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**THE APPLICATION TO OTHER INSTITUTIONS OF THE
RESULTS OF TREATMENT OF THE INSANE IN
TRENTON STATE HOSPITAL.**

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It is naturally very gratifying to me to note the success in New Jersey, of work which I undertook in New York, but which for want of time I was never able to carry through to completion. While Commissioner of Correction in the City of New York, I undertook to transplant to the old correctional institutions of the city and to the two new reformatories many of the routines and practices of the best hospitals for the insane. We discovered that many men and women in prison or in the reformatory were either insane or unstable, or were epileptics or feeble-minded, or were not able properly to conduct themselves as normal beings. We also discovered that the disciplinary difficulties of correctional institutions were almost entirely due to the presence of persons belonging to these various groups who had been sentenced to prison or to a reformatory. By inquiry among the best hospitals for the insane and the best institutions for the treatment of the unstable, the epileptic and the feeble-minded, we found that the disciplinary difficulties of such institutions had been solved not by the club and the gun and by invoking horrible imprecations and profanity, but by the intelligent application of modern therapy and modern treatment, with which physicians have now become quite familiar.

The organization of the New Jersey Department is such that work which was difficult in New York, where the departments were under separate jurisdiction, is very simple in New Jersey, where all of the institutions are in a single department. This has made the transplantation of the best practices of the particular institution to all the other institutions a much simpler problem. Take, for example, mental and medical work in the correctional institutions. Here we organized a psychiatric clinic and placed the doctors and the psychologists under the general supervision

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of Dr. Cotton, who holds the position not only of Medical Director of the State Hospital at Trenton but also of Acting Director of the Division of Medicine and Psychiatry of the Central Department. This plan has hastened the application of the best tested results of the State Hospital to all the correctional institutions. Cases are discovered in the correctional institutions which are in need of treatment at the hospital, and under our law they are transferred to the psychopathic division of the hospital long before they have become insane from the legal viewpoint.

The influence of the psychiatric clinic upon medical work of the institutions has been very great. The treatment of the mouth, the removal of tonsils, the clearing up of gastrointestinal infection, the development of surgical procedures and the all-around treatment of the individual which is carried out at the Trenton Hospital have shown the desirability of extending the benefits of such medical, surgical, and other treatment to all of the population of each correctional institution. In consequence the medical service and the appropriations for medical service have been more than trebled in all the institutions. The expense of this has been reduced by reason of the fact that the psychiatric clinic cuts down the cost of overhead supervision of physicians and by reason of the fact that the increase in the amount of medical work in each institution has stimulated coöperation with the physicians of the various communities in which the various institutions are situated. The amount of voluntary work performed by physicians in connection with our institutions has been more than quadrupled in the last three years. It is obvious, therefore, that we are deeply indebted to the physicians in regular practice throughout the state for many of our good results. We found, for example, at the State Home for Boys, an institution for juvenile offenders, that at least 65 per cent of the boys were in need of minor operations; that only 3 per cent of them had the benefit of such operations before reaching the institution. A group of twenty physicians has volunteered to help in the work which has been going forward in that institution for more than a year. We have also changed the personnel and improved the scholastic and other work which is carried on for these boys. The results speak for themselves. Three and a half years ago one out of each two boys released from that institution upon parole failed, now only one out of each ten fails.

The development of research work at Trenton has stimulated similar work in other institutions, and has won for us legislative appropriations for treatment instead of mere custody of patients. Morris Plains State Hospital, for example, has under the course of construction a 400-bed treatment hospital, which will permit the carrying out of the very best types of medical treatment at that institution. Our plans call for the provision of additional

buildings at the Morris Plains Hospital and at the Trenton Hospital, so that each institution will in fact be two institutions, one for the medical treatment of new cases and of the cases which have been in the institution for only a short time, and the other institution for the chronic cases which are beyond reasonable hope of recovery.

We are attempting to extend to the people of our various communities the results of these achievements in the institutions through the establishment of clinics. There is not time to go into details, but suffice it to say that the physicians in our state institutions are to secure the advantage of handling the new cases in the communities long before they would ever reach a state hospital. On the other hand, the patients in the state institutions are to reap the benefit of the enthusiasm of doctors whose efforts are stimulated by contact with mental disease in the earlier stages of its development; for you physicians, I am sure, fully realize how, perhaps unconsciously, hospital physicians fall into the rut and feel that there is little use of extensive work upon cases which have become chronic in so many instances before they reach the state hospital.

We are deeply indebted to men like Dr. John W. Draper, who has so freely given up his time and his expert abilities in the promotion of our work, at no small sacrifice of time and strength. New Jersey is indeed fortunate in securing their help, and is proud of the results achieved.