STOCKTON STATE HOSPITAL
A CENTURY AND A QUARTER OF SERVICE
By Neal L. Starr

[Continued from the July-September 1976 Issue]

EDITOR'S NOTE:
This concludes Neal Starr's two-part history of Stockton State Hospital. Beginning with a review of the establishment of the Stockton General Hospital in April of 1851 in Volume XII, Number 3 (July-September, 1976), Mr. Starr's narrative account is concluded in this issue with a review of the programs and activities that now mark the operation of the Stockton Residential Facility.

The continued overcrowding led to a renewed concern for the building of further accommodations to care for the influx of patients. By November, 1875, the resident population had increased to 1,500. This was approximately 500 more than the capacity of the institution.

LEGISLATURE AUTHORIZES ADDITIONAL HOSPITALS
On November 15, 1875, the Napa Asylum was opened to relieve the overcrowding problem, but in a few years the situation returned to its previous critical condition, and the building of yet more asylums was necessitated. In 1888 Agnew's State Hospital was opened; in August 1893, Patton State Hospital; and in December, 1893, Mendocino State Hospital. Around 1905, 1,000 acres of farm land was obtained just north of Stockton, and the State Farm was established with housing facilities for men. Metropolitan State Hospital was opened in Los Angeles in 1916 and in 1936 Camarillo State Hospital was opened; and yet, in 1938, Stockton State Hospital Superintendent, Dr. Margaret H. Smyth, reported as follows:

Normal capacity 2,866, present population 3,782. Excess 916. The State Farm 2½ miles from the city, 1,000 acres, cares for 850 men patients. Will have accommodations for 600 more at the end of this year when buildings in course of erection are finished.

The patient population throughout the State continued to rise, so to relieve the overcrowding all State Hospitals were experiencing, two hospitals were obtained from the U.S. Army shortly after World War II and opened in 1947 as Modesto State Hospital and DeWitt State Hospital. By 1956, there were 36,000 patients classified as mentally ill (½ of whom were over 60 years of age) and 12,000 mentally retarded residents in California's state hospitals.

MARGARET H. SMYTH was born in Santa Rosa on May 10, 1873. She received her M.D. from Stanford University's Cooper Medical School and interned in Children's Hospital, San Francisco. Dr. Smyth entered the service of the Stockton State Hospital immediately after receiving her degree and was appointed Surgeon and Physician on February 1, 1900. On December 6, 1929, she was appointed Superintendent. She attained national recognition for her work here as a psychiatrist as well as a surgeon. The technique for sterilization surgery was perfected by Dr. Smyth.

In 1940 she was placed on the list of most eminent California-born daughters. She was an internationally-known psychiatrist and the only woman to head a state hospital for the mentally ill.

It is generally recognized that the hospital made great strides in its field during the years she was in charge, as well as in the preceding years when she served as the Assistant Physician.

She retired in March, 1946, and moved to Saratoga, California. On December 31, 1957, at the age of 84, Dr. Smyth died in a Sunnyvale hospital after a short illness.
STOCKTON STATE HOSPITAL (con’t)

PRESENT HEADQUARTERS, SAN JOAQUIN ASSOCIATION FOR THE MENTALLY RETARDED. Now a two-story green building, this old three-story brick structure served the hospital for many years. It is located on the south side of Flora Street, across (south) from the 1883-85 Men’s Building. The top floor served as employee living quarters until its removal. The hospital and the SJAMR now share the building.

and the population at the Stockton facility, one of the smallest hospitals, reached its peak of 4,878 that year.

AUXILIARY BUILDINGS, STOCKTON STATE HOSPITAL.
The tallest structure in the background (with the chimney) was the incinerator building. The top floor and chimney stack have been removed and the remaining bottom floor is used for offices as well as an upholstery shop. The top floor of the two-story brick structure in the foreground was removed and the lower floor is now in use as a maintenance shop. These buildings are located on the east side of North Aurora Street and south of East Acacia Street.

The population of state hospitals then began to decline. This decline was brought about by a number of factors: (1) the introduction of Social Security benefits to a major segment of the working force and old-age assistance programs which financed the aged in their reentry into the community; (2) the introduction of new psychotropic drugs; (3) the return in the state hospitals to the concepts of moral individualized treatment programs and improved staffing; and (4) the increased emphasis on community responsibility for early, prompt local treatment of mental illness and the willingness of the State to subsidize the locally-owned and operated county mental health programs up to 90% of cost. In Stockton all agricultural operations at the State Farm were closed out in 1959, and it was used as a 1,465-bed annex for men and women until it was no longer needed and completely closed in 1968.

By 1970 the State was in a position where it could close Modesto State Hospital and the patients at that facility who were not placed in the community or returned to Southern California were transferred to Stockton. DeWitt State Hospital was closed in early 1972 and approximately 350 mentally retarded patients were moved into vacant wards at Stockton, which up until this time, had been a facility exclusively for the mentally ill. An additional 26 mentally retarded were transferred from Mendocino State Hospital in June of 1972 when that facility was also closed. By October of 1973, the population of mentally-ill patients had declined to the point where it was no longer economically feasible to operate treatment programs for the mentally ill at Stockton other than the In-Patient Service for San Joaquin County’s Mental Health Services. Consequently the hospital was converted to a residential facility for the mentally retarded, and since that time the mentally retarded population (technically referred to as the developmentally disabled) has increased to approximately 650 patients while the number classified as “mentally disordered” has dropped to approximately 70. With the change in the type of patients the name of the facility was changed to “Stockton Residential Facility” in order to better reflect the type of services provided.

STOCKTON RESIDENTIAL FACILITY SERVICES

At the present time, the treatment facilities at Stockton State Hospital are divided into 8 separate Treatment Programs, each designed to meet the specific needs of a particular group of patients. The Programs for the retarded are: Physical Development; Child Development; Social Development -- Profoundly and Severely Retarded; Social Development -- Mildly and Moderately Retarded; Physical and Social Development; and Behavior Adjustment. The Treatment Programs for the mentally ill are
STOCKTON STATE HOSPITAL (con't)

the San Joaquin County Intensive Treatment and Geriatric-Psychiatric.

Stockton State Hospital is like a small separate

ORIGINAL RECEIVING HOSPITAL. The first receiving hospital (shown above) was built in 1908 between Grant and American streets. The main entrance faced Acacia Street. The west side of the building was the female unit and the east side was the male unit. Each unit had its own octagonal dayroom.

A psychopathic hospital was added to the back of this building in 1923 and opened the following year. The original receiving hospital also had its own surgical department until the surgical or "hospital building" was completed in 1932. While the structure (above) was demolished, the psychopathic hospital and surgical buildings were remodeled. The new receiving and treatment units were built in place of the old receiving hospital and the new Admitting Office was completed in 1954. The entire complex is now known as the Receiving and Treatment Center. Later the surgical building was remodeled in order to add a dental office and an X-ray room.

community within the City of Stockton. Available for the patients are schools, churches, library, medical clinics, barber and beauty shops, vocational training, and a variety of recreational activities: movies, athletic fields, campgrounds, gymnasium, swimming pool, and field trips.

A large central kitchen prepares over 16,000 meals per week which are served in six dining rooms located around the grounds. Many special diets are prepared, and arrangements are also frequently made to accommodate special functions which may require sack lunches, picnic or barbecue menus, or decorated cakes and party food for ward parties.

The hospital bank, or Trust Department as it is known, administers over $450,000 in individual patient accounts from various sources, such as Social Security, insurance payments, and family deposits. Patients utilize these funds to purchase items for themselves which are not furnished by the State. Many departments of the facility, such as landscaping, upholstery, housekeeping, plant maintenance, transportation, and the sewing center cooperate with the Vocational Training Programs to provide paid vocational training assignments for a large number of the patients.

A history of the hospital would not be complete without a mention of the size and scope of the over-all operation in terms of the economic impact which it has had upon Stockton in particular and San Joaquin County in general. Not only has it continued to draw almost all of its employees from the immediate area, but most of the expenditures for its daily operation find their way into the local economy. Approximately 840 persons are presently employed at the facility, and the budget for the 1976-77 fiscal year is $14,500,000 for personnel services and another $3,376,000 for operating expenses.

After 125 years of continuous operation, and several shifts in program emphasis (from serving as a general hospital to providing for the care of the mentally ill and then finally to its reorganization as a residential facility for the developmentally disabled), the hospital's main concern remains today the same as it always has been -- service to the people of California. Pride in a job well done is as evident among its staff members today as it has always been since its opening in 1851.

TWO VIEWS -- SUPERINTENDENT'S RESIDENCE. This sixteen-room colonial-style home was built in 1900 at a cost of $5,800. This architectural style is reputedly due to the influence that a woman member of the Board of Trustees (and a native of the South) wielded over her fellow trustees. In 1971 the Stockton Cultural Heritage Board declared the home an historical landmark, and since April, 1976, it has housed the Allen Short Center -- Arts for the Handicapped, a private non-profit organization.

EDITOR'S NOTES

15. It is interesting to note that the first superintendent of the Napa facility was Dr. Shurtleff's brother, Dr. Benjamin Shurtleff. Like George of Stockton, Benjamin led an interesting and active life in California. He served as the first alcalde of Shasta City, served as a state senator,
EDITOR'S NOTES
was a member of the second California constitutional convention, and practiced medicine in California over forty years in addition to serving a relatively long term as the Napa Asylum superintendent.

16 The opening of the Mendocino hospital brought to five the number of state facilities for the mentally ill that were operating throughout California. Up to this point the legislature and the governor were involved in local operations to the extent that funds were allocated through Sacramento and the superintendents were appointed to their posts by the governor. In addition annual, and later biennial, reports were sent to the governor's office by these superintendents. In order to prevent potential chaos, and to provide more uniformity in the operational procedures throughout the system, the legislature created the State Commission on Lunacy in 1857. Two dozen years later this commission was given the additional responsibilities of supervising the operation of the growing numbers of youth reformatories as well as the facilities for the blind, and its name was changed to the Department of Institutions. At the end of World War II the official title was changed to the Department of Mental Hygiene. Today it is known as the Department of Health.

17 Library facilities at the Stockton hospital go back to 1869 when the Asylum received donations of books and related materials from a certain John S. Pierson of New York and from the world-famous woman crusader for the humane treatment of the mentally ill, Miss Dorothea Dix. The annual report for 1869 notes that the Pierson gift "came free, through the kindness of Captain Bray, of the ship Comet" while the Dix donation was shipped free to San Francisco through the courtesy of the Pacific Mail Steamship Company, and from there to the hospital grounds through the courtesy of the California Steam Navigation Company and the Marsh, Pillsbury and Company of San Francisco. These two donations formed the nucleus of the Dix Library (for the women patients) and the Pierson Library for the males. Both libraries continued to function -- on a limited basis as both relied upon private donations -- until 1930 when they were incorporated into the public system. The hospital collection became County Branch No. 31. In 1932 a separate Spanish-style library building, 45 by 40 feet, was designed and constructed by the patients themselves. The book collection was then moved into the new facility, where it remains to this day. Materials are still being added through donations, but the state now provides limited funds through its annual hospital budget.

LIST OF HOSPITAL SUPERINTENDENTS AND TERMS OF SERVICE:

<table>
<thead>
<tr>
<th>Name</th>
<th>Term</th>
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<tbody>
<tr>
<td>Reid, Dr. Robert K.</td>
<td>April 1851-April 1856</td>
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<tr>
<td>Langdon, Dr. Samuel</td>
<td>April 1856-August 1857</td>
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<tr>
<td>Aylett, Dr. W. D.</td>
<td>August 1857-August 1861</td>
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<tr>
<td>Tilden, Dr. W. P.</td>
<td>August 1861-August 1865</td>
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<tr>
<td>Shurtleff, Dr. G. A.</td>
<td>August 1865-October 1883</td>
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<tr>
<td>Browne, Dr. William Travis</td>
<td>October 1883-February 1886</td>
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<tr>
<td>Mays, Dr. W. H.</td>
<td>February 1886-1888</td>
</tr>
<tr>
<td>Rucker, Dr. Hiram</td>
<td>October 1888-1892</td>
</tr>
<tr>
<td>Clark, Dr. Asa</td>
<td>1892-1906</td>
</tr>
<tr>
<td>Clark, Dr. Fred</td>
<td>1906-November 1929</td>
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<tr>
<td>Smyth, Dr. Margaret</td>
<td>December 1929-June 1945</td>
</tr>
<tr>
<td>Toller, Dr. Rudolph</td>
<td>July 1947-1949</td>
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<tr>
<td>Hagerty, Dr. Thomas W.</td>
<td>1949-1950</td>
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<tr>
<td>Adams, Dr. Freeman</td>
<td>1950-1971</td>
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<tr>
<td>Freeman, Dr. John</td>
<td>1971-June 1975</td>
</tr>
<tr>
<td>Keating, Dr. William C.</td>
<td>July 1975-September 1976</td>
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<tr>
<td>Rogers, Santi</td>
<td>October 1976-December 1976</td>
</tr>
<tr>
<td>Rogers, Santi</td>
<td>(Acting Executive Director) January 1977</td>
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<td>(appointment expected)</td>
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The observance of the following rules is expected of all who engage in the service of the Asylum:

1. They shall consider their time and energies devoted to the interests of the institution; that they are under obligations to do every duty assigned them promptly and faithfully; that they will feel personally interested in the good care, safety, and welfare of the patients, and that they will exert their influence in support of good order and the regulations of the Asylum. To this end it is desirable that all should cultivate quiet, kind, and dignified manners, and exercise self-respect as to their own deportment and appearance.

2. To their patients the attendants are to treat them with civility, address them mildly, and avoid rudeness and violence of every kind. As a general guide of conduct they should never forget the Golden Rule—"do to others as you would wish others to do to you." All civil questions are to be properly answered and reasonable requests attended to.

3. In the care of the insane, sympathy, kindness, and tact should take the place of force and the display of authority. If at any time the use of force becomes necessary, it should be for the best, and only in cases of urgent necessity. Force should never be resorted to unless a sufficient number of attendants are on hand to render a violent struggle untenable. Mercy and sympathy must never be denied a patient without the authority of a medical officer. A blow or a kick is never to be inflicted on a patient by any employee, under any circumstances. Any violation of this rule will subject the offender to instant dismissal.

4. Attendants are forbidden the use of any intoxicating liquor in the Asylum, on the premises, unless for medicinal purposes. No person is permitted to bring into the Asylum, or to consume on the premises, any intoxicating beverage. A correct knowledge of the medicinal effects of different kinds of liquor is necessary to all attendants. Once a patient is addicted to the use of liquor, it is most difficult to effect a cure. A careful watch must be kept over such patients, and steps should be taken to prevent the induction of any other inebriants.

5. Attendants must rise promptly at the ringing of the morning bell and at once commence the labors of the day, They will open the bedroom doors, greet their patients kindly, and see that they are properly dressed, washed, and prepared for breakfast.

6. As soon as practicable after the patients have arisen, the attendants must see that the beds are thrown open for airing, and all sources of foul odors and germs are to be removed. Soiled bedding, and clothing to be immediately removed, and as soon as possible the wards and patients' rooms must be made clean and put in good order, and so kept at all times. Clean sheets and pillow cases are to be put on each bed every week, and oftener if required. Attendants must always be present at the bathing of a patient. Under no circumstances shall a patient be permitted in a bath tub until the bath is fully prepared, and both hot and cold water shut off. Shaving must be done by no one but the attendant.

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10. Attendants must avoid all exhibitions of temper, and never show odd or threatening attitudes. They must be watchful of the state of the atmosphere in the wards, and report to the Steward.

11. It is expected of attendants to see that patients change their condition. They shall consider their time and energies devoted to the interests of the institution; that they are under obligations to do every duty assigned them promptly and faithfully; that they will feel personally interested in the good care, safety, and welfare of the patients, and that they will exert their influence in support of good order and the regulations of the Asylum. To this end it is desirable that all should cultivate quiet, kind, and dignified manners, and exercise self-respect as to their own deportment and appearance.

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16. No patient must be allowed to escape through neglect. Where this occurs the attendant or employe will be held responsible.

17. When the patients retire for the night, attendants must see that they are comfortably in bed, offering gentle assistance to the feeble and aged. They must do all in their power to soothe and quiet any who may be wakeful or timid. The clothing of patients is to be removed from their rooms and placed in the wards before retiring. All patients' rooms are to be carefully locked at night. When the patients have retired in any ward, the gas is to be turned off, except one light, which may be left burning low, to be used in emergency.

18. Attendants shall not accept any gratuity or present from a patient, or friend of a patient, under any circumstances. Any violation of this rule will subject the offender to instant dismissal.

19. The San Joaquin County Historical Society, a non-profit corporation, meets the fourth Monday of each month except for July and August. Annual membership fees are: Individual - $5.00, Corporate - $8.00, and Junior - $1.00, and include a subscription to the San Joaquin Historian. Non-members may purchase individual copies from the Society's Secretary at $1.00 per copy. The Society also operates the San Joaquin County Historical Museum at Micke Grove. Persons wishing to donate items should contact the Museum Director.