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Biennial Report  
of the  
Supervisors of the Insane  
of the  
State of Vermont  
for the two years ending  
June 30, 1940



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**REPORT OF THE SUPERVISORS OF THE INSANE  
FOR THE STATE OF VERMONT**

To T. C. Dale,  
Commissioner of Public Welfare:

The State Board of Supervisors of the Insane submit the following report for the biennial term ending June 30, 1940.

Regular visits by the full Board have been made each month at the State Hospital at Waterbury and the Brattleboro Retreat at Brattleboro. At these meetings we have discharged State and part-pay patients as follows:

From the State Hospital:	
Conditional discharges .....	248
Permanent discharges .....	35
	<hr/>
	283
From the Brattleboro Retreat:	
Conditional discharges .....	66
Permanent discharges .....	3
	<hr/>
	69
Total number of discharges .....	<hr/>
	352
Number of State and part-pay patients died:	
State Hospital .....	149
Brattleboro Retreat .....	45
	<hr/>
	194
Total discharged or died .....	<hr/>
	546

But because of recurrence of mental disease requiring further hospitalization, it has been necessary to revoke the conditional discharge of:

State Hospital patients .....	103
Brattleboro Retreat patients .....	26
	<hr/>
	129

During the biennial term there have been received from the prison at Windsor seven convicts who had become insane, and seven have been transferred back to Windsor by the Governor's order upon recommendation by the Supervisors. There are 46 criminally insane now at the State Hospital—43 men and 3 women—as compared with 57 two years ago. During the biennial term 4 criminally insane were yet at the State Hospital and still insane when their sentence expired. These

4 were committed as regular patients by the Probate Court of Washington County upon application to the Court by the Board of Supervisors.

Under our reciprocal agreement for the exchange of insane persons, legal residents of either state, we have received 13, and 13 applications have been denied; 4 have been accepted by other states and deported.

In the previous biennial term the balance was in favor of the State of Vermont.

On June 30, 1938, there were at the State Hospital:

State and part-pay patients .....	976	
Private patients .....	115	
		—— 1091

On June 30, 1940, there were:

State and part-pay patients .....	978	
Private patients .....	106	
		—— 1084

This shows an increase of 2 State patients and a decrease of 9 private patients, a net decrease of 7. This is the first time in the history of the State Hospital that there has been a decrease in the number of patients in any biennial term.

At the Brattleboro Retreat there were on June 30, 1938:

State and part-pay patients .....	395
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and on June 30, 1940, there were:

State and part-pay patients .....	398
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an increase of 3 State patients, the smallest increase for many years, if ever.

So that considering both the State and private patients at Waterbury and the State patients at Brattleboro, there has been an actual decrease of 4. This is unprecedented, and yet with the increasing tendency toward hospitalization of mental cases, it is not probable that the peak of hospital population has arrived.

The people of Vermont may be assured that the patients, both at the State Hospital and the Brattleboro Retreat, have kindly care and scientific treatment; both are hospitals in fact and in every way well conducted. The Retreat has ample capacity and is constantly making improvements, so that it is well equipped for the care and treatment of State patients and all classes of private cases as well. The State Hospital is congested and is lacking in standard rooming capacity.

Beside the Brandon State School we have in the State for the care of patients with mental disease the Green Mountain Sanatorium and the Lake View Sanatorium, both private institutions located at Burlington, and both of very limited capacity. Also the Brattleboro Retreat, a private institution, well equipped, with generous capacity for the care of all classes of mental cases, and by arrangement with the State for \$6.00 a week receives State patients over and above the capacity of the State Hospital at Waterbury to receive them. The State Hospital is the only institution owned by the State for the care of mental cases, and none can be admitted or held there unless they are insane and dangerous and so certified to by two physicians not connected with the hospital.

But there are many cases throughout the State who need and are entitled to custodial and hospital care who cannot be received and held at the State Hospital, for the Statute requires that the Supervisors of the Insane discharge those who are non compos but not insane. These include idiots and low-grade adult and adolescent imbeciles, chronic invalids requiring hospital care, as well as various other types. Such indigent cases the overseers of the poor find it difficult or impossible to find suitable places for their care in private families, and the expense in local hospitals is far beyond the means of the town to meet, except for limited periods. The towns would be very willing to pay a dollar a day for the care of such cases, and in many cases the friends or relatives would be glad to pay this moderate charge, when they would not feel able to pay the rates charged by local hospitals.

### Recommendation

By reason of the situation set forth in the preceding paragraphs, we recommend that the incoming Legislature make provision for the erection of a State Sanatorium to be located in connection with the State Hospital and to be under the same management in order to save overhead expense, the building to have capacity for caring for 150 or more patients, and the admissions should be limited to those who are mentally ill and require hospital and custodial care and include those who are a public menace or nuisance but not dangerously insane or com-mittable to the State Hospital.

By limiting the admissions in this manner the Sanatorium would not become a public boarding house, and some space might be available for the care of aged and bed-ridden cases now regular patients in the Hospital, and thus relieve somewhat the congestion there.

Should the Legislature feel disinclined to provide for the immediate construction of such a sanatorium, then we recommend that a committee of three or five be appointed to investigate the need of such a building and make recommendations as to its capacity as well as the kind of patients to be admitted and who should bear the expense of their maintenance.

We take this opportunity to extend to Dr. J. C. O'Neil, Superintendent of the State Hospital, and to Dr. Horace G. Ripley, Superintendent of the Brattleboro Retreat, our thanks and appreciation of their helpful co-operation in the work of the Board of Supervisors..

And to you, Commissioner Dale, we extend our thanks for your helpful suggestions in supervising the care of the insane in the State.

For more detailed statistical information you are referred to the following tables and especially to Table V for the full picture of the hospitalized insane in the State.

Respectfully submitted,

R. M. PELTON, M. D., Richford  
F. L. OSGOOD, M. D., Saxtons River  
F. E. STEELE, M. D., Secretary, Montpelier  
State Board Supervisors of the Insane

Dated :

Montpelier, Vermont,  
June 30, 1940.

**Table I**  
**VERMONT STATE HOSPITAL FOR THE INSANE**  
**Waterbury, Vermont**

MEDICAL STAFF

J. C. O'Neil, M. D., Superintendent  
 \_\_\_\_\_, First Assistant  
 G. F. West, M. D., Third Assistant  
 Bertha C. Wiseman, M. D., Fourth Assistant  
 Emmanuel Levine, M. D., Fifth Assistant  
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The following shows the movement of population and other data for the biennial period.

Number of patients remaining June 30, 1938:	
Part Pay and State .....	*976
Private .....	*115
Number of patients admitted in two years:	
Part Pay and State .....	359
Private .....	313
Number of patients discharged as Recovered:	
Part Pay and State .....	105
Private .....	36
Number of patients discharged as Improved:	
Part Pay and State .....	89
Private .....	61
Number of patients discharged as Unimproved:	
Part Pay and State .....	17
Private .....	27
Number of patients discharged as Not Insane:	
(including Alcohol and Drug Cases)	
Part Pay and State .....	120
Private .....	23
Number of patients discharged as Undetermined:	
Part Pay and State .....	1
Private .....	2
Number of patients died:	
Part Pay and State .....	149
Private .....	49
Number of patients remaining June 30, 1940:	
Part Pay and State .....	**978
Private .....	**106
Number of Conditional discharges by Supervisors of State and part-pay patients .....	248

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Number of Absolute Discharges by Supervisors of State and part-pay patients .....	35
Number of Conditionally discharged patients returned by Revocation of Discharge by Supervisors .....	103
Number of epileptic State patients admitted in two years	22
Number of epileptic State patients remaining June 30, 1940 .....	77
Number of nurses .....	112
Percentage of nurses to patients .....	9.67
Number of drug cases committed at the expense of the State in two years .....	2
Number of drug cases (State) discharged .....	11
Number of drug cases (State) remaining .....	0
Number of alcoholic cases (State) admitted in two years	41
Number of alcoholic cases (State) discharged .....	38
Number of alcoholic cases (State) remaining .....	7
Number of criminal cases (3 women and 43 men) .....	46

\*Includes patients on visit and elopement.

\*\*Includes 21 patients on visit and elopement.

**Table II**  
**BRATTLEBORO RETREAT**  
**Brattleboro, Vermont**

The Medical Staff is as follows:

Horace G. Ripley, M. D., Superintendent  
Freeman A. Tower, M. D., Senior Assistant Physician  
Marius Peladeau, M. D., Senior Assistant Physician  
Feiga Gross, M. D., Senior Assistant Physician  
Catherine Armstrong, M. D., Assistant Physician  
Stewart R. Smith, M. D., Assistant Physician

The following table shows the movement of population for the biennial period ending June 30, 1940, together with other pertinent data:

Number of patients remaining June 30, 1938:		
Part Pay and State .....	395	
Private .....	368	
		763
Number of patients admitted in two years:		
Part Pay and State .....	111	
Private .....	683	
		794
<p>In addition to the above 111 part pay and State patients, 9 other patients were first admitted as Private patients prior to June 30, 1938, and transferred during this biennial period to State Account by Order of Probate Court.</p> <p>Of the above 794 patients, 41 were first admitted as Private patients, and subsequently transferred to State Account by Order of Probate Court.</p>		
Number of patients discharged as recovered:		
Part Pay and State .....	13	
Private .....	163	
		176
Number of patients discharged as improved:		
Part Pay and State .....	46	
Private .....	376	
		422
Number of patients discharged as unimproved:		
Part Pay and State .....	7	
Private .....	64	
		71

The total number of patients discharged was :		
Part Pay and State .....	66	
Private .....	603	
	—	669
Number of patients died :		
Part Pay and State .....	45	
Private .....	81	
	—	126
Total number of patients discharged and died :		
Part Pay and State .....	111	
Private .....	684	
	—	795
Number of patients returned to their homes :		
Part Pay and State .....	66	
Private .....	546	
	—	612
Number of patients transferred to other hospitals :		
Part Pay and State .....	3	
Private .....	54	
	—	57
Of the 669 patients discharged, 167 were without psychosis :		
Part Pay and State .....	13	
Private .....	154	
	—	167
Of the Private patients remaining there are 78 who are residents of the State of Vermont, and 286 who are residents of other States and Countries.		
Number of patients remaining June 30, 1940 :		
Part Pay and State .....	398	
Private .....	364	
On visit, Private .....	3	
	—	765
Number of conditional discharges by the Supervisors of State patients :		
Men .....	35	
Women .....	31	
	—	66
Number of absolute discharges by the Supervisors of State patients :		
Men .....	3	
Women .....	0	
	—	3

Number of absolutely discharged State patients returned:		
Men .....	0	
Women .....	0	
	—	0
Number of conditionally discharged State patients returned by revocation of discharge by Supervisors:		
Men .....	7	
Women .....	19	
	—	26
Number of voluntary State patients admitted in two years .....	0	
Number of epileptic State patients admitted in two years .....	4	
Number of epileptic State patients remaining June 30, 1940 .....	22	
Number of drug cases committed at the expense of the State in two years .....	0	
Number of State drug cases discharged .....	0	
Number of State drug cases remaining .....	0	
Number of State alcoholic cases admitted .....	8	
Number of State alcoholic cases discharged .....	8	
Number of State alcoholic cases remaining .....	1	
Number of nurses .....	152	
Percentage of nurses to patients .....	1 to 5	

**Table III****LAKEVIEW SANATORIUM, Inc.**  
**Burlington, Vermont**

Dr. Waldo J. Upton, Medical Director

Number of patients remaining June 30, 1938 .....	9
Number of patients admitted in two years .....	98
	107
Number of patients discharged as recovered .....	44
Number of patients discharged as improved.....	40
Number of patients discharged as unimproved .....	12
Number of patients died .....	5
Number of patients remaining June 30, 1940 .....	6
Number of patients residents of Vermont, remaining ....	3

**Table IV****GREEN MOUNTAIN SANATORIUM**  
**Burlington, Vermont**

T. E. Hays, Medical Director

Number of patients remaining June 30, 1938 .....	0
Number of patients admitted in two years .....	16
Number of patients discharged in two years .....	16
Number of patients died .....	1
Number of patients remaining June 30, 1940 .....	0
Epileptics .....	0
Residents of Vermont, remaining .....	0

**Table V**

The following shows the population and status of all hospitals for the care of the insane in the State on June 30, 1940.

## State Hospital:

State and part pay patients .....	*978	
Private patients .....	*106	
	—	1084

## Brattleboro Retreat:

State and part pay patients .....	398	
Private patients (3 on visit) .....	367	
	—	765

## Lakeview Sanatorium:

All private patients .....		6
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Green Mountain Sanatorium .....		0
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Whole number of residents, non-residents and transients		1855
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## Of these there were private patients, non-resident:

State Hospital .....	0	
Brattleboro Retreat .....	286	
Lakeview Sanatorium .....	3	
Green Mountain Sanatorium .....	0	
	—	289

Number of Vermont residents in hospitals .....		1566
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## Of these there were private patients:

State Hospital (not including part pay) .....	*106	
Brattleboro Retreat .....	78	
Lakeview Sanatorium .....	3	
Green Mountain Sanatorium .....	0	
	—	187

Number of patients supported by the State .....		*1379
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## There were of this number at the State Hospital:

Drug cases remaining .....	0	
Alcoholic cases remaining .....	7	
Brattleboro Retreat:		
Drug cases remaining .....	0	
Alcoholic cases remaining .....	1	
	—	8

Leaving the actual number of insane residents or transients in our hospitals at the expense of the State on June 30, 1940 .....		1371
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\*Includes 21 patients on visit or elopement.

**Table VI**

Number of admissions to the State Hospital by Counties during the biennial term from July 1, 1938, to June 30, 1940. This does not include private patients.

**Vermont State Hospital**

Addison .....	22
Bennington .....	1
Caledonia .....	33
Chittenden .....	110
Essex .....	5
Essex .....	5
Franklin .....	41
Grand Isle .....	2
Lamoille .....	11
Orange .....	19
Orleans .....	30
Rutland .....	45
Washington .....	18
Windham .....	2
Windsor .....	20
Total .....	359

**Table VII**

Admission to the Brattleboro Retreat of State Patients by Counties, July 1, 1938 to June 30, 1940, inclusive.

Addison .....	1
Bennington .....	44
Caledonia .....	1
Chittenden .....	0
Essex .....	0
Franklin .....	1
Grand Isle .....	0
Lamoille .....	0
Orange .....	1
Orleans .....	2
Rutland .....	11
Washington .....	0
Windham .....	40
Windsor .....	19
Total .....	120