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BIENNIAL REPORT

OF THE

INSANE ASYLUM

OF THE

STATE OF COLORADO,

FOR THE

Term Ending November 30, 1884.

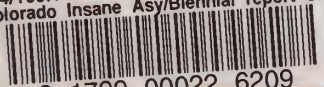
*TO THE GOVERNOR.*

DENVER, COLORADO:

TIMES COMPANY, STATE PRINTERS.

1885.

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# REPORT.



*To His Excellency,*

JAMES B. GRANT,

*Governor of Colorado.*

DEAR SIR :

I have the honor to make the third biennial report of the management of this institution, including the two years from November 1, 1882, to November 1, 1884.

During this period there have been one hundred and twenty-five (125) patients admitted, and seventy-seven (77) discharged.

At the date of last report there were forty-nine (49) patients remaining, making the total number treated one hundred and seventy-four (174). Of those who have been discharged, fifty-three (53) have recovered; one (1) improved; three (3) eloped; and twenty (20) died. Of those who died, five (5) died from paralysis; six (6) from exhaustion of acute mania; one (1) from consumption; one (1) from disease of the brain; five (5) from results of epilepsy; one (1) from dyspepsia; and one (1) from old age.

The general health of the institution has been good, the deaths having occurred, in nearly each instance, in cases of defective and degenerate organizations, rendering them incurable.

The percentage of recoveries is satisfactory, being 42.4 per cent on admissions.

The causes operating to produce disorders of the mind are various, but can be resolved into conditions affecting the nervous system, changing its character and action, the predisposing cause, in a great majority, being an inherited defective brain and nerve organism, rendering them susceptible to unfavorable influences and conditions. The object of hospitals for the insane is the restoration of the diseased mental state. The fulfillment of this object involves great care, attention and well regulated treatment. While certain general principles influence and control all to a certain extent, the action of the mind, in no two individuals, being found to be alike, so when the mind becomes disordered the manifestations will be found to be peculiar to the individual; and, although the form of the disease may be classed under some general head of mental diseases, the treatment adopted must be especially directed to the peculiar form the disease may assume in the individual, and in no place but a well regulated hospital for the insane can this be accomplished, where the proper classification of patients is made, and efficient, well trained attendants are employed. Close attention must not only be paid to the bodily conditions and wants, but cognizance taken of the peculiar habits and idiosyncracies of the patient, all unnecessary friction and irritation avoided, and by amusement, and healthful and congenial occupation, the mind diverted from morbid fancies into healthful channels of thought and feeling.

#### BUILDINGS AND IMPROVEMENTS.

Our new building was completed and occupied by patients a year ago the 20th of November, with the exception of the west wing, which, when completed, will give accommodation for two hundred and twenty (220) patients, the main building and two wings being three hundred and twenty (320) feet long by one hundred (100) feet deep, with two dormitories, sixty-four (64) feet by twenty-eight (28) feet, three (3) stories high, with iron shingle roof. These buildings are built of brick and stone, in the most substantial manner, and furnished with all the modern improvements. They are heated by

steam, supplied with hot and cold water, and lighted by gas. The bath and water closets are of the most improved kind. The ventilation and drainage is perfect. The walls are hard finished, and may be washed when soiled. The floors are of the best yellow pine, thoroughly seasoned, and free from knots and sap. The doors, door frames, window frames, and base boards are of select yellow pine. The bedsteads are of hard wood, made for hospital use, with woven wire mattresses. The seats and tables are of the best hard wood. The window guards were made to order by the Myer Manufacturing Company, Covington, Kentucky.

In addition, we have built fifty (50) feet in rear of the main building, a substantial two-story building, the first story of stone and the second story of brick. This building is eighty (80) feet by fifty (50) feet, and is divided into a boiler house, kitchen and laundry. Outside the boiler house is the brick smoke stack, seventy (70) feet in height. The kitchen is commodious, and supplied with one of John Van & Co.'s ranges, with boiler, bake oven, etc. The kitchen is connected by a stone corridor, fifty (50) feet in length, with the basement of the main building, through which the patients' food is taken to the dumb-waiters.

#### WATER SUPPLY.

Up to the time of occupying the new building we had depended for a supply of water upon the city, the water being furnished through a four (4) inch supply pipe. Owing to the distance from the works this was inadequate, and in case of fire totally useless, leaving us, in event of this appalling calamity, entirely unprotected. Feeling the necessity of protection as well as an abundant water supply, without which no institution is complete, after due consideration it was decided to pump water from the river, using the steam from our boilers to run the pumps. With the labor of the inmates a large well was dug, insuring plenty of water. A contract was let to Russell & Alexander to put in a six (6) ton duplex pump, with a capacity of two hundred and fifty thousand (250,000) gallons daily, twenty-two hundred (2,200)

feet of six (6) inch supply pipe, and twenty-two hundred (2,200) feet of two and one half ( $2\frac{1}{2}$ ) inch steam pipe, with thirteen (13) expansion joints. Also a pump house, the pump being set on a heavy cut stone foundation, thoroughly bolted together. Also two (2) fire hydrants, one (1) in front of each wing. The whole when complete to cost six thousand dollars (\$6,000.00). This gives us an abundant water supply for fire and other purposes, and during the season, has furnished all the water to irrigate five (5) acres of lawn, as well as the water to irrigate one thousand (1,000) fruit and ornamental trees.

### IMPROVEMENT OF THE GROUNDS.

A vast amount of work has been done by the patients in the past two years. All the excavating for the new wing, all the trenches for water, steam, gas, and sewer pipes, amounting to over seven thousand (7,000) feet, has been done by their labor. And thousands of yards of dirt have been removed from the rear of the building to supply the grade in front, the removal of the ground being necessary to protect the building from the wash of heavy rains. This work on the lawn, the foundation of which has to be carefully prepared, shows very little for the amount of labor performed, as all is hidden from view as soon as the grass and shrubs are fairly started. Walks and drives have been laid out and gravelled, which, when sprinkled, adds much to the appearance.

In the coming season the planting of trees and other ornamental work will serve to add greater attractiveness to the grounds, and make them what they are designed to be, an attractive point for the eye to rest upon.

### FARM AND GARDEN.

The farm and garden, the yield from which is of first importance to us, have received careful attention, and have amply repaid us for the work expended with an abundant supply of vegetables, which lasted during the entire year.



The appended tables will show the amount produced each year:

## PRODUCTS OF FARM AND GARDEN

*For the Year 1883.*

Beans, Snap .....	200 gallons.
Beans, Lima .....	3 bushels.
Beans, Mexican .....	5 bushels.
Beets .....	3,000 pounds.
Cabbages .....	4,500 heads.
Cucumbers .....	12 bushels.
Cantaloupes .....	1,500 bushels.
Dry Cornfodder .....	5 acres.
Garden Peas .....	30 bushels.
Green Corn .....	700 dozen.
Lettuce .....	400 heads.
Onions .....	8,000 pounds.
Parsnips .....	1,000 pounds.
Radishes .....	13 bushels.
Squash .....	400 bushels.
Tomatoes .....	20 bushels.
Water Melons .....	2,000 bushels.
Pickles, assorted .....	4 barrels.

*For the Year 1884.*

Beans, Snap .....	375 gallons.
Beans, Lima .....	4 bushels.
Beans, Mexican .....	8 bushels.
Beets .....	4,000 pounds.
Cabbages .....	8,000 head.
Cucumbers .....	20 bushels.
Cantaloupes .....	2,000 bushels.
Dry Cornfodder .....	5 acres.
Garden Peas .....	50 bushels.
Green Corn .....	1,200 dozen.
Lettuce .....	300 head.
Onions .....	10,000 pounds.
Parsnips .....	1,500 pounds.
Radishes .....	5 bushels.
Squash .....	1,125 bushels.
Tomatoes .....	20 bushels.
Krout .....	3 barrels.
Pickles, assorted .....	3 barrels.
Chickens .....	250.
Milk .....	1,450 gallons.

## SUPPORT.

The tax of one-fifth ( $\frac{1}{5}$ ) of a mill upon which we have heretofore subsisted, is insufficient, and as our numbers increase will leave us still further in arrears.

## INDEBTEDNESS.

To complete the proposed designs, which included the finishing and furnishing of the wards, and the erection of the new wing and boiler house, kitchen and

laundry, with furniture for the latter, we fell short in our appropriation, and in order to open the hospital were compelled to go in debt for many absolutely necessary articles, the future welfare of the institution demanding that whatever was required should be furnished and done in the light of the best practical experience.

The following list shows the amount of indebtedness and what for:

#### INDEBTEDNESS.

On boiler house, kitchen, laundry and west wing...	\$10,000 00
On water works .....	4,000 00
On furniture.....	3,700 00
On sewerage and connecting down spouts .....	1,200 00
On kitchen range (\$1,043), freight (\$125).....	1,168 00
On gas-fixtures.....	300 00
On window guards.....	1,350 00
On tubular boiler.....	2,500 00
On laying gas main from city.....	1,500 00
	\$25,718 00

#### REQUIREMENTS.

We will have to open another ward this year, the furniture for which will cost one thousand dollars (\$1,000.00). The appropriation of this sum is the only suggestion I have to make.

I have the honor to be,

Very respectfully,

Your obedient servant,

P. R. THOMBS,

*Superintendent.*

## FINANCIAL STATEMENT

*Of the Receipts and Disbursements of the Colorado Insane Asylum, from November 1, 1882, to October 31, 1884.*

## DR.

Building and improvements.....	\$83,146 90
Table.....	18,880 56
Salaries.....	9,306 00
Wages.....	11,246 00
Stable.....	1,614 98
Fuel and light.....	4,639 01
Clothing.....	1,982 38
Bedding.....	2,415 48
Water.....	700 00
Contingent.....	832 30
Kitchen and laundry.....	911 39
Medicines and medical supplies.....	689 52
Stock implements and produce.....	229 83
Interest and discount.....	50 15
Freight and drayage.....	7 60
Telephone.....	174 50
Mechanical means of restraint.....	121 05
Furniture and fixtures.....	1,882 03

## CR.

Auditor of State.....		\$138,823 68
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