

MAINE STATE LEGISLATURE

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PUBLIC DOCUMENTS

OF THE

STATE OF MAINE

BEING THE

REPORTS

OF THE VARIOUS

**PUBLIC OFFICERS
DEPARTMENTS AND
INSTITUTIONS**

FOR THE TWO YEARS

JULY 1, 1926 - JUNE 30, 1928

TWENTIETH AND TWENTY-FIRST

ANNUAL REPORTS

OF

BANGOR STATE HOSPITAL

FOR THE

YEARS ENDING JUNE 30, 1921

AND JUNE 30, 1922

BANGOR STATE HOSPITAL.

RESIDENT OFFICERS.

CARL J. HEDIN, M.D., Superintendent.
 EDWARD W. RUSSELL, M.D., Senior Assistant Physician.
 I. H. MACKINNON, M.D., Senior Assistant Physician.
 MARTIN E. GRUMLEY, M.D., Assistant Physician.
 WILLIAM THOMPSON, Steward and Treasurer.

CONSULTING PHYSICIANS AND SURGEONS.

DANIEL A. ROBINSON, M.D.	GALEN M. WOODCOCK, M.D.
EUGENE B. SANGER, M.D.	BERTRAM L. BRYANT, M.D.
DANIEL McCANN, M.D.	A. K. P. SMITH, M.D.
JARVIS B. WOODS, M.D.	BLANCHE M. MANSFIELD, M.D.
HENRY S. FROST, D.D.S.	

CHAPLAINS.

Rev. ASHLEY A. SMITH.	REV. SAMUEL C. BEANE.
Rev. ALBERT E. MORRIS.	REV. FATHER NELLIGAN.
Rev. FRANCIS S. BERNAUER.	REV. FATHER MURPHY.
Rev. ARTHUR M. LITTLE.	REV. FATHER GILRAIN.

SUPERINTENDENT OF NURSES.

Mrs. ALICE WEAVER, R.N.

INDUSTRIAL DIRECTOR.

Miss CHLOE JONES.

FIELD WORKER.

Miss VIRGINIA ROHDE.

DIETITIAN.

Miss EVELYN BROWNELL.

SUPERVISORS.

FEMALE.

Miss KATHLEEN REYNOLDS.
 Miss ANNIE E. YOUNG.
 Mrs. NELLIE V. EATON.

MALE.

EDWARD W. BRALEY.
 ROBERT D. REID.
 SAMUEL MARSH.

WILLIAM J. HUGHES, Chief Engineer.

REPORT OF THE SUPERINTENDENT.

To the Hospital Trustees:

The twentieth and the twenty-first annual reports of the superintendent, covering the operations of the Bangor State Hospital for the fiscal years ending June 30, 1921, and June 30, 1922, are herewith respectfully submitted.

MOVEMENT OF POPULATION.

On July 1, 1920, there were 681 patients in the hospital, 125 on parole, and 8 on escape,—a total of 814 enrolled.

During the year ending June 30, 1921, 239 patients were admitted, making a total of 1053 treated.

On July 1, 1921, there were 680 patients in the hospital, 58 on parole, and 7 on escape,—a total of 745 enrolled.

During the year ending June 30, 1922, 208 patients were admitted, making a total of 953 treated.

On June 30, 1922, there were 704 patients in the hospital, 38 on parole, and 7 on escape,—a total of 749 enrolled.

The admissions for the two years numbered 447, a total of 90 less than during the previous two years. The greatest decrease was in the number of drug addicts and alcoholics admitted. During the two years ending June 30, 1922, 24 drug addicts and 30 alcoholics were admitted, as compared with 68 drug addicts and 35 alcoholics admitted during the previous two years.

Recently it has often been stated that mental disorders resulting from alcoholism and the drug habit are increasing. The fact that only 52 per cent as many of this class of patients were admitted during the last two years, as were admitted during the previous two years, would seem to show conclusively, that in this part of the State of Maine at least, mental disorders resulting from excessive use of drugs and alcohol are not increasing, as some would like to have us believe, but on the contrary they are decreasing, showing that the prohibitory law and the law controlling the sale of narcotics really prevent in an encouraging degree the excessive use of these disease-producing poisons.

While the number of admissions, chiefly due to a less number of drug addicts and alcoholics, has decreased during the last 2 years, the number of patients in the hospital has increased from 681 to 704. This increase is due to the fact that a larger percentage of the admissions was suffering from chronic and incurable mental disorders. The admissions of old people, 70 years of age or over, have increased from 8.73 per cent to 12.21 per cent of total admissions, or an increase of 39 per cent in this class of patients during the past two years, as compared with the preceding two years. The number of paroles has also decreased, chiefly due to inability of relatives or friends on account of unemployment and high cost of living to take as many patients home on trial visits as formerly.

Classified according to sex, there were 355 males and 326 females in the hospital on July 1, 1920. On June 30, 1922, there were 390 males and 314 females. Thus it will be noticed that the men show an increase of 35 and the women show a decrease of 12 during the two years.

DAILY POPULATION.

The daily average population during the year ending June 30, 1921, was 683; and for the year ending June 30, 1922, it was 692, or 9 more than the preceding year.

The death rate for the year ending June 30, 1921, was 109,—an average of 10.3 per cent on the basis of total number of cases under treatment.

The death rate for the year ending June 30, 1922, was 81,—an average of 8.5 per cent on the basis of total number of cases under treatment.

In connection with the death rate at this hospital, it should be remembered that the hospital for tubercular patients with mental disorders is located at this hospital. Consequently all advanced tubercular cases are sent here from the Augusta State Hospital, and from the Maine School for Feeble-Minded. Patients at the tubercular sanatoria who become mentally disturbed, are also sent to this hospital for treatment, and as all the tubercular patients sent here are advanced cases, these patients cause an increase in the death rate at this hospital.

DISMISSALS.

During the year ending June 30, 1921, there were 308 patients dismissed,—178 men and 130 women.

There were discharged as recovered 63, as improved 104, as unimproved 18, and as not insane 12. Two patients were transferred to other institutions and 109 died.

During the year ending June 30, 1922, there were 204 patients dismissed,—116 men and 88 women.

There were discharged as recovered 54, as improved 32, as unimproved 26, and as not insane 10. One patient was transferred to another institution and 81 died.

On June 30, 1921, there were 65 patients on parole in the care of relatives or friends. The total number granted parole during the year was 116.

On June 30, 1922, there were 45 patients on parole. The total number allowed to leave on parole during the year was 72.

Since the hospital was opened on July 1, 1901, 4178 patients have been admitted and 3329 discharged.

ADMISSIONS CLASSIFIED BY CLINICAL GROUPS.

For the last five years the classification of mental disorders adopted by the American Psychiatric Association has been followed. A summary of the admissions according to clinical diagnoses is of interest from psychiatric and statistical standpoints. The numbers of cases in both groups admitted during the two years beginning July 1, 1920, and ending June 30, 1922, are combined.

TRAUMATIC PSYCHOSES.

There was only one admission under this group. This patient was a man who fell on the ice and remained unconscious for several hours.

SENILE PSYCHOSES.

Forty-four cases of senile dementia were admitted, constituting 10 per cent of all admissions. Many of these cases were only mildly insane and were brought to the hospital because they had no relatives who were able or willing to care for them.

PSYCHOSES WITH CEREBRAL ARTERIOSCLEROSIS.

There were 32 cases or approximately 7 per cent of the total admissions classified under this group.

GENERAL PARALYSIS.

Twenty-nine patients, or 6.5 per cent of the total admissions, were classified under this group. The diagnosis in these cases being based upon both clinical symptoms and laboratory tests.

PSYCHOSES WITH CEREBRAL SYPHILIS.

There were only 5 cases, or 1.12 per cent classified under this group.

PSYCHOSIS WITH HUNTINGTON'S CHOREA.

Only one patient, or 0.224 per cent of the total admissions, was classified under this group.

PSYCHOSIS WITH OTHER BRAIN OR NERVOUS DISEASES.

Four cases, or 0.896 per cent of the total admissions, showed mental disorder with other nervous diseases.

ALCOHOLIC PSYCHOSES.

Twenty-seven cases, or approximately 6 per cent of all admissions, were suffering from some form of alcoholic insanity.

PSYCHOSES DUE TO DRUGS AND OTHER EXOGENOUS TOXINS.

In one patient, or 0.224 per cent of the cases, the mental disorder was due to excessive use of morphine.

PSYCHOSES WITH OTHER SOMATIC DISEASES.

There were 19 patients, or 4.26 per cent who suffered from mental disorders in connection with physical diseases.

MANIC-DEPRESSIVE PSYCHOSES.

Seventy cases, or 15.7 per cent of all admissions during the two years were classified under the manic-depressive group.

INVOLUTION MELANCHOLIA.

Twelve cases, or 2.9 per cent were classified as involution melancholia.

DEMENTIA PRAECOX.

Fifty-seven cases, or 12.8 per cent of the admissions were classified under this group. While the dementia praecox cases do not constitute the largest group of admissions, they do constitute the largest number of first admissions.

PARANOIA OR PARANOID CONDITIONS.

Only 3 cases, or 0.672 per cent, were classified under this group.

EPILEPTIC PSYCHOSES.

Nine cases, or 2.24 per cent, suffered from mental disorder in connection with epilepsy.

PSYCHONEUROSES AND NEUROSES.

There were 23 cases, 5.6 per cent, classified under this group.

PSYCHOSES WITH PSYCHOPATHIC PERSONALITY.

Five cases, or 1.121 per cent, were classified under this group.

PSYCHOSES WITH MENTAL DEFICIENCY.

Five cases, or 1.121 per cent, were classified under this group.

WITHOUT PSYCHOSIS.

This group comprises 75 cases, or 16.8 per cent of all admissions. It includes 3 epileptics, 4 alcoholics, 23 drug addicts, 9 psychopathic personalities, 28 cases of mental deficiency, and 8 other conditions. While the patients included in this group did not suffer from any psychosis, they nevertheless required state hospital treatment.

NOT INSANE.

During the two-year period, 22 patients, 15 men and 7 women, or 4.9 per cent of the total admissions, were diagnosed as not insane. The majority of these cases were sent to the hospital for observation, and all were promptly discharged as soon as their true condition was determined.

MEDICAL WORK.

The staff meetings have been held on Mondays, Wednesdays and Fridays of each week, presided over by the superintendent.

All patients who are physically able are presented before the whole staff after the case has been studied and a summary written, for the purpose of diagnosis and frequently to decide upon methods of treatment. Cases for parole and discharge are also presented at the staff meetings for consideration before they are allowed to leave the hospital.

Continuous warm packs and other hydrotherapeutic treatments have been used whenever indicated.

A new X-ray machine with a new fluroscopic outfit has been added to our equipment, and has proven to be a most important aid in arriving at correct diagnoses. A new sterilizer has also been added to our operating room equipment.

A few major surgical operations were performed by our consulting staff. Minor surgery, the treatment of syphilis and other conditions requiring special treatment, have been attended to by our own medical staff.

FIRE PROTECTION.

In January 1921, the fire department was reorganized and new fire regulations were made. Fire drills were instituted and have been held frequently and regularly since that time in the various parts of the institution. Regular and thorough inspection of all fire apparatus has also been made. All closets, basements and attics are frequently and thoroughly inspected, and all inflammable materials have been promptly removed as far as possible.

The importance of taking every possible precaution to prevent the occurrence of fire in an institution of this character hardly needs to be referred to. At the present time, our chapel located in the center of the institution is our greatest fire hazard. While three hose are accessible, the stage, with its equipment of curtains and scenery, all of very inflammable material, makes this building a source of danger from fire. To improve this condition I would recommend that automatic sprinklers be installed, which would save the building and prevent the fire from spreading to other parts of the hospital in case of accident.

AMUSEMENTS OF PATIENTS.

A new moving picture machine has been installed and moving

pictures have been exhibited weekly. During the winter months weekly dances are held. Many special entertainments furnished additional diversion. As usual the Christmas seasons were suitably observed at the hospital. The majority of our patients were generously remembered with gifts contributed by their friends. Those who had no friends were furnished gifts by the hospital.

SOCIAL SERVICE WORK.

The social service activities have continued under the direction of Miss Virginia Rohde. This work has been of much value to the hospital, the patients, and the community. All patients on parole are visited once or twice during each six months. During these visits the social worker has done much to bring about a better understanding by their relatives of the patients' mental conditions and their underlying causes. The social worker has also made many pre-parole visits, and consequently many patients have been able to go on parole who otherwise would have had to remain in the hospital.

THE TRAINING SCHOOL FOR NURSES.

Miss Florence Woolridge, the superintendent of the training school for seven years, resigned her position May 20, 1921. Under Miss Woolridge's direction the school attained a very high standard of excellence. Miss Woolridge was succeeded by Mrs. Merle B. Malsbury, a graduate of a general hospital, with previous experience in executive work and teaching in connection with state hospital work.

The training school graduated seven nurses in 1921, and eight in 1922. The curriculum consists of a three years' course, two years of which are spent at this hospital and one year is spent at the Bellevue Hospital in New York City.

RESIGNATIONS.

Dr. Robert R. Janjigian, pathologist,	resigned	July	1920
Dr. Walter J. Hammond, assistant physician,	"	Feb. 1,	1921
Dr. Lester F. Norris, assistant physician,	"	Mar. 16,	1921
Dr. John P. Goodrich, pathologist,	"	Apr. 1,	1921
Dr. Israel Newman, assistant physician,	"	May 1,	1922
Dr. William T. Cluney, pathologist,	"	June 30,	1922

APPOINTMENTS.

Dr. Edward W. Russell, assistant physician,	appointed	Feb. 21, 1921
Dr. Israel Newman, assistant physician,	"	Feb. 21, 1921
Dr. I. H. MacKinnon, assistant physician,	"	June 20, 1921
Dr. William T. Cluney, pathologist,	"	May 1, 1922

It is to be regretted that on account of the character of the work, the small salaries paid, and the lack of home-like living conditions in state hospitals, for about ten years past, the right sort of men have not sought to enter the service in sufficient numbers to supply the vacancies and enable us to keep permanent medical staffs. At the present time, recent graduates from medical schools can enter private practice and be assured of an income from two to three times greater than the salaries offered in state hospitals, and under such conditions we cannot expect to attract many new men to state hospital work. It is hoped that some remedy for this unfortunate condition may be found in the near future.

IMPROVEMENTS.

Fire escapes have been erected for the use of buildings C, D, E and F. Prior to this building C and E had fire escapes at one end each, but buildings D and F had none. With the new fire escapes, buildings C and E have fire escapes at both ends each, and buildings D and F have them at one end for each building.

A power ice cream freezer has been installed, which makes it possible for us to frequently serve ice cream for all our patients.

Guards have been installed over the radiators in the sun parlors in order to prevent epileptic and other patients from injuring themselves.

Additional equipment has also been added in the kitchen, bakery and laundry.

NEEDS OF THE HOSPITAL.

1. Male wing for 150 patients. The present normal bed capacity for male patients is 300. On June 30, 1922, there were 390 male patients in the hospital, or 90 more than the normal bed

capacity. This means that much of the floor space intended for day rooms has to be used for bed space. All our male wards are already over-crowded from 20 to 50 per cent, and as our hospital population is gradually, but steadily increasing, I cannot urge too strongly the need of additional accommodations for male patients, and I recommend a special appropriation for this purpose.

2. Bathing house for women patients. At the present time our women patients are bathed in a sub-basement of building-D. This means that many of our women patients have to come down three and four flights of stairs in order to take a bath. The old bathing room is also badly out of repair and is unsuitable from a sanitary standpoint. I feel strongly that a modern bathing house for women should be constructed and I, therefore, recommend a special appropriation for this purpose.

OCCUPATION THERAPY.

In spite of the fact that we have not been able to employ an occupational director continuously, we have maintained an interest in worth-while occupation. In my opinion, it is better for the majority of the patients to be employed at useful occupations which will benefit their physical and mental conditions, than to have all concentrated on the so-called arts and crafts. For those who are not suited for ordinary occupations, much benefit may be derived from arts and crafts industries, and a considerable amount of work has been accomplished in this department.

ACKNOWLEDGMENTS.

The following donations by friends of the hospital are gratefully acknowledged: Mrs. C. E. Dudley, Augusta, books; J. P. Hutchison, Eastport, magazines; Archibald Mandolin and Guitar Club, concert; University of Maine Dramatic Club, entertainment; University of Maine Glee Clubs, concert; Delphian Male Quartet; Bangor, entertainment; LeRoy C. Lyons Vocal Class, entertainment; Children's Society of All Soul's Church, play; Pullen's Orchestra, Bangor, concert; other organizations have also kindly contributed entertainments; Mr. and Mrs. Lester Strout, Bangor, pictures; Mr. J. F. Gerrity, Bangor, picture;

Mr. and Mrs. S. L. Rogers, Bangor, picture, and Mrs. M. E. Rich, Bangor, picture.

CONCLUSION.

In closing I wish to express my obligations to the medical staff, the steward and treasurer, and other employees of the hospital whose cooperation and assistance have made the good results of the two years possible.

To Mrs. Dudley and to the Board of Trustees I desire to express my sincere appreciation for their counsel, support, and assistance.

Respectfully submitted,

CARL J. HEDIN,
Superintendent.