

The
Insane
of
Alaska



January
Fifteenth
1920

For Sixteen Years
Administered Under the
Department of the Interior
at
Morningside Hospital
Portland, Oregon

MORNINGSIDE HOSPITAL

PORTLAND, OREGON

January 16, 1920.

To the Honorable, The Secretary of the Interior,
Washington, D. C.

Sir:

Yesterday, sixteen years ago, the undersigned took under contract with your Department the responsibilities for the care, custody and treatment of the insane of Alaska.

Today, another five years' contract begins to run.

Washington and Oregon in succession, after some years' experience in the care of these cases had declined, due to crowded conditions, longer to minister to them. For six months your Department, although largely advertising and writing to all the institutions West of the Rocky Mountains, was unable to again secure a home for these unfortunates in any of the State hospitals for the insane. The only private institution which could be induced to assume this responsibility was Morningside Hospital. We thought that this small service, then of 30 patients, might be cared for without seriously interfering with a most prosperous private practice then at our sanitarium. The price which we offered was deemed by the Department too high, and the Secretary of the Interior fixed a rate which he deemed proper and we entered upon the work.

Oregon for 21 years cared for her insane in a private institution. Washington, as then bounded, for about a like period. Montana depended upon a private institution for more than 25 years. Idaho had her patients under care outside her borders for more than a quarter of a century. These states were too small in population to do otherwise.

The price named to begin with was too meagre. It has ever since been too low. Today we are receiving less than is paid for CARE at St. Elizabeths for over a thousand D. C. patients, while Morningside Hospital must not only furnish CARE but also provide EQUIPMENT for its Government cases.

Morningside Hospital had been paying splendid dividends as a private institution each year. There is no profit to any one at St. Elizabeths. There has been but one small dividend at Morningside Hospital paid to its stockholders since the Government patients were taken over. As before this service was assumed, the institution has continued to improve its plant, largely from its ordinary revenues, but no profits have been left to distribute as in those former days. We learned, in the dear school of experience, that private and public service for the insane can not be administered in the same institution. Today with 240 patients, one patient only, a charity case, is private. All others are of the Government. With State supervision, County license, inspections by Government, State and County officials, Morningside has become a public institution for the insane. When we dismantle our buildings, five years hence, for no one will buy an insane asylum for private purposes or for homes, practically nothing will come to us therefrom. We actually know this for once before we tried it. The land was mostly bought by outside money.

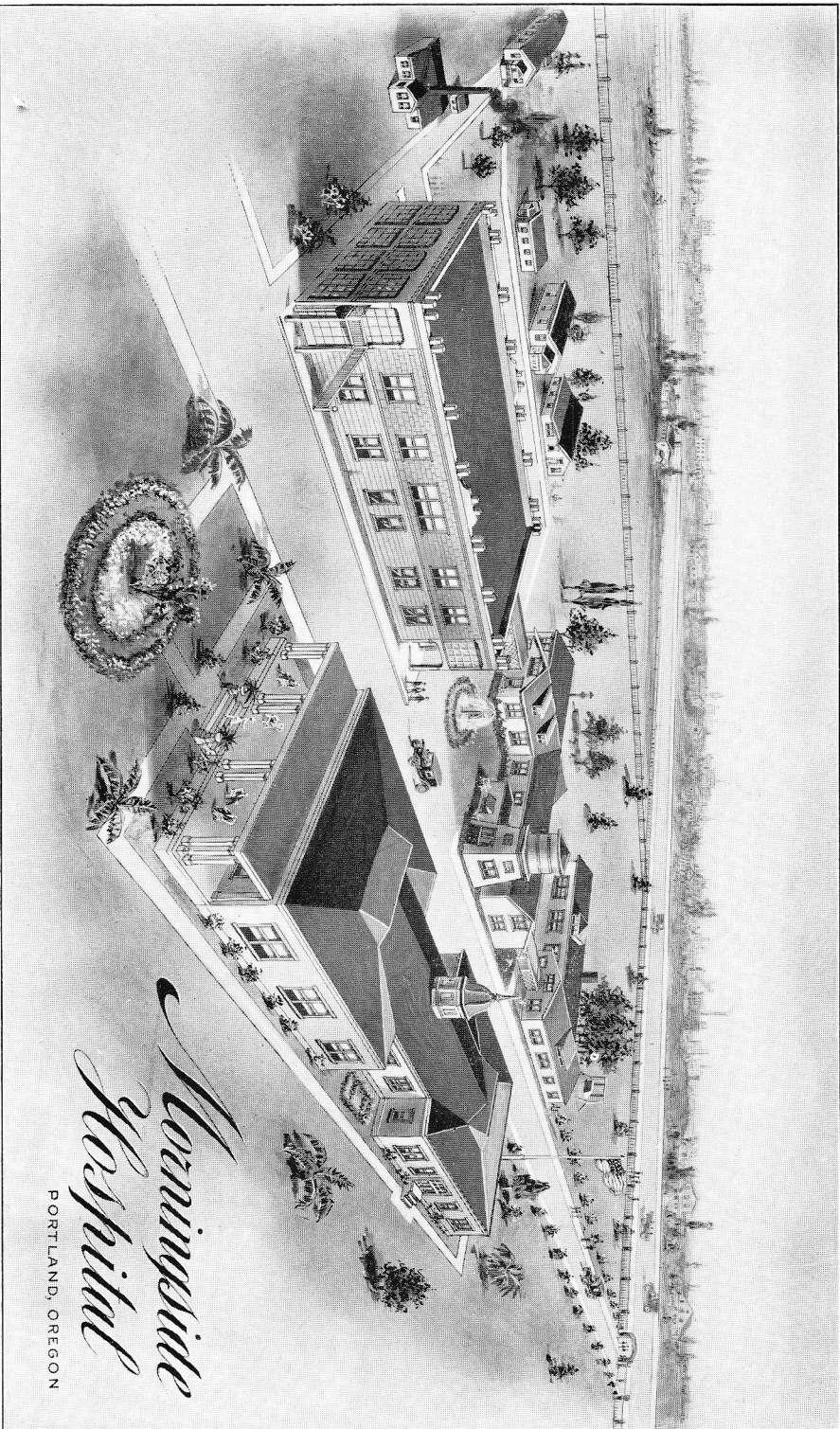
But we are glad we took over this service. When the Grim Reaper, now not so far away, shall come, because we shall feel that we have accomplished a great work for an unfortunate class, we will be able to drape ourselves for a peaceful slumber.

HENRY WALDO COE, M. D.,

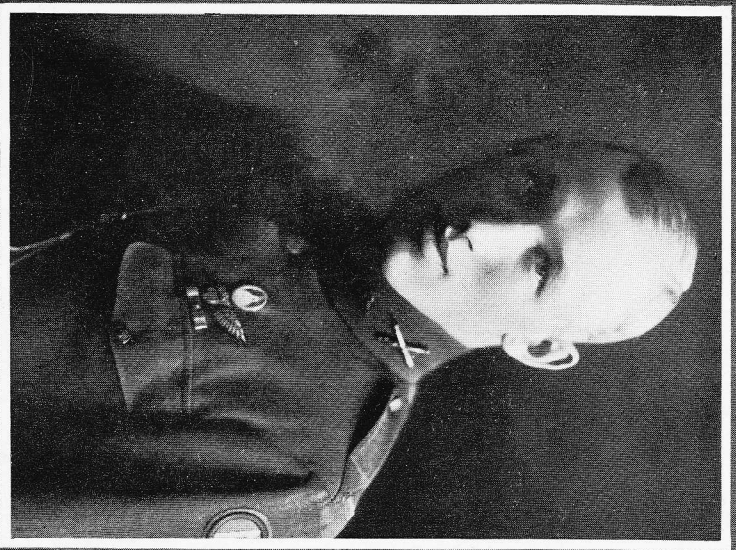
Medical Director.

Medical Staff:
HENRY WALDO COE, M. D.
J. W. LUCKEY, M. D.
C. U. SNIDER, M. D.

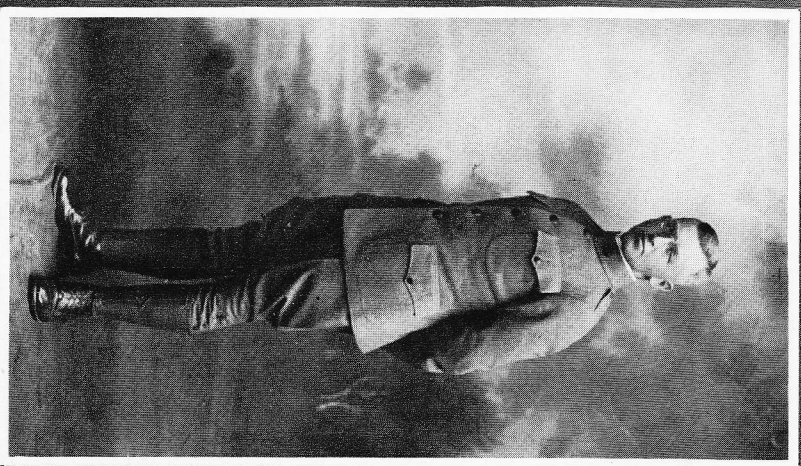
Office: Selling Building, Portland, Oregon.



The Outgrowth of 25 Years Service



WAYNE WALTER COE



GEORGE CLIFFORD COE



EARL ALPHONSO COE

Sons of
Dr. Henry Waldo Coe



The Room of the Totems



The Out-of-Doors at Morningside—New Years

Morningside

At this date there is transmitted to the Secretary of the Interior an alphabetical list of all Alaskan patients who have been received at Morningside Hospital during the past 16 years, together with the Alaskan residence, the date of reception and the outcome in each case.

This list gives a total of 794 patients.

Out of all this number there has never been a homicide or serious casualty. In 16 years there has been but one suicide.

Although some patients and some employes have brought almost every known disease to the institution, so carefully are those admitted or newly employed examined, and if afflicted, isolated, that for eight years there has not occurred a single subsequent case of measles, scarlet fever, diphtheria, typhoid fever, small pox, erysipelas or contagious skin eruption within the institution.

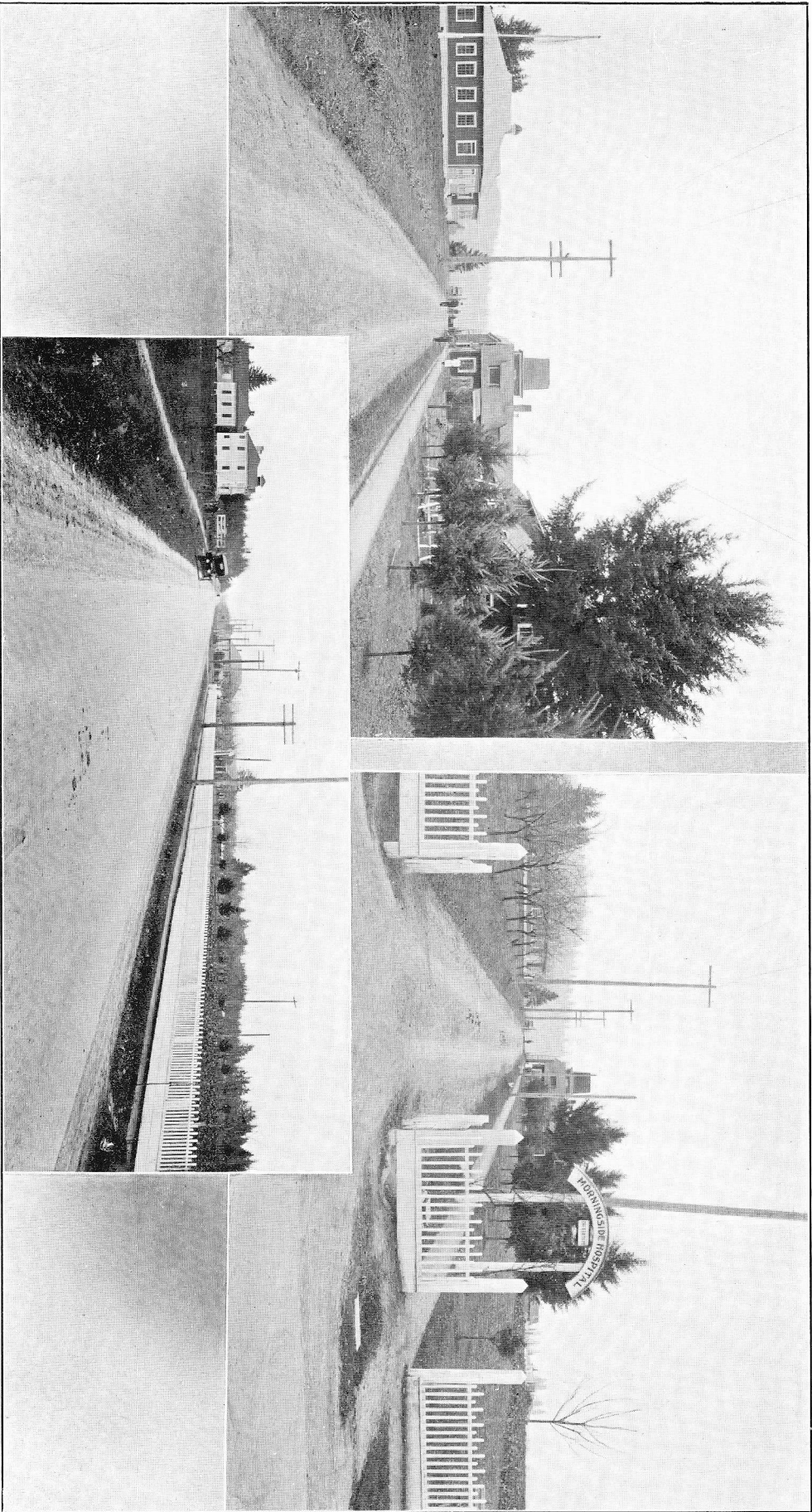
Although more than 2000 deaths occurred in Portland from Spanish influenza, not a single case occurred among the patients at Morningside. There was not another institution, association or plant in Portland known to us, where as many as 25 persons congregated during the epidemic which escaped all of the ravages of this disease. About 1500 adult natives of Alaska died from the ravages of the influenza at their homes in the North. No Alaskan at Morningside, native or white, was sick a day from this dire disease.

Riggs Annex

During 1919 many improvements were made at Morningside.

An important addition to the institutional facilities for greater comfort to the patients was provided in the Riggs Annex, a two story addition to the main Men's Pavilion, providing additional reading and smoking accommodations to both floors.

Governor Thomas Riggs, Jr., of Alaska, proposed the plan. We recognized its great value and built it along lines approved by the Governor.



Mid-Winter—The Base Line—Columbia River Highway

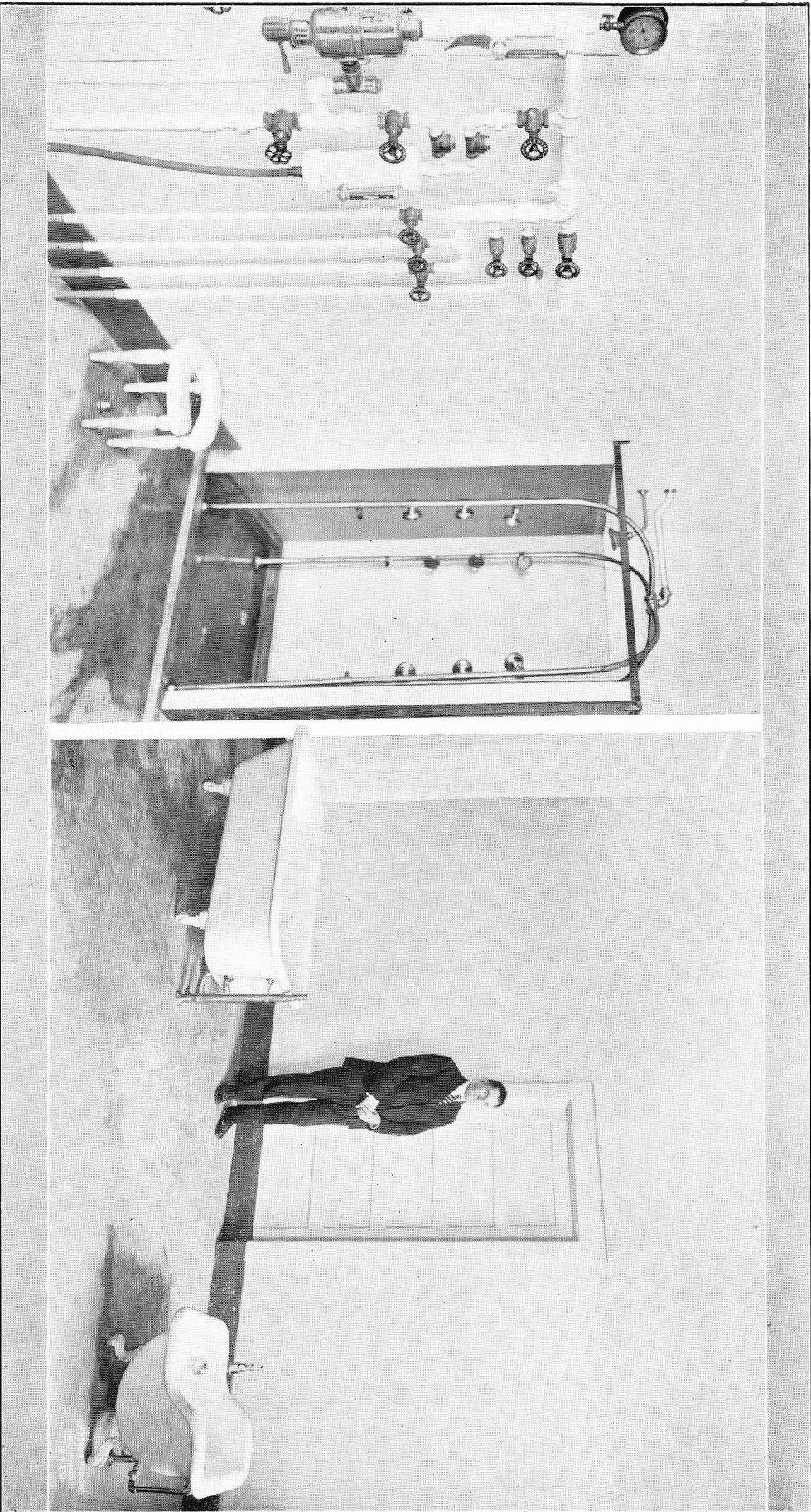
The Record at Morningside Tells Its Own Story

Half the patients from the North are depressed. Several patients have suicided before reaching Morningside. Solitude, scant fare and few neighbors are features in causation. The change to the cheerful surroundings of Morningside has done its splendid work. The vigilant and constant watchfulness until reasonable mental quietude has been attained, with an abundance of nutritious food, personal medical attention and needed treatment, quiet quarters, a clean white bed for every patient, non-restraint nearly always, and the element of tenderness to an afflicted fellow being—all have helped looking toward recovery, or at least comfortable mental states. Too much credit cannot be given to our attendants who have materially assisted toward these favorable results.

A splendid corps of medical officers, supplied in superabundance, needs special commendation. In state institutions for the insane, there is an average of about one physician for 300 patients. With less than 250 patients at Morningside Hospital, three doctors minister to the professional wants of the institution. There is an abundance of medical time for personal study into every case. The physicians are constantly about the wards and buildings, day and night. Nothing is perfunctory, half-hearted or hurried. Everything is personal as to the patient, his well-being and comfort.

Portland is a staid, conservative city of home-loving people. The atmosphere is tinged by a high moral responsibility for the proper care of the unfortunate classes.

This helps—as well as compels—the highest degree of efficiency in the service in her public institutions, of which, Morningside Hospital for nearly 30 years, under present management, has held a high place.



Morningside Has All Approved Forms of Electro and Hydro-Therapy

Location Ideal

The hospital is situated in a suburb of Portland, with its more than one-third of a million people. It lies upon the Columbia Highway, and is handy to railroads and street car lines. Twelve buildings make up the housing plant. The institution farms some 70 acres, partly under lease, largely in gardens of the most fertile land in the far-famed Williamette Valley, and adjoining the premises.

"Morningside Hospital is located on a tract of level land at Russellville, which is a suburb of Portland. The climatic conditions are quite favorable. The aeration of the locality is satisfactory. The location is free from exposure, irritating noises, noxious odors and public curiosity.

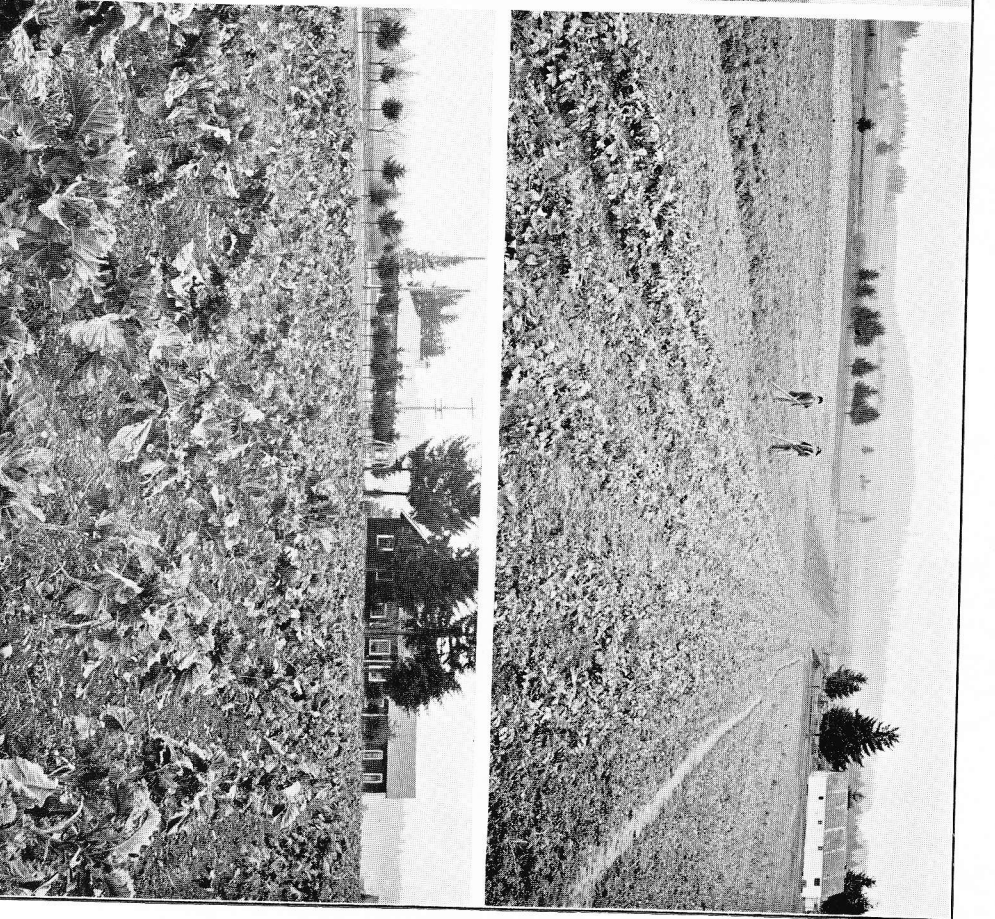
"*Gardens*—For gardening and farm purposes the soil

is excellent. The garden was in good condition, and a great variety of fruits and vegetables were being grown. The following is a list of same:

"*Fruits*—Strawberries, cherries, pears, prunes, apples, raspberries and plums.

"*Vegetables*—Peas, potatoes, carrots, parsnips, cabbage, tomatoes, cauliflower, kale, beans, celery, pumpkin, spinach, onions, sweet corn, cucumbers, watermelon, muskmelon, lettuce, turnips, beets, radish and squash.

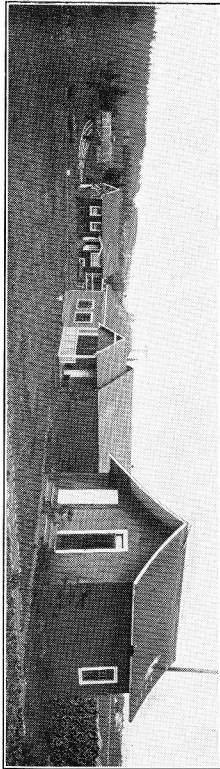
"The grounds are about 60 acres in extent (now 75), and are situated in a pleasant locality and large enough to accommodate the Sanitarium in its present state of development and presents possibilities for future building."—*Dr. Addison Bybee, Interior Department Examiner.*



Among the Strawberries—Gardens



New Soldiers House at Morningside Hospital, by the Sanitarium Company

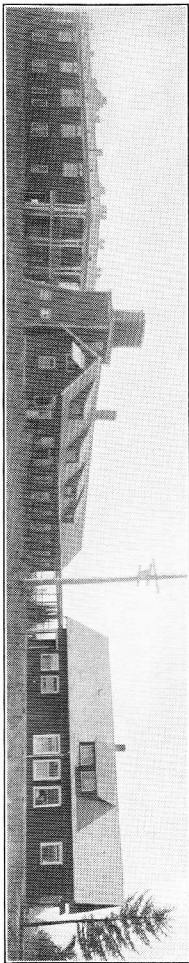


Group of Small Buildings—Dairy Beyond

ON THE PREMISES

Nurses

Morningside long ago discontinued its training school for nurses. While such an arrangement effected some economy for the institution, we felt that it left the institution open to criticism, should any unlooked events among the patients ensue.



A Row of Buildings at Morningside

At Morningside

Firs and rose hedge on left. School house to right. Orchard adjoins Base Line Highway, which runs between same and school property.



Dr. H. W. Coe Native Alaskan Gov't Inspector

Grounds Beautiful

The grounds are beautifully laid out, embracing much lawn surface and flowers, trees and shrubs of all kinds, and with the projected increase in lawns the present rose bushes, numbering about 2000, will be increased up to 5000 in number.

To be able to do an hour or a half day's work daily throughout most of the year in our model gardens, or upon these lawns among the flowers and under the trees, presents to our patients elements of happiness greatly to their physical and mental welfare and the joys of living.

Buildings Specially Constructed

"Owing to their construction, the buildings are easily ventilated, and always have an abundance of good air, and

are at all times kept scrupulously clean. All buildings are kept in the same high state of sanitation I have heretofore reported, which is a feature of this institution."—*Inspector Dixon.*

"Indeed, throughout the buildings and entire hospital, there was an entire absence of the usual 'hospital' odor which is found in most hospitals of this kind. I attribute this to thorough ventilation and general cleanliness.—*Inspector 1915.* (All buildings were specially constructed for their present purposes.)

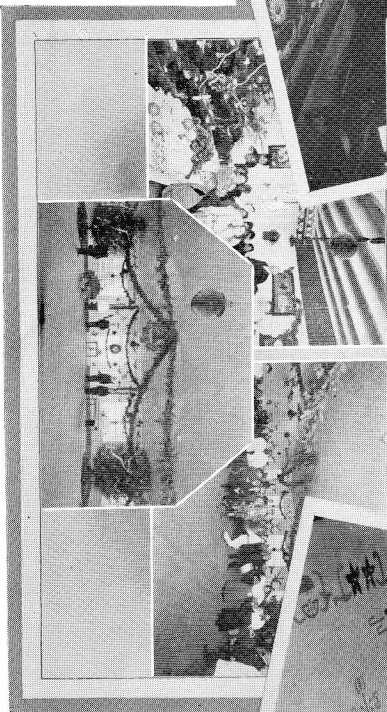
A small park has been laid out, lying along the Columbia Highway (Base Line), which for symmetry and form, and variety of shrubs, vines and trees, makes it one of the sights along the Highway. Special attention was had in planting to provide one series after another in bloom the whole long summer of Portland.

THE INSANE OF ALASKA

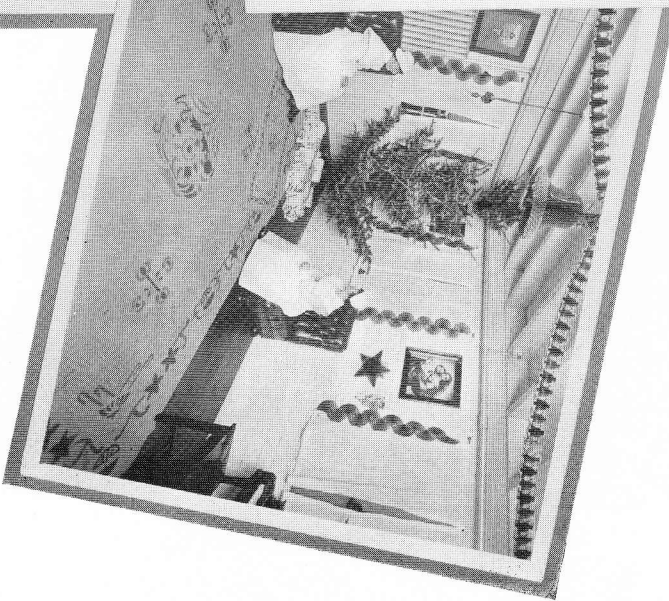
Eskimo Flu Orphans



The Soldiers' Quarters



Christmas at Morningside



Women's Cottage

SOME FEATURES AT MORNINGSIDE

Porch Space

It covers an area of more than 200 feet long by from 8 to 12 feet wide, the largest porch space per patient of any institution known to us, which in the climate of Oregon is a feature of great value.

Enclosed Park

With a rustic pavilion and overhanging trees, our "Recreation Park" is a feature.

Water Supply

The famous Bull Run from the melting snows of Mt. Hood, brought to Portland in 30 miles of steel pipe line.

Drinking Fountains

In all wards.

Baths

Under most modern spray method.

Milk

From our own State tuberculin tested dairy, first class in quality and generous in quantity.

Gas and Electricity

From the City of Portland's regular service.

Fire Protection

Stand pipes and city pressure. A large reserve elevated tank. Buckets, hand fire extinguishers and grenades everywhere convenient. Hose reels in every building. Day and night nurses. A watchman and time clock service.

Heating

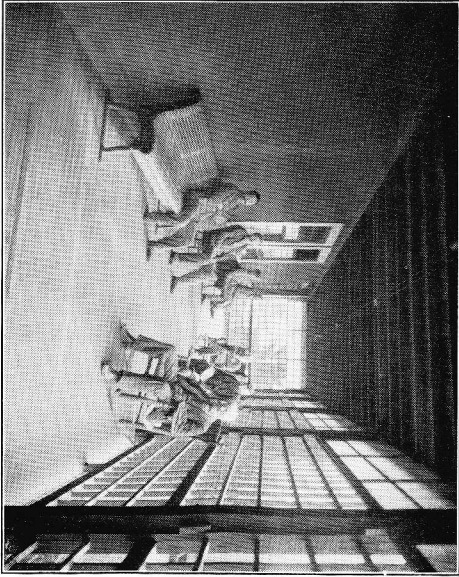
Low pressure steam. Larger boiler replaced two old ones in 1919 and added heating facilities, costing nearly \$10,000.

Sewage

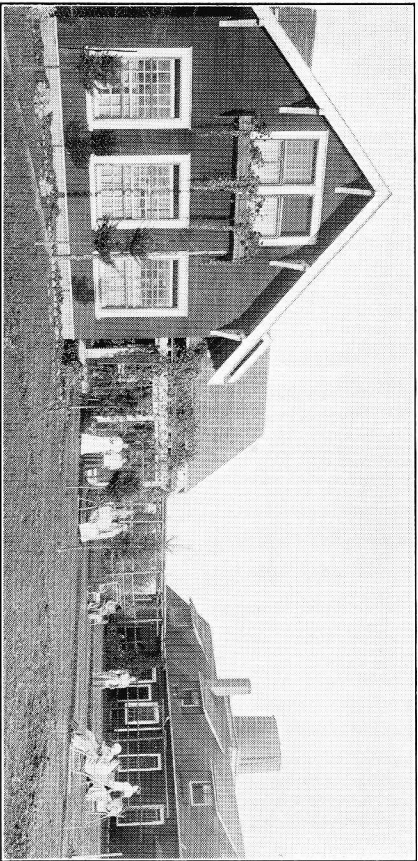
This is cared for by a system of septic tanks, recently reconstructed. The over-flow when not used for irrigation is received in cess pools 20 to 40 feet deep into an old river gravel bed.

THAT SENSE OF COMFORT

The largest amount of porch space per patient at this institution for the mentally ill known to us. Seats herein shown were made by the patients. Photo taken in mid-winter.



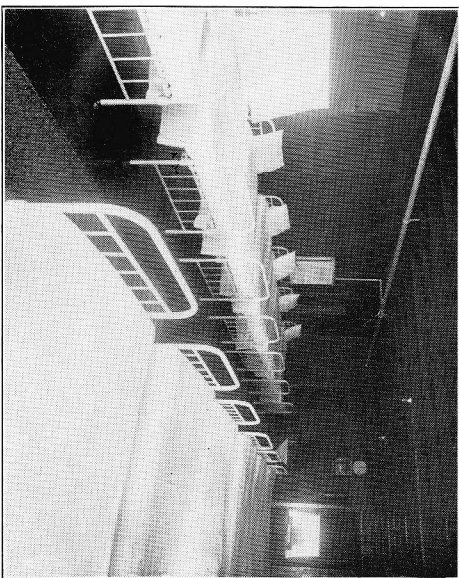
Comfortable Detention at Morningside
The Out-of-Doors at Morningside



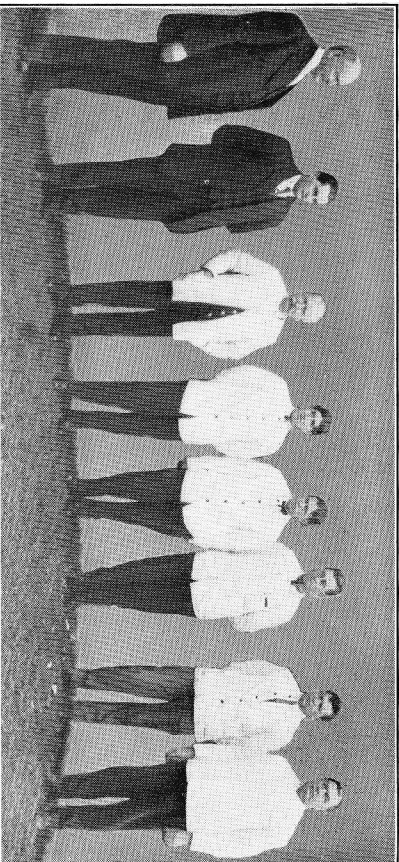
The mild equable climate usual at Portland permits our patients the greatest possible out-of-door enjoyment. This is good for their mental condition and a feature at Morningside. At some time of the day at least for 300 days of the

On the Ward

The beds at Morningside are clean and sweet. Every patient sleeps alone. Each patient has a bed with comfortable springs and mattress, a good pillow, ample blankets and also scrupulously clean white sheets, pillow case and coverlid.



A Group at Morningside



Dr. Luckey, Dr. Snider and Supervisors

year our patients go upon the grounds. Other days they use our many open or screened porches. Portland is neither unduly cold in winter, nor unduly hot in summer.

The Soldier Patients

In May, 1919, after many preliminary conferences, Morningside Hospital took over the care of certain War Risk Insurance cases, under agreement with the U. S. Public Health Bureau, of which Dr. Rupert Blue is surgeon general.

An entirely separate edifice, the Soldiers' House, was made available for this service, entirely apart from the other patients' quarters. This building had just been finished for an increasing service from Alaska. Alaska had been hard hit by the war and instead of an increase therefrom, this service had actually shrunk in numbers. For the time, at least, this building was possible for service.

It is 110 by 50 feet in size, and is equipped with electricity and all forms of hydro-therapeutic appliances for the modern treatment of diseases of the nervous system.

It has neither bolts, bars or locks, and the patients are treated upon the open door system. It has been deemed best not to deface the building by such appliances on account of the moral benefit from their absence to the patients, even to the extent of placing an occasional patient, where restraint has been imperative in the other departments of the institution.

This service is as yet small. On December 1 it consisted of ten patients. Six of these improved or recovered and left the institution during the month of December, to be followed by the admission of others taking their place.

These patients are under weekly visiting surveillance of committees of the Fathers' Club, the Mothers' Society, the American Legion, the Ladies' Auxiliary and other war societies, as well as of the Red Cross, which maintains a training school at Morningside Hospital for these and any other patients at the institution desirable for such service. The regular U. S. Vocational Board for Soldiers also exercise supervision here.

To say that our work finally has met with the approval of all these, tells a story of patience, persistence and good-natured co-operation, all around commendatory to these earnest supervisors and to our officers and employes.

Dr. Hugh de Valin, Seattle, Wash., surgeon of the U. S. M. H. S. is our chief supervisor of the Thirteenth District, which includes Oregon, Washington and Idaho.



Music Room in Soldiers House

RATES

St. Elizabeth's Hospital, considered by alienists the best managed hospital for the insane in America, with its 3500 patients over which to distribute its overhead, in the charges for CARE only for a group of 1000 or more patients from the District of Columbia, since August, 1919, has been receiving \$45 per patient per month. With the general knowledge of continued increasing costs everywhere had by your Department which dips into every phase of life and cost of living, it may seem superfluous for us to say anything here to you about inadequacy in the present Government allowance for the care of the Alaskan patients. Our rates are slightly less than St. Elizabeth's, yet we must provide also shelter, buildings, grounds and all equipment.

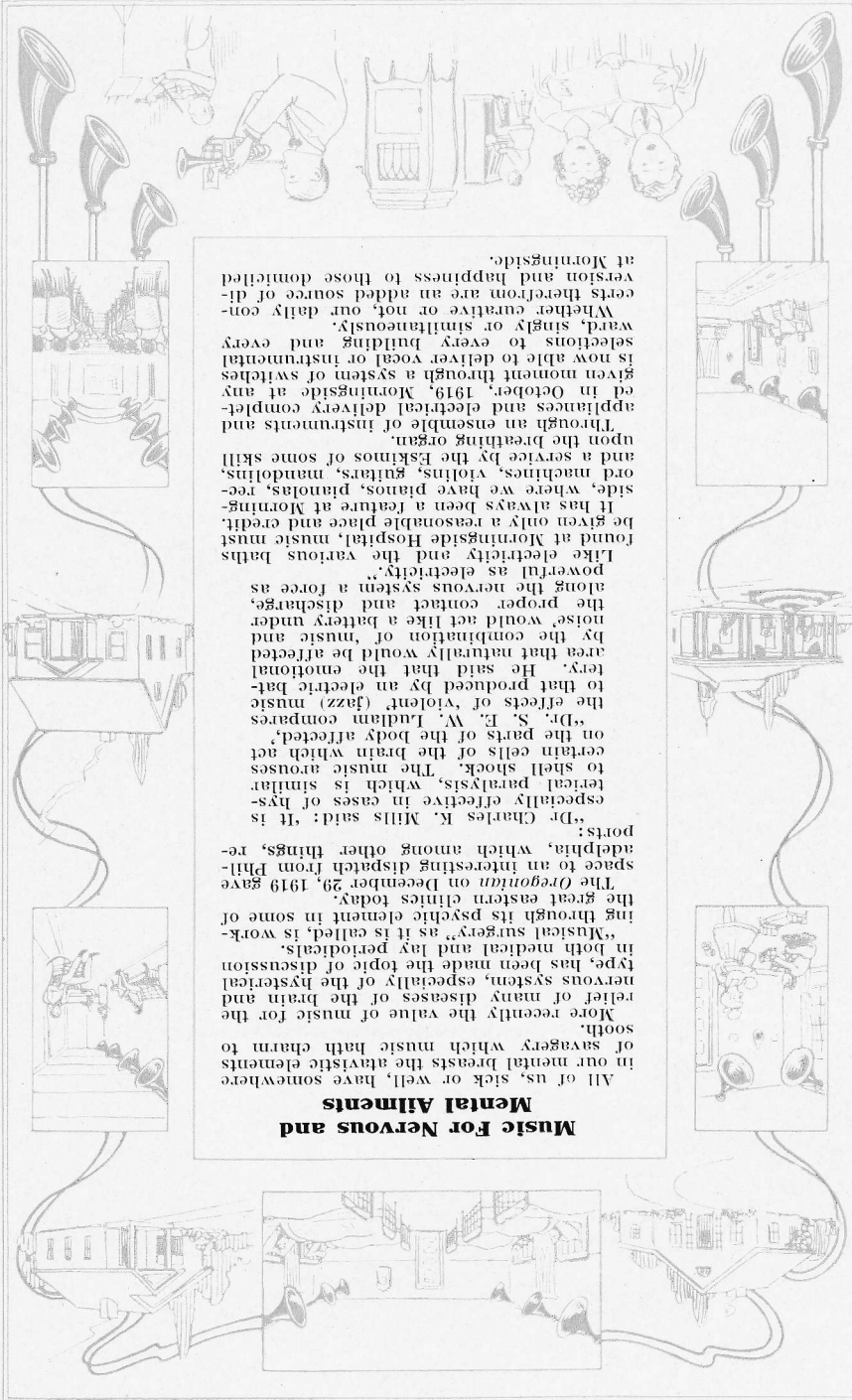
We are deeply grateful for the assistance we have had in the matter of slightly increasing rates from time to time from you and your Department as well as for like suggestions from Gov. Thomas Riggs, Jr., of Alaska, and from others along similar lines.

We are right now where we have been several times since the European War started. We made request for a rate of \$45 last July for the year beginning next July. We thought expenses would from last July monthly decrease, instead, as with our former estimates, everything keeps steadily going up, in spite of every effort on the part of the Government to cut down prices. Potatoes at Portland now are \$4.50 a sack. Flour raised again 60 cents a barrel on the first of January. Sugar again advances. Clothing has advanced 25 per cent during the last six months. Gloves, hats and shoes have advanced 15 per cent since July 1, 1919. Fuel is 25 per cent higher here than last year.

We asked for the year, beginning July 1, 1920, a raise only of \$3.75 per patient per month, or a total of \$45. We shall be glad to have this total so provided in the Sundry Civil Bill now before Congress, but may have to ask another slight raise next June in some Deficiency Bill if conditions continue to unfavorably go forward.

Save and Develop Americans

“When the whole story is told of American achievement and the picture is painted of our material resources, we come back to the plain but all significant fact that far beyond all our possessions in land and coal and waters and oil and industries is the American man. To him, to his spirit and to his character, to his skill and to his intelligence is due all the credit for the land in which we live. And that resource we are neglecting. He may be the best natured and the best clothed and the best housed of all men on this great globe. He may have more chances to become independent and even rich. He may have opportunities for schooling nowhere else afforded. He may have a freedom to speak and to worship and to exercise his judgment over the affairs of the Nation. And yet he is the most neglected of all our resources.”—*Secretary Franklin K. Lane.*



Music For Nervous and Mental Ailments

All of us, sick or well, have somewhere in our mental breasts the atavistic elements of savagery which music hath charm to soothe.

More recently the value of music for the relief of many diseases of the brain and nervous system, especially of the hysterical type, has been made the topic of discussion in both medical and lay periodicals.

"Musical surgery" as it is called, is working through its psychic element in some of the great eastern clinics today.

The *Oregonian* on December 29, 1919 gave space to an interesting dispatch from Philadelphia, which among other things, reports:

"Dr. Charles K. Mills said: 'It is especially effective in cases of hysterical paralysis, which is similar to shell shock. The music arouses certain cells of the brain which act on the parts of the body affected.'"

"Dr. S. E. W. Ludlam compares the effects of 'violent' (jazz) music to that produced by an electric battery. He said that the emotional area that naturally would be affected by the combination of music and noise would act like a battery under the proper contact and discharge, along the nervous system a force as powerful as electricity."

Like electricity and the various baths found at Morningside Hospital, music must be given only a reasonable place and credit.

It has always been a feature at Morningside, where we have pianos, pianolas, records, machines, violins, guitars, mandolins, and a service by the Eskimos of some skill upon the breathing organ.

Through an ensemble of instruments and appliances and electrical delivery completed in October, 1919, Morningside at any given moment through a system of switches is now able to deliver vocal or instrumental selections to every building and every ward, singly or simultaneously.

Whether curative or not, our daily concerts theretofore are an added source of delight and happiness to those domiciled at Morningside.