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# PROCEEDINGS

OF THE

## New Jersey Conference of Charities and Correction

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FIFTEENTH ANNUAL MEETING

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*High School, Hoboken,  
April 30th, May 1st, 2d,  
1916*

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1916





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## PREFACE.

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Some of those who attended the Fifteenth Annual Meeting of the New Jersey Conference of Charities and Correction at Hoboken with the assurance that feeble-mindedness was the cause of most of our crimes, social ills and inefficiency, came away with the feeling that perhaps much of the so-called mental deficiency was not inherent. Proper vocation training may equip the unfit for useful occupation; proper mechanical devices, such as eyeglasses, may remove nervous tension and proper environment may prevent crimes.

That there was need of greater education of our people, especially in preventing the feeble-minded from mating, was apparent. The necessity for greater accommodation in our institutions, and more money to equip and run them, was brought out.

As an antidote for the mentally depressing subject was the trip to Hudson County Colony and the numerous social gatherings, with opportunities to become acquainted. A unique feature was a round-table conference with tea at Castle Point, each delegate choosing one of the four sections which appealed to him most.

The section meetings on Child Welfare and Housing had good programs and were well attended.

E. D. E.



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**Next Conference, Montclair, April, 1917.**

### Sociological Exhibits.

In connection with the Fifteenth Annual Meeting of the New Jersey Conference of Charities and Correction.

*Arranged and Prepared by the Exhibit Committee Assisted by the Local Committee.*

A special exhibit on Mental Deficiency was on view in the High School daily from 9 A. M. It consisted of special charts from the various insane hospitals and other institutions and an exhibit loaned by the Mental Hygiene Committee of the New York State Charities Aid Association.

The following institutions and organizations contributed:

State Hospital at Trenton,  
 The State Hospital at Morris Plains,  
 The New Jersey State Institution for Feeble-Minded, Vineland,  
 The Village for Epileptics at Skillman.  
 New Jersey Reformatory, Rahway,  
 Essex County Hospital, Cedar Grove,  
 The Training School at Vineland, New Jersey,  
 The New Jersey State Home for Girls, Trenton,  
 New Jersey State Reformatory for Women, Clinton,  
 Office of the County Physician of Hudson County,  
 State Charities Aid Association, New York.

## OPENING MEETING.

*Sunday, April 30th, 1916, 3 P. M.*

**General Topic: "Mental Deficiency in Its Relation to Social Problems."**

### INVOCATION.

REV. EUGENE P. CARROLL, M.R., HOBOKEN.

"We pray Thee, O Almighty and Eternal God, who through Jesus Christ hast revealed Thy glory to all the nations, to assist with Thy Holy Spirit of Counsel this Conference that it may be eminently useful to the people of this city and State.

"Let the light of Thy divine wisdom direct the deliberations of this convention in all its proceedings, that they may lead to the promotion of happiness, the increase of industry, sobriety and knowledge, and perpetuate among us the blessings of that charity which Thy Divine Son brought into the world. Amen."

After a selection by the Hoboken High School Orchestra, the President announced that the Honorable Mayor Griffin was out of town and had sent his Secretary, Hon. John F. Lewis, to give a word of welcome.

### Word of Welcome.

JOHN F. LEWIS.

Ladies and gentlemen: I regret very much the absence of Mayor Griffin from the city, which imposes upon me the duty of addressing a word of welcome to you. From me it will be merely a word. I say I regret it because I know how dear to the heart of Mayor Griffin are movements that have for their object the amelioration of conditions under which the poor and the indigent live; conditions that exist without any blame from those who are made to suffer by them. It is always very

encouraging to find men and women, such as you, who feel it a high sense of duty to engage yourselves in bettering these conditions, to encourage by your helpful co-operation the introduction of good citizenship and happiness, which makes life worth the while.

You are meeting in a city that is very zealous in doing its part to benefit this condition. Aside from hospitals and orphan asylums, there is a movement now under way under the direction of the United Aid Society to provide for the dependent children given to their care a better and larger home. It will soon have a home that will give to the children all that the State wants it to have.

I don't know that there is very much I can give to you other than to say that whatever this convention wants to suggest to the city administration for the benefit of conditions, you will find the best efforts of Mayor Griffin and the city commissioners at your service.

#### **Response to Words of Welcome.**

PRESIDENT WEEKS—I regret to announce that the Commissioner of Charities and Correction, Hon. Richard Stockton, has been unable to be with us this afternoon, but sends regrets and his greetings to the Conference.

Mr. Lewis, we appreciate the welcome that you have extended to the Conference in behalf of the Mayor of Hoboken. We hope that the influence of this Conference will be such that some good will result. We realize that you have in your city many problems confronting you. We realize, as Mr. Lewis has just stated, that much is being done in this city to meet these conditions. It has been a practice of the Conference in times past to meet in various points of the State with a view to interesting people in those parts of the State. Recently we have been meeting in college towns and cities, believing that much good in solving these problems will come through educating the students of rising generations who must take our places. We realize the problems confronting all of us are serious ones and we can only

touch them at points, but if we can interest our college students, our school boys and girls, we will see great good accomplished.

We thank you for the welcome to your city and hope the citizens of Hoboken will avail themselves of the opportunity to attend our meetings and enter into discussions of the subjects which will be presented from time to time.

### **Mental Deficiency in Its Relation to Social Problems.**

BY DAVID FAIRCHILD WEEKS, M.D., SUPERINTENDENT, THE NEW JERSEY STATE VILLAGE FOR EPILEPTICS AT SKILLMAN.

Fellow members of the New Jersey Conference of Charities and Correction, permit me at the outset to thank you for the great honor which you have conferred upon me in choosing me to preside over your deliberations during this Conference.

It seems to me peculiarly appropriate that this Conference, composed, as it is, of persons engaged in various phases of social and charitable work that brings them in close touch with all classes of dependents, should have chosen for discussion the important subject of "Mental Deficiency in Its Relation to Social Problems."

In the time available for the few remarks, which it is my privilege to present for your consideration, I will make no attempt to define clearly the distinctions between insanity, epilepsy, feeble-mindedness, pauperism, prostitution and crime, but will group all these classes and refer to them as the "mentally deficient."

To point to the primary origin of mental defect is as impossible as to state from whence came the original grain of wheat. It may arise from any number of conditions interfering with normal development of the child. Heredity, malnutrition, accident, neglect and disease play their parts, both before and after birth, but by far the most potential factor in the cause of mental deficiency is heredity.

The parents of mental defectives or the members of their immediate families show evidence of degeneracy or inferiority.

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with a large number of cases of insanity, epilepsy, inebriety, feeble-mindedness, crime, drug habituates, alcoholics, sex offenders, retardates and delinquents in their pedigrees.

In ancient writings allusion was seldom made to mental defect, which to-day is called feeble-mindedness. The Greek poets and tragedians made frequent mention of visitation of acute forms of madness and delirium and referred to epilepsy under the term "Morbus Sacer," ascribing some of these visitations to inspiration and others to the anger of the gods.

The earliest glimmering of our modern conception of the heredity of degeneracy is to be found in the writing of Hippocrates, who pointed out that epilepsy produced in the ancestors by traumatism or other causes may be inherited by the descendants.

The State's interest in its mental defectives is set forth in the Roman law providing for the appointment of a curator for the prodigal who wasted his patrimony and for certain cases of young people lacking intelligence or, as we would say, feeble-minded.

The summary measures adopted by the Greeks and Romans of disposing of their weaklings, together with an unchecked infant mortality, effectually prevented any large survival of the unfit who might have caused much anxiety to the community.

With the birth of Christianity, society's attitude towards its weaklings and dependents changed to one of compassionate recognition of the sacredness of human life.

In medieval times the monasteries sheltered those afflicted in mind and body, the priests administering to their spiritual and physical needs, since which time society has gradually increased her care and protection for her afflicted members.

The success of Seguin, following the lead of Itard, Voisin and Esquirol, in his pioneer work of educating the idiot, had much to do with the almost simultaneous awakening in France, Spain, Switzerland, Germany, England and the United States to the fact that society had a duty towards its mental defectives.

I can think of no greater possible burden in a home than the mental defective who is the innocent but helpless cause of many

hours of agonizing grief for the parents, who must, through many long weary days, months and years, silently bear their burden of sorrow while caring for the helpless loved one, all the while realizing the influence of his presence on the brothers and sisters.

These intolerable home conditions are often responsible for driving sons and daughters from the home, fathers to drink and mothers into nervous breakdown, insanity or to an untimely grave. It is our duty to devise ways and means to relieve these families of their unbearable burdens.

The homes of mental defectives are characterized by unsanitary living conditions, high infant mortality, neglected children, poverty and low moral standards.

In cases such as I have just pointed out it is not an infrequent thing to find one or both parents defective to such an extent that they oppose every effort to relieve them and the community of the burdensome care of a defective child.

Who can estimate the money and industrial waste resulting from the ceaseless anxiety and sorrow in such extravagant home care of defectives that it often leads to pauperizing an entire family.

No unfortunate has a stronger claim upon us than the defective girl, who in body and instincts is a woman with the mind of a child, by reason of which she naturally falls a prey to the designing and unscrupulous.

It has been said that careful segregation of every defective woman for twenty years will result in a reduction of at least fifty per cent. of our defectives.

As a simple business proposition, the State can make no better investment than to provide against reproduction by these defective women of child-bearing age, who are responsible for so much of the unspeakable debauchery and licentiousness that pollutes the lives of the youth of the community.

Our failure to put the mental defective under proper care at an age before he commits acts which bring him before the courts is responsible for a large number of preventable crimes.

The participation of mental defectives in all phases of indus-

trial life is responsible for a number of industrial and traffic accidents involving preventable economic loss.

The continued excessive use of alcohol exerts a direct influence on the germ plasm causing impairment of the nervous system of the offspring. In the case of alcoholic pregnant women there is a direct environmental degenerate effect on the embryo.

The influence of toxic-constitutional taints, such as syphilis, exerts a far more extensive influence in the production of mental defectives than can be shown from statistics. We need to study carefully the effects of alcohol and venereal diseases on the germ plasm.

That there is no really accurate census of the various classes of defectives makes it impossible to approximate with any degree of accuracy their ratio to the whole population. Estimating the number of defectives in our institutions at ten per cent. with the remaining ninety per cent. at large practically unrestrained, it is not difficult to understand why the reports of our various institutions indicate that we are not gaining in our battle against these defectives and that the anti-social classes show no reduction in their numbers or their offenses against society.

The inefficiency of our present methods of dealing with these defectives is doubtless due to our failure to fully recognize the causes responsible for them.

Among the preventable causes which we can correct are those that result from poverty, hard overwork, poor and inadequate food, anxiety, physical suffering, immorality, intemperance and the indiscriminate marriage and cohabitation of mental and physical defectives.

Too much attention cannot be paid to the education of our boys and girls to fit them for parenthood. I have no patience with the unreasoning sentiment or ignorance which permits them to learn through sad and bitter experience things which they should have been taught at their mother's or father's knee.

The principles of heredity should be taught in schools and colleges, so that our young people who will be the parents of the next generation may be informed on the subject which is of most vital importance to themselves and their descendants. The



danger of marriage with persons of tainted stock should be forcibly and plainly presented.

Every young woman about to marry should be advised of the great importance to herself of choosing for the father of her children a man of good morals and heredity.

The young man should be taught that the mentality, health and efficiency of his own children and of their children will be determined largely by his physical condition and the quality of his and his future wife's family germ plasm. Too much stress cannot be placed on the importance of leading a moral life.

Special efforts must be put forth to prevent reproduction in neurotic strains before we will greatly reduce our anti-social classes. Early recognition and protection for the borderline cases, who by reasons of their unrecognized defect become easy prey to unscrupulous and designing persons, is essential for their and our protection.

Certain normal members of tainted families may transmit defect to their children, especially when they mate with someone carrying a similar taint in his or her germ plasm. When this hereditary tendency is marked, members of these families should not marry. It is better that the family become extinct.

No one should be graduated from our medical colleges until he has a general knowledge of the varieties and causes of mental deficiency.

The physician, with his intimate and personal knowledge of family histories and tendencies, has an excellent opportunity to point out the fact that each mental defective is a potential source of an endless progeny of defectives. On the other hand, it is his privilege and duty to allay the fears occasioned by misinterpretation of the principles of hereditary transmission of defect.

Medical inspection for our school children should be extended to include the rural districts. Dental examination should be made of the teeth of all school children and clinics established to which they could be referred for necessary treatment.

Physicians, health officers, dentists, hospitals and nurses' associations should co-operate in the organization of county units, which, under direction and patronage of the county medical

societies, will be the nucleus for clinics at convenient points throughout the county, especially in the rural districts, where the people in general do not have the facilities for care and treatment afforded in our city hospitals. The nurses connected with these centers can be used for follow-up work in connection with the school and general health work of the community.

Some of the thousands of dollars now spent in trying to educate "mental defectives" in our special classes spent in the establishment and maintenance of these centers will return a high rate of interest.

The establishment of special clinics in connection with general hospitals and State institutions with psychiatric hospitals conveniently located will afford opportunity for early examination of many persons who, with timely advice, may be saved from mental breakdown.

Statutory authority for detention as long as may be necessary for the protection of society of all mental defectives admitted to our institutions is essential to the successful working of any plan.

The mental defectives now in our penal institutions should be transferred to permanent custodial care, instead of discharged to beget others like themselves and to repeat their offenses against society again and again. The removal of the defectives from these institutions will make it possible to handle normal offenders under discipline that may lead to reform.

The expense of establishing colonies and increasing the facilities for handling these defective cases in our existing institutions will be counterbalanced by a proportionate reduction in the number of inmates and the expense of operating our penal institutions.

A rational protection and control of mental defectives can only be accomplished by the co-operation of all existing agencies, in early detection and registration, improvement of the home and working conditions, intelligent supervision and after-care of discharged hospital cases and proper classification in our schools and institutions.

A bureau of research should be established under State control, centrally located and free from political influences, under

the direction of an experienced psychiatrist, with a staff of experts especially trained to make the necessary examinations to determine the physical and mental condition of each person referred to the bureau.

As soon after the completion of the examination of an individual as possible the results of the examination, together with such recommendations as the examiner may choose to make, should be forwarded to the director for use in making his report and recommendations for the proper treatment or disposition of the case.

In addition to the professional staff referred to above, there should be a corps of field workers and statisticians, whose duty it should be to gather, record and tabulate all possible facts relating to the causes of mental deficiency.

Existing statutes should be amended and new laws enacted making it possible to admit or commit any case of doubtful mentality to the bureau for examination and advice with the minimum amount of formality.

The bureau should, on application from the proper authorities, make necessary examinations of inmates of our various institutions for the purpose of reclassification.

The courts should refer all cases of doubtful mentality to the bureau for examination, and report before allowing the case to go to trial. In all cases requiring medical expert testimony, the court should have the advice and assistance of the bureau. In this phase of its work the bureau will render an inestimable service to the courts and medical profession in removing the necessity for the employment by the defense and prosecution of medical experts as practiced under the system now in vogue.

In addition to the above, the bureau of research should endeavor to draw to itself all agencies actively engaged in charitable and philanthropic work by advising and co-operating with them in every possible manner. On the other hand, the various agencies should give to the bureau such support as will come from their encouraging parents, guardians and school authorities to refer to the bureau all cases of mental defect coming to their notice.

In the discussion of this problem I have endeavored to place before you thoughts as they have occurred to me, with the hope that they may be the means of stimulating discussion and action which will lay the foundation for a practical working scheme, which, to briefly summarize, will include:

Education of the public, especially of the rising generation, who must be shown their responsibility to society in this matter.

The reclassification of the inmates of our penal institutions so as to separate the defectives from the normal criminals.

The establishment of special clinics in rural districts and in our general hospitals, with intelligent supervision and after-care for their discharged cases.

Clinics held at regular fixed times at the various State institution, caring for mental defectives, for the examination and advice of such cases as may be presented.

Such modification of governing statutes as may be necessary to permit the voluntary admission to the institutions of patients pending examination, the cost of their maintenance to be borne by the county from which they came, when the relatives or friends are unable to meet the expenses.

The establishment of psychiatric hospitals, preferably in or near our large cities.

The establishment of a bureau of research such as is outlined above as a center around which to develop the scheme.

While I realize the impossibility of putting into effect at once or even in a short time a plan such as outlined, yet with the start already made in our State I have the courage to believe that the time is not far distant when this or some similar plan will be in full operation.

In conclusion, I desire to thank the various committees for the careful and painstaking manner in which they have discharged their respective duties and to express the conviction that much good will result from their labors.



*Women's Group, New Jersey Epileptic Village, Skillman, N. J.*

### **The N. J. Epileptic Village at Skillman, N. J.**

The first official action toward the special care and treatment of the epileptic in New Jersey was taken in February, 1877, when Dr. John Ward, Superintendent, and Mr. Charles Hewitt, member of the Board of Managers of the New Jersey State Hospital at Trenton, appeared before a Joint Committee of the Legislature and asked for an appropriation for a separate building in which to care for epileptics. In 1884, Dr. Ward again went before the Appropriations Committee and urged the necessity for providing separate care for this class of cases. After considerable agitation, the New Jersey State Village for Epileptics was opened on November 1st, 1898, with Dr. Henry M. Weeks as Superintendent. The first cases were admitted to Maplewood Cottage, which was used as an administration building, residence for Superintendent, necessary employees and seven patients.

The village now consists of 1,005 acres, of which 520 are under cultivation. It is located in Montgomery Township, Somerset County, at Skillman Station, on the line of the Philadelphia and Reading Railroad. The 653 patients (on July 15th), of whom 373 are males and 280 females, are cared for in 16 cottages with capacity ranging from 14 to 100, and a custodial building accommodating 160. In addition there is a hospital, a school and an industrial building where patients receive instruction in printing, weaving, sewing, etc. There are 191 patients on the school roll.

The patients assist in raising potatoes, corn, rye, barley, wheat and fruit. Milk is supplied from 126 cows, pork from 115 hogs, and eggs from the 600 chickens. Outdoor labor is prescribed for all inmates able to do something. Many of them can do little more than pick up stones, but it is essential that as much time as possible be spent in the open air. A physical culture teacher instructs patients in outdoor sports. Baseball and basketball teams have added much to their enjoyment. The recreation building is much in demand in bad weather.

At this village the State provides a home where the epileptic may earn a part of his maintenance and be protected, as far as possible, from accidents incident to his disease; a place where he may have hospital care, daily medical advice, dental treatment, education, amusement, recreation and religious service, thus relieving the family, friends and society of the dread and danger of his presence. It attempts to gather statistics and get the heredity of all the epileptics in the State. On July 1st, 2,494 cases were recorded.

THE CHAIRMAN—Our next speaker, Dr. Samuel McComb, formerly of Emmanuel Church, Boston, now of the Episcopal Cathedral, Baltimore, has, we all know, done wonderful work on the subject about which he is to speak, and in his early work was associated with Doctor Worcester, of Boston. I take pleasure in presenting to the Conference, Doctor Samuel McComb.

**Alcoholism as a Psychic Disorder.**

REV. DR. SAMUEL MC COMB, BALTIMORE.

Mr. Chairman, ladies and gentlemen: I consider it a very great privilege to be invited to come here and address you on one of the vital and pressing problems of the day. I not only congratulate myself but I would congratulate you that you have so much interest in these questions as to resist the allurements of such a beautiful afternoon and go off for your own amusement and recreation.

Now, I am to speak to you on "Alcoholism as a Psychic Disorder." Alcohol is not a modern discovery. We have dug up ancient papyri from the Greeks and Egyptians long dead, and we have discovered on those papyri words that imply that alcohol was not only very well known thousands of years ago in Greece and Egypt, but was too well known. Not only so, but we have examined the tablets that have survived the wreck of ancient Babylonian temples, and you can all read for yourselves the records of the Old Testament and can find that ancient men, long before the art of writing was known, knew the art of how to get drunk.

Then, of course, as civilization has progressed, the complexity of human life has made a greater stress and strain upon the nervous organism. The result is that to-day alcoholism is a more pressing problem, a more complicated, a more difficult question than at any time in the previous history of mankind. So great is now the desire for stimulants that a recent distinguished writer has laid down the rule that the desire for alcohol is inborn, a native instinct like fear or love or hate, and that all men naturally and normally are prone to drink just as they are

to fall in love. That is a theory, of course, that we do not accept. On the contrary, we believe this, that the history of alcoholism has been a history of deterioration, physical, mental and moral. One of the great questions which psychological chemistry is discussing at the present time is, "Is alcohol a food or a poison?" One psychologist claims that when taken in moderation it is a food, because it generates heat and it creates quality in a physical organism, and those are characteristics of food. And another psychologist maintains that no matter in what degree you take it it is a poison and acts always as a poison acts. We need not decide between those two schools, because I believe that both are correct. I believe that if you say that alcohol is a food, then you must hasten to add, "Yes, but it is a poisonous food." It is a food that poisons because we now know that except in the smallest quantities, so small that it is hardly worth while considering it, and so small that it does not come within the practical necessities and purposes of social life—that apart from those small doses of alcohol, alcohol has a serious effect upon mind and upon body. Teachers are unanimous in condemning the use of alcohol, and that does not mean that a man may not take a glass of wine occasionally with his food and suffer any serious damage. What it means is this, that in the vast majority of cases alcohol is a danger, one of the greatest dangers to modern civilization. As an illustration of a bare exception to that rule, I would like to tell you of a friend of mine who is now almost ninety years of age and threatens to live to be a hundred. When I spoke to him on this question of alcohol he said to me, "I am not going to give up my little drink; I have a glass of good Scotch whiskey every day in my life for the last forty years." I was very much astonished to hear that and then I said to him, "Would you mind telling me a little of your history?" And, briefly, it was this: that he was born of a family no member of which knew how to die early in life, every one of them, without exception, was long lived; and in the second place, he was born in the north of Scotland and lived the early part of his life more or less out in the open air, and bringing his muscles—building up for himself a strong physical con-

stitution. He had no tendency, inherited or otherwise, toward drink, and when you take all those factors into consideration you can see that it may be that in certain exceptional cases a moderate use of alcohol may not be a serious injury. The worst of it is that everybody thinks he is an exception.

Now, this question about alcohol being a food is, after all, a very academic one, because everybody I ever knew does not propose to drink alcohol to build up his system, but he takes it almost or nearly always on account of certain emotional effects which the alcohol has upon his mind. There is, for example, the modern business man, who feels himself submerged beneath a mass of details, and he takes a couple of glasses of wine in order to sustain his strength throughout the day, or the poor woman who struggles with domestic duties, or the overstrained professional man who has to keep his position against competition and feels that he cannot do it without a stimulant, and so on. A vast number of these persons give way to drink because they feel that drink is a source of strength, of help and of comfort. This is a form of drinking, the most lamentable of the modern world, which goes by the technical name of "misery drinking." Thousands of persons drink, not because they want to drink, not because they want to be drunkards, not because they want to commit sin or fall into vice, but in order to get away from the world of sad and sorrowful reality to an unreal world, where for a moment they can realize their ideals, a thing all of us—as the late William James has well said—"There is a bit of mystic consciousness which is kept down, suppressed by the hard realities of daily life, and we want to get into another world in order that this mysticism may have free play," and the key that unlocks the gate of that other world is alcohol.

And now what is alcoholism? We hear people saying, "Oh, poor fellow, he has been drinking now for years and years and it is impossible to do anything with him, it has become with him a disease," and there is a certain amount of truth in that popular saying. Only we have got to remember this, that when we speak of a disease we are always thinking of something like pneumonia or tuberculosis or some disease of the physical organism. That



is not the kind of disease that alcoholism is. We would not therefore be correct if we call it a disease, and still we are correct if we said this: It is not a disorder of the body, it is a disorder of the mind. It is a nervous-mental disturbance, which is accompanied with certain physiological effects. It is therefore quite true that alcohol creates physical diseases like, for example, cirrhosis of the liver, but it is not itself fundamentally a physical disease. What, then, is it? It is simply this: It is a reaction of a man to his own inner life or to his external surroundings, his environment. For example, here is a soldier who is, let us suppose—and unfortunately there are such soldiers—a coward. He knows if only he can get a drink of alcohol he ceases to be a coward and becomes a hero. How is that? Is that proof, therefore, that alcohol is a good thing for the mind and for the moral powers of the mind? It only proves that he has given way to weakness, that in the taking of that alcohol he has taken something which has undermined his judgment, so that not recognizing the real consequences of the danger into which he is passing he goes into it without the slightest fear, simply because he blinds himself to that which he is actually about to do. Or, again, take the man involved in some business trouble, whatever it may be, perhaps a bill of thousands of dollars is coming due at a certain date, and he does not see how he is going to meet it. Well, there comes to him the impulse—"You can get away from the whole problem," and taking to drink, consequently he thinks he isn't afraid of that bill at all, fear passes away from him and he cares nothing. Does that prove anything but this, that he has wilfully refused to exercise his common sense; he has sought an unreal condition for his mind and he is blinded to everything but the consequences of his condition.

Now, when we look on the problem of alcoholism from its second standpoint, we discover this, that one of the underlying supplements of alcohol is a weakening and an eventual overthrow of the will. I want especially to call your attention to that fact. The will is, according to many investigators, the very first power to be attacked, and then they have asked, "Why is this?" Because

the will is the last quality of man acquired in the process of evolution and the first to go. The drunkard first of all loses his higher moral and psychical qualities, the power of will, of moral inhibition. Then his mental powers are impaired, powers of intellectual knowledge, feeling and memory, all these give way, and then, lastly, his muscular energies go and the last stage of all is that he lies down lower than the brute creation. That is his history—he has gone down to the level of the brute, from which normal man has risen, to the forms of subconscious personality. The will is the essential power of the human soul, and alcoholism in attacking the will assails the very citadel of the mind. You know modern psychologists tell us that a man is not to be judged by what he knows or by what he feels, but by what he wills. The man's will is the man's character. The nation, for example, that has the strongest will is the nation that is going to rise triumphant on the ruin of the other nation that has no will. The nation that has so strengthened its national consciousness that it has only one irrevocable will, that is the nation that is going to raise the flag over other wills.

The power of will is the only power by which man can contribute anything to the world. It is a power that always gives him influence over his fellow man, it is the secret of success in life. Alcohol attacks the will, because it attacks those powers of mind on which the will rests for its foundation. I suppose the one thing about which we will all agree that distinguishes man from the lower creation is his power to conceive of and possess an ideal to which he works, for which he strives. That is the thing that makes a man a being by himself, lifts him out of the category of the animal world, and makes him a citizen of the Kingdom of God. Here is the curse of alcohol, it destroys at its very root this power of the human soul to have an end for which it strives, to which it moves, because it destroys the memory, it destroys the powers of judgment. It destroys the feelings, because it rouses the basest instincts of the soul, and it leaves us the victims of the most animal instincts in our nature.

Now, in a brief and in a very fragmentary way we have indicated what alcohol does to us, and no man is safe who gives way to indulgence in alcohol, because he does not know under what stress and strain he may be bringing to form this habit which will eventually hold him in its grasp.

I want to say something also about how this psychic disorder is met, how it is to be, if possible, overthrown. In order to treat any disorder it is essential to treat its causes and its character. Any methods of treatment which do not include psychic or moral or psychological methods must be doomed to failure. I remember once sitting on the bench with a judge before whom came a long stream of men who had been arrested for drunkenness, and as they came before him he asked one or two questions and gained the information he desired, and then he said, "Two months at the farm," "four months," as the case may be, and I asked him how long had he been doing that, and he said all his judicial life. Then I wondered was he continuing to do that until he died. In other words, the poor man could not help it, but he was the victim of a system, he was sending men to a farm that they might work in the open air and get sober, but so that they might enjoy drink immediately upon their discharge. The reason is that the physical methods, while in a certain degree are not to be neglected, are not permanent, cannot cure alcoholism. Because, as I have explained to you, it is a psychic disorder, and only psychic methods will avail. Now, during the time I was associated with my dear friend and colleague, Doctor Worcester, in Boston, I suppose hundreds of alcoholics passed through our hands. I would like to tell you what the result of our observations has been, what the conclusions are to which we have been driven in dealing with this difficult problem. In the first place, we do not exclude physiological measures. We believe that for a man who has been for years under the power of alcohol certain measures are necessary, such as rest in bed for some time, also some tonics, which any medical man can administer. First to eliminate the alcohol out of the system, then to build up the physical strength of the patient. What I want to emphasize is this, that all so-called

cures, all these things we find advertised in the newspaper, or any other methods that confines its attention to the mere physical side of the problem, cannot succeed, and where it does succeed you will find it was due to the power of suggestion or perhaps the personality of the physician in attendance.

Now, what are the methods that I believe will be found useful in the grappling with this disorder? I want to say very frankly and simply, I do not believe that this is purely a medical problem at all, no more than I believe that tuberculosis is a medical problem; and yet without medical science neither one nor the other will be solved. What we need to see is this: that as tuberculosis is an educational problem, a religious problem, a moral and psychological problem, and a problem for just such a conference as this, so the same is true of alcoholism. I believe if we are ever to grapple with this evil we can only do it with the co-operation and combination of forces that up to the present time have stood apart—the doctor, the clergyman, and especially if he is engaged in training the human soul, and the trained social worker. I believe that a combination of these three great forces gives the best chance of dealing with this terrible curse. We begin, first of all, with what is called explanation and encouragement. That is to say, we sit down quietly and we tell the man exactly what alcohol is, which perhaps he has not known. We tell him what it is bound to lead to, we show him how it is formed, we take him back to the causes that created the desire in his case for alcohol, and then we show him that hundreds of others worse than he have gotten rid of this wretched habit, and that he too can do the same, and we stir him to fresh hope. That is the first stage. May I say this, that if there is anything the drunkard needs more than anyone it is human sympathy, and surely we can all give that. That is the very thing the drunkard does not get, as a rule. We don't like him and turn away from him in disgust. Until the drunkard gets a sense of hope, until he gets the sense that men and women are interested in him and want to save him, there is very small chance of his restoration to health of mind or soul.

Now, the second method which we use is the mental thera-

peutic, called "suggestion." Whatever form the suggestion takes, the main point of the suggestion is this: that the man is told to remain silent, to close his eyes, occupy himself in any way that he wills, and then the man who is trying to help him pours into his mind suggestions that waken within him better thoughts, better desires and better emotions. Let me explain that a little further. You know in all of us there are what are called systems of thought, that is, great central ideas that have the power to gather to themselves myriads of similar ideas, so that eventually a regular system of ideas are built up within the mind. These systems are formed in childhood, and they go on growing as the years pass by. For example, the boy brought up in a religious home has within his mind a system of religious ideas. He may go far from home when he grows up, he may wander far from the right paths, but there is a system of ideas within him that if only you can touch it that system will come out and show itself, and perhaps with a revival of enthusiasm will cast off all the evil of a lifetime.

Now, the value of suggestion is this: that this appeal to these subconscious systems of thought stimulates the man's better self, so that his worst self may be overthrown and its power destroyed. That is the essence of suggestion.

Perhaps some would like to know how that worked. If you gaze steadily into the fire for a few moments in that condition you fall into a state of abstraction which is a suggestible state. Suggestions offered to you while you are in that condition will take effect. If the case is very bad the idea of alcohol is associated with something that is repellant and nauseating. It is not in itself a cure for alcoholism but it is an element in the cure, because it destroys the desire, it sets the mind free, and as I have said, preserves his will power and his better self.

The third great means whereby I believe alcoholism can be overthrown is some kind of an inspiration in the man's life. If you can get and arouse in him some ambition or some emotion stronger than the desire to drink, then you can save the man. I hope you won't think that simply because I happen to be a clergyman I want to emphasize things supposed to be identified with my own profession. The one invariable cure that never

fails for alcoholism is religious inspiration or conversion, that is to say, speaking from my experience, where the man had passed through a great religious crisis, I have never known such a process to fail in overturning not only alcoholism but every other evil habit in the man's constitution. Now, of course, if you ask me why that is so I cannot give you a full and satisfactory answer; I can only suggest one or two things, and here I admit in the first place I am going outside of the exact bounds and science in a theoretical sense. Nevertheless, I am going to say something which I think experience does bear out and it is this—that in a great ethical or religious upheaval of a man's life he is brought into contact with spiritual forces greater than any he has hitherto experienced. It is true that something happens and when this moral change comes to a man whereby evil habits are wiped away the whole personality is lifted to new life of power and efficiency.

And the next thing is this: the reason why religious conversion is the most potent cure of alcoholism is because other methods leave the man in the same environment, but religious conversion at a blow changes his environment. A man who has come through a great religious change forsakes his old pals, if possible, gets a change of work, forsakes the saloon and all those things that have contributed to his downfall in the past; not only so, but if he is truly converted he puts himself under those influences that strengthen his spiritual emotions. He puts himself under good educational, religious and moral forces, and thereby the new desire is born and grows up within him.

Lastly, I want to say this, that apart from the trained social worker, I do not think this problem can be solved. Very often alcoholism is not the only cause of evil, it is itself a symptom.

Dear friends, we are to remember that these people deserve our sympathy. Very often it is poverty and the evils that poverty creates that makes a man a drunkard. Tell me what is the use of trying to cure the symptoms when we are not dealing with the roots of the vital trouble? It is therefore a psychological problem, but it is also a social problem, because very often the environment of the drunkard is to encourage his vice. Send the trained worker into his home. Is there need of money,

the trained worker is to see that the poor fellow gets a helping hand. If his employment is not congenial, then new work has got to be obtained, and so on, with all the other adjustments.

So you see it is by a combination of all these methods working harmoniously together that this great misery is at last to be grappled with. Let me in closing tell you simply one story taken from my own experience, and I tell it not because it is extraordinary but because it happens to be recent in my mind.

Not very long ago there came to me a man occupying a high social position, one of the merchants in the city where he lived, and also at the head of a very important business, and he had been a drunkard or victim of alcohol for fifteen years or more, and during that period not only had he brought shame upon himself but he had also brought humiliation and misery unspeakable upon twenty other families with whom he was directly or indirectly related. We applied most of these methods that I have described to you in that case. To-day that man is restored to his family, to society, to business, and a nervous trouble from which he had been suffering for ten years has also disappeared.

It is quite possible if only we have faith, a belief in the fundamental instincts of the human soul, there is no evil of which we need be afraid. I want every member of this Conference that is beginning its sessions in this town to-day to start out upon your deliberations with an optimistic attitude toward life, with a firm belief that for every evil with which we are afflicted the Almighty God has put at our disposal some remedy, and all we need is patience and perseverance and resolution in order to find that remedy and to apply it with heart and hope.

#### **Selection by the Orchestra.**

#### **Benediction.**

BY REV. CAROLUS R. WEBB, EAST ORANGE, N. J.

The Peace of God which passeth all understanding keep your hearts and minds in the knowledge of God, and of His Son, Jesus Christ, and the blessing of God Almighty and the Father, the Son and the Holy Ghost be amongst you and remain with you alway. Amen.

**Modern Methods of Treating the Deficient.**

*Sunday Evening, April 30th, 1916, 8 P. M.*

**Wards of Society. (Two Reels.)**

After selections by the High School Orchestra and stereopticon lecture showing the different types of the mentally deficient, motion-picture films on "Wards of Society" were shown.

This film shows the reasons underlying much of modern crime and gives the life history of three boys born of degenerate fathers, one of whom is a drunkard, and the other a drug fiend. Because of this faulty parentage the boys are defective mentally, but not so much so as to be very evident. Owing to their environment they take to petty crimes and are brought before the Children's Court. They are then sent to physicians and psychologists to be examined by the Binet and other tests. Social workers visit their homes, and on the strength of the reports are sent to Randall's Island to the School for Defective Children. Interesting views of the various activities of Randall's Island are given showing the intelligent supervision to which the boys are subjected.

A year later the parents of Frank and John exercise their rights to take their children home, which they do contrary to the advice of the physician in charge. Tom is forced to remain, since his father has died, due to an overdose of morphine. Frank, owing to his weak mentality, is easily influenced and falls prey to certain criminals. He is instigated to robbery and murder by these persons, and pays the penalty for his crime by being sentenced to the electric chair. His brother John commits arson and has the good fortune to be defended by a lawyer who has studied sociology and knows that the young man is irresponsible. He traced his life history, produces the early record of the Children's Court reports, together with one from the Clearing House for Mental Defectives. On the strength of these reports John is committed to Randall's Island, this time permanently. In the meantime, Tom has grown to manhood on the island and, un-



able to do himself or society an injury, passes a peaceful and happy existence.

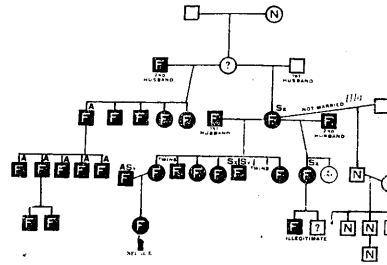
The answer is apparent to every one who sees the film that the best way is to prevent crimes that society may not suffer from it at the hands of mental defectives; that punishment after the crime, as in the case of Frank, is locking the barn door after the horse is stolen; that in the case of John the permanent commitment to Randall's Island came only after great damage had been done; that in the case of Tom the right and only method of handling such individuals was followed.

The following illustrations of the mentally deficient have been provided by Prof. E. R. Johnstone:



*Low Grade Type.*

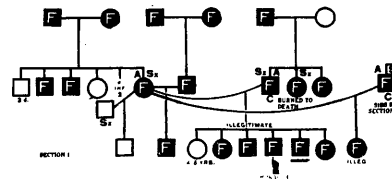
The family chart shows that this girl comes from a large family of defectives and degenerates. The seriousness of Nellie's defect is also due in part to the epilepsy and a severe fall when very young.

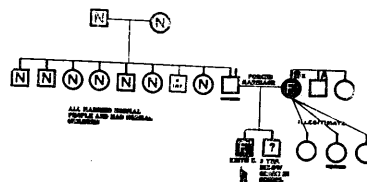


NELLIE E., 24 years old. Mentality, 2. Had epileptic convulsions at 3 months and whooping cough at 4 years. Has almost no intelligence; does not know candy from wood; is bad tempered and quarrelsome although sometimes affectionate. Cries a great deal. Is inclined to fight, pinch and scratch the other children.



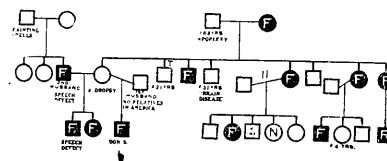
HORACE C., 14 years old. Mentality, 7. A glance at the chart shows a family history with a large amount of sexual immorality, alcoholism and criminalistic tendencies. The child was neglected and abused by worthless parents. One cannot help asking the question, "Why has society allowed the parents of this child to live a life of debauchery entirely unrestricted?" Horace is now able to run errands, polish metal, do housework and go to school. He is cheerful, active, good natured, but rather destructive, obstinate and stubborn.





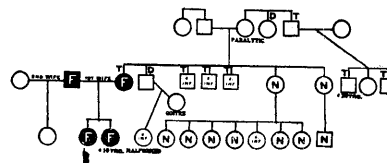
KEITH E., 16 years old. Mentality, 8. Mother's intemperance and the father's nervousness given as a cause. Child had measles at the age of 5 years. A glance at the chart shows that the mother was feeble-minded and immoral and the mother of several illegitimate children. The father was insane but seems to have belonged to a normal family. The real cause is probably bad protoplasm. Keith is a handsome boy with no marks of defect on his body; he is quite active and pleasant spoken. He is just the type of boy to tempt any teacher to believe that with a little

special training he could be made normal, yet he does not improve by training as a normal boy would. He cannot do much reading, writing or counting, which might be attributed to his love of mischief, his disobedience or some other characteristic. He talks distinctly and can speak a piece of four lines, which takes him a long time to learn, and which is soon forgotten unless it is funny. This boy would be a dangerous person outside of an institution, he would be the victim of his own environment, and he has just enough mentality to choose the bad environment.



DON S., 18 years old. Mentality, 9. Had convulsions at the age of 3 and measles at the age of 8. Assigned cause, "Struck with a baseball bat when 6 years old." Mother at least was defective, was married the second time and had two defective children. Second husband was feeble-minded. Don is a typical case of the good-natured, dull boy found in the public schools whom the teacher is so loath to give up as defective. He can read fairly well, write a fair story, can make some combinations, has a little talent for drawing and makes fair pictures. He does well in wood work, and under direction would make a fairly

good carpenter. He is cheerful, active and obedient, willing and faithful, very affectionate, and generally liked by all with whom he works. A number of Don's cousins are making trouble for the public school teachers and are backward in their studies.



NELLIE C., 19 years old. Mentality, 9. Father and mother both defective; in the mother's family, however, there are some normal sisters who have had normal families. There is some deafness and considerable tuberculosis on this side of the family. In industrial work, Nellie has steadily improved; she is neat, careful, and can do well almost any kind of work. She is willing, cheerful and truthful, sensitive and good-tempered, although at times quick-tempered.

This girl is a striking illustration of the type of woman who, out in the world, becomes quickly victimized because of her quiet, innocent and unresisting manner. Pretty and attractive, she holds the attention of the passerby, is easily captured by the designing rascal, and may even attract one of more intelligence.

*High Grade.*

*Monday Morning, May 1st, 1916, 9:30 A. M.*

At this time President Weeks asked for suggestions for the next Conference, and appointed various committees.

**Mental Deficiency and the Sick.**

FRANK H. EDSALL, M.D., D.P.H., JERSEY CITY, CHAIRMAN.

Ladies and gentlemen, the program for this morning has been somewhat delayed and there is entertainment ahead and added interest in visiting the institutions at Secaucus, so while we hope there will be full and free discussion of the papers that are to be presented this morning, that discussion should be as prompt and concise as possible in order that luncheon may be secured before going to Secaucus and you do not have to be hurried in order to reach there.

You will find much of interest in the three papers on the program this morning on "Mental Deficiencies," and I trust the discussion will be full enough to lighten any dark spots which may appear in them, and give us further information on this subject which we have undertaken to consider. I need not remind you, ladies and gentlemen, of the importance of the subject. I also need not tell you that the connection or relationship between mental deficiency and the sick is a subject to which comparatively little attention has been paid thus far. In preparing this program the objection I met with on the part of those persons asked to address the Conference was the lack of available literature on the subject, and the lack of scientific studies on the connection between mental deficiencies and sickness seemed to cause considerable doubt as to what could be gotten out of the program. In spite of this, however, the subject is one deserving of careful study. Doubtless some of you have seen a little dark-colored stream trickling from a dyeing establishment into a large river. The stream as it comes from the factory is small, but as it reaches the river into which it

flows you will see the dye-discolored water from it extends far and wide on the surface of the great river, so that it can be traced for a considerable distance. A similar thing occurs in the extension of mental defectives. It will be found that, with a comparatively fair stock to begin with, one or two defectives injected into such mentally healthy stock and propagating will color the mentality of that family far into the future until the entire family history becomes tainted by this unfortunate mingling of the mentally sound with the mentally defective. It may not alone affect the family, but sooner or later its effect may be seen on the social fabric itself, nay more it is conceivable that it might so extend as to deteriorate the race through this bar sinister beginning in one family. Is it not of importance, then, for society to study this subject and take measure to protect itself against the extension of such impairing of the vigor of the nation?

We heard much, a few years back, of the importance of "Conservation," conservation then meaning the conserving of the physical resources of the nation, and yet it would seem that of far more importance than conserving of timber or of minerals or water powers is the conserving of the mental and physical vigor of the racial stock, and to do this it is imperatively necessary to take heed to the effect which the feeble-minded may have on it. Latterly we have heard less about "Conservation" but much about "Preparedness," meaning military preparedness. How futile a thing would such preparedness be, however, in a nation whose people had deteriorated through the extension of mental deficiency. If we hope to be prepared throughout the future to protect our shores from invasion we must first of all be prepared to protect future generations from the commingling of tainted stock. Mental deficiency may be an acquired, that is, a pathologic condition; or, as is more often the case, it may be congenital. The pathologist may be able to demonstrate a lesion at autopsy or there may be nothing to show the reason for the mental defect, but be that as it may the separation of the fit from the unfit is urgent, and prevention of the increase of tainted stock is no less urgent. The State across the river from us, New York,

has been much in the limelight during the past year by reason of a very interesting experiment that has been carried on among the convicts at Sing Sing. There is some question as to whether the experiment is a success or a failure. In some of its aspects it would seem to be a decided advance along reformatory lines, while in others it seems to me to have been based upon sufficiently false premises to have obscured the benefits it was capable of bringing about in those who were fit subjects for it, because it was applied alike to the fit and to the unfit; in other words, too little discrimination has been used in applying it. There seems to have been no careful studies made of the mentality of those undergoing the experiment. The general idea seems to have been to ameliorate the condition of all the prisoners without due consideration as to whether they were all likely to be capable of permanent betterment by more humane treatment. It would seem to me to be true that criminals may be roughly divided into two types, the accidental criminal and the one who becomes a criminal because he is, first of all, a mental defective. The first of these types should be capable of complete reformation through intelligent and humane penologic treatment, but the reformation of the criminal who is such because he is, first, a defective would seem to be a difficult proposition. Following release from prison such an individual, however much he may seem to desire to live at peace with society, will, in most instances, relapse if his circumstances become sufficiently trying or the temptation to go wrong sufficiently great. He has not the will power to buoy him up in swimming against the tide when it is running too strong against him. To avoid error and secure best results in an experiment of this kind each individual should be studied separately by a competent psychiatrist to determine his mental calibre before subjecting him to a test of this character. A strong will gone wrong is capable of being again set right, but a weak will needs constant supervision. Following this line of thought, realizing that moral fatigue is quickly reached by mental defectives, that the effort of doing things that may be unpleasant simply because they have to be done cannot be long sustained by them, it may readily be understood that per-

sons of this class are unsuited for attendants on, or for close association with, the sick, and that infant mortality is likely to be higher among babies born to defective mothers than to others. Whether this is a situation to be wholly deplored I leave for others to decide. Certainly, however, with the dark future which accompanies the infant of a mentally defective mother, it is not impossible that a high death rate among such children is an effort of nature to eliminate the unfit. The domain of mental deficiencies is not an inviting field for study to most persons, and especially so because the prospect of doing more to benefit people of this class than to somewhat lessen their deficiency is so slight; but, viewed from another standpoint, that of doing all that can be done to remove the menace to the race which inheres in mental deficiency, the subject is one that deserves consideration of the most careful kind. Much opposition has been experienced from quarters from which it should least be expected to doing anything along the line of safeguarding the defective against reproducing his kind other than to segregate them in institutions. It is manifestly impossible, however, to institutionalize more than a part of those of this class who should be under restraint, so that the opposition to other measures designed to protect the community is growing less. In a few States, notably in Wisconsin and in Indiana, sterilization of defectives is being resorted to, and it involves very slight risk to the individual, either male or female, upon whom the operation is done. It should go far, if more generally adopted and made mandatory, to remove this bar sinister from the race when sufficient time has elapsed to make its results noticeable. The mentally defective woman is open at all times to the possibility of being led astray and the probable resulting pregnancy unless this be guarded against by some such means as is being used in the States mentioned.

I will not detain you longer this morning. The papers which are to follow will have much more of interest than than anything I could say. I now take pleasure in introducing Dr. Christopher C. Beling, of Newark, who will speak to you on "Psychopathic Hospitals and Clinics."

**Psychopathic Hospitals and Clinics.**

BY DR. CHRISTOPHER C. BELING, NEWARK, N. J.

Mr. Chairman, ladies and gentlemen: The main topic for consideration this morning is "Mental Deficiency and the Sick." In addressing you on the subject of Psychopathic Hospitals and Clinics, I shall take the liberty of broadening its presentation somewhat to include the consideration of some of the problems of mental disorders generally. The term "mental deficiency," literally speaking, is just as applicable to "a decay as to a non-development of the mental powers," to a senile degeneration as to an inherent development defect. The problem of mental deficiency gains a much wider interest and importance when it is viewed in its relation to other disorders of the mind.

All forms of mental defect and disorder are interrelated with abnormal physical and environmental factors and their separation from the standpoint of causation is extremely difficult. When the subject of feeble-mindedness and other forms of dependency is being brought so forcibly before this congress, it would not be out of place to take up for a brief consideration the relation of psychopathic hospitals and clinics to the varied problems of dependency and their influence in the promotion of eugenics, economy and efficiency.

Psychopathic hospitals and clinics have had their origin largely as the result of the modern trend of psychiatry towards the scientific study of the causes and treatment of mental disorders in their incipency, and as the result of the need of temporary care of those mentally afflicted in their journey to institutions for more or less permanent care. While institutions for the insane and feeble-minded have been in existence for quite a long period, the evolution of psychopathic hospitals and clinics is only of recent date.

The aims and objects of the two classes of institutions are not entirely similar. The former are largely of a custodial character, and are devoted to the study of outspoken cases of mental disease

or defect as the case may be. The latter have for their aim the problems connected with these conditions in their incipency, in their pre-custodial stages, with the care and treatment of the borderland conditions before the development of a psychosis, and with the spread of the mental hygiene idea.

The trend of modern medicine is toward prophylaxis. Psychiatry has reached out so far beyond the pale of metaphysics and speculation that it has grown to be a more and more important branch of the science of medicine. • It is a most important and promising field in which preventive measures must surely yield very fruitful results. To be mentally well poised and informed is the best asset for combating the evils of the environment.

The tremendous import of the subject of crime and dependency can only be realized when it is considered from the standpoints of eugenics, economy and efficiency. We are constantly demanding more and more accommodations for delinquents and defectives, for criminals and paupers. Our hospitals and institutions are burdened and overcrowded, and the cry is for still more.

In view of these facts the psychopathic hospital and clinic idea should absorb our attention much more than it is doing at present. There should be in the State of New Jersey, in every county, and in every large city, in connection with the large municipal hospitals, psychopathic units for the care and treatment of mental diseases in their incipency. According to a list prepared by the National Committee on Mental Hygiene in March, 1915, there are in the whole country only six psychopathic hospitals and seven psychopathic wards connected with general hospitals. In every large city there should be a psychopathic department in connection with its municipal hospital, where mental disorders, particularly in their early stages, may be treated under favorable conditions, such as are afforded general medical and surgical cases. Such a department, under the care of specially trained men, must necessarily become a valuable adjunct to the general hospital service, while the co-operation it will receive from the surgical, medical, pathological and other departments cannot but serve as an impetus to the psychiatrist.



Along the lines suggested by Dr. L. Pierce Clark in 1903, cities with a population of 20,000 or less should have psychopathic wards attached to general hospitals. Cities of 50,000 should have pavilions adjacent to general hospitals, with independent observation and equipment, permanent resident nurses and one or more resident physicians. Cities of over 100,000 should have their own independent psychopathic hospitals.

The problem of mental defects and disorders cannot be attacked and solved satisfactorily by disjointed efforts on the part of would-be psychologists and social workers. In each of these hospitals there should be a well-trained psychiatrist in charge, with a corps of efficient workers trained in psychiatry and general medicine, psychology and social service work.

As a center in each county, entirely separated from the governing influence of any custodial institution, and in co-operation with the scientific work of the present county and State institutions, the "psychopathic unit" must necessarily develop into a very important part of the economic fabric of the county. To this center would be referred borderline and other cases from the courts, social service agencies and families.

The psychopathic hospital should be an institution entirely different from the already established State and county institutions. The tendency is to consider the psychopathic hospital or psychopathic wards of a general hospital as a "reception unit" for the custody of patients who should be transferred as soon as possible to a State or county institution for the insane. The modern psychopathic hospital should be an institution where both "voluntary" and "temporary care" groups of patients may be treated. Such a hospital should deal with the problems connected with the insane, the psycho-neurotics, the feeble-minded, the epileptic and with certain alcoholic and delinquent cases.

As the problems of mental disease are closely related to physical disorders, environmental factors, habit formation, early training, delinquency and crime, the co-operation of general hospital physicians, general practitioners of medicine, social workers, probation officers, school authorities and the courts should be

secured. Environmental and educational problems arising from failure or lack of adaptation to the social fabric can be best studied with the assistance of parents, educators and social workers.

The object of the hospital should be to give "first care, examination and observation to all classes of mental patients," excepting the class of patients which can and should be committed under the regular law. Psychopathic units should be divided into: 1. State psychopathic hospitals. 2. County psychopathic hospitals. 3. Psychopathic wards or detached pavilions in connection with general hospitals.

Each of these units have their own special advantages. It may be wise to predict that in New Jersey the development of the mental hygiene and prophylaxis idea will grow up from the smaller units in connection with general hospitals, will extend to the formation of county units and find its culmination in the State Psychopathic Hospital.

Psychopathic hospitals and clinics should be centers of health work for a circumscribed community, and concerned with the study of the problems of that community. As Dr. William A. White has well stated: "The problem of mental disease is a far-reaching one. It has not received the attention it demands. It is a problem of the greatest importance from an economical standpoint. No class of people in the community probably cost more in dollars and cents to care for than the mentally diseased and defective. As it is at present, mental disease goes practically unrecognized, not only as far as our public hospitals are concerned, but so far as a large number of practitioners of medicine are concerned, and no effort is made to help the incipient cases previous to a frank outcrop of symptoms, which makes their incarceration necessary. In fact these people have no place to go, except in rare instances, where they may get intelligent advice, and so the problem is not recognized until the period is passed when treatment might avail."

In 1908, as the result of certain problems connected with the care, treatment and transportation of the indigent insane of the

city of Newark, the board of health established a psychopathic service in the municipal hospital under its care—the first of its kind in the State. The work was a new departure and the facilities were limited. Male patients were received into the alcoholic ward containing fourteen beds, and female patients in a small ward containing eight beds. Up to the present time about 4,000 patients, including alcoholics, have passed through these wards. Of this number less than one-third have been certified as legally insane and committed to the State and county hospitals.

During its eight years of work under the most unfavorable conditions the Psychopathic Department of the Newark City Hospital has passed the experimental stage of its existence. An extensive review of its work cannot be set forth in a brief address such as this. It may, however, be said that it has demonstrated without any doubt the urgent need which exists in the community for the early and humane care and treatment of those who are suffering from various disorders of the organ of behavior.

All classes of psychopathic cases have been cared for in these small wards—acute alcoholics and drug habitues, unruly and noisy patients from the other departments of the hospital who could not be controlled in the general wards or were disturbing to other patients; patients suffering from post-operative mental disorder, fever and toxic delirium; cases of attempted suicide brought from the city by the police or transferred from other institutions; cases of outspoken psychoses referred by the police, physicians, families, friends or those interested; offenders from the juvenile court and unruly and defective children from the probation office, for observation and diagnosis; epileptics and feeble-minded pending their transfer to Skillman or to Vineland; psycho-neurotics and psychasthenics from the various charitable and other organizations—cases of temporary mental disorder from the House of the Good Shepherd, the Florence Crittenton Home and other such institutions. Every year a large number of psychopathic cases have been refused admission for want of room, constant overcrowding and lack of facilities for proper care and treatment.

In the new wing of the Newark City Hospital, which is now practically completed, the entire ground floor has been planned for a male psychopathic ward; with accommodations for twenty-five patients. Provision has been made for a modern equipment for hydriatric and electrical treatment, for three separate rooms for the isolation of disturbed patients—a dining-room, a diet kitchen and an examination-room. No provision has been made for females and none for the separate treatment of alcoholics. Although ill-adapted, this ward will afford some relief until a much-needed separate Psychopathic Hospital is built.

It does not need a very strong imagination to realize what this will mean to the community. The different types of individuals that have passed and are still continuing to pass these psychopathic portals are the "mentally deficient and the sick." From one or another group, it matters not particularly which, the evergrowing number of defectives, dependents and delinquents are being constantly recruited.

The problem is before us. What are we going to do about it?

There is need for an intensive campaign of public education in our State regarding mental prophylaxis. The far-reaching communal advantages which will accrue from the standpoints of eugenics, economy and efficiency should alone warrant all the expenditure of money for the spread of education in mental prophylaxis, which such a campaign will require, not to speak of the great and important value psychopathic hospitals and clinics will have in the communities in which they exist, in dispelling prevalent misconceptions and prejudices concerning mental disorders, and in studying the "exogenous and environmental factors so important in the prevention of mental disease."

THE CHAIRMAN—Ladies and gentlemen, one outstanding fact from Dr. Beling's paper is that all too often we are still not very far away from the old idea of the insane asylum in contradistinction to the hospital for the care and treatment of the mentally sick and defective. It is not so many years since treatment in these institutions was a secondary consideration, the idea was to get the mentally sick and the mentally defective into an institution where they would not trouble the community. Dr.

Beling's paper shows the advantages to be gained from medical and scientific handling of cases of this kind early in the game. The paper should have full discussion. I shall ask Dr. Hasking, who also is doing much good work along the same lines as Dr. Beling, to open the discussion.

ARTHUR P. HASKING, M.D. (Jersey City, N. J.)—Dr. Beling has covered fully the real things that a psychopathic hospital can do. I can merely go into detail on a few points. The need of psychopathic service in large hospitals, and particularly large cities, has been very much underestimated. In no institution such as a city hospital can one realize the amount of work there is of a psychopathic nature, and it has only been recently recognized. Many people have the idea that an institution of that kind has no equipment to handle cases. Then there is the individual fear of having anything to do with an insane person and a desire to get him out of local institution as fast as possible. This accounts for the large number of persons committed to institutions who do not stay there very long. If they had been taken care of properly in these hospitals there would not have been the necessity for sending them to the institutions with the usual stigma that goes with it. People haven't yet been educated up to the idea that there are hospitals for mental diseases. We used to call them asylums. In reality they should be viewed at their face value and called hospitals for mental disease. They prove that insanity is not a crime, but nothing more than a disease, just the same as any other disease which the body is heir to.

A study of this has been made in the Jersey City Hospital, where I have charge. We have run it about a year and a half. The vast amount of cases that have passed through that service carries out what Dr. Beling has said. We have practically little or no equipment to work with, but the results obtained have been surprising. Dr. Beling started his work in Newark with a small room, small amount of people, with very poor equipment, considerable amount of opposition, and so forth. The work he has done in Newark has simply convinced everybody that the regular psychopathic service in a large city is a necessity and our work

in Jersey City still further confirms it to us. In Hudson County we have had trouble in getting the patients together and deciding what was best for their welfare. This can only be done by a local psychopathic hospital. For Hudson County the only solution is a county psychopathic hospital.

Again, there are a large number of cases that can be taken care of and cured in an institution of this kind. In the general hospital it is not considered abnormal for a case of typhoid fever or fracture of the thigh to stay in the institution from eight to ten weeks. In many hospitals there are cases that stay two months and are not considered there too long. If we can take a case of mild mental disease, take care of him in our psychopathic hospital and cure him in six months, isn't it better than to send him to an institution? In view of the fact that institutions for the insane are improving, are fast being put on a modern basis, people are now sending their relatives there who in the past hesitated. They have lost that terror that used to go with the insane asylum. Therefore, one not familiar with the situation might think that lunacy was on the increase. That, I think, is not so. I think in our own community we ought to be particularly proud. Recent studies show that the lunacy of Hudson County is below the average of the State and the State of New Jersey is far below the average of the State of New York, and I don't think we ought to worry.

The one point about psychopathic hospitals which I want to impress upon you is that we should get the patients early, and for this reason the psychopathic hospital should be right in the heart of the city. All these mild cases would come to this special hospital, where they would be recognized and where the facilities for treatment would be better than in the general hospital. If the patients require institutional care, they can be sent away.

My idea is after a patient has been discharged from an institution and comes back to his community he should from time to time report. If the psychopathic hospital is in the town he could go to it from time to time, follow up and be followed up and see that his general training is kept up, which will have lasting results.

If the community is not large enough for a separate hospital, then by all means have a special service in the general hospital. Where it is a large county, such as Essex or Hudson, I think a county psychopathic service is the proper thing, but all general hospitals could co-operate, particularly in the after care. We have quit thinking that chronic tuberculosis can be cured. The same thing must apply to lunacy. If we are to cure mental disease it must be recognized early, treated in its own special way and treated properly. Until the general public realizes the importance of the early psychopathic care right in the community, at home, we shall still lag behind in our efficiency.

THE CHAIRMAN—The subject is now open for discussion. Five minutes will be allowed anyone who has anything to add to what has already been said on the subject.

MR. ZEDD H. COPP—What relation does lunacy bear to this psychopathic work, and is it not on the increase?

THE CHAIRMAN—Is there any other question, or can anyone contribute to this discussion?

DR. STEARNS (Jersey City)—The question of adequate accommodations, as discussed by Dr. Beling, and of early treatment as referred to by Dr. Hasking, are most interesting and important. The chief difficulties in our way in New Jersey were referred to by the President of the Conference last year, as to be found in our antiquated Constitution which was formulated in 1844—and the solution of the problem is to be found in the establishment of commission government.

I am inclined to criticize, not unkindly, the nomenclature in common use—to prefer pathology, and pathological expressions to psychological ones. Also to say that we have been too long attributing to heredity, alcoholism and syphilis, all the things we do not understand. The classification of the congenitally insane of forty years ago was Idiots, Imbeciles and Cretins—and while Cretinism is certainly transmitted to offspring, it is known to be due to climatic and geographical incidents, primarily, and its connection with the thyroid insufficiency places it out of the hereditary class.

Dr. Weeks proposed yesterday the creation of a commission which goes far toward the solution of our problems, and the greatest single step that has been taken in the solution of the problems of feeble-mindedness thus far is in the establishment of "Baby Week." The idea of supervision of the individual from the cradle to the grave is not new—but we are not receiving the benefit of the vast store of knowledge which has accumulated, and for the conservation of human life, as well as for the elimination of the peculiarly difficult problems of feeble-mindedness. It will be necessary for the State to intervene by the control of the practice of medicine as the only means either for the solution of the problems relating to the subject or for securing adequate treatment at the critical moment for the individual.

DR. DICKINSON—For every lunatic you have had in the asylum you have forty dozen walking the streets. I did not hear all of Dr. Beling's paper; whether that referred to the matter or not, I don't know. I would like to emphasize it. If you are going to have asylums to put people in for some punishment, build over the river. If you are going to have psychopathic wards, that means detention or something of that kind. There is a cause for most cases of this kind. If you have a good clinic, a place where men like Dr. Beling and other young men can have a chance to go and study early cases, and get the history of their lives, know the family and their environment, study the things acquired during their life time—get them mapped out—be told what they should eat and drink and what they should work at, and so forth, you will have the possibility of closing up your asylums in a large measure. In tuberculosis we are tired of treating the man who is going to die, so we have our city nurses and doctors go into the homes, and are thereby able to control tuberculosis. It looks to me that the psychopathic clinics could do the same for the mentally deficient.

DOCTOR KING—I just want to say that Dr. Dickinson has struck the keynote of this situation completely. The causes of insanity are well known. We all know that a great many



tuberculosis cases are cured permanently. The great trouble in asylums is after they go away they don't take care of the disease. There are five causes of insanity. The first cause for insanity is syphilis. Twenty-five per cent. of the male population and nine per cent. of the female population of persons in insane institutions in this country are suffering from general syphilis. It leads to mental and physical decay and death, which has been proved.

If the psychopathic ward and clinics as advocated by Dr. Dickinson is carried out, I think that is the only way to meet this situation.

THE CHAIRMAN—If there is no further discussion, the hour is growing late, I will call on Dr. Beling to close the discussion.

DOCTOR BELING—The object of this paper was really to start a discussion of this subject, bring it before your mind so that you will think about it. We are not going to get results and to establish this line of work if the people don't take it up. We have been trying for eight years in Newark to get a psychopathic hospital, and it has been very slow work, but I am sure if all the people of Newark take it up and asked for that hospital, the legislators will give it to us. So let me bring the problem home to you. Right here in this assembly are a number of people who will succumb to some form of disease at some time or another. I don't wish any of us to get sick, but we are going to develop tuberculosis, one or two of us, and other diseases. We may have sorrow and trouble, and it may make us nervous and put us on the community. We have no place to go to. The thing to do is to have some place in a community where one can go and learn how to solve this important problem. It always seems rather ridiculous to me to speak of sterilizing the dependents and putting them into institutions. We have got to go to the very source and stop the pollution at the source, and that is in ourselves and in our environment. Let us learn how to live, how to take care of ourselves, to be sound mentally and physically and avoid those poisons that cause mental and physical decay, and then we would not have to pay so much for taking care of these dependents.

Think of the amount of money it costs every year in the State of New Jersey to take care of simply the mental defectives and feeble minded. Dr. Hasking says lunacy in Hudson County is below the average. I feel inclined to question that, but I am glad that Hudson County is looking at it in the way that we are looking at it.

Someone asked whether lunacy is on the increase. I do not think so, although statistics may point that way. The reason for this is that some of the mentally deranged are now sent to the psychopathic ward and others are sent for safe-keeping because there is no other place, and it is better to put them in the psychopathic ward and treat them while waiting than to lock them up in the police station.

We are now going to have a ward with twenty-five beds, which is only a beginning. This must spread through the State. Every community must have its hospital unit where people can go. If I can stimulate this conference to take some action to get the Legislature to pass a law for a State psychopathic hospital, if we can get the larger cities to establish their psychopathic units where we may have centers for public education in mental disease, where it may serve as a valuable aid to the public school for public school children and every problem connected with mental hygiene, I shall feel that I have been more than repaid.

THE CHAIRMAN—The next paper, "Infant Mortality as Affected by Mental Deficiency in the Mother," has been prepared by Dr. O'Gorman, but I have just been notified that Dr. O'Gorman is unavoidably detained and will not be here this morning, but his paper will be read by the Secretary, Mr. Easton.

**Mental Defect on the Mother as it Affects Infant Mortality.**

M. W. O'GORMAN, M.D., JERSEY CITY.

Mental defect implies congenital defect, a defect occurring in every life. This defect renders the individual incapable of normal intellectual development. It unbridles the animal passions and lets them pursue their object unhampered by the guiding power

of a well-balanced will. Hence arises the obvious connection between mental defect and delinquency.

The prevalence of mental deficiency among females cannot accurately be stated. It is said that the number of evidently feeble-minded, above six years, is one to every 500 of the population. The relative proportion of male to female is difficult to estimate with any degree of certainty. Mothers often keep their defective daughters at home because of the dangers they might encounter outside and because they are useful in assisting in household duties. The high-grade feeble-minded woman of child-bearing age, the so-called morons, generally pass unnoticed until some overt act of moral delinquency brings their condition to light.

There is ample proof that the mentally defective woman is often the victim of white slavers, laborers, employers, and, at times, of fellow inmates and attendants in asylums.

That the appalling rate of death among infants receives accessions from the many illegitimate children of feeble-minded mothers is beyond dispute. Unprotected motherhood offers little chance for the helpless infant at the very threshold of existence to attain the perfection of health of which it is capable.

These children pass into institutions, the mortality figures of which are not the lowest or are harbored in private homes where child welfare is subordinated to commercial gain.

The great and important factors in infant mortality are ignorance and the many secondary disabilities born of poverty. The feeble-minded woman is invincibly ignorant and almost always destitute. The material basis of thought is impaired and cannot be expected to respond satisfactorily to treatment. Therefore we abandon all hope of applying to these unfortunates the established methods of infant welfare stations, the recognized combatants of infant mortality. For the offspring, however, who come within the influence of these agencies, much may be expected by maintaining them in health, fortifying their resistance to disease and improving their environment. Dr. Walter E. Fernald, Superintendent of the Massachusetts School for the Feeble-Minded, states that from 60 to 80 per cent. of the cases

of feeble-mindedness are of direct inheritance. Other authorities confirm this view.

The accidents of birth that produce feeble-mindedness can be reduced to a minimum by the recognized principles of prenatal care. The actual mental defectives must be segregated. Separate the high grade from the low grade and train them to be useful to society and to themselves. Prevention is the topic of the hour and it is through prevention that the best results will be obtained. Cut off at its source the cycle of deficiency, dependency and delinquency. Radical measures are in order to prevent the feeble-minded from reproducing their kind.

Thus far I have confined by considerations to the strict sense of the term "mental deficiency." I have been intentionally brief. Of the eighteen hundred mothers registered at the Jersey City Baby Saving Station, only three mothers, evidently feeble-minded, have come to my attention.

Mental deficiency is judged solely by actions and words. Performance is paramount. Now, I desire to call attention to the sad fact that the contributions of infant cadavers to mother earth by apparently normal mothers far outranks in relative importance and frequency the numbers credited to their feeble-minded sisters.

The millions of physically defective children in this country is without doubt an index of mental deficiency in mothers regarded as perfectly normal, a defect for which society must stand convicted. This crowning shame of the age, infant mortality, is universal. Thousands of infant welfare workers give testimony to the fact. Your school medical inspectors give further proof. This is the real mental deficiency that has been the menace to the integrity of society and which has been making most inroads on its vitality. The mind devoid of the essentials of infant care and feeding has been permitted for ages to lay fallow.

The temples of education continued to turn out their finished products—examined and passed as fit to cope with the every day problems of life. Vocational training does not include the teaching of the mother her trade. "By their fruits shall ye

know them." One-third of all deaths occur among infants under one year, a sad commentary upon our boasted civilization.

Grandparents, doting relatives, neighborhood advisors—all of limited experience strive to supply gratis what our educational systems fail to impart. Too often the little white coffin gives their efforts a recess.

This is the mental deficiency, in the broader sense, that has spread desolation throughout the world. It is the mental deficiency that calls into enthusiastic action the trained field worker who is striving to lead out of the morass of ignorance the thousands of mothers abandoned to their fate by the educational systems that fail in the essential and most vital needs.

The instilling of a few simple principles would have raised infant life to a plane of security. Within recent years society, for its own sake, is endeavoring to make amends for past neglect. Too long has she failed to recognize the right of the child to be well born, and the duty she owed both mother and the child. Her efforts, educational in character, have found expression in the hundreds of baby welfare stations or consultation places established for the enlightenment of mothers.

The prospective fathers and mothers must receive now what the experience of the past indicates is their educational need. Otherwise be prepared for a continuation of mental deficiency in the form that is most menacing to social soundness.

The long-neglected field of prenatal care is being cultivated. Already, where fertilized by public and private efforts, a harvest of healthy vigorous infancy has sprung up, attesting that an awakened, intelligent motherhood is the salvation of society.

THE CHAIRMAN—This paper is an important one, and I hope you will be interested enough to bring out further points in the discussion which will be opened by Dr. Julius Levy, of Newark.

DR. LEVY—It is a little difficult to discuss a paper in the absence of the writer.

The first point is, that there isn't a distinct moral lack of judgment shown. I think in a scientific discussion it is very important for us to make it clear that after we allow for that we can

come back to a certain amount of nervous debility that may be due to mental deficiency, not on account of the peculiarity of mental deficiency, but merely because society has not properly adjusted itself to the mentally deficient. It is true that the mental deficient is often the unprotected mother. That is the fault of society, not to be charged against mental deficiency. In Newark I think we are eliminating, as rapidly as possible, unprotected mothers. If we find a person who may be mentally defective—and I say mentally because she may have an illegitimate child—we protect the mother by seeing she is properly taken care of in a family or in an institution. I think that is the proper plan.

There is one practical point in speaking of the prevention of the mental deficient that occurs as the result of injury at birth. I think a great deal can be done in that direction, and has been, to a degree, overlooked. We are now recognizing more than in the past that convulsions and difficulty in nursing in the first stages of life are often the result of accidents. Proper care will eliminate a number of these cases.

I should like to say a word about the course that the baby of the unprotected mother is apt to take. It comes to an institution and there it often dies. That again is no fault of the baby or the mother, but the system. The baby should never be separated from the mother, but both should be placed in an institution together. I think nature has solved our infant mortality very nicely, if we only believe that each mother should have the care of her child.

THE CHAIRMAN—This topic is now open for discussion. The subject is an interesting one. A baby, I believe, has an inalienable right to be well born and well reared, and no baby can be well born or reared at the hands of a defective mother.

A DELEGATE—I want to say something in reply to Dr. Levy's statements that the child of the mentally defective can be saved if the mentally defective mothers are given an opportunity to nurse their babies. I want to say that in three cases, several years ago, I knew in Newark of a mentally defective mother

who gave birth to a child. They put her baby in one of the institutions. The child died at the end of two months. The next year she gave birth to a second child, and was taken into a good hospital where she was given an opportunity to nurse the baby, but the second child died as the first one, because the mother was mentally deficient, and she couldn't be taught how to take care of it. We have had this past year two mentally deficient mothers who were given an opportunity to take care of their babies in their homes, with sufficient food, and one baby died through the mother's neglect, although she had been instructed how to take care of it, and the second baby had to be taken from the mother to save its life, after she had been given every opportunity to take care of it in the home.

THE CHAIRMAN—Inasmuch as the writer is not here to close the discussion, we shall go on with the next paper. I am very sure you are very desirous of hearing Dr. S. Adolphus Knopf, who will take for his subject, "Is there Any Relation Between Tuberculosis, Mental Disease and Mental Deficiency."

**Is There Any Relation Between Tuberculosis, Mental Diseases and Mental Deficiency? A Plea for Justice to the Sane, and Compassion and Pity for the Insane Consumptive.**

BY S. ADOLPHUS KNOPF, M.D.,

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Some months ago, when I received the honoring invitation to address this important Conference of Charities and Correction on the subject of "The Etiology of Tuberculosis as Affected by Mental Disease and Mental Deficiency," my first thought was to decline, for I felt that this was something of which I knew too little to speak authoritatively. But the very fact that the subject

had been broached made me feel that there might be a justification at least for its discussion. The fact that I know very little about it, because the tuberculous individuals I deal with are very rarely mentally deficient, did not at all prove that there might not exist after all a very close relation between tuberculosis, mental disease, and mental deficiency. I therefore decided to send about a hundred letters of inquiry to superintendents of insane asylums and institutions for the mentally defective, and to specialists on diseases of the mind and nervous system, asking them to let me have the benefit of their experience. But first of all I asked the Secretary of the Conference please to change the title from the positive, reading "The Etiology of Tuberculosis as Affected by Mental Disease and Mental Deficiency," to a less pretentious heading and in the form of a question, namely, "Is There Any Relation Between Tuberculosis, Mental Disease, and Mental Deficiency?"

Here are the four questions I propounded to my distinguished confreres:

1. In your vast experience as a physician of the insane or mentally deficient have you found that tuberculosis has ever been the cause of the pathological state of the patient?
2. If tuberculosis has been present prior to the patient's becoming mentally diseased, has the tuberculous trouble been aggravated because of the mental status of the patient?
3. Have you any suggestion to make as to the prevention of tuberculosis in the mentally deficient or as to its treatment in the mentally diseased?
4. Have you any statistics on this topic you might be willing to place at my disposal?

Nearly every one of my letters was answered, but the replies vary so much that I cannot very well classify them in a table. When this paper will be published in full, I hope I will be able to reproduce some of those nevertheless very interesting replies.

The question, "Have you found that tuberculosis has ever been the cause of the present mental pathological state of the



patent?" has been answered with a decided "Yes" by ten; by words implying it to be of rare occurrence, by 13; with "not alone," by 2; with the words "not more than other ordinary debilitating diseases," by 2; with "only when meninges are involved," by 2; two gave percentages, namely, 7.6 per cent. and 5 per cent.; and 21 answered with a decided "No."

The question whether the tuberculous trouble has been aggravated because of the mental status of the patient has been answered by 14 with "Yes"; 10 with "No"; 2 with "Not in feeble-minded"; 3 with "Mental trouble exaggerated"; and 21 saying "Only when prophylactic and therapeutic measures could not be carried out because of the mental status of the patient."

My request for suggestion as to prevention and treatment of tuberculosis in the mentally deficient or mentally diseased has been complied with by nearly all my correspondents, saying it should be along the same lines which have been followed in the ideal institutions for this class of unfortunates, namely, isolation of the infectious cases, proper diet and open-air treatment for all cases.

I was furnished with some very interesting detailed information about what the various institutions are doing along preventive and prophylactic lines, but the time allotted for reading this paper will not permit me even to mention a few of these reports.

The replies to my question on statistics were in the majority to the effect that exact statistics were not available. From those received from superintendents of insane asylums I would say that an average of 10 per cent. of deaths are due to tuberculosis. Opinions on the frequency of tuberculosis among the mentally defective are remarkably at variance. As an illustration, I will give figures from Dr. Martin W. Barr's admirable paper on "The Relation Between Tuberculosis and Mental Defect" concerning the morbidity in the three States nearest us. Your own State, New Jersey, gives 15.9 per cent. of deaths from tuberculosis among the feeble-minded; New York institutions for the mentally deficient ascribe 35 per cent. of deaths to the

same cause; in Pennsylvania the Western Institution, at Polk, reports 28.5 per cent. due to tuberculosis, while at the Eastern Institution, at Elwyn, there are at present 1,085 children, of these 50, or 4.6 per cent., are tuberculous. In Dr. Barr's personal study of 755 deaths he found 22.2 per cent. due to tuberculosis among the feeble-minded.

From what has been said thus far it is very evident that the opinions of eminent authorities differ on the question whether or not tuberculosis may be considered an etiological factor of insanity or mental deficiency, since twenty-one answered "No," ten "Yes," the rest of them qualified their statements. A less marked divergency of opinion exists considering the question whether the tuberculous trouble was aggravated by the mental afflictions, the opinions being nearly equally divided. The majority, however, agree that there is no aggravation of the tuberculous affliction when proper prophylactic and therapeutic measures are carried out. An almost unanimous opinion, of course, exists that tuberculosis, particularly of the pulmonary type, exists far more frequently among the insane or mentally deficient than among our normal population. The causes of this are, of course, numerous and well-known. They are, on the one hand, apathy, indifference, depression, lack of exercise, no desire for deep breathing, tendency to keep the head covered at night; and, on the other hand, the very manner of housing the vast majority of our insane and mentally defective population concomitant with bad ventilation, lack of light and outdoor exercise.

My paper in itself up to this moment has very little value as a personal contribution, for I don't think I have presented to you any facts with which most students of this problem are not familiar. I presume I was honored to open the discussion on this subject because it was hoped that with my somewhat lengthy and wide experience with tuberculous patients I might be able to suggest some prophylactic and therapeutic measures to reduce, if possible, the rather alarming morbidity and mortality from tuberculosis among this unfortunate class of sufferers. Whether I shall succeed in doing this or not I do not know, at any rate, I will offer my mite.

In a recent address which I delivered before the American Public Health Association, at its last annual meeting in Rochester, N. Y., on the subject of "The Period of Life at Which Infection from Tuberculosis Occurs Most Frequently,"\* as a result of inquiries, study of literature, and my own experience, I arrived at the conclusion that tuberculosis is perhaps never directly inherited from the father. On the other hand, tuberculosis from the mother is much more frequently transmitted directly than was heretofore believed. That postnatal infection in early childhood is very frequent, and when both parents had been tuberculous the offspring probably never escapes infection, was also corroborated by the statistics at my disposal.

From the results of my recent inquiries before writing this present paper, it seems to be evident that the histories of mentally defectives show that in a surprisingly large number of cases the child was the offspring of tuberculous parents at a time when both father and mother had been acutely ill. Perhaps this can be explained by the fact that the brain and nervous system during its formative process in utero is particularly susceptible to the toxins created in the maternal system, while, on the other hand, when the formation process is completed, that is to say, in postnatal life, there seem to be no organs so strongly resistant to the tuberculous invasion as the brain and nervous system.

What is the lesson this teaches us? To my mind only one thing, namely, that it is the sacred duty of every physician to teach tuberculous parents not to procreate while actively afflicted with the disease. When the tuberculous father or the tuberculous mother is at the same time feeble-minded, so as to be likely to disobey this injunction, what should be done? Until the wisdom, practicability and legality of sterilization has become established, segregation will be the only prophylactic measure left to us.

When there is evident mental deficiency in either one or both of the tuberculous parents, even if the children have not yet shown the hereditary taints, the danger of postnatal infection is very great, and when to this is added bad housing and malnutri-

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\* Medical Record, January 8, 1916.

tion is it any wonder that the two diseases appear in the children concomitantly? Dr. Bernard Sachs, of New York, whose authority on all such questions cannot be doubted, wrote me concerning this in the following pertinent words: "I should consider that the poor housing condition and the miserable environment of many of those who develop tuberculosis might have something to do with the development of mental deficiency in the children of such people."

What I have so often said in previous writings and lectures in this respect I am willing to repeat here, namely, that not until bad housing and malnutrition of the masses disappear and more sanitary homes, better methods of feeding, happier environments, in fact, better and more humane social conditions are established, will we do away with tuberculosis as the most costly of all diseases, demanding the greatest toll of death and physical and economic suffering.

What way can I suggest to separate the tuberculous insane and the tuberculous mentally defective from those not yet afflicted with tuberculosis except the careful physical examination and periodical re-examination of all the inmates of all such institutions? These examinations should be aided by the most approved adjuvants, including bacteriological and X-ray examinations by men carefully trained in the early discovery of the disease due to the tubercle bacillus. Our clinics for tuberculosis and our mental clinics should be multiplied so as to be sure that both children and adults afflicted with either disease may be diagnosed and taken care of in the early and curable stages and then assigned to proper institutions. It is useless to try to treat a mentally deficient tuberculous individual at home or in a mentally deficient family and unsanitary environments. Whether for the prevention of mental deficiency it might not be well to have an intermediate station between the mental clinic, which is the clearing house, and the institution for defectives, which is the curing house or hospital, is an open question. Such a preventorium would have a function in diseases of the mind analogous to that of our tuberculosis preventoria in the prevention of tuberculous diseases. While I personally believe the experi-

ment worth while, I feel that the expediency of the establishment of mental preventoria must be left to the experts in this line of work.

You may have already noticed that I refer mainly to pulmonary tuberculosis, this being the type most frequently found in the mentally deficient and insane, the one most dangerous to their fellow inmates, most difficult to diagnose, and also most difficult to treat. You will have also noticed that I have omitted tuberculin as a means of aiding in the diagnosis. May I frankly state my personal opinion on this delicate subject? namely, that I thoroughly disapprove of the classic tuberculin test hypodermically administered. I consider the reaction even in the mentally normal individual as an undesirable phenomenon and not without danger. In the insane and mentally defective I would fear to aggravate the already dangerous pathological condition of brain and nerve centers by adding an exciting agent of whose nature and action we know so little. I have no objection to the innocent von Pirquet test which, however, as is well known, does not give us any clue, even when positive, whether tuberculosis in the adult is active, or latent, or where it is located.

Having separated the tuberculous from the non-tuberculous, we must again separate those who are in the infectious stage with an open pulmonary or laryngeal tuberculosis from those who are in the incipient and noninfectious stages. There is no need of my recapitulating here what is so well known to all workers in tuberculosis and among the insane and mentally defective, namely, that outdoor life, best ventilated sleeping quarters, or even outdoor sleeping when feasible, are the specific means, if you will pardon the expression, for the treatment of both. The types of buildings which have been used for generations for the treatment of the insane and mentally defective should make room for the one-story, well-lighted and well-aired cottage system. Occupations should be mainly agricultural, varied, and, if indoors, in ideally ventilated workshops. Neither all tuberculous nor all mentally diseased persons are fit to do farm work. They are usually happier, more contented, and more productive if they can be employed in occupations similar to those they were en-

gaged in prior to their contracting tuberculosis or brain or nervous troubles; providing, of course, the workshops are so constructed as to assure fresh air and sunlight in abundance.

The symptomatic, that is to say, the medicinal treatment of the normal or abnormal tuberculous must, of course, be the same. In short, the ideal sanatorium treatment, consisting of judicious dietetic, open air, aero, hydro, and solar therapy, under the best possible hygienic conditions and careful medical supervision, should be made feasible as far as possible in all institutions for the insane and feeble-minded afflicted with tuberculosis.

There are, of course, a group of patients whose mental status makes the routine sanatorium treatment virtually impossible, and on my occasional visits to the tuberculous insane I have felt with anguish the utter hopelessness of doing anything effective along prophylactic and therapeutic lines and have realized with my colleagues the despair concerning these unfortunates.

What can be done for them along the prophylactic lines? They will be untidy, they will expectorate everywhere, or swallow their sputum, they will cough and the infectious spray, or droplet infection, will be a constant menace. I have thought often and long of what could be done to prevent, or at least minimize, these dangerous sources of infection. It goes without saying that this type of patients must be isolated in rooms where there are no hangings, curtains, nor rugs, where the walls are painted so that they can be washed, and the floors made of, or covered with, some impermeable material from which sputum deposits can be washed off immediately after being discovered by the nurse in charge and before it has had a chance to dry and pulverize.

I have no remedy to offer to prevent the insane tuberculous patient from swallowing his sputum. To keep his bowels in good condition by adding to his diet bran bread or bran biscuits, which will help in carrying tuberculous materials from stomach and intestines and assure early and abundant evacuation, is the only thing which I can think of as a preventive of intestinal infection. On the other hand, I believe a great deal can be done to prevent the ordinary droplet infection. The patient, by swal-

lowing his sputum, endangers only himself, but when he coughs, even without expectorating, he endangers his fellow patients and others by reason of droplet infection. Fraenkel's mouth mask, which I take pleasure in showing you here, can easily be attached to the patient's face, and by pouring on it a few drops of the following prescription, which I believe to be a good anti-cough remedy, a prophylactic as well as a therapeutic object can be obtained.

Ol Eucalypti, ..... ʒ iss  
 Mentholi, ..... ʒ iv  
 Spts. Chloroform, ..... ʒ i

The little piece of cheese cloth in the wire frame could be changed frequently. Even the mentally disturbed patient, constantly breathing something pleasant, will realize, in the majority of cases, that no harm is done to him, and the mask, emanating a pleasant and soothing odor, will perhaps even be quieting to his disturbed nerves.

What can be done with those patients who are so depressed as to scarcely breathe? They must be made to walk in the open air, swinging their arms, and, if possible, even be made to do breathing exercises. In the vast majority of the insane and morally defective the tendency to imitate physical motions still persists, and the results that can be obtained will depend largely upon the ingenuity of the instructor of physical exercises and his helpers. In the less mentally depressed outdoor singing and outdoor recitation may be added as good exercise for the lungs. This, I believe, is all that can be done with this difficult class of patients.

And now, in conclusion, I want to touch upon another subject, not only so that the purport of my paper may not be misunderstood, but that it may, if possible, be of benefit, not only to the tuberculous who are mentally abnormal, but also to the thousands of patients whom I consider absolutely sane and otherwise normal in spite of their tuberculous affliction. First of all, let me say that I believe there are a sufficient number of cases on record, where the mentally diseased and tuberculously afflicted

have been cured of both infirmities, to justify an ardent plea that we should henceforth combine all prophylactic and therapeutic measures with the most humane and kind treatment in the management of this class of patients. Furthermore, this shows the economic expenditures to be justified, great as they necessarily must be, to attain the best results. According to the majority of opinions of the experts I have consulted, and also my own experience, the pulmonary form of tuberculosis rarely, if ever, is responsible for the mental aberration, mental deficiency, or insanity. The toxins secreted by the tuberculous process in the lungs do not seem to upset the normal brain so as to derange its ordinary workings.

A few years ago, some European and one American author startled the medical and lay press by making the statement that the average consumptive is afflicted with mental and moral aberration. The American author particularly made the totally unwarranted assertion that "in the typical consumptive psychasthenia, the loss of self-control and the rise of brute selfishness combine to distort the clearness of his ethical perception." I replied to this statement at the time in an address delivered before the Society of Medical Jurisprudence, entitled "A Plea for Justice to the Consumptive."\*

There are, unfortunately, still some men and women inside and outside of the medical profession who believe that patients afflicted with pulmonary tuberculosis are not mentally the same as other people. Had I the time I would refute this statement, not merely by my personal experience of a quarter of a century with thousands of this class of patients among the poor and the rich, the high and the lowly, the educated and the uneducated, but also by repeating to you what has been said by others concerning this subject, some of them the highest authorities in this country and abroad.

I will content myself by closing this paper not only with a plea for compassion for insane consumptives, but also with a plea for justice to the sane consumptive, quoting from a letter. I

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\* "Tuberculosis a Preventable and Curable Disease," Moffat, Yard & Co., New York, 3d Edition.



received at that time from the late Dr. Edward L. Trudeau, the beloved physician, who over forty years ago a seemingly hopeless invalid, made his home in the wilderness of the Adirondack Mountains, who became, through his untiring work, his unselfish devotion to science and the highest ideals of human helpfulness, the founder of one of the most beautiful and flourishing sanatoria for the consumptive poor in the world, and of a prosperous village now crowded with consumptives of the wealthier classes, a teacher to the medical profession of practical phthisiotherapeutics, and a teacher of practical philanthropy to the American public and the world at large. These are his words:

"I have never noticed any greater tendency to immorality or crime among consumptives than is to be found in the average of the human race, as far as it has come under my observation. On the contrary, I have seen all the finer traits of human nature developed to the fullest extent by the burdens which chronic and fatal illness, often slow in its progress, adds to the sum total of what men and women usually have to endure in life. I have seen certainly more patience, courage, self-denial, and unselfish devotion to others in consumptives than I have noticed in the majority of healthy human beings. Indeed, the sanatorium work never could have been carried on were it not for the self-sacrificing devotion to the suffering of others shown by my associates, the nurses, and even the employees at the sanatorium, most of them having come here originally because suffering from tuberculous disease. History is full of instances which prove that tuberculosis does not interfere with the development to the highest degree of the intellectual, the moral, or the ethical sides of man's nature."

THE CHAIRMAN—I need not remind the members of the Conference that Doctor Knopf, in all matters concerning tuberculosis, speaks as one having authority. His paper is going to be a real aid to the better control of matters relating to tuberculosis and in the mental deficient. Dr. E. F. McSweeney, Superintendent of the Seaview Hospital, New Dorp, Staten Island, will open the discussion on this paper.

DOCTOR MCSWEENEY—Ladies and gentlemen, I regret very much being a little too late to miss some of Dr. Knopf's paper. It is always a pleasure to hear anything Dr. Knopf has to say.

In looking at this subject as presented in the title of the papers of the morning, it seems to me that it is a subject deserving the very widest latitude of discussion, and for the reason that many people would not talk about it at all, as we have so little exact knowledge on the matter. Unfortunately, our knowledge of the etiological factors in both tuberculosis and mental deficiency is extremely vague. To be sure, a vast deal has been written about it, but I don't think it would be unfair to say that at the present time no one school of thought has so determined as to impress its views on others. We all know that the matter is still open for discussion, on which contrary views are held by persons whose opinions are certainly to be considered with respect. If we took the consensus of opinions of the day and considered the mental defect in its rather coarse way, as probably indicating the lack in a traumalian sense; if we think of mental disease not as any fever caught, soon developed from the normal, but consider it all the way from the unit up to types of various degrees, and if we think of tuberculosis not simply an infection to which somebody is subject, man, its victim, being a peculiar biological composition, it is altogether possible, in fact, we might even say probable, that there is a close or at all events very definite relation between the two, and the same factors would determine the occurrence of mental deficiency in its broad sense, as constitute tuberculosis. I think, however, that it is more interesting to all of us to think of the matter in this present day practical aspect, and then determine which conclusion is more likely to be the final one at which we will arrive.

Evidence shows the occurrence of tuberculosis amongst mental defective and insane, and of insanity amongst the tubercular. I have a very definite impression that tuberculosis is very common among the insane. As you all know, tuberculosis constitutes about ten per cent. of the total death rate at all ages, so that the existence of tuberculosis amongst the insane at such a period gives us a little help in solving the problem. I think it is

perfectly fair to say that resistance to disease is dependent, to a certain extent, on nervous resistance. Again, the habits of the insane would give us a high percentage of tuberculosis amongst them. If we look at the question on the other side, the occurrence of insanity among the tubercular, we would come to the conclusion that there is so little of it that one is strongly inclined to think that that conclusion can be brushed aside, but at all events, is open to grave suspicion.

Dr. Knopf alluded to a paper written two or three years ago in New York. I don't think he will be offended if I mention the writer's name, Dr. Fischburg, of New York—and he has stated that practically everybody affected with tuberculosis is crazy. In fact, he says if anyone affected with tuberculosis commits a crime he is not responsible and must be treated with kindness, simply locked up and considered irresponsible. Doctor Knopf quotes his experience, which is enormous, and says, "I know of but one case which I have ever seen where a previously normal individual an insane tendency developed." In the hospital with which I am connected we have had with in the last year 4,500 cases, and one-half of one per cent. showed insanity. On the other hand several cases have been cases of insanity, and tuberculosis developed. I feel the evidence is very positive and strongly against the case of tuberculosis causing or affecting insanity, although much insanity may have led to tuberculosis. I think we certainly can be brought to one conclusion—that tuberculosis as a cause of insanity, or as showing amongst its victims any peculiar mental defect, is without foundation. On the other hand, I think it is perfectly fair to concede that, considering the time of life at which insanity usually develops, and the general conditions surrounding the insane, that tuberculosis ought to be extremely common amongst them.

DOCTOR POLLAK—The time allotted to me for discussing the admirable paper which Dr. Knopf read is limited, and does not permit me to discuss it as freely as I should like. I fully agree with Dr. McSweeney that in attacking the paper which Dr. Knopf has presented is treading on dangerous ground, and yet

in the admirable way he presented it he treated not only on theories as regarding mental deficiency and insane, but brought out theories which some of us have and have not on the subject of tuberculosis, which would take up an hour of discussion if I were to start it.

There are some of the points which Dr. Knopf alluded to, however, that I would like to bring out, and while they have nothing to do with the mentally deficient or insane, yet he has brought them out in his paper and I want to refer to them. Recently, Dr. Dickinson and the members of the local Tuberculosis Commission have brought to the attention of the people of Hudson County the enormity of infection by tuberculosis in child hood, and if we are going to eliminate tuberculosis in the adult we shall have to attack it in childhood. Something was said about sterilization and post-natal infection and heredity. We believe to-day very little tuberculosis is caused by heredity. We feel that the infection is purely post-natal.

Another subject is the swallowing of the sputum. In studying some twenty-eight hundred and seventy-three cases who swallowed their sputum, I have failed to discover any case developing tuberculosis of the bowels, and for that reason I have come to conclusion that tuberculosis reinfection is a rare condition. We have also had an opportunity to study conditions in relation to tuberculosis among the insane. I must agree with Dr. Knopf that we did not find any more tuberculosis in the insane than we find in the normally sound.

THE CHAIRMAN—Dr. Dickinson, I am going to call upon you to come forward and make a few remarks.

DR. DICKINSON—When I read the title of Dr. Knopf's paper I wondered what he was going to talk about, and if there was anything to be said. I thought there was much ado about nothing, but after I heard him talk I felt there was one crazy man and Dr. Pollak was another in the profession, because they drew so much out of so little. You cannot down anyone of tuberculosis disciples. You give them one little topic to talk about, and they have a great deal to say.

If a child gets into bad environment, is poor, has bad air, very little exercise, and comes down with tuberculosis, it isn't a problem of tuberculosis but a problem of sunlight. These same people, with the right kind of air, an opportunity to be given proper attention and food, don't get it. It isn't a question of insanity, it is where they are. The insane person at home can be relieved of tuberculosis. The ones in asylums have to suffer because our asylums are all overcrowded.

THE CHAIRMAN—The hour is quite late, for we are to go to Secaucus. I am going to ask Dr. Knopf to close the discussion.

DOCTOR KNOPF—I am very sorry you don't all have time to express your opinions. I am not going to close this discussion without thanking you most heartily for the kind reception you gave me, as I come from across the river, and also for your willingness to listen to my long paper, although you don't all agree with me.

What Dr. McSweeney has said I can only endorse. He speaks of a large experience. He told you that he has seen hardly ever one develop insanity among the large number of sanitarium patients he has under his care. I have told you only in my final sentences the opinion of Dr. Fischburg, and could tell you more. That there is not more tuberculosis among the insane is because they are beginning to treat the tuberculosis insane different from others. The mortality before was three times as much as now.

Now, about direct post-natal transmission. I ask only occasionally, "Were there any tuberculosis in your family?" We all know only too well that when a mother is tuberculous, and she carries a child while she is actively diseased with tuberculosis, that the toxins which she creates has some influence on the growth of the child. It is natural, it must be so, and we have as a result a predisposition to the disease. We ought to impress upon our tuberculous parents, when they are actively diseased, not to propagate. It is our sacred duty. Let us prevent disease by teaching that mother that it isn't well to bear a child while she is actively tuberculous.

One more word—and don't go away with the idea that a tuberculous individual is different from any other individual. It is true that at times when he is very ill he may not be as cheerful as other times. There are any number of tuberculous individuals who are doing admirable work in this world, who are very sound mentally and morally, and to treat the tuberculous in any other way than we would like to be treated ourselves is unkind, unjust and inhuman, and I do hope you won't do it.

*Monday, May 1st, 1916, 3:30 O'clock.*

**Juvenile Delinquency.**

CHAIRMAN, JUDGE HARRY V. OSBORNE, NEWARK.

THE CHAIRMAN—The session this afternoon is on "Juvenile Delinquency," a subject which is very closely related to the general topic of this Conference, as those of you who are here undoubtedly realize.

Within the last few years we have come to feel more and more that feeble-mindedness is one of the most potent factors in juvenile delinquency, but in reaching that conclusion we must be careful not to over-emphasize it, and it is in order to have some of the other aspects of the matter presented to us that we have asked Dr. John T. MacCurdy, of New York, to speak to us this afternoon. He has very kindly consented to do so, but I regret that owing to the fact that this session conflicts somewhat with another our audience is not very large. I am sure, however, you will make up in proportion what we lack in numbers.

Dr. MacCurdy is lecturer in Cornell University on Medical Psychology and is also visiting Psychologist of Randall's Island, so you see he is well equipped to discuss with us to-day every factor that is included in juvenile delinquency. It gives me great pleasure to introduce Doctor MacCurdy.

**Other Factors Than Feeble-Mindedness in Juvenile Delinquency,**

DR. JOHN T. MAC CURDY, NEW YORK, FORMERLY CORNELL UNIVERSITY.

Mr. Chairman, ladies and gentlemen: I come before you to-day, I must confess at the outset, not as an expert criminologist nor yet as one who is an expert in the treatment of the feeble-minded. I come rather as a psychiatrist, one whose busi-

ness it is to make a study of insanity. This is the narrow definition of the term; the broader definition is that psychiatry deals with abnormal mentation, that is, with irregular rather than defective function of the mind. It is true that our basic study is of the insane, but we constantly have reason to believe, when we compare the reaction of normal people in everyday life with those of the insane that, to follow the old truism, "everybody is a little crazy," that is, we find there is nothing essentially different in nature between the actions of the insane and the normal; it is a difference of degree, not of kind. This encourages us to believe that it may be possible eventually to understand the normal mind just as one can see something in the caricature, which is at first invisible in the miniature. Relative to the striking aberration to be found in the insane, the behavior of the delinquent is normal, although still one whose conduct departs from the standards of the average citizen. In psychiatry we constantly find that it is more and more important to discover the factors of the various diseases we see. For the purpose of our talk this afternoon, we can dispense at the outset with certain factors by saying they are due, purely and simply, to some organic defects. Others of them are reactions that occur without any definite evidence, we can see, of their being any physical trouble, that is, we may possibly imagine there has been some trouble but see no evidence of it at the time. We are forced to fall back on the view the "mind" is disarranged. Science has not yet determined a definite physical basis in these cases, so we are forced to take the view as a temporary hypothesis, at least, that these symptoms are psychological in their origin. There was some fundamental difference between these persons' minds and those of others; under certain circumstances they acted in a different way from their fellows, and this difference, this anomalous reaction, was due to their having a different setting for their ideas, that is, different desires, different sorts of emotion. All of these things, of course, can be said with equal truth of delinquents, and it is perfectly obvious that we must study the factors that underlie delinquency



if we wish to do anything at all in the way of regulating the problem.

There have been two methods, the legal method and what one might term the moral. The legal method is a makeshift. The members of the society find that it is uncomfortable, disagreeable, dangerous for them to have certain acts performed by members of the society, they agree such acts shall not be performed under pain of punishment. This method has been effective up to a certain point, but it has never done away with crime; it may have reduced it, but has not made a definite attack on the problem as a whole. And it never can, for the simple reason that it is a very formal and very rigid method, taking no account of the basic causes.

Now, the moral standpoint appeals to one a little more; it is a little more pleasant, more human, but when we view it as a practical method of approach we find as grave a defect as when we say a thing is immoral. A thing may not appear right to you that appears right to me, and we may both be, as the world judges, equally moral individuals. No subjective standard can be scientific. We oppose our moral feeling against that of the criminal, and when we accuse him of immorality we instinctively feel that much more satisfied with ourselves and a pharasaical attitude is engendered. "The sinner must suffer" is such a simple formula that we adopt it from mere economy of effort. Then, too, the moral standpoint always implies that you think the person has committed this crime from deliberate choice. As a matter of fact, Healy, who has been conducting a successful work among juvenile delinquents in Chicago, finds, in studying one thousand cases, that only one among 823 committed the crime, as far as he could find, by deliberate choice. It is perfectly obvious, therefore, there must be a great many other factors, if deliberate choice accounts for only one-eighth of one per cent. of all the crimes.

Now, the next standpoint is more natural—the psychological one. According to the psychological standpoint the legal and the moral attitudes are very well in meeting certain aspects of

the problem, but if we want to get rid of the trouble we must find out how it came about. The psychological standpoint always assumes there is a history back of the crime; it is not chance: it does not depend even on what the individual was at the time of the crime alone, but also on what he has been for a great many years. We must study his history as an individual, which includes all the influences that have moulded his life.

There has been a good deal of interest awakened in the study of delinquency of recent years, and this, I think, has been mainly due to the enthusiasm that has been aroused by the studies of the feeble-minded among delinquents. This has been really the first blow that has been struck psychologically. Now, who are the feeble-minded? In the first place, they are idiots and imbeciles, people whose mental abilities are so lowered that their defect is perfectly obvious to everybody; they speak not at all, or in a very limited measure; they have the mental capacity of a very small child. These people, of course, would be viewed as irresponsible by anyone who had an opportunity of examining them. There is no particular addition to our knowledge in telling us that idiots and imbeciles are not really to be held responsible for their crimes. The real advance in this work has come from the devotion of those who have studied the less obvious degrees of mental defect. This study has been made very largely with the Binet scale of intelligence. Such tests show poor education and a poor language ability. They demonstrate a poor understanding of ideas put into words. These tests also reveal deficient judgment. To sum it all up, one might say that the feeble-minded individual—I am speaking now of the higher grades—is different from the more normal individual by reason of the fact that he is unable to grasp abstract ideas. They can learn facts mechanically—some have extraordinary memories—but they can make no use of those facts. They cannot grasp any abstraction that is given to them. There are, of course, other tests besides the Binet, but I am speaking of it particularly to-day because it has been the main one used in the broadcast diagnosis of feeble-mindedness. This lack of

ability for abstract thought is naturally something that cannot have any sharp demarcation. We know the difference between the general practitioner and the investigator in medicine; that one is capable of a little more abstract thinking than the other; the same criterion differentiates the foreman from the day-laborer. If we apply this principle generally, we soon discover that our modern society is built on the principle of manual labor being performed by those who are to the rest of the community relatively feeble-minded. Thus our society would not go on without the feeble-minded. I am not speaking of the feeble-minded in the rigid sense of the word, but of those who have less ability than others. Manifestly the standards which we apply to delimit clinically the upper levels of these defects must be arbitrary and always open to discussion. Under these circumstances the characteristics of the subjects who just fall into any arbitrary grouping must be very similar to those of the subjects who are just over the border. Any tendency, therefore, to make feeble-mindedness synonymous with delinquency must reflect on the character of a large group of law-abiding citizens. This is a grave danger of the feeble-minded propaganda. A danger is, of course, no reason for abandonment of any project, and much has been learned of delinquency in this way. At the same time, the ease with which mental defect can be demonstrated as compared with aberration has tended to make intellectual tests a royal road to the psychological understanding of crime.

Another very important feature of feeble-mindedness is that it facilitates detention. There are a great many cases which can be permanently detained if a diagnosis has once been made of feeble-mindedness. I could quote you a typical example. A girl was taken some time ago from the Waverly Home to Bellevue to be examined. This girl was given a very careful examination and the diagnosis made that she was not feeble-minded. Some two years later the social worker who originally brought her came back to Bellevue in an angry mood. She said the doctors had been derelict in their duty because they had just learned this girl was running a high-class house of prostitution in New York.

The physician said to her, "Why, she could not have been feeble-minded or she would not have been capable of management." The woman said, "Yes, but if you had said she was feeble-minded we could have locked her up." This accounts, to a certain extent, for the zeal in diagnosis of mental defect, but should we make a scientific error for the sake of covering up a defect in our laws?

There are certain dangers in this feeble-minded propaganda. One of these I have just mentioned. There must be a larger class of feeble-minded individuals than is usually supposed, because when a census has been made of groups of workers in the lower walks of life a very large number have been found to be feeble-minded. Is it fair to say that criminology is due to feeble-mindedness, thus stamping the feeble-minded individual with crime? There is a certain form of crime that is very common itself. That crime is perhaps more often committed by colored people than white. Would it be fair to say that, because these men's skins were black, that sex crime was due to pigmentation of the skin? You may say there is undoubtedly a relation which is more than that of coincidence, but it is not the relation of cause and effect. Moreover, it would be impossible to do anything for the negro if the white race assumed that he is inevitably a sex criminal.

The next danger is, of course, a more serious one, and that is the danger to the scientific end of the problem. If we assume, as so many people seem inclined to do, that because it decreases crime to detain the feeble-minded in institutions, that the problem of crime is thereby solved, we are shutting our eyes to most important factors, and these are factors that will not be taken care of by interning the defective. I am speaking, as you can all see, with a direct point to make. I am not belittling the work for the feeble-minded, I am only pleading to have attention paid to other sides of the problem.

If we are to look for other causes we must first ask, "What is a delinquent?" Of course, there are a great many definitions which could be made. I think a practical definition will fit the case—the delinquent is one who breaks a law and gets caught.

It is really—as you will probably see as I go on—quite important to keep these rigid environmental facts in view. What can we say in a general way of the factors that produce delinquency? There are, of course, external and internal factors. The external factors are ignorance of the nature of the act and its consequences. The internal factors may be summed up as a failure to dislike anti-social behavior. If we take up the external factors first, we find this ignorance is just the sort of thing from which the feeble-minded individual most suffers. He is incapable of putting two and two together, he cannot judge of cause and effect. That naturally leads to a failure of understanding the nature of temptations. You are all familiar with this kind of difficulty. The boy who is feeble-minded is enticed into a “game” by a gang. The game is larceny. At the approach of the policeman they hand him the goods and he is caught. As a matter of fact he is essentially no more criminal than I am. He has merely been trying to be social. It is really fair enough for us to say that such people are not criminals at all, because you can see their fellows living in better surroundings more easily handled than the same number of normal individuals would be under the circumstances. Healy found that only 20 per cent. of all his juvenile delinquents could be proved to be feeble-minded. This included even the high-grade offenders. He is the only man who has ever gone seriously to work to treat each case that came to him individually; to try and find out what made each individual perform the illegal act. Manifestly, then, other factors than feeble-mindedness must account for the majority of crimes. Besides, we know the feeble-minded individual is an industrious and rather normal being if he be given a reasonable chance. If a defective person commits a crime that is not due to the sort of ignorance I have spoken of, we cannot lay it at the door of his feeble-mindedness. But we may say there is something in that man which is like that in the other eighty per cent. It is not fair to say that, if a high passion seizes a defective which is similar to that which seizes a normal-minded individual, it was the feeble-mindedness that caused the crime, it was the passion that did it. Therefore, we must analyse this side of the question.

This brings us to the internal factors. The most important is the failure of development of objective interest. The criminal is, of course, an individualist. He is interested in himself rather than in society and he has never learned as a normal individual does how to attach himself to that society. What does this mean? Every child, as we know, is a criminal if you choose to look at him from a legal standpoint. Now, what happens when that child grows up? He learns gradually to give up his more selfish desires and to adopt outlets for his individualism that are not antagonistic to society, but rather beneficial to it. As an example, one can imagine the destructive tendency of the child pulling a clock apart passing over into an interest in mechanics and going on until the boy becomes an engineer. Now, the criminal is a child, he stays a child emotionally. He has never wanted to be anything but an individualist, he has never learned to satisfy himself with the sight of pleasure in others, he has never learned to be anything but a selfish egotist. Here is where the educational factor comes in. There is a tremendous difference between the child who has gradually been taught to give up things that are harmful to his friends, and the child who is never taught to do that. That child is going to be a criminal or an unhappy individual who may go insane later in life. It is, of course, easier for the individual to remain selfish rather than become altruistic; it involves substituting immediate pleasure for future satisfaction in friendship. Therefore, education to be really effective must be modeled along those lines. It is infinitely more important for the child to learn to be unselfish than to learn the capital of Austria-Hungary, and a great deal more important to him when he grows up. If the individual has no education and he has gotten nothing from society, he has no feeling of obligation in return. This is what leads to the "social grudge." If an individual does something which he knows is not of any particular harm to anybody else, but incidentally happens to collide with the law and is arrested, he feels angered at society and is "mad." As a matter of fact it is pretty hard to make him see otherwise. He has harmed nobody as far as he can see. That sort of feeling leads to a grudge

against society and, of course, there is no more dangerous individual than one who feels the world owes him a living. These are all general factors and may all be reduced to a lack of adaptation, dependent on a poorly developed type of emotionalism.

There are special factors which I may briefly mention. The first one is the lack of outlet in the life of the individual. The boy living in poor surroundings, a drudge at home, with no chance at all there, goes to school, has an uninteresting teacher, runs away and the police officer gets him. Supposing he is returned to school and the conditions are exactly the same, has anything really been accomplished? Is the boy going to learn anything in school if he is wanting some companionship he does not get? That boy is going to break out in some direction if he is prevented from playing truant.

Again, there may be something that is akin to the altruistic in a crime. If I steal to fill my own stomach I am not as well to be thought of as the individual who steals to give to somebody else who is hungry. Such men may possess a high standard of loyalty. Loyalty is the standard of conduct to the criminal belonging to a gang. This is a good thing itself, but happens to be directed against society, as a whole, and you cannot do a great deal for that individual until you find some way of warping his spirit of loyalty into a larger, more social, form.

Then there is a very important group of offenses that come with insanity. It is a very striking thing to those of us who are trying to study insanity that the thoughts of the insane often take the form of crime. If a person has a delusion he has committed a crime, he manifestly is much nearer to committing that crime than the individual who has not any idea of it at all. Therefore, if we can find out why it is these people get the idea of crime we may perhaps be a little nearer to the solution of the problem of why people who are not insane actually become criminals.

THE CHAIRMAN—I am sorry the Doctor stopped when he did, under an aspect of the matter that was peculiarly interesting, in the statement that the law did not make any distinction. There is a great deal of truth in it, more than I wish there were.

Most of you know—surely those in Hudson and Essex County—that we have in these two counties two new institutions almost ready for occupancy. They are called by the statute which created them “Parental Schools,” and they operate both as schools and as houses of detention. In Essex County, after some planning and arranging, our committee—at least two members of our committee—thought they would like to look around a bit and see what was being done in other places. We took a trip to Chicago, where the fame of the institution known as the Juvenile Detention Home had spread to the East as well as to the West and South. We visited this institution because we had heard it was the last word in institutions of this kind in the country. It has been most successful, and we wanted to be in touch with the best that was being done. We came back and reported what we found to the other members of the board, and immediately made an effort to secure the woman who had made that institution what it is, and I am very happy to say that we succeeded. I am also happy to say that I have the pleasure of introducing Miss Delphia M. Culver, now the Superintendent of the Essex County Parental School, formerly of the Juvenile Detention Home of Chicago.

#### **Juvenile Detention Home.**

MISS DELPHIA M. CULVER, SUPERINTENDENT ESSEX COUNTY  
PARENTAL SCHOOL, NEWARK.

I feel just a little bit shaky after what Judge Osborne has said, but I will try to give you just as briefly as I can what we have made an effort to work out, as to what our detention home is, and, in order that there may be no misunderstanding, I want to explain at the outset that the Essex County Parental School hopes to carry out the idea of a detention home. However, they have eliminated that word “detention,” for which I am very glad. The school will act in the capacity of a laboratory; in other words, as a clearing house for the Juvenile Court. The child will not be committed to the Parental School except in rare cases. The child will be received directly from the police



stations. We hope they will be transferred to us on street cars and by plainclothes men. If so, this will be very much ahead of Chicago, as at the present time the children are being transferred in patrol wagons and with uniformed men.

Now, as to the building of the Parental School or a House of Detention, it is a very unwise thing to have your court and your home separated. This has been demonstrated in Chicago. Because of the overcrowding of the Juvenile Home there, it was necessary to transfer the court to the county building, and now the children are being transported to and from the court in a bus. When the children are ushered out of the bus at the county building there is always a crowd of people there to meet them. When it is a delinquent girl they have taken to the court there are always ten to twenty men, and it is a very bad thing to subject a girl to anything of this kind. It lowers her sense of modesty and it gives her an idea that what she has done does not amount to very much in the eyes of society, so in the present home at Newark we have the court and the home together. The court and the offices connected with it occupy the first floor. This is a very fine arrangement. Also on that floor is a mental examining room and a medical examination room. We also hope to have a full equipment there. In the basement of the building are the two receiving rooms, one for the boys and one for girls. I think all of you who have worked with delinquents know that, as a rule, the very first thing to take place is a bath, and we shall subject the child coming to the institution to a hot-water bath, and that will be followed by an antiseptic bath. We have a very splendidly planned hospital. It is on the roof, so there will be no danger to the other children in case of contagious diseases. Newark is very like Chicago, in that when a child has a contagious disease the city cannot take care of the situation, therefore the institution has to take care of the child. As long as you deal in work that deals with children you will always have the contagious diseases, therefore must always be ready for them.

It has been found by the people who have worked in this kind of work that the dormitory system is a very bad one. I

know there are people who would not agree with me, but with the child that is under eight years of age possibly you can supervise a dormitory, but with a child who is over eight you are taking a great risk, and therefore we have developed the single-room system. No child shall be locked in its room, every child must be treated normally. You would not lock your own child in its room, therefore not in an institution. In all houses of detention one should bear in mind absolutely from the time the child enters the building until he leaves it that he must be treated as you would treat your own. When I say that I would expect you to be a very fine father and mother. The school in Newark will take care of only the delinquents. The boys on the second floor, the girls on the third. It is wise to have your kitchen on the third floor, in order that the odors of your cooking will not go through your building.

Leaving the building, I want to talk to you a little while about the organization of your work. In the first place, it is very difficult to run a home of this type under civil service, because your employees are sent to you; you have no choice whatsoever. You may pass an examination and still have no practical ideas, and therefore I do believe an examination does not really help very much. It is the individual. You must have an education, to be sure, and that is very essential, but you must have the right social attitude toward the work, and therefore it is very essential that your employees are carefully chosen. It is better, in choosing your employees, to choose those who have not had institutional training. 'It is better to take raw material with the right social attitude and train them to your own ideas than it is to try to undo some of the wrong ideas that have been forced upon them in some of the institutions. Then again, in institutional training in which things are cut out and dried, it is almost impossible to change their ideas. Therefore, to be absolutely sure of the persons you are engaging, I would say, take the raw material and train them. With your employees, it is necessary to impress upon them the necessity of co-operation. No employee must for a moment entertain the idea that he or she is the most important one in the institution. The cook

is important, the janitor, the school teacher, the nurse, each has its own work, but all these people must work together, because if they do not, the result will not be what you are trying to attain.

And so in this work we have been questioned as to what is the use of putting in a school when the child is only to be detained a week? The use is just this: that there are detention homes and there are detention homes—and if you are going to put a child in a detention home where he has nothing to do—and there are such places—immediately it begins to think of other things. Dr. MacCurdy has said that most of these children are not subnormal. Many are precocious, many are there because they wanted to do so many things they couldn't do in any one hour, and were caught. I think Dr. MacCurdy's definition of the juvenile offender is one of the most charming definitions I have ever heard, "one who violates the law and gets caught." So in the choice of the employees for our institution, we have attempted to choose only those whom we thought we could educate along these lines. For instance, we want everyone to be personally interested in each individual child in the building. We want them to have the true parental feeling toward the individual child. We want them to be very observing. We want them to help the psychologist and we want the psychologist to help the Judge. When the child enters the home its history will be taken in the office, it will then be given a bath, it will then be clothed in institutional clothing that is not really institutional at all. We are keeping as far away from that word as possible. The clothing is all very attractive. The girls have middies of various colors. We have chosen a middy because it will fit almost every girl. They are in different colors, and we shall allow them to choose their own. We shall help them to develop their own individuality. With the boys we have chosen the khaki trousers and knickerbockers and different colored shirts, and we are going to let the boys use their own ideas about the color. The girls will be instructed in looking after their own rooms, the setting of their tables, washing of the dishes and any work we choose to give them. We hope to

make it not labor, but a joy. We hope to instill in the minds of the children that service is really the highest calling, that is, the service of the right kind. We hope our employees will be of the type which will set an example for the individual child. Possibly you think this is impossible, but it is not. It is only just what you would do in your own private home.

As to the relationship of the home to the court, we are going to have three very important departments. That of physician: Every child will be given a physical examination. This will be a very complete physical examination. We do know that many children are handicapped by defective conditions, by adenoids, by defective hearing, and it is not discovered until they are caught, and we hope to help these children. We are having a system of cards printed, a pink card, which will denote that the child has a defect; a white card, which merely signifies the child is O. K. according to the doctor's examination. The pink card is merely pink, in order to call the Judge's attention to it quickly. This will be filled out by the physician. Then the child will be given a dental examination, and we hope to do a great dental work in the home. With the medical card as it is presented in court, the Judge will obtain the signature of the parents in order to allow us to go on with the necessary work, in order that these defects may be taken care of. We expect to have the hospitals in Newark co-operate with us, to give this work the greatest attention, and I feel very sure there will be no difficulty. There never has been in Chicago, and at the present time every delinquent boy or girl who goes through the Juvenile Court in Chicago, now has a physical examination, and the result of the physical examination is presented at the time of the court hearing.

The last, but possibly the most important department, is that of the psychologist. I say the most important just because of this, that we are all going to help the psychologist, and it will be up to the psychologist to assemble and put into concrete form all the data that has been furnished that department and give it to the Judge for recommendation, as to what should be the disposition of the child after all this careful examination has

taken place. We hope by this not only to assist the Judge in a very careful disposition of the child, but we will assist the institution to which the child is committed, and in this I think now you will understand what our function is. We hope to send the result of our examination to the different institutions. Many children will be put on probation, but this will assist the probation officer. We feel that in sending the result of our examination to the institutions it will assist the institution at once in placing that child where it belongs.

Then one other thing we hope to do, and that is to follow up the child. We have asked the different institutions to assist us in this. They have all been very lovely in responding. We hope to be of great assistance to them and we are asking them to be of the same assistance to us. We are going to have a follow-up card system, and when a child is released from an institution we are asking the institution to notify us. As nearly as possible we hope to bring the child back to the psychologist for examination after finding out what progress it has made in the institution, in order that we may have really valuable statistics.

I think I won't talk any further, because Mr. Traua is going to pick me to pieces.

THE CHAIRMAN—I am very reliably informed that Hudson County is also fortunate in the choice of a superintendent for its parental school. You have not had to go so far from home as Essex had, and the discussion this afternoon on both papers will be opened by Prof. E. G. Traua, Superintendent of the Hudson County Parental School.

PROF. E. G. TRAUA—Mr. Chairman, ladies and gentlemen: When talking to Judge Osborne this afternoon he stated that the first speaker would have thirty minutes, the second twenty, and I would have the extra ten, which makes me feel like a Hyphenated American, as described by a young man at a recent examination. The young man being requested to explain the term Hyphenated American, and not exactly knowing what the question called for, arrived at a conclusion something as follows: A Hyphen is a short line between two words, therefore a Hyphenated American is a short-timer.

The previous speaker, if you will allow me to discuss this paper first, has spoken about what they expect to do in Newark, covering many points of excellency, and I agree with most of them. In our institution we will have nearly everything that Essex County people will have, with the exception of the court room. Our court room will be in the Hudson County Court House on the hill.

I heartily agree with Miss Culver when she suggests that the officers of an institution should have little or no previous experience. Hudson County has not considered the feature of previous experience, but will choose those best fitted to do the work.

One topic neglected by the previous speaker was that concerning education. In my mind the educational part of the work should be very strong. Elementary education to-day is twofold. We have what we call general education and vocational education. By general education is meant the teaching of the general use of things—for instance, how to wear hats and clothes, how to use our roads, how to take a car and transfer to a destination, but have we not neglected to teach the child how to make the hat, how to make the clothes and how our roads are constructed? If we teach the making of these things we have what we call vocational education. Now, to be sure, the child must have a general education, but why not teach the How as well as the Use.

In the institution for Hudson County great stress is being placed on the outdoor exercise, outdoor work and the manufacturing of things that are simple, things that may be marketed. Organized play and organized games, without too much supervision, will serve as a recreation. In my mind, we can over-supervise. If we are continually over the child, telling him how he ought to do, how can we expect the child ever to do these things by himself? I believe if their play and their work is organized so that it may be supervised within their own body, these children will become self-controlled to a large extent. If they have learned this play and this work—"Vocational Education," if you will—I believe that it will revert back to

general education, and they will have a greater desire to obtain more knowledge from a general standpoint. They will want to know more about the world than they already know, and they will want to know how they may qualify themselves that they may get ahead in this world. It has been said that the man who educates himself for that job which he is working on only, is a man who will always stay on that job, but a man who will educate himself for what may come in the future is a man who is bound to rise.

Going from there, I would state that vocational training in an institution might, and probably will, be the great lever toward reclaiming the juvenile delinquent. It is a fact that most of our delinquents who are not feeble-minded become delinquent due to several causes. Some of these we find due to the school. All are taught the same thing. I believe there should be a distinction made at an early age. It has been said that we have teachers who lack experience, which is one cause for delinquency, as they are not able to judge the mental attitude of the child. They have not the character of the child in mind, and they neglect to discover where the trouble lies. By visiting the home, perhaps we could get a clearer idea of why that child is a truant, instead of looking at the child for a moment and deciding that the child is a truant for a certain reason. Perhaps his clothes are poor or perhaps his hands are soiled. If we visit the homes and find out why those things are, we, as teachers, might help to reclaim that child. I have often heard this expression used before a class of boys. A boy has done something wrong or he does not pay attention, and the teacher says, "You don't know anything and you never will." Can you imagine what will become of that boy if the man or woman who stands before him, as an example, treats him in this manner?

I believe sincerely that some of the causes of delinquency are due to the school. I wish to make this statement this afternoon, that the Hoboken schools are taking care of this problem probably better, or equally as well, as any other second-class city in the State of New Jersey. We have our mental deficient

classes, our vocational classes, and we are about to have our open-air classes, which I hope to see before long.

Returning to the Parental School of Hudson County, we are located on Newark Bay, with a full expanse of water, good bathing and boating facilities, a splendid sandy playground, always dry, a beautiful live spring with possibilities of having fish hatcheries and plenty of room for raising chickens. Some of the members of our Board have expressed a desire for raising ducks.

We want to place our boys and girls just as near Nature as possible, and when I mentioned a moment ago about the aquarium or fish hatcheries with its splendid spring water, we could have different kinds of fish in tanks, built and constructed by the boys, and I will state there is enough work on our farm to keep us busy in construction work for the next three years.

I will close by extending to you all a hearty invitation to visit the Hudson County Parental School at any time that you may see fit, after the first day of September, this coming fall.

THE CHAIRMAN—We should be glad to hear from anyone who desires to disagree with any of the previous speakers, because that is one of the functions, I believe, of the discussion.

A DELEGATE—Miss Culver, if the children are not committed to the detention home, how do you retain them, by what power do you keep them?

MISS CULVER—As I understand it, in New Jersey they are merely detained until the court hears them. I think perhaps Judge Osborne can answer that better than I.

THE CHAIRMAN—Under the law, we detain them by a warrant signed by the judge, which is a formal commitment, which directs that they be sent there and detained until the case is disposed of by the court. In the first instance, if they are to be put there, they are detained there for the first day, the complaint is made by someone who knows the facts, and then an order is signed, a warrant for the child's arrest, under which the child is held until the complaint is heard.

A DELEGATE—Does the court meet every day?



THE CHAIRMAN—No.

A DELEGATE—You wouldn't detain that child until the court met?

THE CHAIRMAN—We would have to. I understand the Juvenile Court holds its sessions twice a week in Essex County, and holds its sessions of Domestic Relations one day a week. Juvenile Court is held twice a week. Of course, if necessity would require it, they would hold sessions more frequently.

A DELEGATE—Do I understand Miss Culver to say that there were only delinquent children in the detention home? The point I want to make is, what do you do with the dependent child?

THE CHAIRMAN—All children, pending disposition of the cases, are taken in by the authorities under the act under which these two institutions are being maintained. Merely dependent children are turned over to an institution known as a State Board of Children's Guardians. They take the child and place it in a family. Always in a family. It is only when they have violated the law we send them to a criminal institution.

The school in Newark is on Sussex Avenue and Hecker Street. It is open, and I want to say that we shall be very glad to have you or any and all of you come there at any time from now on and inspect the institution. We want the people to know all about it and will be glad to see you.

A DELEGATE—If in case you cannot get the signature of a parent for any physical defects, what do you do, can you enforce it?

THE CHAIRMAN—I am inclined to think I could. I have never experienced any difficulty of that kind, but I think ninety-nine cases out of a hundred the judge, with a little persuasion, could induce any parent of that child to consent to putting them there. We can impose these conditions, and if it is a minor matter I should not hesitate to have it done anyway.

MISS CULVER—In Chicago we have had no trouble about that. There have been less than ten per cent. of the parents who have refused.

A DELEGATE—We were wondering just how they handled that in the State of New Jersey.

MISS CULVER—In Chicago, the judge cannot order the operation performed unless, I think, three physicians swear that the child's life is in danger.

THE CHAIRMAN—We have no law.

A DELEGATE—The law provides you can send a parent to jail if they do not comply with that law.

A DELEGATE—I should like to ask Miss Culver just how Essex County is going to take care of the supervision of the home from which the child comes.

MISS CULVER—That, of course, is a very important factor. I believe in Essex County the judge has four officers assigned to this supervision, who make a family investigation. And they will make the whole investigation, and we hope that they also will turn that investigation in to the psychologist, and the psychologist will not conduct the examination without a personal interview with the parent.

A DELEGATE—I am interested in knowing how long the children are kept in this detention home.

THE CHAIRMAN—As long as is necessary. You cannot lay down any cut and dried rule.

A DELEGATE—For instance, there might be a number of children go into that home who are kept out of their regular school.

THE CHAIRMAN—That is just what this institution is for. A teacher will be kept there. Will they get their regular education—you mean will the instruction they receive correspond with the school course?

A DELEGATE—Yes, and are they taken care of regularly?

THE CHAIRMAN—I understand we propose, as far as we can, to correlate our course of instruction so that the child will not lose.

A DELEGATE—It would be very interesting to know how many children are sent to these homes.

THE CHAIRMAN—If the court is held in the building, almost eighty per cent. will be discharged and twenty per cent. sent to the juvenile home.

A DELEGATE—If those juveniles are detained three or four days in the home pending their disposal by the court, that makes a shifting population of children. They would not be in long enough so that you can make an impression. Isn't the plan pursued in Hudson County here the better, of a place which will be simply a detention home long enough to make an investigation and be brought before the Juvenile Court?

THE CHAIRMAN—I don't know that you say that their plan is better than the other, for this reason: Conditions are somewhat different in both these counties. For instance, I would not say our plan would be better for your county nor would I say your plan would be better for our county. We have in Essex County an institution which is largely meeting the custodial aspect of this question. It is a Newark institution. Not having such an institution for Jersey City you have to take it under your law. That leaves us only with those custodial cases outside of the city of Newark, and when you have taken out Newark you have taken away eighty per cent. of it. Then we have recourse to the Jamesburg institution. If the judge finds that he does not want to send to the Newark City Home, or if the child belongs outside of the city, to Jamesburg, he still can commit to this new institution, if under the circumstances it is wise. We were confronted with another aspect. We had in Newark a House of Detention which was not functioning properly because it was not adapted to the modern idea of what a detention home should be, so under this act we have the power of building an institution which would operate as a house of detention and as a parental school or both. Then we are confronted with this choice: Shall we put this institution in the country or city? If we put it in the country we could not use it as a house of detention, and if we put it in the city it would not have the advantages you have of large acreage and custodial care proposition. We considered our most urgent need was a house of detention, so we put this institution in the city of Newark, and our next step

will be, if the necessity seems to indicate it is wise, to put the other branch of our institution in the country, where the custodial cases will be taken care of, which may be a combination with Mr. Heller's institution. This is merely our first step to meet conditions. I have no doubt the step you have taken is the best for your particular needs, so that you cannot say that one is better than the other.

MR. CAMPBELL—One point in discussion on juvenile delinquency and the defective is the observation and training of the moral perspective. We find all children do not attain the same idea and frequently they do not all attain the same moral standard. They are born without any knowledge at all of property rights. Some children have to grow up with some idea.

THE CHAIRMAN—I fully agree with you. The moral situation is one of the most important aspects.

*Monday Evening, May 1st, 1916, 8 P. M..*

**Mental Deficiency in Business and Industry.**

ALEXANDER C. HUMPHREYS, LL.D., PRESIDENT OF STEVENS  
INSTITUTE OF TECHNOLOGY, CHAIRMAN.

I feel much embarrassed at being called upon to preside at this meeting. I start out by saying that if there is any one subject I don't know anything about it is the subject of the evening.

We are to have an opportunity to-night to listen to men who are qualified to instruct us as to the causes of deficiency as found in business and the industries, and the remedies to be applied in the effort to transform deficiency into efficiency. I make no claim to any expert knowledge on this subject, if by mental deficiency is meant feeble-mindedness.

If we are to consider the subject broadly, then mental deficiency can be considered relatively. A. may be competent to do certain work competently, but compared with B., as far as mentality is concerned, he may be deficient. But yet A. may be the better man and the better citizen.

My experiences with mental deficiency in the persons of those I have met in the fields of business, industry, engineering, and education have not as a rule pointed to feeble-mindedness, but rather to bad training and lack of discipline.

We hear much to-day about preparedness, and we have to listen to warm, if unconvincing, arguments against preparedness. I can readily understand why there are many people in this country of ours who are not in favor of preparedness. If we fail to prepare our boys and girls for self-support and so for self-respect in times of peace, we are not likely to think it necessary to prepare for self-defense in times of war.

In what I am about to say, I fully expect to be misunderstood by many if not all of those present. But that cannot be helped. My experiences teach me that every man who discusses a question at issue is misunderstood in some degree.

I hold that the children of this country, speaking generally, while acknowledging that there are marked and happy exceptions, are not trained by our public school system for self-support. Efficient education or preparation should be *fundamentally* strong. The superstructure should not be begun until the firm foundation is laid. In the effort to carry all the boys and girls up through all the grades, while holding out the college as the goal for all, we injure the great mass of pupils.

We are too much inclined to conduct our schools and colleges as if all education and training must be obtained from school books and laboratories. To prepare our children for life's work we should above all things teach them that the school training is only preparation for the great school of experience beyond, and that in that school they will finally have to demonstrate whether they are to be counted as deficient or efficient. They should be taught the joy to be found in the contemplation of a task well performed, completely done, no matter how lowly the task. They should be encouraged to strive constantly to improve the quality of their performances. The praise and prizes should not be limited to the high per cent. students, but *improvement* in grade, in quality of real performance, should be generously acknowledged. Everything possible should be done to cultivate the sense of responsibility. Instead of allowing, or still worse encouraging, the false idea that freedom means exemption from legitimate restraint, the youngsters should be taught that much of the oratory in praise of freedom is nothing better than buncombe. They should be taught from the first days of their school life that the right of a free people to govern themselves carries with it the obligation to do their full duty as citizens in peace or war. They should not be allowed to think that citizenship in a free country can be rightfully enjoyed by those who refuse to accept the responsibilities of this citizenship.

All this means a tremendous responsibility resting upon us all in view particularly of the immigrants of widely varying extraction and previous environment who are coming to our shores either not informed or positively misinformed as to what

liberty really means. These people must be largely remade if they are to be safely added to our army of voters.

Here is a grave responsibility resting upon our representatives in Federal and State halls of Legislature, a responsibility which is but poorly met in too many cases, and especially so by those who are cursed by fluency of speech without the counterbalance of common sense and sound principles.

One of our great troubles in this country is our tendency to make laws without due consideration. We are prone to take up reform measures with good intentions and little else to guide us. Not infrequently even the good intentions are not in evidence. I wish I had a census of the reform societies now in existence in this country. Perhaps I should not use the term "in existence," for many of them do little else than send out circulars asking for contributions to their work.

As an indication of the mental deficiency of the heads of many of these associations, they are constantly, repeatedly, applying to those who are already enrolled as members to become members of their beneficent undertaking. I am not speaking from theory.

We hear much about the low wages paid in certain fields. But the wages paid in this country are much higher than the wages paid in Europe, and in some of the countries abroad the wage earner lives more happily than does the same class here. We are not a frugal people, and we do not spend money efficiently. There is room for betterment, of course, but this can come finally only through wise and kindly co-operation on the part of all in interest. It never will come through some of the methods now followed by those who are at loggerheads over the labor question. It certainly never will come by trying to keep down the ambitious, capable, and honest workers to the level of the indifferent, incapable, and dishonest workers.

In all reform movements there is a balance to be preserved between extremes; there are advantages and disadvantages in every human project which can be suggested. We engineers are constantly forced to recognize this fact, and this is just the fact which so many enthusiastic reformers fail to recognize.

Another fact to be recognized is that this condition is to continue indefinitely, and that ideal conditions are not to be found in this world. The millennium is not here and, in my opinion, never will be in this life. This is not fatalism or pessimism, but it is the expression of the belief that it is our duty to recognize the facts and then to work constantly for better conditions without being discouraged because we do not secure perfection.

I have been asked—Are the schools, or the captains of industry, or the workers in the industries, to blame for the conditions which we have occasion at times to deplore? Change the “or” to “and.” We are all to blame, and that is why we must honestly co-operate to secure improvement.

Coming a little closer to the topic which has been assigned for discussion this evening, I believe there are many men and women now leading useless or criminal lives who could be leading decent and useful lives if they had been taught to do some one thing well rather than left with a smattering of many subjects. And those who are taught to do some one thing well are not necessarily so narrow in mental vision. At least they are equipped to secure self-respect, and short of this there cannot be self-respect and good citizenship.

Many a good mechanic has been spoiled by trying to make him into a clerk, a lawyer, a doctor, an engineer, or a minister of the gospel. Personally, I would far rather be a really efficient mechanic than an inefficient member of any of the professions, including that of the church.

In closing, let me say one hopeful word—I am sure that in the last ten years we have made progress in our schools—at least to the extent that there are now more people than formerly who are willing to acknowledge the faults, and less people who are ready to applaud the empty orator who claims that our educational system is close to perfection.

If we are to improve the conditions in any field of activity, we must first locate accurately the faults to be corrected. The first step towards applying a cure is to settle upon a correct diagnosis.

One remedy I can suggest, but it is a remedy most difficult to



apply in democracy—eliminate politics from the management of the schools.

And now, I doubt not, you will find it a relief to listen to the specialists who have come here to instruct us.

I think it is only fair in introducing the first speaker to say that the delay this evening was not due to the speakers but is due to the New York, New Haven and Hartford Road. The first address of the evening will be by Dr. G. Stanley Hall, President of Clark University, Worcester, Mass. We shall now have the pleasure of listening to a man who really understands his subject, "The Basis of Mental Deficiency." It gives me great pleasure to introduce Dr. Hall.

### **The Basis of Mental Deficiency.**

BY G. STANLEY HALL, PH.D., PRESIDENT OF CLARK UNIVERSITY,  
WORCESTER, MASS.

I. We can best understand the bases of deficiency if we glance for a moment at efficiency, its opposite. This movement, which the late Mr. Taylor did more than anyone else to inaugurate, is rapidly taking on the dimensions of a great culture movement and is spreading to new firms, lines of business, and even to new countries, for although English and German writers had given us foregleams of it, it is essentially made in America. Mr. Gilbreth with great refinement of photographic apparatus is now recording in the form of moving pictures the actual path traversed by the hand in performing many manual activities, from folding a handkerchief to sewing, typewriting, and the rest. The path of these movements he is able to represent by wires in a way that shows the surprising reduction of the path traversed by the hand as a result of skill and practice aided by scientific training. It has already been demonstrated that very many manual occupations can be reconstructed so as to be performed with great economy of effort by careful study, and that the traditional modes of doing many things are very wasteful of human energy. The efficiency movement is applicable not only to about every form of skilled but of unskilled labor. It is

surprising, too, to see how inefficient are the forms of many of the commonest tools that have come down to us from antiquity and how little changed they are. Their conventional form involves great waste of effort and often they require unhygienic postures and types of effort.

Efficiency is applied also to accounting, with a view to reducing the ten thousand annual failures in this country by teaching effective methods of keeping tab on income and outgo, so that each night the responsible head of every firm knows just where he stands on the profit and loss scale. The efficiency movement has entered education, and we have now nearly two-score surveys from the universities to public school systems in general which show, as we might have expected, great waste of both effort and money. School buildings, organizations, teacher training, the matter and the method of instruction, have all been subjected to careful examination by experts, and although some of the latter have undertaken more than their competency or training justified, on the whole great good has come.

The movement is already showing signs of raising the whole life of man to a higher potential. It is connected with second breath or the reinforcement that comes to body and mind alike when in striving for an end we push our efforts through the rappings of fatigue and experience the great reinforcement that nature can supply from her deep unconscious autistic reserves, and are able to go on and outdo ourselves. In every skilled activity requiring speed, like, for instance, typewriting, the early stages of improvement are easy and certain, but there often comes a time when practice ceases to cause improvement. But when this plateau is reached, if extra effort or time is persistently applied, the individual finds himself rising to a higher level of rapidity, and the erethic development of this higher power of man becomes a permanent acquisition. He can thereafter ever more easily avail himself of this resource. Inspiration and what used to be called the afflatus of the muse are of just the same nature. It is interesting to note in passing that some of the best recent studies of the psychology of Jesus represent that he differed from other supermen in being in this ecstatic

state most of the time. The future of the world belongs to those who develop these higher powers, and we are learning that there is a long series of gradations from average ability up and that we must evaluate men more or less upon that scale, although we as yet have no effective methods of measuring superiority as we have of measuring its opposite.

II. When we turn to the defect of which super-efficiency is the excess, we find also very many grades, but these we are now learning to measure by scale and standard. The incapables or those born short are of all grades, from slight inferiority down to the lowest idiocy. The care of these laggards in the upward race is now a very serious proposition. From the study of the Jukes to the admirable study made by Goddard of the Kallikaks at the New Jersey institution associated all over the country with the names of Johnstone and Goddard, and studies of perhaps a dozen other degenerate families that have been traced, we learn that their existence is a dreadful handicap upon the community, the State, the Nation. It is not merely the cost of supporting the paupers, imbeciles and criminals that abound in such families, but it is the moral infection they spread. They corrupt individuals and communities, and where they are found in schools they tend to lower its standards by attracting more than their share of the teachers' attention, which from the principles of efficiency should more of it be given to the upper half than the lower half of the class. An eminent physician, a friend of mine, is convinced that if all the insane in all the American asylums were turned loose upon the community, and these institutions were filled up by degenerates, although there would be some murders and other crimes and great inconvenience, it would be far less than that which is now constantly caused by the rather high-class moron or imbecile who can just manage to keep out of an institution and propagate his or her kind, while corrupting the community. Of the over one hundred types of welfare institutions which our university has attempted to keep tab on, nearly two-thirds are devoted to the care of the incapables of various classes, and I may add my own personal conviction that to their study and care to-day more native ability, insight and

ingenuity and probably more research is given than is given to the normal children in our public schools. It is not a question solely, however, of eugenics that is involved, but there are many others.

III. Now, what are the bases of inefficiency? The time has long gone past when we can hope ever to find a single basis that accounts for all kinds of defect or shortcomings. Rather we must consider it something as follows. There is one great momentum of life, variously named, which is at the basis of heredity, which Bergson calls the *elan vital*, Spencer the evolutionary nisus, Schopenhauer the will to live, Jung libido. There are many other designations of the initial energy that impels life from the fertilization of the ovum to the death of the mature individual. This is the ultimate thing, the *summum bonum*; it determines the trajectory of every life. The quantum of this genetic momentum is what makes every kind of eminence, success, efficiency. Now, the bases of inefficiency consist simply of a list of those influences that check this primal developmental energy. Many, particularly Dr. Gould, have stressed eyestrain, and he and many others have shown that very often, without any consciousness of the patient or his friends, there are various eye defects which tense up the nervous system, bring headaches, affect digestion, cause a nervous condition, make study impossible, and not only check growth and progress, but undermine the constitution. We have records galore of where correct diagnosis and prescription of glasses have brought a wondrous improvement in health, vigor, intelligence, progress. Precisely the same is true of the ear, the literature concerning which abounds in records of the same kind. There are very many degrees of acoustic acuity, from almost total deafness up to a low-grade muffled hearing, which causes children who suffer from it to manifest many of the symptoms of idiocy when in fact there is no innate mental inferiority. Sometimes this trouble cannot only be located, but relieved, to the great benefit of the intellect. Again, adenoids have had their hobby-riders. Perhaps no one has over-emphasized their deleterious influence or the importance of having them removed betimes, although the

real question is one of relative importance, because specialists always need to be reminded that there are others. Lately we have heard very much about several other physical causes, such as lung capacity or vital index, and blood pressure. These, perhaps, are likely to be very fundamental in the near future. One of the most promising of these candidates for the head of the list of causes of inefficiency is now inner secretions and the hormone theory, which is developing a precious little body of literature of its own. Others believe that syphilis and its sequelæ and perhaps inherited results are responsible for a considerable percentage of deficiency. Others stress the teeth, and they, too, rightly. Very many young lives have been rescued almost as by a miracle from inefficiency by having the teeth reconstructed, for we did not until lately realize how many ramifications throughout the whole system dental defects could have. Now, all these specific abnormalities or defects contribute to diminish the momentum of the developmental energy and to the extent they do so they are causes of inefficiency.

IV. We find many, too, when we come to the environment. One cause of inferiority of many children is insufficient or unfit food, and this of course begins with nursing. The immense chemical difference known between human milk and that of the cow as represented by such tables as those of Bunge is suggestive. Extensive studies in France show that every three months of breast nursing increases the average stature, weight, health and probably viability of soldiers, and if of soldiers, then no doubt of other classes. It is a well-established fact, too, that in the hot months in cities, when babies sometimes die like flies, the mortality of those artificially fed is several fold that of those nursed normally. With children proper and abundant food is of the utmost necessity all through the growing period. This, too, I need not dwell on here, for it has become a commonplace of school and home hygiene. Something the same, too, might be said of air, ventilation, deep respiration, which are very essential, but this we now know by heart. The same is true of exercise. Vice, particularly sexual error, is another of the great deterrents or arrestors of human develop-

ment. It is a fatal law that no organism can remain long on the same level. It must either grow or deteriorate, so that the *vita sexualis* must be enumerated as another factor. Alcoholism, too, blights and greatly reduces the efficiency of all those it masters. Indeed, every untoward and unhygienic part of the environment tends to deterioration.

V. Psychoanalysis has shown us the immense importance of the first three or four years of life for future maturity and sanity. We have generally felt in this respect that babies would take care of themselves, but we are now learning otherwise. Who would have dreamed, ten years ago, that the passionate erethic sucking of stoppered nipples or *placebos* would dispose a child years later to self-abuse? Who would have imagined that acquainting young children with sex activities in adults is liable to cause psychic trauma, while most other kinds of infection of evil by contagion they are immune from? Who would have dreamed that the majority of the thousand of cases of neurosis and psychosis when analyzed would show that the causes are to be found in the tenderest years of life? Here again, then, we have causes of arrest, and all deficiency and perversion is arrest. There are two rival views here, one that of Freund himself, who insists that the function of our nature that transmits the torch of life is the key of all disorders, while Adler believes that their key is found in checks upon the personal ambition that everyone has to be and do something in the world to make the most and best of himself or herself, and that the spur to this is the horror of inferiority. Janet had long before said that everybody has an inspiration to perfection, and when he or she find they cannot attain it, there is liable to be depression, and therefore repression, for the two go together.

VI. But I cannot dwell upon these points, interesting and suggestive as they are I must add one other. We are changing our notions of fear and anger. The latter, instead of being regarded as a mere lack of self-control, an ebullition, or outburst of temper or irritability, is really, when understood even in these, its degenerate offspring, the substance of the positive

aggressive energy of man, which has not only pushed him on and up in the world, but made him conqueror of the great beasts that once were his rivals, and later on of nature itself. Man is the maker, the doer, the energizer. He has to attack and overcome, and has fought his way up to his present position in the world. The various little symptoms that we know of anger, violent as they sometimes become, are only the aborted relics of this positive aggressive energy. Fears, on the other hand, of which several hundred morbid fears or phobias have been listed, are degenerate relics likewise, but relics of an opposite instinct, namely, of adjustment, adaptation, or docility. Fear is the mother of wisdom. Man has had to accommodate himself to nature and learn of her. Fear is the best instance we have in the modern world of man's passivity, of his learning of and yielding to his environment. We are now coming to feel that among the tests to which every child has a right to be subjected once in a while should be the tests of these qualities of fear and anger. In view of what has been said, the assertion needs no proof that adults, and the community in general, owe now a new debt to children, and I think it is the school that owes it more than the home. Every child, certainly of school age, ought to have eyes, ears, mouth, teeth, chest, etc., tested, with a glance at its environment, food, etc., in order to see whether there are not very active causes of arrest and inefficiency that are at work, even in the most growing years. It is, to be sure, a benign principle in nature by which a child can be retarded by adverse influences within or without, for two or three years, and pretty much make up for the handicap afterwards if conditions become favorable, but it should not come to this. We must not forget that there are thousands of children in our schools to-day for whom such an annual examination would, on the whole, do more than an entire year of schooling.

Thus we see that in the face of this problem we are like the Norse hero, told to pick up a snake. When he sought to do so he found that it was the great serpent Sesha that went around the world and held it together. If we cannot do something to remove causes of inefficiency our civilization in the end is

doomed. There is a sense probably in which we are all arrested more or less. We have not all of us used up the great energy of heredity, the most precious of all worths and wealths. Much of it has not been let out and much has been wasted and misdirected. I think we may console ourselves a little with the in some respects very inspiring literature of the superman. Nietzsche, as you know, all his life preached the gospel that man to-day is only a link which will be a missing one like the Java man. Our remote descendants will be so much beyond us that they will be ashamed of us, and will feel in digging up our relics as we do in studying the cave-man. Man is a bridge to something higher. This in some respects is a very pleasing gospel as well as a sad one in other respects. There is certainly hope in the bottom of this casket. If all the energy that nature gives so richly to young people in the teens, if their passion for the good, the true and beautiful had free scope, and could realize itself, it would not only lift them all to a higher plane of development, but sweep away about all the evils in the world. Indeed, every human institution, church, State, school, home, literature, science, has as its ultimate measure and criterion of value what it contributes to bring man to an ever completer maturity. The momentum of life which we all start with before birth, and which has a great acceleration at puberty, is like the water that comes down from heaven in the western mountains. It is abundant and makes great floods and freshets, but cuts deep canons and leaves hundreds of thousands of acres desert the rest of the year. A true psychological engineering would dam these freshets, prevent their running off in vice, idleness or defect, and store the floods of humanism so that they could irrigate the whole life.

THE CHAIRMAN—I am sure we have all been very much interested in Dr. Hall's discourse. I know that I am personally under obligation to him, because I have been feeling rather blue of late, and now I understand that I am in the right condition of mind to lose my temper, as I frequently do, and so I am encouraged.



The next speaker should have been Dr. Royal Meeker, but I believe he is called away, so will not speak to-night. We have with us the Assistant Superintendent of Schools of Newark, Cephas I. Shirley, who will talk to us on "Vocational Guidance and Co-operation with Factories." I have the pleasure of introducing Mr. Shirley.

**Vocational Guidance by Mental Test.**

CEPHAS I. SHIRLEY, ASSISTANT SUPERINTENDENT OF SCHOOLS,  
NEWARK.

Vocational Guidance, from the viewpoint of measured mentality, has evolved a very interesting problem. In fact, there is not a question confronting the public to-day that is comparable in importance with that of mental tests. For years the public has patiently waited for scientists and exponents of professional life to produce an effective solution of this problem. When serious and logical thought is given the finance of public education, and a keen appreciation is acquired of the great amount of money expended for the education of the boys and girls of this or any other city, largely without definite knowledge as to how much of the investment they will ever be in a position to capitalize, some idea will be gleaned of the value of substantial knowledge of the question of true Vocational Guidance. Careful consideration has been given every theory advanced and every plan promoted tending toward the establishment of a scientific method of mental diagnosis.

Very recently my attention was called to an electrical apparatus used as a mental measuring machine. In the Research Laboratories of Dr. M. P. Von David, Physicist and Psychologist, a number of tests were carried on under my personal supervision. Altogether eight boys and girls were examined, two of whom were blind. The results of these tests agreed so perfectly with the known characteristics of the subjects examined, that an account of them has been deemed worthy a place in this report.

*The System.*

An exhaustive analysis of this highly technical subject, involving a system of measuring and recording the electrical currents occurring in the body under various thoughts, reflex action and other phenomena, for which the brain seems to be responsible, would require many pages.

The system is an invention of Dr. M. P. Von David. Briefly, it consists of three essential factors:

- a. The child.
- b. The compensating apparatus.
- c. Recording apparatus.

*Method of Measurement.*

To carry out the Vocational Test, three rooms, as delineated on the accompanying blue print, are used—one for the subject, who is quite alone, another for the operator of the compensating device or "Wheatstone Bridge," and the third, for the galvanometer recording apparatus, and graduated scale from which the readings are taken by the observer.

*The Examination.*

The subject, seated before a table, completes an electrical circuit with the compensating and recording apparatus, by placing the two fingers of one hand in twin cups containing mercury and a sodium chloride solution. The table is located in a partitioned portion of the room, and no fixtures or objects to attract the eye are visible to the subject other than the screen on which words may be flashed with the aid of a stereopticon machine. In the examination of blind children, cards are substituted on which words are printed in embossed type for the blind. In this position, by means of the compensating device, the child is placed in electrical equilibrium or balance with the apparatus.

In order to observe the slightest deflection of the galvanometer needle, an oscillograph attachment is used, the mirrors of which,

by reflection, cast a needle of light upon the graduated scale. At first the words, projected upon the screen before the subject, cover broadly the various vocations. The test is then broken for a short time, and during the interim a complete physical examination is made, and the history of the child recorded as far as it can be determined.

To establish the physiological age, X-rays of the hands and measurements of the head are taken. At the concluding session the words, which give pronounced electrical response, are taken up individually; each is divided into roots and derivatives and again projected upon the screen. The words "Art" and "Artist," for instance, are divided into a series of words, such as: sketching, painting, decorating, designing, caricaturing, cartooning, life-drawing, modeling, carving, etc. This part of the process is known as the "Run-Down Test."

*How Vocational Tendencies are Fully Determined.*

Each word is numbered; when flashed upon the screen the number is given by the operator to the observer by telephonic communication. The observer, with eyes riveted upon the needle of light, records the deflection of the galvanometer, upon the scale, carefully noting the number of graduations passed.

When the test is completed the corresponding words are incorporated in the record, part of which may appear as follows:

<i>Number.</i>	<i>Word.</i>	<i>Reading on Scale.</i>
11	accountant	0
21	architect	0
6	author	$\frac{1}{2}$
9	athlete	$2\frac{1}{2}$
10	artisan	0
14	attorney	7
X	actor	3
Y	apothecary	1
Z	banker	4

It should be remembered that this record of the subject's inherent fundamental impulse of the subconscious mind is purely relative, and has no value until compared with the "Norms."

*Norms.*

The chief requisite in plotting the vocational curve of the subject is found in the relation between various words and suggestions, and the sympathetic reaction in different minds. This data was obtained by making a series of tests on five thousand boys and girls. From this information curves were plotted and characteristics developed, which gave the units of standard called "Norms."

Keeping in mind the fact that the readings are only relative, their truthfulness cannot be established until the corresponding curve of the Norms is superimposed. By this method the percentage of sympathy for certain avenues of life's activities, as compared with the average boy and girl, is readily obtainable. An examination of a greater number of children would, no doubt, change the Norms to some extent.

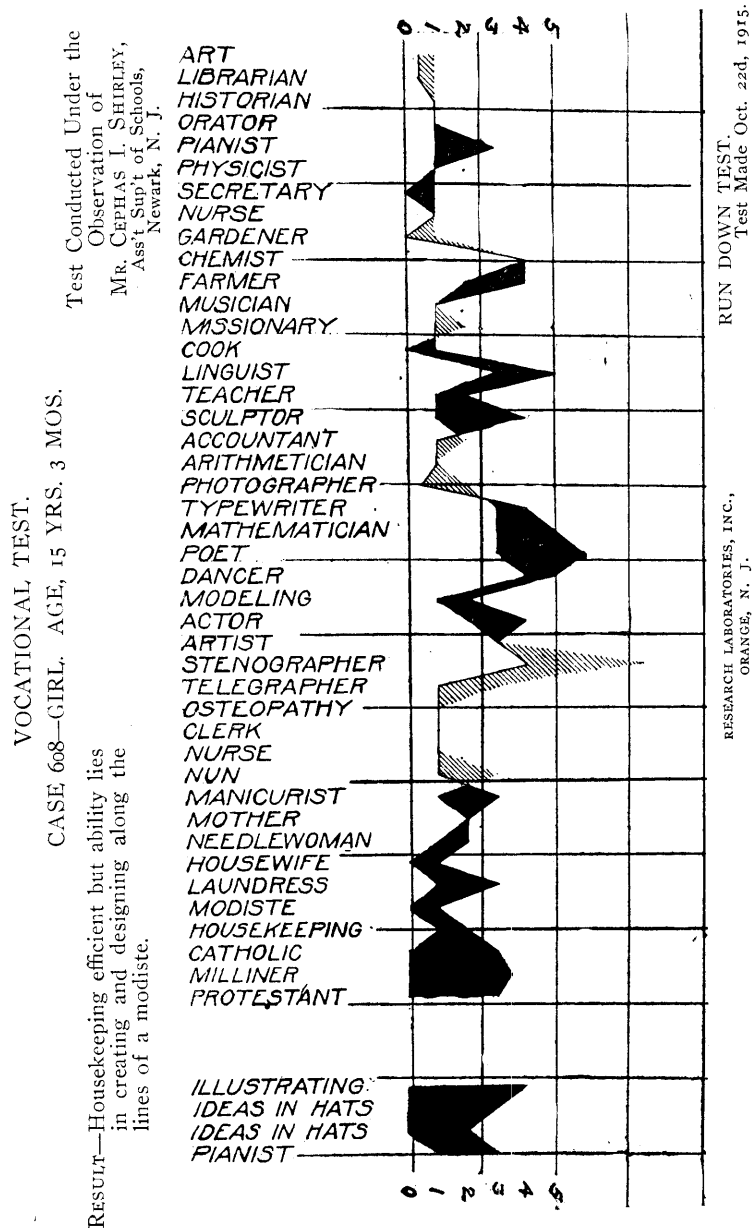
The curves of six of the eight children examined have been plotted. Photographic reproductions of two of them are herewith submitted, together with head measurements and X-ray photos of the hands of the subjects.

By referring to curve, case No. 608, it will be noted that the subject is below the normal in several vocations, the most pronounced being stenography. From this curve, we conclude that stenography is one of the subjects or vocations in which the young lady should not engage, while the high peaks shown in the "Run-Down Test," point to a successful career in the creating and designing of woman's wear.

In case No. 605, more peaks are seen, showing interest in a greater number of vocations and a much higher percentage to the Norms.

If these results are decisive and conclusive, and if by this means boys and girls can be started on life's pathway with a clear and concise knowledge of their innate tendencies and capa-

bilities, with assurance that the best results in life are open to them, words are entirely inadequate, and computations incompetent to express the great value to mankind of this system of Vocational Guidance.



The hour is getting late. I wish to close my remarks by thanking you for the permission you have accorded me in coming before you to-night, and particularly for the patience you have had to listen to this talk.

THE CHAIRMAN—In closing, I would like to say a word or two in following up what Mr. Shirley has said about co-operative schools. I assume some of you know of the work that Dr. Herman Snyder, of the University of Cincinnati, is doing. His particular work in that place is confined to engineering students, and the plan is something like this. So many fellows have come in that he has succeeded in making arrangement with the industries of the town. Boy A goes to school for two weeks, and young man B goes to some particular industrial establishment. B comes back and takes A's place in college and A goes to the same place. They do this for six years. That is not a new idea except with regard to the details. The University of Glasgow has been doing this for many years. They have their students go to the university for six months in the year and then go to work on the Clyde for six months. They get their education after they leave college. The co-operation that Dr. Snyder has taken up is carried not only into the colleges, but he is going down into the lower grades and working throughout the country in a most unselfish way. He has gone into many of the industrial establishments of Cincinnati where conditions were very bad.

I would like to say one word in conclusion, and there may be some in the room would be inclined to smile at my coming back to a vocational topic. I believe that the foundation of industrial training is the three R's. I am not sure, but I know that that is the fact. Imagine a man who wants specialized study because you want to teach boys and girls reading and writing. I am delighted to know that Newark is doing this in a common-sense way. We must first teach the children the three R's and build up on that, then we will have something to work on. I don't believe we are ever going to teach boys and girls trades in public schools. We are to get them ready to go out and learn their trades on the outside.

*Tuesday Morning, May 2d, 1916, 9 O'clock.*

SECTION MEETING ON HOUSING.

W. L. KINKEAD, PRESIDENT NEW JERSEY ASSOCIATION, CHAIRMAN.

The New Jersey Housing Association, which I have the honor to represent, was organized about three years ago for the purpose of trying to improve housing conditions throughout the State. Sentiment in favor of this was created at the Philadelphia National Housing Conference which a number of us attended. We have had three conferences, the first in Newark, one at Trenton, and one at Passaic last spring, which was one of the largest housing conferences ever held. We have helped make preliminary surveys in towns and changed conditions in a way that stirred them up.

During the past winter our secretary made a number of speeches in various places, and I have followed with talks before men's and women's clubs, etc. Health officers throughout the State have managed to stir up considerable interest. We have written letters of advice and information.

We have stood each year in defense of our present Tenement House Commission. It is an unfortunate condition that one of our neighboring cities has not been able to educate all her people, that some laws have to be made which may seem undesirable to a few but are for the good of all. It was gratifying to all of us this year to find that the legislators were so broad-minded that they turned down adverse bills—such as 312, etc., formulated by this city to break down the present law by putting the administration of that law into the hands of the various Boards of Health of the first and second-class cities. The unfortunate part was that several bills, intending to place two-family houses under the department, were lost in Committee after passing the House. It may not have come to the knowledge of all of you that many single-family houses have just as bad conditions as tenements. I have known of houses in my own town with not two inches of

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space between them, and with dark rooms, and no State law to touch them.

We find that housing covers such points as tax reform, improved economic conditions, the regulation of the height of buildings, town planning, etc. All of these are affected, more or less, by the wage question. The thought came to me yesterday while at the tuberculosis pavilion at Laurel Hill. I was talking to a patient there in one of the buildings and he said to me, "I have been here since last August, I am going out of here shortly; I am very much improved, but I do not know when I get home what I should do to take care of myself. I have not learned anything about what I am to do when I leave here. No one has told me about it at all, what food I should eat, how I should sleep, etc." That is the thought I want to leave with you. Are we solving the problem fully in just sending them to a sanatorium to recover and then allowing them to go home to conditions that are not just what they should be? Are we properly following them, so we know that within two years whether they are dead or on their way to health?

According to the last report New York City has 56,987 apartment houses. New Jersey has half as many as New York City. Our twenty-six inspectors cover the entire State. New York has two hundred and thirty-eight who cover New York City and Manhattan. We have about one-ninth of what New York has. Our inspectors have to see 1,889 buildings a year, New York inspectors see 438. We expended last year \$65,578.39, New York \$712,548.40. We spend \$1.28 per tenement while they spend \$6.85.

We have about one-fourth of what New York has, but scattered over the entire State. Are we doing what we can?

Mr. Beemer has been interested in the Tenement House Commission for several years. He is to speak to us this morning on "Safeguarding the Home."



**Safeguarding the Home.**

MILES W. BEEMER, MEMBER STATE BOARD OF TENEMENT HOUSE  
SUPERVISION, JERSEY CITY.

Mr. Chairman, ladies and gentlemen: I am sure I will not take issue with Mr. Kinkead in making this comparison. I am very glad he made it, because that is the prime object we have in view with tenement house work in this State, to interest people in the State in the fact they are not spending enough money to properly take care of the tenements of the State, and I hope that next winter some of you will be good enough to use your influence in trying to obtain for the Tenement House Department the money it actually needs. It really is a shame to think the work of the department is hampered as it is, by inability to obtain the necessary funds from the Legislature to properly supervise the house conditions in various parts of the State that could be greatly bettered if we had the force to supervise them and enforce the law as it stands. The department also contemplates having some bills introduced similar to the bills of this year, which will strengthen the law. We ask your support for those measures next winter.

First, I want to say a word on Hoboken conditions. I want, particularly, to ask your support and influence for the achievement of the work of the Hoboken Housing Association. I consider that Hoboken is to-day in its infancy. That may seem rather strange to some of the citizens who think that Hoboken is entirely built up, but I tell you in a very few years the character of Hoboken will change greatly, and many buildings that have stood for years will be torn down and apartments or tenements will be built in their place. I consider that the groundwork for a much better Hoboken has been laid by the coming of commission government, by the buildings erected by the Hoboken Land and Improvement Company, by the prospects of proper sewer development and by the organization of the Hoboken Housing Association. I believe this organization is a valuable asset, not only from the humanitarian standpoint, but

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from a dollars-and-cents standpoint. You cannot expect to keep the workingmen in Hoboken unless you give them proper conditions in which to live. So that if the people of Hoboken will support the Hoboken Housing Association it will not only be a real benefit to the health of the community, but also to its financial prosperity.

Another encouraging fact is that your health officer has shown such splendid interest in the improvement of health conditions; that may seem to you a very small matter, and you take it, perhaps, as a matter of course, but there are other cities in New Jersey, as well as in other parts of the country, but especially in New Jersey—I have several in mind—where all the work is met with antagonism on the part of the health officer. In one city particularly an appeal has been made to the State Board to remove the health officer because of his failure to enforce laws and because the people are unable to obtain any aid from him whatsoever. I say to you, particularly to those who are members of the Hoboken Housing Association, it is a very fortunate thing for you that you have a big, broad-minded officer, a man with some push to him, who is really interested and ready to help in bettering the conditions in Hoboken.

THE CHAIRMAN—Before Mr. Beemer leaves the floor I would like to ask him a question. Can you tell us how many fire-escapes have been put up during the past few years?

MR. BEEMER—I could not tell you accurately; something over four thousand the last two years.

THE CHAIRMAN—We are going to have an opportunity here for discussion, if there is anyone else in the audience who would like to ask a question. Mr. Beemer must get away soon.

A DELEGATE—I would like to ask what, if anything, is being done in regard to painting up or cleaning up. Can we do anything under the law?

MR. BEEMER—Yes; it does come within the law. We require that houses must be cleaned, walls properly calsomined, cellars cleaned—by the way, it is such a small thing, cellar cleaning, you would think we would have little difficulty. It

is one of the hardest things to get people to do. After we serve them three or four notices we have to summon men to court.

A DELEGATE—How much is the inspector paid?

MR. BEEMER—\$1,200.

I am sorry I have to run away. Most of you are interested in the general question of child welfare. When I first started in the work, twenty years or more ago, we did not hear anything about preventive work, we didn't even think in those terms. We supposed the main thing we could do was to take the child and put it in a large institution, educate him in regiments, feed him in swarms, clothe him in uniforms. That was only about twenty years ago, and I know very well when I first talked instructive, preventive work—removing the causes of poverty—I was looked upon as a very extreme radical. We have come very far since then. A great many people now believe that it is more productive of results to remove the causes of poverty; that poor housing is one of the prime causes of poverty, and bad light for our bad social conditions. When we have no more homes, this country or any other will cease to be a nation. We must conserve the home and build up the homes of the future. If any of you have any doubt as to whether we are building the home up for the future, I commend you a trip around the homes of Hoboken or Jersey City or Passaic or New Brunswick, or any other of your important communities in the State of New Jersey. I don't mean your own home, but I do mean the homes of the people, not only those living in tenements, but private dwellings. Don't make any mistake and think the tenement is the only evil thing. I know many tenement houses provide quite as good homes as the rich man's mansion. It isn't all the landlord, all the bad light. A whole lot of it is bound up in the religions or habits or deficiencies or selfishness of the people.

We have the great task of educating whole communities. I would be perfectly willing to swear that there is very little teaching in this building or the schools of Hoboken as to real home making, very little as to the essential principles of hygiene,

very little about the care of the body or the care of the child. The girls are not taught to be mothers, boys are not taught to be fathers; girls are not taught to be housewives. We cannot have homes under those conditions. You cannot take up the problem of tuberculosis without housing; you cannot take up the problem of the industrial development of the community without housing. So I might go through every branch of the present-day activity and point out the relation to housing. We spend nearly all of our time in a house of some kind or other, and it is very important that this house should be built and kept right. Study the situation in your own community and talk to everybody, stir them up, talk housing while at work, in your business, see that ten people in your town know something of housing this year. Next year take ten more. See that you know the local conditions, see that your newspaper men know it, see that your health officers know it. Those are the things you can do; everybody in this audience can be a little center of infection of the germ of housing reform during the coming year. Everyone make up his mind now that next year "I will see ten people who will study this subject of housing."

THE CHAIRMAN—Mr. Beemer, in his talk, brought to my mind, in speaking of the Hoboken Housing Association, a point I would like to emphasize, and that is that Hoboken is largely the port of entry for our immigrants. They get their first ideas in Hoboken as to what housing is. Hoboken has improved, to my mind, a great deal recently. I know more and more improvements will come. If we do not set the right standards for these people as they come in touch with it first, we are going to fail in our duty as American citizens, so back up the Hoboken Association.

Mr. Gove, who will speak to us next, will speak on "Industrial Housing" and its need.

**Industrial Housing.**

GEORGE GOVE, SECRETARY, BRIDGEPORT CHAMBER OF COMMERCE,  
BRIDGEPORT, CONN.

It will be necessary, in the short time I have, to confine my remarks on Industrial Housing to one phase of the subject. But as Mr. Beemer said, you cannot talk about one without touching on others.

The æsthetic and social aspects of housing have received serious consideration by social agencies in most American communities, by national and state housing associations and other organized bodies. Too little thought has been given to the potentialities of organized community effort in the field of financing the erection of workingmen's dwellings. In this field the speculative builder is practically alone and to him has been left the decision as to what to erect, under the provisions of the building code, and how to finance the operation.

The economic problem in industrial housing is the old one of how much for how much. It is a matter of reducing both profit and costs. It is a phase of the problem which involves the fundamental principles of business. Housing experts have struggled with it. Many suggestions have been made, many plans have been drawn and many ideal industrial communities have been established on paper with impressive tabulation of costs and revenues. Several industries, and the number increases each year, most of them isolated from urban sources of labor supply, have carried forward housing enterprises of various kinds. And if one were to be confronted with the methods which have proven moderately successful in solving specific industrial requirements, it would seem that the problem had been solved. But in most instances in which industries have entered into industrial housing, there has been a necessary disregard of economic return and of other elements which must be considered in any practical working plan suitable for conditions of normal urban development. In short, any plan for industrial housing which disregards interest return from property investment or

involves any modification of it by acceptance of an indirect return offers us no guidance. A plan can have significance only if it recognizes all the elements of ordinary business investment.

The problem in its simplest form is how to provide homes for workers earning \$15 a week or less. I think it will be conceded that there is no serious financial difficulty in housing workers whose earning capacity is more than \$15 a week. The problem lies below that level. Disregarding, then, the intrusion of philanthropy in any form, we may begin with the man to be housed and let us accept for his earning capacity an average of \$12 a week. This is too high for some sections of the country, but it has become a fair average for New England. Because of variations in cost of land and building materials in various sections of the country, it is impossible to draw general conclusions from specific local estimates, but for our purpose let us consider the possibilities of the \$12 a week man in Bridgeport and accept Bridgeport costs as ascertained by a committee of the Chamber of Commerce in their effort to solve the housing problem of that city. It is acknowledged that the payment of 25 per cent. of the monthly income for rent is poor domestic economy. Nevertheless, statistics show that approximately 25 per cent. of the actual earnings of the head of the household is paid in rent by those whose earning capacity is within the radius that we are considering. Let us assign \$12 a month, then, for rent and consider what can be done in Bridgeport. We shall not have time to enter into variation in cost, either as to location of land or materials of construction, and the following estimates are cited only because they represent the results of an investigation by the Chamber of Commerce upon which certain conclusions have been reached.

The first plan covered a single house to be erected on a forty-foot lot, the house to contain five rooms and bath, furnace heat, gas and water. This house built of stucco on tile, or brick veneer on wood, was estimated to cost from \$2,200 to \$2,325. With interest at 5 per cent., taxes at 2 per cent., depreciation at 1 per cent., insurance and administration at 1 per cent., giving a total of 9 per cent., the required annual return from the property

must equal, on a basis of the lowest cost estimate, \$198. With the addition of a water tax of \$12 per year, the monthly cost of a house of this kind to a tenant would be \$18.35. The interest, taxes and depreciation items here introduced were not susceptible of reduction. Thus, on the basis of actual costs, it was necessary to eliminate the detached house of fire-resisting materials. The single-family house on a forty-foot lot, built of frame, according to the same plans, was estimated to cost \$2,100, which required an annual return of \$201, at a monthly cost to the tenant of \$16.75. Various plans for a single-family house were considered, and, even with the reduction of lot area, it was found necessary to eliminate it as a possibility.

Moreover, it has not seemed wise to consider the frame building as a desirable unit for an extensive housing development to be built for rental purposes. Apart from the increased fire hazard, careful analysis by competent authorities has demonstrated that the difference in depreciation between the frame house and the house of brick or tile eventually justifies the increased first cost for the better materials.

This brings us to the semi-detached house with a saving of one wall and some land. Without giving the actual figures, the reduction was not enough on the bids actually received to bring this type of house within the field which we are trying to cover. To the practical builder there is nothing new in the figures or in the computation. It is probably true that the practical builder long ago abandoned the semi-detached house of brick or tile for rental purposes at a return of \$15 or less per month.

On the two-family vertical house the reduction of cost is greater. This type of house, which is not wholly undesirable, as it furnishes light on four sides and ample yard area, can be built of frame and rented for \$15 a month and as low as \$12 a month. However, this type of house, which has been erected in large numbers in Bridgeport by speculative builders, is not susceptible of satisfactory treatment from the æsthetic or artistic standpoint and, being built of wood, it again brings us face to face with the fire hazard. Moreover, experience has shown that it is liable to rapid deterioration. It is, indeed, only

a step from the rightly condemned three-decker. It has finally been rejected by the Bridgeport Chamber of Commerce in favor of group houses—houses in rows.

The group house, to which we now turn, offers the only field of promise for low cost industrial housing in Bridgeport. To some of the gentlemen who tenaciously held to the mental picture which they retained of Bourneville and Letchworth, this has been a disappointment, and I doubt if I should be justified in making so detailed an explanation of the methods pursued in this inquiry were it not possible that a large number of us still hold to the belief that, were it not for the selfishness of the landlord and the property owner, we could, to-day, provide comfortable, sanitary, detached dwellings at a price within the reach of the humblest laboring man. Some of us may remember when this was possible, even in large industrial communities in New England. I know that to-day there are, in St. Louis, a large number of single and semi-detached brick dwellings, placed well back from the street, on a lot ample in all dimensions, which are rented for \$15 a month. Those houses were built many years ago. A St. Louis builder assured me, only last week, that it could not be done to-day.

Our problem has been to reduce costs, and we have found that the group house does offer the needed economics. There is a saving in land, in labor and in materials. By intelligent planning of group houses the family units may be so arranged that our much sought economics need not curtail light or reduce the available space for gardening and recreation. Every family is housed in a self-contained dwelling, with the living rooms on the ground floor, each with a separate entrance, which for a long time has been recognized as inevitable by builders and architects. We have demonstrated nothing new, but we have satisfied ourselves of the limitations which confront us under the local conditions which we have to meet.

The group house has been improved and developed in recent years far beyond the first type of Philadelphia house. Too few architects have given attention to it—indeed the architect is not attracted to industrial housing at all because so little is done in



an organized way; there is too little business and too small a profit. But those who have specialized in this field, through harmonious co-operation of the landscape architect and land engineer, have devised plans which must claim approval from the æsthetic and social standpoint even if they do not sweep away the financial problem which persists in different form in this type of development. For here we are concerned not with one house, but with many. Financing group dwellings involves large capital if it is to be done on an extensive scale. At present no organized means is provided in our industrial communities for bringing together the necessary elements in a development of this kind—other than private enterprise. Our rapid growth in Bridgeport has made it imperative that some properly constituted body, acting in the public interest, shall bring about the organization of a building corporation for the express purpose of meeting the demand for proper homes at moderate rentals with privileges for individual purchase and ownership, looking not for high profit, but for fair return upon a safe investment. In this direction a movement has been started by the Chamber of Commerce of Bridgeport.

Much has been said, and much has been written about the marvelous industrial growth of Bridgeport during the past year. Probably no other city in the country has had more publicity and has suffered so much from exaggeration and misstatement of fact. The facts with regard to Bridgeport's phenomenal growth are not known. So rapid has been the industrial expansion, with its resultant increase in population, that it has been impossible at any given time to obtain a cross section of the situation or to gather statistics which have not become obsolete over night. The best we can do is to refer to statistics of one year ago, when Bridgeport had a population of 115,000. It is now conservatively estimated to be 160,000, an increase of 45,000. The population a year ago consisted of less than twenty-seven per cent. native born of native parentage. More than thirty-five per cent. were foreign born and a considerably larger proportion native of foreign or mixed parentage. We

had nearly 7,000 Hungarians, who made up about twenty per cent. of the foreign-born element. There were about 5,000 Irish and 5,000 Italians, more than 4,000 Russians and more than 3,000 each from Austria and England. Germany Sweden, Servia and Poland added to the population. Newcomers represent as diverse nationalities. Bridgeport had grown rapidly for ten years prior to the outbreak of the European war. In that period its population had increased 43.7 per cent. The variety of its industries has always required great diversity in the skill of the workmen employed. It is necessary that skilled and unskilled laborers shall be able to obtain decent homes in or near the city. However, the need of providing adequate low rental accommodations for employees had never been considered by manufacturers despite the fact that building has never kept pace with the city growth. Because of consistent expansion to the east and north, Bridgeport has been singularly free from the problems of congestion concomitant with industrial growth in many other New England industrial centers. It is not surprising then that, until two years ago, Bridgeport failed entirely to recognize that in certain of the foreign sections of the city all the contributing elements to a real housing problem were beginning to take form. In 1914 a housing association was formed for the purpose of conducting a survey, and an investigation was made by Miss Udetta D. Brown. The survey showed, among the good conditions, that Bridgewater's water supply was excellent in quality and ample in quantity. There were few dwellings with dark rooms. Indeed, the city was almost free from rooms which were without direct light. Because of the prevalence of two-family houses, almost every dwelling was provided with yard or court. The survey showed that factories are not centered in the heart of the city, but many of them are built well out from the main streets. This does away with many of the difficulties of transportation which arise when all the activities of the city are grouped together. It also makes it more feasible for workers in any one factory to live comparatively near their places of employment. Among the bad conditions,

the survey showed rapid growth in some sections of the city of six, eight and ten-family tenements. Another bad feature of the housing conditions in Bridgeport was the rear house. Lots are deep, and where they cannot be developed economically for the single-family house the usual recourse has been to erect houses in the rear of the lots. This condition was partially controlled by a State law prohibiting the erection of tenements on the rear of any lot on which there was already one tenement, unless there is a yard thirty feet wide between the two, and providing that all tenements must have rear yards of ample depth. While this prohibition restricted the growth of rear tenements, it in no way affected the erection of nontenement dwellings. The worst conditions referred to in the survey related to the sewer system which has always been inadequate. The work of the housing association created a vigorous public sentiment for better housing conditions, and resulted in the adoption of a new building code which, though it failed to contain some provisions for which subsequent conditions have shown the need, nevertheless, was a great improvement over the old. The present code absolutely prohibits the further erection of three-deckers within the city limits.

This, briefly, was the condition in which Bridgeport found herself at the outbreak of the European War. Shortly thereafter the Remington Arms U. M. C. Company began the erection in Bridgeport of the largest arms plant in the world. The work of building alone brought several thousand men to the city at once. War orders and the demand for machinery and tools rapidly increased the production of all the metal-working industries of the city. Many of these have doubled their capacity in twelve months. This prosperity affected not only those industries which are engaged in the manufacture of war munitions. Every industry in Bridgeport has greatly increased its output. Within the past three months the Remington Arms plant has been completed and machinery is being installed. The pay roll of the Remington Arms Company now includes 10,000 men, which will be increased by July to 24,000 men. I shall not have time here to refer to the social conditions which have resulted

from the intrusion of from forty to fifty thousand people into a city ill-prepared to receive them. It is sufficient to say that the inability of the city to take care of this horde of newcomers has been so apparent to every citizen that bonds have been issued during the past month to the amount of two and one-quarter millions for increases in schools, parks and playgrounds, extension and paving of streets, the development of the sewer system, the increase of police and fire protection and the establishment of city clinics.

There is a certain flexibility in the housing capacity of every city, but, in attempting to house the newcomers, Bridgeport has reached the limit of its elasticity. Citizens who never before have allowed strangers in their homes are now taking in roomers. Every available shelter is utilized. Rents have increased in the poorer sections of the city from 20 to 40 per cent. Newcomers, earning more than they have ever earned before, importune landlords to evict tenants on promises of increased rent. Landlords increase the rent to the amount promised and the tenants, having no other recourse, must pay the higher rate. Some, after striving for weeks to obtain one or two rooms for their families, have become discouraged and have left the city. The result is a constant tide coming in and a lesser tide going out. This condition, so briefly described, prevailed last fall when the Chamber of Commerce determined to organize the resources of the community in an effort to solve the problem. The Housing Committee of the Chamber of Commerce has been at work since last November, trying, first, to stimulate through private enterprise; second, to increase the amount of capital available for housing purposes and to provide facilities for saving and for borrowing; third, to organize a building corporation, adequately financed, to build 500 or more workingmen's dwellings. During the winter, architectural plans were completed for single and two-family houses of several types. An option was taken on 31 acres of land on the outskirts of the city which was planned by the engineer of the City Plan Commission. An effort was made to organize a company and interest local capital in the erection of these dwellings on this land for purposes of sale, primarily

to meet the need of the higher grade of workers whose earning capacity would enable them to buy their own home. In the meantime, negotiations were entered into with private builders from New York, Washington and Philadelphia, who have profited by the plans of the committee and have now arranged for the erection of not less than 500 dwellings of the better class in the city. One realty firm has just completed twenty dwellings of the Philadelphia type. This company is placing these dwellings on rectangular plots covering approximately one-half of a city block, building eight houses in a row on one street and three houses on the adjoining street with a thirty-foot garden for each house, developing the remaining lot area into a recreation ground, title to which is to be held in common by the owners of all the dwellings in the group.

The Remington Arms Company is trying to meet the necessity of housing its own employees by the erection of several hundred dwellings of different types. Altogether the new building operations brought to the city, as shown by permits granted this spring, will provide accommodations for 10,000 people. All the houses to which I have referred, except those erected by the Remington Arms Company, are being built to sell, and it is probable that during the next year the demand for the high-grade house will be met.

But again I revert to the more urgent need of providing homes for a monthly rental of \$15 and less. Shall we rigorously hold to our first ideal of the detached dwelling or the semi-detached house, if by so doing we shall fail to provide anything for the unskilled workman? We believe that it is better to recognize that urban conditions must govern us and that we must accept group houses, holding closely, however, to the principle that each family shall be housed in a complete dwelling with living rooms on the ground floor. With this in mind plans are now being made for a series of group dwellings to be artistically placed on a rectangular area which the committee now hold on option. These dwellings are to be built in groups of four, six and eight, of brick or of tile, and will contain from four to six rooms and bath, hot and cold water, furnace heat,

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electric light, direct air and light in each room and will provide a separate entrance for each family. There will be no upstairs apartments, each family having a living room and kitchen on the ground floor and the bedrooms on the second floor. Although the estimates are not all in, the architects have assured us that these houses can be rented for from \$10 to \$16 per month and pay 5 per cent. on the investment. As soon as the plans are completed the Housing Committee of the Chamber of Commerce will call upon manufacturers for the capital required. From these manufacturers assurances have already been received that there will be available for investment in a businesslike plan, a total of \$220,000. It is the intention of the committee to organize a company to sell stock in small shares. In this connection, it may be of interest to state that the president of one of the largest construction companies in the United States, who has developed an entirely new form of reinforced concrete construction in units, has suggested that the adoption of his method in the erection of large groups may bring about a considerable reduction in costs and at the same time provide a dwelling not inferior to brick or tile. He recently visited Bridgeport to acquaint himself with local costs and has consented to submit plans and estimates for the consideration of the Chamber of Commerce. This will not interfere with the plan which is now going forward, but may offer a suggestion for future housing development in the city.

From this cursory statement it is impossible to draw definite conclusions of value. Nevertheless, if there is any significance in our work it lies in the very apparent need of organized means of bringing together all the necessary elements for constructive housing in the community. In this country our municipalities cannot undertake this task, which must, for the present, be left to private enterprise or to a voluntary organization. Is it not an essential part of the program of every housing association and if so, is it not time to set a standard which others may follow? Possibly it is the kind of work which a Chamber of Commerce should do, but Chambers of Commerce have not entered this field. The Bridgeport Chamber of Commerce, facing abnormal

conditions such as I have outlined, has realized the necessity of initiative in its special case. We recognize that the work has been slow and difficult, but we are hopeful of the future and we are confident that some definite and practical building will follow from our efforts.

THE CHAIRMAN—We still have five minutes of our time. I want to emphasize again what Mr. Beemer brought out about speaking to ten people during the coming year. If you will do that, I think we can build up our organization to where it will be a State-wide power. Give us ten names, but don't stop with ten.

*Tuesday, May 2, 9-11 A. M.*

### **Child Welfare.**

An interesting section on "Child Welfare" was arranged by the New Jersey Child Labor and Welfare Committee. A separate report of this meeting may be had by writing the State Charities Aid Association, 13 Central Avenue, Newark, N. J.

### **Legal Aspect of Dependent Children in New Jersey.**

JOHN A. CULLEN, SUPERINTENDENT CATHOLIC CHILDREN'S  
AID SOCIETY.

Legally defined, a dependent child is one who is destitute or one who is homeless or abandoned, or one who is a public charge. A defective, neglected or delinquent child may be a dependent child, but a dependent child in the restricted sense may not be either neglected, defective or delinquent.

When the parents are unable to support the child it becomes a dependent, if such parental inability is due to sickness, intermittent employment, industrial accident or death.

If the parental inability is due to drunkenness, shiftlessness or depravity, the child becomes a "neglected child."

If the child is put to improper uses, such as begging, working in theatres, or if parents while clothing and supporting the child exercise no control over their language, their temper or their immoral appetites, they are guilty of "improper guardianship."

In the Ten Tables of the old Roman Law we find the fourth table gave the father a right to imprison and punish, even with death, his children. Since those days the dependent child has traveled a long and hazardous journey in its pursuit of just treatment and natural rights. So it is now possible that the tendency among us has been the other extreme, and that, our courts and legislators, in making the welfare and the feelings



of the child the governing consideration, have not always considered the care, affection and help to which the parent is reciprocally entitled from the child.

The Constitution of New Jersey is silent upon family rights and relations, and we should have to regard the parental power not only as a natural right, but as a natural right above the power of the State, to declare its legislative restraint to be unconstitutional.

The State recognizes the parent's moral and legal right to the custody and control of the child, and affords every opportunity to the parent to retain that right, but our courts have declared that this parental right is not an inalienable right nor is it a vested right. In other words, parental rights are not among the personal rights safeguarded from legislative abridgement, in the "Bill of Rights" which form portions of our State Constitution.

In the Ohio case, "House of Refuge *versus* Ryan," the court declared that "the authority of the State as *paren patria* to assume guardianship and education of dependent and homeless children, as well as neglected orphans, is unquestioned. The institutions for public charity for this purpose in this State are a subject of just pride to every citizen. The provisions of law should receive such construction as will not defeat a humane intention.

Therefore, every child has certain rights which this State recognizes, namely: To be born right. To be loved. To have his individuality respected. To be trained wisely in body, mind and spirit. To be protected from evil persons and influences. To have a fair chance of life.

In short, the State owes the child the duty of enabling it to become a good citizen, hence its welfare is the State's first consideration, even to the extent of removing it from the parents, if the court finds it is being injured by remaining, for the reason that the State's right over a dependent child is paramount to the parents' right. But the State may, and does, insist on parental responsibility for the proper care of children, and under no circumstances does it give the father or the mother the right to relieve themselves voluntarily of this responsibility.

For many years it has been the custom of private child-caring organizations to receive from parents custody and control of their minor children in form of a voluntary release in writing, made and signed by such parent. In the case of *Leonard versus the Catholic Children's Aid Association*, in this State, Chancellor Stevens decided that such written releases were worthless because of the fact that parents had not the inherent or legal right voluntarily to relieve themselves of the natural duty they owe their children. The State alone, through its courts, has the power to relieve parents of such duties and responsibilities, and this power is never exercised except for cause, such as when it is found that they are wholly unfit for the office of education or when they have been neglectful or cruel. When parents have abandoned a child they are entitled to a hearing, but not a jury trial, since the proceeding is not a criminal one.

The State, by virtue of its police powers, has gone even further and asserted its right to control the means and the methods of caring for and educating children, as evidenced by our very excellent child labor laws and our compulsory education law.

In the case of the State of Ohio *versus* Quigley, the validity of the compulsory law was tested and the constitutionality declared sound. This is at present a leading case on the subject. The question was brought up in 1890 by the Director of Compulsory Education on a refusal of Archbishop Quigley to give a list of the pupils in his parish school to the truant officer. The issue was the constitutionality of the Compulsory Education Law.

The court further exercises this right by authorizing its officers to inspect, control and regulate conditions under which the children work in factories, etc., irrespective of whether they are dependents or otherwise. But dependent children, by reason of their helplessness and destitution, are more particularly the State's wards, and, as such, it is more essentially the State's right and duty to protect such children; inspect, control and regulate the nature, adequacy and efficiency of all institutions, private and public, whose board of managers take it upon themselves to care for these children. Summarized:

(1) The State's right over the children is paramount to the parents' right.

(2) The State, through its court, may remove children permanently from the parents for cause.

(3) The Legislature may pass and enforce laws providing for the proper care of children, whether they be in the custody of parents, guardians or corporations.

(4) The State owes to the child the duty of care and protection.

(5) A parent has no legal authority or power voluntarily to surrender the control or responsibility of a dependent child.

Flowing from this legal relation of the State to the dependent child are certain well recognized duties. It is of interest to examine into what the State of New Jersey has done to acquit itself properly of these duties.

It may be said that the State as such makes no direct financial provision for the care of dependents, other than such dependents as are defective, such as the deaf and dumb, insane and blind, and for other dependent children the State delegates its authority to county and municipal corporations and to private societies. It even goes further in that it permits any person whatsoever to step in and take over the duty of caring for dependent children.

In this regard the State has improved but little upon the old Poor Law method, transplanted into this country originally from England. This system provided for public care locally administered and expressed itself in two types, namely: The Virginian or County type and the New England or Town type, to square up with the forms of local government then in operation in those two districts.

In New Jersey both types are present; that is, we have eleven counties administering poor relief through its county officers, in the remaining ten counties the municipal type of administering financial aid is being adhered to.

In all cases where circumstances make a child a dependent, the overseer of the poor in his district is the officer legally charged with the duty of investigating and determining whether

or not the child is to be made a financial charge on the city, the borough, town or the county, as the case may be.

If the overseer happens to have his district in a county where the freeholders of that county assume financial responsibility for poor relief purposes, the overseer has seldom any pressing reason why he should not commit the child to the county almshouse, since in that case his particular district will not be charged directly with the burden of the child's support. Obversely, if the overseer is living in a county where the municipal type of financial responsibility has been adopted, he, the overseer, is never anxious to commit a child as a public charge, and generally makes use of every means that his fertile brain can devise to save his locality from assuming any financial responsibility.

He first tests the residence clause in the Poor Law; if that fails to meet his conception of a reason for a refusal to commit he may find that his locality provides no appropriation for the care of the dependent child; that reason again failing, he often-times falls back on private child-saving organizations to assume the custodial care and responsibility and thus relieve his district of a legal financial burden.

This old Poor Law system of providing for dependent children has not been changed since the Revolution, except in that provision was made by a law passed in 1899 prohibiting overseers from keeping children in an almshouse longer than thirty days and establishing a State Board of Children's Guardians to remove such children from almshouses and provide for their care at local expense.

This law, without doubt, has been one of the greatest measures ever passed by the State in recognition of the duty it owed to helpless and dependent children.

The law, of course, is not a perfect one, and has its limitations. In its operation it might be termed passive, inasmuch as it can only be called into operation by a commitment of a child by an overseer of the poor to an almshouse.

In the interpretation of that law it seems that a dependent child does not become a State ward and eligible for public relief until such commitment is made and the child's name actually written on the almshouse register.

This law does not enable the State Board of Children's Guardians to compel the overseer to commit, but leaves him free to exercise his functions of thrift and discretion under the old system inherited from Colonial days. On this discretion of the overseer of whether he will *or* he *will not* commit a child to an almshouse rests the cardinal reason for the existence of so many private orphanages and placing-out societies.

At present New Jersey has about 380 overseers of the poor, representing as many political subdivisions of the State.

These overseers are responsible only to the local boards for what they do. To these boards they are expected to prepare and present annual statements. There is no State or central authority to which all overseers might be expected to report on their work, and consequently there is no means whereby a general official comparison of their methods and expenditures may be had. Until such a regulation is secured it will be difficult to classify and standardize methods of relief or arrive at any sure conception whether the dependent child receives its rightful share of the taxpayers' money.

The necessity of State supervision of overseers' methods and expenditures has become an economic desirability, and a law authorizing such purpose is one of our first needs.

We want badly some material evidence to enlighten us to the real reason why we need to-day in New Jersey sixty-one orphan asylums, crowded with dependent or partially dependent children; why we have sixteen Children's Aid Societies; and what is the basic reason for their existence and for their continued voluntary support by the public.

In the old days when the almshouse was the only public provision in existence for the destitute child, a reason for voluntary private care was a necessity. But at present we find that because of enlightened public opinion many of the props supporting that contention have been eliminated by:

(1) Act establishing a State Board of Children's Guardians.

(2) Act establishing the Juvenile Court, both of which are an evolution, the result of many years of ineffective adverse experience in dealing with dependent children.

(3) The Widows' Pension Law, which in itself is but a crystallization of the general belief of all enlightened people that the preservation of the family unit, intact and inseparable, is the cornerstone of American citizenship.

Each of these laws was built on the people's conception and recognition of the value of the child to the community, as well as his value to himself. Further, these laws are a registration of a confession that the State owes a duty to its dependent children and that it is struggling gradually to equip itself to perform that duty.

All laws for child betterment are the result of gradual evolution of sentiment of the people, and as the Constitution says all political power is inherent in the people, it follows that in order to improve present conditions surrounding dependent children, public knowledge of such conditions is imperative.

New Jersey has not a clean slate on which to write model laws to meet the wants of dependent children of to-day. If such were the case, few of us doubt but that the people would write thereon a child's real Bill of Rights.

Instead, the statute book is already cluttered with an aggregation of patched-over laws that make for divided responsibility and delegated authority to small political units, each interpreting its duties, independently of the other, resulting in inadequacy of provision and inefficiency of administration.

Voluntary organizations as a consequence were from the very weakness of the provision encouraged by public sentiment to take a hand.

That is one of the main reasons why at present we have engrafted on the State as supplementary provision our privately-supported orphan asylums and Children's Aid Societies, housing probably 5,000 dependent children.

Some of these institutions are good, some indifferent; like the overseers, there is no central authority to which they are responsible for the child's care, nor is there any uniform standard whereby the child may receive that kind of care that the State owes him.

Still the stubborn fact remains that these private institutions

exist and have been in existence at the price of considerable public sacrifice from time immemorial. They have increased with the population and show no signs of abating, which fact affords proof positive that there are real reasons for their presence, which I might attempt to enumerate as follows:

- (1) Inadequacy of public provision.
- (2) Disinclination of many people to accept for children Poor Law provision, believing it carried with it a stigma.
- (3) Absence of legislative provision for the moral and religious training of the child in its own faith, prior to the establishing of the State Board of Children's Guardians.
- (4) Desire of relatives to make part payments for the board of children under auspices that appeal to their sense of fitness.

Due credit must be given to the contentions of those pioneers of private provision, as they have been willing to back their opinion by sacrifice of energy and money, and in any reformative program that the Legislature might possibly contemplate for bettering the condition of dependent children, fair consideration will have to be given the value of the voluntary element in child-care, which has found expression in corporate bodies, not for pecuniary profit.

The factors of strength, in such organizations that particularly demand recognition and study, might be classified as follows:

- (1) The value of the private real estate used in housing and caring for children.
- (2) The amount of voluntary contributions received annually for support.
- (3) The value of endowments which partly support some private institutions and entirely support others.
- (4) The educational and moral value, which flows as a consequent result of their efforts to obtain voluntary support. Every appeal for funds is backed by an advertisement of conditions that require a remedy. The futility of indiscriminate giving is emphasized and public attention is focused on the hardships that children suffer by the very fact that the appeal touches the pocketbook. It may be also mentioned that a great many of

the legislative measures for child improvement have their origin in private initiative.

The weakness of private effort might be summarized as follows:

(1) Duplication of energy and decentralization of responsibility.

(2) Loss of time in securing financial aid.

(3) Time of executive meetings taken up discussing the economic problem, instead of considering ways and means to better the child.

(4) Temptation of boards of managers to relieve their burden at the taxpayers' expense, either by way of contract for boarding children or by way of a general subsidy as part support of the institution.

(5) Stagnation and atrophy of educative functions arising from endowments, sufficiently ample to make them independent of appeal for general support.

(6) Indiscriminate admission of children to orphanages without investigation and the unnecessary extension of confinement beyond the period of family distress that necessitated the admission.

Some of these private child-caring organizations have charters of incorporation antedating our amended Constitution of 1875, and as such are inviolable in so far as the contract principle cannot be impaired even by the State, as laid down in the famous Dartmouth College case.

Fortunately, our amended Constitution of 1875 has legislated the private charter out of existence and provided for the granting of certificates of incorporation under a general law.

And this brings me to the third and last principal difficulty that makes for confusion in and indecision in the administration of the statute law relating to children.

Various have been the complaints of laymen and lawyers as to the proper law to apply to certain cases where the child's welfare is concerned, and not without reason. For this condition private child-welfare bodies have been largely to blame. In their individual efforts to procure legislation to strengthen



and give legal authority to their activities, laws were passed to suit their particular needs and their particular districts of such a special and local character as to assume all the earmarks of special legislation, and as such unconstitutional.

Amendment clauses were introduced in every conceivable way without due regard to the new relation to other portions of the law created by such amendment.

In some cases enactment has been piled upon enactment where nothing is in terms repealed, but where a later law plainly repeals in part the prior law by constitution, it plainly does not repeal the whole, yet where the repeal begins and where it ends it is hard to tell. Some lawyers believe, for instance, that the Poor Law of 1911 clearly repeals the prior law of 1874, while others are of the opinion that such a construction is not apparent, and so on with many others.

Oftentimes machinery for the enforcement of a statute is not provided and amendments are passed entirely overlooking other amendments to the same statute; and sometimes laws were amended that were no longer in force, having been repealed before. For many years justices of the peace and police judges have been trying cases of parents charged with cruelty and neglect of children and committing them to jail under a State law that registered such an offense a misdemeanor, and as such, some lawyers believe, belonged to the jurisdiction of the county court in spite of the clause giving the peace justice authority. (It will be noticed that the new child-welfare law avoids the word misdemeanor in its provisions.)

Other enactments stand on the statute books, as a result of the work of interested county and private corporations, which weaken the provision of the State Board of Children's Guardians Act, by giving such corporations concurrent jurisdiction with the said board for the care of dependent children.

I have purposely mentioned these matters to indicate the difficulties the State will have to meet when the time comes to write into the laws a "children's charter" embodying the duties and responsibilities which the State owes to its dependent children.

At various times an attempt has been made by lawyers interested in child-welfare to assemble, revise and codify the various laws of the statute book relating to minors, but the more deeply they have gone into the subject the more evident did the difficulty of codification present itself, for the reason that the Constitution of the State in one of its provisions restricting the powers of the Legislature embodies the following restraint:

"No bill shall contain more than one subject, which shall be clearly expressed in the title."

The purpose of this restriction is to give notice of attempted legislation to the legislators and the public, as well as to prevent log-rolling, as when various incongruous provisions are united to be carried through under a sort of compromise. It also prevents the saddling of a bill with provisions not germane to it. Most States have such restriction in their constitutions as the foregoing, but some of them have made special exceptions to this limitation in the case of appropriation and codification bills. Our Constitution has made no such exceptions.

In States in which all the statutes have been reduced to a code—as in New York State, which amended its Constitution in 1846 for this purpose—logical arrangement in revision, or, amendments of a general law, could in the title be referred to its proper place in the code, or revised statutes. This would be notice to legislators.

In this State there are so many laws referred to child-welfare that any codification of them that would stand a constitutional test would require some wonderful ingenuity of phrasing. It might be possible, but those who have studied the matter have been discouraged. Our recent child-welfare law is the nearest approach to what we require, within possible and practical limits, warranted by presented conditions.

To sum up, I believe we are agreed that:

1. The dependent child is a special ward of the State, and as such entitled to its special protection and care.
2. The State, by reason of its having originally delegated parental functions to various local political units and private

organizations, has failed to provide the necessary safeguards insuring a uniform or a minimum standard of care.

3. That the present patched and varicolored condition of our statute laws relating to dependents, oppose a serious obstacle to any up-to-date, enlightened legislation that might be contemplated.

The remedies which I believe are practical and which would make for general improvement are as follows:

1. The financial responsibility now resting on townships, boroughs, towns and cities in ten counties of this State should be assumed by the county, and that a campaign of education towards that end should be inaugurated.

2. That all counties should be obliged to adhere strictly to the State law by transferring dependent children to the care of the State Board of Children's Guardians, instead of to private child-caring corporations whose operations are not subject to legal restrictions either as to the child's physical well-being or to its religious inheritance.

3. That the Commissioner of Charities should be legally empowered to exact from all overseers of the poor complete annual reports as to their activities relating to the care of dependent children, and that the said commissioner be given authority to inspect periodically and standardize the work of such overseer.

4. That in the meanwhile a law should be passed making it mandatory for the Commissioner of Charities to inspect all private institutions in which municipal or county authorities place dependent children at public expense, and that all placing out of such children should be done by the State Board of Children's Guardians, and not by such private institutions.

I have intentionally emphasized the State supervision in the two preceding paragraphs, as the State under these circumstances owes the taxpayers a double duty, namely, to see that the dependent child gets a square deal and that the public money inuring for that purpose is wisely expended.

For other voluntary child-caring corporations the present new permissive law providing for inspection and endorsement should be tested out before extending the provisions further.

New Jersey, as compared with other States, is not the most progressive in its provision for dependent children. This may be due to the fact that this particular class of children, as distinguished from others, is not a danger to property or health, for poverty is their only affliction, and sometimes it is not even an affliction. For, as a French writer has said, "Poverty is that wonderful and terrible trial from which the feeble come out famous, and the strong come out sublime, the crucible in which Destiny casts a man whenever she desires a scoundrel or a demigod."

The dependent child does not need institutional discipline, because he is not a delinquent or a criminal; nor is it necessary to segregate him, since he is not a defective. His wants are the wants of a normal, healthy child, friendless and destitute, and as such asks of the State as *paren patria* an opportunity to live under conditions that afford a fair prospect of development into clean manhood. A State that denies him this denies itself one of the best dividend-paying investments.

ROBERT L. FLEMMING, JERSEY CITY.

The present child-caring laws of New Jersey are far more complete than most people appreciate. The great trouble is not in the laws, but in the enforcement of the laws, and it is impossible to enforce a law until you teach a community the necessity for that law and the advantages of its enforcement. I think that Mr. C. C. Carstens, of Boston, has placed the true value on the New Jersey child-caring laws in his report to the Baltimore Convention, namely, that they can be used as a model for the rest of the country, especially in view of the fact that when that report was made he did not have before him the "Child-Welfare" law, which covers most of the omissions he points out in the New Jersey laws. The State Board of Guardians has, for instance, not only provided for the care of the dependent children committed to its care, but the law under which it acts also provides: "Said Board of Children's Guardians shall have the care of and maintain a general supervision

over all indigent, helpless, dependent, abandoned, friendless and poor children who may now be or who may hereafter become public charges; and said board shall have the care of and maintain supervision over all children adjudged public charges who may now be in the charge, custody and control of any county asylum, county home, almshouse, poorhouse, charitable institution, home or family to which said child or children may be or have been committed, confined, adopted, apprenticed, indentured or bound out."

Another provision is: "The State Board of Children's Guardians shall remain the guardians of all children indentured, bound out or put forth, who may now be or may hereafter become public charges." Thus it is apparent that the State Board of Guardians has the legal power to supervise all dependent children and is their guardian, although I do not know of an instance in which a court of the State has, recognizing this provision of the law, notified the New Jersey State Board of Guardians and made it a party to the adoption of a dependent child who has been in the custody of a private society. If our judges are so delinquent, is it to be wondered at that so few laymen are aware of the provisions of the child-caring laws?

In our civilization the family is the unit. If we are to raise the standard of our State we must raise the standard of family life. New Jersey now recognizes this. Formerly the individual was considered as the unit, with the natural result that the orphan asylum was accepted as the proper solution of the "Child Problem." To-day we appreciate that the old-style orphan asylums have failed. The theory that the character and morals of a child are inherited from its parents has not been proved. I think I am justified in saying that the child's character and morals are formed and controlled almost exclusively by its surroundings. We must, therefore, if we are to succeed in raising a higher civilization in our State, raise the standard of the home. It is necessary, therefore, if our "Children's Laws" are to be a success, to work not with the individual child, but with the home, and no law for the protection of children can be suc-

cessful that does not give the child a normal home life. The State Board of Children's Guardians law is founded on this theory, and the results accomplished by it are almost beyond belief. Only one child in the care of the State Board of Children's Guardians was arraigned before the court during the two years last past, a feeble-minded girl who was arrested for shoplifting. She was discharged and sent to Vineland.

Any system that is to be effective in meeting the "Child Problem" must include:

1. State care and supervision of all dependent and delinquent children.

2. State supervision of private child-caring societies, so that they may all reach a standard to be fixed by the State.

3. Abolishment of the old-style orphan asylum and the placing of the child inmates in private families, under constant supervision.

4. The placing of the parents of the children under probation to secure new and proper homes so that the children can be returned to them with a fair chance in life. Certain of the orphan asylums might well be used for the care of defective and diseased children, especially those infected with the "family diseases," who are uncared for at present. Others of the orphan asylums to be used as temporary shelter for children while their parents are being forced by the State to provide a proper home for them.

5. Enlargement of the work of the Juvenile Court of the counties of the first class and their strengthening so that they may have the power to punish the parents of the children and power to force such parents to provide new and proper homes for the children, the parents to be held on probation until they obey the order of the court.

6. Thorough reorganization of our public school system so that the child's education shall fit it to become a bread-winner or trained housekeeper.

Most of this program could be put in force to-day if the child-caring societies would give their consent. There would be no trouble in carrying out the rest of the program or accomplish-

ing any other reforms that may be necessary, for the combined effort of all child-caring societies of the State would be an irresistible force.

I am glad to say that the Legislature of the State of New Jersey has been willing to pass any law necessary for the protection of children. Is it not the duty of the child-caring societies to do their part of joining forces and creating a unified system so that as far as possible all the children of the State may be assured a fair chance in life?

### **Why Are Children in Orphan Asylums?**

MISS A. J. SUTPHEN, MEMBER OF BOARD OF TRUSTEES, NEWARK  
ORPHAN ASYLUM.

Undoubtedly the main reason that children are in orphan asylums and other kindred institutions is that dependent children have been cared for in that way in our cities for the last seventy-five years. We have had the institutions and the people have been trained to support them, and those interested in dependent children have turned to them for a solution of their difficulties. Public opinion has adjusted itself to them.

For the last few years there has been a growing sentiment for the "Every Homeless Child in a Family Home" slogan, and in some cities this has been brought to pass most successfully. For the rest of us this change is coming more slowly and must of necessity be a matter of education and development. The institution itself is steadily changing and adapting itself to the changing conditions in the changing life about it and the attitude of the public, supporter and supported, will also change. No board of managers is proud of a complete standstill in its policy in any line of work in these days of progressive thought.

It is not altogether because "groups of people want to identify themselves with some tangible scheme" that the institution has not shut its doors, for it will still be needed during the readjusting scheme, and may adjust to a very real need in the child-welfare movement. The institution is already in existence and

the children are already in it being cared for with more and more thought for the individual child. The change will come and is coming in the conditions of admission to the homes. The class of children is already different. We are the Emergency Hospital that opens its doors to those in need and tides them over a hard time. The ideal of the institution to-day is not to make a permanent home for the child, but to make a home for him till his family can be reconstructed after some collapse has temporarily thrown it out of adjustment. Besides this we "clean up" the neglected child and prepare him for a higher type of family home.

It is by no means a new thing for the institutions to place the children in free homes, either for adoption or, when they are old enough to render service, to assist in the home or on farms. And this has by no means always been the unsupervised placing which has brought the volunteer such scathing criticism by its abuses. Many of the children who have gone out from the homes have had just cause to bless their whole relation with them and the governing staff, a fact frequently brought to my attention by our alumni.

We discovered some time since that a number of our Italian cases referred to us as the college, and were thoroughly proud to have graduated there. It is not that spirit that I have in mind, but the long list of young men and young women who to-day give credit to the home and the principles instilled in them there for their success in life. In my four years' association with the work of the Admission Committee I think there are not more than three cases of those brought to my attention who have turned out badly, and one of those was deficient. While I am frequently brought in contact with the happier product.

The children in orphan asylums are always there, naturally, through the failure of the parents properly to protect and support them. In my experience this has not been due to alcohol and immorality as much as to misfortune and inefficiency. We deal with four classes of dependent orphans: the full orphan, the fatherless, the motherless and the illegitimate, orphaned more than any.



The full orphan is one of the easiest problems of any child-welfare society. If he has relatives able to take him in the family it is not difficult to persuade them so to do. If he is alone, he is the one those are looking for who want to adopt a child, so that they will not be in perpetual fear that someone will interfere with their right to him. My predecessor told me that she had a hundred applications for every full orphan who was normal. Those who are not up to par stay on till they are given a chance to respond to nourishment and regular living. Then they, too, move on. The average stay of a child in our home is two and a half years, an average which is made higher because we are keeping one family of four together there and sending the oldest girl to the public industrial school, so that she may fulfill her ideal of making a home for her father and elder brother. She is in a fair way to succeed in this, and in the meantime the youngest is being healed of a physical weakness by the constant treatment for his trouble. Besides this the average includes a girl who has developed so well under the care of an "understanding friend" in the person of the matron and is waiting now for the advantage of the summer in the country before she enters for a nurse's training in the fall.

The child without a *father* represents the majority of our dependents. He becomes dependent through the inability of the mother to cope with the struggle to maintain the home with its main support gone. Where there are no relatives ready to step in the breach and hold the home together she has to go out to work at a wage hardly adequate to properly maintain the home, more often the children are too small to let her do even that, and often she is one of the inefficient. Failing to get along without help she gets aid from church, charities or the pension. Sometimes she weathers it for quite a time until ill luck or slack work saps her courage and makes her turn to the dreaded separation from her children. The family boarding home, if known to her, takes more than she is able to pay, and she turns to the larger home where the expense is adjusted to her ability to pay. The very segregation which can lead to the

abuses in an institution makes a strong appeal to her as a safe shelter for them until she is able to take them back to her re-established home. Some of these mothers are out at service, or are in factories or at day's work. In many cases both the widowed mothers and fathers are keeping a home with the older children or are boarding them in family homes.

The children without a mother make the other large group of our dependent children. In many cases a home of comfort becomes the most pitiable wreck after the death of the mother who has made it. The housekeepers available in such an emergency who really meet the situation are pitifully few and far between, and the story of a broken home, and often a broken man, is the too frequent sequel. Sometimes he is able to farm his children around with his friends and relatives, but when the first sympathetic interest is over and the cares the children bring with them manifest themselves his troubles begin, and many a father has counted himself happy to bring his children together again in our safe harbor. In almost every case the man has been unable to pay for the full support of each child.

From the point of view of the interested adult, then, the orphan asylum meets their need. Their very need opens the door for their children at the price they are able to pay, and the very character of the large organization establishes a confidence in the safekeeping of the child without alienation of his affection or a fear of expulsion through further adversity.

From the viewpoint of the child, then, does the institution rob him of his rights? I think not, as institutions are conducted to-day and as they are continually changing to meet the requirements from within and without. Some of the institutions in Newark have both a summer home and winter home. Our children are turned loose in a most attractive country home for six months of the year with their own gardens, a swimming pool in the good-sized lake they row on, farm animals and fruit trees and everything that goes to make the country a happy place, and *no* confining fences. In the city this long country outing interferes with the public schooling of all but the five oldest children, who are in the evening high

school, so a private school is maintained both in the city and in the country. Last year a Boy Scout leader was sent to Westfield several times a week and took the boys on hikes and established the "good-turn-a-day" code. In the city a complete playground equipment has been set up and the Guild sends a playground teacher in the spring months. Indoors the children have more and more individual care given to their different temperaments. The older girls get some domestic training and useful sewing. In the infirmary, running ears and such physical defects are persistently treated and cured where possible. Altogether the child in the home is far from being the pitiable object fancy often pictures him.

When a highly organized central system of beneficence can be developed, the welfare plan for Newark will probably include one institution, a combination of those now existing in which those children classed as the less desirable can be cared for in a cottage colony, with provisions for special educational training, hand work in its many forms in both industrial and vocational training, economic training and moral training. Behind all these, of course, must be built up a splendid physical training to develop the strong body as a basis. With such an aid to the development of the children suffering from neglect, and every desirable child placed in a family home with the help of his own people and the "friendly organization," surely the dream we all have in the background of our mind at least will be realized and every child will have a chance to come into his own.

#### **Problems of Institutional Care.**

CHARLES C. RUBENS, SUPERINTENDENT HEBREW ORPHAN  
ASYLUM, NEWARK.

The subject assigned to me is so broad in its scope, including almost anything and everything related to the internal affairs of an institution, that in treating it I found it necessary to be both brief and discriminating. The problems being so many, I have selected only six which to my mind seemed most im-

portant, and this number I have merely touched upon in order to bring my presentation within the time allowed. I have endeavored throughout to draw on my personal experience, as these problems were handled in the Newark institution which it is my privilege to represent.

I shall enumerate at once the problems of institutional care which I have selected for discussion:

1. How can we maintain a proper standard of health among the children in the institution?
2. How shall we give our children the education which fits for life?
3. By what means can the institution furnish its wards with a proper social life and wholesome recreation?
4. The problem of discipline; how shall we approach it?
5. How can we preserve the right relationship between the children and their relatives, so that the two should not become estranged?
6. The problem of "After Care," *i. e.*, how shall the children be followed up after they leave the institution?

I think you will agree with me that if I have not succeeded in naming the most important problems of institution care, that I have at least named very perplexing and trying questions which demand a solution in every institution for the care of children.

First, then, is the problem of health. My personal experience in the Hebrew Orphan Asylum of Newark during the first winter of my administration was very trying. We had two epidemics, diphtheria and mumps, besides minor cases of sickness day after day. True, there was nothing very unusual in this experience; it can be expected wherever children are housed in large number; but we looked upon it quite seriously, and we sought for causes. The following are some of the preventive measures we undertook: The building was repainted from basement to roof. Individual steel lockers replaced the old wooden closets used for the children's wearing apparel. A magnificent outdoor playhouse was built and the children were taken out of the dingy basement playrooms. The windows were

kept open at all times, and the children impressed with the importance of fresh air and outdoor life. Last, but not least, the menu was enriched so that the children received the proper nourishment. I must add that we had very excellent medical attention and isolation facilities. What was the outcome of all these precautions? Three years have elapsed since that dismal winter and our health record for this period is remarkable. During the past winter, when Newark experienced two epidemics of great severity—grippe and measles—not one of our children was afflicted. Indeed, even our physicians are very agreeably surprised with this fortunate state of our health. In short, then, the problem of how to maintain good health among the children in an institution resolves itself into giving them a clean, sanitary environment, plenty of fresh air, proper nourishment, and last, but not least, good medical care and adequate hospital and dispensary facilities.

The second problem to be considered is that of education. How shall we fit the institution child to take his place in life on equal terms with his more fortunate brother who has been reared in a good private home? At the very outset we are confronted with the question as to whether the institution shall send its wards to the public school on the outside or whether it shall have a school of its own within the building. We have preferred the public school for the following reasons: The institution should have within its walls as much of the home-like atmosphere as possible. It should be a large household, and not a school. If the children leave the building daily for the outside school the institution will more nearly resemble the normal home. Moreover, by taking the children away from their institutional surroundings for several hours daily, and giving them a new environment among teachers and pupils who come from private homes, the institutional monotony is broken up, and they have an opportunity to rub shoulders with different classes of children and thus gain added confidence in themselves, together with the broad-mindedness which will come from a wider field of experience. Again, there is no question that the institution, with its limited means, cannot hope to

compete with our great public school system, where so much money is expended, where the best of teachers are secured on account of the inducements offered, and where the classes are so well graded with their excellent curricula. Last, but not least, we must remember that the institutional workers are quite human and require rest from their daily duties. This they can have during the hours that the children spend in school.

But is the public school education sufficient to fit the institution child for life? I do not think so. The institution can supplement this training in many ways. To begin with, the public school cannot necessarily concern itself with religion. Here, then, we have a great opportunity to develop character by means of religious instruction in the institution. Moreover, the institution, through its varied domestic activities, can find many opportunities for practical training. The kitchen, the dining-room, the laundry, the sewing and linen rooms, the dormitories and the hospital are some of the departments where the girls can acquire very necessary knowledge. The boys, too, can gain practical experience, as they do in our own institution, by assisting with the painting, repair work, office duties, the general cleaning, and above all the institution's farm. Some of our larger institutions having the means at their disposal have gone a step further along the lines of vocational guidance by instituting such courses as typewriting and stenography, millinery, dressmaking, telegraphy, printing and woodwork. In our own institution we send all deserving wards to the high schools. Thus, you see, that given the means, the opportunities for education in the institution are unlimited. The institutional graduate can be, and is often, remarkably well equipped for life.

We now come to our third problem, viz.: By what means can the institution furnish its wards with a proper social life and wholesome recreation? The very root of this problem lies in the proper relationship between institution workers and the children in their charge. We stand to them in the place of their parents, and if we endeavor to show for them fatherly and motherly concern, being sympathetic with them to the smallest details, we cannot fail to win their confidence, respect and affec-

tion. The trouble is that the institutional worker often looks upon himself as a disciplinarian, directing by signals and ruling through fear. Naturally, the children under these circumstances become suspicious of their guardians and fail to confide in them or trust them. If we desire to create a homelike atmosphere in the institution the children should be brought up to look upon their superiors as their friends who are eager to assist them in every way.

Of course we have many means of promoting social life among the children. Social and literary clubs should be organized and an effort made to induce young men and young women from the outside to lead these clubs. Personally, I have found such clubs of the greatest assistance. The children look forward to their meetings most eagerly. I have in mind one club in our institution who meet every Friday evening under the leadership of the resident lady workers of the institution. For two hours these girls play games, chat on anything and everything of interest to them, and then refreshments are served. The official relationship is entirely forgotten here. The girls learn to love the ladies who take these opportunities to explain matters of greatest concern to them, and which girls of the adolescent period should understand.

Besides having these club meetings, there are many other ways of promoting social life, viz., birthday parties, theatricals, lectures, entertainments, outings to places of interest and amusement. Very important is the proper mingling of the sexes at play and in the house, particularly by having the classmates seated together in the dining-room at small tables.

Hand in hand with the social life of the children come their play and recreation. Children must play in order to develop fully physically, mentally and morally. Above all, the institution requires playground facilities. The boys must have a baseball field. The girls must have space for their particular games. But there must also be a playhouse for inclement weather—a playhouse with windows all around, to admit fresh air and sunshine, and one provided with plenty of toys, games and gymnastic apparatus. Given these facilities, your problem of

discipline, to which we now come, must become simplified. Keep the children busy in the proper channels; give them the right opportunity for giving vent to their energies through play and exercising, and the mischievous boy or girl will suddenly become transformed.

In handling the problem of discipline, I have three working principles always before me:

1. Make as few rules as possible.
2. Do not look for trouble.
3. Good example for superiors is most important, for children are great mimics.

First, then, make as few rules as possible. The more rules made the more chances there are for children to be disobedient. Place as few restraints on the children as is consistent with good order in the institution. But good order does not mean military precision and deathlike stillness. This is repression and should not be permitted. When children are obedient, respectful and truthful, they are orderly. I have as little line formation as possible and absolutely no marching. The children have sufficient military training and severe discipline at school. The children should be directed by conversational methods and not by bell signals. Common-sense methods will make them more human and less machine-like.

My second principle is not to look for trouble. You who deal with children know too well that it is necessary to close your eyes very often and not see too much. The beginner does see too much, and the result is disastrous for both himself and the children. Suppose the youngster does forget himself at times, so do we grownups, and we do not feel that we deserve punishment.

We all know how necessary it is to set the right example before children. The quiet and dignified institutional workers, the genuine ladies and gentlemen, are the ones who bring out the best in the children. The worst thing in discipline is to lose your self-control and become enraged before children. You never get anywhere with such methods.

But you will say, there is certainly a problem of discipline in the institution. Given the best of environment, workers and



methods, you will find children need correction and punishment. Yes, you are right. In the best of families, too, children require to be corrected and punished at times. What methods of punishment are open and legitimate? Reasoning and reprimanding should be used for first offenses. When a child persists, then deprivation of privilege should follow. If these methods are not effective, isolation, keeping the offender away from the others in some room where he can have time and opportunity to reflect, will generally bring him to his senses. I am not prepared to say that corporal punishment should be abolished, but I am convinced that no other form of punishment makes the children so resentful and bitter, and the less it is used the better for both the children and their superiors. Above all we should remember that punishment should not be administered in a spirit of revenge or "getting even," but for the moral improvement of the child. It would be well to ask yourself, "How would I punish the child if he were my own?"

How can we preserve the intimate relationship between the children and their dear ones though separated in some cases for many years? We must remember that the great majority of the children in institutions are only half orphans and have relatives with whom they will and should live after they leave the institution. You know that one criticism often made of institutions is that the children are estranged from their relatives, even from the surviving parent, and many are the heart-aches suffered in consequence. How shall we overcome this condition and preserve the right relation between the children and their blood relations? The solution to this problem lies in the hands of the institutional authorities. From the day that the child is admitted until the time that he leaves the institution, and indeed for some time after that, the superintendent and his or her coworkers must be on their guard. To begin with, the first meeting between the superintendent and the child and his relatives is very important. The child should be made to understand that the institution will merely tide over a certain period of need, that it will be only his temporary home, that the relatives are, and will always remain, his natural protectors

and best friends. There should be frequent visiting days. The relatives should be in constant touch with their children in matters of progress at school and behavior at home. This can be done by conferences between relatives and the superintendent. Personally, I take every opportunity to lecture the children on filial duties, and to imbue them with the idea that it will be their duty and privilege to assist their dear ones after they leave the institution. The difficulty generally comes when the institutional graduate realizes the gap that often exists between him and his relatives in education and mode of living. I have several times been instrumental in making a family move to more desirable quarters for the sake of the children, who have been accustomed to a clean and healthful environment in the institution. As for the educational gap, the only way this can be overcome is to make the children understand that the same opportunities were not offered to their dear ones and that the fault is not theirs.

We come to the last problem to be considered, the problem of "after-care." The children generally leave the institution after the age of fourteen—a most critical period in their lives. All the good work the institution may have accomplished during the years of endeavor may be in vain if the child is permitted to shift for himself after he leaves the institution. It is just at this time that he needs guidance. How should we give it to him? In our own home we generally give the child a start by keeping him in the institution for several months after he has obtained a position. During these months, aside from the money he saves, we are able to explain the new experiences he is gaining while at work, and so adaptation to the new environment takes place while he is still with us in the institution. During these months we begin thinking about the home we shall send him to, and it is selected and prepared for him. After the child leaves us he is encouraged to visit us frequently and to join the alumni association. Besides this, he is visited either by the superintendent or by a committee of ladies appointed for the purpose.

Many other methods of after-care have been pursued in vari-

ous institutions. Every child leaving a certain Philadelphia orphanage is taken in charge by a particular director, who assumes the leadership of a big brother. Some of the larger institutions have paid workers engaged for this follow-up work. It is recognized that the institution has a problem to face after the child leaves the home, and those organizations that have not yet given this matter attention are not performing their entire duty to their children.

#### **Our State Wards.**

MISS FRANCES DAY, GENERAL AGENT OF THE STATE BOARD OF CHILDREN'S GUARDIANS.

First, let me tell you what the State Board of Children's Guardians is. So many people think that we are an institution or a society maintaining a home for the care of children. We have no institution. The board consists of seven members, appointed by the Governor, two of whom are women. The office and field staff consists of twenty-nine employees, all women. The field workers' duties are to investigate new family homes for children, visit children in the families and investigate the history of cases, and petitions for relief under an "Act to Promote Home Life for Dependent Children."

Any child who is fortunate enough to be committed as a State ward has a better start in life than many children in their own homes. When a child is committed to an almshouse it immediately becomes a ward of the State. It is given a thorough medical inspection by our physicians. This inspection shows any physical or mental defects of the child. If the child is feeble-minded, application is made for its admission to the proper institution for the care of such children. If it needs treatment for orthopædic diseases it is placed in a hospital for the treatment of such diseases where we have the very best surgeons to care for it. If the child needs an operation for the removal of enlarged tonsils or adenoids, it is placed in a hospital for the operation. If he needs the attention of an eye or ear specialist, he is given whatever treatment is neces-

sary by one of the best specialists in our city. A great deal of attention is given to the care of the teeth. Each child is given dental care and is supplied with a tooth brush and instructed in the use of them. After this is done the child is then ready to be placed permanently in a family under our supervision.

Care is taken to select the family. The agent takes the child to the new home, introduces it to its foster parents. Each child of school age must be kept in school regularly. Every month the child's school card is sent direct from this office to the principals of the school who send us a report on the child's attendance and standing in school, also a report on the general health and appearance of the child. In this way we are able to know about the child's school life without the foster parents knowing it.

Every child in our care is visited regularly every three months, and oftener when it is necessary. The family does not know when an agent is coming. One of our largest items of expense in traveling is for carriage hire; this is due to the fact that we do not notify the family when the agent will arrive. In many instances the agent could be met at the railroad station by a carriage from the home, but we feel that an unexpected visit is the best. We also have a system whereby the attendance at church and Sunday-school is checked direct from this office with the pastor of the church the child attends. Under the law every child must be placed in a family of its own faith.

We have to-day under our care 1,603 dependent children; of this number 144 are being boarded with their own mothers and 765 are boarding in the homes of strangers; 694 are in families free. This 694 includes some children whom we have placed with their parents without board, under our supervision. These cover cases where the parent or parents have been confined in jail, and who upon their release have established a home and are financially able to care for the children. When we are satisfied that the parents are doing well we place the children back with them and keep a close supervision over them. This supervision may last for several years. If at the end of that

time we are convinced that the rehabilitation of the home is permanent we discharge the children from our custody to the parents.

I might say that there are two separate divisions of State wards who are committed to us through the almshouses. One, the child who has no one to care for it and for whom we must find a family home. The other, the child who has a good mother who, because of the loss of the bread-earner through illness or confinement in a hospital for the insane or other institution, it was found necessary to commit the children. In such cases we have found that it has been for the best interests of the parents and children for us to place the children back in the home of the mother, under our supervision, and pay her what we would pay strangers for caring for the children. We now have forty-two families with 144 children under our supervision in this way, besides 1,459 children whom we have placed in families. We feel this is one of the most encouraging parts of our work, because we are able to build up the family and help before the home is entirely broken up. Long before the "Act to Promote Home Life for Dependent Children" was passed in New Jersey we were caring for children in the homes of their mothers in this way.

It is just seventeen years since the New Jersey State Board of Children's Guardians was organized and held its first meeting. We have worked long enough to see results and we are more than gratified. Of course we have had, and always will have, problems. Very often in placing our boys and girls it is like fitting a round peg in a square hole. We often have to transfer them from one family to another until we find the family to fit the child.

It is gratifying to have our old boys and girls come back to us for advice, even though they are out of our jurisdiction. We have several boys who have grown to manhood in the families we placed them when they were small boys, and who, after their marriage, have taken over the farms of the people whom we placed them with and are respected citizens in the locality in which they have grown up.

A number of these boys who have grown to manhood and who have families of their own have taken young boys from us to raise and are doing splendidly by them. Such results as these make us feel that New Jersey has the right idea in regard to the care of dependent children.

*Tuesday Morning, May 2d, 1916, 11 O'clock.*

**Mental Deficiency in Institutions.**

PROF. FRANK A. FETTER, PRINCETON, CHAIRMAN.

THE CHAIRMAN—We have provided this morning a sort of symposium, in which there is but a single opening paper or address, followed by discussion under the ten-minute rule, I believe, by several persons who are dealing with this problem. We trust that a broad general discussion will follow under the five-minute rule, of all those who are interested in the subject. I have the pleasure of introducing as the first speaker Dr. William Martin Richards, M.D., who is about to enter upon his duties as Director of Research at Rahway Reformatory.

**Cause and Treatment of Mental Deficiency in Institutions.**

WILLIAM MARTIN RICHARDS, DIRECTOR OF RESEARCH,  
RAHWAY REFORMATORY.

I thought we were to have a lantern here this morning so that I could better illustrate this subject to you.

We are all more or less mentally deficient. I know in a great many ways I am mentally deficient. It is almost a constitutional impossibility for me to see the obstacles in the way of doing something I want to do very much. My connection with the Rahway Reformatory is a very good example of that. Last November a patient, whose name I will not mention, came to me with asthma, sent to me by a doctor who said he had removed every possible factor in her asthma except possibly the fact that her glasses did not fit her. And sure enough that was the way it turned out. She had a piece of property in Lansing, Michigan, right next to the city market, and she gave me that piece of property. It was possible to put upon that property a building which would bring in a net income of between ten and fourteen thousand dollars a year. Thereafter she did not come

to me for some time. Meantime I had sold my practice in New York. She came to me and tried to persuade me not to relinquish my practice. I told her that unfortunately it was now too late, so I gave back her endowment and also gave back the will she had made in my favor.

The kind of mental deficiency I am going to speak of to-day is not feeble-mindedness necessarily, but the kind of mental deficiency which makes a person a public charge either in an institution or by means of what is called outdoor relief. I have found many of the same features which make a boy a criminal, or a girl a prostitute, makes a man or woman into a pauper, and that the removal of these factors which are sometimes possible changes that person's life into a life of an ordinary member of society.

I classify mental deficiency under three heads: the first, a lack of mental power; second, a deficient mental attitude; and third, deficient educational development. Now, it seems to me that those classes can be better treated early in life than late in life. After I had done some work with Dr. Frank Moore in the New Jersey Reformatory at Rahway five years ago, I was convinced that it is the delinquent school child who goes out into the world and becomes a criminal, a prostitute or a pauper, and that in working in the prisons and reformatories I was working at the wrong end of the line, after a great deal of the harm had been done, instead of at the beginning and before the harm was done. I therefore went to Angelo Patrey, principal of Public School 4, in the Bronx, New York, and to Mrs. Angelo Patrey, assistant principal of Public School 44 at that time, and with their help we picked out from their 5,000 children under them the forty most difficult to handle. These cases were of three kinds: first, the ungraded children who were too stupid for the regular class; second, the backward children who had to take more than one term to a grade; and third, disciplinary cases who played truant or occasionally kicked, bit and screamed for a few minutes at a time a few times a week, and they were sent down to me to see what I could do with them. I thought I would begin with one mental physical defect, and so I began with the one



that was the most common thing in a school child, and that was a lack of vision, or a good deal of discomfort when the eyes were used. We lost track of eight of these children by their being transferred to other schools or having lost their glasses the first week or so. Of those receiving treatment, 80 per cent. did average school work. This was brought to the attention of the New York Board of Health, and a much more expensive experiment was tried. (Dr. Richards describes a number of cases.)

Dr. Moore, Superintendent of the New Jersey Reformatory, and I want to do the same piece of work on the boys in his reformatory. We have a theory that the boys in that reformatory get there from one of three causes: first, mental deficiency due to some physical defect; second, mental deficiency due to a wrong mental attitude toward life. Every once in awhile we find a boy or a girl who feels that the world owes him a living who is unwilling to work at what the world has to offer. That is one example of a wrong mental attitude. And, third, is lack of educational development. What we propose to do at Rahway is to get a thorough history of his heredity, environment, every influence that has been brought to bear on that boy before he came there, and correct all his physical defects. Then we are going to submit him to the process we call psychopathic analysis, get him to tell everything he can in his life that has been lost to the imagination, and then afterward dig out of him by means of his treatment the important things he has forgotten, which, as a rule, are the most important things of all. In this way we hope to change that boy's attitude toward life, at the same time supplementing the religious and ethical teachings that the boys are getting. After we have corrected all the physical defects of an individual, either child or grown person, and after we have submitted that person to an educational course and psychopathic analysis, if that which remains is feeble-mindedness he should be either segregated or sterilized. But what I want to say is that we don't know whether an individual is feeble-minded until we have done these three things on him—corrected the physical defects, corrected his mental attitude, and given him a re-education.

I am not going to burden you with another long list of my cases, but I have had enough to make me believe that we need more medical school inspection and more vocational training in our schools and proper recreation centers, so that boys and girls don't get the wrong mental attitude toward society to begin with. In dealing with men in criminal institutions we must have sympathy. I am reminded very much of a sentence from Rudyard Kipling, and the sentence is, "Even as you and I."

THE CHAIRMAN—It seems that Dr. Richards has come into the State of New Jersey with some revolutionary ideas, and some of the influential workers who are threatened with the loss of their jobs may have very uncharitable views. It seems, however, that their problem is a very simple one. All they need to do is to begin some preliminary studies on fitting the schools to the work, and get on the approved list. It is a question of changing the kind of work that is to be done.

Dr. King is to open the discussion under the ten-minute rule, and I will give proper warning of the time.

DR. KING—I was much interested in the marvelous results obtained by Dr. Richards, in his treatment of fitting glasses to so many children. While listening to him I was consoled by the thought that I had found an outlet where I could send some three or four hundred feeble-minded persons who come before me every year, and who are now on our hands, there being no place to send them. There is no better place to accomplish good results than to send them to the Rahway Reformatory.

As I understand this subject of mental deficiency, it was to be discussed from different angles. May I be permitted to digress some from the paper read by the Doctor, as he appears to deal in physical defects only, showing no evidence that they were feeble-minded? The problem of mental deficiency is so large, so complex and so little understood, I might say misunderstood, that it will be a long time before anything will be done to decrease the growing number of this unfortunate class of human beings. That it is misunderstood is shown by the difference of opinion, the conflicting opinions of so many people who have given this

subject a great deal of thought. There are a certain number of cranks in this country who say that the only proper way to get rid of these patients would be extermination, kill them off. We kill off our mad dogs, but that does not lessen the virulence of hydrophobia. It might be an economical method of getting rid of them, just as it would be to enforce lynch law, but in the present stage of our civilization there is no Christian country on the face of the globe that will stand for such a procedure. There are others who advocate sterility. This method has been tried. It is on the statute books of several of our States. The Supreme Court of the State of New Jersey, as well as that of Iowa, have declared it unconstitutional. Then, too, there is no adequate proof that it has ever done any good, on the contrary great evils have resulted where it has been practiced. As soon as the fact is made known that certain people are sterile, it has been proven that the morals of their particular locality have been very bad. The fear of pregnancy is eliminated, and these persons are subjects of sexual perversion and other immoral acts without shame or restraint. The distribution of syphilis, a prominent factor in the causation of insanity and feeble-mindedness, is greatly increased.

What concerns the public at large most is, What are we going to do with those people? They are with us and what can be done with them? As far as the treatment of feeble-minded persons is concerned, there is no treatment. They should be sent to an institution and kept there as long as they live, but it is a very hard thing to get them there. The heads of the institutions where these persons are received will tell you they are overcrowded. My patience has been worn out more than once when numerous applicants come before me for admission to the institutions for feeble-minded persons in this State. As soon as the proper legal papers are completed, it is invariably the case that we are notified that our patients are placed on the waiting list, and that wait has very often worn out my patience and stirred up a certain amount of profanity that otherwise might have lain dormant in my system. No one can tell me that you can restore mentality to a feeble-minded woman or woman maintained

by our charitable organizations, who are sent to maternity hospitals and kept there until they are fit to be discharged, or until some provisions are made for the care of their illegitimate offspring. They cannot be sent to these institutions for feeble-minded because they are overcrowded. This is not fair. If 500 patients were sent to Dr. Evans' institution at Morris Plains to-day, with the proper legal formalities, even without any warning or notification of any kind, he would have to provide room for them. He could not say he was overcrowded, and he would have to find a place for them. In committing these patients to the State institutions, the person in charge is the only one to decide whether that person is a proper one to be sent there. He can, therefore, have that great privilege of selecting his cases, and by receiving the good ones and refusing the bad ones, it appears to me there ought to be no difficulty in caring for the inmates so selected. The bad results from this method are shown by the manner these feeble-minded women act when there is no such place for them to be received. As soon as they are discharged from the maternity hospital there is no place for them to go. Good meaning persons will have the idea that they ought to be put to work as a servant in some family. Employment of this kind is very often given to them, and as a rule it is generally in the home of a large family who are looking for cheap help. They take that girl and make all sorts of promises, even that they are going to make her a member of their family. She is there but a short time when she is battered about from pillar to post. She is a drudge and a slave, and almost always, when she becomes pregnant, the paternity of her child can be traced to one of the male members of that good and happy home. She goes out into the world again with the same result.

Before you can do anything to lessen the numbers of these persons, you first must provide for them. You also must eliminate, as much as possible, the causation of their mental defects, and not until you are able to do something of this kind are you going to make any progress. I speak from experience, and sometimes I have great doubts that the condition is inherited. We might inherit a certain tendency to insanity.

as we do a tendency to a bad constitution. I think in a great majority of these cases the cause can be traced to the hour of the child's birth. Incompetent and ignorant midwives do a great deal of harm sometimes, and in my opinion they are often responsible.

Between the years 1880 and 1890 there were 14 feeble-minded women who gave birth to illegitimate children in the Hudson County Almshouse. I have delivered these women myself, and every one of their offspring were normal mentally. I have seen these children grow up, who have married and have children of their own, all of whom have made useful members of society, showing no signs of mental disease.

#### Discussion.

MRS. E. V. H. MANSELL (Superintendent, State Home for Girls, Trenton)—After Dr. Richard's paper, I have not the courage to say how many feeble-minded girls we have in our institution. The probation work in the State is done so thoroughly that the girls are sifted. Each year we find we have a larger percentage of what we consider feeble-minded. We find this is true in all the States; in attending the National Conferences and consulting with other superintendents we find they have the same story to tell. We have 240 in the Home and about the same number on the outside. Those on the outside are visited by two parole officers, who warn or encourage the girls as may be necessary, occasionally changing a girl and now and then bringing a girl back to the Home, having her begin at the bottom again.

We have just secured a third parole officer who visits the homes of the girls still with us, to learn their entire history before coming to us, not the last act which brought her to us, but to learn what her environment has been, what she has had to contend with, what has made her what she is. We have tried in the Home to provide glasses for the girls who seem to need them. We have a special physician come in to examine them. Where he orders glasses they are provided. A girl wears glasses two or three days until somebody says "you look awful funny, you look like a grandmother," and away go the glasses. It is

a constant following up to see that they are worn when the girl is at work. Some of the girls who have been out at service and have money in the bank ask to be permitted to buy their glasses and they have simply the nose glasses, but they have spent so much in repairing them that we have decided if the girl objects to the spectacles, she cannot have the others. Perhaps we don't manage well, but we find in some of the other institutions that they only supply glasses for a girl who can pay for them and she pays the expense of repairing them.

I would like to tell you a little more about our work, but it is hard to crowd in much in ten minutes.

We try to fit the girls for life and those we fear to trust on the outside we try to place in Vineland. We have the same story as Dr. King about Vineland being crowded, but we hope more buildings may be erected and that we may have a chance to place more of our girls there. The trainable girls are fitted to make homes and many of them go out to service. Sometimes they don't like that kind of work, but it gives them a home and clothing, and money in the bank, and after they have earned enough they may take up some special study. We have at present two girls in our office who are paid regular salaries. These girls went to a business college, paying their own tuition, and after that training, working with us very satisfactorily—a third girl is receiving training for the same work. We teach scalp treatment, manicuring, millinery and dressmaking and many of the girls do well.

In time we expect to become part of the State-Use System. Rahway makes our shoes, tinware and furniture and does our printing. The State Prison makes our knitted underwear and stockings, and we expect to make doctors' and nurses' aprons, night shirts and pajamas.

Each girl has her separate room. We don't believe in dormitories. If the State would give us more buildings we could take care of more girls. We have frequently to notify the judges that we have no more room. We have taken two farmhouses and turned them into a home for the little colored girls. We keep the small white girls in a house by themselves, feeling that

the little ones are better away from the influence of the older girls.

We invite you to visit the Home.

THE CHAIRMAN—The next speaker I have known for twenty years. Mr. Stonaker, will you come up and take your position right in front.

MR. STONAKER—Three years ago a commission was appointed by the Legislature to try to get some relief for the insane in this State. That was made up of a strong group of men. They were asked to study and make a report last winter. One of the members of that commission is in this audience, and I think it is due this State and this Conference that what they have found out about mental deficiency should be known. I would like to surrender my time to Mr. Edward D. Page, of Oakland.

MR. PAGE—On April 3d, 1913, five gentlemen, of whom I was one, were appointed a commission to study into the methods and care of the insane in this State, and I wish to lay before this audience some of the results of that investigation.

The commission took up its duties immediately, and in the eight months that elapsed between the time of their appointment and the 19th of February, 1914, they gave a large amount of time to the study of the subject. Two of the commission were physicians, one of them from Morris Plains, the other from the Board of Trustees, at Trenton. The other two were business men, and the fifth member of the commission was the Hon. J. P. Byers, Commissioner of Charities and Correction of the State. The commission first went through the institutions of New Jersey to discover the conditions prevailing therein. But before dwelling upon what method should be employed, the commission visited a number of other States, going from Massachusetts on the east to Wisconsin on the west, stopping at intermediate points, passing down through Pennsylvania, Maryland, etc. The insane of New Jersey, as you know, are cared for in two State institutions and nine county institutions. The State institutions are large and are expensively equipped. So also are most of the county institutions.

We saw the folly, in our study of the insane, of building and equipping expensive buildings likely to last for a long time, because the methods of treatment are changed so rapidly that the buildings are hardly erected before they are absolutely or partially obsolete. There are about 7,000 insane confined in the various asylums. Almost every asylum in the State is full and terribly overcrowded. The Hudson County institution had an excess of about 60 per cent. The Morris Plains institution had an excess population of over 50 per cent. The insane were huddled together under conditions in the best available way, which were very distressing. Places which should have been given up for vocational purposes were taken up by beds. People were thrust together in rooms to such an extent that if they had been under the domain of the Marine Navigation laws the ships could not have sailed from our ports. There were two institutions for the mentally defective, also the private institutions, which had more applicants than they could attend to. We estimated at the time that there were about 5,000 mentally defective persons, largely children, at large in the State. We also pointed out that they were a menace to the community, and, following their instincts, were a menace to children who are not feeble-minded. At only three of these institutions was there any proportionate system for conducting research.

We submitted our views to the Governor, who asked us not to present our views at this time because it was going to cost too much money and asked for another report.

DOCTOR EVANS—I would like to ask Dr. Page if he visited the Morris Plains institution?

DOCTOR PAGE—No, I did not.

DOCTOR EVANS—I beg to say for the information of those present that Morris Plains has conducted a scientific department in connection with its institution for twenty years. It has had its laboratories, and has probably the best organized plant for research work in the State of New Jersey. We are not trying to exploit it either in the State or through the press, but those who are in earnest about acquiring knowledge about what we



are doing can acquire it by a personal visit, and they will be treated cordially, treated well, and invited to call again.

I did mean to discuss some facts of the paper which was read by Dr. Richards, but your time is so limited I don't want to detain you.

THE CHAIRMAN—I am notified by the officers this meeting must close promptly at one o'clock.

DR. RICHARDS—Once and for all, I do not believe that feeble-mindedness is curable. We may be able to prevent feeble-mindedness in early life, but I do not believe we can cure feeble-mindedness by anything. What I do mean is this: Prof. Summer, of Yale, once said some day we might have a committee to exterminate those who are too feeble-minded to get along in this world, but there are many a little wrong mentally, so I should want the committee to be a little considerate.

As regards the cause of these things. I want to give Mrs. Mansell a bit of advice. Miss Allie Jones, who has charge of a Public School in New York, found a very good scheme which has worked out well. Whenever a boy works his glasses are given to him, when he stops working his glasses are taken away. Now, if the glasses are right he will be so uncomfortable when he is not wearing them you will soon find he wants to work.

As regarding heredity, I quite agree with Dr. King that feeble-mindedness is not inherited. What I do believe is that these individuals inherit the physical defects, which, if not properly attended to, prevent development, which in the end is feeble-mindedness. Remember that the mentality of three years of age in an individual of twenty is feeble-mindedness, but mentality of three in a child of three is not feeble-mindedness. We are trying to find out what makes this.

In regard to the cost, is it not cheaper to pay the cost of preventing crime than to pay the cost of treatment afterward? In a high school class I found that 37 boys passed in a class of defectives. Every one of these boys had less than half as good vision as the boys in a similar class. We tried to raise \$150 to fit the boys with glasses. Compared with the amount of

money needed for the police to arrest the delinquents arising from this class, the courts to try them, and the prisons or institutions to take care of them afterwards, it was a small sum. Which do you want to pay, this small price to prevent or the larger amount afterward?

*Tuesday Afternoon, May 2d, 1916, 3 O'clock.*

**Mental Deficiency in Schools.**

DR. STEWART PATON, PRINCETON, CHAIRMAN.

DOCTOR WEEKS—I am quite sure there is no one who has done more for the Conference than Mrs. Thompson, and she does not need any formal introduction. We are very glad to elect Mrs. Thompson as President, and can surely look forward to a very great Conference next year. I can say to Mrs. Thompson that if she has the good support of all the people and committees I have had the past year, her difficulties as President of the Conference will be slight, in fact most pleasant.

MRS. THOMPSON—I don't know that I am expected to say anything further than to urge you to use your influence to bring the National Conference here next year. If we can bring this about it will be the biggest thing for New Jersey. I beg of you here to try and do all you can to aid and abet this undertaking.

**Address of Dr. Stewart Paton, Chairman.**

Before taking up the subject to be discussed, I should like to say that unfortunately two of the speakers who were to be here this afternoon have been detained on account of illness, but we have replaced them. Doctor Cornell, who you know has recently been appointed to Randall's Island, will speak to us. It has also been suggested that the formal part of this meeting be dispatched as quickly as possible in order that we may have a full and free discussion. I assure you it is a great relief to the speakers to feel that these are the sentiments of the audience.

As Chairman of this meeting I shall take the liberty of pushing the formal part of the proceedings through as rapidly as possible, in order that we may have a full discussion of this very important subject.

Five years ago several members of this society prepared a

statement for distribution at the meeting held in Princeton, calling attention to the necessity for taking concerted and intelligent action to conserve the brain power of the nation, and suggesting that the formulation of these plans be entrusted to persons who have some practical knowledge of the machinery by which human activities are expressed and controlled. Keeping this purpose in mind, let me try in a few words to indicate first what seems to me to be the subject of chief interest in this afternoon's Conference, and then if possible link that special interest with the general ones which represent the reasons for the existence of State as well as National conferences on charity.

Doubtless you will agree with me that there is a particular significance in the fact that an alienist has been asked to preside over a Conference in which school problems are the subject of discussion. Education in the modern, not scholastic, sense is a process which has for its object the intelligent direction of human activities. In order to understand and guide a machine in action we must first know something of its component parts and their relations to each other; and, finally, we must have a practical knowledge of the machine's working capacity and behavior when under stress. The greatest tragedy of civilization to-day is not the tragedy of war, but it is the failure of our educational system to prepare human beings to live happily and, therefore, successfully. When once we have adopted the principle that education is a process of securing for living beings a proper adjustment to their environment, one result will be that persons meritoriously classed as educated will not be the victims, as they are so frequently to-day, of preventable diseases; and, furthermore, the possession of an education will be recognized as a safeguard against the incidence of nervous and mental breakdowns, while schools will cease to be experimental stations for giving amateurs quite ignorant of the delicate mechanisms of the brain and nervous system almost unlimited opportunities to see how far these organs may be taxed without inflicting permanent damage.

In order to carry into practice the biologic conception of education there must be a large supply of teachers, capable first of estimating the adjusting capacity of human beings entrusted to

their care, and in the second place these directors of human energy should be qualified to assist students to acquire the form of discipline which is of distinct value in living.

The new education does not ask as the first question on examination how much of the useless information generally imparted in the class or lecture room has been retained, but it does make inquiries concerning the habits of life and the individual characteristics of feeling, thinking, and acting of the students.

Unfortunately the alienist to-day is the only person who is trained to study human behavior critically, with the double object of preventing failures and rendering success more probable in the struggle for existence. If we keep this fact in mind we shall realize the importance of the measure now brought before the attention of the people of this State, proposing a reorganization of the present antiquated system of caring for the insane, and asking for the substitution of a State Board of Mental Hygiene, which will attract to the service of the State persons who are competent to speak with authority upon the fundamental problems connected with the study of human behavior—education, social reforms, penology, the care of mental defectives and a comprehensive scheme for the sober, well-planned guidance of thought and conduct, at a time when not only individuals but nations have gone mad.

If I comprehend the significance of this Conference, may not this attitude of mind serve to some extent to express my appreciation of the honor conferred upon me in making me Chairman of this section? I take pleasure in introducing to you the first one of the speakers, who will present the special phases of the problem of human behavior which the committee selected as the subject for the afternoon's discussion.

I now take great pleasure in introducing to you the speaker who has been assigned to us this afternoon. I have known Dr. Bailey too long and too intimately to indulge in very formal terms in presenting him to you. Doctor Bailey.

**Selection in Education.**

PEARCE BAILEY, M.D., PHYSICIAN TO THE NEUROLOGICAL  
INSTITUTE OF NEW YORK AND PARIS.

Mr. Chairman, ladies and gentlemen: I have no particular qualifications to speak on the subject of education, and should not be here except for the conviction I have, which is the conviction that Dr. Paton has already expressed, that the first step forward in education will be along the line of those facts which physicians have brought to their attention every day, which result from defects in education. I am not referring to the subject of feeble-mindedness, but to certain traits in character which come out in persons who are not effectively educated. After speaking of that, I will suggest an experiment by which this object might be attained. Let us start at the outset with the assumption that a large number of people deviate somewhat from the normal, and that education to be effective must make allowance for these deviations, if the individuals themselves are to be useful and happy and co-operative in society.

There are two kinds of thinking. One of these kind is logical thought, in which propositions are regarded as impersonal, and the conclusions which are drawn from the facts have nothing to do with the personal interests of the thinker. There is another kind of thinking which is extremely common with all of us, which is wish and fear thinking. In this kind of thinking our wishes and fears rather than our logic create reality, so that when under the domination of this kind of thought we are controlled more by what we want or what we are afraid of than we are by our deductions of reasoning. It is this latter variety of thinking that must be controlled by education, because while thoughts must have feeling, they must not be all feeling. When we let ourselves go with our wishes and fears without logic, we find ourselves striving for things which are impossible, or feeling other things unnecessarily; in other words, we escape from the world of reality. Yet everyone must face reality. It is the

failure to do so that creates so much of nervous disease or insanity, and imperfect social conditions generally. The number of persons who fail and who will not face reality is very large. In the State of New York alone there are over 300,000 who are actually registered during some part of the year as being classed as dependent people. They have shown themselves physically or mentally incapable of facing the question which confronted them, and as a result they become dependents on the State or on philanthropy. Now the purpose of education as physicians see it is to take early in life this class of people who do not check up to the reality of their surroundings, and to see if it is possible to so equip them by strengthening their good points and shaping more or less their weak points to their surroundings, so that in some sphere at least they will be able to give sufficient self-expression to maintain their place. The great social remedy for all diseases and all delinquency, and the great promise of happiness and productiveness of the country is work, and it seems to me that the great purpose of education at present is to find out what kind of work any individual is particularly fitted for, and then to shape conditions so that he can obtain it. As soon as a man has some work that he can do well, he is safeguarded against getting the idea that he is unhappy or unfortunate and the world is against him.

This statement in regard to providing work for everyone may seem very chimerical, but the object merely is to find out as nearly as possible during adolescence the particular qualities that any boy or girl has, and then try to so shape conditions that the life that the boy or girl is eventually thrown into will be of a nature, on the one hand, to give expression to their good qualities and, on the other hand, to protect them from the dangers to which their poor qualities expose them.

So I am coming now to a scheme I have had in my mind for some time—nothing very positive about it—it is a matter I have talked over with Dr. Paton more than once, and that is to, if possible, establish some kind of a central examination plant where individuals could be examined with a view to determining what their fitness was, and, therefore, contributing to the good

of the State in that way. There is no place where that can be done, and I think if there was such a place it might have a very beneficial effect individually on the happiness of the rest of the individuals. The boys who would come to a place like that would be boys who have no opinion, no particular knowledge of what they want to do. Thus there are a large number of boys who have the choice of their employment fixed for them by their parents, and they may disagree with that choice very much, and it is at all times very difficult to tell which is right.

Of the various mental tests that would be made under an institution of that kind, I will not go into detail. You have heard them over and over again. All these opinions and estimations would be gathered together into a final opinion, which would be absolutely free from bias, for the reason that there would be no treatment given in an institution of this kind after the opinions had been joined. The probable result would be that to the first-class boys nothing perhaps could be indicated to them that would improve their chances. The main object of establishing a laboratory of this kind would be entirely experimental and would be for the purpose of determining how character develops under certain conditions. This matter has never been shown.

THE CHAIRMAN—Ladies and gentlemen, I am sure we will all do well to think of the suggestions that Doctor Bailey has presented for our consideration. I, for one, feel it will not be a very long time before his suggestions are realized.

It is now a great pleasure for me to present an old friend, and it is a great pleasure to refer to him as a former pupil, once of Baltimore and now of New York—Doctor Cornell.

#### **Mental Deficiency in the Schools.**

DR. W. BURGESS CORNELL, MEDICAL DIRECTOR HOSPITALS AND SCHOOLS, RANDALL'S ISLAND, NEW YORK.

Mr. Chairman, ladies and gentlemen: I am under considerable disadvantage, as until a few moments ago I did not know on which subject I was to speak.

The subject of the afternoon discussion is "Mental Deficiency



in Schools." In Baltimore I had a little experience with the problem and for several years I was Secretary of the Mental Hygiene Society and had an opportunity of examining a great many children in the schools. Baltimore did not provide any means for examination of the defective children and in that respect was much behind the time of many other cities. You are probably familiar with the situation in many of the other cities, particularly in Chicago, where the child study department has been in existence for many years and where a very great deal of good work has been done. I am not as yet familiar with the situation in New York, but I hope to become more so very shortly. I know very little about your problem in New Jersey. I do know, however, that the point of attack of the feeble-minded problem is in the schools. Thorough examinations should be made there and the individual cases should be studied from all points of view from the time of registration and with the application of treatment following the diagnosis.

A great deal can be done I am quite sure with the establishment and proper operation of school clinics and with the treatment that necessarily follows. It would also, without any question, relieve to a very great extent the burdens which appear now to be thrown upon the institutions. We all say there are not enough institutions to house the defective, which is probably true, and that will be so for years to come. I for one think the problem can be handled adequately, if not better, by extra bureau agencies. This is in the future. At the present time, however, such established clinics as the Department of Child Study of the Board of Education in New York are doing the work and helping out the individual problem of the institution. Many of you know there are two institutions on Randall's Island, the House of Refuge and the Children's Hospitals. The House of Refuge is the Children's Hospitals and Schools. I use the term in a joint sense, to indicate that every sort of case that does not fit anywhere else is sent to Randall's Island. If, under proper co-ordination and co-operating conditions, such a condition is found on Randall's Island with the insane, epileptic, etc., which should be handled otherwise and which only interferes with the proper

handling and working out of the feeble-minded problem itself, what must it be in less organized communities? We have recently started a Jury Medical Staff Conference, and at this conference we have present the staff physician, the social service worker and the psychologist. I have a decided feeling that the influencing point of attack, at least, is a medical one, and in that way we hope to be of use to the public at Randall's Island.

You are all familiar with the many-sided problem of feeble-mindedness. I only want to emphasize that our point of attack is going to be chiefly medical. We intend to study these cases from all points of view, the etiological, the clinical and biological, and then apply our treatment.

The educational side of the problem is very important and we hope to go into that very thoroughly. I believe that with the co-operation of the many agencies that are all working through Randall's Island, and with the great interest that is shown in New York in a rehabilitation of the old plan, we shall achieve some results in this very important work.

THE CHAIRMAN—Before discussing these papers I shall call upon Mrs. Meytrott to tell us about our experiment in Monmouth County.

**What Shall Be Done for the Deficient Child? A Monmouth County Experiment in Co-ordination.**

MRS. CORNELIA B. MEYTROTT.

The beginning and the end of any discussion which is worth while must be—"What can we do about it?" My story contains a suggestion or two about the general problem, but concerns particularly Monmouth County—a large, rich, rather populous, chiefly rural county.

It is an old, old question—"How shall the strong help the weak?" But it is a new era. There are new conditions, new thought, and a new conscience. And so we must consider what is the right answer for to-day. The State, in its attitude toward the problem, is still very, very young. But the public mind (which is not really "feeble"—only retarded) is going to wake

up. Then it will act with greater intelligence. Prompted by its own reasoning and by the impulse of the true heart of "human nature," it will fix its attention upon getting an answer to this question. It will so direct and co-ordinate the efforts of scientist, educator, physician and social economist as to come a great deal nearer to finding the right answer.

Have you not watched a little child trying with awkward fingers to mend his own garment? Why does he bungle it? Because (the psychologist would tell you) he does not co-ordinate. Eye and hand have not learned to work together; the mind does not guide them. In spite of good intentions and honest effort, the patch does not cover the hole, the stitches are uneven and useless; in fact, there will always be trouble.

Now the specialist in mental defect, whether he be psychologist, physician or institution superintendent, often sees more—because he has a broader and clearer field; he has the keener, farther vision; he is able to forget the demands of the present while looking into the past and the future. And yet, it is the educator whose hand must do the work of training the child. If the work is to be well done, there must be co-ordination between the efforts of these two. The mind must give attention. The State, in other words, should command the best service from each, not alone individually, but together.

The eye should not forget that the hand gains much through touch; that skill comes from practice as well as from vision. The hand should not neglect to own that the trained eye can see much which is to itself unknown, and that blind effort is seldom worth while. Opportunity is being overlooked; much effort is being wasted.

The specialist reiterates his statements as to the number and condition of the feeble-minded. The educator refuses in his heart to believe. Why? Because of loyalty to his trust, perhaps a mistaken loyalty to the children; it is his to make men and women; to develop efficient citizens out of the raw material which comes under his hand. When someone comes to him and says, "Some of this raw material, much more of it indeed than you think, is more or less useless material, many of these children can

never be men and women or efficient citizens because they will always have the minds of children," his best instincts lead him to say, "I do not wish to believe that. I must not believe it. Except for rare instances, I am not willing to give up hope for these children or faith in our methods." As for the social economist, he too often continues to treat individual cases and to meet present needs, failing to think about a general plan for permanent care.

We have in Monmouth County, however, a social agency with the farther vision. It has justified its existence as a private organization by undertaking more than one important investigation and experiment. In 1913 the Monmouth County Branch of the State Charities Aid determined to find out all that could be learned about the feeble-minded in Monmouth County, particularly the number and condition of the backward and deficient children in the public schools, and to make plans for suitable provision for them. As there are about twenty-two thousand children divided among the schools of two cities, eighteen borough and the rural districts of sixteen townships, it took time to do this carefully. For about two years we were busy digging up and turning over the soil, so to speak, by systematic inspection of all the schools and actual examination, both physical and mental, of over 2,000 children. This was supplemented by a further study of many in their homes.

Then we began to do a little analyzing and experimenting, especially in the rural districts, which have up to this time been quite overlooked. We have also been preparing the soil for a good crop of ideas and efforts by encouraging the discussion of this problem at public meeting and at group meetings of parents, teachers, supervisors, members of the boards of education, and others who should be thinking about it. As for ourselves, we have had an unusual opportunity to study it at first hand from three points of vantage, namely, from that of the research worker, the social investigator, and the school principal. We have been able to see as in a triple mirror the situation in regard to the backward and feeble-minded children in Monmouth County. We have a record for each one of 800

children who were picked out for examination because they were making a complete failure of their school work, children who for some reason have been retarded in their development. We have further data regarding the physical condition, environment and heredity of about 600 children. Evidence which goes to show that about this number in Monmouth County are more than likely to be unhappy failures all through life unless we prevent it. What special opportunity and supervision may do for them is another subject for discussion; but this much we know, that without it the most of them will not be self-dependent, useful men and women.

When the State is ready to assume the care and training and direct supervision of three or four hundred Monmouth County children in the ideal special school plant, farm or colony, we will gladly resign our responsibility. Until that millennial day, we will try to see that our investigators, our public schools and our public-spirited servants of social welfare understand each others efforts in behalf of these children and work together to do the best that is possible for them.

We are working out a plant for our county which will, we hope, create for itself a degree of confidence in the mind of schoolmen, specialists and thinking citizens. As for the unthinking citizen, he has one unfailing suggestion, "Why not send them to Vineland?" I say to him, "That is just the finest plan you could mention, but there is only one good place that I know of which is big enough to receive all the people who should get in—and that's *heaven*."

The largest share of responsibility for the early training of these children must rest upon the public school. The fact that they have been in the public school from three to ten years with little or no profit proves that there is a fault somewhere. Yet no other system is so well prepared to undertake any work for the welfare of children. No other men are so willing to hear and answer the cry of a child in need as the men who administer our public schools. In justice to them we must not forget that the cry of special need is but one note in the general chorus.

What can be done to help the public school perform its duty

toward the deficient child? Has the special class law answered that question? If not, why not? For the same reason that no man's illness is cured by the writing of a prescription. He must take the pill, and if it is the right one, he will be helped. New Jersey has not taken the pill. Rather it threatens to choke on it. It may or may not be the right one. Some say, "We don't need it. This is only a minor ailment requiring a little faith cure, that's all." They have a beautiful faith that the deficient child will turn out all right if left alone. Others say, "It is all wrong. The special child should not be classed by himself." Still others say, "The treatment is too expensive." And then we often hear, "What is the use? No matter how much pains we take in the public school, you know what happens after these children leave us. Nobody cares!" That argument is the most justifiable.

In the plan suggested the special class has its place, but it is different from the type most commonly found. There are two things which constitute the need and right of every deficient child. The first is special opportunity, not necessarily a place in a special class, but the opportunity *somewhere* to learn to do the things that he will need to do and to enjoy the things which he can enjoy. The second, also the third, fourth and fifth, is supervision. The opportunity need not always *be created*; it may often be discovered by simply studying and using resources already at hand in the school, the community, and let me emphasize it, in the home. Supervision of deficient children, systematic supervision, must, on the other hand, be created. There isn't any.

Not all deficient children are alike. They do not all need the same kind of treatment. Some are in the formative period, others have reached the reformatory. Some are apathetic and "innocuous," many are aggressive and socially dangerous. A few are reasonably well understood and protected in their home environment. The greater number are wholly misunderstood and unprotected.

The real special class should be a class of children in the formative period, that is, not over twelve years. It should be re-

garded as a probationary class or clearing house where the child who is decidedly slow and during the early years of school life may be tried out. With physical defects corrected, with new and varied stimuli to excite him to mental activity, concrete teaching and training of the hand, with more personal attention from the teacher which it would be possible to give him here, he will soon start up and run on time unless there really is trouble at "headquarters." Such a class would not be counted a place where a child is stigmatized.

What can we do about the pupils of twelve to sixteen who have made a failure of school work, so many of whom drop out of school to make a failure of life? Because the time is so short in which to prepare them for a possibly useful and happy life, we must consider only what things are best. Few of them have had advantages in home environment, so the school must supply those influences which will overcome the lack of home training. It must furnish ideals of conduct. It must provide practical means of training the hand to some useful task. It must cultivate an absorbing interest in some one thing. And yet within the confines of the school, as now organized, we will rarely find space or material or variety of interests to accomplish all this.

When our dream comes true, we will have a county industrial and agricultural school and farm colony where the ideal training and aftercare will be a possibility. Meanwhile we must find ways of helping these boys and girls within the scope of present resources, or such as may be obtained. Wherever possible, opportunity classes should be organized. This can be done in the larger systems. In the smaller school, special opportunity can be given to groups or even to individuals. There are many possibilities of combining the wholesome influence of well-regulated school life with the learning of a simple trade of vocation outside of the school building, provided there is someone to give time and thought to arranging for the work of these pupils and to give it proper supervision. In the rural districts the problem is greatly simplified, for there such a pro-

gram can be arranged with the least possible risk. Agricultural pursuits are, moreover, most suitable.

Next in importance to opportunity guidance and supervision is registration, *i. e.*, the maintenance of a permanent continuous register for all special pupils. The present law regarding working certificates, if effective, would make it easy to extend this register beyond the time of leaving school. To carry on this work of registration guidance and supervision, it would seem best to have a county bureau.

In each district the superintendent or principal of the school should be the special representative, but he should be aided by one or more members from among the parents, the employers, and local social agencies. This small district group might designate itself a "school-care committee."

A county supervisor should have charge of the work of the bureau, his endeavor being to maintain for each deficient child that balance between environment, occupation and individuality which will bring to him the greatest possible degree of happiness and success.

This bureau should act under the direction of the State Commissioner of Education and the County Superintendent.

The following items are of great importance:

1. That a definite mode of selecting the children be agreed upon.
2. That a thorough study be made of present resources for providing opportunity.
3. That special provision be made for carrying on the extra clerical work involved in making and keeping the register.
4. That the bureau have probationary power over all socially dangerous defective children.

Such a system of care and supervision in the more progressive counties would do more than anything else to prove the need of State-wide study, State supervision, and, for those who really need it, State permanent care.

THE CHAIRMAN—I wish to take the opportunity of thanking the speakers for presenting such valuable suggestions. I hope there will be discussion and questions asked. I would like to re-



mind you, however, that it is half-past four. The psychologist tells us that about fifty minutes is the limit for holding the attention when it is strained.

PROF. JOHNSTONE—It seems to me the Conference has presented a good many diverse sides of the question of feeble-mindedness, and it has been very interesting to note what has been said from this platform. Fifteen or twenty years ago it was a common saying among those who worked with feeble-mindedness that one-tenth of one per cent. of the population of the United States knew what feeble-mindedness was. To-day it is different. I suppose now that forty per cent. know something, and probably ten per cent. know considerable, about it. If you are going to get anywhere after this Conference with its diverse views, we must realize that we don't all know it all, that the problem is very young, the county is young, the city is young, the State is young, employment is young, and we must not expect anybody to know it all in his day. We were told we must look out for immediate facts, because a lot of people are called feeble-minded who are not feeble-minded. We were told this morning that many who were called feeble-minded by the supposedly best psychologist in the country were helped by glasses. We want all kinds of examinations. We need report from teachers, etc., in order to know what to do; we need to have money, plenty of money. We want very badly in this State a psychopathic hospital. You can only get it by money. We need the law. We will need all of these things—research, law—but the very pressing question is, "What are you going to do with Johnny Jones and Sally Brown, that you know are feeble-minded?" Send them to Vineland? How can you send them to Vineland to the Training School without money? Every last one of you can help to get the money. If you say to yourself it is Dr. Hallowell's problem or Dr. Johnstone's problem, this Conference has been wasted. If you go home and say, "This is my job, and there is a legislator who lives in my county and I have a friend who can influence him, and I am going after him this year until he will appropriate money," then we can take care of Johnny Jones and Sallie

Brown. Won't you please remember that this is your job, and any good legislator will tell you that if you want to accomplish anything at the next Legislature you want to begin now?

MRS. THOMPSON—I would like to ask one question. We heard from Monmouth County that the public schools were the first clearing houses to discover mental deficiency. I would like to know if anyone has a suggestion to make on that point, or whether they agree that the public schools are the only large fields where those children can first be found?

PROF. JOHNSTONE—As things are to-day, I don't think there is anything better than the special classes in public schools. The State institutions for insane and feeble-minded ought to have, as quickly as possible, clinics where these people could be detained, examined, and perhaps brought back again and re-examined. I don't think you say that any one of these ways is the best, because nobody knows. The special-class people in the public schools are sure they are right, the institutions are sure they are right, and nobody has worked in any of them long enough to know.

MRS. MEYTROTT—I should like to say that I think the special-class teachers don't think they are filling the places they are supposed to fill. We feel the need of all these other things, such as institutions and clinics, very much, but we feel we are standing too much alone. We need somebody to take charge of the children. I should like to say I think the special-class teachers can do a great deal more than they are doing by keeping records. The records will be used later, though they are not called for very much now.

#### **Report of Committee on Resolutions.**

*Resolved*, That the New Jersey Conference of Charities and Correction, in concluding its Fifteenth Annual Meeting, held in Hoboken, wishes to record its appreciation of the spirit of hospitality and the success which has attended the work of the local committees of Hoboken and Jersey City. So many have

co-operated that it would be impossible to mention all. But we may name particularly the Boy Scouts, the members of the Hoboken High School Orchestra, Superintendent Demarest and the school officials who placed at our use the beautiful school auditoriums, the authorities at Stevens Institute of Technology, the officials at Laurel Hill, and the hosts and hostesses who made possible the unique Conferences at Castle Point.

To these, and to many other individuals who have labored to make the local arrangements successful and pleasant, we wish to extend our hearty thanks.

*Resolved*, That a committee of nine be appointed by the President to recommend such changes in the form of the organization and management of the Conference as may in its judgment be expedient, which report shall be sent in printed form by the Secretary to all subscribing members of the Conference at least two weeks before the next Annual Meeting.

Respectfully submitted,

WALTER REID HUNT, *Chairman*,  
AUGUSTINE ELMENDORF,  
MRS. E. V. H. MANSELL,  
ZEPP H. COPP,  
FRANK A. FETTER.

#### **Report of Committee on Nominations**

PROF. E. R. JOHNSTONE, *Chairman*,  
MR. W. L. KINKEAD,  
MISS HARRIET TOWNSEND,  
MRS. F. C. JACOBSON,  
MRS. G. W. B. CUSHING,  
MRS. H. OTTO WITTPENN,  
DR. BRITTON D. EVANS,  
A. D. CHANDLER,  
RABBI SOLOMON FOSTER,  
MISS JULIA CONOVER.

(See page 11 for Officers, Executive Committee and Advisory Board of 1917 Conference.

1917 Conference, Montclair, April, 1917.

**Revision of Constitution Adopted 1902, Revised 1913, 1916.**

Article III, Section 1, was made to read:

An Executive Committee, which shall consist of the President, Secretary and Treasurer, the chairmen of all committees, five (5) of the ex-Presidents of the Conference, seven (7) members of the Conference, and the Commissioner of Charities and Correction.

**Treasurer's Statement.**

*June 1, 1916.*

## RECEIPTS.

Balance brought forward, .....	\$1,314 64
Received from 420 contributors, .....	1,787 92
Interest on bank balances, .....	20 36

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\$3,122 92

## DISBURSEMENTS.

Expense of Conference, .....	\$1,602 73
Balance in bank carried forward, .....	1,520 19

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\$3,122 92

ISAAC C. OGDEN,

*Treasurer.*

Auditing Committee:

SEYMOUR L. CROMWELL,  
HENRY L. DE FOREST,  
WALTER KIDDE.

Audited and found correct.

(Signed) SEYMOUR L. CROMWELL,  
HENRY L. DE FOREST,

June 21, 1916.

*For Auditing Committee.*

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