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Kindness the Keynote

It is Working Wonders Toward Making Easier the Lot and Happier the Lives of the Unfortunate Inmates at the Lincoln Hospital for the Insane



DR. J. L. GREENE

Unalloyed and unremitting kindness is the keynote of the elaborate system of treatment by which the disordered fancies of the inmates of the Lincoln hospital for the insane are combated. The completion of the new wing to the asylum makes the institution one of the best equipped in the west and especial attention is paid to the careful training of the attendants.

Under the administration of Superintendent J. L. Greene many innovations have been brought about. Chief among them is the patient treatment of the unfortunate by the attendants. One cross remark addressed to a patient by a nurse brings a reprimand; for the second offense the penalty is dismissal.

No matter how fretful or trying an inmate may be the attendant in charge must be cheerful, firm and kind. Follies and pet fancies of the sufferers must be scrupulously regarded. Anger or loss of temper by the employes makes the patients fretful and cross as well as dissatisfied. For this reason Dr. Greene has insisted on kind treatment under all circumstances.

Female attendants are now required to dress in the regulation nurse uniform. This consists of a dress of blue and white material. A white apron and white collar are worn as well as a white lace cap if preferable.

At present the attendants, both male and female, are required to study their patients closely and are given a course of instruction by Superintendent Greene, in addition to the advice they receive from their superiors. Inexperienced help, afterwards properly drilled, is preferred and faithfulness and ability will lead to their retention. It has been found that raw material is more susceptible to instruction and more eager to learn the duties required.

At the Lincoln asylum there are six wards for men and six for women. In

addition there is an infirmary or hospital for the sick or ailing of each sex besides a separate ward for the incurables.

Rigid and unsparing are the efforts of all employes of the asylum to main-

the parlors of the new wing large rugs will be provided for the center of the rooms.

In the kitchen the cleanliness is most striking. All the tables upon which carving or serving is done, are zinc covered. These are washed off with scalding hot water after each meal. Milk cans are subjected to a sterilizing process after the contents have been removed. The large steel range has been moved out from the wall and an opening made so that the accumulation of dirt behind the stove may be prevented. The kitchen has been provided with the latest improvements in the way of steam cooking. From the kitchen the food is transported to the serving room of the dining halls through tunnels on small cars.

The new wing of the asylum is built on the south side of the main building and is one of the best equipped in the west. In each ward there is a large parlor where the patients spend the day. Each inmate has a rocking chair provided and flowers are kept on the tables all the time. These are raised in the asylum greenhouse in sufficient quantity to supply the various wards.

Adjoining the parlor is the dormitory

is perfect and the sanitary equipment faultless. The atmosphere of the parlor and dormitory is almost as pure as the air out of doors. In the matter of plumbing the state has secured excellent service.

In the basement of the new wing is the dining room where the women eat. At the tap of the bell they fall in line and march to the tables. They remain standing until the second ringing of the bell. Then supper begins.

Wholesome food, well cooked, unlimited in quantity, is furnished to all. Milk toast and beef tea is always at hand to tempt the appetites of the delicate. The attendants watch the patients closely and urge them to eat.

When the meal is finished the patients arise. Before they leave the room the knives and forks are counted to make sure that none are carried away. When this is done the patients are marched back to the parlors.

"How do you like to live here?" asked the superintendent of a young woman, recently brought from Norfolk, who was complacently rocking back and forth. Her eyes were expressionless and fixed on vacancy. The question was repeated.

"All right, as soon as I get acquaint-



LINCOLN HOSPITAL FOR THE INSANE. New Woman's Ward in the Foreground.

tain perfect cleanliness. The bedding is aired, the sheets and pillow slips washed, the closets disinfected according to the most approved hygienic rules. The bath tubs in the new building are porcelain. All the floors and corridors receive careful attention. In

where the patients sleep. The patients are provided with iron bedsteads equipped with springs, a hair mattress, blankets and comforters. For such patients as are inclined to be restless, separate bedrooms are provided.

The ventilation of the new building

ed," was the reply. "And doctor—doctor, don't forget to keep my pension money for me."

The doctor smilingly assured her that the money would be saved and kept for her.

Another patient approached the su-