



NINETY-SECOND
ANNUAL REPORT
OF THE
SOUTH CAROLINA
STATE HOSPITAL
FOR THE INSANE

FOR THE YEAR 1915



COLUMBIA, S. C.
GONZALES AND BRYAN, STATE PRINTERS
1915-1916

REPORT OF SUPERINTENDENT.

To the Board of Regents, State Hospital for the Insane, Columbia,
S. C.

Gentlemen: In accordance with your requirements, the ninety-second annual report of the Superintendent for year ending December 31, 1915, is herewith submitted.

Upon assuming the duties of Superintendent on May 1, 1915, a study was immediately begun to ascertain the most urgent needs of the Hospital and how to meet them. In contemplating this problem, two objects have been kept prominently in view, namely, the better care and treatment of the patients and the conserving of the appropriation for the gross maintenance, expending it to the greatest advantage possible for the patients.

The Central Islip State Hospital, Central Islip, N. Y., at the request of the Superintendent, loaned this Hospital the services of Dr. G. C. H. Burns for two weeks during the early part of May, who, during his short stay, made many valuable suggestions for the betterment of the Hospital. Leaving Dr. Burns in charge, the Superintendent was enabled to attend the meeting of the American-Medico Psychological Association at Old Point Comfort, where he met the heads of a number of institutions from all over the United States and gathered much valuable information, both in regard to the care and treatment of the insane and administrative methods. During this time, also, the Superintendent visited a number of institutions in the North seeking information as to how the remodelling could best be done. Some of the Board of Regents also visited other hospitals independently and at a subsequent meeting of the Board the information gathered from these various sources was presented and discussed. The undesirable features of this Hospital, such as the overcrowding, dark, unhygienic wards, inadequate sanitary arrangements, contrasted strongly with the better features of the hospitals visited, and the needs of this Hospital were very apparent.

After a careful consideration, the most urgent needs appeared first to be the remodelling of the wards for white male patients where the lack of bathing and toilet facilities and the necessity for open wards and day rooms was clearly seen; second, a congregate dining room for white women patients, thus relieving, to a large

extent, the overcrowded conditions in the female department by converting the numerous small ward dining rooms into ward space, also giving a more economical and efficient method of feeding the patients; fourth, the need of a sanitary dairy; fifth, a central heating plant and modern laundry machinery.

At the very onset certain difficulties were encountered, which have served to delay and prolong the process of improvement.

The old plan of the buildings which did not lend itself readily to remodelling, and the run-down condition in which everything about the Hospital was found, made it necessary to tear out and rebuild almost completely, thus adding to the expense and the time taken for completion.

Moreover, in order to bring about the improvements and to convert the male wards, it became necessary to provide a place to accommodate the white male patients. Some time previously the failure of the water supply at the State Park, the details of which problem have been set forth in the report of the Engineer, made it necessary to transfer back to Columbia a large proportion of the colored females, it being possible to supply only about 100 patients at the Park with water. Before the accommodations for the white male patients could be provided by returning the colored women to the State Park, the water supply at the latter place had to be further developed. An adequate supply having been provided, in July the colored females were moved to the State Park. The old building was then thoroughly cleansed and put in order for the white males, and actual operations were begun by tearing out the interior walls, and so forth, of the old wards in preparation for the remodelling.

A factor which is making the expense of the first part of the remodelling proportionately greater than the latter part is the fact that the future has to be provided for, and in installing such improvements as a central heating plant, greater facilities than can be used or made available at the present have to be planned.

Another factor increasing the expense of improvements is the almost total lack of furniture for the wards throughout the Hospital. Much of the little furniture on hand is dilapidated, and the general bareness of the wards makes it necessary for the patients to use their beds for lounging purposes, making the wards untidy in appearance and increasing the difficulties of an already overtaxed laundry.

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The efficiency of the operating room has been greatly increased by the addition of many much needed instruments.

Shower baths were temporarily installed in the white male and colored male departments in order to provide proper bathing facilities until the permanent improved equipment had been provided.

Two hydrotherapeutic or continuous baths were put in the basement of the Talley building, providing additional means for the care and treatment of disturbed white female patients.

A white male and a female night supervisor have been appointed, insuring a better care of all the patients at night. It is their duty to make frequent visits to all wards, both white and colored, in the male and female departments, respectively, see that the proper care is given the patients and that the night nurses are in general attending to their duties.

An experienced pharmacist was placed in charge of the drug room. This not only insured greater efficiency in that department, but also relieved the male day supervisors who had formerly attended to the dispensing and allowed them to devote their entire time to their respective departments.

The white male nurses have all been uniformed in white duck, adding greatly to the neatness of their appearance and serving to distinguish them more readily from the patients.

Many of the rooms, ward corridors, pantries, dining rooms and bath and toilet rooms in the white female department have been repainted, in a number of the latter more sanitary equipment being installed.

New equipment has increased the efficiency of the laundry to a high degree. This is noticeable throughout the Hospital, the improved appearance of the ward linen and the patients' clothes being most gratifying.

The installation of a modern telephone system connecting all parts of the Hospital with a central exchange in the Main building has added greatly to the effective care of the patients. The telephone operator also acts as a clerk of information for visitors and the former objectionable custom of dependence upon colored messengers has been abolished.

The Dix Cottage, a frame structure on the grounds, has been remodeled, and devoted to the use of the white female nurses as a "Nurses' Home." The duties of a nurse for the insane are trying in the extreme and arduous. The nurses should not be compelled to sleep on the wards with patients, but should be provided with rest

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ADMINISTRATION BUILDING.

The first floor: Numerous store rooms for plunder, male attendants' sitting room, dining room and pantry. Main kitchen and store rooms and the morgue. Toilets for attendants.

The second floor: Superintendent's office, parlor, medical office, pharmacy, dining room for head nurse, chapel and toilets for officers and stenographers.

The third floor: Office for dentist and pathologist, sleeping rooms for physicians.

The fourth floor: Rooms for nurses.

SOUTH WING—MAIN BUILDING.

These are the wards in the Main building, south of the Administration building, and contain white male patients.

NORTH WING—MAIN BUILDING.

These are the wards in the Main building north of the Administration building, and contain white female patients.

TAYLOR BUILDING.

The Taylor building is adjacent to the male wards of the Main building and immediately in the rear of the south end and contains wards for the disturbed male patients.

NORTH BUILDING.

This building is north of the female wards of the Main building and contains white female patients.

TALLEY BUILDING.

The Talley building contains the more or less disturbed white female patients.

DIX COTTAGE.

This is a two-story frame cottage, and contained infirm white female patients.

PARKER BUILDING.

The Parker building is a four-story building and contains colored male patients.

PARKER ANNEX.

The Parker annex is a two-story building and contains colored male patients.

With the policy of segregation adopted, a general scheme of reconstructing these buildings for the white patients has been planned.

Investigations and study of the administration of like institutions, suggests that the following buildings should be provided:

ADMINISTRATION.

Executive, Medical, Attendants, Amusements.

PSYCHOPATHIC HOSPITAL.

MALE WARDS.

Custodal, Epileptics, Disturbed, Tuberculosis.

FEMALE WARDS.

Custodal, Epileptics, Disturbed, Tuberculosis.

PAVILION FOR CHILDREN.

CULINARY DEPARTMENT.

Kitchen, Store Room, Refrigerating Plant.

CONGREGATE DINING ROOM.

Male and Female Patients and Attendants.

NURSES' HOME.

CENTRAL HEATING PLANT.

INDUSTRIAL SHOP.

DAIRY.

Applying the above requirements to our present buildings, a general scheme of reconstruction is suggested, as follows:

ADMINISTRATION.

Remodel the present Administration building for the executive and medical officers, apartments for the senior and woman physicians, assistant physicians and internes, amusement hall.

PSYCHOPATHIC HOSPITAL.

Construct a new and modern building, to be used as a Psychopathic Hospital for male and female patients, equipped with hydro-therapeutic baths, operating room and morgue.

MALE WARDS.

Remodel present male wards in the Main building and Taylor building, utilizing the Taylor building for the disturbed patients and epileptics.

FEMALE WARDS.

Remodel present female wards in the Main building, North and Talley buildings, utilizing the North building for the epileptics and infirm and the Talley building for the disturbed patients.

TUBERCULOSIS.

Construct tuberculosis pavilions for these patients.

CHILDREN.

Build a separate building for children of feeble minds.

CULINARY DEPARTMENT.

Convert the present store room building into a new and modern kitchen building and build an extension between this building and the administration building, to be used as a part of the kitchen. Convert the present kitchen into the store room. Install in connection with the kitchen and store room an adequate refrigerating plant and coolers to manufacture ice and preserve the perishable stores.

CONGREGATE DINING ROOM.

Build a congregate dining room for the female patients and attendants. Enlarge the present dining room building for the male patients, so as to care for all the male patients and their attendants.

By doing this, it would dispense with the numerous dining rooms in the wards and supplement the capacity of the wards by the space gained by removing these rooms. It would insure a more satisfactory and economical manner of serving the patients with food.

NURSES' HOME.

Remodel and extend Dix Cottage for a temporary nurses' home and to build at some future time a permanent nurses' home.

LAUNDRY.

Remodel and equip the present laundry with adequate and proper machinery.

CENTRAL HEATING PLANT.

Build a central heating plant adjacent to the sidetrack, which will furnish steam to all buildings for heating and ventilation, hot water and cooking.

Construct a central station for the distribution of electric power for lighting and motors.

INDUSTRIAL SHOPS.

Convert Parker Annex into industrial shops for the male patients. Erect a building to be used as sewing room and industrial building for the female patients.

DAIRY.

Construct a new sanitary dairy barn. The present dairy barn is thoroughly unsanitary and has none of the modern conveniences essential to the production of milk under sanitary conditions. The buildings are old and decayed.

The Old Asylum building, recently occupied by colored female patients, and the Parker building, now occupied by colored male patients, could be remodeled and developed later, as the needs of the institution may require after the colored patients have been removed to State Park.

The above is what I would recommend as a general scheme of development for this institution.

A complete inspection of the buildings and my daily observations for the last six months reveal to me the unsanitary and depreciated conditions, the inconvenient arrangement and inadequate equipment of practically all of the buildings and the necessity of radical changes in the buildings and the installation of new equipment, in order to make them fully meet the requirements of a modern hospital.

The condition of the buildings, as they were when we started work and as they are now, except where we have improved them, were as follows:

ADMINISTRATION BUILDING.

This building is a well constructed building, but it was in a very dilapidated condition and not utilized to the best advantage.

The first floor was largely devoted to the storage of plunder, which was a waste of good space and a menace from a fire point. On this floor was located dingy quarters for the numerous male attendants, including their sitting rooms, dining room and pantry.

There was a small, poorly equipped toilet for these attendants, with no bathing facilities. The second floor, which is the main floor of the building, contained the reception room, office of the Superintendent, treasurer, medical office, pharmacy, dining room and pantry for head nurse, and the chapel. The third floor contained rooms for the head physicians, dental office, laboratory and amusement hall. The fourth floor contained rooms used for the women nurses.

The toilet facilities in this building were entirely inadequate and equipped with antiquated fixtures. All the floors were worn out and the plastering in very bad condition. The entire building needed repainting and renovating. The roof is decayed and needs to be recovered.

In the rear was located the main kitchen, with several store rooms and ante rooms, thoroughly unsanitary and inadequate to properly cook and serve food for so large a number of patients and employees. The floor of the kitchen is on a level with the basement and is directly under the chapel. The fumes and steam from the kitchen permeated between the floor of the chapel and has rotted this floor away and causes the odors from the kitchen to permeate the offices and rooms above. The food from this kitchen is carried in pans and buckets to the various dining rooms scattered about the different buildings. The kitchen is poorly supplied with cooking equipment, which is worn out and obsolete.

MALE WARDS MAIN BUILDING.

The male wards, which are south of the Main building, are merely a series of small cell-like rooms, with a central dark corridor running between them. Now and then there was a larger room originally intended as a sitting room. In some of the wards these were used as dining rooms, but where not used as such were filled with beds. These wards were inadequately provided with toilets and bathing facilities, and those that were there were small and equipped with unsanitary fixtures. The floors of the majority of these toilets were of wood or very poor quality of cement. All the plastered walls and ceilings were in bad condition, the floors of corridors and rooms were of wood and badly worn out. A portion of the first story had a tile floor.

Each ward had a porch attached to it, latticed in with wooden lattice work. The only stairway to these wards was a narrow, dark

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winding stairway and provided with no other means of exit in case of fire.

No fire walls divided this large building into units so as to keep down the possible loss of life and property in the event of a fire. The wards were overcrowded with patients, every space was taken up with beds, and the only chance the patient had of leaving his bed was to go into a dark hall or on to the porch, which, in cold weather, was uninhabitable. The arrangement and accommodation of these wards are not what they should be. Each ward should have a large dormitory, sitting room and a certain number of private rooms. Each should be provided with a light and airy porch and a fire escape.

WOMEN'S WARDS MAIN BUILDING.

The women's wards, which are north of the Administration building, are arranged in the same manner as the male wards, although not so badly crowded. The toilet and bathing facilities are inadequate, unsanitary and equipped with poor quality of fixtures.

The floors and walls are not in good condition, except in a few of the wards.

All of these patients are fed in dining rooms in each ward. There are eleven of these dining rooms, each provided with a pantry and dumb waiter to the basement.

Each ward has a flight of narrow stairs in a dark well, no fire escapes and no fire walls to divide this building into units.

These wards should be altered as suggested for male wards. Each unit should be rearranged so as to make larger dormitories of some of the small rooms and others made into sitting rooms. Larger and more toilet and bathing facilities should be provided, also porches and fire escapes.

TAYLOR BUILDING.

The condition of the Taylor building is practically the same, but is somewhat better than in male wards of the Main building. This building should be converted and equipped into proper wards at a reasonable cost.

NORTH BUILDING.

The North building is substantially constructed and has a basement and four floors above. The toilet and bathing facilities are inadequate and unsanitary, the floors are in poor condition and all the building needs repainting.

Your Board, having tentatively agreed to the general scheme of reconstructing the institution, as I have outlined before, instructed me to proceed with the work, and adopted the following scheme of procedure:

- Remodel the Administration building.
- Remodel the male wards, two sections.
- Build and equip the new kitchen.
- Build the Women's Congregate Dining Room.
- Build the new dairy.
- Convert Dix Cottage into nurses' home.
- Design a central heating plant.

In accordance with the above instructions, I prepared my plans for this part of the work, and will have the work completed in a very short time. I have rearranged and designed the different buildings in accordance with the best practice, along permanent lines, with a view of making the institution complete and a thoroughly modern hospital for the care of the insane.

A description of the improvements made to the different buildings, briefly stated, are as follows:

ADMINISTRATION BUILDING.

We have arranged this building in a most convenient and complete manner for the executive and medical administration of the institution.

The nurses, who formerly occupied the upper stories, were removed to Dix Cottage. We reclaimed the offices used as store rooms on the first floor and have arranged on this floor a laboratory for the pathologist. The dentist, who formerly had his office on the third floor, has been provided with an office on this floor. We have installed a large toilet and bath room adjacent to the male attendants' sitting room for their use. No provisions were made formerly for the bathing of these attendants, except upon the wards. We have provided toilets on this floor for the colored male and female servants in this building. One of these rooms is used for the printing plant. The rear part of this building, which is now the main kitchen, will be removed and this space made into the general store room for supplies. A new floor will be put in dividing the present kitchen into two stories, thus giving ample space for the general store room. This part of the work cannot be done until our new kitchen is completed and in use.

The main executive and medical offices are on the second floor. The space allotted to these offices was entirely inadequate. In the rear and over the kitchen was a large chapel, which we have converted into offices for the medical staff, and also made a lecture room in the rear portion of it. We have provided on this floor a toilet for the male officers and the lady stenographers.

On the third floor we have arranged two suites of apartments for the senior and women physicians each provided with a private bath room, a large sitting room, dining room, kitchen and pantry for the physicians and internes.

On the upper floor are provided bed rooms for the assistant physicians and such other officers who may be residents of the institution.

This entire building has been renovated, painted and put in good condition.

All toilets and baths have reinforced concrete floors and tile on floors and up five feet on walls.

DIX COTTAGE.

Dix Cottage formerly housed infirm female patients, who were removed to the North building. Some of the women nurses were living in the wards and others in the upper story of the Administration building. In order to provide a quiet home-like place for these nurses to live while off duty this building has been remodeled and converted into a nurses' home.

Nice dormitories were made of some of the smaller rooms, new bath rooms were installed and a large sleeping porch and sitting room were added to the building. This building is able to care for the majority of the nurses in a fairly comfortable way, but in my opinion, you should in the future build a nurses' home designed for the purpose with sufficient capacity for all of them.

MALE WARDS.

We have remodeled two sections of the male wards, in the Main building, containing seven wards or units.

In rearranging these wards we have torn out ten of the small rooms and converted these and the central corridor into a large dormitory with a capacity of thirty-eight beds, which, together with the private rooms, will give a capacity of forty-eight beds to each ward. The wall between the larger rooms and the hall in each ward was torn out and this space made into a sitting room. Adja-

cent to this sitting room we have constructed fireproof porches which contain also large and easy stairways. The present stairways have still been retained as additional fire escapes.

New toilet rooms have been built. These rooms are of sufficient size to accommodate the proper number of fixtures. Each toilet room is provided with four water-closets, two shower baths, a urinal and slop sink and three lavatories. In each sitting room is a drinking fountain provided with cool water. Drinking water conveniently located and of even temperature furnished through sanitary fountains will encourage the patients to drink plentifully. Adjacent to the toilet room is a bath room with tiled in bath tub and lavatory.

The toilet and bath room floors are built of reinforced concrete thoroughly waterproof. The floors are tiled and the walls have a five-foot tiled wainscoting. The partitions between the showers are of marble. All the plumbing fixtures are of porcelain and thoroughly modern and sanitary and have been installed in such a manner as to conceal all pipes in pipe wells.

The toilets and baths as built and equipped will be permanent and sanitary and represent a good investment for the comfort and protection of the patients.

The interior of all the walls have been replastered and new trim and interior wood work have been put in. We have put down a subfloor, and have finished the floors with the best grade of rift sawed pine with deadening felt between the floors. All angles in the wood work and walls have cove angles so that they can be easily cleaned. All the walls and ceilings have been painted with a waterproof paint so that the entire interior can be washed and kept clean.

We have constructed fire walls between each tier of wards so as to divide this wing into three separate compartments. Each compartment has a fireproof porch with broad, easy fireproof stairs, and also the permanent stairs as exits.

These wards have been completely rewired in conduit and ample lighting under proper control has been provided. The old buildings were only lighted in corridors, stairs and the sitting and dining rooms.

Each ward is provided with a large linen room and room for patients' clothes.

KITCHEN BUILDING.

The old storeroom, which has been converted into a kitchen, was a three-story building with a basement, and was located directly fifty feet in the rear of the present kitchen. We tore out the second

management of the fires among a great many employees. Some of the buildings are heated and others are not heated and none have any provisions for ventilation that is so essential to the proper care and treatment of the patients.

We have designed a central heating and ventilating system which will furnish steam for heating and ventilation and for the hot water in all the buildings.

The main boiler plant will be built on the sidetrack in the rear of the buildings and will be provided with coal chutes so that coal can be dumped directly from the cars into the coal bins and not shoveled off by hand on to the ground, as at present.

From the boiler plant will extend a large steam main of sufficient size for all the buildings from which branch lines will be taken into the different buildings.

The entire system will be operated on a vacuum.

All of the wards occupied by patients will be heated and ventilated.

In the basement of each of the ward buildings will be located an electric driven fan that will draw the air from the outside through an air washer and force it through heating coils and deliver it into the wards. These fans will furnish the proper amount of fresh air to maintain absolutely pure atmosphere within the wards at all times. The air will be discharged from the wards to the attic and escape through ventilators.

Supplementing this system of indirect heating there will be a direct system of heating which is controlled by thermostats and will automatically maintain an even temperature in the rooms.

All other buildings will be heated by direct steam radiators. The hot water will be furnished by a Berryman type of water heater placed in the basement of each building. This heater will be supplied with steam from the general system of heating.

At this time we are installing the mains from the present boiler-house to the Administration building and have arranged to utilize these boilers temporarily. We are also installing the heating and ventilation in the male wards, which we have developed, heating in the kitchen and Women's Dining Room.

ELECTRIC LIGHTING AND POWER.

We have installed a new system of electric wiring in conduit in the Administration Building, Kitchen, Women's Dining Room and Male Wards, which have been developed. We have installed new

lighting fixtures except where the old ones could be used. New high voltage lines have been extended to the institution into the central station, which we have designed. In this station will be located transformers to reduce the current to power current and lighting current. There will be a switch board located in this station from which lines will be run on iron poles to all buildings for light and power. We have installed an electric motor to drive the laundry and carpenter shop which will operate these plants more economically than the old steam engines which have been driving them. The fans for ventilation and the refrigerating machinery will be driven by electrical motors.

LAUNDRY.

The facilities of the laundry have been considerably improved by the installation of the following machinery :

- An additional washer.
- An additional extractor.
- A press.
- A continuous dry room.
- A dry tumbler.
- A large calendar or flat work ironer.

With the installation of this machinery the laundry has been able to care for the work of the institution regardless of the weather and with less help.

The above mentioned improvements represent the principal features of our work upon the permanent scheme of reconstruction.

We have, however, made other improvements, some of which were urgent and others temporary.

In arranging for a new kitchen it was concluded to utilize the old storeroom building as the location for the new kitchen and use the present kitchen for the permanent storeroom. The present kitchen could not be disturbed until the new kitchen was built, so, therefore, it became necessary to provide a storeroom while the present storeroom was being remodeled into a new kitchen. A temporary wooden storeroom building was built which will be demolished as soon as we can make the changes contemplated.

Temporary shower baths were installed in the Parker and Taylor buildings.

Two continuous baths were installed in the Talley building.