

The Care of the Insane  
of the  
Territory of Alaska

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

SKNR  
RC  
445  
02  
M3

Report Covering  
21 Years of Such Service

PROPERTY OF  
The Alaska Agricultural College  
and School of Mines

Addressed to the  
Governor and Legislature  
of the  
Territory of Alaska  
January 17, 1925

# The Sanitarium Company

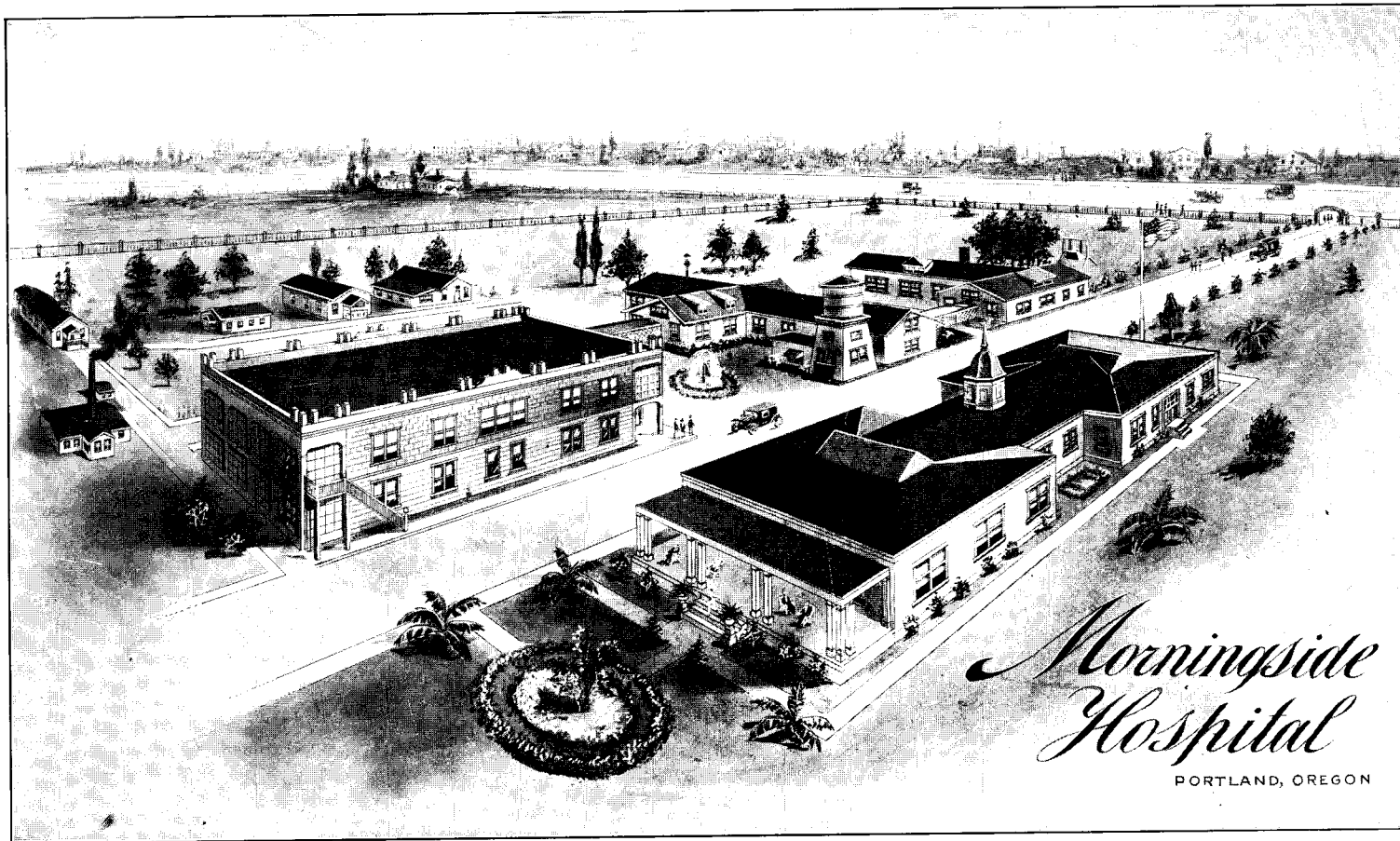
operating  
Morningside Hospital

## Medical Staff:

HENRY WALDO COE, M. D., *Medical Director*  
J. W. LUCKEY, M. D., *Medical Superintendent*  
GEORGE DEWEES, M. D., *Assistant Physician*

## Business Staff:

HENRY WALDO COE, M. D., *President*  
WAYNE W. COE, *Manager*  
L. O'CONNOR, *Secretary*



*The Outgrowth of 35 Years Service*

---

---

## Historical

For many years, prior to 1903, the Alaska Insane had been cared for in various state insane asylums. One after the other, because of their crowded condition there, refused longer to care for these patients. For six months after the last state institution had notified the Department of the Interior to care for the patients elsewhere, no other haven offered a roof. Correspondence was carried on with every state and private institution west of the Rockies. Finally with the understanding, other things being equal, that the service would be continued indefinitely, an agreement was entered into between Morningside and the Interior Department for the care of Alaska's mental patients.

At that time the care of the Alaska patients was taken over as a small element to a growing and prosperous private sanitarium. There were 30 patients at the beginning housed in one building. The Alaska service has continued to grow. It was found that it was not practical to continue the private business and the Alaska service, with the result that the private business was given up, and for the last ten or twelve years all our equipment and all our thought and attention has been exclusively devoted to the Alaska service.

It is the history of most of the states of the Union that the care of the insane has been at first in the hands of privately-

owned sanitariums, where such existed. Oregon cared for the insane for 21 years in a private asylum, and established a state asylum only when the state had reached a white population of 205,035.

Idaho cared for her insane for a quarter of a century, outside of her own present borders, and until she had a population about the size named for the State of Oregon.

Montana cared for her insane in a privately-owned sanitarium for 25 years. She had 390,612 white people before having a state institution for her insane.

Alaska with less than 40,000 white population scattered along 4000 miles of seacoasts, seems manifestly not yet ripe for a territorial asylum.

At this time we wish to make a plea in behalf of the insane of Alaska, generally speaking, directed because of our 21 years experience and contact with these patients. When the day comes for Alaska to maintain her own state or territorial asylum, let it be built outside her borders in one of the western coast states. Alaska is a great country for strong men and women; but a country whose climate is not conducive to the recovery of mental cases.

---

---

## *The Rights and Privileges of the Patient at Morningside Hospital*

The early history of the care of the Alaska patients was filled with trouble and embarrassment to the management. No sooner had the service been established than an attempt was made to drive it from the city of Portland by suits against the Sanitarium Company. We were put to great legal expense as the cases dragged in court, but in the end the rights of the insane to have the enjoyments of the same conveniences and pleasures afforded the sane were firmly established in the state of Oregon.

Morningside paid the price and gave the victory to these people from the sundown side of America. A desire to win is in

most of us. A desire to win for these, our children of misfortune, not themselves able to fight their own battles, was a greater victory for us.

Our patients at Morningside have, as long as the service remains, the advantage of street cars, city electricity for lights, cooking and power, city gas for heat and cooking, telephones, public parks, great highways, municipal lighting, movies and theatres, orchards and nearby fruit depots, fresh meats and daily bakery products, and the thousand and one facilities which a city of 350,000 people provide. Nowhere in Alaska is such service now possible.

---

---

## Portland, the Ideal Situation

Portland is recognized as one of the most healthy cities in the United States.

This applies more powerfully to Portland as a healthful center for mental cases than probably any other type of ailment. The insane of Alaska are fortunate in being sent to the metropolis of the state of Oregon.

It is recognized that one of the greatest aids to the recovery of mental cases is to entirely remove the patient from his former surroundings and associations.

The ever moderate climate of Portland has a soothing influence. It is a beautiful city. The moderate summers and particularly the mild, gentle winter rains of Portland, should be contrasted with the rigorous winters of the north. All these are aids to the speedy recovery of the Alaska insane at Morningside.

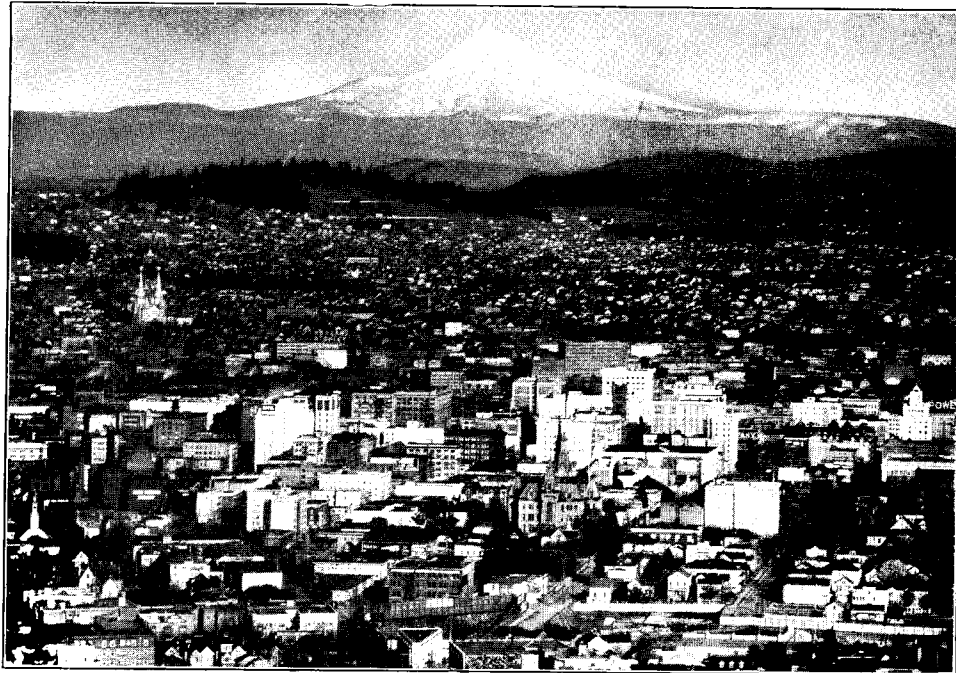
The old theory exercised by men in charge of mental patients was, that detention was the principal element in the care of such patients. To such an extent was this thought believed and carried out, that the theory has been actually promulgated that a good place for the insane would be on some lonely island, the

principal advantage being that, should a patient escape from the jail-like features of the institution, he would be forever prevented from mixing with others outside, for he would be drowned before reaching the mainland. Today this theory has been dispelled. Today it is recognized that nothing is too good for the mental invalid.

Morningside is located on the outskirts of the city of Portland, about five miles from the heart of the city. It is beautifully situated on the Base Line Road, one of the main arteries to the world-famed Columbia River Highway.

The institution and grounds are supplied with city water through its own private water main. It has city fire protection.

The parole and convalescing patients, of which there are a very high percentage, and the other patients under the kindly surveillance of attendants or physicians, are constantly taking advantage of street cars, highways and boulevards for rides and picnic parties, theatres, amusements, parks, fairs and carnivals. These constant recreations for the mind are of tremendous advantage to convalescing mental patients and a joy for others.



*Portland—A beautiful and Healthy Place to Live*



*The patients at Morningside have at hand all the advantages offered by a city of 350,000 population*

---

---

## Healthful and Cheerful Environment

Our patients naturally spend most of their time on the hospital grounds. We believe the local environment—that is, the appearance of the hospital grounds—is an important item. With this in mind these grounds are continually being improved and beautified. Today the grounds of Morningside Hospital, with its walks, its hedges, its flowers, and its parks, are among the show places of Portland. Certainly the beauty of the hospital grounds is a helpful element for the contentment of our patients.

Morningside has its own farm situated in the far-famed Willamette Valley. The farm consists of a hundred acres of owned and rented land lying adjacent and near the hospital grounds. The farm is a model, and whereon are raised for the patients' table practically all the fruits and vegetables which may be produced in a temperate climate. We quote from an inspection report:

“Morningside Hospital is located on a tract of level land at Russelville, which is a suburb of Portland. The climatic conditions are quite favorable. The airtion of the location is satisfactory. The location is free from exposure, irritating noises, noxious odors and public euriosity.

“Gardens—For gardening and farm purposes the soil is excellent. The garden was in good condition and

a great variety of fruits and vegetables was 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, pumpkins, spinach, onions, sweet corn, cucumbers, watermelons, muskmelons, lettuce, turnips, beets, radish and squash.”

—Dr. Addison Bybee, *United States Examiner*

*Another Inspector Says:*

“The fruits and vegetables are exclusively and entirely used for the hospital. Thousands of quarts of fruits, jellies and jams are canned during the summer and used during the winter months.”

It is arranged so that as many patients as possible can spend a few hours daily on the farm or working with the flowers, shrubs, or in the parks. The climate of Portland permits outside work on the farm or on the grounds throughout practically all the year. The almost continuous light work which we are able to allow our convalescing patients is greatly enjoyed and fully appreciated by our patients, and is a material aid to their speedy and happy recovery.



*One Cause of Contentment. Beautiful Grounds at Morningside*





*Views on the Hospital Farm*



*Morningside is situated in the Willamette Valley far famed for its fertility, and even mild climate throughout the year*

---

---

## Facilities

Morningside is a strictly modern institution for the care of the insane.

The oldest building at Morningside has been constructed less than fifteen years.

Morningside has been a growing service which in many ways is a fortunate situation. New buildings have been and are being added from time to time as becoming necessary to the service. Buildings are built as needed and not for some future use.

Improvements are constantly being made in housing, construction and equipment in caring for mental cases.

Each addition to Morningside brings it up to the very latest word in the proper care of the insane.

Morningside is fully equipped with surgical, electrical laboratory and hydro-therapy facilities.

### BUILDING COSTS

One of the greatest expenses in the care of the insane is building costs, including new construction, maintenance and repairs. The wear and tear at mental institutions is surprisingly large and a very large slice of each yearly budget must be devoted to repairs.

Modern hospital construction costs from \$3,000.00 per bed up to, as in the case of the recently constructed government hospitals, \$5,000.00 per bed. This cost would probably be considerably higher for construction in Alaska.

In figuring on the care of the insane the figures for building construction must be very carefully considered.

### CLOTHING

All clothing is furnished to patients at Morningside. The clothing is plain but of good quality and serviceable. Beds and beddings are the best. Morningside has its own private laundry.

### HEAT

All buildings are supplied with heat and hot water from a

central heating plant, housed away from the other buildings in a concrete building. An oil burner furnishes fuel. The fuel oil burner was installed a couple of years ago as the most satisfactory fuel supply.

### DR. HENRY WALDO COE

"No one is better fitted to care for the insane of Alaska than Dr. Henry Waldo Coe, owner and medical director of Morningside. He has specialized in mental and nervous cases for over 30 years and is recognized as one of the leading specialists of the Pacific Coast. He not only stands high in his profession locally, but nationally. His entire professional time is devoted to Morningside. He spends considerable time studying the latest improvements in the care of mental patients, not alone in this country, but in all parts of the world, for the benefit of the hospital at Morningside."—*Inspector*.

### PHYSICIANS AND OTHER EMPLOYEES

We wish particularly to mention with praise and gratification the work done for the Alaska patients by Dr. J. W. Luckey who has so ably held the position of medical superintendent and first resident physician for over 14 years.

Probably the gravest question confronting any mental hospital is the question of securing capable help. The turnover of help in practically all hospitals of this character is, unfortunately, rapid. It often becomes imperative to secure at one time and immediately several new attendants. Only in the larger cities is such help available.

In the question of its entire personnel, Morningside is today justly proud. Through years of selection a most competent staff of workers has been secured, quite a few of whom have been with us for many years. In every inspection of Morningside words of highest praise have been given our working staff for their appearance, intelligence, and their kindly care of patients.

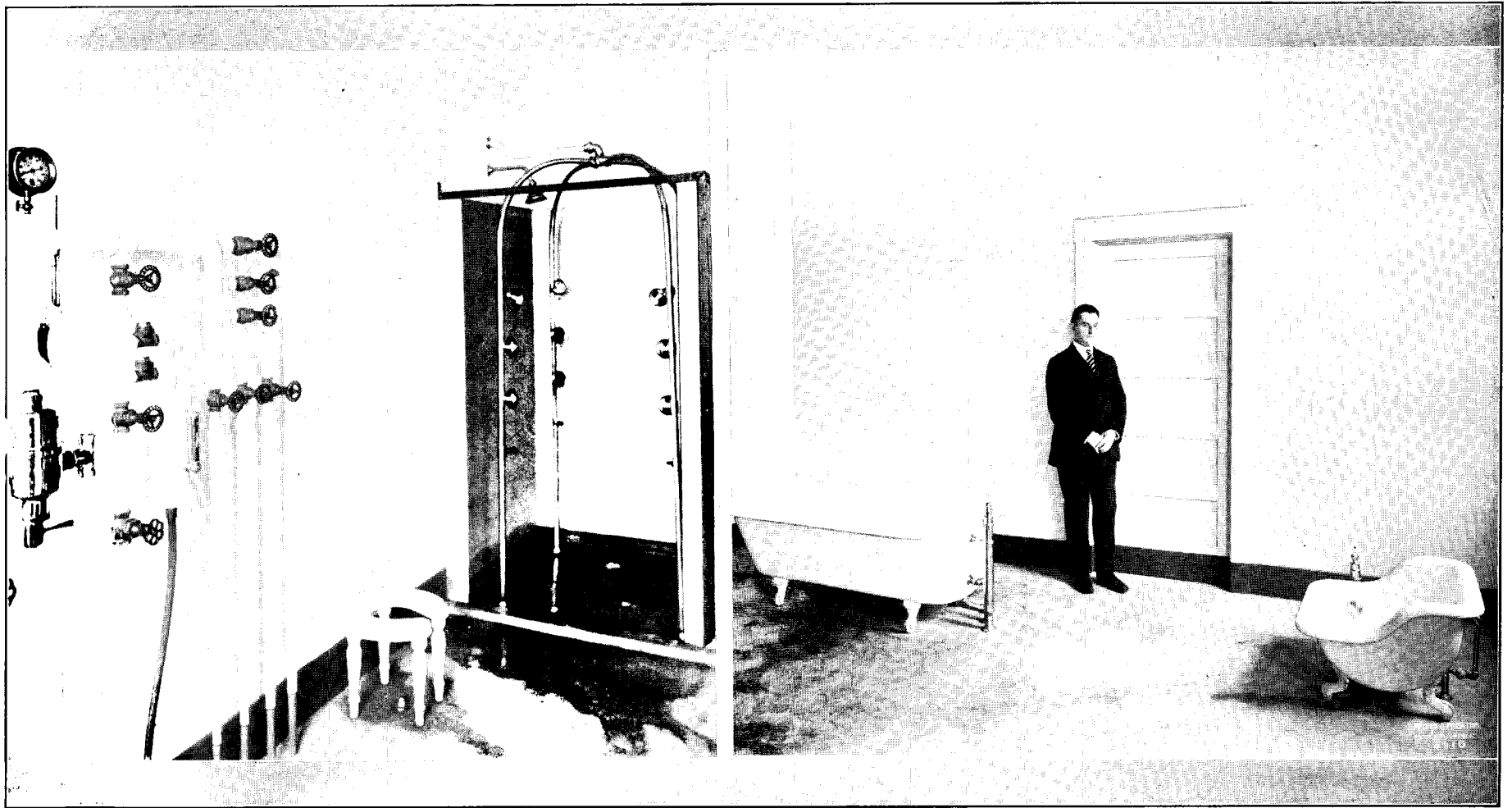
gs in  
fuel  
atis-

han  
ing-  
over  
s of  
sion  
oted  
the  
one  
efit

ca-  
ey  
nd

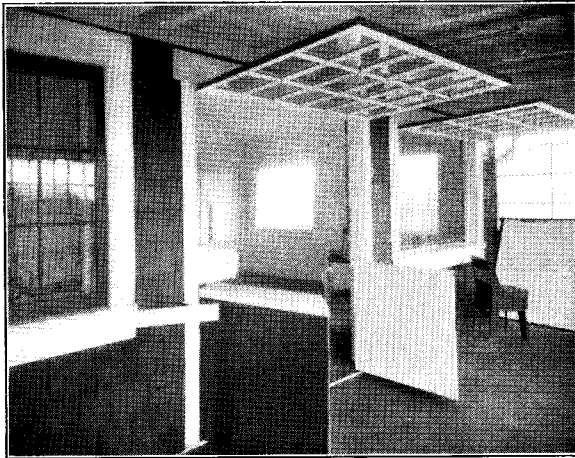
os-  
of  
n-  
ne  
er

y  
T  
n  
e  
r

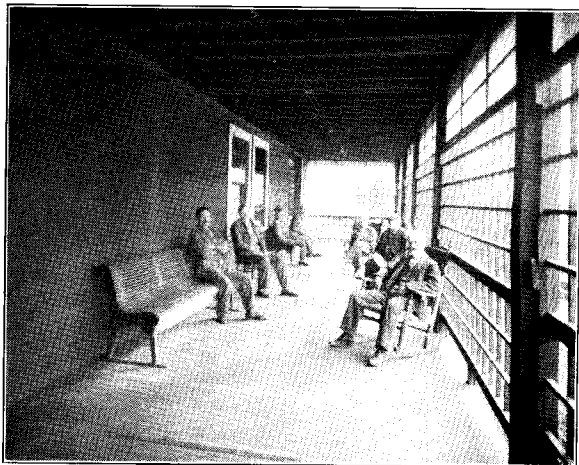


*Morningside Has All Approved Forms of Electro and Hydro-Therapy*

*Eleven*



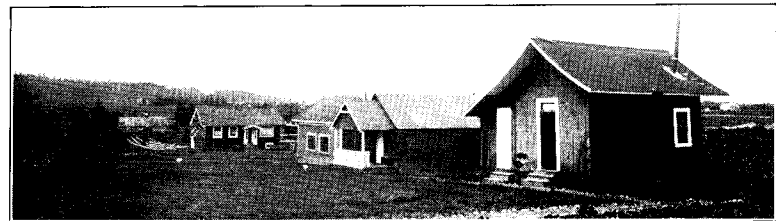
*Open Porches at Tubercular Cottage*



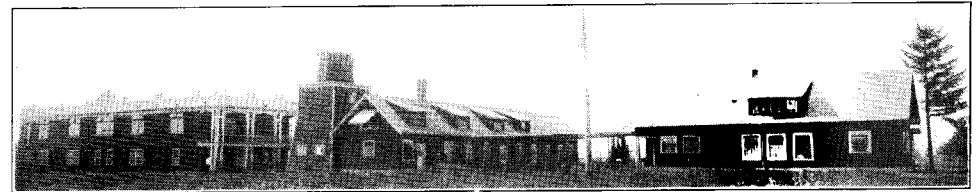
*Comfortable Detention at Morningside*



*Recreation Park at Women's Cottage. The weather of Portland permits the use of the parks during a large part of the year*



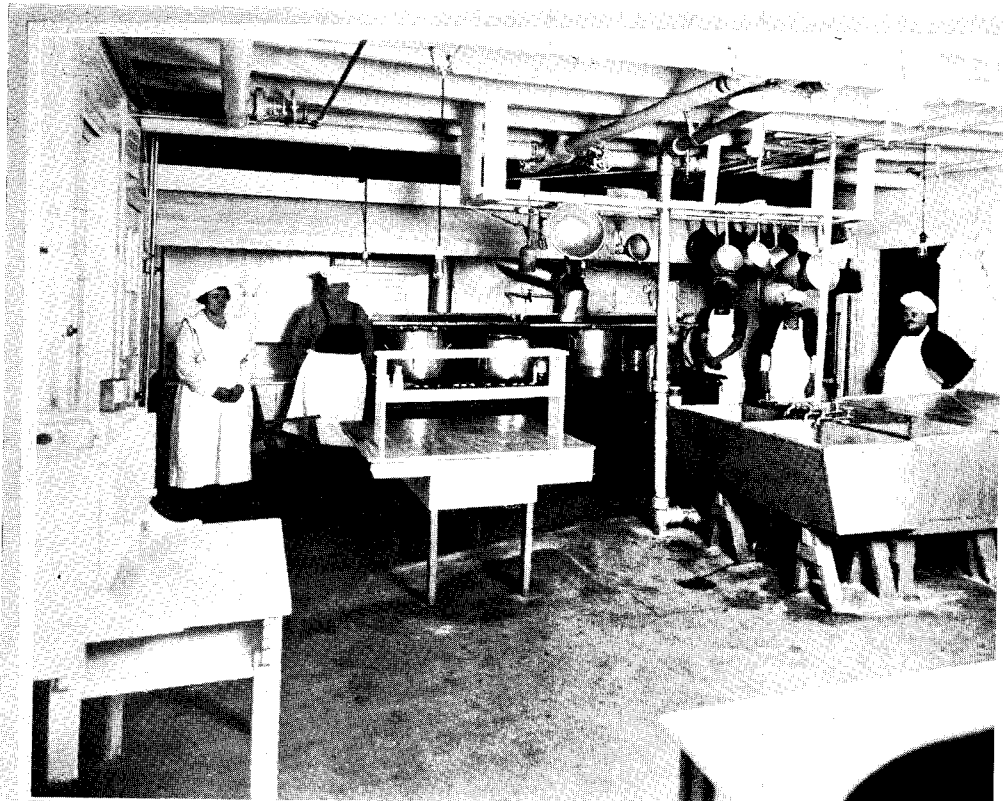
*A Group of Cottages*



*Central Group*



*Home-like Buildings for the Care of Alaska Patients*



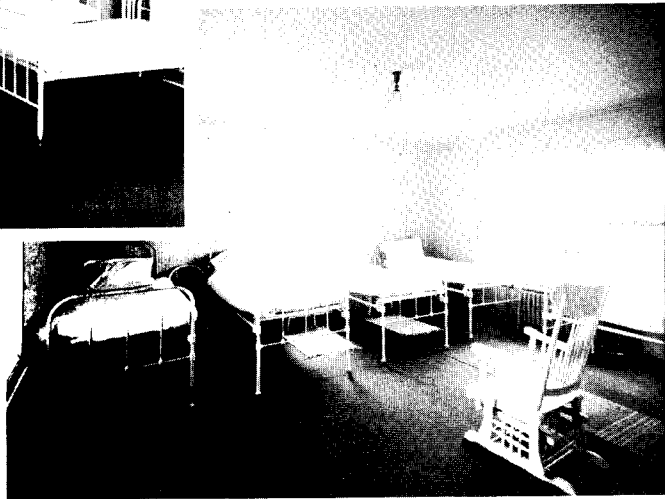
*Main Kitchen*



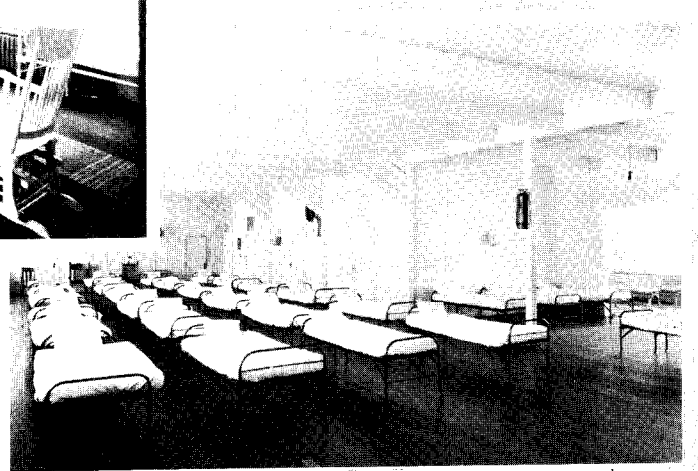
*Diet Kitchen*



*Ward in Women's College*



*Type of Small Ward*

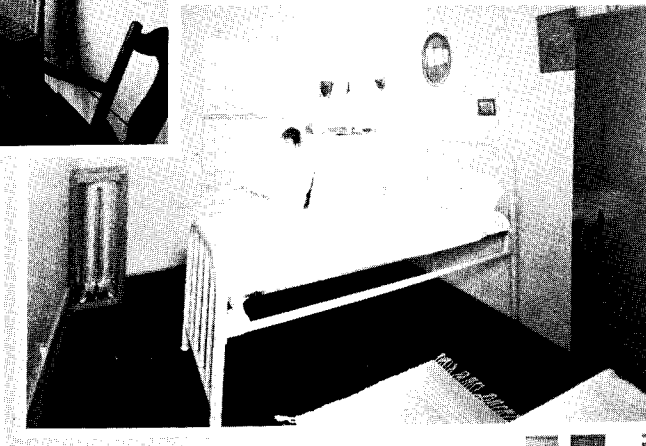


*Dormitory in Men's Pavilion*





*Parlor*



*Individual Room*

*Matron and Nurses*



---

---

## *Parole and Restraint at Morningside*

The former idea regarding the care of insane patients was that they should be left by themselves and securely locked and bolted in to absolutely prevent their mingling with the rest of society. This was the old idea of the care of the insane.

But this idea is vanishing. It has never had a place at Morningside.

Today nearly fifty per cent of our patients are under some form of partial or full parole.

Quite evidently there is a percentage of insane cases which can be granted a very limited degree of parole or liberty, which must be kept under constant surveillance day and night to prevent them from doing harm to other persons, but more largely to prevent them from doing themselves injury.

However, there is quite another class who are capable of assuming and enjoying a large degree of parole. Some of these patients on the way to permanent recovery, are greatly accelerated in convalescence by their proper parole. At first in a limited way, but as their minds improve and strengthen, parole is increased, and they again assimilate, first on our own grounds, the duties of life and, lastly, vigorous in body and mind, they

are discharged as recovered, to again assume on their own responsibilities the duties of life, and return, useful citizens to themselves and to their country.

Many mental patients whose ailment is chronic in nature, and who have a very small chance of ever permanently recovering, do not require constant inside institutional care. Very often these patients realize their condition, and are happy in their more or less permanent home at Morningside. If these patients are allowed a certain degree of parole, if they are permitted to do a certain amount of thinking for themselves, they can live happily and contented to the end of their days. If such patients were constantly left indoors, under lock and key, they would be constantly fretting, to their own detriment, and diminished happiness.

It must not be understood that parole patients can not simply be turned loose, or even given the free run of the hospital grounds, and that is the end of the matter, as far as the responsibility and care of the management goes. Quite the reverse. Our parole patients are under the strictest surveillance, though often the patient is not aware of the fact. When it becomes necessary, as of course it often does, the full or partial parole is withdrawn until such time as it is again possible for the patient's good.



*Ward in Parole Building*



*A building without a bar or lock. The Parole House at Morningside*

*Nineteen*

*ateen*

---

---

## Special Features

Morningside is different from any other institution in the country. At Morningside we are more like one large happy family than anything else, and so we wish it to be.

There is no attempt to rigidly maintain discipline in every branch of the institution, as is necessary in most large hospitals. There is a wonderful discipline, respect and esprit de corps existing between attendants and physicians. In our parole ward the patients are left to themselves as much as possible, with the least outward appearance of hospital discipline.

Morningside cannot be compared to the larger state institutions for the insane. At Morningside the personal element, the personal contact between physician and patient, is a tremendously important factor. In most state institutions there is one physician for several hundred patients. At Morningside there are three physicians for 250 patients. The patient is known intimately. His smallest whims are noted. His problems, true or fancied, are discussed. In hundreds of cases the physicians become the best friends the patients have on earth, this friendship continuing in many cases for years after the patient has left the hospital.

During a recent government inspection the inspector personally interviewed, without our presence, every patient. It was explained to the patient that the inspector was there to hear any complaints the patients might have to offer. This inspector's report was most commendatory of the institution.

---

---

It must be borne in mind that we are required to restrict the liberty of many of our patients, who feel they are sound in mind and fully capable of caring for themselves. Some of these may at times complain at being detained but this is rare. Of three patients who recently eloped (ran away) two returned and asked to be re-instated and are now happy at Morningside.

One day a patient who had been with us many years came to Dr. Luckey in his office and said, "Well, doctor, I am leaving today."

"How is that, John," inquired the doctor.

"Well, I was put in here for eight years and that is up today, so I am going."

The doctor knew this patient like a book. He was his best friend on earth. At this instant it appeared relations might become strained between these two friends of years standing. It was necessary to keep the patient. It was desirable to retain him without trouble, in fact to make this patient wish to remain. There was just one way to do this. The doctor knew this patient's peculiarities through his intimate daily association.

"Why, John," seriously returned the doctor, "you have that wrong. You were put in here for two terms of eight years, and you will begin the first day of the second term tomorrow."

The patient studied. "I wonder if you are right." He had confidence in the doctor. "You probably are. All right, I'll begin that second term tomorrow."

And so we go on happily day by day.

---

---

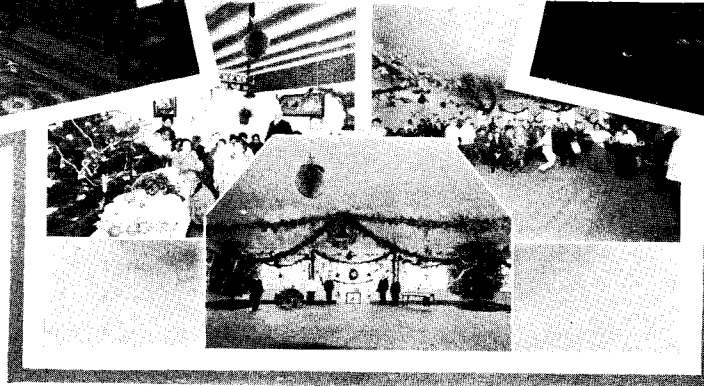
*Women's Cottage*



*Patients Reading and Music Room*



*Some of the patients like to  
Care for their own pets*



*Christmas at Morningside*

---

---

## Other Special Features

Special items are met at Morningside as occasions arise.

A few years ago we received a number of mental defective children, there being no school for the mental defectives in Alaska.

It was immediately apparent that this department must be entirely separated from the rest of the institution, and at a cost of over \$10,000 a beautiful separate childrens' cottage was constructed. We are equipped to care for ten or a dozen additional children with our present facilities. Our childrens' building and this service are a source of great satisfaction and pride to the management.

The children are carefully supervised, both in play, in useful work and in school. Those capable of instruction are given such schooling as possible, and where practical as they advance sufficiently, if native Alaskans, they are graduated to the Indian school at Chemawa or returned to their parents or relatives.

*Amusements*—It should be remembered that a large percentage of mental patients are capable of enjoying the amusements offered by the cities. Many are able to attend the nearby moving picture shows without attendants. Those at Morningside who

are able to do this are furnished funds by the management for their weekly Saturday night movie.

A great many others are taken in the care of attendants. Attendants are encouraged to take a patient with them when going to town of an evening. Our patients are given hundreds of automobile rides in one of the hospital automobiles. The institution is admirably situated for this form of diversion, with beautiful and different drives radiating from all directions.

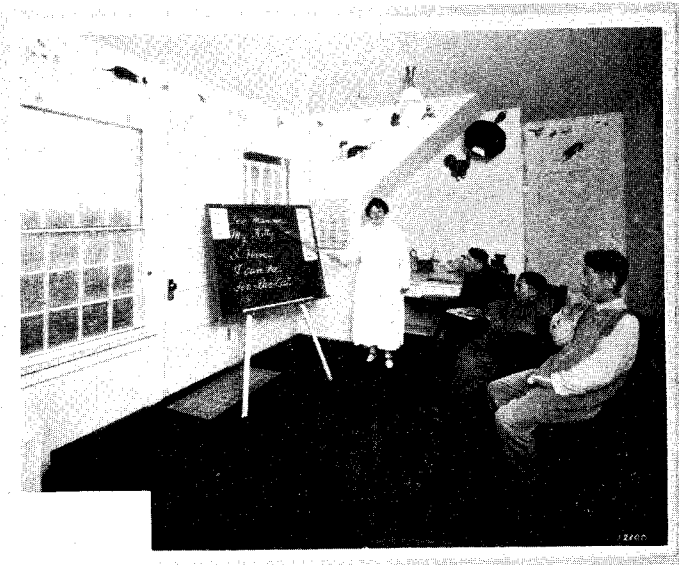
Our patients are taken in great numbers under the supervision of attendants to the annual rose carnival parades and shows and to what they especially enjoy—the county fair held each year on the fair grounds a few miles from the hospital. Fair day is a big day at Morningside.

The biggest day at Morningside is Christmas. The entire institution is appropriately decorated. Every building has its Christmas trees. The big Christmas dinner is an event long recalled. An entertainment is held in the parole ward with every man, woman and child present. Candy, fruit and nuts are passed to everyone, and cigars to the men. After the entertainment, an attendant, dressed as Santa Claus, passes a present, wrapped, tied and labeled, to every patient.

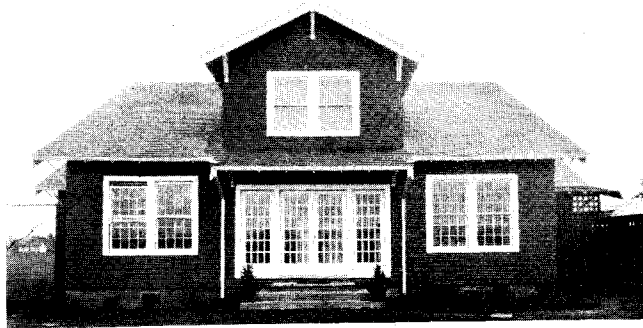
*Neat, Modern, Efficient  
Central Hall in Children's Cottage  
Each department leads from this hallway*



*Organized play, as well as instruction*



*A period each day is devoted  
to simple schooling*



*The Children's Cottage at Morningside*



---

---

## *A Message to the Officials and Citizens of Alaska*

No institution these days caring for the insane can operate behind closed doors. They are all subjected at times to some form of inspection.

We firmly believe no institution in the world caring for the insane is open and subject to more inspection than Morningside.

We have been inspected at times by practically every branch of the government, including an army inspection. We are frequently inspected by the governor and other officials of the Territory of Alaska. We are always glad when the marshals arriving with patients will go over the institution. We are open and subject to our own city, county and state inspection. At regular and frequent, yet unannounced intervals, the Department of the Interior sends its own special inspectors who stay

with us from three to six weeks interviewing every patient.

Inspections in a well run institution are a pleasure. We enjoy inspections at Morningside, either thorough or casual. We wish people to know the comfortable and kindly care given our patients from Alaska.

Our wishes do not end here. We wish every person in Alaska could visit us at Morningside. Possibly you have friends or relations with us. If so, we wish you to know that we are doing the very best possible for them. We may not be perfect but we strive for perfection. We improve from criticism. We not only covet your visit, but your constructive criticism that we may continue to improve our service to your friends and our friends, those less fortunate, sent to our care from the Territory of Alaska.

**Music For Nervous and Mental Ailments**

All of us, sick or well, have somewhere in our mental breasts the atavistic elements of savagery which music hath charm to soothe.

More recently the value of music for the relief of many diseases of the brain and nervous system, especially of the hysterical type, has been made the topic of discussion in both medical and lay periodicals.

"Musical surgery" as it is called, is working through its psychic element in some of the great eastern clinics today.

The *Oregonian* on December 29, 1919, gave space to an interesting dispatch from Philadelphia, which among other things, reports:

"Dr. Charles K. Mills said: 'It is especially effective in cases of hysterical paralysis, which is similar to shell shock. The music arouses certain cells of the brain which act on the parts of the body affected.'

"Dr. S. E. W. Ludlam compares the effects of 'violent' (jazz) music to that produced by an electric battery. He said that the emotional area that naturally would be affected by the combination of 'music and noise' would act like a battery under the proper contact and discharge along the nervous system a force as powerful as electricity."

Like electricity and the various baths found at Morningside Hospital, music must be given only a reasonable place and credit. It has always been a feature at Morningside, where we have pianos, pianolas, record machines, violins, guitars, mandolins, and a service by the Eskimos of some skill upon the breathing organ.

Through an ensemble of instruments and appliances and electrical delivery completed in October, 1919, Morningside at any given moment through a system of switches is now able to deliver vocal or instrumental selections to every building and every ward, singly or simultaneously.

Whether curative or not, our daily concerts therefrom are an added source of diversion and happiness to those domiciled at Morningside.

BOYER PRINTING & ADVERTISING CO.