

State of Connecticut
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REPORT
OF THE TRUSTEES
OF THE
FAIRFIELD STATE HOSPITAL
TO
THE GOVERNOR

To His Excellency WILBUR L. CROSS,

Governor of Connecticut,

In compliance with statutory provisions the Trustees of Fairfield State Hospital present below their which covers the period from the creation of the Board by the General Assembly of 1929 to June 30, 1932.

The act approved June 18, 1929 was as follows

AN ACT PROVIDING FOR THE ESTABLISHMENT OF THE
FAIRFIELD STATE HOSPITAL.

Be it enacted by the Senate and House of Representatives in General Assembly convened:

Section 1. On or before June 1, 1929, the governor shall appoint twelve trustees of a state hospital for the insane, to be located in Fairfield County and to be known as The Fairfield State Hospital. Three of said trustees

shall serve for a term of two years and four for a term of four years. At the expiration of the term of each of said trustees, the governor shall appoint his successor to serve for a term Of four years. The governor shall fill any vacancy which may occur among said trustees by appointment for the un-expired portion Of the term.

Section 2. Said trustees shall purchase a site for said hospital and shall have charge of its construction and equipment and, upon its completion, subject to the provisions of the general statutes concerning state institutions, shall have the management and control of its operation and affairs.

Section 3. Said trustees shall receive no compensation for their service, but their necessary expenses incurred in per- forming them shall be paid by the state.

Section 4. The sum of one million seven hundred and fifty thousand dollars is appropriated to carry out the provisions of this act.

Section 5. This act shall take effect from its passage.

This act as originally drafted provided for seven trustees, but in the course of its enactment, was amended by the substitution of the word "twelve" for the word "seven" in the first section and without fixing the terms of service of the five additional appointees. This defect in the act was undiscovered until the Governor approached the appointment of the trustees and then, by advise of the Attorney General, appointed five of the number to hold office until the third Wednesday in January 1931.

The trustees then appointed, with their terms, were as follows:

For two years:

Matthew H. Kenealy of Stamford

Asahel W. Mitchell of Woodbury

Rodney P. Shepard of Newtown

For four years:

Edward G. Buckland of New Haven

Samuel A. Eddy of North Canaan

William C. Gilbert of Danbury

Harold B. Senior of Bethel

Until the third Wednesday in January 1931:

Albert F. Hanlon, M. D. of Greenwich
Barry C. King of Fairfield
Charles G. Morris of Newtown
Alice W. Russ of Shelton
Elton S. Wayland of Waterbury

The General Assembly of 1931 as one of its first Acts, and to correct the failure of the previous General Assembly to fix definitely the terms of the trustees, passed the following Act which was approved January 15, 1931.

Be it enacted by the Senate and House of Representatives in General Assembly convened:

On or before the third Wednesday of January, 1931, the governor shall appoint five trustees of the Fairfield State Hospital, one of whom shall serve until June 1, 1931, and four of whom shall serve until June 1, 1935. On or before June 1, 1931, he shall appoint four trustees of said hospital for a term of six years, and biennially thereafter he shall appoint four trustees of said hospital for a term of six years. The trustees in office January 15, 1931, and the trustees appointed under the provisions hereof shall continue in office until their successors shall be appointed and shall have qualified. The governor shall fill any vacancy which may occur among said trustees by appointment for the un-expired portion of the term.

Under the provisions of this Act appointments were made by the governor as follows:

Until June 1, 1931:

Charles G. Morris of Newtown

Until June 1, 1935:

Daniel T. Banks, M. D. of Bridgeport

Elton S. Wayland of Waterbury

Frank Wright of Newtown

Caroline Ruutz-Rees of Greenwich

Until June 1, 1937:

Charles G. Morris of Newtown

Roger S. Baldwin of Greenwich

Dr. Clements C. Fry of New Haven

Asahel W. Mitchell of Woodbury

To fill the vacancy caused by the death of William C. Gilbert which occurred on May 11, 1931, the Governor appointed Charles P. Harrington of Kent.

The first Board of Trustees met in the old Senate Chamber for organization June 6, 1929, all being present exception Dr. Hanlon. Mr. Eddy was chosen chairman and Mr. Kenealy was chosen secretary. Subsequently Mr. Wayland was chosen vice chairman.

Upon the retirement of Mr. Kenealy June 1, 1931, Mr. Mitchell was elected secretary and at the annual meeting, July 15, 1931, Mr. Harrington was elected to that office.

At the first meeting Dr. R. L. Leak, Superintendent of the Connecticut State Hospital at Middletown and Walter P. Crabtree, architect, of Hartford, exhibited and explained tentative plans they had prepared under the direction of the Board of Finance and Control. These plans which contemplated the ultimate housing and care of twenty-five hundred patients were subsequently adopted with some modifications and Mr. Crabtree was appointed architect. And the plans are being carried forward to the extent that our appropriations permit.

In order that the services of Dr. Leak might be available in working out the details of plans and specifications with the architect Dr. Leak secured leave of absence from his duties at Middletown and acted as our consultant during the whole of the year beginning November 1, 1929, thus giving us the benefit of his long experience in institutions for the mentally diseased.

Immediately after the organization of our Board steps were taken looking toward the selection and purchase of a suitable site for the institution. A committee on purchase of land was appointed and advertisements setting forth the requirements and asking for proposals were inserted in every daily and weekly paper published in Fairfield County. Numerous responses were received all of which were given careful consideration and, where the descriptions submitted warranted further investigation, personal inspections were made.

The committee, after a very thorough investigation of the sites available, reported unanimously in favor of the purchase of the site at Newtown which, of all the sites offered, was the only one that met all of the essential requirements, viz: location in Fairfield County as required by the Act, at least six hundred acres of fairly good agricultural land, an abundant supply of pure water, such proximity to a railway line that a switch track could be laid to power house and store house, and convenient access to one or more improved highways.

The report of the committee was approved by the Board and about seven hundred and seventy acres of land have been purchased from sixteen owners at a cost of three hundred twenty four thousand one hundred forty dollars and forty cents.

The land is located on both sides of Mile Hill road, so-called, in the town of Newtown, and on both sides the

tracks of the Highland Division of the New York, New Haven and Hartford Railroad Company from which tracks a switch track has been extended to the powerhouse and storehouse. The property is easily accessible from Connecticut Route 25 and from US Route 6 and the next General Assembly will be asked for an appropriation to build an improved road from Route 25 to the main entrance of the grounds.

Because it was undesirable that a public highway should rim through the grounds and also because the plan proposed located the Reception Hospital on a part of the layout of Mile Hill road an agreement has been effected with the town of Newtown whereby a portion of that road will be abandoned by the town on the completion of a new road, now under construction, and passing to the South of that part of the property to be occupied by the institution buildings. Prior to the time when decision was reached on site a survey had been made to determine whether Taunton Pond, from which the Newtown Water Company obtains its water, was adequate to supply the additional water that this institution will require when operating at its ultimate capacity. We were advised by the State Water Commission that we could safely rely on this source of supply but that it also seemed probable that a more desirable supply could be developed from shallow wells to be driven near the Pootatuck River on the Newtown property. Subsequently such wells were driven and a volume of water developed which flowed 1200000 gallons per day in a test extending over seven days. This well water having been approved for quality by the State Board of Health a pipe line has been laid from the wells to the top of a hill where the elevation is one hundred and three feet above the administration building, and contracts have been let for the construction of reservoir and pump house and the installation of pumps. Meantime an agreement was reached with the Newtown Water Company under which that company extended an eight-inch main to the hospital property and agreed to supply water for fire protection and for other uses during the construction period, and longer if needed.

The general plans for the completed institution having been adopted it was thought best to devote the funds available from the first appropriation of one million seven hundred fifty thousand dollars to the construction of service buildings and the development of water supply aside from such amounts as might be necessary to use for administrative and miscellaneous purposes. Plans and specifications were therefore prepared for the construction of the following buildings: Power House, Store House, Shops, Laundry, Garage and Fire Station, Engineer's Cottage, Male Employees' Home, Dining Hall, Administration Building. Bids for the construction of these buildings were accepted August 6, 1930, and construction started soon thereafter.

The first unit is now completed except for minor details and equipment, and construction is proceeding rapidly on the second unit which includes the Reception Hospital, General Hospital, Nurses' Home, Staff Dining Hall, Female Employees' Home, Married Employees' Home and five duplex Staff Houses.

The general plan adopted for the location and arrangement of the buildings and grounds is more fully set forth in the address of Dr. Leak which appears in this report in the account of the exercises at the laying of the corner stone of the administration building.

It is expected that the buildings of the second unit will be completed in December 1932 and that equipment will be installed so that five hundred patients may be received early in the spring of 1933.

The General Assembly of 1931 made a further appropriation of two million five hundred thousand dollars for the purposes of the hospital and that appropriation is being expended on the construction of the buildings of the second unit listed above and for equipment, water works and grading, administration expenses, and a sewage disposal plant, the last having been completed in May of this year.

The sewage disposal plant was constructed under the supervision of the State Water Commission and the State Board of Health, the plans having been drawn and the engineering work done by John F. Lynch, sanitary engineer, of New Haven, who has designed successful sewage disposal plants for other State institutions. The plant is designed to serve the needs of the ultimate planned population of the institution, in respect to sewage disposal, without any enlargement except the construction of additional filtration beds.

The land on which the buildings are located is admirably adapted for the discharge of the sewage by gravity into Imhoff tanks located at a point sufficiently remote from the living quarters to be inoffensive, and from the tanks to twelve filtration beds, the effluent from the filtration beds discharging into the Little Pootatuck river.

The trustees believe that the plans adopted will, when carried to completion, provide an institution of which the State may well be proud and which will provide facilities for the care and cure of the mentally afflicted in a manner which will combine economy of operation with the comfort and happiness, so far as that be possible, of the patients and those charged with their care.

The State is fortunate in having undertaken this provision for its constantly increasing mentally diseased at a time when construction costs are comparatively low and, while the overhead charges per patient will be comparatively high during the first few years of operation because the service buildings and other initial costs provide for the ultimate capacity of the institution, it seems beyond argument that the course pursued will result not only in ultimate economy but in an eventual homogeneous environment that will be pleasing to the eye and must contribute in some measure to the peace of mind of those who will become its involuntary inhabitants.

LAYING OF CORNER STONE

With misplaced confidence in early June weather June 10, 1931 was selected for the laying of the corner stone of the Administration building. A torrential rain on that day forced the abandonment of the plans for an out-of-doors ceremony and the following program was carried out under the roof of a partially completed shop building where some two hundred people gathered despite rain and mud.

The ceremonies started at two o'clock P.M. with musical numbers by the 102d Regiment Band, the Chairmen of the Board of Trustees presiding.

Invocation by the Rev. John Maurice Deyo of Danbury.

Our gracious Heavenly Father we turn unto Thee, "except Thou buildest the house they labor in vain who built it." We turn unto Thee for Thou hast revealed Thyself in Jesus of Nazareth who showed sympathy with all who were afflicted and sought to bring light to minds in the midnight of darkness. We thank Thee for Him who on the shores of Gadara ministered unto the man from the tombs and through his own quietness and the calmness brought quietness and calmness to that troubled spirit. As we come for this act of dedication we pray Thee, our Father, that those who come here may find freedom from the burden of fear, release from the weight of hallucination, receive light in place of darkness and even to those who must continue to the end of their days with the darkened mind, may there come some measure of light, and hope and healing. We pray for those into whose hands this State will entrust this institution, that they may be aided by science and by every agency that can help them in their work. We thank Thee for the Commonwealth and for those who will work with her for the alleviation of mental suffering. In the name and for the sake of those who will come here and in the spirit of the man of Galilee, we ask Thy blessing. Amen.

Introductory Address by Ron. Samuel A. Eddy, Chairman of the Board of Trustees.

Your Excellency and Ladies and Gentlemen:

One reason why we are here today is because comparative figures seem to show that Connecticut is proportionally less sane than it was 65 years ago.

In 1866 when Connecticut was taking steps to establish her first state hospital for the insane a survey of the towns showed that on April 1st of that year there were 706 insane persons in the State. On February 1st, 1931 there were 5,462 insane persons confined in the two state hospitals for the insane besides about 170 in the Hartford Retreat.

In 1800 the population of the State was approximately 500,000 while in 1931 it is over 1,600,000. Hence, although the total population has little more than trebled in 65 years the number of our insane has increased about eight fold, and I am informed that the increase in recent years has been about 100 annually, and on February 1, 1931 there were 216 more inmates in the two state hospitals than there were a year previous.

While these figures strongly suggest a study into the causes of this marked increase in mental disease in our

population, a study on which I think the thought of our mental hygienists is now being concentrated, their use here is merely to show the conditions which in 1929 prompted our General Assembly, acting on the initiative of the Board of Finance and Control, to make an initial appropriation for the establishment of an additional institution for the care of the mentally afflicted.

The act of 1929 provided that the Fairfield State Hospital should be located in Fairfield County and appropriated \$1,750,000 to be expended by the board of trustees to be appointed by the Governor and charged with the duty of selecting and purchasing a site and erecting thereon suitable buildings for the conduct of the institution.

It is interesting, in passing, to note that the initial appropriation for the Middletown institution by the General Assembly in 1866 was only \$35,000 and that those trustees raised \$30,000 more on their own notes in order that the work might not be delayed pending the next General Assembly. The contrast between the mental attitude of the legislators and trustees of the earlier days and those of the present is notable, but no analogy is suggested between that difference and the marked increase of insanity during the same period.

The first problem confronting the trustees appointed in 1929 was the selection of a suitable site for the institution the four requisites for which were 1. At least 600 acres of well located farming land. II. An abundant supply of pure water. III. Accessibility to railroad facilities. IV. Convenience of access by State roads from those portions of the western part of the State which the hospital was intended to serve.

After a very thorough investigation of all of the sites offered the Newtown site was chosen as being the only one available embracing all of the requisites.

Six hundred and six acres of land have been purchased on which a water supply has been developed in shallow well sufficient for the ultimate needs of the institution.

A railroad siding extends to the coalbunkers and storehouse and the rebuilding of a short piece of land will connect the entrance with the Bridgeport-Danbury State highway.

The initial appropriation has been allocated to the purchase of the land, development of the water supply and the erection of the service buildings which you now see under construction. These buildings are the powerhouse, storehouse, shop, laundry, garage and fire station, employee's home, engineer's cottage, administration building and dining hall.

So much of our second appropriation, amounting to \$2,500,000, as is available for buildings will be used in the erection of a reception hospital, general hospital, nurses and employee homes, and doctor's quarters. Bids for

the construction of these buildings will be opened on June 30th and we hope to have the hospital ready for the reception of 500 patients during the summer of 1932, and the plans contemplate ultimate expansion to a capacity for 2,500 patients.

We are assembled today for the ceremony accompanying the laying of the corner stone of the building from which will be administered the conduct of an institution which we believe will surpass either of its predecessors in the State in its facilities for the care and, so far as may be possible, the cure of these unfortunate people whose minds have become deranged with strange fancies and who have lost control over their thoughts and emotions. Here we hope that the pure air and sunshine and the cheerful outlook on nature so abundantly available on this beautiful hillside, combined with modern equipment and skillful treatment, may make it possible to restore to mental health many who have been groping in the fogs of despondency or hallucination, and that at least some of the gloom and suffering may be driven from the mind, of the incurable.

Our plans have been developed by our architect, Mr. Walter P. Crabtree of Hartford, in consultation with Dr. R. L. Leak who has had long experience in the treatment of the insane and who has for ten years been superintendent of the State Hospital at Middletown. Mr. Crabtree and Dr. Leak together with some members of our building committee have visited similar institutions in neighboring States and conferred with alienists of high standing to the end that our plans should include equipment and facilities proved to be effective by modern experience and we believe the results will justify their painstaking labor.

A little later in the program Dr. Leak will tell us something about the plans and what he expects an institution so planned can accomplish.

Address of His Excellency Governor Wilbur L. Cross.

Mr. Chairman, Trustees, friends of this institution, I understood that I was to come here and take part in the laying of the cornerstone, but until I got here I did not know I was to make an address, but the chairman has given me a start and I will try to say something to you that will not seem inappropriate.

The first remark I would make is that I have been in several parts of the state today, Hartford, New Haven, Bridgeport and Norwalk and this is by far the wettest part of the state. I do not know just how I happened to select this day. It is true, I did.

I never have looked up the history of the treatment of the insane, but in my reading I have found incidentally that in England in the eighteenth century that the insane were treated as criminals, chained down to their beds in their cells and neglected. It is only within the last century that anything has been done for the insane. Take it in England, in the middle of the Nineteenth Century, there are novels that will tell you how they were treated. There were fire traps and they were called insane asylums in London and other parts of England and I think

people were rather glad to see the insane people and the asylums go up in fire and, of course, a little later in the last half of the Nineteenth Century people began to treat the insane with some consideration. That is the time when we get the hospitals abroad and here in the United States and I think that the great epoch period in the treatment of the mentally ill in this country and in other countries of the world began through the efforts of Mr. Clifford W. Beers who is here today, and I regard it as one of the great privileges of my life that I was associated with him when he was a student at Yale and that I read in manuscript or typewritten form this wonderful book of his called "The Mind that Found Itself."

Yes, he had typewritten copies which he distributed among his various friends and among people whom he thought would be interested in the treatment of the mentally ill. I suppose that I was one of the first to read one of those typewritten copies. We talked it over, he was sending them out to many people. I can't give the exact dates and times, but it was something over twenty-five years ago. He spoke to me one day about sending a copy to William James, the psychologist. James wrote back to say he would be glad to read a typewritten copy as soon as he could, but he was very busy then and it would have to go over until summer, but Mr. Beers sent James a copy and a week or two later Mr. Beers called upon me and showed me the letter from James which James had written. He asked if he might keep it two weeks longer, that he had read it and wanted to show it to one of his friends.

That is the day, the great day, I think, in the treatment of the mentally ill here in the United States, when Mr. Beers wrote this book and when he got people all through the country interested in the treatment of those who are mentally ill from the account he has given himself in that book of his own treatment. Then, of course, it was read by great minds, philosophers became interested, psychologists became interested. That is the very beginning at the very outset of the present century.

There is nothing that pleases me more than to come over here and be with you today when you are laying the corner stone of one of these buildings. Nothing, I say, could give me greater pleasure. I had this pleasure, perhaps when I signed the bills, when I took part in the appropriations in this way, for this building, and I can see here a beautiful situation. Now, as I have gone over the plans, it seems to me that we are having here in this State a group of buildings that would be difficult to match in other places.

Everyone in this State seems to be interested now in the great work that is being done. What has been said here by your chairman about the increase in insanity or mental ills here in the United States and elsewhere during the present generation makes one shudder. I think, why is it? Is it the kind of life that we are living? Where is the trouble? You have here, you see, great questions in sociology to be studied. I should like to see a report in full on a subject of this kind.

And now, ladies and gentlemen, I thank you for listening these few minutes to these rather rambling remarks on one of the greatest subjects we have in medicine at the present day.

The Hospital Plan. Address by Dr. R. L. Leak, superintendent of the Connecticut State Hospital at Middletown.

Your Excellency and Mr. Chairman-

In the short amount of time allotted too to me, I was requested to confine my remarks entirely to the development of the Fairfield State Hospital.

As far back as 1922 and 1923 I began calling attention to the need of a third institution in Connecticut, and in fact it might well be said that I rather harped upon this topic. In November 1927 I was requested by the Governor to submit to him a sketch of an institution such as I would recommend; and a committee of three was appointed to look into the project further, and if possible, ascertain where suitable land could be purchased in the western part of the state for such an institution.

In May 1928 an architect, Mr. Walter P. Crabtree of Hartford, was designated to work with me in perfecting the rough sketch which had been previously submitted, in order that tentative plans might be made for construction and for requests to the legislature for appropriations.

About this time I was also requested by the Commissioner of Finance and Control, the Hon. Edward F. Hall, to outline to him a policy which the state might pursue in relation to the insane. This plan, in brief, as submitted to the Commissioner, called for immediate increase in the accommodations for the feeble-minded, and looked forward to a second institution more centrally located. The plan also pointed out the immediate necessity of starting a third institution for the insane; for in comparing figures with the 1910 census; it was evident that one person in every 346 in the community was then a patient either at the Connecticut State Hospital or at the Norwich State Hospital; and that in 1920 there was one in every 328; and if we bring the figures down to the 1930 census we find approximately one out of every 300. These are rough figures, and do not include any of the feeble-minded or any patients who might be at Hartford Retreat or other private institutions. The plan also called for an extension in the field of prevention, and recommended increased facilities for the Department of Mental Hygiene connected with the State Department of Health. Suffice it to say that at the present time all three of these recommendations have been followed.

On June 1928 I was requested to meet the previously appointed committee of three to inspect the site at Newtown, and the one at that time thought of was that portion which is located on the other side of the railroad track. It afterward developed that this particular plot of land was not obtainable, and the location was moved to the site where you now see the institution being erected.

The original plans were, of course, made for the original site, and in order to make them suitable for the present location, certain modifications became necessary.

During the 1t29 legislature, the initial appropriation of \$1,750,000 was made, and definite plans were then laid to proceed to build the institution in separate units. The plan as conceived, and as it is being carried out, is to have the ward buildings arranged in oval form, and in the center of the oval the large kitchen and dining room facilities; across the short axis of the oval are to be placed two large hospital buildings- one for the reception of acute cases and the other to provide all medical facilities for the care of the sick, similar to those which can be given in any general hospital. The oval is 2,000 feet in its long axis and 1,000 in its short axis. This arrangement will thereby leave a large area, which will provide ample facilities for recreation of the patients, without any possible interference from outsiders and curiosity seekers.

Great care has been taken with each of the buildings to see that the maximum amount of air and sunlight is provided, and I believe it can safely be said that every ward or dormitory will receive sunlight at some time during the day. While nothing has been sacrificed, and in fact every facility has been added to the buildings in order that the patients may receive the maximum benefits, thought has also been given to the matter of cost. The buildings will be fireproof, or as nearly so as possible, and the hospital buildings are treated so as to make them as soundproof as possible.

As I stated before, it was planned to construct the hospital in separate unit. The first unit, which you now see in progress, consists largely of buildings for utility purposes, and there was deliberately no provision made for the care of patients. I acted under the belief that no patient should be transferred or admitted to this institution until every facility for his care had been provided.

The second unit, for which the present legislature made an appropriation of two and one-half millions, will provide the two large hospital buildings and several buildings for employees and the medical staff. It is believed that with the arrangement of buildings, the hospital will be able to provide every facility for the care and treatment of the patient, as well as place him in surroundings which are as pleasant as a hospital can possibly be. It will also lend itself to an ease of administration and control, as well as economy of management. When the institution is completed and properly equipped, every facility known today for the care and treatment of the mentally ill will be provided.

I believe it is only fair to say that if the general public would forego all of the undesirable things that have been stated about state institutions for the care of the mentally sick and, when in need of treatment, come to the hospital much earlier than they do at the present time, many more could be sent home recovered. As it is now, the Connecticut State Hospital during the past several years has discharged from thirty to thirty-five per cent recovered and about thirty per cent as materially improved. If one could visit the hospital and see the condition in which these patients arrive, this percentage, in my mind, would be considered rather remarkable, for at the present time very few patients come except as a court of last resort, and after almost everybody has been called to tinker with the illness. Let me repeat - I have no doubt that if patients presented themselves earlier in

the course of their disease for treatment at a state institution, many more would be returned to the community than at the present time.

It is a great temptation to talk about the development and the care of the mentally ill, but this has very properly been left to others, for I see with us today Mr. Clifford W. Beers and Dr. Arthur H. Ruggles, who will go into these matters more specifically.

In closing I cannot help but call attention to the fact that the state has been extremely fortunate in the selection of the architect - Mr. Walter P. Crabtree - for he has readily grasped the medical aspects of the situation, and while he has developed the buildings with an architectural viewpoint in mind, he has not neglected to take into consideration the fact that the buildings are to care for sick patients of a particular type.

I wish to express my appreciation to the Board of Trustees, who have worked zealously and earnestly in the collaboration of, these plans, and it is only through their cooperation that the plans are progressing satisfactorily.

The Town's Part-Address by Ron. Charles G. Morris of Newtown. Member of Board of Trustees.

When it was first proposed to put a state hospital for the insane in Newtown many of our citizens were gravely disturbed. Their idea of a hospital was founded on the ancient traditions of a mad house, a bedlam and a hospital which was little less than a pest house. The thought of such an institution superceding some of our beautiful old colonial residences was a blow to our citizens.

On the other hand they realized the need of the state for additional facilities to house those who are mentally ill and it seemed proper that such an institution should be placed in Fairfield County. Gradually they have come to welcome this development and to realize that there can be no more fitting site in the county than this which has been chosen. The wonderful broad views of the landscape, the rolling hills of the Housatonic Valley, the smooth rolling farmlands in the midst of which the detached buildings of the hospital will be placed, and the free air which comes across our hills to this wonderful site, will all contribute to their restoration to mental and physical health.

On behalf of the people of the Town of Newtown I welcome the Fairfield Hospital to this old town.

Address of Mr. Clifford Whittingham Beers, Founder of the Society for Mental Hygiene.

Your Excellency, Mr. Chairman, ladies and gentlemen, the chairman has said that I have had the privilege of looking from the inside, and that is a fact. I am here today because of the very bad and brutal care that Connecticut gave to patients thirty years ago. I can mention that now, because times have changed.

Connecticut was no worse than the other states and much better than many. It was the terrific experience that I went through while a mental patient that caused my interest in this subject.

I feel highly honored to be here today. I had to smuggle a letter, describing the conditions, out to the then governor of the State, Governor Chamberlain, in 1902, but the governor of today puts the stamp of approval on me. It was very gratifying.

I accepted this invitation because it was a privilege. Also, I have never before participated in the laying of a corner stone. I don't see why the Prince of Wales should have a monopoly along those lines. Also, never before, has a copy of my book been placed in the box of a corner stone.

In coming to Newtown, a personal incident about my family is of some interest to me. The original member of the Beers family came from England in 1638 and settled here in Sandy Hook and so, you can see, this movement really started in 1638. I think this might be a very pleasant place for people to come and protect their mental health. There comes a time in all families in the course of time when there will be mental afflictions appearing. That is why all families should pay attention to this mental hygiene movement.

The book that Dr. Cross said fine things about - I am a pupil of Professor Cross and Professor Lounsbury, and always think of the Governor as professor. They were usually sitting on me. He didn't say what a poor student I was. He says what a fine book I wrote after studying with him. The book was written, not because I had any desire to be an author, that is a doubtful distinction. I wrote the book to arouse interest in what is now known as the mental hygiene movement, because of the bad treatment I myself had in hospitals of this state. I didn't write it to bring disgrace to Connecticut. As a result of this book, Connecticut today has the honor of being the state, and New Haven the place where the mental hygiene movement originated.

After coming out at the age of twenty-seven, I decided to write a book on this subject. I have stuck to the job ever since. The chairman refers to the increase in insanity. I am not going to say much about that. One reason I think is well understood of this rapid increase of patients in hospitals for mental troubles. The stigma is being removed from mental troubles. People are not so slow to bring relatives to institutions. This brings many more each year who in years before would have been held away until their case was hopeless. Nearly a half of those who enter hospitals come out of them and nearly a half remain well.

As to the growth of the movement, I will not go further with details. Nobody is ever going to read the copy of my book in that box there, probably. If you haven't read the book, I would urge that you do so. The last half has an account of the growth of this movement, the preventive measures, what is being done for children work in schools and colleges. Dr. Ruggles is the man who instituted mental hygiene work at Yale. The boys at Yale are having something done about their mental health.

When I was in college in 1894-1897, going to pieces mentally, and did go to piece in 1900, I explained to Professor Cross - I said to him "I am too nervous, I can't recite. I would like to be excused." I was excused by the professors of literature and all other subjects. Today if I were in Yale and had the same fears and could not recite and asked to be excused, they would say, "Yes, after you have been to the health department," and I would soon be in the hands of the mental hygiene department and they would prescribe for me. My case was preventable. I got no help. Today, thousands are getting it.

This movement started in 1908 with only fourteen at the first meeting. Since then, several thousand have attended meetings in the interest of mental hygiene through the states. There are many state societies and committees in most of the leading countries of the world. There is an international committee founded on the anniversary of the founding of the Connecticut society, which will do, we hope, for all countries what our national committee is doing in this country. Further advances in this movement I am still dreaming about.

This all came out of the cruel treatment I received in Connecticut Hospitals. I am proud of being a resident of Connecticut. I am very proud of having a part in the starting of the movement in this state.

Address of Dr. Arthur H. Ruggles, Superintendent of Butler Hospital, Rhode Island.

Your Excellency, Mr. Chairman and Members of the Board of trustees, ladies and gentlemen, a great many things have been referred to that, I might talk to you about, but I am going to confine myself very briefly to the topic that was given me, "Progress in the Understanding and Care of Mental Diseases," and in doing that, to endeavor simply to sketch some of the beginnings of the care in this country and then the beginnings of the care in this state and touching on the place that we all hope the Fairfield State Hospital will hold in this community.

I believe that the vision for the future of the State hospital is very different than most of you have ever dreamed. Yet, I am sure, to fulfill the highest function, the state hospital of the future must not be simply a geometrical entity of bricks and mortar, but an influence that goes out to all the community.

Mental diseases have always existed, according to historical record, but in America have received treatment only a little over 100 years. Previous to that time the man or woman suffering from mental illness was thrown into jails or poorhouses or confined to their own home. That great woman, Dorothea Lynd Dix, early in the nineteenth century, called attention to the disgraceful disregard of care for the mentally sick, and her work led to the establishment of many of our mental hospitals, called in those days asylums, and not only asylums but lunatic asylums. The first hospital exclusively for mental cases in this country was The Eastern State Hospital, in Williamsburg, Virginia, incorporated in 1768.

In November 1769, the tenth year of the reign of George the Third, an act was passed by the House of Burgesses, entitled "An Act to Provide for the Support and Maintenance of Idiots, Lunatics and Other Persons of Unsound Minds."

This was the foundation for the beginning of a charitable institution which was to add a new idea to the era of progress in the colonies. The Assembly placed this great work in the hands of distinguished citizens

The purchase of land was made from Thomas Walker and upon it was erected a building 100 feet long by 32 feet 2 inches wide, with a front projection of 3 feet, 6 inches, two stories high; the plan was furnished by Robert Smith of Philadelphia, and its date reads April 9, 1770.

The 1200 pounds originally appropriated not being sufficient to purchase the land and complete the building, the General Assembly, in February, 1772, passed an act authorizing the treasurer of the colony to pay to the Court of Directors "a further sum, not exceeding 800 pounds, to be by them applied towards the finishing of said hospital, making enclosures for the patients to walk and take the air in, after their reception, and defraying other incidental charges."

On Tuesday, the 14th day of September, 1773, at a meeting of the Court of Directors, the president informed the court that the hospital was completed, whereupon the court proceeded to examine the said hospital, and finding it finished according to agreement, the same was received of Benjamin Powell, the "undertaker".

At this same meeting James Galt was appointed keeper of the hospital, and he was referred to the General Assembly for such salary, as his services should be thought to merit.

At this meeting of the Court of Directors it was ordered "that it be advertised in the public papers that the hospital will be ready by the 12th of the next month for the reception of such idiots, lunatics and persons of unsound minds as may be sent thereto agreeable to the act of the General Assembly. And that this court will sit Monday in each week to examine and receive such objects."

Accordingly, on Tuesday, the 12th day of October 1773, the first meeting of the Court of Directors for the reception of patients was held. Two cases were taken into consideration, one from the county of Hanover and the other from the County of New Kent. The Court being of the opinion that they were persons of insane and disordered minds, they were received in the hospital.

At a meeting of the Court of Directors, held on the 28th day of October, 1773, it was ordered that 20 shillings be the fee of the sheriffs for summoning the justices and witnesses for the examination of any insane and disordered person, and for attending such examination, and that the allowance for bringing such persons to the hospital be five pounds of tobacco per mile, and three pounds of tobacco for each guard that may be necessarily employed for that purpose.

The first pay patient was received April 28, 1774, the charge of his maintenance being 15 pounds per annum.

In the State of Connecticut the first evidence of public relief for the insane is to be found in the records of the colony of New Haven, in 1645. This record reads as follows:

"It was propounded to the court that Sister Lampson should be provided for at the town charge, so far forth as her husband is not able to do it."

In 1648 another record is made that Goodwife Lampson had been cared for in the house of the marshal for some time, with little amendment. The marshal therefore asked to be relieved from the burden and the court ordered her husband "to take her home or else get another place where she might be kept and looked to." No other allusion to the care of the insane is to be found before the year 1699.

In 1699 the General Court of Connecticut passed a law entitled "An Act for Relieving Idiots and Distracted Persons," which seems to have been copied verbatim from the Massachusetts law of 1694. This law, which made no distinction between idiots, the feeble-minded and the insane, provided that "whenever a person should be wanting of understanding so as to become incapable of providing for himself or herself, or should become insane, and no relatives appear that will undertake the care of providing for them, or that stand in so near a degree as that by law they may be compelled to; in every case the selectmen or overseer of the poor of the town or particular place where such person was born or is by law an inhabitant, be and thereby are empowered and enjoined to take effectual care and make necessary provision for the relief, support and safety of such impotent or distracted person at the charge of the town or place where he or she of right belongs; if the party hath no estate of his or her own the income where-of shall be sufficient to defray the same. And the justices of the peace within the same county at their county courts may order and dispose the estate of such impotent or distracted person to the best improvement and advantage toward his or her support, and also put the person to any proper work or service he or she may be capable to be employed in, at the discretion of the selectmen or overseers of the poor."

In 1711 a law was enacted entitled "An Act to Provide in Case of Sickness, Including Insanity, Feeble-mindedness, and Similar Conditions."

In 1727 the number of disorderly persons in the colony became so great that it was decided to build a colony work-house, to which, in addition to "rogues, vagabonds and idle persons," there might be committed "all common pipers, fiddlers, runaways, stubborn servants or children, common drunkards, common night-walkers, pilferers, wanton and lascivious persons (either in speech or behavior), common brawlers or railers, all such as neglect their callings, misspend what they earn, and do not provide for themselves or their families." In addition,

the workhouse was to receive "persons under distraction and unfit to go at large whose friends do not take care for their safe confinement."

This measure which was undoubtedly a step in advance in the care of the insane, divided those for whom the colony must make provision into four classes, namely, idlers, tramps, stubborn children or servants, and the insane; the poor were alone excluded from the workhouse.

The Hartford Retreat was chartered in May 1822, on petition and representations made by the Fellows of the Connecticut State Medical Society to the General Assembly. The subject of provision for the insane in the state had for several years previous received the attention of the society.

On the evening of the 7th of May 1822, the general meeting of the Correspondence and County Committees were held by previous appointments at the State House in New Haven. Dr. Thomas Hubbard was elected chairman. The meeting ascertained that about \$12,000 had already been subscribed to the funds. At this meeting it was resolved to present a petition to the General Assembly for an act of incorporation and for a grant of money. The act of incorporation was accepted and a Board of Directors was chosen at a meeting of the society held in Middletown on October 29, 1822. Subscriptions had been obtained in the several towns of the state for funds to aid in the establishment of the institution. The names of 2062 individuals appear as subscribers in the State of Connecticut, and 29 persons subscribed a little less than \$400 in the other New England states. One subscription was for "\$30.00 payable in medicine"; another for "one gross New London billious pills, price \$30.00"; and two for lottery tickets of the value of \$5 each; one of these drew a blank and the other a prize, the net produce being \$17.

There were 224 subscribers in Hartford. The amount of individual subscriptions was declared to be not far from \$14,000. The Connecticut Medical Society had appropriated \$600, the state had granted \$5000 upon certain conditions, and "in addition to the above sums the inhabitants of Hartford offered \$4000, provided the institution should be established in that town."

In 1866 an act to create a hospital for the insane in the State of Connecticut was passed, but the birthday of the Connecticut Hospital for the Insane cannot truly be said to have occurred until it was delivered to the public April 30, 1868.

The report of the commission appointed by the Assembly in the year 1865 showed that there were 706 insane persons in the State of Connecticut, of whom 202 were in the Retreat at Hartford; 204 in the almshouses; and 300 outside of both; that it was impossible to secure suitable care and medical attention for the large and deeply afflicted class, either in the Retreat or in the almshouses, or in private houses; and that considerations of humanity and of true economy, as well as public welfare, demanded that these persons should liberally be

provided for by the State.

The plan to erect a second state hospital in Connecticut had its origin in 1890, when a special committee appointed by The General Assembly to inquire into the necessity of providing further accommodations for the insane at the Connecticut Hospital for the Insane, or elsewhere in the state, reported "That for the good of the patients themselves and as a matter of economy in the end to the state such accommodations should be provided in some other locality."

Although the matter was from time to time discussed by various medical societies and others interested, and although certain towns in the state had made plans to secure the proposed institution should it finally be established, little was actually accomplished until the legislative session in 1897. Dr. Clinton E. Stark of Norwich, notwithstanding discouragements, continued to keep the question before the public and it was largely due to his efforts that the act establishing a second state hospital for the insane in or near the town of Norwich was finally passed by both houses of the General Assembly and received the approval of Governor Abiram Chamberlain on June 12, 1903. The location and the granting of the initial appropriation of \$100,000 were, however, made contingent upon the town of Norwich donating the necessary site, the town having voted at a regularly called town meeting in 1898 that if a state hospital for the insane was established in Norwich a suitable site would be given. The citizens of Norwich carried out their agreement and deeded to the state a level tract of some 60 acres in the town of Preston, adjacent to the division line of the two towns.

A little over one hundred years after the first provision for care of those with the mind afflicted we meet here for the dedication of the Fairfield State Hospital. This dedication seems to me symbolic of the new era of mental treatment and the prevention of mental disease, and I see in the immediate future the work of this hospital, and the other mental hospitals in this fair state, not confined to brick walls but reaching out into every activity of their respective communities, teaching school children the principles of mental health, serving the courts, entering your factories to help toward a better understanding of the human factor in labor disputes, turnover, unemployment, and working hand in hand with the health officers, the probation officers and the welfare organizations.

It is significant that today we are honored by the presence of Mr. Clifford W. Beers, the founder of the mental hygiene movement in this country, as well as the founder of the International Committee for Mental Hygiene.

In 1907 Mr. Beers wrote that historic book, "A Mind that Found Itself" after recovering from an illness during which he was cared for in mental hospitals in the State of Connecticut and on May 6, 1908 founded the Connecticut Society for Mental Hygiene.

Dedicating his life to the advancement of mental health and the prevention of mental disease, this son of Connecticut had the vision of a more progressive day in the understanding and care of, mental disease and as

a result of his own illness has devoted that experience to others who might develop mental illness, unless preventive measures were instituted, and also in bringing to those already ill the benefits of modern knowledge and science.

In the conception, planning and organization of the Fairfield State Hospital, your State has called upon Dr. Roy L. Leak, the Superintendent of the Connecticut State Hospital, whose practical experience and vision has made this hospital an institution which will develop a type of community service far in advance of anything now existing. The State of Connecticut is to be congratulated upon the humanitarian institution that we dedicate today. .

Mental disease will always be with us and must always be treated with the most careful scientific methods as it will be here-but prevention must be the watchword of the future state legislation must appropriate money for research into, causes and cures, if we are to stem the tide of human beings each year becoming a part of the 75,000 new cases going into mental hospitals. The lessons of mental health must become an integral part of our whole educational system and in the great crusade of humanity we shall be confident that the Fairfield State Hospital will maintain primacy and that the State of Connecticut will always demand the best of public service and be intelligently generous in making this great work always possible.

Sealing of the Corner Stone Box and Reading the List of its Contents - George S. Godard, State Librarian.

At the conclusion of the several addresses while workmen sealed with solder the copper Corner Stone Box which was 15 inches long, 10 inches wide and 12 inches deep, State Librarian George S. Godard read a list of its contents which was as follows:

1. Holy Bible. Presented by Rodney Proctor Shepard.
2. United States Flag.
3. Connecticut State Flag.
4. Official Invitation to the exercises accompanying the laying of the Corner Stone reading as follows:
"State of Connecticut - The Trustees of the Fairfield State Hospital cordially invite you to attend the exercises accompanying the laying of the Corner Stone of the Administration Building, at Newtown, on Wednesday afternoon, June 10, 1931, at 2:30 o'clock (D.S.T.)", together with map showing location of hospital.
5. Order of Exercises at the Laying of the Corner Stone of the Fairfield State Hospital at Mile Hill, Newtown, Connecticut, June 10, 1931.
6. Address - Hon. Samuel A. Eddy, Chairman Board of Trustees.
7. Signed engrossed copy of Connecticut Special Act 1929, No. 445 entitled "An Act Providing for the Establishment of the Fairfield State Hospital" approved June 18, 1929.
8. Connecticut Public Act 1931, Chapter 3, entitled, " An Act concerning the Trustees of the Fairfield State Hospital," approved January 15, 1931.

9. Connecticut Special Act 1931, No. 35, entitled " An act making appropriation for the State Hospital," approved February 26, 1931.
10. List of Trustees typed on hand laid paper made at Lime Rock, Conn., by Dard Hunter, Inc.
11. Plot-plan showing map of property of the Fairfield State Hospital with names of former owners and their respective boundaries, by Walter P. Crabtree, Architect.
12. Hartford Courant Sept. 29, 1929, giving Prospectus of Proposed Hospital.
13. First Letterhead of Board of Trustees.
Samuel A. Eddy, Chairman, North Canaan,
Asahel W. Mitchell, Woodbury,
Elton S. Wayland, Waterbury,
Edward G. Buckland, New Haven,
Harold B. Senior, Bethel.
Rodney P. Shepard, Newtown,
Charles G. Morris, New Haven,
Alice W. Rugs, Shelton,
William C. Gilbert, Danbury,
Matthew H. Kenealy, Secretary, Stamford,
Albert F. Hanlon, Greenwich,
Harry O. King, Fairfield.
14. Letterhead of General Contractors, C. Abbadessa & Bros. Inc.
15. Inaugural Message of His Excellency Governor Wilbur L. Cross to the General Assembly January 7, 1931.
16. Report of State Psychopathic Hospital Commission, to His Excellency the Governor of Connecticut, 1922.
17. Initial Report of the Commission on State Institutions 1927.
18. Report of the Connecticut State Hospital for the Insane at Middletown, 1930.
19. Connecticut State Hospital Reports, 1868-1893, Alsop Memorial Reprint,
20. Report of the Norwich State Hospital, 1930.
21. Report of the Hartford Retreat, 1930.
22. Report of the Mansfield State Training School and Hospital, 1930.
23. Report of the, State Board of Healing Arts, 1930.
24. Report Connecticut School for Boys, Meriden, 1930.
25. Report of the Connecticut Long Lane Farm, Middletown, 1930.
26. Report of the Connecticut State Farm for Women, 1930.
27. Report of the Connecticut Reformatory, 1930.
28. Report of the Department of State Agencies and Institutions June 30, 1929.
29. Report of the State Comptroller, 1930. 30. Report of the State Treasurer, 1930.
30. Report of the State Treasurer, 1930.
31. State Budget Report for Biennium 1929-1931.

32. "Historical Development of the Poor Law of Connecticut" 1634-1903, by Edward Warren Capen, Ph. D.
33. Bulletins of the Connecticut Society of Mental Hygiene.
34. Autographed copy of "The Mind that Found Itself," by Clifford Whittingham Beers.
35. "Twenty Years of Mental Hygiene, 1909-1929" Clifford W. Beers.
36. 1930 Connecticut Register and Manual with personal inscription of Secretary of State: "With all good wishes for Connecticut's New Fairfield State Hospital, and with the hope that it may meet the expectations of those responsible for its conception, planning, construction and equipment." (Signed) William L. Higgins, M. D., Secretary of State, June 10, 1931.
37. Proceedings at the Laying of the Corner Stone at the New State Office Building September 25, 1930.
38. Proceedings at the Laying of the Corner stone at the State Library and Supreme Court Building May 25, 1909.
39. A collection of pamphlets and other printed matter relating to the social, civil and business activities of the town of Newtown.
40. The Story of Two Centuries of the Congregational Church at Newtown.
41. The Keys of the Old Post Office of Newtown.
42. State Coat of Arms Electrotpe.
43. Connecticut Nathan Hale Sequin-Centennial Medal, 1926.
44. 1931 Coinage of the United States Mint at Philadelphia.
45. Bridgeport Post, June 8, 1931.
46. Bridgeport Telegram, June 8, 1931.
47. Bridgeport Times-Star, June 8, 1931.
48. Bridgeport Szovetseg, May 15, 1931 (Hungarian).
49. Bridgeport L'Aurora, June 4, 1931, (Italian).
50. Danbury Evening News, June 5, 1931.
51. Danbury Times, June 9, 1931.
52. Darien Review, June 4, 1931.
53. Fairfield News, June 6, 1931
54. Greenwich News and Graphic, June 5, 1931.
55. Greenwich Press, May 21, 1931.
56. Newtown Bee, June 5, 1931.
57. Stamford Advocate, June 8, 1931.
58. Stratford News, June 6, 1931.
59. Hartford Courant, June 10, 1931.
60. Hartford Times, June 9, 1931.
61. List of Contents of Corner Stone Box, by George S. Godard, State Librarian.

Following the sealing of the box and more music by the band. The rain meantime having ceased falling, the official party and many others adjourned to the Administration building where the corner stone was put in place and embedded in mortar toweled by Governor Cross, the trustees, Dr. Leak, and Mr. Crabtree the architect.

Benediction was pronounced by the Reverend Father Charles Keane of Newtown.

The funds made available by the two appropriations have been allocated as follows:	
Appropriations of 1929	\$1,750,000.00
Land	\$3000,000.00
Building operations, including services of architect, engineers, and consultant	1,307,138.00
Equipment	4,000.00
Water Supply	32,250.00
Railroad spur track	32,638.08
Roads	36,500.00
Administrative expenses, care of property and insurance	29,614.24
	\$1,742,140.32
Unallocated balance June 30, 1932	\$7,859.68
Appropriation of 1931	\$2,500,000.00
Land	\$27,000.00
Building operations, architect and engineers	1,933,395.62
Water Supply	67,390.00
Sewage Disposal	80,000.00
Roads	90,000.00
Administrative, care of property and insurance	50,000.00
General supplies	10,000.00
	\$2,257,785.62
Unallocated balance June 30, 1932	\$242,214.38

In view of the very large investment the State has already made in this property it would seem the part of wisdom and sound business economy to provide sufficient funds to make possible the opening of the hospital to patients at the early possible date. In order to receive patients by April 1, 1933 it will be necessary that the trustees have early assurance that such funds will be available as needed.

And, furthermore, in order to utilize this investment to the fullest extent possible it is obvious that additional dormitories should be provided as fast as there are patients to occupy them, thus reducing as rapidly as possible the initial high overhead cost per patient.

It is therefore proposed to ask the next General Assembly for an appropriation sufficiently large to build and equip four dormitories of a capacity of one hundred twenty-five, patients each, and to complete the equipment of the buildings already, built or under construction; also for the construction and equipment of a superintendent's home and a dwelling for the steward.

In addition to the authorization of a State highway to connect the Bridgeport-Danbury highway with the main entrance to the grounds the next General Assembly will be asked to consider legislation dividing the State into districts from each of which patients may be received in only one of the three State Hospitals. A committee from the trustees has been appointed to act with similar committees from the trustees of the Connecticut State Hospital at Middletown and the Norwich State Hospital to prepare and present to the General Assembly a plan for such districting. Fairfield State Hospital was, by statutory provision, located in Fairfield County and was designed to serve the western part of the State so that hereafter it will be possible to send patients to the hospital nearest their homes thus making visits from relatives more convenient and less expensive and thereby in many cases adding measurably to the contentment of the patient.

Thus far the attention of the trustees has been directed almost wholly to planning and construction and we take this opportunity to express our appreciation of the good taste and professional ability demonstrated by Walter P. Crabtree, our architect, in the preparation of the plans as well as of his efficiency in supervising the building operations. We also acknowledge our indebtedness to Dr. Roy L. Leak for his enthusiastic cooperation and collaboration with Mr. Crabtree in the development of the plans and also for the technical information and advise so willingly given without which it would have been difficult for us to proceed intelligently.

With the hope that the plans outlined herein and their final execution may meet with general approval this report is respectfully submitted.

Roger S. Baldwin,
Daniel T. Banks, M. D.
Edward G. Buckland,
Samuel A. Eddy,
Clements C. Fry, M. D.
Charles P. Harrington,
Asahel W. Mitchell,
Charles G. Morris,
Caroline Ruutz-Rees,
Harold B. Senior,
Elton S. Wayland,
Frank Wright,

Trustees.

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