

This is the administrative portion of our main building. The Hospital was originally opened in 1883, when Dr. Hawthorne brought 370 patients to Salem after the State Legislature had created the Oregon State Hospital. Mental patients had formerly been placed out under contract to Dr. Hawthorne at a cost of about \$13.00 per month.

The wall tapestry was made by a patient who came to the Hospital in 1906. She was born in England, and was a tapestry maker before coming to this country.

The tapestry is made entirely from scraps and pieces of thread which this patient picked up from the sewing room. She made her own dye from flowers, and for the original work nothing was purchased. The tapestry is made in pieces, and these pieces were saved and eventually put together. She worked on this for three years - from 1912 to 1915. Patient expired here in 1936.

You will notice on our bulletin-board that we now have _____, and that we have approximately 100 more male than female patients. This ratio has pretty much held the same through out the years. You might be interested in knowing how many patients are admitted to the Hospital and how many are discharged. One of the popular misconceptions about a mental institution is that once a person is committed to the Hospital that he remains there for the rest of his life, but this is not true. In the past two years we have admitted approximately 3,200 patients, yet our permanent hospital census has increased by only 250 patients. By this, you can see that we discharge almost as many as we receive.

We will not have a chance to take a tour through the entire hospital because of lack of time, but we would like to show you representative wards of the institution, both old and new, so you will know what some of our problems are and what conditions exist. Please feel free to ask any questions.

(Take stairs to 2nd floor"

AUDITORIUM

First we would like to show you our auditorium and patients library. The auditorium seats 600 people, and is used for shows, church, patient dances and other forms of recreation. Our library is quite well stocked, and books are taken to the wards by the librarians and made available to patients who are unable to come to the library.

WARD #2

The first ward we will visit is ward #2. This is our female diabetic ward. Although patients are mentally ill, they may be physically ill as well, and it falls within our scope to treat those conditions. This ward has its own kitchen, and all food is prepared in accordance with a prescribed diet. We have 23 female and 13 male diabetic patients. The male diabetics are domiciled on the next ward. Diets for both male and female diabetic patients are all prepared in this ward.

WARD #5

This is the male convalescent ward, and our convalescent heart and medical patients, as well as our male diabetics are housed in this ward. The ward has recently been painted in contrasting colors, and we hope to carry out this type of color scheme throughout our Hospital.

WARD #8

We have just now come into ward #8 which houses the elderly senile patient who is ambulatory. You will notice we have some younger patients on the ward. These patients work as ward helpers, and are a very necessary part of our Hospital society. Without them it would be difficult to run the wards, as they take care of the kitchen cleaning; make the beds, and other ordinary cleaning chores. You will notice the color scheme here is a little different than in Ward # 2.

WARD #30

This ward houses the chronically disturbed male patients, and some

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chronic run aways, and they are patients who might be dangerous on the outside.

Many of these patients are receiving active treatment in the form of electric shock, doca (which is a hormone treatment for schizophrenics) and hydrotherapy.

(At this place leave the building and point out to your group the buildings which can be seen - laundry, the new morgue, engineers department, etc. The quonset hut, houses about 100 patients who are laundry workers and patients on ground parole, and we hope eventually to turn into a gymnasium for skating, basket ball, bowling alley and other athletic contests. Bring to their attention the old tubercular building, the female geriatric building, etc. Take your group from there to Ward 16 - 3rd floor.

WARD #18

This ward houses the most disturbed group of woman patient we have in the Hospital. Please take note of the fact that it is a pretty quiet place, and that restraints are used on very few patients. Another misconception about a State Hospital is that every patient who enters the institution is a raving maniac, which is very wrong. This ward houses our most disturbed female patient, and you will note that there is no one particularly disturbed at the present time. Extensive electric shock program is carried out daily on this ward and on the next ward you will visit. Electric shock treatments are not a cure, but a temporary measure of help in making the patients feel more at ease and more comfortable in their surroundings.

WARD #15

This ward domiciles patients not unlike those found on Ward 16, and the same type of treatment is carried out here.

WARD # 12

This ward houses girls who work in our kitchen and dining room. They come to this ward after a series of treatment and here are under observation previous to being paroled.

ART AND INDUSTRIAL UNITS

The Art and Industrial center is primarily for female patients who are interested and carrying on this activity. The greater part of our sewing for the institution is done here. Patients working in the Art section crochet and do fancy work, make rugs, etc., and these articles are sold.

WARDS 42 and 43

These are wards for patients on continued treatment, and this building has been in use since September, 1949. The building houses approximately 300 patients, and patients who are housed here must be ambulatory, as the meals are served in the cafeteria. Male patients are domiciled in the down stairs wards, and the female patients on the second floor wards.

NEW TREATMENT BUILDING

You are now entering our new treatment building, which is used for receiving both male and female patients, and the treatment of the acutely ill patient. This building was dedicated in April, 1949, during Mental Health week.

Every patient committed to the institution come to this building first, and, depending upon the type of disease they have and the behavior they manifest, they will either remain here for treatment or will be transferred to some other ward in the institution.

You are now entering Ward J, which is the male receiving ward. We have only 57 beds on this ward, and with the average intake of male patients of around 75 per month, you can see that we would be unable to care for and treat everyone on this ward for any length of time. The average stay here is about two weeks. The acutely disturbed patients are placed in the side rooms (quiet section.) They are segregated so as not to become over-stimulated themselves, and so they will not be a disturbing element to the other patients, You will note that here we have very few, if any, disturbed patients in this corridor, and, as a matter of fact, it is a rarity to have more than one disturbed patient at a time. This is the result of our new methods of treatment; i.e.- electric

minimum. One of the methods used in sedation is hydrotherapy, and this is our hydrotherapy unit. We have 4 tubs here, all controlled by a central panel, which controls the temperature and flow of water. The water is kept around 100 degrees, or just a little above body temperature, and the patients are kept in the tub anywhere from 45 minutes to two hours at a time. We also use the wet sheet packs. The patients are placed on these tables and are wrapped tightly in wet sheets, and are left on the table for 30 to 45 minutes.

This is our Department of instruction for student nurses. This department was started 6 years ago, and during that period 1,147 nurses have completed the 3 months training course, and we have an enrollment at the present time of 74 students.

We will now take the elevator to the 3rd floor, where we will show you our physiotherapy department:

We have one of the best equipped hydrotherapy and physiotherapy departments available. Hydrotherapy is used for mental patients both as a sedative and as a tonic, depending on the type of illness. For sedatives we have primarily our continuous tubs, which you saw on the 1st floor. Most of the equipment in this room is used as a tonic. You see first the foot tubs, which are used to stimulate circulation in the feet, and is used sometimes before the patients go into the heat cabinets. The table beside the tub is used for salt glow rubs. The whole body is rubbed quickly with a moist salt, and then the patient goes to the needle shower. The needle shower hits the body in 16 different places; temperature of the water is controlled in the control table. The hose-like affairs which you see protruding from the control table makes up what we call the scotch douche. From one compartment comes the cold water and from the other hot water. These are run alternately up and down either side of the spine, and these also have a tonic effect. Great care is taken not to let the water strike the back bone itself, since the pressure would be too great. Beyond this the first low table you see is a sitz bath. This is used mostly from a medical standpoint. either following rectal surgery

or other pelvic disorders.

The peculiar looking arrangement you can see by the sitz baths and the needle showers is a perineal douche, which is used for pelvic congestions. All of these pieces of equipment are controlled at the one main control table and no one except the Hydrotherapist or a student touches them. Also in this room we have our hot-air baths. This large cabinet is heated by electric bulbs, and is used at times for alcoholics, or as a reducing measure.

In the next room we have our physiotherapy equipment, which consists of infra-red lamps which gives surface heat (used to relieve strains) diathermy which gives deep heat, and ultra-violet rays. Each booth is curtained off to give the patient privacy, and each treatment is under the supervision of our physiotherapist.

The large tub, which is made of monel metal, is a portable whirl pool bath, and is used as therapy, especially after fracture. It is so arranged that any affected portion of the body can be treated separately.

This is our solarium, where we bring patients for sunshine and fresh air. We have lounge chairs, ping pong tables, and various games that may be played outdoors.

This is our Social Service Department, and here our trained social workers gather pre-parole information regarding the surroundings our paroled patients will go into; investigate the homes and familys they come from as an additional help to the Doctor in reaching better understanding of the patients back-ground and his existing illness.

Show your group the Nurses home and tell them that both Registered and Student nurses are housed here, and if anyone wishes they may be taken into the home and shown the lobby and one of the rooms. Explain that there are matrons on duty in the students section-kitchens on each floor, recreations rooms etc

Next point out to your group the Medical-Surgical building. Explain that the Dental offices, the laboratory, major and minor surgery, X-ray, and _____ beds for the acutely ill and surgical patients are incorporated in this building, and that in as much as it is practically the same as any general hospital, they will not

Points of Interest Concerning Maintenance during 1949

Monthly maintenance cost per patient averages fifty-three dollars.

We spend \$20,000 per month for food and use \$17,500 per month of hospital farm produce.

The following are the amounts of staple items necessary for a meal:

- 1,250 lbs. potatoes
- 220 gallons fruit
- 220 " vegetables
- 1,000 lbs. bread
- 300 gallons milk
- 1,200 lbs. meat
- 350 gallons coffee or tea
- 2 sacks flour for gravy
- 200 lbs. butter or margarine
- 400 pies or 500 lbs. cake

During 1949 our farms produced:

milk	112,029 gallons
pork	171,262 lbs.
chickens	15,698 "
eggs	84,602 dozen
turkey	6,992 lbs.
fruit	374 tons
vegetables	980 "
hay	914 "
grain	111 "

Our sewing room makes per week:

- 40 dresses
- 50 shirts
- 40 night gowns
- 5 doz. aprons
- 6 " towels
- 3 " sheets
- 3 " dish towels
- 3 " dish towels (hemmed)
- 2 " slips
- 40 suits underwear
- curtains, surgical gowns etc. as needed

The art room ladies turn out in an average week:

- 20 rugs
- 36 pieces embroidery work
- 24 " crochet
- 5 fancy aprons

The florist department produces potted plants and cut flowers for the wards, dining rooms, reception rooms and hallways throughout the buildings. In addition they produce thousands of plants for the flower beds on the hospital grounds, the State Fair grounds and for other institutions and commissions. All shrubs for landscaping are grown in the greenhouse nursery.

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The shoemaker rebuilds 70 pairs shoes per week.

The laundry processes 57,230 pieces of clothing weighing 68,845 lbs. per week.

The maintenance cost per student nurse per month is \$60 to \$65.

We have in our library 2,200 volumes fiction and 500 volumes non fiction.

Units of saw-dust used in the heating plant is 38 units per day- or a total of 14,000 units per year.

One unit is 200 cubic feet or is equal to one cord of wood.

Cost per unit \$3.15