is thus overcrowded to the extent of 1,271 or 34.4 per cent.

A visitor from the office reports that two new buildings, one for 200 women patients and the other for 150 men patients, are well advanced toward completion. When ready for occupancy, these build-ings will increase the total capacity 350 patients. This will provide a little relief, but still it is scarcely a drop in the bucket compared with the great need.

The overcrowding complicates the tremendous administrative problems involved in conducting such a large institution. For this reason, as well as for the good of the patients, relief must be forthcoming soon.

Hudson River State Hospital.

On September 19th and 20th an official visit was paid to the Hudson River State Hospital at Poughkeepsie, and through the courtesy of Dr. Charles W. Pilgrim, Superintendent, and Dr. Frederick W. Parsons, First Assistant, every facility was granted for as thorough an inspection of the various departments as a single visit would allow.

Dr. Blanche Dennes kindly acted as guide through the various wards, which were scrupulously clean and attractive. Cut flowers and potted plants were scattered about, and the cheerful, homelike atmosphere was in keeping with the beautiful surroundings outside. The patients seemed contented and comfortable, exchanging friendly greetings with physician or nurse. Great care is exercised in classification, and wherever possible there is freedom from restraint.

Much of the farm work, sewing and housekeeping is carried on by the patients, a large percentage of whom enjoy the spacious grounds, or the tastefully furnished sitting rooms, in their leisure hours. A group of former stenographers have their typewriting machines, and pianos are used by those musically inclined.

The industrial department of this institution is of sufficient interest to merit a chapter by itself. Classes in basket-making, weaving and embroidery are greatly enjoyed and not only inculcate habits of industry, but offer the needed mental change. Most of the work is carefully done and is of real value. The articles are purchased by visitors or members of the staff, furnishing revenue for ever-needed fresh materials.

Diversions is also furnished by an attractive amusement hall, and the weekly dances and motion pictures are eagerly anticipated.

In passing one should speak of the inviting appearance of the various dining-rooms where the food served is well-cooked, wholesome and abundant.

A Training School for Nurses and one for attendants has proved a valuable adjunct to this great plant. The parole system is being
constantly extended with good results. The free dispensary and mental clinic maintained by the hospital in Poughkeepsie is of increasing value to social workers, and to the community at large.

Within the past year a field agent has been added to the staff, and Miss Nellie Doughty, a woman of wide experience, and for many years nurse in charge, has been appointed by Dr. Pilgrim to fill the place. Her new position will take her into homes where insanity is reported, and into the homes of paroled patients, where, by word and influence, she will teach a wholesome attitude toward mental disorders. With this new social service department doing constructive work for the prevention of insanity, the hospital is better than ever equipped.

Thanks are due Miss Doughty as well as Dr. Pilgrim, Dr. Parsons, and Dr. Dennes for the many courtesies received.

In an institution sheltering upwards of 3,000 irresponsible persons and whose capacity is so greatly exceeded, it would seem impossible to attain the present high standard of efficiency. All praise to the officers and employees in charge.

(Signed) Lucie F. Vance.

Reports of State Hospital District Committees.

WILLARD COMMITTEE ON MENTAL HYGIENE.

The semi-annual meeting of the Willard Committee on Mental Hygiene was held at the Willard State Hospital on May 5, with the following members present: Mrs. M. M. Acker, President, Hornell; Rev. E. B. Van Arsdale, Interlaken, Secretary-Treasurer; Mr. F. J. Manro, Auburn; Mrs. E. C. Stewart, Ithaca; Mrs. H. K. Armstrong, Penn Yan; Rev. J. T. Dougherty, Canandaigua; Mrs. C. H. P. Varv, Newark; Rev. J. W. Jacks, D.D., Geneva; Mrs. George Magee, Watkins; Mrs. J. C. Davenport, Bath; Mrs. W. W. Hopkins, Geneva; Miss H. M. Kelb, Waterloo; Dr. Robert M. Elliott, Superintendent; and Drs. T. J. Currie, W. H. Montgomery, L. T. Waldo, R. S. Pettibone, Gordon Priestman, Wirt C. Groom, R. G. Wearne, Charlotte B. MacArthur, Mary H. Smith, of the hospital staff; also Miss Merriman, assistant principal of the training school, and Mrs. R. J. Currie.

The secretary reported that 54 cases had been referred to the committee during the six months ended April 30. These cases were classified as follows: 19 cases of manic depressive psychosis, 8 alcoholic, 5 constitutional inferiority, 4 involution melancholia, 4 dementia praecox, 2 autotoxic, 1 each of senile dementia, paranoia, epileptic, cerebral lues, cerebral arteriosclerosis, infective exhaustive, and 5 with diagnosis not given. These were assigned to the several members of the committee so that each one was called on for service. Nearly every case so referred has been reached and helped in some way. Personal calls have been made on the patients or, when it was impossible to see them, the mails and the telephone have been used and relatives and neighbors have been conferred with. In some instances the members of the committee have been instrumental in securing proper employment for their charges; in others they have been able to counteract unfavorable surroundings in their homes or vicinity, and to befriend with counsel and encouragement.

Among the matters of more general interest brought up in the meeting were reports on the Albany conference on charities and corrections, which the secretary attended as the representative of the committee; also on the work of the National Committee for Mental Hygiene, and on a meeting held recently in Geneva in the interest of mental hygiene at which Dr. Jessie Taft spoke.

Also a talk was given by Dr. Elliott on the suggestions received from the State Hospital Commission concerning the establishment of out-
patient activities, clinics, and the employment of a field agent. He spoke of the difficulty of carrying out these suggestions in a rural district like Willard with the present equipment of the hospital, and referred with high appreciation to the work that the committee is doing along these lines, and pledged the fullest cooperation with the committee in its activities.

Another interesting feature of the session was the report of Mrs. Vary on the exceptional classes among the public school pupils of the hospital district and the work that is being done for them in the different localities. This report showed that the proportion of mental deficiency in the district is very small, and that in a few of the larger towns special effort is made to fit them for industrious and wholesome living and the avoidance of serious mental and moral breakdown.

Inasmuch as Mr. Van Arsdale is soon to remove from the district it was necessary to accept his resignation as secretary-treasurer, and Mr. Fred J. Manro of Auburn was chosen to fill the office.

The recent death of Mrs. H. A. Porter, a former secretary of the committee, was noted, and resolutions of regret and sympathy were sent to the family of the deceased.

Case Work: Mrs. Vary reported on one case, which had returned to the hospital. Mrs. Stewart reported on six cases. With four of these she had had personal interviews, helping in securing employment for one of them; with two she had communicated by letter. Mr. Manro reported on eleven cases. In all but two of these he has had personal interviews, and in several has aided in securing work. Mrs. Magee reported on one case which had returned to the hospital. Dr. Jacks reported on three cases, two of whom he had seen personally, and one whom he had not been able to locate. Mrs. Hopkins reported on one case whom she had had a friend look up for her. Father Dougherty reported on two cases. Mrs. Davenport reported on four cases, with three of whom she had communicated indirectly. Mrs. Armstrong had three cases, one of whom she had seen, and had heard from the others by mail. Mrs. Acker reported on eight cases. Some of these she had visited; others she had heard from through relatives and by letter; one she had been unable to locate. Mr. Van Arsdale reported on three cases from whom he had learned by telephone and by interviews with relatives.

The annual meeting of the Willard State Hospital committee was held at the Hospital on October 6th. Twelve of the members were present. It was reported that 136 cases had been referred to members of the committee during the year. These cases were patients who had been paroled or discharged from the hospital, and all have received attention from a local member of the committee either by correspondence or personal visit. Employment has been found in some cases, living conditions improved where possible, and in all cases a friendly interest has been shown.

Mrs. Milo M. Acker was re-elected president and Fred J. Manro, secretary-treasurer.

YONKERS COMMITTEE ON MENTAL HYGIENE.

The Yonkers Committee on Mental Hygiene once more urges the establishment of additional psychopathic hospital facilities in this rapidly growing community of more than 90,000 people. Evidence accumulates that there is pressing need of a larger psychopathic ward in the general hospital or of the erection of a separate psychopathic institution by the city.

More psychopathic hospital facilities are needed not only for the proper and humane care of patients undergoing diagnosis or awaiting commitment, but also for the treatment of short-term patients suffering from the milder forms of mental illness. There are many persons whose mental illness, while serious enough to require careful medical treatment and nursing for a short time, is not so serious as to necessitate commitment to a crowded State institution if there were a suitable place to care for them for a few weeks or a few months in their own home city. A larger and better equipped psychopathic ward, or a hospital devoted entirely to psychopathic cases, would supply this need in Yonkers. It would also provide a permanent place for holding mental clinics where free consultation, advice and treatment can be given to persons who merely need this help and do not need to go into an institution for treatment.

Throughout the year, the Committee has urged publicly from the platform and in the press whenever opportunity offered that attention should be given to this most urgent need of the community.

We desire to express again this year our appreciation of the work done in the psychopathic ward of three rooms at St. Joseph's Hospital. This institution is badly cramped for room and deserves commendation for maintaining even a small ward in which patients are cared for while awaiting commitment, and also for allowing the use of rooms for a weekly clinic.

Through the cooperation of the Mental Hygiene Committee of the State Charities Aid Association and the Board of Managers of St. Joseph's Hospital a mental dispensary has been conducted at the hospital.
of the Westchester County Medical Society in Yonkers on "How Physicians May Aid in the Mental Hygiene Movement." On January 20, Dr. Leroy W. Hubbard, District Sanitary Supervisor for the State Department of Health, spoke in Yorktown on "Rural Hygiene and Mental Hygiene." On March 2nd, Mr. H. B. Winters, Deputy Commissioner of Agriculture, delivered an address at Yorktown on "Dairying and the Farm Operations of State Institutions." On April 6th, Dr. Harris spoke in Yorktown Heights on the subject "Commitment of the Insane," and on April 20th he addressed an audience in the same village on "Preparedness from the Eugenics Standpoint."

Distribution of Literature: Considerable quantities of literature have been distributed in connection with the various public meetings.

Promotion of Public Meetings: Your committee would respectfully urge upon its members in various towns and villages in the county to arrange with local organizations to hold more public meetings on mental hygiene. Speakers are available for these meetings, and wherever they have been held they have aroused general interest. The chairman of the committee will appreciate it if members will take it upon themselves to ask the local organizations to which they belong to hold such meetings and to communicate with him regarding the arrangement of a program and the securing of speakers and an exhibit.

Clinics: The clinic established at St. Joseph's Hospital in Yonkers on May 13 last, continues to do effective work. It is in charge of Dr. John R. Richards of the staff of the Manhattan State Hospital on Ward's Island. About 46 cases have been seen at this clinic during the past year. The committee desires to express its appreciation of the cooperation from various Yonkers social agencies in the work of the clinic and to thank Miss Estelle DeYoung for volunteer social service work.

Following is a brief report of the work of the clinic at White Plains, in charge of Dr. Charles I. Lambert of Bloomingdale Hospital:

Seventeen children and young adults were examined during the last four months. Of these twelve were children in local schools referred to the Clinic by teachers or principals, and to the majority of these cases admittedly helpful suggestions were given. Five other cases outside the community were examined; three of these were commitable cases of feeblemindedness, and certificates were made out accordingly. An ungraded class of sixteen retarded children organized at the beginning of the present school year, and
under a special teacher, Miss Guernsey, has demonstrated the value of this work and the need for further development of similar classes of work in the local public schools.

The committee is gratified to report that through the interest of the Associated Charities of Peekskill it is hoped that arrangements will soon be made to establish a clinic in the Child Welfare Station in that village.

The committee notes with interest that plans are under way for the erection of an adequate county hospital at East View with a department for mental cases. The importance of the county having a suitable and adequate place of this kind can scarcely be overestimated. Few communities in the county have suitable places for short-term patients suffering from mild forms of mental trouble or for the proper care and attention of those more seriously ill who are awaiting commitment to a State institution. The providing of such facilities at the new county hospital would be most desirable.

The committee desires to express its regret at the removal from this locality of Dr. Isham G. Harris, formerly Superintendent of the Mohansic State Hospital at Yorktown. Dr. Harris has long served the committee efficiently as its chairman. He was recently appointed Superintendent of the Brooklyn State Hospital. The committee wishes to express its appreciation of Dr. Harris's service and to wish him success in his new field.

The committee has noted with profound disappointment the abandonment of the Mohansic State Hospital at Yorktown. The overcrowding of the State hospitals for the insane grows more serious every year, and it is especially serious at the hospitals in the metropolitan district. The erection of the new hospital at Yorktown would not only have relieved congestion in the metropolitan district to some extent, but also would have provided an institution within the county for patients from Westchester County who now have to be sent to institutions outside.