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TWENTIETH
ANNUAL REPORT

OF THE

SOUTH CAROLINA

STATE HOSPITAL FOR
THE INSANE

=====
FOR THE YEAR 1914



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COLUMBIA, S. C.
GONZALES AND BRYAN, STATE PRINTERS
1915

REPORT OF THE REGENTS.

Columbia, S. C., January 7, 1915.

To His Excellency, Cole. L. Blease, Governor, Columbia, S. C.

Sir: The Board of Regents of the State Hospital for the Insane have the honor to present herewith the twentieth annual report of the institution for the year 1914.

IN GENERAL.

The responsibility for the proper conduct of this institution we fully realize is great and of a very complex nature. While we believe we have improved conditions in some respects, we are by no means satisfied as yet, and as time goes on we hope to so organize and systematize the work that better results may be obtained at less cost than is now possible with the present antiquated buildings, equipments and methods. Recommendations looking to this end will be found in this report, which, if adopted by the Legislature, we believe will make for: First, the safety of the inmates and the property. Second, the better care and comfort of the inmates under more humane, healthful, sanitary and pleasant conditions. Third, the more economical and satisfactory administration of the affairs of the institution.

We have made these recommendations under two different heads, or views of policy.

1st. The improvement and modernizing of the property here in the city of Columbia so as to accommodate all the patients (except the tubercular) conveniently and economically; and,

2d. The development of State Park. We submit it is for the Legislature to determine which of these plants to adopt and thus definitely and permanently define the future policy of the institution.

CHANGES.

The following changes have taken place during the past year in the Board of Regents and the medical staff:

Col. John M. Cannon, of Laurens, was appointed Regent, vice T. R. Carothers, M. D., declined reappointment.

Mr. Alvin H. Dean, of Greenville, S. C., appointed Regent, vice Col. John M. Cannon, deceased.

Mr. Frank R. Hunter, of Newberry, S. C., appointed Regent, vice W. L. Settlemyer, M. D., resigned.

Mr. J. D. Bivens, of Ridgeville, S. C., reappointed for the term of six years.

T. J. Strait, M. D., was appointed Superintendent, vice Dr. J. W. Babcock, resigned.

Margaret Whiteside, M. D., was elected Second Assistant Physician, vice E. B. Sanders, M. D., resigned.

Dr. A. B. Patterson was elected, temporarily, Physician in Charge at State Park. He recently resigned, to take effect January 1, 1915. This vacancy has been filled by election of Dr. Frank D. Mower. We are using one of our staff at that point for the present until Dr. Mower takes charge.

It will be observed from the above that the Superintendent and the majority of the Board of Regents have been appointed during the past year. A change of this proportion in the management of this institution has not occurred before in a great many years. Naturally, it calls for a change of policy, to some extent. The present Board, with the Superintendent, are of the opinion that their policy should be largely influenced by the findings and recommendations of the two last Legislative Investigation Committees—that of 1909 and of 1914. You will, therefore, find these reports to the Legislature the basis of this report to you.

We have examined very closely the exhaustive report of 1909 Investigating Committee and their recommendations, and we are of the opinion that many of their suggestions should be carried into effect without further delay. Reference is respectfully made to and consideration asked for the report of Mr. George E. Lafaye, architect, submitted herewith, made for us recently, marked Exhibit "A." (Mr. Lafaye, of the firm of Shand & Lafaye, architects for the 1909 Investigating Committee.) As suggested by this committee, we would recommend that the present institution be improved:

- 1. Buildings and inmates rendered safe from fire.
- 2. Improve the sanitary conditions.
- 3. Put in thorough repair the buildings.

The most important of these is fire protection. For this an adequate appropriation should be made for:

- 1. Fire escapes where necessary.
- 2. Fire walls throughout the main building. (This building has about 900 patients, is 675 feet long, 250 feet wide at its greatest width, and has little or no safe means of exit in event of fire, and is totally without fire walls.)

To have the attention of:

- 1. Fire escapes.
- 2. Fire walls.
- 3. Central heating.

Total . . .

The institution could be remedied.

Furthermore, conditions now should be made.

The plumbing necessary added.

All toilet sanitary made.

All kitchen screened.

New sanitary made large.

Cement where foot.

The above

- 1. Plumbing
- 2. Toilet
- 3. Screening
- 4. Dumb
- 5. Cement

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Further improvement

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To have the above improvements would necessitate an appropriation of:

1. Fire escapes.....	\$20,000
2. Fire walls.....	5,000
3. Central heating and ventilating plant.....	50,000
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Total	\$75,000

The institution as now ventilated is unsatisfactory, and in the installation of the proper heating and ventilating plant conditions could be remedied, both as to health and economy.

Furthermore, it is necessary and essential to improve the sanitary conditions now prevailing here, and the following improvements should be made at once:

The plumbing should be put in good condition, and where necessary added accommodations provided.

All toilet room and kitchen floors should be laid in tile or other sanitary material, with provision for proper drainage.

All kitchens, dining rooms and milk houses should be properly screened.

New sanitary dumb waiters should be installed and, if possible, made larger, as recommended by the architect.

Cement runways should be put in basement of main buildings where food is transported from kitchen to dumb waiters.

The above improvements would cost, approximately:

1. Plumbing	\$ 6,000
2. Toilet room and kitchen floors.....	6,000
3. Screens	1,000
4. Dumb waiters.....	5,000
5. Cement runways.....	500
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Total	\$18,500

Furthermore, for the proper repair of the buildings the following improvements are needed:

1. All roofs repaired and painted.....	\$ 2,000
2. All worn-out floors replaced.....	8,000
3. Put plastering in repair.....	2,000
4. Plastering in Parker building.....	5,000
5. Woodwork repainted.....	5,000
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Total	\$22,000

Pathologist	1,500 00
Fire protection	500 00
Amusements	800 00
Ice plant	10,000 00
State Park, maintenance	15,000 00
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	\$347,700 00

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The above does not include the special imperative improvements hereinbefore urged.

With the present economic conditions, and the added expense incident to the running of the two institutions, we feel that the amount asked for maintenance will prove necessary.

Repairs. The institution must be kept in proper repair, and no less than that asked for will achieve this.

Regents. During the past year the Regents have found it necessary in order to inspect both plants adequately to spend more time on their visits, and to make their visits more frequent, hence the increase in this expense.

Specialist. An increase of \$250.00 in the amount for eye, ear, nose and throat specialist represents the added and necessary amount of time that he could devote to the inmates.

Diet Kitchen. The diet kitchen is one of the most important features of the institution, and to be properly conducted an assistant must be provided to accomplish the vast amount of work done here.

Ice Plant. The question of the necessity and ultimate economy of a local ice and refrigerating plant has been discussed in past reports, and we again bring it to your attention.

State Park Farm. Owing partly to a destructive hail storm during the summer season, and heavy rains, the productiveness of State Park Farm has been much less than anticipated.

The \$15,000 for maintenance of this department will be the least that we can hope to accomplish our ends with.

With these needed improvements the plant here in Columbia would be placed in good condition and enable us to care for the inmates more economically and better, as well as more safely.

Thanking your Excellency for the interest you have taken in the institution during the past year, and assuring you of our readi-

FINANCIAL STATEMENT.

Expended for:		\$290,516 51
Maintenance		17,595 46
Repairs and improvements		5,000 00
Equipment State Park		500 00
Fire protection		876 14
Amusements		99 63
Patients' personal accounts, rebates		1,855 85
Regents, per diem and mileage		
		<hr/>
		\$316,443 59

Average population for 1914, 1,649.
 Annual per capita cost, support, \$176.18.
 Daily per capita cost, support, 48 cents.

CLASSIFICATION OF ACCOUNTS.

Amusements	\$ 876 14
Automobiles	2,704 37
Bedding	14,582 46
Butter and cheese	5,237 46
Clothing and dry goods	20,819 19
Coal, anthracite	8,601 22
Coal, bituminous	6,580 46
Ice	3,394 23
Insurance	191 70
Fruit	3,711 95
Furniture and fixtures	387 94
Groceries—Rice	6,723 90
Sugar	6,189 57
Coffee	3,008 94
Tea	571 59
Sundries	19,063 59
Interest	595 35
Meat and lard	27,137 41
Medical supplies	6,646 64
Office expenses, stationery, etc	1,246 08
Personal accounts, rebates, pay patients	99 63
Postage, telegraph and telephone	1,152 87
Poultry and eggs	13,148 63
Shoes	3,391 83
Soap	1,837 98

Tobacco

Transportation

Whiskey and alcohol

Wood

Vegetables

Regents

Officers, physicians

Supervisors and

Kitchen

Laundry—Labor

Improvements

 plies, \$9,134

Asylum Farm—

State Park—La

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Miscellaneous

Sundries

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Southern S

Dixie Pack

Perry-Mar

Clark Mar

Palmetto

Stewart F

J. W. Bo

Babcock-

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Palmetto

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EXHIBIT A.

November 30, 1914.

J. A. Summersett, President Board of Regents, State Hospital for the Insane, City.

Dear Sir: Pursuant to your request, I have thoroughly inspected the condition of all the buildings comprising the State Hospital for the Insane.

This inspection was made with a view:

1st. Of ascertaining the necessary repairs and improvements that are urgent to protect the buildings and to improve their sanitary and safe condition.

2d. Of suggesting improvements that would facilitate the management of the institution, economical maintenance, make the buildings sanitary and to improve the safety, comfort and appearance of the buildings.

3d. Of suggesting such additions and alterations to the present buildings as to increase their capacity so as to care for all the present inmates except those patients suffering from tuberculosis.

Upon a previous occasion, Mr. G. E. Shand and myself made a thorough inspection of this institution and I refer you to our report embodied in the report of the "Legislative Committee to Investigate the Hospital for the Insane" in 1910. At this time I visited several similar hospitals in the South and North to study the arrangement and equipment of similar buildings.

In the care and up keep of an institution of such proportions as this one, there should be some system in maintaining the buildings in proper repairs or otherwise the depreciation of the buildings becomes quite rapid.

I would recommend that a careful survey be made of all the buildings at least once a year by a competent person, to ascertain just what is necessary to maintain and keep the buildings in thorough condition, to estimate the probable cost and see that it is expended properly for this purpose. In addition to this appropriation, there should be an appropriation to meet the emergency repairs during the year. It will cost a considerable sum to put this institution in proper repair, but when this is done, the cost of maintenance will be considerably less than it is at present and the general conditions greatly improved.

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NECESSARY REPAIRS AND IMPROVEMENTS.

I find the necessary repairs and improvements that are urgent to protect the buildings and improve the sanitary conditions, and economical management in the individual buildings are as follows:

OLD ASYLUM BUILDING.

1. The exterior of this building needs repairs to the plastering on the front porch and general repairs to porches and outside wood-work.
2. The floors throughout are very old and worn out, and should be taken up and replaced.
3. The floors of toilets should be relaid with vitreous tile.
4. New doors to all openings in sleeping rooms.
5. The plastering is in bad condition and should be renewed where necessary.
6. All walls and woodwork should be painted.
7. The roof and down spouts need repairs and painting.
8. The kitchen should be rebuilt and made adequate and sanitary.
9. The sheds in rear of buildings need repairs, and if retained should be repaired and a new metal roof put on. I would recommend that they be torn down and the basement rooms abandoned.
10. The wooden wards should be torn down.
11. New sanitary dumb waiters should be provided. The present ones are unsanitary and are not large enough.
12. The plumbing needs repairs and some of the fixtures that are unsanitary need to be renewed.
13. The heating system to this building is an old hot air heating system, and if retained should be put in good condition and extended so as to avoid the use of stoves.

MAIN BUILDING.

(Including Administration Building and Wards.)

1. The exterior of this building is in good condition. The gutters and down spouts need repairs and the roof painting.
2. The wooden floors, especially in the corridors, are worn out and need to be renewed.
3. The floors of toilets that are now wood should be relaid with vitreous tiles and those that are of cement should be relaid with tile.
4. Parts of the plastering need repairs and some parts of the plastering on ceilings especially need to be renewed.

5. All of the walls and woodwork should be painted that are not already painted, and in good condition.

6. A great many of the doors need repair, some of them need to be renewed.

7. The dumb waiters are old wooden ones and not large enough and should be replaced by new, sanitary and larger ones.

8. The runway in the basement which is used for distributing food should be paved, as wooden boards now used are constantly rotting out and are unsanitary.

9. The kitchen floor and the floors in storerooms, etc., adjacent to the kitchen, should be renewed. Part of the kitchen floor is of slate tile and part of brick; the brick should be taken up and tiles to match the others put down. The floors of storeroom, etc., should be paved with a cement floor.

10. The screens in kitchen need repairs and other screens provided to thoroughly screen the kitchen. I would recommend new screens entirely, the present screens are no good.

11. The plumbing fixtures in a great many of the toilets are unsanitary and should be renewed. Some of the fixtures need repairs that would put them in condition to be continued in use.

12. The center wing is partly heated with indirect radiators in the basement which are not housed, thereby furnishing the basement air to the rooms above. These should be housed. The present hot air system needs repairs and some that draw their air from the basement should have fresh air intakes; those that do have fresh air intakes are inadequate. The heating system in the building should be extended and put into good condition unless a central plant is put in.

PARKER BUILDING.

1. The roof of this building needs to be repainted. The gutters and down spouts need to be renewed.

2. The wooden porches on the south side should be taken down, the central portion retained and repaired.

3. The first floor of the building is very dark and poorly ventilated. This could be improved by opening two of the rooms into the halls.

4. The floors of this building are in very bad condition and should be renewed.

5. The walls are not plastered and the brickwork not thoroughly painted. The walls should be plastered and painted.

6. The entire building should be painted.

7. The doors on all of open doors to allow air to circulate.

8. This building should be abolished and a new one designed as a part of the city.

9. The plumbing fixtures are not sufficient and should be installed.

1. This is a new building and down spouts should be installed.

2. The plumbing fixtures should be installed.

This building should be a new and large one.

1. The dumb waiter should be a new and large one.

2. The screens should be screens for this building.

3. The floor should be covered with a new floor. The floor can be renewed.

1. The floors should be renewed and in very bad condition.

2. The doors should be renewed.

3. Some of the fixtures should be painted.

4. The plumbing fixtures should be replaced with additional water-closets.

This building should be a new and large one.

1. The roof should be renewed.

2. General repairs should be made.

6. The entire building needs painting. All walls and woodwork should be painted.
7. The doors on first floor should be renewed, using some form of open doors to allow more light into the halls and to allow the air to circulate.
8. This building is now heated with stoves. These should be abolished and a new system of steam heat put in, which should be designed as a part of a general heating system recommended.
9. The plumbing is in very bad shape and needs repairs. There are not sufficient accommodations and additional fixtures should be installed.

PARKER ANNEX.

1. This is a new building and is in good condition. The gutters and down spouts need repairs and the roof painted.
2. The plumbing needs repairs.

NEW DINING ROOM.

This building is in good condition except as follows:

1. The dumb waiter is too small and is unsanitary. There should be a new and larger one.
2. The screens are very poor and I would recommend new screens for this building.
3. The floor is of brick and I would recommend that this floor be covered with a cement floor and floor drains provided so that the floor can be easily cleaned.

TAYLOR BUILDING.

1. The floors in this building in all the corridors are worn out and in very bad condition. These should be renewed.
2. The doors on first floor should be renewed with open doors.
3. Some of the walls need painting and all of the woodwork should be painted.
4. The plumbing needs repairs. There should also be an additional water-closet on each floor.

TALLEY BUILDING.

This building is in good condition.

1. The roof should be painted.
2. General repairs necessary.

FIRE PROTECTION.

The outside of the buildings is very well protected by hydrants. I would recommend two extra hydrants to be placed in the rear of the main building. All of the buildings are provided with standpipes and hose.

The house and standpipes should be tested and put in shape for service and periodically tested and examined.

APPROXIMATE COST OF REPAIRS AND CHANGES.

OLD BUILDING.

1. General repairs to exterior.....	\$ 500 00
2. New floors	2,000 00
3. Toilet room floors.....	750 00
4. New doors	500 00
5. Plastering	750 00
6. Painting	1,000 00
7. Roof	150 00
8. New kitchen	2,000 00
9. Removing sheds	100 00
10. New dumb waiters.....	1,000 00
11. Plumbing	400 00
12. Repairs and extensions to heating system.....	300 00
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	\$ 9,450 00

MAIN BUILDING.

1. Repairs to roofing and painting.....	\$ 1,000 00
2. Floors	3,500 00
3. Toilet room floors	4,000 00
4. Plastering	1,000 00
5. Painting	4,000 00
6. Doors	1,000 00
7. Dumb waiters	3,000 00
8. Runways in basement.....	500 00
9. Kitchen floors	500 00
10. Kitchen screens	250 00
11. Plumbing	2,500 00
12. Heating	1,500 00
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	\$22,750 00

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6. Painting ..
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8. Heating ..
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PARKER BUILDING.

1. Roofing and painting.....	\$ 350 00
2. Porches	500 00
3. Cutting out rooms.....	400 00
4. Floors	2,000 00
5. Plastering	5,000 00
6. Painting	2,000 00
7. Doors	500 00
8. Heating	3,500 00
9. Plumbing	1,500 00
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	\$15,750 00

PARKER ANNEX.

1. Roofing and painting.....	\$ 100 00
2. Plumbing	250 00
	<hr/>
	\$ 350 00

NEW DINING ROOM.

1. Dumb waiter	\$ 750 00
2. Screens	400 00
3. Floors	500 00
	<hr/>
	\$ 1,650 00

TAYLOR BUILDING.

1. Floors	\$ 1,500 00
2. Doors	500 00
3. Painting	1,500 00
4. Plumbing	1,000 00
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	\$ 4,500 00

TALLEY BUILDING.

1. Roofing	\$ 250 00
2. Screens	150 00
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	\$ 400 00

NORTH BUILDING.

1. Roofing and painting.....	\$ 250 00
2. General repairs	250 00
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should be permanent and not require the constant expenditure of money to keep them up.

DUMB WAITERS.

In the different buildings where food is handled from the kitchen to the upper floors, I have recommended that new dumb waiters be provided. I recommended further that when these are changed it would be a great deal better to make them large enough for the trucks that bring the food from the kitchen. The trucks as they come from the kitchen could be elevated to the proper floor and avoid the handling of the dishes so many times.

HEATING AND VENTILATION.

The heating of the buildings is now done by a number of separate heating plants. The majority of the buildings are heated by means of gravity hot air systems, some by steam from the power plant and some by stoves and grates.

There is practically no ventilation except by flues in some buildings that are inadequate. The amount of heat at present is not sufficient if proper ventilation were given.

The present system requires the upkeep of a good many fires in furnaces, stoves, grates, besides the numerous fires of the hot water heaters. There are fifty to sixty such fires to keep up. The fuel is received on cars near the power plant and shoveled from cars into bins and from there must be taken in wheelbarrows and handled to the different furnaces.

The heating and ventilation of this institution is antiquated and inadequate.

I would recommend that all buildings used for wards be heated by steam furnished from a new boiler house and electric driven fans located in basement, be used to force the requisite amount of fresh air for ventilation over steam coils up through flues and registers into the wards above. The present hot air vent flues will be used as far as practicable and new ones built where necessary, to give a proper distribution to the warm air and to remove the foul air.

The administration building could be heated with direct steam radiators and by indirect radiators for the general offices, amusement hall, etc. Those buildings now heated by steam could be incorporated into the general system.

patients during the day, and not shut themselves in their rooms apart from the patients. Their presence is always essential to cheer the despondent, to curb the excited, and to maintain quiet and good order in the wards.

7. When the medical officers make their visits the nurses and attendants are expected to suspend, for the time being, the work in which they may be engaged, and be ready to report the condition of every patient, to attend upon the physicians during the time of the visits, to respond to their inquiries, and to receive from them any suggestions or special directions. Their personal attendance is also equally required if the visit of the medical officer be unprofessional, or with company. Neglect in observance of this requirement can only be construed as evidence of wilful disrespect, or want of wholesome training.

8. The removal of one patient from one ward to another must never be made except by the order of a medical officer, and no permanent transfer will be made without the authority of the Superintendent, who is responsible for the proper classification of the patients. Unless specially ordered by the physicians, every patient must take a warm bath once a week. For those of unclean habits there can be no rule but that of necessity; and vigilance in this respect is especially enjoined. Unless ill or feeble, patients must not lie upon their beds during the day, as it tends to interfere with the rest at the proper hours for sleep.

9. *a.* System in the performance of the daily routine is particularly enjoined. The first duty of attendants is to rise promptly at the morning signal and make their own toilets before leaving their rooms, never returning to complete the same after unlocking the doors of the patients' rooms, as there are always those who need immediate and personal attention and assistance from them in dressing and preparing for the morning meal. Beds should be thrown open, and not made up before breakfast, but left to air with raised windows, if the season of the year will permit; but all slops and filthy bedding should be at once removed, and all work of immediate necessity in connection with the sleeping rooms be performed; but, aside from the things just mentioned, the general work of putting the wards in order for the day should be left until after breakfast. It is most important that the first hour of the day should be devoted to the personal care and oversight of the patients in respect to securing decent attention to matters of toilet and dress, and no one should ever be allowed to come to the breakfast table with face and

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hands unwashed or hair uncared for. The sick and those for any reason restrained in bed at night should receive early and careful attention.

b. After breakfast the rooms of the patients should first be put in order, then the halls and bathrooms. All this should ordinarily be accomplished before the usual hour for the visit of the physicians, after which the outdoor exercise of the patients should follow, according to the regulations prescribed by the medical officers.

c. At the dinner hour every attendant must be on duty, and those in charge of the dining rooms must be active in assisting patients requiring help, and see that every one has a sufficiency, and that decent proprieties are observed. Ample time must always be allowed for eating, and as each one leaves the table the nurse or attendant must see that neither a knife, fork, nor spoon is taken away. Attendants responsible for the serving of patients unable or unable to eat at table, must see that their dishes, spoons, knives, and forks (if the latter are allowed) are all returned to the dining room, where all must be counted after every meal. These are duties belonging especially to the attendant, and must not be delegated to patients who assist. Under the direction of the sick nurses particular care must be taken that the special diet prescribed by the physicians in individual cases is faithfully served to those for whom it is designed, and that the meals of those confined to their rooms be promptly served. If patients refuse food, the fact must be reported to the Assistant Physician. No patients shall be allowed to assist in the work of the dining rooms, except by permission first obtained of a medical officer. The carving and distribution of food at the table is a personal duty of the attendants.

d. The afternoon exercise, as a part of the daily routine, must be carried out to the fullest practical extent under the direction of the physicians; and the duty next in importance to those mentioned, and which will exact more or less time of each day, is the care of the storerooms and clothing of the patients. About this attendants cannot be too particular. Clothing belonging to one individual must never be used by another, and, when needed, repairs must be attended to promptly.

e. When the work specified is performed, the attendants are desired and expected to engage in amusements and diversions of the patients, and when thus occupied will be regarded as in the line of their duty. This is particularly enjoined in the evening. The hour of retiring is like that of rising, an important one. It is neces-

dition and use of the boilers, and be responsible for the proper and economical use of fuel and all materials provided, and shall report to the Superintendent any defects or wants existing at any time.

THE KITCHENS.

1. The Housekeepers, under the direction of the Business Manager, shall have immediate oversight of the kitchens, cooks, and scullions, and shall see that they perform their respective duties in a faithful and satisfactory manner. They shall have charge of the groceries, provisions, and other stores placed in their hands by the Steward, and shall see that they are judiciously and economically used for the benefit of the patients.

2. They shall, themselves, issue daily, on a scale previously determined by the Superintendent, all the supplies and provisions needed for the dining rooms and diet tables under their care. Every article issued shall be weighed or measured and an accurate account of the same kept on their books. They shall be guided in their issues of food by the number of rations shown daily by the diet tables kept in their departments.

3. They shall make monthly a written report to the Steward of all articles received in their departments, of all the issues, and the quantities remaining on hand at the close of the month.

4. They shall personally superintend the preparation and cooking of the food for the dining rooms under their supervision, and see that it is sufficient in quantity, of good quality, well cooked, and warmly served.

5. They shall see that everything is kept scrupulously clean and orderly in and about the kitchen and storerooms, and shall allow no visitors or loiterers in either of these departments.

THE BAKERY.

1. Under the general direction of the Business Manager, the Baker shall make whatever bread may be required, and shall also attend to whatever requires the use of the oven—as meats, pies, cakes, etc.

2. He shall take charge of all flour and other supplies furnished him, and be responsible for the safe-keeping and economical use of the same.

3. He shall have the immediate oversight and direction of the persons employed in his department, and shall be responsible for the neatness and good order of the bakery, bread room, and the

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