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The
Insane
of
Alaska



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

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LIBRARY AND MUSEUM

THE JOURNEY

"Let's do our level best, Old Pard, for the fellow
who can't for himself do the best."



LITTLE work, a little sweating, a few brief, flying years; a little joy, a little fretting, some smiles and then some tears; a little resting in the shadow, a struggle to the height; a futile search for El Dorado, and then we say Good Night. Some moiling in the strife and clangor, some years of doubt and debt, some words we spoke in foolish anger that we would fain forget; some cheery words we said unthinking, that made a sad heart light; the banquet with its feast and drinking—and then we say Good Night. Some questioning of creeds and theories, and judgment of the dead, while God, who never sleeps or wearies, is watching overhead; some little laughing and some sighing, some sorrow, some delight; a little music for the dying, and then we say Good Night.

—Walt Mason



A row of buildings at Morningside

ALASKA STATE LIBRARY
HISTORICAL COLLECTIONS



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of
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Cared for by the Sanitarium Company
at Portland, Oregon



Under Supervision of the
Department of the Interior

BOYER PRINTING CO., PORTLAND, OREGON

1917

DISCHARGED PATIENTS

Reference herein is briefly made to the fact that quite a percentage of those who have been restrained within an institution for the insane and later discharged, have no more likelihood of a recurrence of mental illness than those never declared insane. Some have in fact suffered more a delerium or a passing melancholy, due to exposure, alcohol, drugs, bad food, misfortune or other influences, and who have merely to keep away from former causes to remain in good health.

For the discharged insane who have or may return to Alaska, let me plead for their due consideration.

The good people of Alaska have a moral obligation to see that such persons have special consideration. That employment, helpful care, and most of all, sympathy, and a word of encouragement be given all such.

*"I was an hungered, and ye gave Me meat;"
I was thirsty, and ye gave Me drink:"*

—H. W. C.

DEDICATION.

To the Honorable, the Governor; and to the Senators and
Representatives of the Legislature,
Territory of Alaska.

Gentlemen:

It will soon be fourteen years since first the United States Government contracted with the undersigned for the care of the insane for Alaska.

The matter herewith is the first printed report touching this service which has ever been issued by the Sanitarium Co. It seems, therefore, very appropriate that such report should be addressed to the Governor and Legislature of Alaska.

In a rather informal way, an attempt is made to present some of the features of greatest value in the present care of these patients. Although no charges now rest against the institution, it seems to be not out of place to make some references herein to certain foolish and futile accusations which have come up during the long period in which Morningside Hospital has housed and cared for these patients.

Perhaps it may appear that too much space herein is taken in discussing criticisms and events long ago disposed of. However, in fourteen years some grievances must have accumulated, and pardon is craved for any undue references thereto in this my first opportunity to make reply. Then, too, the printer is being paid by me.

Many of the insane believe that they are being unlawfully detained, discharged nurses are sometimes resentful, and there is always the local politician, and the local community seeking the establishment of the insane asylum in its midst, and the man who aspires to a position in the management, all of which must be taken into account in considering complaints.

The Department of the Interior gives prompt attention to all complaints, and I am happy in knowing that in this long period, except as to minor matters suggested, every investigation made at Morningside has resulted in favorable findings.

I feel however, that you are entitled to hear the story of Morningside Hospital from me, and in pursuance therewith, permit me to most respectfully submit for your careful consideration the enclosed and following report.

Sincerely yours,

HENRY WALDO COE, M. D.,
Medical Director.

Portland, Oregon, March 1, 1917.

MORNINGSIDE.

"Wisdom is knowing what to do next; Skill is knowing how to do it, and Virtue is doing it."

The ideal care for the insane can never be hoped for at any great distance from a large city.

Portland, where these patients are now located, is the medical educational center of the Pacific Northwest. Here is situated the only medical college in the North Pacific region. Here reside its greatest medical instructors, and the best known specialists in mental disease in the Northwest.

Medical Consultants.

There are many physicians here whose reputations along the line of mental and all other classes of diseases are of highest value, whose services may be made of avail on a moment's notice. The opinions of these men are likely to be and often are accepted by patients and their friends, and are at times of inestimable value to the institution. Every year the service of these physicians has been invoked by friends of patients or by the institution itself, at the expense of the management, and in the interest of the patients.



Entrance, Men's Pavilion. Government View 1912

Location Ideal.

The hospital is situated in a suburb of Portland, with its more than a quarter 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, and the value of the property and equipment employed now exceeds \$200,000. The institution farms some 70 acres, largely in gardens of the most fertile land in the far-famed Willamette 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, plums, blackberries.

"*Vegetables*—Peas, potatoes, carrots, parsnips, cabbage, tomatoes, cauliflower, kale, beans, celery, pumpkin, spinach, onions, sweet corn, cucumbers, water melon, musk melon, lettuce, turnips, beets, radishes 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, United States Examiner.*

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 1000, 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.)

Porch Space.

Our porch space covers an area of over 200 feet in length, and from 8 to 12 feet in width, the largest porch space per patient of any institution known to us, which in the mild climate of Oregon is a feature of greatest value for these patients, who spend a large amount of time daily thereon.

Enclosed Park.

Nearly 50 per cent of our patients are under partial or entire parole, and are permitted the free use of the grounds and other liberties. For patients not permitted such privileges, in addition to the large freedom of the porches, an enclosure known as "Recreation Park" has been provided, where under rustic pavilions and the shade of over-hanging trees, patients are given a wide range of exercise.

Water Supply.

The water supply is from Bull Run, Portland's magnificent mountain water, brought 30 miles from the base of Mount Hood by steel pipe line.

Fire Protection.

The fire service includes the pipe pressure incident to the city of Portland, and a large reservoir above the level of the buildings for emergency purposes. The ward buildings are provided with stand-pipes and attached hose upon every floor, and in case of the larger buildings, in each end of the building. Buckets filled with water hang on brackets throughout the buildings. Hand fire extinguishers and small Babcock chemicals are placed throughout the buildings at convenient locations. Day and night nurses are on all the wards. In addition, a recent time clock service has been installed, which not only has given us the lowest rate of insurance, but maintains a constant surveillance as to those in charge in the respective wards at night.

Lighting and Gas.

The lighting system is as complete as Portland affords, being supplied by Portland General Electric. City gas for cooking is piped to the institution.

Heating.

The heating system is low pressure steam, generated in a boiler house, quite apart from the other buildings, and the service is considered perfect.

Sewage.

The sewage is taken care of by a perfect system of septic tanks, and deep overflow cesspools extending into the gravel from 20 to 40 feet deep.

Food.

"The patients are fed three meals a day, breakfast, dinner and supper. The food appears to be wholesome, and prepared in a cleanly manner. We inspected food and vegetables cooking on the ranges, or prepared for cooking, and found same satisfactory. The menu book showed a sufficient variety of food stuffs. In the stock room were found three nice-looking sides of beef, poultry, etc. The clothing worn by the patients as well as that in stock, was suitable for the purpose for which intended. It was cleanly."—*Departmental Attorney of Inspection.*

"All patients are given three meals a day, and the food served is well prepared, ample in quantity, and of good quality, the diversified diets as to meat, fish and vegetables, referred to in my last report, being maintained. About 28 gallons of milk is used daily, and butter, sauces and puddings are on the table at different times during the week, as has been customary. At the time I made inspection of the store room it contained also 185 pounds of smoking and chewing tobacco, of which the patients are allowed to use as much as they wish during the day."—*Inspector Dixon.*

Inspected Dairy.

Morningside has its own tuberculin tested dairy, ample to provide for the institution, and not a drop of milk nor a pound of cream, (nor a sack of vegetables raised on the place) has ever been sold. All has been used for the institution.

"Special diet is prepared for tuberculosis patients. Special complaints as to food are found quite groundless. The preparation of food was satisfactory and of good quality. The service was quite similar to that of state hospitals, but the food supply was of better quality."—*Dr. Bybee.*

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 untoward events among the patients ensue.

At Morningside.

On the well kept grounds.

Firs and rose hedge on left.

School house to right beyond. Orchard adjoins Base Line Highway, which runs between same and school property.



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

Drinking Fountains.

Everywhere fountains for drinking purposes have been installed. Portland's matchless Bull Run water alone is used at Morningside.

Bedding.

Our beds are clean and sweet with white sheets, pillowslips and coverlids. Each patient has his own bed, and sleeps upon a good pair of springs and mattress. Not one person in ten now with us had as good a bed in Alaska.

Bathing.

Bathing at Morningside is upon the most modern plan. While tubs are provided for occasional cases, regular baths are given under a spray. Patients who are sick are placed on a wire screen and washed under this spray, as the usual thing. Water for washing of faces and hands is provided by faucets of running water. Under these methods every patient bathes or washes in absolutely clean water. As all this water is warmed and flowing manifestly it is a much more expensive procedure than though the ordinary unhygienic tubs and wash basins were used.

Extreme Cleanliness.

The fact that in the past five years the institution has not had a case of typhoid, diphtheria, erysipelas, contagious skin eruption, or any so-called filth disease, demonstrates that cleanliness is a primal requisite at Morningside Hospital.

Our Neighbors.

The Sanitarium is situated in a populous region in the community, is now on good terms with its neighbors, who are, however, in a position to and do, report promptly any complaint which may come to their notice from the institution or those residing therein. Thousands of near-by watchful eyes and willing ears, it must be admitted, help to hold those in direct charge to the task of doing their very best. In no city in the world are the people more noted for their kindness to the unfortunate of every class within its borders. It is well for these patients that their home is found in this city surrounded by the kindly arms of a good-hearted people.

Patients Our Friends.

These patients from Alaska, many of them, have been with us for a long time. We strive to make every inmate a friend, and to give each case individual attention. These people, therefore, largely our personal friends, are receiving at our hands as much comfort as they could have anywhere, better than they would receive in most public institutions for the insane, and unspeakably more than could in any way be afforded them in Alaska.

Neither Homicide Nor Suicide.

We have already spoken of the evidences afforded by the absence of certain classes of diseases, that the patients are being well housed, fed and cared for. Let us also state that during the more than 13 years in which Morningside has cared for these patients, there has never been a serious casualty, either between patients or between patient and attendant, and never a case of either homicide or suicide in the institution during that time.

Vocational Treatment.

In basket weaving, needle work, crocheting, house work, etc., a fair amount of employment is found for the women patients.

Gardening and employment about the institution, so far as possible, is provided men patients, as advised by the Department.

MEDICAL SUPERVISION AND CARE.

PLUCK WINS. It always wins
 Though days be slow
 And nights be dark 'twixt days that
 Come and go.
 Still PLUCK will win. Its average is sure.
 He gains the prize who can the most endure,
 Who faces issues, he who never shirks,
 Who waits and watches and who always WORKS."

No institution for the insane in the country is so well provided with medical attendance per patient as is Morningside. Three physicians are regularly connected with the institution.

Medical Director.

Dr Henry Waldo Coe, for 25 years, has been identified with the care of the insane. He has studied the subject thoroughly both in this country and abroad. Morningside, in fact, is named after the great Scotch institution for the insane at Edinburgh, where Dr. Coe was the guest and student of Dr. Clouston, Europe's greatest alienist.

When these patients were taken over at Morningside Hospital, the Sanitarium Co. owned some 30 acres on the top of Mount Tabor, Portland. As the city encroached upon this property, and street, sewer and other expenses multiplied—culminating finally in one single charge of \$7000 for hard-surfacing along one side of the tract—together with other complications, there resulted the sale of this property and the removal of the institution to a spot one mile further east. At this time, also, the large institution, which had been carried on for some 20 years for the care of private patients, came practically to an end. Several changes at this time, some six years ago, and subsequently, occurred in the stockholding family of the Sanitarium Co., and recently, and for the first time in 17 years, all of the stock in this corporation has come into the possession of and belongs to Dr. Henry Waldo Coe.

Experience in Management.

At the time a large block of this stock was transferred to Dr. Coe, Special Inspector Dixon in 1914 had the following to say to the Interior Department:

"The taking over by Dr. Henry Waldo Coe of the Tuttle and Gillespie interests in the Sanitarium Company is a very satisfactory outcome of the whole affair. Personally I am much pleased that Dr. Coe, who has been

(somewhat) out of the company for more than two years, is again at its head, the business of which he established and successfully conducted for a period of 18 years. Being of a kindly disposition, and patient with those afflicted with mental troubles, coupled with his long experience in sanitarium work, as well as his observation as a visitor to institutions for the insane in many parts of this country and Europe, he is especially fitted for the duties he has recently assumed. Doctor Coe now has personal and direct charge of Morningside Hospital.

"The Sanitarium is now running more smoothly and under better system than I have ever observed during the three and a half years I have been in touch with it, and the mental and physical conditions of the patients, as a whole, appear much improved. The employes have a high regard for Doctor Coe, and under his control and personal management, the institution will, I am sure, be conducted in a very satisfactory manner."

Inspector Bybee Approves.

Dr. Addison Bybee, Special Inspector, had this to say:

"Doctor Henry Waldo Coe, the superintendent and owner of the Sanitarium, seems to have had a very considerable experience in Sanitarium management, and impresses me as being quite capable of being at the head of such an institution. In emergency cases of a surgical nature, Dr. Coe informs me that they do not hesitate to employ the best local talent available. In medical cases, as well Dr. Coe, when in doubt of the proper procedure in a given case, calls in consultation one of the many available medical men of the city of Portland.

"I have had a number of conversations with physicians of Portland regarding Dr. Coe's standing, and have been pleased to learn that he is considered a physician of ability. The State and County Medical Societies have honored Dr. Coe on more than one occasion, and Dr. Coe has been elected president of both societies.

Associate Physicians.

"Dr. J. W. Luckey, the first assistant to Dr. Coe, has been in both private and Government service, and is spoken of in the highest terms as to his competency. He has had charge of this work for the last three years, and the attitude of the patients toward Dr. Luckey is quite favorable. He was for two years under the direct tuition of Dr. A. B. Richardson, at that time superintendent of the Athens, Ohio, Hospital for the Insane (later superintendent of the Government Hospital for the Insane at Washington, D. C.).

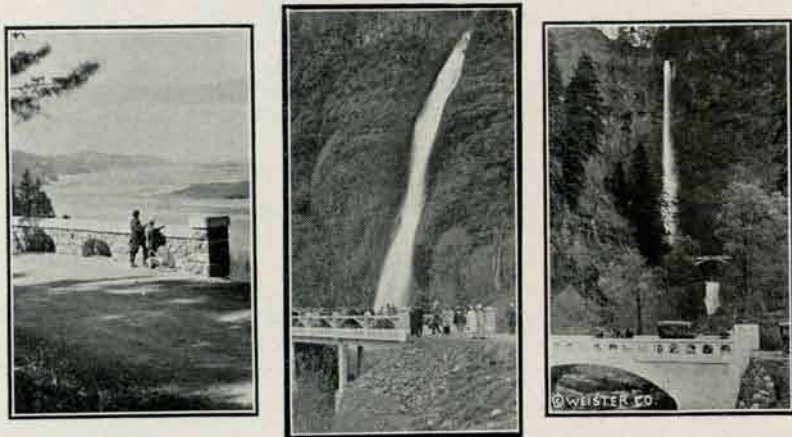
"Dr. Snider, the second assistant, graduated in 1912, and had some knowledge of mental medicine before he came to Dr. Coe's service (1913). Dr. Snider seems to be much interested in his patients, and is much in favor among them."

THE COLUMBIA HIGHWAY.

Morningside is situated upon the most noted roadway in the Northwest.

The Base Line Road.

When the first survey was made "in the old Oregon country," consisting of what is now Oregon, Washington and most of Idaho, a starting point was established, known as the Willamette Meridian or Base Line. Upon this was laid out the Base Line Road, which later as streets in Portland grew, within the growing borders of the city, was and is known as Stark Street, connected, as any older resident of Portland will remember, upon the Willamette river by the old Stark Street ferry, and joining there, East and West Stark streets. Later the Base Line was extended east and west throughout the states mentioned, and measured from which is today every section of land in the present three states.



Views on the Columbia Highway

Columbia Highway.

Great things were in store for the Base Line Road. It early became one of the principal thoroughfares of the state, and when the Columbia Highway was projected and hard surface improvements in connection therewith constructed, such work naturally lead from Portland by its principal route, over the Base Line Road.

People from all parts of the country now make Portland a point of travel, drawn by the wonders of this scenic route.

Morningside on the Highway.

The city limits of Portland end, crossing the Base Line Road known here as East Stark Street, a few hundred feet west of the Morningside estate. The city to this point maintains a street in splendid condition for travel. From this point in an eastern direction extends the newer hard surfaced Base Line Road and Columbia Highway. Adjoining this thoroughfare upon the south, lies Morningside upon a highway of greatest scenic attractiveness, so travelers tell us, in America.

Elsewhere Nothing Like It.

At a respectable distance—400 feet—back from this great highway stand the 12 or 15 buildings of Morningside Hospital nestling among a dozen or 20 fir trees, surrounded by lawns, flower beds and rose hedges, fruit trees and strawberry beds.

A beautiful driveway and a walk leads to the highway road, the grounds being enclosed by a low picket fence. Seats are provided within the fence, artistic and comfortable, where convalescent and paroled patients at leisure may sit and see the thousand or more autos which daily use this great roadway.

As a patient recently remarked to the Medical Director, while he watched the vehicles go by:

“One lives somewhere, when his home is Morningside.”

An All-Year Climate.

Roses grow out of doors in Portland from 8 to 12 months annually. Some years the winter passes without a killing frost. Neither are the summers hot and stifling.

For seven years at Morningside in shallow artificial open lakes on our grounds hundreds of gold fish have wintered in the mild Portland climate.

Compare this with any climate—of Alaska, or any other place—and then let us frankly determine which climate is best for our insane, now fortunately housed and cared for at Portland?

Where do you think the *best* interests of these patients are and would be served—in Alaska, or in Morningside at Portland?

HOW THE ALASKA INSANE CAME TO MORNINGSIDE.

Department's Efforts Elsewhere.

"July 13, 1903, advertisements for proposals for care of these insane for the year 1904 were solicited through the press, but on December 18, 1903, Governor Brady, of Alaska, reported that no bids had been received, and that the Oregon State Asylum, the then contractor, declined to renew its contract with the Government for lack of accommodations. Thereupon the Interior Department by telegraph solicited proposals for the service from the Western Washington and the Eastern Washington Hospitals, State of Washington, and from the State Hospitals at Napa, Stockton and Mendocino, Cal. The Sanitarium Company, which had previously put in an offer which had been rejected by the Department, was afforded an opportunity to compete. On January 2, 1904, date on which bids were returnable, no bid was received other than that of the Sanitarium Company, at \$360 per capita per annum.

Prior Inspection.

"Prior to award of contract, the facilities of the Sanitarium Company were investigated by the War Department and by Governor Brady, who reported favorably upon the ability of the company to care for the Alaskan insane. Contract was entered into with the corporation by Governor Brady, and approved in the department on March 4, 1904."

The foregoing is taken from a circular issued by Secretary Franklyn K. Lane, of the Department of the Interior,



Group of Small Buildings—Dairy Beyond

under date May 11, 1916, entitled "Statement Relative to the Care and Custody of the Legally Adjudged Insane of Alaska."

No Home for Five Months.

From the same it will be seen that for five months the department sought in vain for someone to take care of these

patients. The State Asylum at Steilacoom for some years cared for such patients until over-crowding compelled their removal elsewhere. In 1900 the patients were taken over by the State Asylum of Oregon, at Salem, but in 1903 the Government was notified to remove them, as before stated.

Morningside Relieves the Situation.

The Sanitarium Co. had offered to take these patients at the rate of \$40 per month, which bid had been rejected. Having failed to receive any other bids, either from private persons or corporations within Alaska or the Coast states or elsewhere permitted by law, Secretary Hitchcock and I had many conferences, in which it was understood and agreed that if the Sanitarium Co. would then take these patients at a rate of \$30 per month, in the absence of any other proposals for their care, that the Sanitarium Co. should have the preference in the care of such patients in the future so long as the Interior Department should have charge of this work and the service should be maintained in a manner satisfactory to said department. It was then explained to the Secretary that with the few patients in the service at the time—some 40 in number—it would be impossible to maintain quarters and care for such patients at this price except that there was contemplated a somewhat continuous arrangement along these lines for the future.

Litigation Against the Insane.

Upon the closing of the contract with the Department of the Interior upon the basis mentioned, greatly to the relief from the embarrassment in which the department had found itself, troubles began for the Sanitarium Co. Extensive litigation was instituted by certain neighboring property owners to prevent the location of these patients within the city of Portland, based upon the alarming statements that these patients were largely Indians, wild by nature, to whom had been added the frenzy and fury of mental disease.

One suit of attempted ejection consumed a full week in court. Great questions were involved in this suit touching the rights of the insane, but in the end, justice and humanity prevailed, and at our expense the rights of an insane person to enjoy the facilities and comforts of a large city were fully vindicated, and it was decreed that mental disease in Portland, Oregon, should not preclude the individual from living in a somewhat populous neighborhood, and that his comforts should include those incident to rapid street car service, great markets for fresh fruits, meat and vegetables, and if competent to enjoy the same, the benefits of city entertain-

ments and amusements of all kinds. The same questions on another occasion arose in Seattle, which, meeting less stubborn resistance in court, received a verdict quite the reverse.



Handiwork at Morningside

Enlarged Facilities.

The service has constantly increased, until today there are 215 persons from Alaska being cared for by the Sanitarium Co.

With this increasing business there has been a constant demand for additional quarters. From time to time the Department of the Interior, or the Governor of Alaska, has urged further enlargement of the plant for the better care of the patients. For instance, a year ago, under criticism of the Governor, the size of the kitchen was nearly doubled, and 40 per cent more room was added in the dining room; a separate room was instituted for a modern wash room for dining room dishes, and an addition was built for the preparation of vegetables, under very septic regulations.

Following suggestions from the Department of the Interior, there has just been completed at Morningside a new building called the "Parole House," taking care of the degree of congestion in the institution which has been noticed by various inspectors, as well as by the Governor of Alaska.

This building is 50x114 feet in size and is modern throughout, and together with the other space occupied by patients affords an average of nearly 800 cubic feet of air space to each patient in the institution—being much above the average hygienic requirement in such matter.

MORNINGSIDE — A PUBLIC INSTITUTION.

While Morningside Hospital is owned as a private institution, its management is as much public as any other institution in the country, in that its profits, if any, and very large sums beside, are invested in its plant, which, when its business is finished, will return practically nothing for such investment in buildings, improvements and equipment. At the same time it is situated convenient for and is under a public supervision, more rigorous, exacting and complete than any other institution for the insane in the world.

Losses.

I speak advisedly when discussing the losses incident to temporary investments in buildings, improvements and equipment in an insane asylum. On Mount Tabor for 12 years the Sanitarium Co. had maintained a successful private institution for mental and nervous diseases, a department of which was for several years used for the Alaska insane. The encroachment of the city in the growth of Portland, with its enormous demands for street and other city improvements, compelled us to dispose of our properties there at a loss equal to the entire cost for all improvements theretofore made, including some 20 buildings. We then moved to our present location, a better site, one mile further East, where ever since we have been building up the Alaska institution only.

An Alaskan Institution.

Morningside is the institution for the insane for the Territory of Alaska, and every Alaskan should be proud of it. We fail to comprehend the impulses of any Alaskan not led by personal interests, who would ask the Interior Department, in view of the history of this institution, not to renew this satisfactory contract, in order that some private individual who had nothing to do with building up the service, might enter into the hazardous care of these patients.

Unfair to Department and Morningside.

Certainly such impulses do not reflect any desire to make fairly comfortable the path of the Interior Department, now apparently satisfied with present conditions, nor do they show any appreciation for all that the management of the Sanitarium Co. through all these years has done for these patients. Most of all, they show an utter disregard for the best interests of these patients, who are now cared for better than could be done at any other place now available.

PORTLAND, THE ROSE CITY.

"For you a Rose
In Portland grows"

Portland, the home of the Alaskan insane, is noted the world over as the Rose City. While Seattle claims, with possibly some show of reason, to have eclipsed Portland as a bustling commercial center, no other city on the continent possesses more of the real home sentiment than is found in Portland. It is claimed that there are as many people who have lived or have interests in Alaska who now have homes in Portland, as the entire present white population of Alaska.

The Rose Show.

For months before the event, a considerable proportion of those domiciled at Morningside are planning upon enjoying the great exposition, with its wondrous decorations, its pageants and parades, its electrically illuminated floral displays, incident to the world renowned Portland Rose Show.

Patients in December
happily employed on the
lawn at Morningside.



Morningside makes a specialty in the care of its patients, affording them the benefits of all possible outside amusement. Not only the Rose Show, but often during the year, other pageants are numerous, and some one at Morningside is always having in mind the possibilities offered therein for the amusement of these patients of ours. Picnics, the movies, the circus—something is going on all the time in Portland, for some of the guests at Morningside.

Churches of all denominations are made of avail on occasions for suitable patients.

CONTRACT AND STATE CARE OF INSANE.

"The contract system of caring for these patients, inherently bad at all times and under all conditions, would (under a territorial asylum) be abolished."—*Governor Strong.*

Twenty-five Years Service.

As for 25 years I have been engaged in the care of insane persons under the contract system, and the corporation which I own has had the care of the Alaska insane under contract for more than 13 years, it should be expected that I will vigorously, although respectfully, protest against the foregoing statement.

Former Methods Gone.

Under former methods, to restrain a patient was considered the first and principal indication in his care. Under such a training, to have been able to erect quarters for the mental patients of a state on some far away island, away from daily mails, telephone lines, the markets of a great city, and the help-market, in a locality possessing principally the qualification that if a patient escaped he would drown in attempting to go far away—all this would have met the approval of many of these earlier people associated with the care of mental diseases. Today a suggestion of this kind would stamp him who made it as either one so far behind the times that his advice should not be considered, or as coming from a heart calloused to generous impulses; or from one who looked upon the insane rather as lower animals than human beings.

The care of the insane has always been a service fraught with great difficulties. Legislative bodies and the public have not kept up, in financial provisions for the care of the insane with the gain in knowledge of the medical fraternity upon the broad general subject of insanity and with the increasing knowledge of how best to care for these unfortunate people. The man who obtained his only knowledge regarding the care of the insane, say 15 years ago, but who in the meantime in a large degree has been out of touch with such service, is especially unfitted today for the care of the insane, so wonderfully has the science developed and the methods of care for the insane improved.

Complaints Against State Care.

Criticisms in the past as to the management of both public and private institutions for the care of the insane have been founded upon facts. Criticisms today are occasionally only founded upon facts, but the superintendent of every institution for the insane always welcomes criticism when specific in character. He cannot hope to be with every attendant all the time. While there has been an entire change during the past 15 years in the character of those who act as attendants, and while at present these people are much above the average of humanity in their ability to kindly minister to the unfortunate, such as are the insane, yet now and then the wrong person becomes an attendant, or an attendant becomes over-burdened with his cares, and may do something subject to proper criticism. Although in perhaps 99 cases out of every hundred, where complaint is made, the same is the result of spite work upon the part of discharged attendants, or the delusions of the patient, nevertheless, the occasional case calls for careful investigation.

TOTEM STORIES OF THE NORTH

These are replicas of the Chilcats of Southern Alaska.

Each one tells its own story, well understood by most Alaskans.

Specially interesting here, because the short one is the totem of the Medicine-man.

Morningside is gathering some of the legends and totem lore of the native Alaskans, for future publication.



Employe Discharged.

At Morningside, every complaint made by anyone—in or outside the institution—regarding matters there, is given the closest investigation. If there is any kind of a reasonable controversy between patient and employe, if unable to reach a decision as to who is in the wrong, we always give the patient the benefit of the doubt and discharge the employe.

"Private Asylums" No More.

We speak of private institutions for the insane as institutions which undertake the care of the mentally ill under a contract at so much per patient per month. The day was when these private institutions were managed as best suited their owners. Some of these private institutions receiving patients under contract were in the hands of rather incompetent practitioners, much the same class as those who, for political reasons, received appointments in the state institutions, and who for incompetence or political reasons were later discharged. Today, however, there are practically no private institutions for the insane. Fortunately, in Oregon politics never entered the state institutions for the insane.

In the United States there are today more than 100 of these institutions for the so-called private care of the insane under contract, at a stated price per month. In the Journal of the American Medical Association, published at Chicago, the cards of some 35 such institutions are carried in a single issue. These range from a capacity of a dozen or 20 beds to Morningside with its 250 beds. The prices range from \$320 a year at Morningside to \$25,000 a year for a single patient for many years with Dr. Carlos McDonald of New York.

Under recent state laws practically *all have come under the public charge.*

Departmental Approval.

As material improvements are contemplated, the plans therefor have been submitted to the Department for approval. It need hardly be said that having met each criticism of the Department with a remedy, and having, in fact, invested in the enterprise much more than all the profits of the business throughout its 13 years' existence, the Interior Department has reason to feel some sense of comfort in the care these patients are receiving, and doubtless has some sense of obligation, quite independent of money matters, in maintaining as originally contemplated, and on terms as then understood, a continuation of the present arrangement.

We expect no consideration if we do not handle this service properly, but do look forward to the moral support of the Government, such as we have always had, while doing the best possible for these patients.

Financial Interests.

The financial reason is a factor with all who have to care for the insane, whether in public or so-called private institutions. Mismanagement, in the private institutions, involves a much greater calamity to the superintendent, for he not only loses his salary, but also his patients. The medical superintendent of a state institution merely passes out of his position, if open to merited criticism, losing his salary only, and not also a large investment in his plant.

Portland Rose Show. Girls Scattering Rose Petals.

While discussing the Portland Rose Show as one of the sources of pleasure for the mental patient, it might not be out of place for us to suggest that all Alaskans planning to be outside during the summer, might with advantage time such visit to that of the Rose Show. This event usually occurs in the second week in June each year.



In Oregon, for instance, no physician is permitted to assume charge of an insane person until he shall have been chartered thereto by the State Board of Health and by the County Court. His institution must be inspected annually by both State Board of Health and County Court, and it is unlawful for him to restrain any mental patient unless he shall annually have his licenses renewed. He must also, at all times, be ready for inspection by either or both State and County officials, and this without previous notice.

STATE INSANE IN THE HANDS OF PRIVATE INSTITUTIONS.

Either false or mistaken suggestions have led many people to believe that the present arrangement for the care of the insane of Alaska is an exception to the usual thing. This is not so. From the time of national development, beginning in the Western Reserve in the Ohio Valley, and continuing westward to Alaska today, the United States Government, the territories and in many of the younger states, the insane have been cared for outside of any local state or territorial asylum.

Oregon.

Oregon, and this included for many years the present State of Washington, and a part of Idaho, cared for its insane under contract with a private sanitarium in Portland from the year 1862 to October 23, 1883, *some 21 years*.

Montana.

Montana, from 1877 to 1912—up to five years ago—cared for its insane under contract with a private sanitarium at Deer Lodge, for a total of *25 years* under private care.

Idaho.

The territory which now makes up the State of Idaho had its insane cared for outside of the confines of the present state for *more than a quarter of a century* before erecting buildings and caring for said patients within the boundaries of the present state. It is needless to add other examples.

Relative Population.

In a letter from Hon. Sam L. Rogers, Director of the Bureau of Census of the Department of Commerce, dated December, 1916, the information is given that the white population of Montana in 1912 was 390,612. The white population of Oregon in 1883, when the state went from the so-called contract system to care in a state asylum was 205,835.

Alaska's Population Prohibitive.

Forty thousand three hundred and sixty white inhabitants is given as the estimate of the population of Alaska by Director Rogers for January 1, 1917.

The questionable wisdom in this matter of any one who seeks to exploit these unfortunate patients either for the

benefit of some community or for his own advancement, under present conditions in Alaska and the newness of affairs there, must appear manifest. The statement that Alaska—with one-eighth or one-tenth the white population of the regions named when insane asylums were erected therein—now has any reason for craving an insane asylum in the territory, seems to me lacks every element of logic. And I am deeply impressed with the big heartedness and kindness of soul of the average Alaskan when he realizes the facts in any given case.

The largest amount of porch space per patient at this institution for the mentally ill known to us.

Seats herein shown were made by patients.

Photo taken in mid-winter.



Comfortable Detention at Morningside

LEGISLATIVE INVESTIGATION.

While the persons who brought to the Legislature the statements out of which the Legislature of Alaska passed a joint memorial, asking the Government to investigate Morningside, were doubtless influenced by ulterior motives, it is perfectly proper at this time to state that I believe, and have always believed, that the Legislature itself was actuated by the highest motives in passing such memorial.

Being a thousand miles away from Morningside, and having no means for immediate inspection and investigation, the Legislature did that which it thought best under all the circumstances in this matter. While the charges made, as the investigation by the Department proved, were absolutely false and shameful, they were of such startling nature that the Legislature, under the circumstances, could scarcely have done otherwise than it did.

Investigation Valuable.

In fact, the action of the Legislature proved to be of great value in the interests of the whole service. The emphatic character of its declarations brought from the United States Government careful consideration, and Morningside Hospital was made to withstand one of the most rigid inspections in the record of the institution.

The Secretary of the Interior, Hon. Franklyn K. Lane, directed the Department of the Interior to make a most thorough investigation.

To Hon. Stephen T. Mather, Assistant to the Secretary, fell the lot to institute this investigation. All the papers covering complaints and investigations at Morningside Hospital for the preceding 12 years were carefully analyzed. All of such reports bore evidence of the efficient and kindly care administered to patients at Morningside.

Mr. Mather for many years has been associated with the Illinois Society for Mental Hygiene. He had been and still is an officer, and perhaps the largest contributor toward the maintenance of the Industrial House of this organization, which carries on, in connection with most of the public charities of Chicago, probably that city's greatest and most beneficent work looking toward useful citizenship for borderliners of the mental world.

It seems manifest that Sec. Lane determined to have an inspection conducted by those who could be neither influenced nor misled by any possible means. He sent to Morningside an officer from Washington, who for more than 20 years has been closely associated with all the Government asylums for the insane, including the great Hospital for the Insane at Washington, D. C., with more than 3000 patients. He also commissioned two other investigators. These two had been associated with Mr. Mather during his great work in Chicago. One was a bishop and the other one of the most noted alienists now in California, and there associated with the largest private institution for the insane on this coast.

The inquisition lasted for a period of several weeks, and every charge made was exhaustively investigated. We understand that the full report, covering every minor detail, extended over 200 pages. Extracts and abridgements therefrom, so far as made public, we are taking the liberty of making some occasional use of in this present report.

Fortunately, the report of this inspection, made to the Department of the Interior, demonstrated that the Legislature of Alaska had been misled and imposed upon, and that the statements presented to the Legislature were false and not based upon facts.

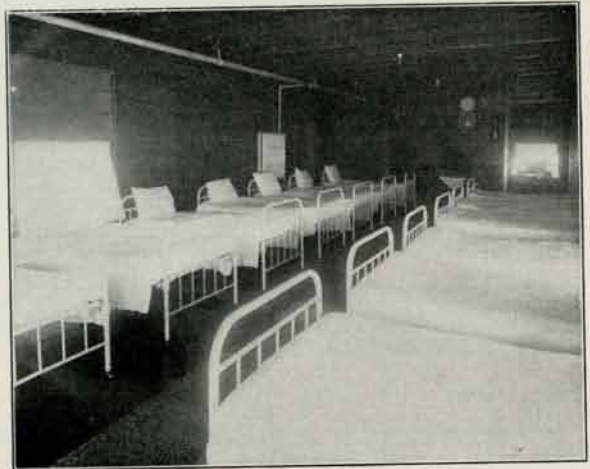
So thorough was this investigation, and so favorable the findings of the inspectors, that Governor Strong, who had given the earlier statements some support, in justice and in fairness, has admitted that the charges were in error, and suggested in his own report that these charges were probably directed more at the system of contract care of the insane than at Morningside itself.

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 scrupulously clean white sheets, pillow case and coverlid.



COMPLAINTS UNIVERSAL AS TO ASYLUM MANAGEMENT.

“It need be scarcely pointed out that no matter with what fidelity the contract may be discharged . . . complaint, oftentimes groundless, will be almost unceasing.”

As long as the insane are cared for, complaints will be made as to such care, regardless of where the patients may be treated, whether under private or state charge. As previously herein stated, probably 99 out of every 100 complaints are the result of insane delusions, a sense of false imprisonment, or the result of intrigue upon the part of discharged employes.

State Institutions.

Instead of complaints being more serious in private institutions, history proves that quite the reverse is true. In the state institutions, in addition to the reasons already enumerated as a cause of trouble, political intrigue is frequent, looking to the displacement of those in charge by scheming politicians who seek the appointments therein, covering every position from superintendent to common laborer.

The insane asylums of Washington and Oregon are models of modern perfection. Yet all must remember the vicious attack made upon the superintendent of the Eastern Washington asylum, purely political in character, covering some weeks in duration, and in the end resulting in the resignation of the superintendent, one of the kindest and most competent alienists which this coast has ever possessed.

It was only recently that the superintendent of the Western Washington asylum was forced to defend himself in court on a charge of false imprisonment and cruelty, wherein a judgment rendered against him, which the supreme court declared in setting aside the judgment, was contrary to all the evidence in this case.

In the Oregonian of January 31, 1917, we note the following:

"ASYLUM FOR INSANE AT FORT
STEILACOOM WILL BE INVESTIGATED."

Stories of Alleged Tortures and Cruelties Start Senate
Committee on Trail.

"Olympia, Wash., Jan. 31.—(U. P.)—Stories of alleged tortures inflicted by attendants on patients at the western state hospital for the insane at Fort Steilacoom, told by former patients who have since been declared sane, have started an investigation of the institutions by the senate committee on state charitable institution.

"Dr. * * *, superintendent of the hospital; Dr. * * *, assistant superintendent and an inmate attendant, have been summoned to appear before the committee this afternoon.

Want Death Explained.

"They are wanted to explain what they know of the death of Mrs. * * * in the institution on June 18 last, when, it is alleged, she was ill treated, dragged by the hair and tortured under a cold shower bath."

Statements like these should be investigated, but it is almost certain that under the splendid management at Fort Steilacoom the cruelties complained of could not have taken place.

Damned if You Don't and Damned if You Do.

It is not so very long ago that insinuations were made against the superintendent then at Steilacoom, because a hydro-therapy plant had not been installed at that institution. And now that it is installed, the superintendent was sued for what was probably an application of the water treatment given under this system.

This reminds me of the fact that a worthy opponent of Morningside on several occasions, some years ago, complained that we kept patients for the profit in the business, long after the patients should have been discharged.

At the persistent and insistent suggestion of friends of a patient, who had always acted in quite an orderly manner at Morningside, and the agreement that such friends would look after the patient, then convalescent, if returned to them, we acceded to their request and agreement, and returned such patient to Alaska. There this patient "took a shot" at the man who claimed we *kept patients too long*, whereupon our complainant changed his plea, and charged us with *not keeping patients long enough*. He said he had positive knowledge of one such case. Fortunately, no harm was done in this shooting matter. The patient was returned to Morningside, where he lived quietly and contentedly for several years, and up to the time of his death.

Patients Turned Loose.

From a recent Alaska paper we clip the following, dated at:

"Milledgeville, Ga.

"Many of the 1200 inmates of the State Hospital for the Insane here who are not considered 'dangerous to society,' are to be returned to their friends or relatives or the counties whence they came because of the high cost of living. The announcement was made here by the institution trustees who said that the cost of feeding the inmates had increased 75 per cent in the last year, and that the annual allowance from the State Treasury was exhausted."

One may readily imagine the troublesome correspondence had with the Governor over this high cost of living in the institution, and again the flood of protests to which he was compelled to respond at the proposal to turn these patients loose

Oregon Asylum Trouble.

The Portland Journal, and other papers, under date of January 7, 1917, contained a long article with the following headlines:

**"WOMAN FREED FROM INSANE
ASYLUM SUES FOR HEAVY DAMAGES!**

**"Mrs. * * * Alleges Father and Others Conspired to Have
Her Incarcerated—Dispute Over Healing.**

"Suit for \$10,000 was today brought against the superintendent of the Oregon Insane Hospital, the assistant physician and the doctors who examined her by Mrs. * * * She says she is a believer in drugless healing."

This case is evidently a controversy between the medical profession and certain drugless cults in which the State and the Governor's office are made to suffer great inconvenience and trouble, although there is doubtless nothing whatever in the case.

Troubles in State Asylums Also and Always.

The following is an example that troubles are not confined to "private" asylums:

Salem, Ore., Feb. 26, 1917.—Dr. * * *, a Portland dentist sent to the insane asylum on February 6, last, and T * * *, a former Milwaukie blacksmith who has been at the institution over two years, made a vicious attack on two guards in the criminal insane ward, D. E. Fitch and F. M. Lane, yesterday afternoon, and but for the help given the two attendants by C * * *, an insane convict sent here from the penitentiary some time ago, would have killed the two asylum officers.

Fitch was alone on duty, his associate having gone to attend a meeting in the chapel, when Dr. * * * rushed into the room where the guard sat in a barber chair, and struck him with a steel bell cap taken from the bathroom, inflicting a cruel wound. Fitch dropped and at the same time tripped his assailant, when T * * * also rushed into the room and assailed Fitch. He had the metal handle of a dishpan in a sock, using it as a slingshot, and when Lane, who had been attracted, rushed into the room, the blacksmith assailed the latter, aided by a number of other criminal insane.

C * * *, who came into the

room, here took part in the fracas, attacking T * * *, and was struck a vicious blow, but despite this he seized and threw the big blacksmith and then joined in subduing Dr. * * * and, with the two wounded attendants, he fought off the other attackers.

Help came from the outside and the trouble-makers were locked in the steel cells. All of them bear the marks of the conflict. The two attendants and C * * * are the most seriously hurt (one of whom died the following day).—*Portland Daily*.

Salem, Ore., March 11, 1917.—(Special.)—William Bowen, patient in the criminal insane ward at the Oregon State Hospital, who was one of the plotters in the conspiracy leading up to an outbreak which cost Attendant Fitch his life a short time ago, and who is wanted by Lane County authorities on a charge of obtaining money under false pretenses, has developed a rather severe illness and must remain at the hospital.

Superintendent Steiner had notified the Lane County officials to take him to Eugene for trial, but it probably will be several weeks before he will be in condition for removal.

H. C. L.

It may be worthy of mention that the High Cost of Living is now one of the most serious topics under discussion in the office of the various Governors, while as yet no word has been raised by Morningside, and no discussion has been entered into between Morningside Hospital and the Governor of Alaska or the Department of the Interior relative thereto.

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 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.

GROUNDLESS ATTACKS UPON MORNINGSIDE

“Hell! You don’t suppose any one up here takes that stuff seriously, do you?”

About a year ago a circular was issued at Nome, purporting to be a description of conditions as they exist at Morningside upon the statement of four ex-patients. Instead of bringing such charges to the attention of the Interior Department for prompt investigation, such charges were given considerable publicity, and a studied attempt was made to besmirch the good name of Morningside. When these statements were finally brought to the attention of the Department, a more than ordinary investigation was made. The Department, after investigation, in answering these charges

pointed out to the Nome people that one of these patients had filed with the Department a retraction of his statement; that the statement of a second patient, 11 years before paroled, was of no consequence as to the facts therein set up, and that the other two statements were unworthy of credence.

It was my privilege, while recently at Seward, Alaska, to meet a former resident of Nome, who is said to have been largely responsible for the manufacture of this attack. Upon presenting my protest against the issuance of this matter as highly unfair to Morningside, but more especially a source of worry to friends of patients still living in Alaska, this gentleman bluntly stated to me: "Hell, you don't suppose anyone up here takes that stuff seriously, do you?"

INSPECTION THE TEST.

It is not our wish to make any invidious comparisons between the care given the insane in private and public institutions. We are compelled, however, to present our own side of the controversy in answer to the unfair statements made—although doubtless honorably intended—tending to reflect upon so-called private care. This, we say, although having already conclusively shown, we believe, that there is no longer any such thing as a "private" institution for the insane.

Put on the Test.

If all the institutions are therefore in a sense public, the crux of the character of care administered must be determined by some method of inspection. The more rigid the inspection, in the face of human frailty and the somewhat universal tendency to carelessness on the part of those not kept under close observation, the better must be the service. This is a hundred times more true where the very business itself is in constant jeopardy, if upon inspection serious criticisms are found justified.

Morningside Has Stood the Test.

And if, as a result of scores of inspections, Morningside is found to furnish better care than is given in most state institutions, then we may be pardoned for denying, and for protesting in the most vigorous manner, the statement, so far as Morningside is concerned, that "private care is inherently bad." Although well-meant, such a statement is unjust and cruel to those who are doing their very best to minister to the mind diseased.

State Inspections Are Formal.

Inspections of state institutions are generally perfunctory. They come when the Legislature is in session, or at some other stated intervals. They are long-anticipated, and like house-cleaning in one's own home, for an expected visitor, matters are put into their best form. In an hour, or half day the visitors leave. I have witnessed many such state inspections.

Inspection Special at Morningside.

At Morningside we must be in momentary expectation for an un-announced visit of the County Court. We must have our lamps trimmed and burning for the Board of Health visit, which usually comes unannounced.

War Department Inspection.

The War Department at Vancouver, on telegraphic request from the Department of the Interior, or for its own service, stands ready to make such an inspection. A medical officer of high standing is here available, who, within forty minutes after receiving his orders by wire from the War Department, may be at Morningside.

Inspection Unannounced.

As example of the way inspections are made without notice to the institution, we might quote Dr. R. G. Ebert, Lieutenant Colonel Medical Corps, U. S. Army, who, in concluding his report on Morningside to the Department, stated:

"The institution was not prepared for my inspection; but its general neatness and cleanliness could hardly have been excelled had notice been given in advance, and is deserving of praise."

Public Health Service Inspection.

The Treasury Department, through its surgeon always located at Portland in connection with the Public Health Service, can have a medical officer at the institution within twenty minutes after sending an order to make such an inspection. This inspection is made sometimes under hurried direction of the Department of the Interior, when it may not happen to have an inspector in Portland, and yet desires prompt action, or it may be made at the request of marine patients confined at Morningside, or under advice of the Surgeon-General of the Public Health Service. It is to be remembered that under our contract with the Government, every Department may avail itself of the services of Morningside in the care of the insane of such Department, and that every such Department has its own inspectors and methods for examination for all services rendered such Departments.

The Governor Inspects.

The Governor of Alaska has, always, as a part of his duties, an eye of supervision over the institution. He is perhaps in Portland as often as he is in most of the cities of Alaska outside of the capital, and when in Portland makes a thorough examination of the institution. This he has done both announced and unannounced, generally the latter.

Executive Inspection.

The Secretary of the Interior, or one of his assistants, may call upon us upon any tour of such official that brings him through Portland.

Hon. Stephen T. Mather, Assistant to the Secretary, personally inspected the institution a few months since, and thereafter in a letter to Dr. Coe kindly commended the character of our work.

Special Inspectors.

No state institution in the country, from any source, so far as we know, is subjected to such close inspection as is Morningside from the special examiners of the Interior Department. In only one or two instances during the past thirteen years have we ever had notice in advance that an inspector was about to visit us. These men come at any hour of the day or night. We do not know whether they will remain a day or two, or six weeks, as has happened. They do not take anything for granted. In practically all instances every patient is interviewed, and in one instance the inspector and a stenographer went into a room and privately interviewed and recorded the statements of every patient in the institution able to talk, no person connected with the institution being permitted to be present. Usually each time the inspector is a new man, and sometimes inspections are made by two or three inspectors at a time.

Conclusions All Favorable.

And so we are under constant inspection, or the menace of an inspection, every hour of the day or night. And in all these years—thirteen and more—outside of minor suggestions usual to any thorough inspection—the Departmental reports have all been favorable to Morningside.

THE INTERIOR DEPARTMENT KNOWS.

Counter-acting any sentiment of uneasiness in Alaska which might arise from manufactured criticisms against Morningside, we may be permitted to suggest that the Department of the Interior is perhaps better able than any other source of political authority to investigate charges against an institution for the insane. Morningside is but a minor institution of this Department engaged in such work. Among its other institutions for the insane it has in Washington, D. C., a great government hospital for the insane, sometimes known as St. Elizabeth's. Here more than three thousand patients are under constant attention. Here since an early day a trained body of employes in the Department have handled, among other responsibilities, the complaints inseparably associated with the administration of the insane. The Department, therefore, after scores of years of experience, knows *what to look for* and *how to make* investigations for the purposes of curative action for evils which may possibly enter into the service. It is the policy of the Department to investigate every complaint, as has been done at Morningside by the Department, in many scores of instances during the thirteen-year period in which we have cared for these patients. The Department recently made the statement that in all the investigations which it had made at Morningside, there had never been an authenticated case of cruelty demonstrated to the Department.

The Department has made many suggestions for the improvement of the service at Morningside during the past thirteen years. It has listened patiently to all complaints. It has made exhaustive investigations of all alleged irregularities of which the humblest citizen of Alaska may have complained. Yet in all this time, not one expression has come to Morningside from the Department, which in any way has cast a shadow of reflection upon the good faith, honesty of intention or the moral integrity of our plans and actions for the welfare and comfort of these insane from Alaska. *And this has been our greatest recompense.*

Morningside Constantly Improving.

"Every institution for the insane is either going forward or retrograding. Its equipment must improve with modern knowledge or deteriorate with age. Its technique must broaden or it drops back to the yesterday. There is no standing still!"—*N. Y. Report.*

Morningside has made constant improvement for nearly a quarter of a century in all that goes to make up a successful home for the invalid. When we moved from Mt. Tabor, no place for the sick on this Coast was more beautiful or helpful. For six years I have been now building up the new Morningside. And I am proud of it. And Alaskans should be proud of it, for I am building for the mentally sick of the territory. I am doing my level best, and more now than these kind of financial times quite warrant, and practically *all for the Alaskan service.*

EXPLOITATION FOR GAIN.

The Department of the Interior, in replying to the Nome charges, had this to say:

"I particularly desire to dissipate the impression which may be gained from reading the statement given circulation, as in this instance, to the effect that these insane are turned over to a private corporation for exploitation for gain without an effort upon the part of this Department to regulate their care and treatment. The Department has frequently gone to much trouble and expense to give publicity to its calls for proposals for care of the Alaska insane, and to investigate most carefully the facilities offered by bidders therefor.

"Award of contract has been made in each case after the most careful consideration by well-informed officers of the Department of proposals made, and during the existence of all contracts for this service, has caused frequent and rigid inspections to be made, not only by its own employes, but by specially qualified agents, such inspections occurring without advance notice to the hospital.

Department Rectifies Conditions.

"Prompt action has invariably been taken by the Department to rectify unfavorable conditions which have developed from its inspections, and the situation now is that these insane are receiving as good care and treatment as are the majority of the insane public charges throughout the country; in fact, taking into the account the scale of living to which the large proportion of the insane were accustomed to in Alaska, it is likely that in the majority of the cases under treatment that they are better fed, clothed, housed and generally provided for than they were before their commitment.

"The condition which has given the Department most uneasiness during the past three years, has been one common to nine-tenths of the publicly supported hospitals for the insane, namely, over-crowding; and it is gratifying to note that arrangements are now in process to afford much more room at Morningside Hospital by increase in buildings."—*Department Circular, 1916.*

Over-Crowding Everywhere: Washington.

The above reference to over-crowding in public asylums leads us to say that there is not a public institution on this Coast which is not today over-crowded. It is said that in the state of Washington only such insane are now received whom the court shall declare "dangerous to life or property." Under this plan, a large number of the insane must be cared for in the county poor houses, or be allowed to wander about under no care at all, a condition which in Alaska would be absolutely impossible, as well as cruel.

California.

In the state of California, a move is now on for the erection of additional state asylums, the present institutions being over-crowded. As an example of the latter condition Agnew's asylum might be cited, which has a normal capacity for 1200 patients, but where 1600 patients, some way or other, are being housed and cared for.

The institution for the feeble-minded in California is so over-crowded that patients seeking admission are placed upon a waiting list, which is now more than a year behind. In most of these institutions, the evidences of over-crowding are everywhere manifest.

"Merced, Feb. 17, 1917.

"A recommendation for increased appropriations for state hospitals for care of the insane will be made by the committee on state hospitals when the legislature reconvenes, according to Assemblyman Dr. H. Kylberg, who is back from inspection of the Napa state hospital, where he states, the institution is *deplorably* crowded. More hospitals for the insane in California is to be sought."—*S. F. Call*.

Trouble Everywhere

The foregoing instances are given relative to so-called public institutions for the insane, as examples of what is occurring in state asylums everywhere. Crowding in the older states is often more pronounced. It is not the fault of the Superintendents. Their appeals to the Legislatures, due to lack of funds, are nearly always greatly abridged.

Least Crowding at Morningside.

With the new building in use, Morningside is now the least crowded of any institution for the insane on the Pacific Coast.

ALASKA AS A RESORT FOR THE CARE AND CURE OF THE INSANE.

A trying climate for the young and vigorous may develop a sturdy type of man.

Alaska is a great country, and is in time to support a large population. The very resources of the country have and will attract a large number of brave and determined people who have made and who will make a success there. In such a climate, survival will demonstrate the fitness of him who succeeds to enjoy his well-earned rewards. The weakling will go to the wall to a greater extent than in a milder climate. The large proportionate number of Alaskans, even among those mentally the strongest, coming from every portion of Alaska, who winter in Seattle, Portland, San Francisco and elsewhere, tells its own tale.

Trying to the Mental Weakling.

It is not only the cold, but the darkness of winter which has most tried the nervous system of our patients. It is not the heat so much, but the long nervous strain of long days and of too many hours of sunshine in summer which has worn away mental energy. A healthy man, full of residual nerve force, active in work, with good food, and enjoying the happiness of success, can readily go through these long nights and these long days, but the hapless fellow, less fortunate, succumbs. The records of Morningside show, as compared with the records of other institutions devoted to the insane, that a larger proportion fail of mental strength in Alaska than do those of most other regions.

Don't Do It.

Should Alaska have a half million whites within its borders, from the human interest side, the insane would better even then be confined without the territory. Should the region become a state, after fourteen years' care of these patients, I declare, as a solemn duty as well as a deep conviction of my soul, that the state institution for the insane of Alaska should be maintained in one of the nearby and convenient states to the south.

Insane Life — The Women.

The life of the insane, and especially the women insane, is hard enough in any climate. To be compelled to remain in Alaska, considered from a climatic standpoint alone, is a suggestion at present unworthy of the generous-hearted pioneers who have made Alaska what it is.

CARE OF INSANE IN ALASKA

"That the insane of Alaska should be cared for in Alaska and in an institution owned by either the federal or territorial government is a matter which has been discussed from the affirmative side only during the past few years."

One Cause for This Report.

The foregoing, printed in an Alaska paper recently, and coming to our attention, was one of the causes which led to the preparation of this pamphlet. We felt that it might be taken, because we did not present the negative side of the question, while interested towns, political leaders and those who hoped to profit by the location of a state asylum in Alaska were presenting the affirmative, that there was no argument to be made for the negative, whereas, as a matter of fact we have felt that every argument made in the favor of their removal is fallacious.

Governor Brady.

The question of the care of these patients at Morningside was thoroughly investigated by Governor Brady, who was very favorable to the arrangement after six months' study of the situation.

Governor Hoggatt.

Governor Hoggatt, who followed Governor Brady, had this to say upon the subject, in a report in which he spoke favorably of the care administered at Morningside to the Alaska insane:

"To attempt to care for the insane of Alaska within the territory, would, in my opinion, be bad policy, as climatic conditions in Alaska are not favorable to the proper care of the insane, and they should be cared for in a milder climate."

Governor Clark.

Governor Clark, who succeeded Governor Hoggatt, in 1910 expressed his opinion as follows:

"In my opinion, this arrangement (the contract with the Sanitarium Company) is much more satisfactory than the plan proposed of constructing an asylum in Alaska for the care of the insane. Treatment is much more likely to be successful in a climate milder in winter than the interior of Alaska, and less cloudy and rainy than on the Alaska Coast."

While Governor Strong has recommended the establishing of an institution in Alaska, yet in his last report he had this, among other things, to say:

"It is quite probable that the treatment accorded the insane of Alaska at the contract hospital would compare favorably with that accorded patients in similar institutions. Perhaps it is better than the average.

"Morningside Hospital is inspected frequently by inspectors of the Department and the Governor of Alaska. These visits are not heralded, nor are they made at stated periods, and care is taken to see the institution in its every-day dress, so to speak. The patients are visited and talked with privately, the buildings and grounds examined, the foods inspected, and in short thorough examinations are conducted. The Governor of Alaska visited the Morningside Sanitarium in March last. The patients seemed to be comfortably cared for and such complaints as were made seemed to be lacking in merit."

It is my hope that with a fuller knowledge of all the elements entering into this question, not only Governor Strong, but all other good people in Alaska, may recognize the advisability for continued care of the insane of the territory at Morningside.



Christmas Festivities at Morningside

"Morningside Hospital provided three Christmas trees for the inmates.

"Natives helped to provide the entertainment which was held in the Assembly room of the new Parole House.

"Gifts were provided for all the patients in the institution by Dr. Henry Waldo Coe, the Chief Officer.

"After the exercises in the main hall the women retired to their own buildings where trees awaited them, while the men had their remembrances in the assembly room."—Portland paper.

Contract Expires, 1920.

Under the present contract between the Interior Department and the Sanitarium Company, a provision was made that the Secretary of the Interior might at the end of one year from the date of the contract, in his discretion cancel such contract in order to permit any asylum or sanitarium in Alaska, if then competent and equipped for the proper care of these patients, to compete with Morningside and all other places which might desire to bid for the care of these patients. The contract, however, provided, "If, however, at the expiration of said year the Secretary of the Interior is satisfied that there is no responsible asylum or sanitarium in the territory of Alaska, competent and equipped for the care of insane of the territory, and this contract is not cancelled, then this contract shall continue in full force and effect for the entire five years from January 15, 1915."

We mention this fact in definite form, in view of two statements which we have seen published. One of these was that the contract provided for its own cancellation in order that a contract might be made, without further bidding, with any competent and equipped asylum or sanitarium in Alaska; whereas, it only provided that such institution might bid upon the same. The other statement which we have seen published was that after one year from the date of our present contract it could be cancelled down under the terms of the contract at the will of the Government, which is no longer true.

The present contract, therefore, runs to January 15, 1920, and is as binding as any other contract made by the Government, or between individuals.

THE ASYLUM — WHERE IN ALASKA?

"There are a number of towns in Alaska where sites may be obtained for such institutions."

In the summer of 1916, on a pleasant trip to Alaska, the following story was told me at the first town in the territory where our boat stopped.

A certain politician who preceded me by a few days, upon landing from the boat was greeted by one of his ardent partisan friends, who began to discuss some of the local issues of the campaign then on. Suddenly the visitor ceased conversation and began to scan the high lands back of the town with great seriousness. His friend followed his gaze, and in wondering tones made inquiry: "Why this searching scrutiny?"

"It just occurred to me what a grand place this would be to locate the state institution for insane," he replied. "Over yonder we would build the principal men's buildings; on this jutting point would be the women's pavilion; the hospital for the sick would go yonder; while upon the extreme right would be the buildings for the tubercular insane. The question is—do you people want this institution here?"

What the answer was I did not learn.

Trading Stock.

I did not think much of this until I arrived at the next town, where I was informed that the same statement had been made by the same politician as to this town also, except that the tubercular cottage was to be placed upon the left in this fanciful panorama. These incidents occurred in the Juneau district. When I reached Seward I found that there were at least two towns in the Seward district which had been promised this institution by another politician.

Promptly upon reaching Anchorage, I began jokingly to complain of the way we were being "traded off," but was promptly told: "This is the open season in Alaska for hunting moose and Morningside, and will be up to the 7th of November."

Dangerous Consequences.

While I appreciate that there is some humor in this situation, it does seem to me that other political maneuvers are fraught with less serious consequences than to make traffic in these patients of ours.

I was told that Morningside had been political trading stock in Alaska for a great many years, but that of late it had not proven a very efficacious political asset.

Alaska Newspapers Helped.

The newspapers of Alaska, certainly of a very high class and character, obligated Morningside by the courtesy with which they were willing to present news as to our institution. These papers, throughout the territory, everywhere, published the statement that it was my desire to meet the friends and relatives of patients who had been or who were now in the Sanitarium, yet with one exception, although I visited most of the principal coast cities of the territory, no relative appeared to inquire as to the condition of any patient.

ALASKA'S "NEAR" PLACE.

"The great advantage of having the Alaska insane cared for in Alaska, is that they could be *near* their friends." (Speech at Ketchikan.)

The foregoing, I found while in Alaska, was a statement which had been persistently circulated there for many years. After having traveled five thousand miles back and forth along the coast, and yet having scarcely touched the territory, the weirdness of this statement became more manifest to me than ever before.

Patients Scatter.

Only a few days before leaving Portland I had discharged two patients, as recovered, to Anchorage. I made an effort to find these patients at Anchorage, but they had already vanished into the interior. They were miners, and I had found that they could get jobs at La Touche and Douglas if they desired, and I was anxious to impart this information to them.

Did Not Find Patients' Friends.

At the time of my visit we had some 26 patients from Juneau. Before my journey north I had prepared lists of patients from all the towns. One patient from Juneau asked me to look up a clergyman who had been her pastor in former days, she being a native, which I gladly did. I also met her doctor and a nurse who had committed patients, but who had only a passing interest in them.

Two women had left husbands at Juneau when they were sent to Morningside. This gave promise of an opportunity to meet some relative of my patients, but I found that business had taken both these husbands out of the territory. One had moved to Montana, and one to the state of Washington, and both were therefore much nearer their relatives than if the asylum had been located at any point in Alaska.

The insane of Alaska are largely recruited from a class having no relatives there, and exceptionally only has any patient at Morningside any number of friends remaining in Alaska.

The fact is, and we all ought to admit this, that there is no "near" place in Alaska. Portland, and better, Seattle, are "nearer" to all of Alaska than any city in Alaska is!

SECRETARY LANE FRIEND TO ALL.

Secretary Franklyn K. Lane has been the greatest friend in the office which he holds that Alaska has ever had. Friend alike to the sane and the insane, he has done more real constructive work for the territory than any other man since Seward purchased Alaska from Russia. Among the other complaints made to Secretary Lane has been the cry for a removal of these insane patients from the climate, surroundings and care at Portland, almost ideal in character, to some point in the North.

Secretary Lane is doing all that he can for the sane of Alaska in Alaska, but in the interests of Alaska and the insane, he is caring for these patients outside of the territory.

States All Deport Insane.

In every populous state in the union, in connection with the insane, there is an official called the deportation officer, whose entire services are devoted to the transfer or attempts thereto, of insane people from his own state to the care of some other commonwealth. The United States Government, and every other government, has officers whose special duty it is to protect such countries from the importation of insane within their borders, and expatriate to their former homes all insane who have eluded the immigration commissioner, or who have within three years after coming into this country become insane. In other words, all the civil organization, national, state and local, are bending every possible energy toward the reduction to the lowest possible number within their border, those who are or have been insane.

Alaska alone has all of its insane kept outside its own borders. At least one-half of these, upon recovery, are returned to their former homes, or sent elsewhere than to Alaska, and all this service without the expense of a single dollar to the people of the territory. With an institution for the insane in Alaska, there is no doubt that upon the discharge of practically all these patients, they would again take up their residence within the territory.

Of all things which Alaska should ask of the general government, taking the example of all other nations and states, the last should be that the present beneficial arrangement for the care of the Alaska insane outside of Alaska should be changed to one of restraint of these patients within the territory. This, purely from the personal interest of the sane of the territory, and of the future state itself.

THE NATIVE INSANE.

Little discussion is here made relative to the natives—Indians, Eskimos and Aleutes—because the situation applies to these peoples, acclimated to Alaska through numberless generations, with little force.

These people at Morningside find all that heart in them could desire. As little restraint is required, due to the phlegmatic temperament and sedentary disposition of these peoples, almost complete parole is allowed most of them and they are happy and contented.

Removal from the squalor and privations which have surrounded most of these patients in their former homes, to what is a home of luxury, cleanliness and warmth, brings health generally and happiness always to each at Morningside.

The natives still cling to the belief that insanity is a moral disease, and that persons thus afflicted should be shunned as carrying the signs of some curse of a Higher Spirit, and it is the rarest incident when any relative in Alaska, makes or has made, any inquiry relative to native patients at Morningside.

THE PIONEER'S HOME.

The good citizens of Alaska are to be commended for their kindness of spirit and greatness of soul in providing and maintaining the Pioneer Home, at Sitka.

The people who are maintained there are dependents, who in the states would be cared for at the various county hospitals and homes. Alaska, unlike the older states, is not supplied with capacious homes in the various counties for those who are old and indigent. There is almost no other way by which these people could be cared for except in such an institution as the one at Sitka for the whole state.

Mellow Lives.

In the July issue of the All Alaska Review, published at Seward, I noted the following:

"The Pioneers' Home at Sitka has over 50 old pioneers within its walls, and never a word has been uttered against its management. More than 50 old-timers are being cared for, and the evening of their lives are being made mellow. Alaskans are doing this in Alaska, and why could not Alaska just as well be entrusted with the care of friends who have lost their mental faculties?"

Visits Pioneer's Home.

It was my good fortune last summer to visit this Pioneer's Home, and I was much pleased with what I saw. It may be remembered that the superintendent of this institution was one of the members of the legislature of Alaska who took an active part in passing the resolutions reflecting upon Morningside two years ago. This superintendent, at the time he made this attack, was new in the Pioneer's Home. Average conditions had then not been reached. With a capacity of a certain number of patients, such capacity had then not been more than two-thirds reached. The equipment was then new, and the whole affair novel to the inmates.

Crowded at the Home.

At the time of my visit there were 64 patients at the institution, the crowding then being somewhat greater than at Morningside before the erection of the new parole house. A number of inmates at the Pioneer's Home complained to me then—as others who have been sent from there to Morningside have—as to food, crowding and care. Some of these people were fretful, and already chafing under the slight surveillance which must necessarily be exercised.

In fairness to the superintendent, I must say that I do not believe that any one of these complaints is based upon any real facts, and it was my impression that the superintendent is an admirable official for the position which he occupies. Neither do I believe if he had ever visited Morningside that he would have made any comment unfavorable to our institution.

To care for all of the indigent and infirm of Alaska will shortly be a much greater burden, if the work is not materially abridged, than it is today.

Suicide at Pioneer's Home.

In the same issue of the All Alaska Review, already referred to, there also appeared the following:

"ALASKA PIONEER TAKES HIS LIFE
CUTS HIS THROAT

"Judge * * * formerly deputy marshal at Sitka, and a pioneer of Alaska, last Friday afternoon at five o'clock, entered one of the bath rooms at the Pioneers' Home and committed suicide by cutting his throat with a razor. Judge * * * has been an inmate of the Home since last May. Before cutting his throat Judge

* * * arranged all his business affairs, even to the smallest details. He seemed in good spirits at all times, and no intimation of his intent was made to any one. He stretched out in the bath tub, sliced his left wrist with a razor, but not satisfied with that, then cut his throat from ear to ear."

To Move Outside Some Time.

It was my privilege while in Alaska, to talk to hundreds of leading citizens, many of them standing high in business, professional and other lines. I was struck with the high degree of mental and physical vigor possessed not only by these people, but by all the citizens of Alaska, generally—merchants, miners, laborers and professional people.

In only one instance did I find a person who when asked as to his future, did not tell me that he had some plans eventually to live outside the territory. The poor must be taken care of where they are, and they have little to say as to where they shall spend the "evening of their lives." I have talked to thousands of former Alaskans located outside of the territory, some of whom have made and are still making large fortunes there, and I am prepared to say that with the rarest exception, it is not true that most Alaskans are planning on "making the evenings of their lives mellow" by spending their last days in the territory.

Whether this is true or not, as to the average person in Alaska, I am willing to leave to every candid reader of this report.

Alaskans Believe in Morningside.

One encouraging feature of information was impressed upon me during my recent trip through Alaska, and that was the high degree of respect with which citizens of Alaska regarded Morningside. When criticisms were discussed with these people, practically the same response was always given—namely, "Oh, that's all politics."

There Are Others.

"At last as a due and fitting climax to the shameless persecutions that party rancor had inflicted upon me, nine little toddling children, of all shades and colors and degrees of raggedness, were taught to rush on to the platform at public meetings, and clasp me around the legs and call me Pa!

"A paper came out with a new horror, a fresh malignity, and seriously charged me with burning a lunatic asylum with all its inmates, because it obstructed the view from my house."—*Mark Twain, in "Running for Governor."*

RECOVERIES AT MORNINGSIDE.

Greatly Above the Average.

For nearly fourteen years the Sanitarium Company has been caring for the Alaska insane, during which time an accurate record has been kept in the office of the Secretary of the Interior of the number of patients received and discharged from our institution. The average recovery of insane patients in so-called public institutions is a trifle under 30 per cent of the total number received, covering a period of twenty years. The records of Morningside in the shorter period of thirteen years show 37½ per cent of discharges. In addition to this, there were 7½ per cent of elopements, at least 5 per cent of which were in recovering patients on parole, who broke such parole and left us never to be returned. In other words, if we figured our patients as most state insane asylums do today, in the general classification, including elopements under the usual head, there would be shown a discharge of 42½ per cent in the Alaska patients at Morningside Hospital, 40 per cent greater than occurs in the average institution for the insane.

This is a striking feature covering our service. It not only refutes the criminal and damnable misstatement once made that if one gets into Morningside Hospital he must die or escape in order to get out of there, but it is a record of recoveries not paralleled in any other institution for insane in the entire world. Much in this wonderful result must indicate the class and character of the management and treatment of our insane, but as many other state institutions also are managed upon a high humanitarian plane, there must be something else than management alone leading to such a happy result. There can be but one other thing to account for this, and that is the curative effect of the change of climate from the rugged north to the mild, equable climate of Portland.

After reflection, can it be possible that Alaska shall cry out for an increase over the present of insane population within her borders!

Especially when cared for so much better outside.

INSANE CRIMINALS.

This occasion gives me the opportunity of saying something upon a special subject of importance:

There is quite a difference between the insane man or woman who shall commit an act which in a sane person would be criminal, and the person whom we all know as an insane criminal.

The former is often a most promising patient for recovery, the criminal act, even be it homicidal, seeming to act as a sort of safety valve and relief to the nervous system, and rarely does this class of patient after recovery, have a lapse of such symptoms. It is almost always the unrecognized insane never before confined or who before was never violent, who does the violence so often described in the press. Restraint of the whole individual for a time, seems to give to the man added restraint of his nervous system, so that he is able to resist violent impulses which he formerly had, even should there be some mental recurrence. These patients are usually tractable and easily managed, and they get along peacefully and well with their patient associates, and we do not object to their occasional admission into Morningside.

With the criminal who becomes insane, or who is thought to be insane, conditions are quite different. State insane asylums are constantly objecting to their admission. As the medical superintendent of the Rhode Island Asylum, with its 1400 inmates, says in his last report: "Insane criminals should not be cared for at the state hospitals for the insane."

An insane hospital is not a prison, nor are elements of security from escape provided as in a prison, where absolute restraint is sought as a penalty for crime.

It is also doubtless true that criminals in Alaska have feigned insanity in order to be assigned to the mild surveillance existing at Morningside, in the hope that escape might soon be made and freedom gained.

We can not urge too strongly that criminals who become insane, in the interests of our other patients, as well as security in the detention of such criminals, shall through the processes of Alaska law, be committed, or at least detained at McNeill's Island, where several cells have been prepared for insane criminals. The competent medical officer at such institution, among other things, can there make study in such cases to determine whether these people are really insane, or only feign insanity.

Morningside's Permanent Recoveries.

There is another feature in the results of the care of these cases at Portland, which is even more striking, as showing what the change of climate has to do towards permanent recovery of the insane.

The average recurrence of insanity following the first attack, is slightly above 25 per cent. That is, of every hundred patients discharged as recovered from insanity, twenty-five of them will again become insane. The records of Morningside, covering a period of 13 years, show that there has been returned to us from Alaska, and from other states to which patients have gone, after being discharged, 4.7 per cent, or a little less than five out of one hundred. This shows that the care of these patients in such a different climate greatly tends to the permanency of recovery when recovery does ensue.

Thirteen Years, No Suicides at Morningside.

We have received from Alaska more than 600 patients, many of whom sought to destroy themselves before coming to us, and while most insane people have some tendency to suicide, in all the thirteen years in which we have cared for these patients, there has never been a suicide at Morningside. Can any one doubt that the comforts which we have given these patients, and that more especially the change from the rugged climate of the north, to happy surroundings in the climate of beautiful Portland, have had very much to do with the state of contentment which this wonderful story tells — something unparalleled in asylum records?

EXPENSE.

We have discussed this whole Alaska question largely from a humanitarian standpoint and there is little need at this time for going deeply into the financial aspect of this question. We have the figures in detail, but time would be wasted in printing the same.

At one time a bid was made for the care of the insane in Alaska at \$25.00 per month. It is safe to say that this bid was made without an understanding of what it would cost to care for these patients in Alaska, or else it was planned to give a low order of care to these unfortunates. In either case, at anything near such a price, failure would be certain.

The bare cost of food such as is fed to these patients at Morningside would cost, laid regularly down at any point in Alaska where these patients would likely be domiciled, a sum greater than \$25.00 per month. The contract with the Government, however, in addition to feeding these patients, requires that they shall be clothed, that houses shall be built for their homes, and treatment and care be provided. An estimate made in Washington, D. C., showed that expense for quarters and equipment in another and larger institution of the Government, is equal to the cost for maintenance, and this is the history of practically all of the public institutions of the country.

Initial Cost.

Initial cost for a modern asylum for the insane can well be shown from the Eastern Oregon Asylum at Pendleton, erected five years ago, which cost over \$1200.00 per patient. The initial cost of a modern state institution in Alaska, completed and equipped, should be erected on a 250-patient basis. The cost including equipment would be more than \$300,000.00. This cost would not include anything for grounds. On a similar basis as given at Morningside, probably \$150,000.00 annually would be required for maintenance and minor betterments for these patients in Alaska.

All this expenditure would bring only 250 *insane* people to Alaska. The same annual expense in building roads ought *every* year to bring to Alaska several times as many *sane* people as permanent citizens and empire builders.

The cost of maintenance and overhead charges at the Pioneer's Home at Sitka is more per month per patient than the cost for overhead charges, *equipment* and maintenance at Morningside. The Pioneer's Home also has no expense for restraint.

The estimates for the care of the insane at the detention hospitals at Nome and Fairbanks, on an annual basis for such patients including overhead charges are over \$200.00 per month per patient.

Climate and Greater Recoveries Cuts Cost at Morningside.

The earlier recoveries, the greatly increased number of recoveries, and the permanency of recoveries at Morningside of patients from Alaska, as compared with the same conditions elsewhere, would seem to indicate that in a period of years at least one-third more patients on an average would have to be provided for in this service if patients were cared for in Alaska than though sent outside for care.

THE NEW PAROLE HOUSE.

I want to meet the Day
With gladness and a smile,
I want to keep the Way
With hopefulness the while;
I want to seek the task,
With clearness and delight.
All this I come to ask,
And sleep and peace at night.

Will you not walk
With me awhile?
I crave your sympathy,
I need to have your smile.
The way be steep and long,
I need to grasp your hand,
I offer you a song,
Will you not understand?

—James W. Foley

In 1913, there was a reduction in the number of patients maintained at Morningside. This condition continued also during a portion of 1914, and although the men's department appeared somewhat over-crowded, still the air space was considerably in excess of the legal requirements and very greatly in excess of the average state institution, per patient, the country over.

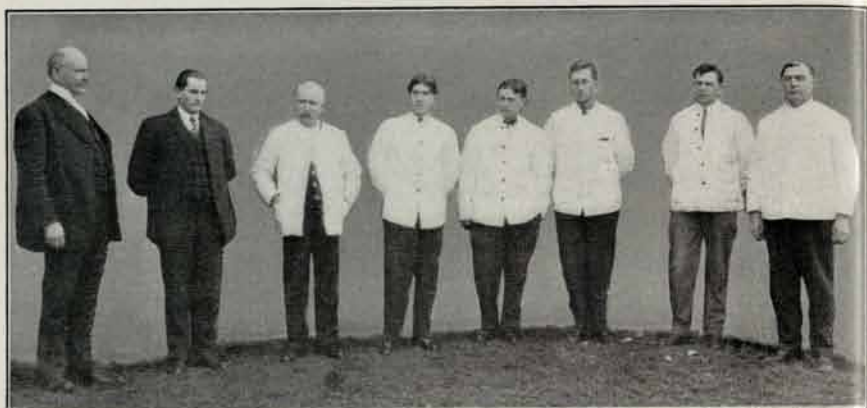
We were beginning at this time to believe that the maximum daily number had been reached among the Alaska insane, but shortly after the period mentioned a slow increase of the census of the institution began, and the view into which we had fallen, that we would not require additional buildings, had to be abandoned. As this increase continued, inquiry came to us, both from the Interior Department and from the Governor of Alaska, which we accepted as in the nature of a command, so to speak, whether it would not be possible for us to increase our capacity upon the men's side of the institution.

Secretary Lane Approves Plans.

Accordingly, in 1916, plans were drawn and submitted to Secretary Franklyn K. Lane, for an additional men's pavilion. In due time these plans were approved, and work was started upon the new building, which has recently been completed. This building was erected on property adjoining that on which the other buildings are located, on the east, a ten-acre tract having been purchased for the sum of \$13,000.00 for such purpose. The remainder of the ground is adaptable for the highest character of gardening.

NON-RESTRAINT FOR THE INSANE.

A Group at Morningside.



Dr. Luckey, Dr. Snider and Supervisors

There has never been a more unjust accusation against the management of the insane at Morningside, than the false statement circulated two years ago by designing and unprincipled individuals or those who had been misled in the matter, that the patients at Morningside had been subjected to certain harsh treatment. With the exception of such occasional cases where questionable judgment has been employed by an attendant in striving to control a patient, and in which in every case coming to the knowledge of the institution the attendant has been immediately discharged, the greatest degree of consideration, the utmost possible patience, and the highest degree of kindness has always been sought at Morningside Hospital.

This we say with a full knowledge that perfection can never be attained anywhere, and that where human beings are congregated, some differences are bound to occur,—at Morningside or anywhere else.

A Hobby.

It is a fact that the greatest hobby of the Medical Director and present owner of Morningside is that of non-restraint for the insane; that the greatest benefit possible

ensues, as a general rule applicable to nearly all cases of the insane, upon the application of the highest possible degree of non-restraint in the care of such patients. It is my belief, based upon observation of patients under my own charge, as well as a study of those in institutions all over the world, that the institutions which employ the least restraint, care for the patients with less trouble and with less employes and expense, less anxiety to the medical officers, and most important of all—with the greatest degree of improvement and the largest percentage of recoveries.

Following a method in operation at the great Morning-side Hospital of Edinburgh, Scotland, my new building, the Parole House, presents an opportunity for further and increased demonstration on our part of the advantages of non-restraint.

Little Restraint.

A recent government inspector, who spent some weeks in closing his investigation, had this to say:

"Very little restraint was discovered during my investigation. Restraint was proper and humane. At no time was my visit to the hospital announced before my arrival, so far as I am aware, and at no time did I find more than two patients in restraint. The individuals under restraint were suitable subjects for it."

"No Patient Under Restraint."

Another inspector, in reporting to the Government, had this to say, following six weeks survey of the institution:

"The general tone of the patients is good, and there is a sense of contentment among them which is unmistakable evidence of kind care and proper food. Though mechanical restraint is at times employed, usually the patients mingle freely in the wards, restrained only by the watchfulness of the attendants. It was noted with satisfaction during my investigation that no patient was under restraint of straps, muff, jacket, rest sheet, or any other personal, physical restraint, which clearly demonstrated that the attendants were using great tact.

No Noise.

"Further, that although there are some excitable patients among the number confined, there was no noise noticeable. No complaint was made of cruelty or abuse. The great bulk of complaint was that the patients were kept away from their home and business without cause or for too long a period. In no instance was I impressed with the validity of the patients' complaint. Complaints made to the Government, in writing, are mailed unless obviously obscene or ridiculous."

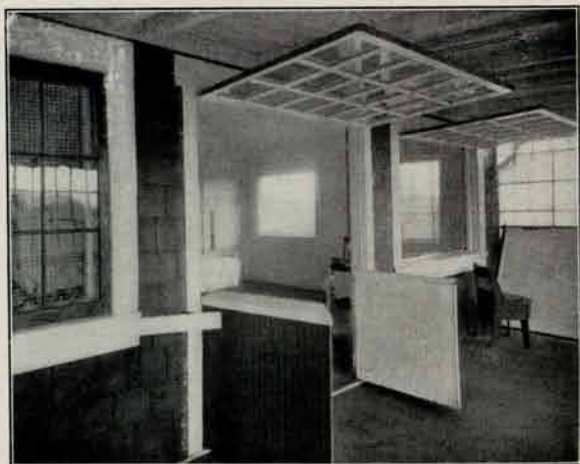
No Bars or Screens on the Parole House.

Pursuant to our predilection for non-restraint, this building is being used entirely unlocked. Upon none of the windows are either locks, bolts, screens nor bars. We are cautiously occupying this structure with patients to whom we are showing confidence to a great degree. We are treating these patients as sick or convalescent persons quite out of the older methods. Some may probably break their parole, but patients break out of every insane asylum, as do others not insane, from other enclosures the strongest man can devise. Elopement from a hospital for the insane often tells much more of kindly liberty, looking to earlier recovery as well as present comfort, than does it indicate carelessness on the part of the authorities. This is universally recognized by alienists. One state insane asylum on the Pacific Coast in a recent annual report, showed over 200 escapes during the year. The superintendent of this institution recently had a third appointment, following eight years service. The kindness of heart of this man, the greatest possible use of non-restraint, and the freedom accorded his patients, helped, no doubt, in retaining his position.

Tuberculosis.

The out-of-door treatment of this class of patients is admirably possible at Morningside, in the mild Oregon climate.

The expense for care of these patients is, of course, much above the government pay per patient, but the ofttimes happy results make this service full of comfort and satisfaction.



Open Porches at Tubercular Cottage

ADDITIONAL MODERN EQUIPMENT.

Through the additional quarters provided by the erection of the new parole house, an increase in the modern armamentarium for the treatment of the insane is made possible.

Chemical, Microscopical and Bacteriological Laboratory

In the new building, considerable additional equipment is being provided in a special room devoted to laboratory purposes for greater convenience in the more scientific study of the cases under our care.

Library.

The institution has probably the best equipped medical library covering the topics of nervous and mental diseases on the Pacific Coast. The Medical Director, as editor of the *Medical Sentinel* for the past twenty-five years, has reserved from the leading medical books published and sent him for review during that period, all of the works thus issued touching upon diseases of the brain and nervous system. In addition, there has been purchased a large number of such works as do not go out to the medical journals for review.

Scientific Laboratory Investigations.

It is possible today, by the use of a modern laboratory, to definitely diagnose many forms of mental diseases which have heretofore, and especially in the early stages, been shrouded in mystery. This is especially true as related to states caused by syphilis and some of the other infective causes, directly or indirectly, contributing to mental breakdown.

It is our aim at Morningside to keep fully abreast of all the modern technique, and to give these patients from Alaska the benefit of the very latest discoveries everywhere.

Morningside Hospital is in close touch, also, with the laboratories of the State Medical College and of the State and County Board of Health, where the best equipment and the highest degree of skill in the study of these cases is always promptly available.

Hydriatic Appliances.

Although there is but little general use for hydro-therapy in the treatment of the insane, in occasional cases much good may be accomplished through some forms of this treatment.

Dr. White's Advice.

"Much can be accomplished by hydrotherapeutic treatment in alcoholic and other deleria, the toxic psychoses, the infective-exhaustive psychoses, some cases of dementia praecox, occasional cases of involution melancholia, manic excitements and in the hysterical and neurasthenic psychoses."—*Dr. Wm. A. White in Modern Treatment of Nervous and Mental Diseases. Vol. I.*

We have therefore installed in the new building a modern hydriatic system and service, where all forms of the so-called water treatments may be applied. Dr. White, the Secretary of the Interior and the Governor suggested an increase in our equipment for this line of treatment, and it is a pleasure to me that additional room now permits the opportunity for complying with these suggestions.

Electricity.

A special room for the application of electricity has been provided in the new building.

Sick Wards.

Rooms, under cheerful surroundings, for the chronic bedfast and those temporarily sick, have been set apart in the new building. Morningside usually has but few so-called bed patients, and half of these at present with us—and who can scarcely be said to be insane—have been somewhat unjustly sent to us from the Pioneer's Home at Sitka.

Extra Cost for Care.

Patients who are helplessly paralyzed, and who have no control of their bladder or bowel discharges, requiring extra nursing, bed feeding and additional outside medical care, as some of these late cases from the Pioneer's Home sent us have been, of course, cost us much more for their care than the government pays Morningside therefor. At our suggestion, some time ago, the Department requested the Governor to advise the Pioneer Home not to send to us these cases, unless they were insane persons, and directed us to ascertain the expenses for returning to the Home the patients not insane received therefrom, with a view of restoring them to their proper place of abode.

The patients were already with us and under advantageous surroundings, and rather than to subject them to the hardships otherwise involved, we are caring for them at Morningside, although such care involves much worry and some monetary loss to us.

Sale of Finished Products.

In the course of a year a considerable quantity of the products of our patients, especially of baskets and fancy work, is sold to the public. This is especially true as to the handiwork of our women.

While it is perfectly proper that the returns therefrom should go into the treasury of the Sanitarium Company, it is quite to the point just now to state that the institution itself has not profited therein. Not a dollar has ever been absorbed from this source by us.

The returns so far from all sales have gone to the patients who have made these things.

No labor of any patient, although neighbors have often solicited the same, has ever been disposed of to any outside interest in the entire course of our care of the Alaska insane.

During convalescence, and occasionally in a mild chronic case, patients have been allowed to make their own arrangements for light outside short jobs, but the patients in every case have themselves received the money therefor.

Patients who work at the institution always have some special consideration shown them. Extra meat diet, special fruits, extra movies and entertainments and small sums of money are usually given. Discharged patients have often been able to take away upon their discharge snug sums of money, very valuable to them on resuming the ordinary responsibilities for a livelihood, which have been paid to them for services during convalescence at the institution itself. There is some Golden Rule in this.

Recovered Cases.

As stated elsewhere, the average recoveries of patients committed to institutions for the insane amount to some thirty per cent, and of those who are discharged as recovered some twenty-five per cent have a relapse. We have also stated that the percentage of recoveries at Morningside is much greater than the average elsewhere, while as shown by over thirteen years' experience at Morningside, no matter whether recovered patients return to Alaska or go elsewhere, the permanency of recoveries would seem to be three times as great as of the average asylum.



Unloading for the Rose Show
S. S. Minnesota at Flavel

We have largely given credit for these favorable results to the value of the change of climate. A change of climate is of recognized value for many diseases, and especially of the nervous system. It is our view that having recovered at Morningside, the change again from the climate of Portland to the different climate of Alaska, is of great value in maintaining the then improved condition. To us it does not seem that we can be mistaken in such view.

For seven years this artificial lake, 18 inches deep, at Morningside sheltered hundreds—and others like it, thousands—of gold fish the year 'round without roofing at any season of the year, so temperate are the surroundings.



Goldfish in Open Ponds the Year Round at Morningside

For the ease of mind of those interested in the insane, permit us to present and emphasize the fact that at least one-fourth of the recovered patients discharged from any insane hospital are no more likely to again become insane than the average man who has never been declared of unsound mind. These persons were alcoholics, drug users, victims of blood poisoning, ill-fed persons, subjects of intense and long-continued business or personal disaster, to whom, in the end came conditions, in which friends and the Court deemed detention advisable. Unless former ill surroundings again intervene, recoveries in such cases should be permanent.

ALASKA, NOW IN THE MAKING.

"Where the world is in the making,
Where fewer hearts with despair are breaking,
Where there is more of giving and less of buying,
And a man makes friends without half trying,
There's where the West begins."

"So many paths that wind and wind!
While just the act of being kind
Is all the sad world needs."

Alaska is a wonderful country, full of present active wealth, and pregnant in future financial possibilities. Its exports this year alone will amount to many times the purchase cost of the territory from Russia. The climate is stimulating to the strong, and it will, by process of elimination, build up a strong race, but woe to the Anglo-Saxon who makes no plans for an occasional trip outside. I speak thus earnestly and conscientiously, in the interests of those who are well. To the Celtic, or Latin type, this statement applies with even greater force. Doubtless 500,000 people who have lived in Alaska during the past twenty years have permanently left that territory, most, of course, not having remained to accumulate the wealth desired.

Alaska Children.

The children born in Alaska of healthy parents ought to be of a strong type, and I found them so. The progeny of those who can persist, remain strong, and mate, growing up in the climate, can better stand that climate than those who migrate there. But even native whites should once in a few years go outside. I have been glad to note that the boats were crowded with Alaskans, both going to or returning from the change found "outside." If these changes are desirable for the sane, what of the insane?

FOODS RAISED IN ALASKA.

On my recent trip through Alaska, I made inquiry regarding meats, potatoes, flour and other staple foods necessary to maintain patients. At no place did I find any of these products for sale which had been produced in Alaska.

Fresh Milk in Alaska.

After all these years in which Alaska has been receiving settlement, I found that a dairy farm was looked upon more as a curiosity than as a place of business, and yet fresh milk is one of the chief food products necessary in an institution

for the insane. At Juneau, we went for a drive several miles from the city, to see its celebrated dairy, justly a pride of that locality, and yet Morningside has nearly as many cows in its dairy as Juneau has, with its six or eight thousand people—the lack of cows in Alaska resulting from the high cost of hay and other feed there. At Cordova, whose dairy successes were heralded on all the boats, we found a debate on as to whether there were three or four cows in that thriving city, in which city and tributary territory there are more than 3000 white inhabitants, and where at a soda fountain (long having subsisted upon condensed or refrigerated milk), we were glad to pay 25 cents a glass for a drink of fresh cow's milk.

Farming to Succeed in Alaska.

One need not be a prophet to see that it will require only time to develop and determine various localities where feed and other products of the soil will eventually supply local needs. In the process of time, also, grains and other foods will become so acclimated that they will mature in many parts of Alaska. The section above Anchorage already produces potatoes in considerable quantities, and will doubtless in time produce a potato crop ample to supply the towns of the territory.

Certainly Alaska has reason to be proud of what the Government experimental stations are doing in the territory, as instanced by the Alaskan turnip, which now seems to be grown everywhere in that region, and will in time undoubtedly be a product of export. While turnips are useful for turnip purposes along the food line, they possess small food value, and of course could not be seriously considered as a food reason for the removal of the insane to Alaska.

Even Help Problem to Improve.

With the growth of cities in Alaska, the help difficulty relative to nurses and attendants will of course be greatly lessened, and Alaska will then present quite a different condition than exists at the present time. The labor market, out of which this help would now have to be recruited, is more than a thousand miles away.

Alaska Needs Sane — Not Insane.

Speaking as a former pioneer to present pioneers, I hope that I may be pardoned for saying that what Alaska needs, rather than more insane within its borders, are more railroads, more wagon roads, more well-kept trails, necessary to bring a large number of sane people into the territory, who shall become permanent residents and useful citizens.

A SUCCESSFUL ASYLUM.

No asylum can be made successful for the care of the insane anywhere, except that it shall possess a few well marked qualifications.

It must be located at or within a few hours travel from a populous city. It must be accessible to good markets and other facilities as already stated, but most of all it must be situated convenient to the "help-market."

The Alaskans seem to thrive upon the fruit of Oregon.



Native Alaskan's among the Strawberries at Morningside

The state insane asylums, according to reports of institutions at hand, on an average change their help three times a year, and sometimes more often than this. In Alaska, if first class, trained and competent help is maintained, certainly, these changes would be even more frequent. There is no class of help which, if the opportunity offers, becomes so arbitrary toward the management as do nurses and attendants in an insane asylum. There is great difficulty in retaining good help, except where all conditions are pleasant and favorable. Poor help only, under present conditions, would stay at an institution in Alaska. The very thought of an institution for the insane now in Alaska, a thousand miles from the help market, should cause the conscience of any thoughtful man to quail.

AN EDITOR SPEAKS.

"Portland, Oregon, March 4, 1914.

"Dr. Henry W. Coe,
"Portland, Oregon.

"Dear Sir:

"Speaking as an Alaskan for Alaskans, I can do no better than enclose you a copy of my report to Governor Strong, for which you may have use.

"The last time this matter was up, there was a bid from Sitka. You can understand how I felt about it, when I opposed it editorially in the *Times*.

"In my opinion, a removal of the insane to any place in Southeastern or Southern Alaska would be a calamity to the insane.

"Cloudiness and rain, winter darkness and general remoteness would all work against their recovery.

"Very truly yours,

(Signed.) "FRED HEILIG,

"Editor and Publisher *Fairbanks Times*."

"Portland, March 3, 1914.

"Governor J. F. A. Strong,
"Juneau, Alaska.

"My Dear Major:

"Acting upon your suggestion, in anticipation of my return to Fairbanks, I took a run during the noon hours today to the Morningside Sanitarium. Dr. Coe accompanied me. I desired his company, to observe the attitude of patients toward him personally. It was my first visit to the Sanitarium, and my visit was wholly unexpected there.

"The exterior made a most favorable impression. It might have been the establishment of a prosperous rancher, located attractively among level, well tilled fields. The interior made good the promise of the exterior. It was as clean as a well-ordered summer hotel, and as fresh and wholesome as the outdoors. The beds were neat and snowy white, and the same cleanliness characterized the kitchen. I lunched among the patients with appetite. Few mess houses in Alaska equal Dr. Coe's.

"The big surprise to me was the demeanor of the patients. There is nothing to depress the visitor, except the knowledge of the misfortune of the patients. On the contrary, there is an air of something like cheerfulness,

certainly of hopefulness, on the part of a majority of the patients. Although the patients mingle as freely as men in a summer camp, there is nothing to alarm the visitor. Toward the attendants I noticed no attitude of anything of fear, hostility or resentment. Many of the patients greeted Dr. Coe cordially, and all of them respectfully.

"I held conversation with a number of the patients, some of whom I knew in the Tanana. All were satisfied with their treatment in the Sanitarium. All seemed to understand why they are there, and expressed faith in the sincerity of Dr. Coe and in his ability to cure them. I am convinced he is a man of exceptional tact and ability in the treatment of the insane, and I earnestly hope the arrangement between him and the government is continued.

"Heartily yours,

(Signed) "FRED HEILIG."

TAKE YOUR OWN CASE, FOR INSTANCE.

The real practical question which every sane man or woman should present to oneself in discussing this problem of an insane asylum in Alaska, or the care of the insane from the territory at Morningside, should be: "Where would I prefer to go if I should become insane?"

It is lamentably true that no man is certain that at some time in his life he may not himself enter into the house of mental darkness. It is the most fearful calamity which can befall anyone, and yet some accident may happen, or some infection occur, as against the nervous organization which may bring mental sickness to the strongest and most vigorous, and if not to oneself, to some one near and dear. Can you think of any place in Alaska where you would as soon be cared for as a public insane person as under the present arrangement carried out by the Department of the Interior? I do not believe that there is a man or woman in Alaska who would answer this in the affirmative.

Attu Cigar Case.

Made at Morningside by the Aleute woman shown in another view herein with Dr. Coe and Inspector. This case was one of septic-childbirth - mania. Patient delivered in manacles. Age now, 45. Recovery complete and



doubtless permanent. Came from the isle of Attu, 3000 miles west of Portland. Learned to speak English well at Morningside, as well as good housekeeping, sewing and other useful employment. Made the journey safely home alone. Before leaving Attu she had never seen a horse or cow, an auto or a sewing machine.

LETTER FROM A NOME PHYSICIAN.

"Sanitarium Company,
"Portland, Oregon.

"Gentlemen:

"In reply to your letter of inquiry of recent date regarding the conditions in Alaska for the care and treatment of the insane, basing my statements on my experience with such cases while as Senior House Surgeon at the Metropolitan Hospital, Blackwells Island, New York City, 1894-5, and also during four years' residence in Alaska in the practice of medicine, where I personally attended many insane cases until sent out by the Court, I would say:

"*First.* No part of Alaska is suited for the care of patients who develop mental trouble there. The cold and long winters there make confinement in poorly ventilated houses a necessity.

"Few, outside of the strongest, should, in the sane, attempt to winter in the upper regions, much less the insane. The change in the climate, alone, from Alaska to Portland, would in itself, mean recovery to many who would never regain mental health in Alaska, but who would grow strong in Portland; and without doubt recoveries—where recovery is possible—would at Portland as compared to any portion of Alaska, mean a large monetary saving to the government.

Second. The buildings in Alaska must be so constructed as to be almost air-tight in order to keep out cold. Proper ventilation is almost an impossibility.

Third. The question of proper food is strongly against retaining patients longer than necessary in Alaska. Canned foods, such as meats, vegetables, milk and fruits form a large part of the necessary Alaska diet. These at best do not possess the proper nutritive properties, and if frozen, as so often happens, are in many cases practically worthless.

Fourth. The risk of incompetent attendants would work a great hardship on patients. Alaska is not a district of skilled labor. It would be impossible to find competent attendants there in case of an excess of patients, or sickness of attendants.

Fifth. The question of transportation, and the expense attached in mileage for attendants would not be favorable for their retention there.

There is no central point in Alaska. All cases from the North, where many cases must originate, would have to be sent to Seattle, then back to whatever point designated in Southeastern Alaska.

"I have visited your place, and in the patients' interest, it is to be hoped they remain there.

"Yours,

"E. S. GRIGSBY, M. D."

This is an old letter, but it covers the "Central Point" matter, and is used here.

AN ALASKA EDITORIAL.

AS TO THE UNFORTUNATE.

We observe that some of the Alaska newspapers are urging that the asylum for the insane be erected at some point in the territory, and that the custom of sending the demented to the outside for treatment be discontinued. We cannot take this view of this proposition. In opposing the erection of an insane asylum in Alaska we are going on the assumption that our insane victims are being treated with every care and consideration at the Morningside asylum in Oregon. A rigid investigation made by Governor Strong discloses that there is no cause for complaint on that score. Indeed, the governor's report is very flattering as to the high conduct of that institution.

But our objection to the erection of an insane asylum in Alaska is based on the scientific theory that it is much better for the unfortunate victims of any form of dementia

that they be given a change of environment and a change of climate. It is undoubtedly true that many of the milder cases of insanity have been entirely restored to normal mental status by the fact that they had an entire change of life—a different food supply, a different climate and a different environment.

Alaska is a frontier country. Only around the outer edges and at certain interior spots is it settled at all to speak of, when we take into consideration the immensity of the country. Prospecting for metals and minerals, fur trapping and hunting are vocations engaged in by many men. The prospector, trapper and hunter lead lonely lives, in the very nature of things. For long periods, many of these hardy men live alone, apart from civilization. Man is a social being. His well-being demands that he shall have the company of other people. If left to himself, it often occurs that his mind fails him. A dementia arising from this cause will readily respond to treatment when an entire change of environment is available.

Hence, on the humane ground of what we consider best for the interests of the unfortunate victims of mental disease, we shall oppose any proposition that has for its purpose the establishment of an insane asylum in Alaska. *The best on God's green earth is none too good for the unfortunate victim who has lost his mental faculties*—Anchorage Times, August, 1916.

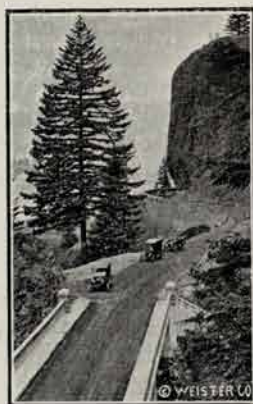
An Alaska Highway.

No set of views can reproduce in reality any fair conception of what the Columbia Highway is. It needs to be seen to be understood.

The view herewith shows how this highway was chiseled out of the overhanging rocks in places.

We predict that in due time similar roads will be built against the rugged water frontier of Alaska in very many places.

Such a road as this near any town in Alaska would doubtless open up a main artery of travel of greatest service for getting back into several valleys. And not to be despised would be the thousands of tourists who would take a journey in Alaska, over this unique roadway in the attractive Great North. The tourist made Los Angeles. Initial cost for equipment and cost of one year's maintenance of the insane in Alaska would build a short permanent road in Alaska worth a dozen insane asylums.



Much in the Temperament of the Care.

Long ago I learned the great value of temperament in those who care for the insane.

The facial expression of an attendant goes much farther with one than a half dozen well thumbed testimonials. Testimonials are, I regret to say, sometimes given to offset discharge, in cases where specific offenses are absent, yet where in general terms there is something lacking and the attendant "don't quite fill the bill."

We employ only attendants who have had considerable experience and good training with the insane. We pay more than the state institutions, with an increasing salary for good services and length of service.

The life of an attendant is none too pleasant, and we seek to engage those of cheerful disposition and an artistic temperament.

An artist of any kind, one who writes a pleasant hand, a painter or a musician, usually has some qualifications of special value in an attendant.

The man or woman who enthuses over the color or form of the flower he sees; who takes an interest in the lawn and the hedge; who, in other words, doesn't "see drab," makes a much better attendant. He is always trying to make the patient's foreground attractive, that the worry and trouble of the background may be forgotten. He wants the food not only right in quality, but served attractively. He groups his patients properly for the night. He picks proper hours and the better days for the outing. In fact he gives the patient, the doctors and the institution *the benefit of an artistic temperament.*



Sacagawea, Washington Park, Portland
Donor of Copper, Dr. H. W. Coe.

The tepee tent and kettle before the Tuberculosis Cottage.



CLOSE CONFINEMENT IN SEVERE NORTHERN CLIMATE, FEWER RECOVERIES.

Governor Strong, in his annual report to the Secretary of the Interior, again urges that steps be taken to provide for the care of Alaska's insane within the territory. There are numerous hot springs, the Governor points out, on the coast of Alaska and in the interior where a hospital for the insane might be located. The statement is being urged that if such an institution were once established in Alaska it would be visited more frequently by the relatives and friends of the inmates than is possible under the present arrangement; and that the cost of transporting insane patients would be very materially reduced.

PERCENTAGE OF RECOVERIES.

There is one phase of the question, however, that the Governor does not discuss. It is assumed, apparently, that the percentage of cures in an Alaskan institution would compare favorably with that of any other; that an unbalanced sourdough, who had spent the best part of his life in the North, would have as much chance to recover in a local asylum as he would have in an out-

side institution. Perhaps he would, but we are inclined to the belief that the close confinement necessitated by the severity of our long Northern winters would be less conducive to recovery than the change of climate and surroundings made possible under the present arrangement.

Alaskans will admire the motives which prompt the Governor to advocate territorial control of territorial institutions, but we question if there are many in the North who would choose to be confined in an Alaskan asylum in preference to one so pleasantly situated as is Morning-side or any of the state institutions on the Pacific Coast, where the inmates have the opportunity to benefit from an all-year open air treatment. The time will come when Alaskans will be called upon to care for their insane, but we do not believe that the territory is prepared at present to offer to the mentally unwell the same advantages that are obtainable outside of Alaska. —*Nenana Alaska News*, Feb. 3, 1917.

Candid Conversation.

As a candid man I have tried to talk candidly to a class of candid pioneers, who make up the white population of the territory of Alaska. For eight years I lived a pioneer in a territory. I do not know you all, but I know many of you; I know the type of the hardy frontiersman and pioneer, and that you want straight and direct statements. Above all, I desire your co-operation and your friendship.

When time and growth in Alaska have smoothed off pioneerdom in the territory, and when present towns have grown into populous cities, with all that this means, Alaska may possibly in justice maintain there her insane, even against climatic conditions.

PORTLAND

An
ideal
residence
city.

Scenery
Hard surface roads
Street Cars

PORTLAND

"The facilities of
a modern city."

Fresh meats
Fresh vegetables
Fresh fruits
Fresh milk
Fresh eggs—

Available

Physicians
Nurses
Attendants
Electricians
General help
Mechanics
Amusements



MORAL ATMOSPHERE

Portland is a staid, conservative city of home loving people.

The atmosphere is tinged by a sense of high moral responsibility for proper care for the unfortunate classes.

This helps—as well as compels—the highest degree of efficiency in the service in her public institutions.

25 years' service with the Insane, by Dr. Coe, in *Portland*, signifies.

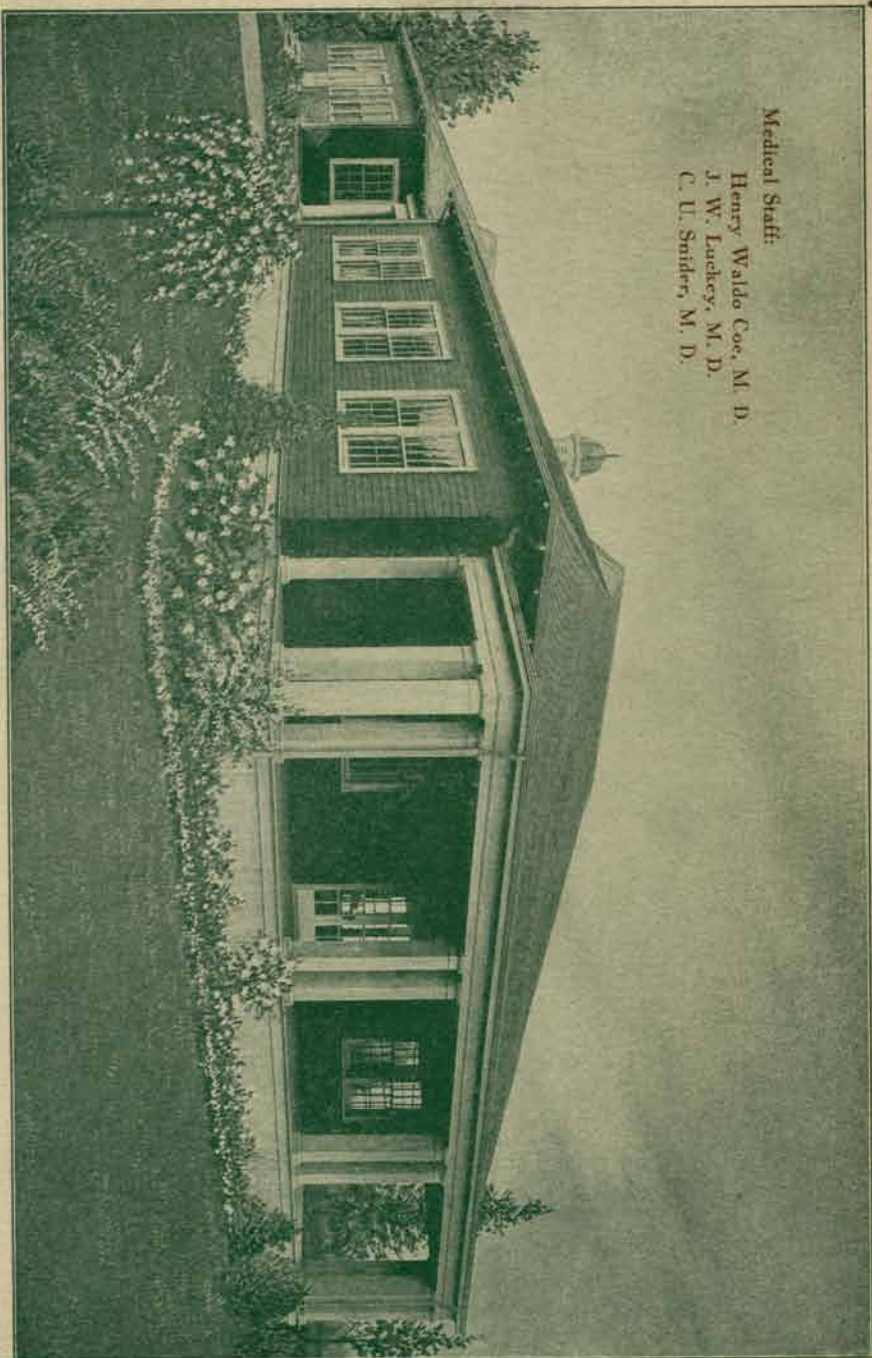
Office: Selling Building, Portland, Oregon

Medical Staff:

Henry Waldo Coe, M. D.

J. W. Luckey, M. D.

C. U. Snider, M. D.



New Parole House at Morningside Hospital, by the Sanitarium Company