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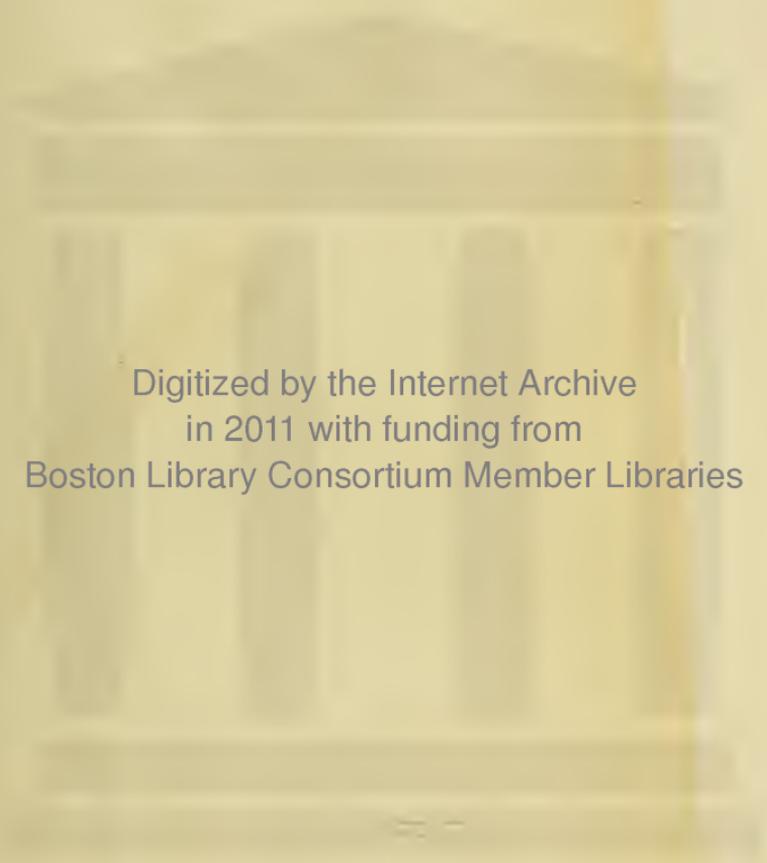


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State of Maine

Report of  
The Maine Commission

for

The Feebleminded

and of the

**SURVEY**

by

The National Committee  
for Mental Hygiene

Sept. 1, 1917 to Sept. 1, 1918



Augusta  
1918

LV  
142



February 5, 1919.

To the Honorable Governor and Executive Council of the State of Maine:

By virtue of a Resolve passed by the Legislature of Maine in the year 1917, the undersigned were appointed members of a commission to "make a thorough and complete study of the problem relating to the care, treatment and needs of the feeble-minded within the State and report with recommendations as to the future policy of the State."

In his message to the Legislature of that year the Governor wisely observed with reference to the care and treatment of the feeble-minded that "no further expenditures for extension of plant should be made until there has been a thorough investigation of the whole problem with the aid of the best **expert advice that can be obtained.**"

Inasmuch as the presence and unrestrained activities of the feeble-minded in social life are universally recognized as a grave menace to the highest welfare of society, and as the problems involved in their care, treatment and ultimate elimination, are obviously complex and difficult of solution, your commissioners were deeply impressed by the weight of the responsibilities imposed upon them. Fortunately, in this emergency the splendid philanthropy and benevolent resources of the "National Committee for Mental Hygiene" became available for our purpose, and without any expense whatever to our State, this "National Committee" employed Dr. Guy G. Fernald, a native of Maine, but now a resident of Massachusetts, an eminently competent expert on this subject, to serve as Secretary to our Commission, and as Director of the survey to be made for the "National Committee." He has given indefatigable service for an entire year to the investigation of the problem connected with the care and treatment of the mental delinquents in our State, and we now have the pleasure of presenting a full report of the intelligent and comprehensive survey and discriminating study of this problem in Maine. It was prepared by Dr. Fernald as Secretary of our Commission, and as a Director of the survey for the National Committee. The intrinsic evidence afforded by the excellence of the report itself is amply sufficient to justify the assertion

that the expressed desire of the Governor to have the "benefit of the best expert advice that can be obtained" has been accomplished and that the service of no better specialist for the purpose could have been obtained in New England or in the United States.

We respectfully submit this masterly report and all its recommendations for your consideration.

Sincerely yours,

(Signed) WM. P. WHITEHOUSE,  
DAVID N. BEACH,  
MARION D. EATON.

## PERSONNEL

OF THE

Maine Commission for the Study of the Feeble-minded, as  
appointed by His Excellency, Carl E. Milliken,  
Governor of Maine.

Chairman, Ex-Chief Justice Wm. P. Whitehouse, Augusta.

Rev. David N. Beach, Bangor.

Mrs. Marion D. Eaton, Portland.

Secretary, Guy G. Fernald, M. D., Concord, Mass.

## THE MENTALLY DEFECTIVE

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### State Care of the Mentally Defective

Extract from the Governor's Message.

From the Inaugural Address of His Excellency, Governor Carl E. Milliken, to the 78th Maine Legislature, January 4, 1917.

"The expansion of our program for care, segregation and treatment of the feeble-minded is one of the State's most urgent needs. No further expenditures for extension of plant should be made, however, until there has been a thorough investigation of the whole problem with the aid of the best expert advice that can be obtained. Appropriations for improvements should be made available for expenditure in the discretion of the Governor and Council after the results of such an investigation are available."

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## LEGISLATIVE ORDER

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### STATE OF MAINE

IN THE YEAR OF OUR LORD ONE THOUSAND NINE HUNDRED  
AND SEVENTEEN

RESOLUTION in favor of the appointment of a Commission  
for the Study of the Feeble-minded.

Whereas, the State is incurring considerable expense on account of its care and treatment of the feeble-minded, and

Whereas, the State is not in possession of definite information as to the needs of the future, and

Whereas, a study and survey of the conditions and needs would materially assist a future Legislature in determining a policy to be pursued in the matter,

Therefore, be it Resolved, That the Governor with the advice and consent of the Council, appoint three disinterested persons to be known as a "Commission for the Study of the Feeble-minded." The Commissioners shall receive no salary but their actual expenses shall be paid out of any funds in the treasury not otherwise appropriated. The Commission shall make a thorough and complete study of the problem relating to the care, treatment and needs of the feeble-minded within the State and report with recommendations as to the future policy of the State.

## PURPOSES

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The National Committee for Mental Hygiene outlined to His Excellency, Governor Carl E. Milliken, a tentative plan of the survey as follows:

1. A study of the laws of the State, pertaining to the care of those suffering from mental disease.
2. A study of the facilities in the State of Maine for the care of the feeble-minded.
  - a. Public institutions.
  - b. Private institutions.
  - c. Special classes in public schools, etc.
3. The gathering of the data from which it would be possible to prepare a reliable estimate of the number of the feeble-minded in the State by an examination of
  - a. Inmates in institutions, state hospitals for the insane, prisons, reformatories and other state institutions.
  - b. County and municipal institutions caring for the poor, misdemeanants and dependents.
  - c. The institutions and societies caring for children.
  - d. Private societies engaged in work for the poor and unfortunate, associate charities, Florence Crittendon Homes, etc.
  - e. The examination of children in schools of the State to establish the amount of serious retardation and to determine approximately, at least, the number of these children who are definitely feeble-minded.
4. Such other local problems as seem important and for which there is time.
5. The analysis and correlation of the data gathered in the above studies and the preparation of a constructive program.

### Support of Maine Officials and Citizens

Grateful appreciation of the spontaneous cooperation and valuable assistance of the many state officials, institution trustees, and officers, town officials, physicians, teachers and others consulted in collecting the materials for this presentation is hereby gladly recorded. A cordial reception and courteous hearing was uniformly extended the Commission's representative and every effort was promptly made to search out and furnish the needed information. Keen interest was manifest in the problems presented and a most encouraging public spirit shown, which augurs well for a successful effort at realization of the objects to be attained.

Spontaneous approval of the ultimate project to humanely diminish the numbers of the feebleminded was often elicited by an outline of the preliminary steps to be taken. Several volunteered the suggestion that as time and money have been spent to ascertain how, in stock breeding, the undesirable may be avoided by judiciously selecting parents, the same principle be applied in improving the human stock of Maine.

## SCOPE OF THE MAINE SURVEY

The scope of the survey is broad and varied in point of facts to be observed and reported within its field but is limited to the one field, the Mentally Deficient. The province of Mental Hygiene includes the study of any and all forms of mental disorder and disease, while the survey is concerned only with the facts, problems and methods connected with the administration of feeble-mindedness.

The results to be hoped for from any survey of the feeble-minded are to be distinguished from the results of instituting a continuing census of the class. The one includes an estimate of the numbers of the class to be studied; but not a differentiation of high-grade or border-line individuals to determine status; while the other involves examinations of these cases and presupposes the examination of all suspected cases; but while the survey in its limited field does not attempt to adjudicate all cases and so uncover all the feeble-minded, the continuing census would in its examinations attempt to enumerate all. The numbers brought to light by a survey must always be smaller than those of a census.

Since trained field investigators were not available and the time of the Director for making intensive mentality examinations and collecting data could not be extended beyond one year and since, moreover, the survey was preliminary and educative in its nature and purposes, an economic expenditure of expert energy dictated the utilization of information in the possession of intelligent and volunteer local observers, i. e., the town officials and professionally trained citizens.

In seeking a basis for an estimate of the numbers of the feeble-minded recourse was had, therefore, to those who know the members of the class in their own locality. The township was selected as the unit and town officers were solicited by preference, though in very many larger towns and in all cities an informal conference was arranged at which a physician or teacher was usually present. In many towns, however, laymen's applications of our definition have furnished the estimates of numbers.

### A Working Definition of Feeble-mindedness

A definition of the class which should serve as a uniform criterion for all who would use it for the purposes of the survey, must be short, definitive and non-technical, so as to be easily grasped and retained and should be sociologic rather than scientific. Without such criterion a wide diversity of opinion as to the personnel of the class would be encountered. That adopted and supplied to all asked to furnish estimates for their units of population, follows:

“The feeble-minded are those who by reason of an innate or lifelong intelligence defect or character deviation are not wholly self-supporting; but are in some measure unduly dependent either for guidance or maintenance.”

“The insane have a mental disease which is not regarded as innate and such should not be classified as feeble-minded.”

“Dementing and deteriorating cases who have been at some time self-supporting are not to be regarded as feeble-minded.”

“Children who may become self-supporting under adequate training are not to be classified for the purpose of this survey as feeble-minded.”

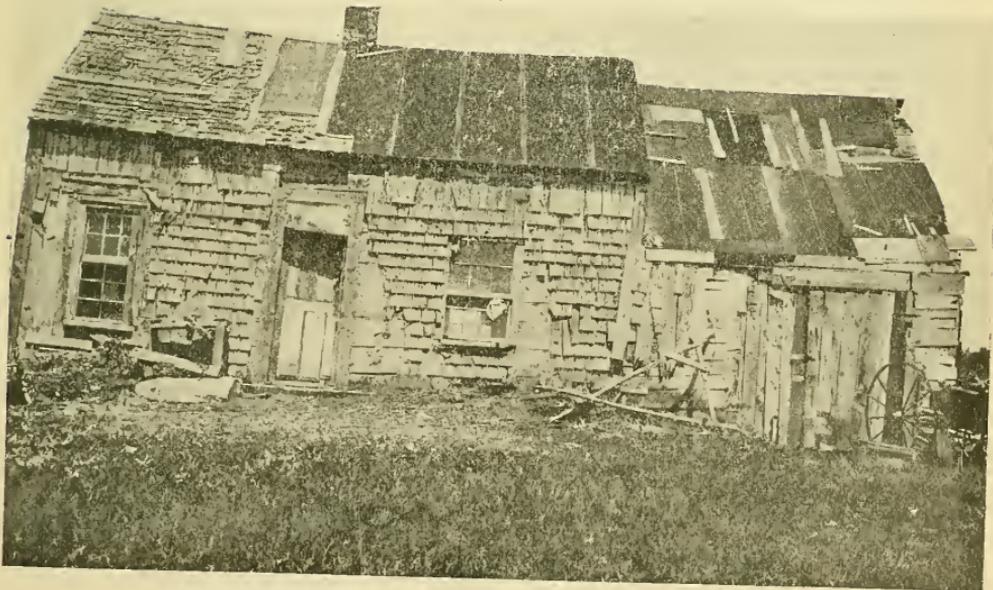
Other definitions are quoted in the appendix, page . . . .

Our definition is not suggested to serve the scientific purpose of differentiating the feeble-minded; but is intended to uniformly and clearly define members of the class popularly understood by the term feeble-minded in the minds of the busy people who generously furnish information gratis.

The term feeble-minded as popularly understood represents the lower grades of mental deficiency, and the classes especially visualized by laymen generally corresponds with what a more accurate designation terms imbecility and idiocy, rather than with the broader English interpretation. To ask the average citizen the number of imbeciles within his acquaintance would tend to close rather than open avenues of information. Therefore to secure a uniform criterion on which informants could base their estimates, a definition was needed which would



The potatoes and milk are from a farm three-fourths of a mile away.



Continuously occupied for three generations and still the home of this aged couple. Child-helping authorities took seven children to rear from this abode.

elicit information of the class it is sought to survey, i. e., the obviously feeble-minded. Such a definition for the purposes of the survey might sacrifice, if necessary, something of scientific accuracy to secure the essential desideratum of full and accurate information. The terms used should not be such as to elicit misinformation. In this sense scientific accuracy has not been sacrificed.

An arrangement of categorical terms and physical ages in juxtaposition may be found in the appendix, page 73.

### **Propagandic Purposes of the Survey**

Since the adjudication of border-line cases lies outside the province of the survey; only such intensive examinations were attempted as guardians or institution heads invited or such as would serve one very definite purpose of the survey, i. e., that of demonstrating the possibility and method of differentiating and classifying on the basis of kind and degree of mentality. Another very definite purpose was served by these examinations, however, that of demonstrating the need existent in every state of organizing its own professional machinery for making these diagnoses and differentiations available authoritatively for the courts, parents and institution heads, teachers and sociologic students.

To aid in disseminating information of the resources and activities of the Commission as well as to extend the propaganda for the diminution of dependency by seeking to eliminate feeble-mindedness, invitations were accepted during the winter to address assemblies of trustees and superintendents of public institutions. Several professional and popular audiences were also addressed. Efforts were made to reach the general public through the press, the co-operation of which was spontaneous. Specimens of literature appear in the appendix, pages 77 to 95.

### **Variety and Extent of Investigation Attempted**

During the survey 162 cases were intensively studied and case records made. Returns were obtained from 164 cities, townships and plantations and 121 institutions, including almshouses and jails. Estimates of the numbers of the feeble-minded in these institutions on the basis of the definition sub-

mitted were secured from local observers of unusual intelligence, experience and opportunity for observation. Twelve rooms of public school children and four special school groups have been given congregate intelligence tests, and three degenerate communities were several times visited in the process of collecting data.

The intelligence tests used in schoolrooms were those of Captain Lyman F. Wells, psychologist at McLean Hospital, Waverly, Mass., known as the Wells' System. These tests proved to be admirably adapted to our purpose. Children of the sixth, seventh, eighth and ninth grades readily comprehended the stimuli, immediately caught the spirit of emulation for a good purpose and applied themselves intently for the short periods required. This series of tests, a specimen of one number of which is reproduced in the appendix, pages 75 and 76, is admirably adapted to enable a ready differentiation of the dullards and peculiar, and to disclose psychopathic mentalities which should be intensively studied for a psychotic, neuropathic or hypophrenic diagnosis.

### **Method of Determining Mental Status**

The tests used in our individual personality examinations were: (1) psychiatric tests adapted to the determination of the absence or presence and the varieties of mental diseases, (2) searches in the field of intelligence by means of the standard "Terman Tests," enabling a numerical evaluation in terms of intelligence quotient and intelligence age level, supplemented or substituted in the case of adults by unstandardized tests which have been found of value in classifying mentalities of adults and, (3) searches in the field of character by the inductive method; since tests in this field like those in the field of mental diseases are not yet susceptible of numerical scoring.

It has been found that tests whether of intelligence or character or for mental diseases must be adapted to the mental age and capacity of the subject examined, and that tests adapted to childhood ages are not suitable for the evaluation of adult or even adolescent mentalities.

In the appendix, page 74, is submitted a tentative outline of the fields of inquiry used as a basis in our differentiations for mentality classifications.

### Method of Reporting Mental Status

Case records consist of, (1) a record of physical findings, the case history, past and present, containing all information available from the subject, the subject's parents and friends, from officials and other reliable informants, the record of tests given, the scores obtained and the responses to questions throughout the examinations, (2) for the reference file a tinted card (four colors) is filled out which serves as an abstract and bears the medical diagnosis, the intelligence age level and intelligence quotient, the characterial deviations, the social maladjustments and recommendations for treatment or readjustment, and (3) a copy of the report furnished the subject's guardian which is, of course, a statement of all the essential findings in the case. For specimen case reports and abstracts see pages 54 to 71.

### Value of Character Study

Table 3, presenting the average intelligence retardation of the various physical age groups of cases studied, together with the intelligence age level and the chronological ages of individuals reported in the case records, pages 54 to 71, illustrates the value of these determinations and the importance of making them, but the fact should not be disregarded that an accurate knowledge of the intelligence age level of a personality is but a partial and an unchecked knowledge of that personality. If, in addition to a measure of a subject's intelligence some knowledge of his character also be added; a double advantage is gained for the basis of information is broadened into another field and the personality is viewed from two viewpoints instead of one.

If thinking be taken as the expression of intelligence, then action or behavior may be regarded as the expression of character, and of the two behavior or what one does is of the more vital importance. Legal jurisprudence ignores a man's thinking unless he be insane, but holds him responsible for his behavior because of its effect upon others. In the world of business and in daily social life we evaluate character or attempt to do so. Every man's standing is determined by what he does and has done, i. e., behavior, quite as much as by his intelligence. Character achievement expressed in behavior or

action does not lend itself to numerical scoring as does intelligence which may be tested; but a record of essential or significant behavior is available on search therefor, and is the most illuminating guide we have to personality estimation, especially in conjunction with intelligence measures.

The facts presented in Table 3 are submitted partly as an illustration of the possibility of securing and utilizing measurements of intelligence. The small group studied is by no means representative; and therefore the simple results we have taken space to present while of sociologic value are of little scientific value. The personalities examined were such as were offered by guardians or could be conveniently reached. No effort was made to secure a representative group. When that is attempted a thorough study of such a group with all group measurements, graphs, etc., will be of great value.

### **Contrast of High- and Low-Grade Feeble-minded Groups**

For the purposes of the survey, laboratory mental classifications based on kind and degree of variation from the normal or adult mind are more confusing than useful. Fortunately in the following description and discussion the three major mental classes: (1) Normal or Adult Minded, (2) High-Grade Feeble-minded, and (3) Low-Grade Feeble-minded, may be taken to include the whole adult, sane population. Only in the study of tabulations will there be occasion to consider more searching distinctions.

The low-grade or obviously feeble-minded, i.e., the idiot, the imbecile and possibly some of the low-grade morons, 1659 of whom were found in the course of our survey, are too easily recognized and too well known to require more than a characterization at this point to contrast them with the higher grade group of cases who present a very different problem.

### **The Low-Grade Feeble-minded Group**

The obviously feeble-minded personality disappoints one at every turn. He can not do things effectively. He can not say things acceptably. He is inept and insipid or he may be vulgar or vicious. He can not work without supervision and he can not be trusted. He can be taught only a very few simple occupations. As one farmer put it: "I showed him

how to build a pasture fence; but the cows got out and when I showed him where they had walked through, on an old dis-used wood road, he stared in perplexity, then explained, 'But I thought you wouldn't want to fence up the road.'"

In all the higher, later developed mental attributes these simple folk are wanting: e. g. in filial regard, in patriotism, altruism, fortitude, courage, judgment, initiative, constructiveness, planning, foresight, ability to deduce, to learn from experience and to bear responsibility. They are governed by their wants and not at all by what they should want. Hence they do not progress.

The feeble-minded child's dependence seems like trust and is very appealing; but in later years his dependence is accentuated and the appeal is lessened. Case records of this class need not be reproduced.

### The High-Grade Feeble-minded Group

Generally, cases of this group are not obviously feeble-minded. A primary specific designation of mental groups under this generic heading recognizes the Moron and the Characterologic Deviate as types of mental defectiveness whose behavior and mental eccentricities differentiate them in kind and degree from the low-grade feeble-minded on the one hand and from the adult minded and the subnormal on the other. The Morons (intelligence defectives) and the characterial deviates, together with certain epileptics, may be taken roughly to represent the high-grade feeble-minded. Many offenders, petty grafters, forgers, panderers, prostitutes, thieves, vagrants and unskilled laborers are of this grade of mentality. Their better mental equipment enables their greater activity and aggressiveness as compared with the low-grade feeble-minded, and consequently enables also a certain partial success in concealing their mode of life when it is discreditable. Some members of this group are alert and superficially well informed; but they are often excessively excusive and shifty or bombastic when quizzed. They readily betray their lack of respect for the truth and their lack of capacity for real accomplishment.

A common characteristic is an intrinsic aversion to productivity, or to the work necessary thereto, and a lack of capacity for self-denial for the sake of progress. Often childish love of amusement has been carried over into adolescence



A degenerate community idiot.



The neglected highways of a degenerate community.

and pursued as though it were a worthy ambition. The particular fields of mentality in which their deficiencies lie may be clearly demonstrated by the expenditure of a certain amount of time and skilled energy, but the public does not and can not readily discriminate between glib superficiality and real capacity poorly expressed, e. g. between the shrewd and unscrupulous, though high-grade feebleminded pickpocket and his clumsy accomplice, the dupe of his more crafty companion; yet the clumsy one may be the better of the two in intelligence and character.

Like the low-grade feebleminded those of this group present a great variety and diversity of mental peculiarity and equipment. In adherence to type or normality as in standardization there must be sacrifice of variety; while in departure from type or in failure to measure up to standard there is license for infinite variety of kind and degree of deviation. As in horticulture, it is among the "sports" that one must look for variety.

### The Cost to the State

The cost of supporting this parasitic group, including as it does many of the court cases of theft, sex offences, arson, vagrancy, assault, gambling, etc., is enormous. The cost payments of the Judicial Department in Maine last year was \$87,683. How much of this was due, directly and indirectly, to the uncontrolled activities of the high-grade feebleminded no one knows, since the personnel of the group has never been ascertained; but it is conservative to estimate that the major part of the expenditure was occasioned by the misguided behavior of high-grade mental defectives. The net cost to the State in 1916 of poor relief extended to 9,239 persons was \$534,160 (statistics of the Maine Board of Charities and Corrections), or about \$58.00 each or \$.72 per capita of the population. How much of this sum was expended to assist defectives of all grades there is no means of knowing at present. It is a safe conjecture, however, that very little of the poor relief was occasioned by the misfortunes of the able minded. Generally, the able minded are the producers of the State, of course, and the mentally defective and the diseased are the parasites.

The net cost of maintenance of Maine's hospitals, institu-

tions, sanitarium, child welfare agencies, etc., in 1916 was \$909,521. Much less of the occasion for the expenditure of this sum for conservation would be traceable to mental defect; since here the elements of physical misfortune and childhood dependence enters much more largely.

We see something of the sociologic degradation occasioned by the high-grade feebleminded and we appreciate something of the economic loss occasioned by them; but we have no exact measure for either. What will be the effect of the unrestrained activities of this varied class on the future generations of our tribe? We cannot expect their children on the whole, should they be allowed natural selection, to be better than they are.

No composite picture of this group is possible, as will be seen from even the small number of case records, abstracts and reports we have taken space to submit.

### **Problem of the High-Grade Feebleminded**

The point should be sufficiently emphasized that while 1659 obviously or low-grade feebleminded were found in the State or 2.12 per thousand of the population; this number by no means indicates or even hints at the numbers of the higher grades of mental defect, since the ratio of these two classes is not known. It is a safe assumption, however, that the higher grade cases of mental defect constitute on the whole a far greater sociologic and economic menace. The obviously feebleminded present the obvious problem, while the essentially feebleminded, including the higher-grade or extra-institutional cases, present the essential problem. An attack on the obvious problem may be expected to reveal and define the essential problem and enable the development of methods of solution.

### **The Feebleminded Found in Maine**

The opinion should be expressed that the cases of mental defect, deviation and other aberrations discovered in the survey do not differ essentially in kind or numbers from those of similar communities to be found elsewhere. There is one outstanding fact to be noted, however, which places Maine's population in a unique position. The U. S. census returns show that the population of Maine increased in the decade

1830-40, from near 300,000 to about 400,000 or 34%, and in the next decade, 1840-50, to 500,000 or 25%. This marks the end of normal growth measured by that of the United States, for in the decades following, the increase has been from 2% to 16%, except that in the decade 1860-70 there was a slight loss. In other words the population increase of Maine since 1850 has been much slower than that of the United States as a whole.

If we assume to be correct the repeated assertion by competent observers that what was Maine's loss in this period was gained by other states or in other words that Maine has sustained the loss to other states of some of her best young blood and brains in the last two generations; we may have therein a clue to an explanation of some of the degeneracy we may not overlook. The sturdy colonial stock of the pioneer days of Maine has given us of this day many flourishing families, some in the ninth or tenth generation on the soil. Some branches of some of these families have degenerated, while others have progressed in the usual course of natural race evolution. But the outstanding fact to be observed is the tendency to degeneracy of certain stocks remaining in the State, left there by the emigration of some of the more ambitious and aggressive elements. Maine has furnished to other states a disproportionate number of their best men and women, and it is inevitable that her own human breeding stock should show the drain on her resources. The wonder is that the losses sustained have been so well borne.

In view of this observed tendency, it is not surprising that many cases of mental defect or deviation are found to be in representatives of old colonial families—families having other representatives, however, whose achievements show them to be supernormal in mental equipment. There is, probably, no old family name in any state without representatives for whose attainments little is claimed. Such a condition must result where natural selection obtains. The obvious remedy is education to the advantage to families and to the state of a judicious selection of consorts and education to the sociologic and eugenic advantages of discontinuing breeding from unselected stock.

TABLE 1. THE FEEBLEMINDED IN MAINE INSTITUTIONS

Name of Institution	Population	No. of Feeble-minded
Augusta State Hospital.....	1,018	80
Bangor State Hospital <sup>1</sup> .....	691	78
Eastern Maine Orphans' Home.....	—	—
Maine State Prison.....	200	2
Maine School for the Blind.....	31	1
Maine School for the Deaf.....	102	10
Maine School for the Feeble-minded... ..	262	262
Maine State School for Boys.....	135	15
Maine State School for Girls <sup>2</sup> .....	185	23
Woman's Reformatory.....	51	15
Fifteen City and County Almshouses <sup>3</sup> .....	205	33
Eighty other almshouses of known population show a prevalence computed on the ratio of the 15.....	350	56
Sixteen County Jails.....	239	8
<b>Total</b> .....	<b>3,519</b>	<b>583</b>

Many other institutions visited, e. g. "The Good Will Farm," "Bath Military and Naval Orphan Asylum" and "The Children's Aid Society," Belfast, were found to harbor no feeble-minded in the terms of the definition adopted page 8.

1. Excluding 19 Constitutional Inferiors.
2. Only 65 doubtful cases were examined. Case summaries or abstracts of some of these are given.
3. For the populations of almshouses not visited we are indebted to the "Fourth Annual Report of the State Board of Charities and Corrections."

TABLE 2

Prevalence and Distribution of Feeble-mindedness in Maine.

Supported or helped by the Town or State	At large in the community	Total	Population represented	Number per thousand	
In urban districts of 2500 or more.....	61	262	323	262652	1.25
In rural towns of less than 2500.....	112	145	257	157130	1.54
<b>Total</b> .....	<b>173</b>	<b>407</b>	<b>580</b>	<b>429782</b>	<b>1.35</b>
Estimated population of Maine.....				783350	
Number per thousand, 1.35 applied to the State's population.....			1058	353568	
In 121 special schools, hospitals, city and county almshouses, jails, etc.....	601	601			
<b>Grand total</b> .....	<b>774</b>	<b>1659</b>			<b>2.12</b>

### Comments on the Estimate

The estimate of 1659 obviously feeble-minded in a State the size of Maine means little unless the numbers of the inhabitants with which such estimate compares be considered also. Reference to the "Correlation of Physical and Mental Ages of Sociologic Groups" (Page A....) will indicate that as the scale of intelligence efficiency is ascended there are, above (1) the obviously feeble-minded of our estimate, (2) the higher grade or border-line feeble-minded, (3) the subnormal or dullards, (4) the normal or adult minded, and (5) the supernormal mentalities. These make up 99.79% of the population. A population of 783,350 can not be readily compared with a group of 1659, unless one is accustomed to dealing with statistical concepts. A ready comparison of the estimate of Maine's obviously feeble-minded with similar groups found in other states may be made, however. These vary between two and four per thousand, i. e., .2% and .4%, the Maine survey figure of similar form being .212%, of course.

It will be noted that the disparity is wide between the numbers of obviously feeble-minded in the urban districts at large or privately supported and of those supported by the municipality or State; while in the rural districts this difference is not wide. The prevalence per thousand of the population shows the small difference of .29, however. This correlates well with the observed fact that, in urban communities which always include many supernormals, the mode of life and cost of living of the efficient varies far more widely from the mode of life and the cost of living of the obviously feeble-minded living there, than is true of the contrasted classes in rural communities.

Furthermore, many feeble-minded in the cities pick up a living because of the proximity of the affluent who need the services of common laborers, refuse collectors, doers of odd jobs, and who tolerate hangers-on, while many of the same class in rural communities would become dependent there because their fewer and far more frugal and thrifty neighbors would have less employment for their limited capacity.

Again it is the tendency of the least capable to gravitate toward simple occupations, cheap real estate, and a low cost of living. This is one reason for their relatively greater preva-

lence in rural communities and their more frequent dependence there. Other reasons have to do with heredity and the inertia of the class. Their tendency to perpetuate their kind and to cling to their own communities is illustrated in the chart opposite page 40.

### Rejections from Military Service for Mental Disability

Through the cooperation of the War Department and the courtesy of the Adjutant General the number of Maine men rejected for disability by the local boards of examiners is made available, viz.:

Number rejected since Dec. 15, '17,	6,246
Of these the number rejected as mentally deficient is	667

The per cent of the total rejection by all examiners from the whole number examined is somewhat above 50. More than 30,000 men have been called and examined. Therefore it may be that approximately 10% of 15,000 men, or 1500 in all, were rejected for mental disability. Very few of these, we may assume, would be of a low grade of feeble-mindedness or obviously feeble-minded, however.

From the Second Report of the Provost Marshal General it is noted that in the list of 48 states and the District of Columbia Maine stands 43d in the series of percentages of men rejected for mental disability, i. e. six states have less creditable records than Maine in this respect. These rejections were by local boards and camp surgeons and included discharges from the army for the cause stated between Feb. 10th and Nov. 1st, 1918.

In point of numbers of reported desertions Maine stands 31st in the above-mentioned series of political divisions, there being 18 states whence a greater number of desertions were reported. The states making the best records were the newer ones, i. e. those into which the aggressive elements of the population have been immigrating, leaving the less aggressive and dependents in the states whence they came.

Whether the mental defect indicated above is referable in large or small degree to emigration from the State in the last two generations or not, the fact remains that Maine's sociologic students are face to face with the problem of deter-



Boys called from hiding by their mother who declined to pose.



All dwellings reproduced are occupied.

mining the best means of improving the present and future human stock of the State.

### The Scattered Feeble-minded

While a certain number of the abnormal and higher-grade defectives tend to remain on the soil and there perpetuate their kind, as illustrated in the three communities graphed; the great majority of Maine's defectives are scattered throughout the State, their numbers being fairly evenly divided between rural and urban districts.

No inherent cohesiveness is to be noted among members of the class. They quarrel freely among themselves. It is less that they show a gregarious instinct than that others having little use for them, socially or industrially, they are in the community but not of it. Some, especially certain mill operatives, part time laborers and domestics, drift from place to place without establishing definite anchorage.

#### CHILDREN EXAMINED IN GRADED SCHOOLS

	Boys	Girls	Total
Number of school groups examined, 16, of grades 6, 7, 8 and 9,			
Number of children given the congregate test.....	212	206	418
Number of children examined individually.....	3	8	11
None of these children were found to be feeble-minded.			
Number of feeble-minded found in two special classes number- ing 20 .....	2	2	4

Twelve teachers in various parts of the State have informally reported very backward or peculiar children to the Director. Unfortunately none of these could be reached for examination. The teachers of rural schools undoubtedly do have instances of feeble-mindedness with which to deal and there are an unknown number of children so backward or retarded as to need training in a special class.

In one special class in a rather large factory village the personnel was almost wholly those handicapped only by the fact that a foreign tongue was the spoken language of the home. Two cases only of feeble-mindedness (see page 8 for definition) were found in the special classes of each of two small cities, though the retardation of all members of these classes was shown to be well marked.

The State School Report for 1916 tabulates 165 boys and

157 girls in special classes in fourteen counties and in academies. The average daily school attendance for the State was 102,877.

The schools visited were in small cities or large villages where the thoroughly graded schools showed a high degree of efficiency. The school supervisors and teachers approached showed every courtesy and manifested a keen interest in the characterial welfare of their pupils as well as in their intellectual progress. When acquainted with the purposes of the survey, so far as their schools were directly concerned cordial co-operation was always accorded and incidentally a quick appreciation shown of the vital sociologic importance of a study of defectives. Frequently the value of special training of dullards, both to the normally progressive pupils and to the dullards themselves, was suggested by the teachers.

## MEDICAL INSPECTION OF PUBLIC SCHOOL CHILDREN

A most important agency for the promotion of mental as well as physical hygiene of the present generation of children is the medical inspection of the public schools. Because of the failure of most towns to provide for school medical inspection, under the option granted by the law now in force; some form of state organization for this purpose will doubtless be substituted. An opportunity is thus made to provide that not only shall infectious diseases, myopic eyes, spinal curvature and carious teeth, etc., be noted; but that the backward children shall also receive medical attention.

The primary objective of the public schools is to preserve and develop a sound mind in a sound body and logically school medical inspection could hardly neglect the choreic child, the epileptic, the too emotional or too reticent, the child who cries too easily, who can not attend well or who is afraid, the child who can't learn, the untruthful child, the sexually precocious, the stammering child, the psychopathic, etc., etc.

Sound medical advice in the formative period is of priceless value to teachers, guardians, and to the child himself throughout his life. So, this opportunity is welcomed to suggest, before the corps of medical inspectors is organized, that the mental hygiene of school children is certainly quite as important as the physical hygiene, that the first examination should be for admission to the first grade, and that public school medical examiners should be affiliated with or be directed by the State Psychiatric Staff, so that guardians of doubtful cases would have the benefit of the highest psychiatric advice of the State and many a child be saved by judicious treatment, instituted early from what might easily become a lifelong handicap making, perhaps, the difference between dependency and productive independence.

To be efficient and successful a system of medical inspection of schools must be inaugurated by state authority. Once introduced, local option could, perhaps, be depended upon for continuance. As in the building and maintenance of highways, also a function of local as well as state economy and

utility, local option can not be depended upon to furnish the initiative. This has been amply demonstrated in the case of both the roads and the schools. But beyond this our analogy fails, for efficiency in the conservation of child welfare by medical inspection of the schools is of vastly more importance than efficiency in any material or utilitarian activity which lacks the human element.

### State Institutions

#### The Maine School for the Feeble-minded: a State Asset

The School for Feeble-minded at West Pownal has been wisely planned and equipped as an educational institution for a class of the State's unfortunates, rather than a custodial institution. Its pioneer management has planned and builded wisely and well, both materially and professionally.

Most of the inmates are still in the formative period of life. When the further development of the school shall have made possible the admission of those of a somewhat higher grade of mentality, the actual and ultimate purpose of the founders will begin to show realization through parole to community life and a tentative assumption of self-determination. Cause for regret in Maine would be deep, if the substantial beginning which the school represents had not been made in the State to educate the members of this lower grade group of cases who need the application of the special methods of training to be therein applied and whose salvage from idleness and vice means much to the State's progress, economically, sociologically and ethically.

In the slow rate of the State's population increase, a point will the sooner be reached when the building of additional units at the school would not only provide for extending classification but also for the admission of cases for observation, cases which need not be long retained and would be better treated ultimately as extra-institutional, cases which upon examination by the psychiatric staff would be found to be sufficiently well equipped intellectually to keep industrially occupied or to have no character deviation which under supervision could not be corrected or tolerated. The reaching of this point will automatically put a stop to institution extension. Before that point is reached, however, institution development will have begun restoring selected inmates to the community on

parole, for the primary function of a school for the feeble-minded is education, not custody—it is to **turn out** to highest possible usefulness, not to **keep in** to burden the State, unless that be absolutely unavoidable.

The hospital facilities of the school should be extended and the hospital and laboratory features emphasized. If this be done as additional units are built and classification extended, more of the invalid and aged feeble-minded also may be economically cared for here, relieving communities, almshouses and hospitals.

Recommendations therefore are:

1. Rather rapid extension of the School for the Feeble-minded by adding housing units, preferably of one story, enabling a further classification, and the undertaking of the parole of suitable patients and the accommodation of older patients, some now in State hospitals.
2. Extension of hospital and laboratory features of the school.

### **Institution Cases of Feeble-mindedness Not in the State School**

There are about 115 cases of feeble-mindedness in the State hospitals. Many of these are cases of mental disorders engrafted upon a defective mentality, and as such are well cared for in a hospital for mental diseases. Some feeble-minded were admitted to these hospitals before the school was ready for their reception; but now, as soon as the purpose of caring for institutional cases of feeble-mindedness at the State School for the Feeble-minded can be realized, the transfer of suitable cases will doubtless be made in the interests of all concerned. Such procedure would secure (1) the occupational activity of those needing it, (2) the relief of the Psychiatric Staff of a class outside their immediate province, and (3) the more economic administration of these dependents.

A few cases of feeble-mindedness are to be found also in jails and almshouses. Our survey revealed 97. Most of these, if examined and registered, might be found to be better situated if transferred to the State School. Since the establishment of the school the tendency to the diminution of the num-

bers of the feeble-minded maintained in almshouses has been marked. This real sociologic advance is due, in part at least, to the operation of the statute passed in 1915 (Chap. 320, Sec. 7), providing that no children be admitted to almshouses with adults.

### Maine State Prison, Thomaston

Like many other long established penal institutions, this one is hampered by long standing traditions and customs and also by structural features and limitations of area which the advances in penology of the last generation especially have made evident. The recommendations of the State Board of Charities and Corrections for an extension of classification of inmates and the introduction of reformatory methods of procedure for such as could profit thereby are points well taken.

The present administration is energizing the mental examination of inmates by a physician, one purpose of which is to ascertain the numbers of feeble-minded. Probably no step could be taken better calculated to rouse self-criticism and stimulate worthy planning for the future on the part of inmates than the development of a psychopathic laboratory with case records and the inauguration of a social service department with its follow-up work. The reason for this is that it is a good method for extending a prisoner's mental horizon beyond the prison walls and of focusing his imagination on his own future after release. It is a means of inducing him to face the question of whether he will or will not try to remodel his mode of living. Prisoners seldom plan and determine to live the kind of life recognized as anti-social; but they fail to plan and determine to live in some definitely worthy manner.

This group of State Prison inmates, many of them still in adolescence, constitute wasting clinical material from the criminologist's viewpoint; material awaiting organization into a psychopathic clinic of which the organizer might well be proud. One problem which would doubtless suggest itself to a physician undertaking this work is that of collecting data to show whether the State needs a reformatory for young adults to bridge the gap between the juvenile offenders of the State School for Boys and the men usually sentenced to the State Prison.

### Reformatory for Women, Skowhegan

The first inmates were received in 1917 at the farmhouse pending the completion of the first cottage. There were 51 inmates at the time of our first visit; of these 15 were feeble-minded in the terms of the definition employed (see page 8). Four personalities that presented especially difficult disciplinary problems or whose behavior suggested the possibility of mental disease were examined individually. Intellectually these were found to be morons, high grade, middle grade, or low grade; their intelligence age levels ranging between 8 years, 8 months, and 12 years, 8 months. Their chronological ages were from 17 years, 7 months, to 24 years, 5 months, and their intellectual retardation from 2 years, 4 months, to 7 years, 7 months. Their characterologic deviations cannot be well grouped because of their diversity; but besides sex immorality which was the occasion of sentence in each of these cases there appeared conspicuously in one lack of filial regard and an unchanging anti-social attitude, in another an obstinately maintained attitude of nihilistic non-compliance was shown in her history as well as during the interview. Three were quite willing to co-operate with the Reformatory officers and in efforts for their social welfare, also to work during imprisonment. These expressed good intentions for the future vaguely, but had no plans formed, much less had they determined on a better ordered mode of living. Some were over suggestible and of course unstable, others were obstinate and resistive to suggestion, though sometimes craftily endeavoring to be politic and not hesitating at stultification.

The interest of the visiting physician who cancelled other engagements to be present during the examination of these cases in the excellent psychopathic clinic ready to his hand promises well for the future utilization thereof.

The rapid development of this institution will be a credit to the State. Many inmates are nearing or have reached the close of the formative period of life, after which reformative influences will be of little or no avail. To apply the appropriate psychotherapeutic treatment to these unhappy girls, the mental needs of each must be ascertained, whether psychotic, psychoneurotic or characterial. Therefore, the laboratory and hospital features of the institution should be developed



Note the low doorway used by three generations before the modern frame structure was added.



Uninterruptedly occupied for three generations and still the home of an aged couple.

and emphasized. So far the administrative and disciplinary problems have been necessarily of first importance in point of time as physical needs must always be supplied before the mental needs can be reached, but now as new units are added the real functions of a reformatory may be energized and the social service element, with its follow-up work, the real life of any penal institution may be introduced.

The social, moral and physical havoc wrought by these immoral or amoral and often diseased women can not be known and measured, but when occasionally it is glimpsed the observer stands appalled. The victims of infection seek to hide their shame and the boys and girls with poisoned minds and defiled bodies may not be casually distinguished, but, as every physician knows, blighted homes are left along the trail of these often feebleminded females. Any state will do well indeed when it segregates and treats medically, intellectually and morally these misguided women each according to her ascertained need. The venereal diseases of these women are being treated as it is of transcending importance that they should be. Unless their activities are supervised after release, however, a re-infection may soon occur.

### **Maine's Juvenile Institutions**

Another of the State's sociologic assets is her institutions for correcting the character deviations and improving the intellectual equipment of some of her boys and girls whose home training has been neglected.

Most of those examined in these schools are from disorganized homes, 77% in fact (unless those from weak homes be included also when the per cent is 92), and nearly all of them are handicapped by inherited tendencies or defects as shown by the physical and mental stigmata of degeneracy discernible.

The results achieved in each of these juvenile institutions, if expressed in terms of units of good citizenship saved from careers of vice and dependency would be a most illuminating and creditable showing for the progress already made by Maine citizens and Maine legislators toward better mental hygiene.

Too often a citation of the apparent failures of discharged inmates of these schools is the only comment offered. A much less superficial and much more constructive and just criticism should be submitted also. These institutions receive material

with which some responsible agency, usually the home government has already failed. The really significant question is not, Why the failure? but rather, What would this boy or girl have been, if he or she had not had the help of the institution when it was so much needed? or, how much worse off would the State be without these institutions? A positive unmeasured success should not be prejudiced by citing instances of apparent failure. These schools cannot choose their material, but accept what is sent and they always improve upon it.

It is a mistaken notion to regard these schools as responsible for the reformation of inmates. No extraneous agency can reform. No boy or girl can be made to reform against his or her will. These schools are not to reform their inmates but to prepare them for reformation and correct living. The time of reformation and for testing the preparatory influence of the school is reached on departure therefrom. While in the school the inmate cannot test himself against the temptations he will meet on being discharged; but while in the school he may prepare himself by planning, determining and practicing. A high school is not a good place in which to secure a college education, but it is a very good place in which to prepare for the college course; and to push the analogy a step further, it is not the responsibility of the high school nor of the college to educate the student, only to provide the **means** of an education. The student must exert himself. He must determine and practice—and some fail to do this.

Probably no state makes any better investment than in capitalizing skilled agencies for supervising and instructing the character formation of the upgrowing generation during the plastic period of life whenever the home government fails.

At the State School for Boys at Portland, a congregate test was applied to eighteen of those sufficiently advanced in the school of letters to comprehend the simplified directions. Three others were individually examined and two found to be feeble-minded in the terms of the definition (page 8). The degree of retardation found for this group of eighteen was about that of the special classes reported elsewhere, i. e., clearly marked. The prevalence of feeble-mindedness is 11% of the population of 135. Specially trained teachers and officers are in charge of these handicapped boys and are doing a noble work well.

At the State Industrial School, Hallowell, 65 girls were ex-

amined individually. Among these a wide diversity in intellectual ability and training and in characterial deviation was found as is indicated.

INTELLIGENCE CLASSIFICATION OF A GROUP OF  
GIRLS IN THE STATE INDUSTRIAL SCHOOL

	Number
Adult minded or normal.....	8
Adolescent .....	1
Practically normal .....	2
Psychopathic personality .....	1
Borderline subnormal .....	2
Subnormal .....	3
Moron, high grade.....	16
Moron, middle grade.....	10
Moron, low grade.....	19
Imbecile .....	4
Total .....	65

The enrollment is about 185, of whom about one-half are on parole. The group examined undoubtedly represents the more handicapped portion of the population as those examined first were those of whom the classification was most needed. The prevalence of feeble-mindedness (definition on page 8) is then about 12%.

A continuing census of the feeble-minded would discover many more boys and girls of the State, more or less defective, needing supervision and teaching during the plastic period quite as clearly as do the inmates of these schools; but they are still under the control, nominally, of the home government. Such should not be segregated necessarily; but the home government should be stimulated to its duty or supplemented.

If the State were equipped with the machinery of a State Psychiatric Staff which would register and classify the up-growing generation of extra-institutional feeble-minded and higher grade defectives and would supervise the activities of this group through its local representatives, the benefits of the stimulation of the home government and the supervision of youthful defectives could be realized. Such an agency would necessarily and preferably be unable to accomplish any abrupt or revolutionary change; but would gradually acquire its data and beginning with the most obviously defective proceed to supervise and instruct only where such activity was clearly needed and at a time and in a manner to insure a welcome for their assistance.

The feeble-minded, like the poor, we shall have with us always, but their numbers and the burden they impose may be greatly diminished, and whereas now some of the obviously feeble-minded are tolerated outside institutions the tendency will be to institutionize this class more generally and to tolerate in the community only those of the highest grades of intelligence defect whose behavior can be controlled. So, while the need for institutions will hardly cease, the intelligence and efficiency index of the community may surely be appreciably raised.

### Feeble-mindedness and Social Hygiene

The importance of diminishing feeble-mindedness for the future and of controlling the activities of the existing feeble-minded is evident when we reflect that State and city commissions appointed to investigate prostitution and the vices and diseases spread thereby have reported that roughly from 50% to 80% of prostitutes are feeble-minded, including the higher grades of feeble-mindedness of course.

The feeble-minded woman could not successfully maintain herself unaided while virtuous, but with burdens of a career of vice and disease she is at once and for life a dependent directly or indirectly. Having the same passions as the well equipped mentally, but lacking, as they do, the inhibitions and higher motives to self-control, the feeble-minded women and girls are easily tempted and easily become the victims of the contemptible pimps and panderers who profit by woman's shame.

The United States Public Health Service has just issued a most inspiring pamphlet (No. 24) to physicians, from which the following is quoted. In outlining what the physician in civil life may do to protect the returning soldiers and the communities from social evils and the diseases resulting therefrom it is said: "You can provide facilities for easily accessible and prompt treatment of venereal diseases. Diseased prostitutes are the most dangerous. They must be quarantined and the community safeguarded against their return as prostitutes, (first) by means of the permanent segregation of the feeble-minded, and, (second) by medical treatment and industrial education for the others."

The unsupervised feeble-minded girl is a very grave menace, potential or actual, in any community. She becomes an actual menace of the gravest kind when she becomes infected with either of the two principal venereal diseases, gonorrhoea and syphilis. The former occasions more blindness and sterility than any other one cause, and more of the pelvic diseases of women, and the latter is transmissible and occasions feeble-mindedness and congenital syphilis, locomotor ataxia and paresis, or softening of the brain, as well as shortening life by attacking the brain or blood vessels or other vital organs.

The hopelessness of the task of elevating the moral standards of a community or of attempting to suppress the social evil without also controlling the activities of the high grade feeble-minded is evident, since the principal scatterers of infection are members of this class.

Logically and humanely we can have no thought of blame for the feeble-minded, much less any vengeful or punitive treatment to mete out to them. They are our wards and deserve our compassion and protection and such teaching and medical treatment as they need; but there is nothing in our code of ethics to prevent our discontinuing their propagation.

### Sex Promiscuity and Feeble-mindedness

As elsewhere stated, the majority of prostitutes are of the extra-institutional or higher grade type of feeble-mindedness. It is the exceptional unmarried mother who is not of this class also. In so far as sex promiscuity is traceable to feeble-mindedness its control is in the hands of the community, whose able minded citizens should assert and exercise their right to segregate and train the intra-institutional feeble-minded and to supervise the mode of life of the extra-institutional.

The benefits of the instruction now given the personnel of our army and navy need not be lost to the up-growing generation of the State. The machinery suggested elsewhere, page 37, is perhaps the only means adequate to supply the deficiencies of home training and to reach the class most liable to vicious infections and least liable to seek treatment therefor. A most important part of the supervisory influence to be exerted upon the high-grade feeble-minded would be the educative, and, if necessary, the coercive pressure needed to

deter the unfit from marriage and to diminish license. The point of choice at which to attack the social evil is that of the developing mentality before the end of the formative period.

### **The Diminution of the Burden of Feeble-mindedness for Posterity**

The propaganda in Maine, as in other states, for better mental hygiene in the field of feeble-mindedness, is a philanthropic, sociologic movement for the social uplift and the moral and intellectual advancement of all classes. That the methods for the realization of this purpose involve the denial of parenthood to the unfit and the supervision of the activities of the feeble-minded of this generation and the utilization of their energies in the industries is no indication of an animus against the class nor of any tendency to persecution. On the contrary, the increased comfort and happiness of these unfortunates is consistently sought. There is no reason on scientific, ethical, commonsense or humanitarian grounds why any community may not seek, humanely, to utilize the available energy of the present generation of the feeble-minded and to prevent the procreation of the unfit for future generations. In no other way could this generation in Maine so effectively make the world a better place for posterity than by taking thought and action to diminish the burden of feeble-mindedness.

The feeble-minded are not only the product of the obviously unqualified; but also sometimes of those who seem to be well qualified. The estimate is that 80% of feeble-mindedness is inherited. The aim of psychiatric study is to abolish insanity; but no one expects our hospitals and laboratories to close for lack of patients. The community's return for the cost of the proper care and treatment of the insane as well as of prisoners and all dependents is in relief from their inimical activities and in the hope of cure or reform for those amenable thereto, and it is nothing less that is sought or expected from a similar striving for relief from the burden of feeble-mindedness; though for the latter there is no cure or reform for the individual in the sense above expressed.

With attention focused on the present generation only, the prospect of an appreciable diminution of the burden is small;

but by taking well considered steps in this generation, before the end of another, a well marked diminution of the burden together with an advance in the sociologic excellence of the whole population would appear for which our children would rise up and call us blessed.

### Effect of the Registration of the Feebleminded on Lawlessness

There is a seldom noted aspect of this problem which the high grade feebleminded present, i. e. the judicial. The law builds fences to protect the lives and property of all from the acts of the lawless. In so doing the law prescribes and proscribes regarding men's acts. It takes cognizance of men's thinking only as their thinking occasions insane acting. By empowering a judicial investigation at the hands of experts of the thinking capacity and responsibility of offenders, a deterrent tendency would obtain in the minds of the most capable offenders since those of inferior equipment would be found and registered.

No able minded thief, prostitute, panderer, swindler, or vagrant would prefer to remain where such examinations for registration were legal and the high grade feebleminded who remained would be known as their offences brought them to notice. Such could be dealt with on the basis of their mentality as well as on that of culpability. Apparently, then, provision for examining and registering mental defect would act as a constant stimulus to acceptable behavior, also as a means of suppressing irresponsible lawlessness without recourse to apprehension and punishment.

### The Need of a State Staff of Psychiatrists

An indication of the definite need for the organization, under State authority, of the psychiatric skill of the State for the benefit of the State's dependents, her institutions and her producing citizens indirectly is the large number of applications received at the Director's office for individual diagnosis of cases of mental defect and deviation. These applications were made by physicians, State and town officials, institution heads, representatives of charities and child welfare societies and by anxious parents and perplexed guardians. Generally, the im-



Federal Army Veterans.



Hamlet in which the above citizens have always lived.

portant question for all concerned related to the wise and available disposal of the case, a question the Director had not been authorized to answer. Fortunately, no one was denied examination until the very end of the year's work in the State; but sometimes disappointment was occasioned by the obvious necessity of limiting our province to a determination of mental status or condition. The real need for an authoritative Maine body of psychiatrists to determine not only mental condition in borderline cases, but also to recommend the treatment and disposal of these cases and to administer sociologic projects of moment is patent.

The psychiatric skill of Maine's specialists which has hitherto stood so successfully only on a professional basis would be given the added weight and potency of a State Board or Commission's findings, if organized under State authority. Besides the opening of new avenues of sociologic advancement to follow such a step, there would be roused a healthful spirit of progress toward eminence in psychiatric and sociologic studies among the young medical men and students. The attainments of Maine's psychiatrists might well be thus recognized and dignified, while at the same time their usefulness would be increased by the authorized organization indicated.

### Legislation

Recourse to amendment of the law is not to be lightly undertaken, and clearly amendment of the law is not to be recommended unless an informed public is receptive and is ready to support the enforcement of measures enacted. But it is also true that citizens and legislators may and should so construct and invoke the law as to promote the advancement as well as the protection of those living under its shelter.

To secure to this and succeeding generations the benefits to accrue from a diminution of dependency and the raising of the standard of mental and economic efficiency, through the gradual elimination of most of the unfit, a small force of field workers will be necessary to supervise the extra-institutional feeble-minded, possibly one in each city and one in each rural district comparable in size to counties. These field agents should be selected, trained and directed by an authoritative State staff of psychiatrists, responsible administratively to the

State creating it, and would be in daily touch with the activities and manner of life of all found to be of limited responsibility because of mental defect or disease. The State Psychiatric Staff or Commission would be responsible professionally for registering, diagnosticating, treating and distributing cases and for the making of case records and studies therefrom. The staff would also act as the final court of decision for appealed cases when effective laws providing against the marriage of the unfit have been enacted.

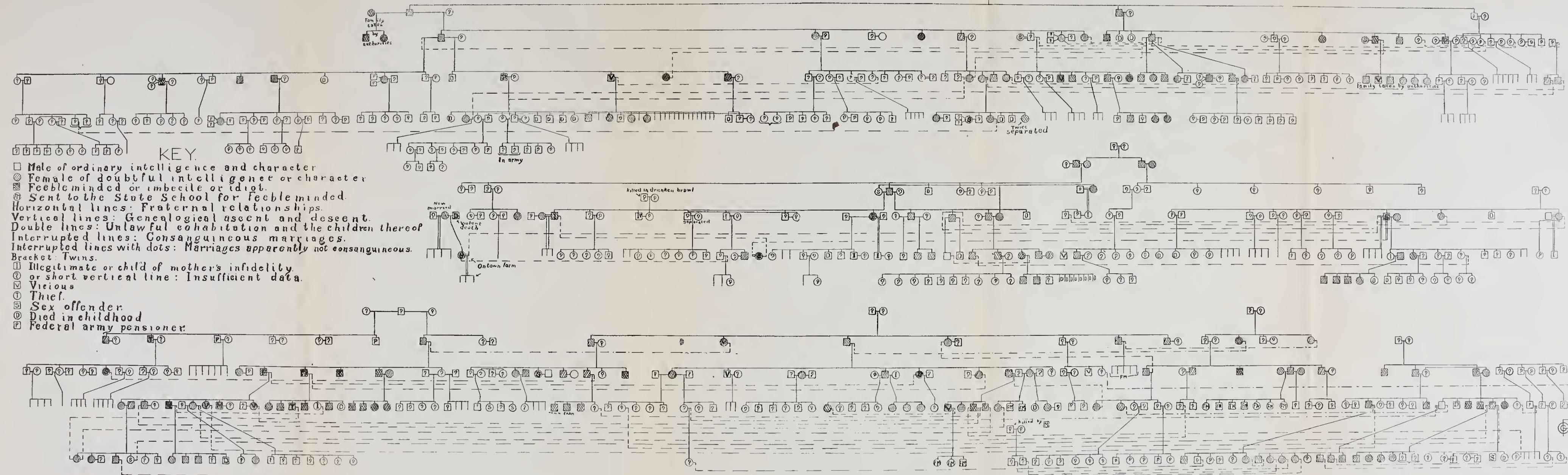
As the average of sociologic excellence of the community is raised, an increasing number of those now rated as borderline cases would fall into the category of the unfit by comparison; so that so far as can now be seen, the usefulness of the machinery suggested would extend through many generations beyond the present.

### Illustrative Sketches from the Graph

Having read the key, the reader is prepared to note that in the first generation of the first community a man of doubtful mentality had eight children by his first wife, all of whom were of doubtful mentality or feeble-minded except one, of whom we have only insufficient data. By his second wife who was feeble-minded, this man had two children who were feeble-minded, and both this second wife and her two children are now wholly dependent, having been removed from their wretched surroundings by the authorities to an institution for dependents. Returning to the first wife's children: the third son, a man of doubtful mentality, married a woman of whom we could learn nothing reliable. Of the six children reaching maturity, all but two were of doubtful mentality and of the six all that married united with relatives except one. That woman married a man of doubtful mentality and had six children, two of whom died in childhood or infancy. All the survivors are of doubtful mentality. One, a sex transgressor, has acknowledged three husbands, though a young adolescent. Another has separated from two husbands. The third made a consanguineous marriage from which there is not yet progeny.

In this example it is easy to trace the influence on progeny of defect in the parents. It would seem to furnish as good an illustration of the validity of the Mendelian Law as could

THREE DEGENERATE COMMUNITIES: THEIR CONSANGUINEOUS MARRIAGES AND MENTAL CLASSIFICATIONS.



KEY.

- Male of ordinary intelligence and character
- ◐ Female of doubtful intelligence or character
- ⊠ Feeble minded or imbecile or idiot.
- ⊙ Sent to the State School for Feeble minded.
- Horizontal lines: Fraternal relationships.
- Vertical lines: Genealogical ascent and descent.
- Double lines: Unlawful cohabitation and the children thereof
- Interrupted lines: Consanguineous marriages.
- Interrupted lines with dots: Marriages apparently not consanguineous.
- Bracket: Twins.
- ① Illegitimate or child of mother's infidelity.
- ② or short vertical line: Insufficient data.
- ⊠ Vicious
- ⊙ Thief.
- ⊙ Sex offender.
- ⊙ Died in childhood
- ⊠ Federal army pensioner.

Family taken by authorities

twice separated

In army

killed in drunken brawl

Violent death

On town farm

Killed by M



be readily found to be operative in such complex organisms as the human species.

The influence of the consanguineous marriages is less obvious since advantageous heritable characters as well as defects tend to be intensified in the children of related parents. But a further consideration is that what one has not, represented by a defect, something negative, he cannot transmit, while an advantageous character, something positive, he may or may not transmit.

In the second community, last generation, are three boys and a girl of doubtful mentality, whose youngest sister died in childhood. The father of these was of doubtful mentality and the mother an illegitimate daughter of a sex transgressor of doubtful mentality.

And in the lower left hand corner of the graph, last generation, is a family of five children, the youngest died in infancy, the product of consanguineous marriages for two generations between parents of doubtful mentality or feeble-minded or illegitimate. An uncle of these children had killed a man found in his house by beating him over the head with an old gun and dragged the body outside where it was left.

In serving his sentence for manslaughter this prisoner was a trusty and drove a prison team freely and faithfully about the city as directed. He often attracted attention by the profane and threatening stream of talk, with which he habitually addressed his well fed and carefully handled horses.

### Comment

The same poverty of judgment exhibited in too frequently misguided behavior that shows itself in the marital affairs of these communities appears not less constantly in the life activities of individuals. Those who are whimsical and shiftless in their selection of a consort may be expected to be whimsical and shiftless in their occupational, religious and cultural decisions and actions also, and they are found to be poor farmers and neglectful of religion, ethics and patriotism.

It is not that decision and behavior in marital affairs is recognized as an especially accurate index of mental efficiency that it is chosen for graphic presentation; but that a graphic showing is incidentally available in correlation with the graphic mental classification of individuals. Decisions in the field of

matrimony and family perpetuation are, however, most vital and do form an important single index of adult intelligence and character. Personalities making most and worst mistakes in the field of love and sex affairs make a not disproportionate number of mistakes in some other field or fields, though not necessarily in all others. The point is, that if these communities furnish poor consorts, parents and neighbors, they might be expected to furnish poor laborers, artisans and producers generally and the fact is they do furnish these. A special chart and special studies would be required to show poverty of judgment and behavior in other accessible fields.

Each of the communities graphed has been represented by a disproportionately large number of inmates in the juvenile and penal institutions of the State as well as being unduly represented on court dockets and in the jails and almshouses and in the town and state aid accounts. Several instances are to be noted in the graph indicating that the child welfare agencies or town officials had found it advisable to separate children from parents or to provide for some members of a family apart from the others for mental and moral hygiene.

One of the largest of the State's degenerate communities, that on Malaga Island, has been ingeniously dispersed by the State's taking over this unorganized and unclaimed island and annexing it to an adjoining town. Three consignments of feeble-minded children were sent to the State School for Feeble-minded and the squatters notified to remove their shacks. In the course of time this was done and little hardship resulted. Before this step was taken, however, dwellers on the nearby main land were often startled at night by the weird shouts, howls, profanity, obscenity and reports of firearms from the island. This colony contained many with an admixture of African blood.

Where such people have lived for generations their reliance for subsistence has been on the natural, easily obtained resources of the country, fish and game while these last eked out with the products of simple labor. Formerly the shaving of cedar and pine shingles, stock for which was cut in the woods, almost anybody's woods served at least one community for more than a generation. Hoops, baskets, trays, etc., were made later and bartered for groceries and dry goods. Sometimes small parties foraged by night in fields and gardens,

hemeries and pastures. They were singularly improvident and planted little or nothing, provided little or no wood and seldom make any attempt to beautify their dwellings. There are no streets, no sidewalks, only a straggling road or path from house to house or short cuts through the woods. In winter, day by day supplies of dead branches and trees are picked up and, in lieu of teams, man and woman or boy power is employed to drag the wood home, sometimes on a rude sled and preferably on the crusted snow. In the bitter cold and snow of last winter nearby young shade trees set out along the highway were cut and burned green in one of these hamlets. At one hamlet visited a woman was working with ricketic saw and axe on a few odds and ends of wood and at another of the graphed communities a girl of twelve had been drowned the preceding day while "in swimming," with several of her neighbors.

Among the many anecdotes that might be related, illustrative of the intellectual and characterial shortcomings of these people, is the following of unimpeachable authenticity. One of our graphed personalities whose husband was also her uncle, was sitting idle at the window of her little two-room cabin when the newly installed clergyman of the nearest church made his pastoral call on this outlying district. The woman, the mother of two children, had the freshness of youth and a not unpleasing appearance. The clergyman, stirred by the newness and magnitude of the field for spiritual uplift, was quizzing the woman on the cause of the evident mental inertia of the community. "Here you have lived for generations," he said, "without ever seeing a railroad train or a steamship. Why don't you find out what is going on in the outside world? Why do you just stay on here, never even marrying outside this little settlement?" "Well," said the woman slowly, "I suppose I could leave Uncle Jim to go along with the likes of you."

### Child Mortality

People of the type graphed are more prolific than their better equipped neighbors; but child mortality is high. This is doubtless due in part, at least, to the hard conditions under which an infant or child must live, and, moreover, to the inevitable

neglect child life encounters. The accidents of fire and water and sickness which ordinary foresight and care would prevent are unduly frequent. That the defective mothers love their children no one should doubt; but that they know how to care for and rear their children no one should believe.

### **Tribal Perpetuation**

Little change is to be observed from one generation to the next in the numbers found in these scattered hamlets, the largest of which are represented in the accompanying graph. On the whole, in more recent years, partly because of the extension of specialization in industries which has called a few to mill towns and at the same time has deprived those remaining of remunerative hand labor at home, the tendency is probably toward a slight diminution of the numbers left in the ancestral shacks. The tendency of the adolescents to drift away is slightly more pronounced than it was a generation ago. Since the war began this tendency is accelerated as feeble-minded boys are now driving teams in the woods for good pay who could not have secured such a job, had they tried in the antebellum days. These, in many instances, were sought out by employers and induced to begin work away from home.

**TABLE 3**  
**Intelligence age level classification of 157 personalities, the behavior of many of whom prompted guardians to seek a mentality investigation.**

	Intelligence age level	Average chronological ages		Average of sexes combined		Average retardation		Average of sexes combined		Numbers		Total
		Male Y. M.	Female Y. M.	Y.	M.	Male Y. M.	Female Y. M.	Y.	M.	Male	Female	
Adult or Normal.....	Inclusive											
Subnormal.....	15 to 16	39-0	22-0	30	6	0-0	0-0	0	0	14	14	28
High-grade Moron.....	13 to 14	17-10	16-6	16	10	1-2	1-1	1	1	3	13	17
Middle-grade Moron.....	11 to 12	14-6	16-6	16	3	2-4	3-3	3	1	3	21	24
Low-grade Moron.....	9 to 10	23-2	16-3	17	5	4-11	4-5	5	8	6	31	37
High-grade Imbecile.....	7 to 8	26-6	16-8	19	0	6-6	6-1	6	2	8	26	34
Low-grade Imbecile.....	5 to 6	9-6	13-11	11	8	3-9	5-7	5	0	5	5	10
Average age of males.....	3 to 4	7-9	4-11	6	4	3-7	1-2	2	4	4	4	8
Average age of females.....										43	114	157
Average age of the group.....												
Average retardation of males.....												
Average retardation of females.....												
Average retardation of the group.....												

Notes on the character deviations not susceptible of numerical evolution and hence not susceptible of correlation with intelligence measurements may be found among the reported cases.  
 Not included in the above table are five cases, viz.: one male, senile deterioration, age 83-3; one male epileptic, with deterioration, age 85; two supernormal—one of each sex, and one normal male infant.

**TABLE 4**  
**Sex and Age Distribution of Four Groups of Subjects.**

Ages	Group 1			Group 2			Group 3			Group 4			All Groups		
	M.	F.	Total	M.	F.	Total									
Under 5 y'r's	1	1	2	2	2	2	2	2	2	1	2	3	1	3	4
5 to 10 years.	3	...	3	1	2	3	...	2	2	1	2	3	5	6	11
11 to 15 years	3	13	16	3	5	8	1	4	5	2	7	9	9	29	38
16 to 20 years	2	24	26	...	7	7	2	11	13	4	20	24	8	62	70
21 to 40 years	2	2	4	...	...	...	2	3	5	9	8	17	13	13	26
41 to 60 years	2	1	3	...	...	...	1	...	1	1	...	1	4	...	4
Over 60 years	1	...	1	...	...	...	2	...	2	1	...	1	4	...	4
Ages unascertained..	1	...	1	...	...	...	1	...	1	2	1	3	4	1	5
Totals. ....	15	41	56	4	16	20	9	20	29	20	38	58	48	114	162

GROUP 1. "Normal" subjects not known to have near relatives who are "abnormal" or "doubtful."

GROUP 2. "Normal" subjects having one or more near relatives who have been adjudged by the survey to be "abnormal" or "doubtful", or have been inmates of an institution so adjudging them.

GROUP 3. Doubtful subjects, i. e., those presenting evidence of abnormality but not sufficient to be definitely classed as abnormal in the sense adopted by the survey.

GROUP 4. Abnormal subjects.

### Tabulated Data

In collecting the data from the individually examined cases presented in Tables 4, 5, 6, 7 and 8, the very happy device of Major A. J. Rosanoff was adopted, i. e., the consideration of cases in four sociologic groups (See Table 4), the basic division being into "Normal" and "Abnormal" and the subsidiary divisions indicating normality or abnormality in ascendants or siblings.

The cases presented for examination determined a group of high abnormality since the group was made up so largely of suspected cases, eighty-four per cent were in some institution or had been inmates of such or were those for whom admission was sought. Considered in connection with these facts the proportion of "abnormal" found is small. Doubtless in this field of the survey as in others, later researches will find the estimates submitted to be conservative.



Five generations and their home. One member is missing—away on a visit.



A family supported by a town. The house was built for them to comply with the statute forbidding the placing of children in an almshouse. The children can not talk.

TABLE 5  
Sex and Age Distribution of Four Groups of Subjects, computed in Percentages.

	Group 1			Group 2			Group 3			Group 4			All Groups		
	M.	F.	Total	M.	F.	Total	M.	F.	Total	M.	F.	Total	M.	F.	Total
	Under 5 years.....	7.0	2.4	4.7	.....	12.5	6.3	.....	.....	.....	.....	.....	.....	2.1	2.6
5 to 10 years.....	20.0	.....	10.0	25.0	12.5	18.8	.....	10.5	5.3	.....	5.1	2.5	10.7	5.2	7.9
11 to 15 years.....	20.0	31.7	25.8	75.0	31.3	53.1	11.1	21.0	16.5	11.1	17.9	14.5	19.0	25.2	22.1
16 to 20 years.....	13.0	58.6	35.8	.....	43.7	21.8	22.2	52.7	37.5	16.6	54.0	35.3	15.0	54.8	34.9
21 to 40 years.....	13.0	4.9	9.0	.....	.....	.....	22.2	15.8	19.0	50.0	2.5	35.3	27.7	11.3	19.5
41 to 60 years.....	13.0	2.4	7.7	.....	.....	.....	11.1	.....	5.5	5.6	.....	2.8	8.5	.....	4.3
Over 60 years.....	7.0	.....	3.5	.....	.....	.....	22.2	.....	11.1	5.6	.....	2.8	8.5	.....	4.3
Age unascertained.....	7.0	.....	3.5	.....	.....	.....	11.2	.....	5.1	11.1	2.5	6.8	8.5	.9	4.7

TABLE 6  
Four Groups of Subjects Compared as to Education.

NATIVITY AND RACE	Group 1			Group 2			Group 3			Group 4		
	Ages	None	*C. S. Above	None	*C. S. Above	None	*C. S. Above	None	*C. S. Above	None	*C. S. Above	
Native of native parentage	11-20	.....	10	6	.....	4	.....	6	.....	12	.....	1
	21-40 over 40	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Native of foreign or mixed parentage	11-20	.....	23	.....	8	.....	.....	13	.....	.....	.....	.....
	21-40 over 40	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Foreign born	11-20	.....	2	.....	.....	.....	.....	.....	.....	.....	.....	.....
	21-40 over 40	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
African	11-20	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
	21-40 over 40	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....

The distinctions between Groups 1-4 are as in Table 1. Cases under 11 years of age or in which age, nativity, parentage or education is unascertained have not been included in this Table.

\* Common School

TABLE 7

Four Groups of Subjects Compared as to Earning Capacity.

AVERAGE WEEKLY EARNINGS	Group 1		Group 2		Group 3		Group 4	
	No.	Per cent						
Very low.....								
Low.....	1	16.7					2	18.2
Moderate.....	3	50.0			3	100.0	7	63.6
High.....	2	33.3					2	18.2
Very high.....								
Totals.....	6	100.0			3	100.0	11	100.0

The distinction between Groups 1-4 are as in Table 1.

Only male subjects from 21 to 60 years of age are represented in this Table.

Very low—Under \$7.00. Low—\$7.00 to \$10.00. Moderate—\$11.00 to \$20.00. High—\$21.00 to \$50.00. Very high—over \$50.00.

TABLE 8  
Four Groups of Subjects Compared as to Marital Condition.

Sex	Ages	Group 1			Group 2			Group 3			Group 4		
		S.	M.	W. D.	Sep.	S.	M.	W. D.	Sep.	S.	M.	W. D.	Sep.
Male	11-20	1	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
	21-40	1	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
	41-60	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
	Over 60	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Female	11-20	41	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
	21-40	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
	41-60	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
	Over 60	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....

The distinctions between Groups 1-4 are as in Table 1. Cases under 11 years of age or in which age or marital condition is unascertained have not been included in this Table. S—single. M—married. W—widowed. D—divorced. Sep.—separated.

TABLE 9

## Medical Classification of Abnormal Cases with Age and Sex Distinction.

MEDICAL CLASSIFICATION	Under 11		11 to 20		21 to 40		41 to 63		Per cent		Total		Grand Total
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	
	Recoverable Psychoses.....			1	1	1				1.7	3.4	1	
Recurrent Psychoses.....			1						1.7		1		1
Chronic Psychoses without deterioration.....							1		1.7		1		1
Epilepsy.....					2					3.4	2		2
Arrests of development.....	1	1	2	7		3			5.1	19	3	11	14
Alcoholic Psychoses.....							1		1.7		1		1
Syphilitic Psychoses.....			1						1.7		1		1
Disorders of uncertain origin and nature.....	1	1	5	20	6	2			20.7	39.5	12	23	35
Total.....	2	2	7	30	9	6	2		29	71	20	38	58

TABLE 10

## Sociologic Classification of Abnormal Subjects with Age and Sex Distribution.

MALADJUSTMENT	Under 11		11 to 20		21 to 40		41 to 63		Total		Grand Total
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	
	Retardation.....			1	2		1			1	
Truancy, unwilliness.....		1			1				1	1	2
Sex immorality.....			1		12		5			18	18
Criminal tendency.....		1		5	1	1			7	1	8
Vagrancy.....				1		3			4		4
Dependency.....			1	1	7				1	8	9
Inebriety.....						1		1	2		2
Domestic maladjustment.....						1			1		1
Medical cases.....					1	7	2		3	7	10
Total.....	2	2	9	30	8	6	1		20	38	58

## RECOMMENDATIONS

Broadly stated, the sociologic need of the inhabitants of Maine is that her well equipped citizens work together to formulate and attack certain definite social and economic problems. The intellectual and moral standards of the State's inhabitants as a whole may be advanced faster and their efficiency be increased by seeking to humanely diminish the burden of feeble-mindedness.

Any attempt to formulate definite plans for action to diminish feeble-mindedness and its consequent dependency must deal in some manner, sooner or later, with the project of denying parenthood to the unfit and must decide whether or not to attempt the training of the upgrowing generation of extra-institutional feeble-minded.

Less broadly considered, the more immediate needs of the State and some of the machinery for supplying them are summarized in the following recommendations, viz.:

1. Education of the public on the problems of feeble-mindedness and the means of solution, i. e., Maine citizens should know the numbers of the class and especially of the inimical, high grade feeble-minded, many of whom are potential offenders. They should know the cost of supporting these in idleness and vice on the one hand, and of training them in youth to economic usefulness on the other. Maine people should know the importance of detecting those of degenerate stocks whose progeny is most sure to be dependent, in order to plan for the elimination of these in the future. Maine people should be convinced that feeble-mindedness in the community is a burden which may be humanely diminished.

2. The extension of the mental clinic idea, now happily inaugurated in Maine, to the establishment of clinics in the other large cities at which guardians, judges and court officers, institution heads, physicians, teachers, and others may ascertain the mental status of those whose behavior suggests investigation.

3. Provision for the enactment of a suitable commitment law, placing the control of all feeble-minded in the hands of

the State's experts, so that those of both the intra- and the extra-institutional types may be appropriately treated.

4. Extension of the State School for the Feeble-minded and the Woman's Reformatory to twice or three times their present capacity in the attempt to relieve the communities of the intra-institutional feeble-minded and inimical female offenders.

5. Provision for the freest use by the courts of the findings of the State's alienists.

6. Provision for more intensive teaching of Psychiatry in the State's medical schools and of the teaching in the normal schools of the available means of securing a diagnosis of suspected cases of mental defect in children.

7. Extension of medical inspection in the public schools to the early discovery of cases of mental defect, deviation and disease.

8. Examination and classification of all inmates of penal and reformatory institutions.

9. Provision for the inauguration of a continuing census of the State's feeble-minded.

10. A continuing voluntary association of competent citizens to organize research, to educate public opinion and to formulate measures for legislative enactment.

11. State recognition of the psychiatric resources of the State and the organization thereof for the examination, registration and supervision of the State's feeble-minded.

### Cases Examined Individually

#### Case I.

H. J. is a fairly well developed girl of 15.9 years, definitely ascertained. Skin shows fine superficial acne and lacks good color. Her mental attitude is rather listless and lacking in spontaneity and responsiveness. Of her father she apparently knows nothing. Of her mother she reports her death when H. was three. Of her siblings and collateral relatives she apparently knows nothing and conveys the impression she lacks interest. She was cared for as a State charge or in a family in childhood till she began school at about the age of seven. In school at —— she repeated no grades but was regularly advanced till she attended a high school for a year. She left school on her own initiative to begin housework, having worked for her board while attending school. During this experience she was discharged for theft.

This fact she was very slow to admit and would have allowed an incorrect reason for this change of residence to be recorded. No place was held by her more than a few days after this, and she became dependent on the Maine Children's Home Society of Augusta, an institution that had several times placed her, apparently favorably.

Menstruation began at the age of eleven. She denies transgression, but admits understanding the meaning of sex intercourse. She admits being out evenings with girls and boys and that sometimes a boy and girl went off by themselves, but adds that she never did this.

On the day of the examination it is learned from her guardian she begged for permission to answer a letter to a boy in Waterville, ten miles away, saying she must answer it; but she would give no valid reason. Refused, she canvassed the possibility of walking to Waterville to see him. The snow of an exceptionally severe winter was piled impassably high. Then she sought permission to write to a girl friend whose reputation in sex matters is bad. This being reluctantly given on her representation that she **must** write her, she apparently prepared the letter. As the rural delivery man appeared she slipped out to the country road through the deep snow and gave him a letter, reporting on her return that she had posted the letter to her girl friend. This roused suspicion and her effects were searched, revealing an unfinished letter to the girl. In the letter was found about a foot of gold chain recognized by the guardian as her own (the guardian's).

Under H.'s pillow that morning had been found, too, a piece of black lace that the guardian identified as her own (the guardian's), and which must have been taken from the depths of a trunk in the attic to which H. was not supposed to have access. Furthermore, a dime which H. had seen left in a vest had been missed. When inquiry was made of H. anent these items she vehemently denied one after the other, "Honest to God" she had not seen the dime, knew naught of the lace, etc.

When tested she showed very good scholastic ability, computing interest mentally. Her general information was rather remarkably good. She could attend well and showed quick penetration and grasp and readily drew correct academic conclusions; but she became silent whenever a disagreeable admission was called for. Her reluctant admission could be at length elicited; but not so long as she could see any escape by evasion. She volunteered nothing except in excuse or extenuation, e. g., after several specific admissions of theft had been won from her she volunteered, "I can't help stealing," and again, "I steal things I don't want." "Have you ever been tempted to steal something when you have decided not to steal and have walked away leaving it?" "Yes, I have." "Well, does not that show that you can avoid stealing when you really try your best?" She hesitated long before answering in the affirmative, meanwhile admitting and showing she understood the logic of the situation. "Would you not blame anyone who steals from you?" "Yes." "Does not the law hold anyone who steals punishable?" "Yes." "Well, aren't you to blame if you steal then?" Again she very reluctantly admitted her responsibility. At one point she volunteered she never had stolen money. Told that the examiner probably ought not to believe that, as it was so unlikely that anyone who had stolen as she had done would refrain from taking money, she at length admitted that she could not blame the examiner for declining to believe that statement. The distinction between telling her she could not be believed in a certain statement and calling her a liar was appreciated and admitted readily.

She resisted the suggestion for some time that her life was one of failure more than success because of her thefts and lying, but at length admitted it. Then she resisted the suggestion that she could change all that and live a happy and successful life, if she would try hard enough. No satisfactory reaction could be elicited to this, no

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For the detailed histories of three of the following case abstracts we are indebted to Mr. L. S. Wheaton of the State of Maine Branch, Waterville, of the New England Home for Little Wanderers.

smile or hopeful attitude; though at the time this suggestion was made her admissions were all in, her fencing had ceased and she was quite at ease and thinking clearly on the subjects suggested.

Findings:

Intelligence: Mental level, 15 years, I. Q. 93, category, normal or adult. Capacity for abstract reasoning poor even for her age, but when stimulated her conclusions are valid. Foresight and planning are very illy developed.

Character deviations: These are principally in the emotional sphere and are exhibited in habitual theft and lying. Reactions to altruistic, patriotic and filial regard stimuli show lack of development. Reaction to considerations of self-interest is weak. Insight is poor. Impulse is the principal guide to action and capacity for self-denial is small. Voluntary control of expression is habitually that of dissembling and impulsive egotistic sang froid is consistently maintained.

Sociologic maladjustment: Criminal tendency, dependent child.

Mental disease: None.

## Case II.

A. D., American born, age 21-3, of naturalized German parentage. Attended Pawtucket schools from 7 to 15, more than half time, repeating four grades, one of them twice. Was out for sickness, heart trouble, which he has now. Truancy not a large factor. Father died of paralysis five or six years ago. Mother is living. She was at a sanatorium three months on account of being "run down." Lost her memory and could not care for her household. History of collaterals is neg. for institution residence and dependency. Sister is a widow at home with mother and brother who is a carpenter—a family with no margin of safety.

A. married soon after age twenty-one an imbecile after having been balked in several attempts to arrange for his marriage. He admits gonorrhoea while in the army four months, whence he was honorably discharged as mentally unfit. His general information was good. His answers were prompt and though at times tending to be flippant and evasive he readily adjusted his attitude on a warning. He uses tobacco, but denies the uses of drugs and alcoholics. Physically he is well nourished but musculature is soft. There is a mild conjunctivitis. Forehead is both low and narrow and teeth are crowded and irregular. Clothes are dirty. House is poorly furnished and is unpainted and illy repaired, but is swept and its poor furnishings are fairly orderly. A. was found sitting in his house idle with wife and eight-year-old girl. He resisted the suggestion that these are remarkably favorable times for workingmen and would have loquaciously taken over the interview at this point, at others also. His chief interest was in excusing and exculpating and inveighing against those who extended no help and sympathy. He claimed to have walked three miles and back in an unsuccessful hunt for work on the preceding day. He resisted the suggestion that he made a mistake in leaving school and neglecting a trade, also the suggestion that he would have done better to stick to the \$2.50 a day he was getting before he joined the army. A search for motives for joining the army elicited no suggestion of anything more worthy than self-interest and the stress was on his feeling "He wanted to go." To the suggestion that he now had the responsibility and burden of a wife, he again took the superficial view, saying she was as well off as before her marriage. He was a little disturbed but not

resentful that the army examiners had found him "Deficient Mentally." Denies arrests.

Intelligence: Mental level, 14-6 years, I. Q. .90, category, adult, but judgment is poor.

Character rectitude or deviations: Shows various anomalies, e. g., lack of action for self-support, due in part to lack of appreciation of the worthy motives for so doing. Capacity for self-denial is small. Altruism and patriotism are not in evidence. Ambition is undeveloped. Love of ease and gratification are too ascendant.

Sociologic maladjustment: Potential dependent.

Mental disease: None.

### Case III.

A. S. A fairly well grown girl of 8-3 years, skin clear, features regular and symmetrical. Teeth regular.

History: Father, little can be found as he and wife separated when A. was three. Mother lives with a young fellow of seventeen or so, and A. bears his name, having been instructed by the mother to call him Father. A. was taught self abuse and sex intercourse with boys at five or six, sometimes for money. She began school at six in Connecticut, but was expelled for leading boys astray. She was boarded in a home for a year in Maine, but was expelled from school again for the same reason, and for the past four months has been cared for by a competent woman who has not been entirely successful in preventing the child from either masturbation or sex laxity. The child claims she had not been taught the immorality of her acts or of lying till in the last four months. She begs not to be sent back to her mother, who claims her. She recalls eleven boys with whom she has transgressed sexually and it is known that she has solicited and instructed boys and has instructed girls in the meaning of tabooed terms and acts.

Intelligence: Mental level, 9 years, I. Q. 1.09. Her mental processes are rather slow but surprisingly accurate.

Character rectitude or deviations: In a child of her age with sex instincts roused to hypersensitivity, whose instruction has been almost negative or inimical to good conduct, behavior disorder is, of course, marked. Little, if any, responsibility, however, can attach to this child because character at her age is relatively undeveloped. It may be rather rapidly developed.

Sociologic maladjustment: Sex offender, dependent child.

Recommendation: No institution with which we are acquainted could do so well for this child as personal custody and instruction for character development. Without that she is a menace.

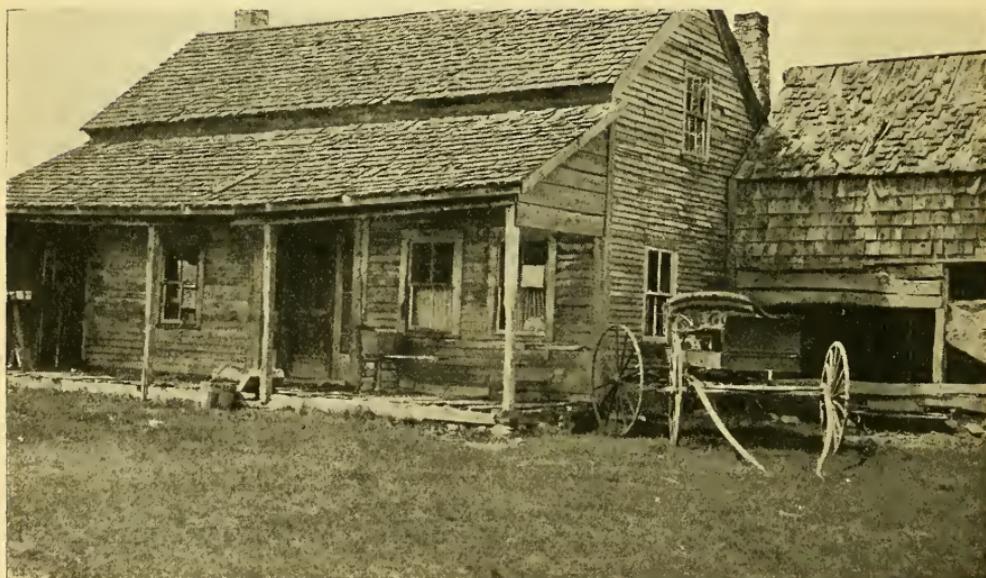
Mental disease: None.

### Case IV.

B. M. Male, born in Maine in September, 1900, age 17 years, 7 months, he is of American parentage. In build he is rather slight but is tall and well muscled. Face is somewhat asymmetrical but not noticeably so except when he smiles, when muscles of expression show considerable inequality. There is a speech defect—inability to sound R. Ear labules are attached. Skin is rather rough and not ruddy. There is a history of attacks of indigestion and he is found to be a very rapid eater and to be careless regarding toilet regularity. The only history of epilepsy to be elicited is one case, a maternal



A locality continuously occupied for four generations.



Located in a very sterile region where land is high at \$1 per acre.

cousin of the mother. History of insanity and feeble-mindedness is negative.

The mother, by whom the history is given and checked up, shows a few physical stigmata but no mental deficiencies appeared. It seems, however, that home discipline was never strict nor consistent, though B. was severely punished for deceit in early puberty when his criminal tendencies began to show. These chastisements he took with "good grit" but without amendment of behavior. He was generally respectful at home and listened to lectures well, being ready to admit his peccations when faced therewith but never volunteering them. He was easily irritated over lesser matters and sharp spoken. His academic knowledge of right and wrong has not been questioned. His early escapades were adjusted for him and he would always promise well.

At nine or ten he was irresponsible about school attendance and returning home, having often to be searched for. At fourteen he broke and entered in a nearby town after preparing to leave home. At fifteen he was convicted of arson in an unfurnished building, the owner of which was harsh in his treatment of the boys thereabout. His father helped him to escape legal punishment, however. The family then lived in Iowa, having moved several times in the middle West to the detriment of his school progress.

He has always been a fabricator in an imaginative way, often relating yarns that could not be believed generally of his own exploits.

In school work he has repeated the third grade and skipped none, but is a very poor speller and grammarian. In mathematics he does well, computing mentally the interest on \$150.00 for one year, 8 months at 6%.

After the arson escapade he attended the high school three or four weeks, when he stole a horse and saddle, and as he rode stopped to enter a house and steal a child's bank. He was apprehended about a week before the horse could be recovered and consistently maintained that he had left the horse at a certain place. It was found, however, some distance from the place of his designation. He admitted recalling where he really left the horse only when told where it was found. For this offence he was sentenced to the reformatory and served fourteen months. His conduct record there was not good at first as he would not try to react well, but in his later months he did better, being employed in mechanical pursuits, electric wiring, etc. While thus employed in a tunnel he fell in a faint or seizure. In reply to a quiz on this and other similar episodes, of which he has one at irregular intervals of weeks or months, they are always preceded by a sense of darkness, it seems, and are not accompanied by spasms. Generally, they occur when he rises from reading or from a recumbent posture. He volunteers, too, that he is often dizzy, that after an attack of indigestion he is most likely to start off on an escapade. His tongue shows no scars and no diagnosis of epilepsy has ever been made. He also volunteers that as his dizziness and darkness come on he feels a "burning" sensation all over. Another volunteered statement is that he has spells of laughing which last sometimes for hours when he can't stop. One such struck him in the jail chapel service when some fellow prisoner said "Amen" several times during prayer. He gnawed his lip and tried to control himself; but laughed throughout the service. He thinks the original occasion of his laughing was in his mind throughout. In relating this he was some minutes in recalling what started his mirth the preceding Sunday.

Released from the reformatory in Iowa, he came East to enter the employ of his uncle to engage in the mechanical work of electric wiring, which he did well, showing capacity for taking pains and for

doing good work. After an attack of indigestion followed by diarrhea, he went to some lakeside cottage and breaking in stole articles which he carried off in suitcases. Apprehended easily, as he made no well conceived attempt to conceal his movements, he is seen in jail awaiting trial.

His attitude is unconcerned. He has no well formed plans; though he thinks favorably of enlisting in the army. Told his record, if known, would debar him, as would his mental peculiarities, he seemed little affected. He gives no reason for his behavior, saying he does not know why he leaves his place or why he takes the articles he steals.

Intelligence: Mental age level, 14 years, I. Q. .88, category, slightly abnormal or adolescent. Linguistic attainments have not kept pace with the more mechanical.

Character rectitude or deviations: His gravely deviate behavior shows lack of self-criticism. He has obeyed impulse and whimsically sought amusement so long, that to check up his desires now and establish self-control on the basis of what is reasonable and expedient will be very difficult, though not impossible. Will is not deficient, but is mis-directed often. Self-respect and self-expectation are poorly developed. Lacks plans for progress. Capacity for self-denial is small.

Sociologic maladjustment: Criminal tendency.

Mental disease: Epileptic equivalent. There is no deterioration.

#### Case V.

K. T. Female, age 15 years, two months. Father is native born, a fisherman. Her mother also native born; died when E. was fourteen. School attendance much broken. Her father began sex relations with her when she was six years old and continued it for four years, in fact while the opportunity lasted. She has been intimate with various boys and men since, and with her uncle, but never for money. Boarded out with her grandmother on the initiative of the selectmen of the town, she ran away several times and on her return home was again abused by her father. Physically she is undersized and unattractive, her teeth being very irregular and crowded, her mouth asymmetrical, right eye showing internal strabismus (crossed).

Intelligence: Mental age level, 9 years, 8 months. I. Q. .64, category, middle grade moron.

Character rectitude or deviations: She shows no interest in her condition or outlook. Her attitude was rather sullen, unaccessible and hopeless. She admitted readily, attempting no concealment, but volunteered nothing. She knows very little of the possible consequences of her abuse—had never thought of the possibility of conception. Self-respect seemed to be almost wanting. Lack of effect was an outstanding feature.

Sociologic maladjustment: Sex immorality; dependent abused child.

Mental disease: None. Nervous disease; coreiform muscular spasms.

#### Case VI.

T. R. Age 24 years, 3 months, born in Nova Scotia. Her father is a fisherman who uses alcoholics to excess, as does her only brother. No history of venereal disease known. One of her three sisters died of tuberculosis. Her mother always frail died of tuber-

culosis while she was small. She attended grammar school and was regularly advanced up to the age of fourteen. Her only reason for discontinuing was disinclination. Her sex transgressions began as early as twelve. One sister seems to have set her a bad example. Only sister is married and it was with her that she has made her home in this State when she eloped from her home in Massachusetts, on leaving school at fourteen. Her sex irregularities with men and boys continued while she worked in a mill and led to her living two years in a house of ill fame, where she made \$185 in one week for herself. She was with a traveling hurdy-gurdy show for a while, where she did very well financially, though her pay was \$10.00 a week. Two years ago she was married to a French Canadian, who is faithful to her in her present trouble, sentenced for robbery to six months in jail with suspension of sentence on condition that she leave the State in three weeks.

Intelligence: Mental age level, 15 years. I. Q. .93, category adolescent.

Character rectitude or deviations: Talks loosely of suicide. Volunteers she is pregnant, and that she will kill the child if it be born in prison. Is bitter against the organized authorities of justice and takes no attitude of self blame or regret; though she was emotional in speaking of her past. Her appreciation of her husband's loyalty seemed very inadequate.

Sociologic maladjustment: Prostitute, and criminal tendencies.

Mental disease: None; though she is depressed by her situation and talks in an ill-considered way.

#### Case VII.

B. N. Female, age 18 years, 5 months. Father, an Irish African, an immoderate user of alcoholics when B. was born but now said to be an abstainer. Mother, who was once divorced, was feeble-minded, and had been an inmate of the State School for Girls. She died suddenly of "shock" it seemed when B. was sixteen. B. is an only child. Her school attendance was very irregular. She gives a history of skipping some grades and of repeating others. Physically she is in good health and strong; but her personality is unattractive, expression is forbidding and her disposition is intractable. Right eye shows inconstant internal strabismus. Her low and narrow forehead shows deep transverse furrows. When six or seven she was in a convent. When in the State School for Girls at twelve, she was placed out on probation; but became sexually intimate with boys. When, however, she became intimate with soldiers, she was apprehended and returned.

Intelligence: Mental age level, 13 years, 6 months. I. Q. .84, category, subnormal.

Character rectitude or deviations: Has very little regard for truth, endeavoring to give a better impression than was correct. Temper is violent and self-restraint is very weak. Is egotistic and lacking in filial respect and altruistic impulses. Has no plans for self-defense and upbuilding nor ambitions therefor, apparently.

Sociologic maladjustment: Sex immorality; dependent, vagrant tendencies.

Mental disease: None.

#### Case VIII.

P. J. Female, age 16 years, 6 months, born in New York. Of the parental ascendants nothing is ascertainable except that they were

English. The father's two brothers were of ill repute. He was a forger, licentious, infecting his wife with a venereal disease, and used alcoholics to excess. The maternal ascendants were Maine stock for many generations. The maternal grandfather was very easy going and "never amounted to much." His judgment was poor, his decisions being whimsical and showing lack of affection and common sense. The mother was an imbecile. Her first child born before her marriage, died in infancy of neglect it is said. She made no preparation for its advent. Six children were born after the marriage and are living. The two eldest, boys, are at work at unskilled labor, the third is eighteen, of good character and bids fair to succeed as a pupil nurse in a hospital training school. The next younger sister of P. is in the eighth grade grammar school and grades nearly normal by our tests. The youngest, a boy, is backward and deformed, apparently from disuse of limbs in infancy. P.'s aunt, a struggling grammar school teacher, is the head of this family since the mother's death three years ago, she having adopted the four younger children. The father disappeared after the mother's death.

P., at the age of two, was talking and seemed to be a normal child. She was not seen by the informant, the aunt, till she was four, when she was apparently mute. She walked up and down aimlessly or sat still, showing no interest in anything but three blocks which she handled by changing them from side to side as she sat on the floor. For the next seven years she was in Belleview Hospital or in children's homes. The diagnosis is said to have been "tuberculosis of the brain." A sister in one of the homes where she was regarded as a mute, without relatives, taught her to read and she did simple sewing. Found at the time of her adoption three years ago and brought to Maine, where she would not eat except when left alone with food. She asked for nothing and was mute. Under intelligent tutelage she answers in a very faint voice, very slowly and only with urging. She nods and shakes her head in assent or dissent in the same grudging way. There is hesitation in starting to write but she proceeds with writing at almost normal rate. She has a keen sense of humor and laughs heartily but silently. There is excessive reticence and reluctance to respond to any demand, especially to any demand for introspection. Her progress in the last three years has been rapid, but she still lacks spontaneity. She is quick and accurate in mathematics of her grade and writes lines of verse, being very ready with rhymes. Her consideration for others and conceptions of obligation are still weak, but are awakening. She does not romp and play with others, but watches them with interest. Asked to move out of her sister's way or light she does not, simply looks irritated. Asked to join in a simple game she does nothing. Coaxed, she may at length join in; but is apt to break up the game by non-compliance with the rules thereof. She is rapidly finding herself. No Wasserman.

Intelligence: Mental age level, 12 years. I. Q. .75, category, high grade moron.

Character rectitude or deviations: Instincts are selfish; but are less conspicuously so as she develops. Character development has hardly begun.

Sociologic maladjustment: None; dependent child.

Mental disease: Hysteria.

#### Case IX.

H. I. Female, age 18-11, born and lived on her father's farm, has four brothers and two sisters. Two brothers are in the service, one is a master plumber and the other in school. One sister is married. The other is fifteen and may have lost her purity. (No. 123.) A

cousin has been insane. The mother died when H. was thirteen. When about fourteen she was raped in her own home by a school-mate who was spending the night as a guest of her brother. Soon after this her father began sex relations with her and kept up the practice till she was pregnant, and her brother put a stop to it. Her child died and she was sent to an industrial school where she has been for three years. She hopes to fit herself for teaching.

Intelligence and mental age level, 15 years, I. Q. .93, category, adolescent or normal.

Character rectitude or deviations: Is inclined to evade disagreeable issues, and would allow a more favorable impression to obtain than the true one, but when the alternative of a discreditable admission or of falsifying is offered she replies truthfully. She undervalues the opportunity she has of continuing school through a high school and normal school training. Plans for her own character building are inadequate.

Sociologic maladjustment: Sexually awakened; dependent child, from a disorganized home.

Mental disease: None.

#### Case X.

B. B. Female, age 14 years, 1 month, of French descent. Her father has always been a steady user of alcoholics and still is. Her mother is a second wife. Her parents have been separated, but are now living together. She has three brothers at the front or in training therefor, and five sisters, one married, one a nurse and one at home and at school. She lived at home near a large city where her father has the direction of about twenty skilled laborers. Her mother never has instructed her in sex matters, and while attending school at the age of thirteen she went to the house of an elderly woman living near and was enticed by the woman, and became an inmate of a house of ill fame before she knew the existence of such places. She received money for her virtue and continued to do so. Her escapades with soldiers were detected, and last January she was apprehended and sent to a school for girls, where for the first time she encountered worthy standards of social behavior.

Intelligence: Mental age level, 14 years, I. Q. 1. She has attended two high schools. Category normal for fourteen.

Character rectitude or deviations: Loquacious and superficial. She responds that she will not return to a loose life, but she has no plans made of how she will safeguard herself. She admits her shortcomings freely and without extenuation, in fact giving the impression of little character affect. Admits lying easily. She presents the typical "Little Mary's" conscience—very little to which to appeal.

Sociologic maladjustment: Sex immorality; dependent child. Mental disease: None.

#### Case XI.

A. C. Age 10-10, male. Examined through interpreter. Family history: History of epilepsy and insanity denied except that the mother was very "thin, weak and sick" while carrying A., and last year when the child's conduct began to excite comment and the neighbors told her thereof, she became so "nervous" she was taken to the State Hospital where she remained two months. Her weight was 74 pounds. The father has strabismus and an asymmetrical face.

**Social:** French is the only language spoken in the home in the French settlement and A. has been in a Sisters' school only.

**Physical:** A. is the second of five living children. His was the fourth birth and his advent was preceded and followed by a miscarriage. The other children have been regarded as normal. He was the product of a very difficult labor and weighed 10 pounds. He was plump and seemed well up to the age of 18 months when he had typhoid fever, it is said, and was very sick. For four weeks he lay without crying or other reaction and became very thin and rather pinched. He is a mouth breather. The skull is very wide in bregmatic diameter, but narrow in front and forehead is both low and narrow. Head is short and lacking in occipital prominence.

A.'s backwardness at school seems not to have caused much concern, and he was kept at school really to be cared for. About a year ago he began running away from school much. He has obeyed his father and never struck or threatened him, though he has been very saucy. His mother cannot do much with him when he is angry, as he is when opposed. He has threatened her. He talks clearly and rapidly enough ordinarily. Other boys on the street single out A. for their amusement as when heckled he becomes angry. At such times or when opposed he turns pale and becomes vindictive without self-restraint. His habitual manner of reaction is to throw stones. In fact throwing stones has been his amusement as well for a long time. He stoned horses long ago in mischief. A was slightly insalivated and after he had "loosened up" sufficiently to answer in a weak voice he spat on the polished floor several times in rather quick succession—not as though there was much need, however, but rather from habit. Cautioned by the interpreter, he remarked "Clean floor" and desisted. It seems he has begun to smoke cigarettes, and when the tendency could not be controlled by the father, the latter gave him a pipe. This he cares nothing for, but he will pick up cigarette butts in the street to smoke.

**Offence:** Last week a boy stopped him on the sidewalk, and although no violence was offered, A. in a rage seized a stone at once and throwing it cut the scalp of the aggressor. This as the culmination of many lesser misdemeanors resulted in his being sent to the State School at South Portland, where he was not received on the ground that he was not eligible on account of age, the minimum being eleven years. He was examined by Dr. Tyson of the State Hospital and by two other doctors, and the decision reached to admit him to the State Hospital at least till he is eleven years old and eligible at the State School for Boys. The School for the Feebleminded it seems is too crowded to admit him.

**Diagnosis:** On the basis of tests applied (Terman's) his mental age is not over five years. He is not insane. There is no evidence of epilepsy.

**Intelligence:** Mental age level, 5 years. I. Q. .46. Category, high grade imbecile.

**Character rectitude or deviations:** Hardly to be determined; but early tendencies indicate lack of home training as his greatest handicap.

**Sociologic maladjustment:** Truancy, unruly. Dependent child.

**Recommendations:** His condition demands his training in a school for the feebleminded, to the discipline of which he would be more amenable than to that of a reform school. He needs to be kept under adequate control of some sort, otherwise bad habits of vice and self-indulgence without self restraint would be formed. He will be a ward of the State and both he and the State will be the loser if protection is withdrawn or his special training neglected.

**Case XII.**

C. Female, age 17-7, examined by G. G. F., at ————, is accredited with the following mentality findings:

Intelligence: Mental level, 9-1 years, I. Q. .55. Category, middle grade moron.

Character rectitude or deviations: Has a certain character strength hitherto exhibited as obstinacy. Is whimsical and superficial in her decisions and behavior. Has never been taught to obey until recently. Has an impulse to which she yields to appear conscienceless and unamenable to reason and worthy motives and even self interest. Has improved in her reactions to discipline, however.

Sociologic maladjustment: Sex immorality and infanticide. Mental disease: None.

**Case XIII.**

A. L., Female, age 24-5, examined by G. G. F., at ————, is credited with the following mentality findings:

Intelligence: Mental level, 8-8 years, I. Q. .54. Category, low grade moron.

Character rectitude or deviation: Lacks all the higher ideals. Is very selfish and inconsiderate. Has the intent not to work. Lacks self-respect and regard for the truth. Conscience has been stultified. A most difficult case because there is so little to which to appeal.

Sociologic maladjustment: Sex immorality.

Mental disease: While there is now no clear cut disease process nor deterioration, there are peculiar mannerisms and a behavior disorder which may later, if exaggerated, be interpreted as evidences of mental disease.

**Case XIV.**

K. M. Female, age 20, examined by G. G. F., at ————, is credited with the following mentality findings:

Intelligence: Mental level, 12-8 years. I. Q. .78, category, high grade moron.

Character rectitude or deviations: Has good grasp and a certain uncultured strength, which may perhaps be utilized to her advantage. Has not wholly lost her self respect and capacity to deny self for a purpose. Values truth enough to frankly admit to her discredit. Is rather markedly sensual.

Sociologic maladjustment: Sex immorality.

Mental disease: None.

**Case XV.**

V. T., Female, age 22-2, examined by G. G. F. at ————, is credited with the following mentality findings:

Intelligence: Mental level, 8-8 years, I. Q. .54, category, low grade moron.

Character rectitude or deviations: Is very suspicious and returns to her suspicions repeatedly but without acting thereon. Expresses good intentions but has nothing definite beyond—lacks plans. Is habitually untruthful and though agreeing to be truthful would allow a wrong impression unless warned. Lacks capacity for self sacrifice. A very superficial personality.

Sociologic maladjustment: Sex immorality.

Mental disease: None.

## Case XVI.

A. B., unmarried mother, age 22-5. Her third pregnancy terminated in a normal gestation two weeks ago. In childhood she lived at home in a small house owned by her father till the age of 18, when she left to avoid living with her stepmother, her own mother having died of cancer when A. was 13. Her mother was not obviously feeble-minded, but was not a good manager and never taught subject sex hygiene. She left seven children, who seemed ordinarily well equipped; though none went beyond the 7th grade at school. Subject has three married sisters who are succeeding as housewives and two brothers who use alcoholics to excess. The youngest, a sister, seems to be of most worth of any of the family.

Very soon after leaving home subject was ravished it seems and then yielded to her seducer and then to others.

Her first child was a full term infant. When this fact was discovered by the young man she had designated as father of the child he disowned it as he had known A. only six months.

In a few months she had another paramour and admits two induced abortions. She is now infected with gonorrhoea. Throughout her career she has never accepted money for her virtue nor even presents of clothing. She refuses to seek reparation now from the man she holds responsible though he has another paramour.

This girl has been in evil surroundings when left to her own devices and seems to have taken no precautions to protect herself. She has also been helped by her sisters and friends to good surroundings and has had chances to live correctly and comfortably and under good influences.

In school she began at 6 and finished in the 8th grade at 16, doing fairly good work except in arithmetic. Wherever employed she has been excellent help, clean and thorough, easy to get along with and an unusually good domestic. Her father has had no regular occupation and is now reported to subsist wholly by gambling.

Intelligence: Mental level 11-10, I. Q. .74. Category, high grade moron.

Character deviations: Shows a singular mixture of traits. While frank to admit to her disadvantage, she sometimes wilfully misleads or conceals facts. Lacks foresight and fails to take ordinary precautions for self preservation. Seems not to learn by experience. Yet she has a sense of shame and shows affect. This, however, is easily dispelled. Is apparently over-sexed and very weak in self control in this trend of her make-up; yet can deny herself to maintain a certain perverted self respect.

Sociologic maladjustments: Sex immorality.

Mental disease: None.

## Case XVII.

M. L., illegitimate female child of 7-6 years. Unable to progress beyond 1st grade at school. Mother is unable to care for her properly.

Grandparents were poor and gave the mother of subject few advantages. The mother attended school to age fourteen and finished 5th grade. She was married at about eighteen and lived with her husband six years doing ordinarily well when he divorced her for cruel and abusive treatment. The one child of this marriage is a bright boy of eleven. After the divorce the mother was housekeeper for a man whose wife is an invalid from paralysis, not of a social disease origin, probably. From the beginning of her work for this man they cohabited and subject is a child of this union, probably, though this has never been proved and she may be the daughter of another man who is known. The employer, however, contributes to

the support of the child and has not contested his paternity. The mother is weak and has long been morally unreliable. About six years ago she remarried and is said to have had men visit her house in her husband's absence. Two were born in this interval of married life, one weighing  $1\frac{1}{2}$  pounds at birth, it is said.

The reported father of subject attended school till nearly twenty, but did not advance beyond the 7th grade. He is hardworking, slow and faithful as an employe and attends to the wants of his invalid wife at night. The mother is considered good help when she works out, but at home does little and is content to live in a shack she built on one of four cheap lots she bought. The place was not a suitable winter dwelling and subject was removed by the Child Helping Authorities and boarded.

She is frequently relocated because she is restless, non-tractable and stubborn. Moreover, she is sexually precocious and masturbates.

She was full time infant. Sat up at 6 months, talked at one year and first tooth erupted at 6 months. At school she is difficult to control and seems unable to concentrate. Her home advantages have been very few and her disadvantages many.

The paternal ascendants are respectable, well living people with bright children. The maternal relatives are unskilled laborers and while honest are not brilliant. None of either side has been inmates of institutions.

Intelligence: Mental age level, 3-10 years, I. Q. .52, category, low-grade imbecile. (At the physical age of 7-6, however, there may be considerable advance in mental age level before adolescence.)

Character rectitude or deviations: Distinguishing therefrom childhood immaturity so far as possible, she is intractable and self-centered. Sex precocity is marked and self-restraint is unduly latent even for childhood. There is a marked lack of reserve and personality as well as inability to attend and progress.

Mental disease: None.

Sociologic maladjustment: Dependent, deficient child. A potential social menace.

Recommendations: A good home environment and training to simple occupation under surveillance.

#### Case XVIII.

H. K., a boy of 14-2. Father not located, probably not living. Mother is dead and subject has no definite recollection of her. Maternal grandmother had few privileges and none of school. She married at 16 and had 12 children, four dying in infancy of unknown causes. The eldest lived at his mother's house with a woman he has not married and by whom he had three children. This man's brother lives in a cheap tenement district and has a daughter of 15 who is to be committed to the State School for Girls for street walking. There are four sisters of this man, aunts of subject, who are married but were known to be of questionable character before marriage. None of the paternal cousins of subject have been up to grade in school and all have been sickly in babyhood.

A sister of subject's grandmother while illiterate is a good business woman and housewife and is of good character. The reputation of her children is good. Subject's mother married a widower and bore him seven children. Three died in infancy, causes unascertainable, except that "malnutrition" was assigned as cause of the death of two. Subject is the second of the four surviving infancy. The oldest of these died five years ago of diphtheria. Subject has a sister of 13 who did not pass the 4th grade this year. The young-

est sister, 11 years, is in the 5th grade and does fine school work. These girls are in the home of the illiterate aunt above mentioned and in far better surroundings and training than would be possible in their own home.

Subject's father "has learning" but can't be located. He is a carpenter and sardine factory hand and "the smartest one of the family." Mother is reported to have divorced subject's father about six years ago, though there is not record thereof. She married a man who died of tuberculosis after a year or so and in six months she died of the disease, leaving a baby a few weeks old, which also died.

Subject's life was with his mother and grandmother in a tenement district in a crowded and poorly cared for home. The food was poorly cooked and served at irregular intervals. He was cared for by a Children's Home five years and then boarded out. Because of his bad conduct, lying and stealing, he was transferred to a Boy's Farm School, where he did quite well. At a boarding house in the country he was found unreliable. He is irregular in his habits of living, not appearing at meals, or staying out at night.

In school he is only about a year behind in spite of irregular attendance and shifts of residence. The father was considered a good workman but the mother, who also worked in the sardine cannery, was not so faithful. Her sisters were "good help" but worked better at the factory than at home. All maternal relatives were noticeably backward at school.

Subject is slightly under weight and under height, but shows no other marked physical peculiarity. There is no evidence of any hereditary disease. Two Wassermanns have been negative. The ascendants and siblings show no cases of obvious feeble-mindedness but the whole group is substandard.

Subject has been promiscuous sexually and is a menace to girls. He has not discontinued masturbation.

Since early childhood subject has been stealing food, money, toys, small articles of clothing. His maternal relatives are well known to the police and his paternal relatives use alcoholics to excess.

The members of this family are in general ignorant, headstrong and hard to manage. While quarrelsome outside the family they are very loyal within it. Subject had outbursts of temper formerly which are now less in evidence.

This case examined is credited as follows:

Intelligence: Mental age level 12-9, I. Q. .90, category, high grade moron.

Character deviations: While alert and very ready with answers within his horizon he is disregardful of truth and when tactfully shown this is not affected visibly. Is sexually precocious. Is indifferent to the value to her of a girl's virtue. Has a good academic knowledge of right and wrong but lacks motives for self denial and affect where his desires are involved. Is habitually untruthful and steals with little or no apparent compunction.

Sociologic maladjustment: Criminal tendency.

Mental disease: None.

#### Family I.

Father: Has a heavy cough and a copious expectoration. His mother is said to have died of tuberculosis, and the inference is that he is an open case of this infection, and a menace. He is a periodical drinker, and is now in jail for sixty days on a charge of drunkenness and assault.

Mother: Age 35. Is apparently healthy, but having borne thirteen children in seventeen years and being enicient and a poor man-



Locally known as "Happy Valley," the home of one of the graphed communities.



On the edge of "The Barrens," which will produce little but pitch pine and blueberries.

ager is overburdened, especially as she is somewhat retarded in intelligence, and lacking in decisiveness and stability of character.

Children: The four seen, aged 8, 6, 4 and 3, are but slightly if any retarded in intelligence; but they are not well situated for favorable development. Three at least show scars and deformity of the lower limbs or back, hinting at tuberculosis of the bones, and evidently need orthopedic surgical treatment or observation at least. The little girl of three, who has sat tailor-wise on a chair day after day for months, should be tried on a bed or a rug on the floor, where it might be found she could be taught to use her legs and feet. One boy in his teens is now the family support. He and a girl said to be very alert and capable at school were not at home. Of the deceased children, one died of pneumonia, another of tuberculosis, another when an hour old, a fourth set fire to its clothing with fatal result and the fifth is said to have died of "ulcerated stomach." The living children show neglect, physical and mental, as unfortunately maternal solicitude does not take the place of capable provision and teaching.

So the problem is one of mental defect in so far as the overburdened mother is concerned, complicated with tuberculosis possibly. The family is further handicapped by the father's inadequacy and alcoholism.

#### Family II.

Of a family of seven, twin daughters 21 are morons. Three other daughters, youngest 9, and two sons, all are apparently subnormal or normal except the father. There was one miscarriage. Family history from mother is not reliable. Insanity, epilepsy and feeble-mindedness denied in ascendants of both sides. Father is "shaky" and "nervous" and shrinks from disagreeable situations and responsibility, is tactless, overbearing, threatening, shortsighted and lacking in resourcefulness. He gets drunk and drinks often and is abusive, having blackened his wife's eye on one ascertained occasion. Drives an ice cart and does odd jobs—trying to pay for the house which is in wife's name. Mother works out for good pay as a laundress when she can leave home; but is kept at home by conduct of subject. All drink beer occasionally. The Deputy Sheriff is conservative in statement and kindly considerate in attitude. His statements were verified by subject when she was quizzed apart from her mother. There is no hint of feeble-mindedness in the younger children, one of 15 being in High School and another, 13, ready therefor.

Personal history: Subject's parents married Jan. 3, 1886. The twins were born April 10, 1886, and were thought to be a deferred parturition. Twins did not talk till two nor walk till three. Subject began school at seven and stopped at 19 in an ungraded school as she "couldn't learn more," so tried to work out in two or more places but could not or did not stay more than a few days or very few weeks as she wandered off or was sent home because of her bad conduct or inattention to tasks. She alleges the work was too hard. Of one place at \$2 a week she said "Too much to do there—had to do everything." Here she stayed two weeks, the mother says. Subject could not tell how long. She tried long to make the change for a 17c purchase from \$1.00 and gave it up. Reads simple words only, giving up those over two syllables. The stamp problem she could not handle, interjecting "Fares are higher this year." She cannot divide nor make change. Her twin sister was the better student and now works steadily. She is employed at a local summer hotel as kitchen helper. No outlook could be elicited. Volunteers "I don't care where I go." She has no choice of what to learn. Leans a little to dressmaking but acquiesces when mother interjects she could not learn that. She shrinks from laundry work. Mother vol-

unteers "She only wants to race the streets." She reacts to the suggestion that she study by saying at once she can't—admits easily others in family can.

Subject has headache "all the time" and cannot tell whether once a week or once a month. She has fallen unconscious once when in a rage, and a doctor was called.

She and her sister were assaulted at 15 by their father. Subsequent attacks denied. Since then she freely admits seeking men though never for pay. One night at a moving picture show some man offered her a seat and she, mistaking his impulse, sought to attract his attention as she expressed it later "to make a date with him." She freely admits liaisons. She has been out all night on several occasions and sometimes in the rain. She has had two terms in jail of 60 and 90 days for lewd conduct. Today she wept at the suggestion of going home, saying she will not go—"never wants to see the place," etc. While talking calmly she two or three times volunteered "She did not care where she went."

A warning anent venereal diseases and the suffering involved falls flat. No history of infection could be elicited.

In an attempt to stimulate her imagination regarding improvement in the next five years in contrast to reaching a worse condition she instantly replied "I'll be worse then—I can't try to be good." "I won't anyway." This when not angry.

Description: She is plump and well formed though bust is not full. Of medium height, features are small and decidedly weak. Forehead is very low. Lips are thin, teeth not Hutchinsonian and irregular, outside incisors being pointed and narrow. Skin, fair but freckled—brunette. There is a marked speech defect, tongue tied in character and she is insalivated, but not to drooling. Attitude is slouchy and movements lack resiliency and poise.

Intelligence: Mental age level, 9-2 years. I. Q. .61. Category, middle grade moron.

Character rectitude or deviations: Lacks filial regard and ordinary self respect and foresight. Is guided by impulse and awakened sexuality to injudicious and illegal acts. The higher inhibitions as well as higher volitions are weak and undeveloped.

Sociologic maladjustment: Sex immorality.

Mental disease: None.

## THE APPENDIX

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### Definition of Groups of Mental Defectives and of Feeble-mindedness

"Feeble-mindedness is a state of permanently arrested mental development at any level below that of adult intelligence. Again, it is often defined as 'a state of mental defect existing from birth or from an early age,' and due to incomplete or abnormal mental development in consequence of which the person afflicted is incapable of performing his duties as a member of society in the position of life to which he is born."

"Moral imbeciles may be defined as 'Persons who from an early age and in spite of careful upbringing, display some mental defect coupled with strong, vicious, or criminal propensities, on whom punishment has little or no deterrent effect.' Often such persons show remarkable ingenuity and apparent cleverness in planning their misdeeds."

"The education of defective and special children under the age of sixteen is especially provided for in England. By this act feeble-minded children are defined as those 'Who, not being merely dull and backward, are defective, that is to say, by reason of mental defect are incapable of receiving proper benefit from the instruction in the ordinary public elementary schools, but are not incapable, by reason of such defect, of receiving benefit from instruction in such special classes and schools as are in the act mentioned.'"

"The American Association for the Study of the Feeble-minded in 1910 adopted the following classification of mental defectives:

'Idiots—Those so deeply defective that their mental development does not exceed that of a normal child of about 2 years.'

'Imbeciles—Those whose development is higher than that of an idiot, but does not exceed that of a normal child of seven years.'

'Morons—Those whose mental development is above that of an imbecile, but does not exceed that of a normal child of about 12 years.'"

"Mental deficiency depending upon imperfect development or disease of the central nervous system occurring before, at or after birth, previous to the evolution of the mental faculties.

"Inability to perform his duties as a member of society in the position of life to which he was born.

"Inability to maintain existence without external support."

"A state of restricted potentiality for or against cerebral development in consequence of which the person affected is incapable at maturity of so adapting himself to his environment or to the requirements of the community as to maintain existence independently of external support."

"The definitions adopted by the Royal Commission of England for the Care and Control of the Feeble-minded are:

'A feeble-minded person is one who is capable of earning a living under favorable circumstances, but is incapable, from mental defect existing from birth, or from an early age, (a) of competing on equal terms with his normal fellows; or (b) managing himself or his affairs with ordinary prudence.'

"The imbecile is one who by reason of mental defect existing from birth or from an early age, is impossible or incapable of earning his

own living, but is capable of guarding himself against common physical dangers.'

An idiot is one so deeply defective in mind from birth or from an early age, that he is unable to guard himself against common physical dangers.' "

**Correlation of Intelligence Age Level and Physical Ages of Sociologic Groups.**

Those of adult physical age whose intelligence age level corresponds with the normal intelligence level of 17 years and more are supernormal.

Those of adult physical age whose intelligence level corresponds with the normal intelligence level of	15 to 16	.....	}	NORMAL or ADULT MINDED			
	13 to 14	.....		SUBNORMAL			
	11 to 12	.....	}	years inclusive are	high	}	grade MORONS or FEEBLEMINDED (strictly speaking)
	9 to 10	.....			middle		
	7 to 8	.....			low		
	5 to 6	.....			high		
	3 to 4	.....	low	}	grade IMBECILES, also loosely called feeble-minded		
	up to 2	.....	IDIOTS, also sometimes loosely included with the feeble-minded				

Defective delinquents are essentially characterial deviates. They are generally subnormal or of a lower grade of intelligence.

## Outline of Mentality Study †

Mental Integrity

Mental Disorders

Mental Functioning in

Mental Health

Mental Diseases

(manifest in symptoms)

Fields of Inquiry	}	Physical Condition
		Heredity, Environment
		Constitutional disorders
		Recoverable psychoses
		Recurrent psychoses
		Chronic psychoses without deterioration
		Chronic psychoses with deterioration
		Epilepsy
		Huntington's chorea
		Disorders of exogenous origin
		Traumatic psychoses
		Alcoholic psychoses
		Syphilitic psychoses
		Other groups
		Senile psychoses
Arteriosclerotic psychoses (non syphilitic)		
Brain tumor		
Cretinism and myxoedema		
Disorders of uncertain nature of etiology		

Mental Functioning in

Intelligence Integrity

Intelligence Deficiency

(manifest in decisions)

(in terms of mental level or I. Q.)

Fields of Inquiry	}	Physical Condition
		Heredity, Environment
		Volitions, Inhibitions, Motives (selective)
		Habits of thought, Reason, Judgment
		Memory, General Information
		Association of ideas, Initiative (planning).
		Scholastics, Religious Training
		Foresightedness, Perception
		Apperception, Description, Imagination, etc.

Mental Functioning in

Character Rectitude

Character Deviations

(manifest in behavior)

(in terms of variety and degree)

Fields of Inquiry	}	Physical Condition
		Heredity, Environment
		Volitions, Inhibitions, Motives (operative).
		Instincts
		Habits of Action, Disposition
		Temperament, Emotionality, Sensibility
		Impulsiveness, Initiative (action)
		Adaptability, Fortitude, Egotism, Honesty
		Altruism, Control, Patriotism, Conscience
		Loquacity, Attention, Suggestibility
		Reactions to opportunity, competition, etc.

† In devising and adapting this tentative working scheme, grateful acknowledgment is accorded Major A. J. Rosanoff of Kings Park Hospital for his "Classification of Mental Diseases" and Dr. Walter E. Fernald, Superintendent and Director of the Psychopathic Clinic of the Massachusetts School for the Feeble-minded, for his "Fields of Inquiry" under Intelligence Deficiency.

## WELLS SYSTEM

You see the set of squares on this page.  
You will be told different things to do with these squares.  
The first command will be simple.

	A	B	C	D	E	F	G	H	I	J	K	L
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												

1. Put a figure 1 in square A 1. "Go!"
2. Put a letter Y in square J 7. "Go!"
3. Draw a line from square E 2 to K 2. "Go!"
4. Put a figure 5 three squares below square G 2. "Go!"
5. In square C 6 put the right answer to the question, how many are 9 and 6? "Go!"
6. Draw a line from square E 10 to square J 10 that will pass through square H 10. "Go!"
7. Put a letter s in the square that is 2 squares above and 2 squares to the right of square J 8. "Go!"
8. Draw a line from square A 4 to square J 4 that shall pass above square D 3 and below square F 5. "Go!"
9. Draw a line from square C 12 to J 6 that shall pass through square E 8 and also through square F 5. "Go!"
10. If the sun rises in the east, put a figure 2 in square G 7; if not put a letter Y in square A 10. "Go!"



## BULLETINS 1-2.

**MAINE COMMISSION ON PROVISION FOR THE FEEBLEMINDED**  
State House, Augusta, Maine.

Dr. Guy G. Fernald, Secretary, and Director Survey,  
The National Committee for Mental Hygiene.

**Maine's Mentally Defectives and Needs**

Though Maine is not the first State to begin a scientific study of her ne'er-do-wells and dependents to determine how best to provide for them, utilize their energy and prevent their increase she has not neglected them in either law or practice. The last Legislature amended the long standing statute prohibiting marriage of insane persons to include the feeble-minded also, so that they are now prohibited from marrying.

The Maine State Board of Charities and Corrections has indexed and tabulated information of approximately 12,000 dependents supported wholly or in part at public expense exclusive of the military dependents. About two-thirds of these 12,000 are recipients of municipal charity. It is evident that the people of the State wish to care adequately for their dependents. In many cases they are doing so in their own homes without recourse to the public funds.

Since true charity consists in supplying what is needed in a form to confer ultimately the maximum benefit to all, the mere giving of alms often falls far short of ideal accomplishment. And since the mentally defective are lacking in ideas and capacity for managing their affairs with discretion, it is of special importance in administering for the class in Maine or elsewhere that wise procedure be selected. Therefore, correct methods must first be devised for the most advantageous expenditure of the public funds later.

Doubtless some cases of dependency due to mental defect could become partially at least self-supporting under especially adapted conditions, and doubtless, certain mental defectives could be trained to limited usefulness if the formative period of life be utilized for that purpose. Probably, a modification of the school life of certain backward children would result in benefit to the fully equipped scholars as well as to the mentally handicapped.

The immediate problem of the Commission on Provision for the Feeble-minded is, however, to reach an estimate of the number, varieties and location of the mentally inadequate cases in the State in order to prevent an increase in their number. Before any measure for the improved economic condition of this class can be intelligently proposed, the class must be studied, its numbers found and their distribution noted.

The interests of the mentally defective—and because of the existence of the class the interests of the whole community have in very recent years begun to command the attention of thinking people of the most progressive of our states. The movement towards social uplift by improving the condition of the mentally defective, by elevating the standard of living of those whose standard is lowest has invariably taken the direction in its initial steps of studying these people and their environment. Each state has its own problem to solve, that is, the adaptation of its own best means to the accomplishment of its own specific ends. Therefore, Maine's first step in

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this widespread sociologic movement is to study the needs of her mental defectives.

### The War and Our Dependents.

To those interested in the sociologic welfare of this generation and those to follow in America, the effects of our participation in the world's war now being waged are matters of serious concern. It is part of the price we pay in attempting to secure to ourselves and our descendants the blessings of liberty and democracy that we deprive our population of some of its best stock, its best blood and brains. The dependents, the non-producers, are left behind to be cared for and the numbers of these tend to be increased rather than diminished by the increased stress and privation of war.

During the Revolutionary and Colonial wars the country was young and unsettled. Land was cheap. A man could subsist by hunting and fishing and a little agriculture. Industries were un-diversified and the wants of people were simple and easily satisfied. Recuperation was comparatively speedy. In our late Civil War the Country was not settled up as it is today. Land was still cheap and to be had by settlers and discharged soldiers for the occupancy. Dependents were few because subsistence could be easily obtained and the simpler wants and occupations of the time were better adapted to the limited capacities of those on the border line of dependency.

With the passing of the last generation, however, free fertile land for settlement has disappeared. Land values have risen. Life is more complex. Industries are more diversified and specialized. The simple industries of the farm and home such as cloth, clothing, bedding and furniture making, shoe-making, baking, carriage building, dairying and the raising of live stock have largely passed from the hands of homesteaders to those of skilled laborers in large communities, utilizing the efficient directing energy of the few and by so much increasing the numbers of the inadaptable, i. e. dependents. Thus it transpires that with the withdrawal of large numbers of our skilled workmen and students who would have become heads of families and supporters of dependents the contrast between the stationary or slightly augmented numbers of dependents and the diminished numbers of producers is accentuated. Already there are not enough able-bodied and able-minded to do the communities' work as it was done formerly, and the dependents are not taking the vacant places so well in our modern rapid paced, high priced mode of living, as they could have done in the sixties. Consequently we of this generation must speed up production and conserve material resources by converting as much unproductive human energy into the productive variety as possible. With the increasing difficulties of providing food, clothing and shelter and the increased cost of production, transportation and education, it behooves us of this generation to take thought for the future of our race. An obvious means of conservation is the devising of the wisest measures to prevent the increase of feeble-mindedness, the increase of which may be almost wholly stopped, and that within a generation and without injury to any.

The "Burden of Feeble-mindedness" is being diminished temporarily to some extent by the increased demand for labor and the more frequent employment of those who, under keener competition would have remained idle. We see this in the diminished numbers of tramps and the unemployed and in the markedly diminishing number of prisoners in all of our penal institutions. But what will be the effect later of our sending out an army on the human breeding stock of the community? Obviously we may expect our penal institutions and refuges for dependents to be filling up in a few months when our narrow margin of safety is exhausted. It is a

fact often pointed out that juvenile delinquency increases as the effects of war are felt. This is due to several causes: the withdrawal of the restraining, steadying influence of fathers and responsible male elders, the birth of more children handicapped by a less virile heredity, the excitement and incitement of war times, the weight of added responsibility on too immature shoulders. These effects are not manifest in the early years of a conflict but constitute the sure aftermath, especially in a settled-up country in which industrial competition is keen and the standards of living are high.

Some measures to avert or mitigate the future distress which is the logical outcome of our situation are not difficult to see, but they may not be adequate. Places where weaklings may be of service should be found for them. Those that can be trained to limited usefulness only should be so trained for their own happiness and helpfulness. Parenthood should be denied to those of such depleted or tainted stock that the descendants are sure to be dependents. These steps may be taken by intelligent, concerted, thinking, planning and action. The Germans, whose efficiency is a trite saying, have taken these steps and done the necessary thinking, planning and acting. They find the places of limited usefulness in which an individual dependent may do his best and find him in work at that place. They deny parenthood to the unfit and in this war have skilfully provided, though by methods we would not think of adopting, for the issuance of the next generation from their most vigorous stock.

The organization of patriotic sociologic students is urgently needed to devise measures to arrest the increase of dependency wherever it may be done humanely. For the war has hastened by many years the time when in the ordinary course of events the relative numbers of dependents to producers would become a grave menace. It is for the thoughtful, foresighted and patriotic of Maine's civilian citizens to unitedly attack this sociologic problem, a Maine problem for Maine people, of economically maintaining the State's dependents of this generation and of providing against the worse than useless prevalence of feeble-mindedness after this generation. In most of the older progressive states a campaign of this kind has begun, but in this State no specific organization of students and citizens exists as yet. Our governmental and charitable organizations are doing their work excellently well and have fully lived up to the standards hitherto set, but the fact is now evident that standards hitherto set by public opinion are not in our present crisis high enough. The real problem of the diminution of feeble-mindedness in Maine has not yet been attacked.

Already Maine has machinery for a beginning which is at the service of those of her thoughtful citizens who will help solve this important problem for the State, the conservation of mental energy. The Maine Commission on Provision for the Feeble-minded, State House, Augusta, will inform anyone wishing to acquaint himself therewith of the steps already taken and in the taking, and be glad to confer with students and citizens. This problem offers an enticing avenue for activity in a patriotic cause to educators and physicians especially, and to all those willing to exert an uplifting influence and to promote by their mental efforts and time only, the solution of one of our most vital philanthropic questions. Maine citizens need to formulate a policy for action. The National Committee for Mental Hygiene is handling the problem of the conservation of the mental energy of our soldiers. It is for those of us who may not go to the front to conserve the mental energy of the communities at home. Communication with the Maine commission will be a means of getting in touch with developments in the making.

## BULLETIN 3.

**MAINE COMMISSION ON PROVISION FOR THE FEEBLEMINDED  
State House, Augusta, Maine.**

Dr. Guy G. Fernald, Secretary the Maine Commission, and Director Survey, the National Committee for Mental Hygiene.

**Maine and Her Dependents**

This subject is one of universal interest to the people of this State, as it is the country over in the respective states, because of its vital sociologic and economic importance to the happiness and success of this generation and of those to follow.

Maine spends nearly a million and a half of public funds every year in maintaining her dependents, not including the cost of courts and police or of the military and naval dependents. Since there are about 12,000 dependents, this maintenance costs about \$1,200 each. These figures seem rather large, but are easily verified by consulting the reports of the department of Charities and Corrections. It is not that the taxpayers are unwilling to make the sacrifice necessary to maintain the State's dependents and their own; but that by taking thought the burden may be greatly diminished, and that humanely, injuring no one. Dependents we shall have with us always; but their numbers may be greatly cut down and the feebleminded may almost disappear as the present generation disappears. Furthermore, the human efficiency of the next and succeeding generations may be much increased by our taking thought how our million and a half of public funds is to be expended.

It is not that Maine people have been remiss or have lagged behind in caring for their dependents. On the contrary they are doing all they have been expected to do and more. The point is that we of this generation must expect in this crisis more of ourselves than has hitherto been demanded. We must devise new methods to meet a problem which is new to our developing population. The State's institutions are not to be attacked or adversely criticized. They have done their work well and are doing all that has been expected of them. What served our fathers as standards in the easy days of peace and plenty surely needs revision upward, however, in these days of crisis and sharp demand for the conservation of human energy with which to maintain our new army and supply sustenance to half the world besides. The demands upon us have multiplied in the last three years. It is for the purpose of considering a possible means of conserving some of our energy with which to meet these demands that I invite your attention this evening.

Our friend, the enemy in Germany, has seen this problem, and with characteristic disregard of principle and the humanities in his methods has extended military discipline to include women of child-bearing age, and has arranged by military decree for the issuance of the next generation from the most vigorous stock. But before beginning the war the Germans appreciated the "Burden of Feeble-mindedness" and for some years have been utilizing the limited abilities of the mentally defective by finding their individual form of maximum economic usefulness, and having found this have seen to it that each individual was kept steadily at work at his occupation. Such oversight as was needed was furnished. While we shall never adopt methods which involve riding roughshod over the morality and sensibilities of women, we are face to face with the same prob-

lem, i. e., the efficient handling of our mental defectives and the production of a vigorous undegenerate offspring.

A nation at war sooner or later realizes the value of man-power both at home and at the front. This realization sometimes does not come till the acute need of man-power is felt. A step of analysis shows that man-power is the expression of mental power and may almost be measured in terms of mental power. Hence the tremendous importance of the conservation of mental energy at all times; for none can tell when a war crisis will be thrust upon us.

Society is conceivably divisible into two classes: the producers and nonproducers; and a large element in the available energy of a community may be expressed by ascertaining the ratio between the numbers of the two. It is not that the relative numbers of the nonproducers or dependents have increased; though we may be sure their numbers are not decreasing. The burden of dependency is more apparent in these times of highly specialized industries and the disparity between the producers and the nonproducers is accentuated as the days of easy subsistence by hunting, fishing and a little agriculture recede. A lesser number of those on the border line of dependency succeed in eking out their bare existence in a hustling city than could do so in some primitive country side where they could pick berries, weave baskets and live in a shack. Defectives living in this way, unsupervised, degenerate into vice and squalor. In earlier days when there was room enough, land enough, food enough and wood enough, the defectives whose descendants are now our dependents were not recognized as such; but now as they fail and become dependents we see the reason for their dependency to be their mental defect or character deviation or both.

On the other hand, those best equipped mentally have been for several generations constantly advancing their standards of living and the variety and numbers of their requirements and display. The mentally inadequate and deviate cannot measure up to the quickened pace and some are restless and discontented in failure and drop into petty crime or felony or criminality.

The nonproducers or dependents mentioned above, are divisible into two classes also; those whose nonproductivity is avoidable and those whose helplessness is unavoidable. Invalids and children are in the latter class, but from them we expect recovery and development into productivity. The class of **unnecessarily** nonproductive, then, is of special interest to our study. In this class are found the improvident, many of whom are poorly endowed mentally, vagrants, ne'er-do-wells, certain of the feebleminded, a few of the insane, prostitutes, some inebriates and drug users, prisoners and the vicious out of prison, those of school age, but neither in school nor at work, etc. There are also a few little scattered hamlets where vice, squalor, inebriety, intermarrying of close relatives, illegitimacy and ignorance are rife. Most of the inhabitants of these are included in that much abused and very vague term, feebleminded. These people would be happier if they could be occupied in a healthy, successful way under guidance and their industrial activity would contribute much to the capacity of the community to carry that unavoidable burden of dependency which cannot be eliminated. The adult defectives cannot be transformed in either intelligence or character; but defects of intelligence and deviations of character can be recognized in childhood and the training of the child may be adapted to his needs, so that he develops into a habitually useful adult and a far happier one.

Our problem then is the transformation of the transformable portion of our various kinds of feebleminded into such limited productivity as is possible. Let it be understood that no one contemplates any inhuman or coercive measures. No one suggests that **invalids** be required to work. Education and training in good habits

of thought and industry during the formative period from infancy to adolescence (20 years roughly) and the denial of parenthood to the unfit are the humane and civilized and civilizing means at our disposal. What is needed for the accomplishment of this purpose? Some new legislation, the organization of available forces, and before all the formulation of a plan of action are the necessary elements. Not much in the way of additional institutions or the expenditure of additional money will be required apparently, and after the present generation has passed, if we do our work well, the expenditures must shrink rapidly.

Psychologically, our hope for success in utilizing the available energy of certain of our dependents lies in the fact that habit may be turned to good account in lieu of mental integrity. The defective individual habituated to work throughout youth continues to be an economic asset, under supervision, throughout his active life. We see all about us examples of defectives whose habits of indolence are now fixed and for that reason these cannot now be made productive units. They may at least be denied parenthood for the benefit of future generations. To illustrate: A young hoodlum of somewhat subnormal mental equipment, probably, is in the habit of amusing himself playing truant and loafing. Left to seek his desires only, he becomes vicious and a prisoner. That boy kept at such advancement as he could make and trained to work every day till habits of industry are formed, will always be occupied, if the needed oversight be given him. Such a one could become an efficient farm laborer. No one expects to do away with feeble-mindedness or dependency wholly; but on the other hand the numbers of the dependent feeble-minded may be reduced to a small fraction in a generation.

The problem of the feeble-minded woman of child-bearing age, the onus of all public charitable organizations, is part and parcel of our proposal to diminish degeneracy and dependency. Some of these are mothers of one, two, three and even more illegitimate children. Some are spreading vice and infection. This one consideration alone, that controlling feeble-mindedness would act as a check upon social immorality and the spread of venereal diseases as nothing else promises to do, is sufficient reason for our acting to secure the mental integrity of women and girls.

Eighty per cent of feeble-mindedness is inherited. In its technicalities this problem is a medical one; since the diagnosis and disposal of cases require the skill and authority of a highly qualified central advisory and executive staff; yet the biologic, economic and sociologic bearings of dependency occasioned mainly by feeble-mindedness are so important that the whole of the public is involved vitally and public interest and action must back any remedial measures that can be devised.

One definite principle at the foundation of our planning for the uplift and final diminution of our dependents is expressed in the truism that real benefit consists in enabling rather than in bestowal. When we give a poor neighbor a dollar we tide him over an emergency, to be sure; but we have not prepared him to meet a similar emergency. Enable him to earn a dollar and we have done more than tide him over. We have prepared him to meet the future by increasing his own productivity instead of utilizing that of another. He can repeat the producing process for himself indefinitely.

We must devise ways of enabling our dependents to help themselves. This can be done without prejudice to the health, fortunes or sensibilities of any. To accomplish it your plans and organization may provide for a central, authoritative bureau, commission or staff of competent Maine psychiatrists, social workers, field investigators and probation officers and special teachers or something to take the place of these and do the work that must be done. Such a board or

staff would have all dependents registered, could transfer from one institution or special school to another and arrange for committal of cases. Cases on probation would be under surveillance, and on failing or stopping work would be looked up and helped. Provision would be made to prevent procreation by those of diseased or degenerate stock. The greatest difficulty will be the training of the rising generation of defectives and deviates to habits of limited usefulness and the prevention of their parenthood. Fortunately, however, the teaching and supervision required for training, also tends to enable control of sex propensity.

Another allied problem soon to be met, but requiring a nationwide organization for which a plan of action has already been formulated, is that which will be furnished by our returned invalided soldiers. These will soon be among us, victims of wounds, shell shock and the terrific wear and tear of war, physical, mental and moral.

After our late Civil War no attempt was made to restore the war-worn veterans to economic usefulness. No attempt has anywhere been made to do this. Has it not occurred to you that besides the many veterans who found a place unaided in efficient economic society on their return, there must have been many others who needed stimulation and expert assistance in rehabilitating themselves? The Government assisted as much as possible; but still, some who relied solely on the pensions and government provision need not have done so. Some who did not do so might have taken on more activity. No one knows what he is capable of accomplishing, till he feels impelled to do his utmost.

After this war the plan of the National Committee for Mental Hygiene is to provide competent medical advice and supervision, so that every veteran capable of even limited usefulness shall be restored to productivity, and habitual invalidism be avoided so far as possible. Canada is already at work on this problem and occupation is taught to the blind and the deaf and the maimed and those incapacitated by shell shock. The Canadians are doing a wonderful work in this line and not the least useful part is the mental restoration that comes to the veterans in the form of renewed hope and happiness in useful occupation. This effort for the conservation of human energy is the only means in sight of meeting the present greatly increased demand for competent human energy caused by the war. It is, moreover, in the highest degree humane and progressive.

Provision at the American base hospitals somewhere in France for the care of soldiers suffering from shell shock and other psychoneuroses and from all other forms of mental disease, will be the most complete and up to the minute known and, be it remarked, never anywhere before has any like effort been attempted to conserve human energy. This work at the front and that projected with returned invalided soldiers in this country is owing to the initiative and is under the direction and administration of the National Committee for Mental Hygiene, a purely altruistic and philanthropic organization whose activities in this war are already deserving of our deepest gratitude. One of its activities has been the initiation with the government, and then the organization at the direction of the government and military authorities of the psychiatric units, made up of the most expert psychiatrists in the country, drawn from some of our best hospitals and mental clinics. These mental disease experts are at all the cantonments and examine all officers and men before their final acceptance for training to weed out any showing inherited or acquired neurotic, psycho-neurotic or mental disease tendencies. For the first time in history it has been foreseen that those showing tendencies to a mental breakdown under

the terrific stress at the front should be eliminated before training begins. The reasons for this are not difficult to understand. The training of a soldier is tremendously expensive, too expensive to chance his becoming useless in service from a preventable cause. The mental or nervous breakdown of a soldier in the trenches has a most disastrous effect on the morale of those about who can hardly be spared to care for him, and he is a needless burden at the first aid stations and at the base hospitals or anywhere else in the country at war. One who might become insane or mentally incapacitated, even by epilepsy, should never be allowed to become an incumbrance to fighting men.

These activities show the value of foresighted planning. We at home are not called upon to assist in these ways of conserving human energy, but on the other hand the conservation of human energy at home is entrusted to our hands and cannot be undertaken by others. It is clearly our part to devise means for diminishing the menace of feeble-mindedness in our state and in our generation.

Whether this war ends soon or drags on longer, the unwelcome sociologic conditions which occasioned the opening of the campaign for better Mental Hygiene at home, begun before the war, and emphasized by the war, will still persist in their accentuated form. The effects of the war have been produced, but have not yet been fully felt. The movement for Mental Hygiene so well started will be backed by public demand, only the more quickly because the war so clearly shows the need. There are State Societies for Mental Hygiene in twenty of the most progressive of the older states of the Union, including Connecticut, Massachusetts, Pennsylvania, Illinois and California. The last two formed were in Iowa and Virginia. The first was organized in Connecticut in 1908.

It is no part of our purpose or plan to suggest a solution to Maine people for Maine's problem of how to diminish her burden of feeble-mindedness. The feeble-minded constitute a burden we are accustomed to bear, though not very consciously, and this is the case in every state. Whenever Maine thinkers formulate a plan for humanely diminishing the numbers of this class and put the plan into practice, this truly cultural, civilizing propaganda may begin. No bequest, probably, that we can make to future generations will so greatly benefit as that embodied in the approximate elimination of defective and degenerate human breeding stock.

## BULLETIN 4

MAINE COMMISSION ON PROVISION FOR THE FEEBLEMINDED  
State, House, Augusta, Maine.

Dr. Guy G. Fernald, Secretary the Maine Commission, and Director Survey, the National Committee for Mental Hygiene.

## "Shell Shock" or "War Shock"

"Shell Shock" is the popular term coined to indicate the group of neuroses incident to the psycho-neurotic breakdown manifested by certain personalities in warfare, especially the terrifically, nerve-racking, modern variety. Its forms of manifestation are many: confusion of mind, loss of memory, mutism, paralysis, blindness, deafness, mental depressions, tremors, etc. Nice discrimination is demanded of medical officers to distinguish these from malingering. While a clear and full definition cannot be given in a few non-technical words; a neurosis is the malfunctioning of a nerve or nerve center or group of nerves resulting in involuntary, bizarre or uncontrollable and unusual activity. To cite a very simple illustration: the involuntary, rhythmic twitching of small muscle fibers in the eye lid, lip, fingers or elsewhere gives rise occasionally to spasmodic movements of transient duration. While these last they cannot be stopped by any exercise of the will. In certain diseases the neuroses involve larger nerve trunks and greater muscles or muscle groups are unusually energized. The neurosis also may involve other nerves than the motor nerves. In that case motion would not be the form of manifestation, of course; but a changed and unusual set of sensations might be the form of manifestation. Strange feelings of sinking, shrinking, impending dissolution or of incapacity, easy fatigueability, etc., form illustrations of the malfunctioning of sensory nerves or of the psycho-sensory mechanism.

Many victims of "Shell Shock" are salvable as we have pointed out, if we know how. These neuroses are sometimes induced by the excessive physical, mental and nervous stress to which soldiers in action, especially in the trenches, are subjected. The forms of mental and nervous breakdown expressed in the loose term, "Shell Shock," are not new to psychiatrists; but the number of victims, small in the ordinary activities of civil life, has been multiplied many fold in the unexampled experiences of terrible stress and concussion incident to the exposure, wounds, terror and tension of a cataclysm, far surpassing in these respects the war Sherman so graphically designated as hell. "Shell Shock" is not due to the wounds or other physical effects alone of a shell bursting close by; though that event might precipitate a neurosis of this kind in a personality whose resisting power was already strained to the breaking point. Nor would the experience of being helplessly buried in the debris of a shell hole necessarily cause shell shock; but if that enduring agony came as a culminating experience after the din, stress, depressing apprehension and fatigue of hours on the field; it might be the occasion of a breakdown of which the cause was the accumulated and combined affliction.

Men vary greatly in their resisting powers and the depressing and exciting factors vary much in their effect upon the individual also. Physical diseases, infections, home cares and personal disappointments and worries may add much to the sum total which must be measured against the innate and trained resisting power which is of unknown quantity and quality at any given moment.

Recent reports of the finding of Austrian soldiers by the advancing Italians prostrate or kneeling in their trenches, trembling, praying, crying and babbling, furnish examples of the immediate effects of mental and nervous strain on certain personalities, usually those with some inherited or acquired neurotic predisposition. If the victims of this condition are properly treated from the first, many cases respond very well and after a sufficient interval resume their activities; but if the patient be allowed to drift into a chronic state of inactivity through lack of judiciously directed activities, supplied as he can profit by them, permanent dependency may result.

The treatment is essentially rest and nourishment till recuperation begins and then judiciously graduated and kindly but rigidly applied restoration to habitual occupation, activity, hopefulness and usefulness. Here medical wisdom and judicious suggestion is needed, but there is little place for drugging.

The mistake of accusing a "Shell Shock" victim of malingering, as also that of accusing certain soldiers of self-inflicted wounds (circumstantial evidence) has been rumored from the enemy front; but can hardly occur in a service equipped with psychiatric units and base hospitals as is the case on the British, French and American front. The equipment of an army with these adjuncts has never before been even suggested, much less accomplished. Through the efficient initiative and organization of the National Committee for Mental Hygiene, with headquarters in New York City; our army both in the making and in action "over there" will be equipped with psychiatric units of medical specialists whose province it will be to decide questions like those suggested and to eliminate from the recruits on this side those of so unstable a mental or nervous constitution that they would fail of self-control in crises. Many men not sufficiently well equipped mentally in kind or degree will in this way be prevented from breaking down at the front when this exhibition of a lack of self-control would be most damaging to the morale of their comrades and where there is only the most expensive kind of equipment for their care while ill and for transportation home. It may be conceivably no small element in the success of our campaign to exclude from service those who would be not only a costly drag throughout their training, but also a costly drain on the limited hospital resources at the front and in the base hospitals of the war zone.

The energy of those rejected for military and naval service may be profitably utilized in the industries at home. In fact the secret of success in this war lies largely in our utilization of all our available energy. Even certain of our dependents may help behind the lines, if rightly disposed and directed, as did the women and children in blockhouse fights of colonial days when they moulded bullets and loaded the guns. It is **the problem** of the stay-at-homes to devise the wisest measures for the utilization of all our energy. Every dependent that can be converted into a producer (and there are many such) becomes a double blessing, for not only does he cease to be a dependent, a negative help, but he becomes a positive help when his energy produces even a little more than his own keep. This is one of the grave sociologic problems confronting us—anticipated out of the dim future by our unheralded military crisis.

Another problem in mental hygiene we must soon face is that of the disposal, treatment and industrial and economic absorption of our returned incapacitated soldiers. Many victims of "Shell Shock" may be restored to self-supporting activity as has been indicated; if we inform ourselves of methods and prepare the necessary facilities. Only by organization and the application of thought and time before the demand can adequate preparation be made. To those whose abilities could be enlisted and whose patriotism could find expression in work on these and other mental hygiene problems, literature and information are available from the Maine Commission on Provision for the Feeble-minded, State House, Augusta, Maine.

## BULLETIN 5

## MAINE COMMISSION ON PROVISION FOR THE FEEBLEMINDED

State, House, Augusta, Maine.

Dr. Guy G. Fernald, Secretary the Maine Commission, and Director Survey, the National Committee for Mental Hygiene.

**"The Problem of the Diminution of Dependency"**

The honor and opportunity are deeply appreciated of presenting to this body of Maine citizens a problem of such surpassing sociologic and economic importance, of such extended and urgent ethical and popular interest as that of the juvenile delinquent and backward child.

As many of you know, a Maine Commission has been appointed by His Excellency, Governor Milliken, to lay the foundation for a more intensive study of the State's dependents, especially the feeble-minded, than has hitherto been undertaken. This Commission consists of Ex-Chief Justice Wm. P. Whitehouse, Augusta, Mrs. Marion D. Eaton, Portland, and Rev. David N. Beach, Bangor.

To any who may at first thought deprecate the presentation of this subject at a time when your minds are so occupied with the urgent demands of this stressful time, the suggestion is made that the conservation of man-power, brain-power is of the most vital importance. The nation is being searched by military authority for its best mental material and in no way can we at home more effectively, directly and cogently assist at the front than by raising the level of average mental efficiency. This may best be done in this generation by the intelligent uplift of the lowermost educable strata of society.

This problem is one that appeals to our hearts as well as our minds and inspires our loyalty to the home, to civic responsibility and to state pride, and rouses as well our national patriotism and instinctive longing for racial perpetuity, social purity and worth of character.

A few general considerations regarding the new phases of this, itself a comparatively new question of how best to treat the feeble-minded, will not be out of place. Feeble-mindedness or degenerate or aberrant mental weaknesses are always with us; since they are the inevitable by-product of nature's laboratory. To have the strong and typical, we must also have the weak and atypical. Efficiency presupposes inefficiency.

In primitive times the contrasts between the weakling and the mentally superior were not so clearly obvious, and the burden imposed by the weak and dependent in rural communities, occupied with simple tasks, was hardly recognized. In more cultured and efficient communities, moreover, where industry is diversified and specialized, those who are unable to respond to the increased demands for superior skill and endurance and for higher degree self-command and mental superiority are elbowed to one side and become conspicuous.

In times of peace and plenty too, the claims of the weak and dependent on the strong and well are not so evident as to demand systematized administration; but in times of stress, as of war, the burden of dependency takes on new proportions and demands organ-

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1. Read before the Maine Federation of Women's Clubs, Augusta, Maine, March 18, 1918. Reprinted from the "Kennebec Journal."

ization for economic handling and to enable the diminution of the burden and relief from the menace of the increase of dependency for the common weal. There are still to be found shanty hamlets where squalor and vice hold sway and whose inhabitants intermarry with close relatives. The descendants of such degenerate stocks are sure to be found in any psychopathic clinic your energy may establish for social betterment.

It is idle to speculate without a basis of facts, but if every family head was caring for four dependents, public and private, before the war; we may safely think of him as caring for three times as many now, counting the immense cost of maintenance of our added dependents at the front and the sums we contribute to the relief of war sufferers.

Before the war Maine was paying nearly a million and a half of public funds to maintain about 12,000 state dependents in and out of custody, not including offenders nor military beneficiaries. Thus the per capita cost was about \$1,200. Add to this the cost of caring for our private dependents and some idea is obtained of the burden of dependency which we bear, and bear gladly; though not very consciously.

Most of our public burden of dependency is due in the last analysis to feeble-mindedness. Some of the burden is, humanely speaking, unavoidable; but by taking thought we may substantially reduce avoidable dependency by justifiable methods for this generation and for those that follow. Maine with the other older and more progressive states that have established schools adapted to the custody and training of their dependents in the lower grades of feeble-mindedness, may take a pardonable pride in having made this obviously wise, humane and economic beginning; for, costly though it be to segregate the low grade feeble-minded, their uncontrolled activities in the community would be vastly more costly and far less humane.

Most states, one after another, having thus provided for the immediate needs of their dependents, the helpless insane, blind, epileptic, legal offenders and feeble-minded, find themselves in the time of war stress still confronted, nevertheless, with the problem of diminishing dependency wherever and however it may be done humanely. Nowhere is a tried-out method applicable to the extra-institutional feeble-minded to be found; though in every state students are earnestly seeking a feasible system. Never before has there been such widespread interest in mental hygiene, and never have students of sociology and economics been so eager for social betterment and the increase of human efficiency.

A glance over the field of human dependency shows that physicians have already done and are doing their utmost to relieve the physical causes of dependency. It is in the field of mental efficiency that we must look for methods of diminishing the burden of dependency.

A few facts having a bearing on this premise may be cited:

Feeble-mindedness is 80% inherited and is irremediable.

Habits of work acquired in early life persist and habits of idleness uncorrected in youth also persist.

The high grade feeble-minded with a **habit of work** pass as well enough equipped mentally and succeed economically and sociologically.

Very many high grade feeble-minded, however, with habits of idleness become offenders, or licentious and dependents.

Character is susceptible of improvement in the formative period, especially in the higher grades of feeble-mindedness, by supervision and training; therefore, if those of the higher grades be found early and supervised and kept and work till habit and work have built up character to the maximum, the

salvage of the salvable portion of the rising generation is possible.

The salvable portion of the feebleminded are now to be found at school as backward children or at work or idle in the community.

The skill of psychiatrists or physicians with the special training they may secure is essential for the examination and differentiation of the salvable youth who should be supervised in their character growth and trained to habits of usefulness.

True helpfulness consists in enabling rather than in bestowing, and the most valuable aid to be extended to the high grade feebleminded is the home training or state supervision in youth which enables a habit of industrial occupation, an appropriable enabling of his deficient mentality and deviate character.

Dr. W. E. Fernald, our foremost authority on the education of the feebleminded, suggested in 1915 that all extra-institutional feebleminded be registered at a central governmental station or laboratory which should direct skilled field officers having responsible supervision of the known feebleminded of his or her district.

On these facts as a basis it is possible to devise a system by which to train the young and transformable of the high grade feebleminded from a mode of life leading to dependency, into a mode of life leading to limited usefulness and moral rectitude.

The denial of parenthood to the unfit is a complementary step to the supervision of the activities of the intellectually deficient and characterially deviate youth. A system of registering, supervising, protecting and training the extra-institutional feebleminded would also assist in enforcing the law which this State now has providing against the marriage of the feebleminded. Those who ignore this law are amendable to the administration of justice as offenders; yet the feebleminded frequently succeed in evading it. Michigan has a law providing that a prerequisite to the issuance of a marriage certificate, shall be a certificate from a physician assuring freedom from mental and physical disease. This law as it stands is a dead letter; but its basal idea is vital and the legal principle involved could be made effective.

Our case studies here in Maine shows plainly that one very large contributory factor to juvenile vice and dependency is the disorganization of the home. Child after child has been found to be dependent because of the failure of the parents to teach and control. The disorganization may be due to death, desertion or separation of the parents or to inability or neglect on the part of one parent or both. In all these cases, however, the significant underlying fact is that of the feeblemindedness characterizing one or both parents in many cases and consequently the children, also.

Incidentally the realization of a plan to examine, register and supervise could be adapted to solve the school examination problem, also.

The main purpose of this presentation is not, of course, to suggest legislation or to detail methods; but rather to outline the possibilities on the basis of the known capacities and incapacities of the extra-institutional feebleminded and to demonstrate the need of some effective plan for the diminution of the burden of dependency.

If, as has been estimated, the feebleminded constitute four per thousand of the population of other states and we accept that tentatively as true of Maine, then we have 3,000, of whom about 800 are between the ages of five and twenty and consequently amenable to an industrial education and correct habit formation.

The time is ripe for the extension of Maine's generous **giving** to sustain her dependents and train the lower grade defectives to **enabling** her higher grade potential offenders and dependents to become producers within their limited capacity and citizens of better character, obviously an economically effective and sociologically important field of endeavor.

To accomplish this and at the same time encourage the further development of your already well established schools for the intra-institutional defectives, an organization of citizens and local experts for further study of the details of the problem and the evolution of locally adapted methods would seem to be the next step to be taken by Maine's students of sociology.

## BULLETIN 6

## MAINE COMMISSION ON PROVISION FOR THE FEEBLEMINDED

State House, Augusta, Maine.

Dr. Guy G. Fernald, Secretary the Maine Commission, and Director Survey, the National Committee for Mental Hygiene.

**"Maine's Defective Delinquent and Backward Children" \***

The honor and the opportunity of addressing Maine's physicians on this most important and timely topic suggested by your honored president, is deeply appreciated. Maine's children will soon be her citizens and soldiers and the keynote of our presentation may well be the problem of elevating the standard of citizen efficiency for the sociologic betterment of all by the more complete utilization of all available energy.

Doubtless, our province should be limited to a statement of some of the psychologic elements of this problem, leaving its solution and the adaptation of adequate methods of attack to your efficient sociologic students and medical experts. Some of the elements in this problem may be stated in a few bald sentences.

Dependency is largely due to mental inadequacy or alienation.

Provision has been made in this state as in most states for the intra-institutional feeble-minded.

The adult feeble-minded habituated to shiftlessness and idleness may not generally be transformed into producers.

The young, however, may be trained to habits of industrial occupation which persist so long as competent supervision is supplied.

The extra-institutional youthful feeble-minded then is the group comprising the transformable portion of dependents.

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\* Read before the Maine Medical Association, Annual Meeting at Portland, June 5, 1918.

In our civilization the strong and well will always care for the weak and ill; but by taking thought we may justly utilize the unimpaired physical energy of the extra-institutional feeble-minded for the common weal.

The Germans systematically search out the form of maximum usefulness of mental weaklings and keep them occupied thereat under requisite supervision.

Feeble-mindedness is 80% inherited. Hence Maine's law providing against the marriage of the feeble-minded is a scientifically wise measure and should be enforced. Numerous instances may be cited of its evasion.

The great majority of our potential criminals, prostitutes, licentious, idlers, shiftlings and vicious generally, are now of school age in broken or wretchedly inadequate homes or in eleemosynary institutions which supply homes so far as it is possible to be done by charity.

The reason most extra-institutional feeble-minded are an expensive menace is that the oversight and discipline which is essential is not supplied by the home or by other means.

The expense of caring for the intra-institutional feeble-minded is admittedly less than the cost of their unrestrained activities in the community; therefore, the cost of supervising and con-

trolling the activities of the extra-institutional feeble-minded and of teaching them to work would be far less than their maintenance in idleness.

The differentiation of the extra-institutional feeble-minded may be determined authoritatively by physicians especially trained in psychiatry and approximately by physicians who give special attention to nervous and mental diseases.

An adequate system of public school inspection would be a most valuable aid in revealing suspected cases of feeble-mindedness early enough for industrial training to be effective.

All recidivists and almost all first offenders present some of the innumerable combinations of intelligence defects and character deviations of which psychiatrists are quick to appreciate the significance and the importance of differentiating.

Intelligence defects are stationary and irremediable, but character deviations are susceptible of improvement in youth and from their correction we may expect the elimination of the most inimical of the behavior disorders of the extra-institutional feeble-minded.

For clarity we submit a tentative scheme of mentality study which provides for the separate categorical treatment of intelligence defects and character deviations.

#### OUTLINE OF MENTALITY STUDY

See page 74

In the current popular conception of the term feeble-mindedness consists on analysis of elements of character deviation as well as of elements of intelligence defect. Most intra-institutional cases show very little character deviation but conspicuous intelligence defects, while prisoners generally show grave character deviations; though possessed of sufficient intelligence to succeed socially and economically, if they would control themselves. Character deviations are controllable in the individual while intelligence defects are not.

That prisoners with character deviations predominating in their mental make-up could control themselves, while the intellectually deficient can not control themselves, has always been recognized by legal jurisprudence which holds the offender responsible for his acts but excuses the poor thinking of the imbecile and the insane. As thinking is the function of intelligence, action is the function of character. The law says a man must act within prescribed limits; but places no restriction on his thinking. "In actual daily usage a man may think whatever he pleases so long as his acts do not contravene established legal or social forms."<sup>1</sup>

We have many ingenious tests for the elements of intelligence; but there have been but few offered to apply to the elements of character. A means of measuring the character rectitude or deviation of the prospective bank cashier or of candidates for appointment to positions where graft is possible would be a desideratum, indeed, in these days of premium on honesty.

The current popular notion that the poor are to be pitied and helped by giving is one brought along from childhood through lack of insight and is to be deprecated, if only for its inadequacy. The student of the living conditions of the poor finds that the poor widow of the story book assumed to be well equipped in intelligence and character struggling to support herself and children, is the rare exception rather than the typical unit. The poor generally are the

<sup>1</sup> "Character as an Integral Mentality Function." "Mental Hygiene." Vol. II, No. III, July, 1918.

improvident, the poor managers and often unable to sacrifice temporary gratification for ultimate benefit.

Those in poverty are	}	Economically poor; but Sociologically vicious and Psychiatrically deviate or defective or both.
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The popular impulse is to give something; but in finding a psychiatric remedy we must treat the disease. Charity deals with economics, science with the underlying vice due to defect or deviation or both. True helpfulness consists in enabling rather than in bestowing.

The shanty and cheap tenement dwellers are poor to be sure from the viewpoint of economics and as such are to be helped as the charitable organizations are doing most nobly; but sociologically the occasion of the poverty and failure is vice and inefficiency, and psychiatrically and psychologically the real cause of the poverty and failure is intellectual defect and characterial deviation. With these latter, current popular usage and the charitable organizations can not cope.

The problem of poverty and failure is the problem of dependency or in popular parlance the problem of feeble-mindedness. The charitable organizations have struggled bravely with the problem of dependency; but their efforts have been applied too far from the source, the causes, to be effective.

It is well established that defective intelligence is stationary and irremediable. It is also well established though less commonly known that character deviations while even more potential in the production of dependency are susceptible of improvement in the formative period of life, but not afterward. If a child's character development be safeguarded; even though there be some degree of intellectual defect, a non-criminal adult results. And, if the safeguarding of character development includes the formation of habits of industrial occupation under the supervision which all defectives need; then the individual is a producer of limited capacity.

We all know of cases of feeble-mindedness which have been sheltered and well trained to habits of usefulness, who have not been dependent nor inimical, and we all know of many cases of the well equipped intellectually whose character development was warped and deviated in the formative period and who were inimical sociologically and economically, apparently as a consequence.

Of course the broken home occasions very many of those failures and social menaces. When we deal scientifically with those in broken homes many may be saved to social usefulness. The charitable organizations have striven nobly and have held the field for those who can treat the causes and occasions of dependency, when they shall organize and come into the field.

The efforts of the charitable and philanthropic are not to be antagonized or adversely criticized, but encouraged and directed. Social workers for charity may be trained to become efficient field workers for character formation of the young. A campaign of teaching, supervising and controlling the rising generation in broken homes should supplant or supplement our almsgiving.

What is needed as machinery for the realization of the scientific and philanthropic purposes to uplift our dependents and transform such as are transformable from dependency to usefulness? (1) a central, state-made authoritative commission or staff of psychiatrists to effect the registration of all dependents and of applicants for marriage licenses, and to direct the activities of (2) a corps of field workers in direct contact with the feeble-minded of their respective districts.

If the unfit be prevented from parenthood for a generation and the rising generation be supervised and trained to limited usefulness, the diminution of dependency is accomplished. We may not look

for the elimination of dependency, since there are other classes of dependents than the mentally illy equipped; but we may diminish dependency for this and succeeding generations by transforming the transformable and preventing the birth of the unfit. Obviously, none but a strong scientific organization backed by the state can cope with this problem effectually.

The time is ripe for administering scientifically the care of our dependents so generously undertaken by charity, but inadequately executed since charity can not provide against reproduction of the unfit nor train them effectually for industrial productiveness.

It has been amply demonstrated that a training to habits of work, especially at simple occupations in youth, and in character formation in the formative period, results in the salvage to an adult lifetime of limited productivity of the extra-institutional feebleminded, who, left to their own devices, become dependents, many of them vicious. The intelligence of many an unskilled laborer is that of the feebleminded and his history that of failure at school; but having been fortunately protected in childhood and early taught habits of work, his character developed favorably later and that and the habit of work prevent his economic failure.

This problem which we have attempted to outline is not unique in Maine but is vexing every community. In many other states organizations of experts and citizens are striving to solve it, especially in this time of need for man-power, brain power. An organization of students, legislators, physicians and of the competent and patriotic generally, would greatly assist in reaching a correct viewpoint and the evolution of the best method of approach to this great question of the diminution of dependency.

New Jersey and Rhode Island are attempting to solve this problem at once in this generation by enforcing a law just passed requiring all the idle to secure employment; but these measures ignore the character deviations and established habits of idleness of most of those it is sought to reach.

Michigan has a law which goes a step beyond the law of this State, providing against the marriage of the unfit. The Michigan law provides that as a prerequisite to the issuance of a marriage license applicants shall provide themselves with a medical certificate of mental and physical health. This law seems to be a dead letter because no provision was made for the remuneration of medical examiners nor for their qualifying to make mental evaluations. The legal principle is valid, however, and could be made effective. The last generation has seen the awakening of scientific thought and altruistic endeavor in this field. In twenty states there have been formed in very recent years local organizations of citizens, students, physicians and experts to devise measures for the promotion of local mental hygiene, and it is generally the well considered activities of these bodies that are responsible for the effective measures that have been taken for sociologic and economic betterment through the conservation of physical and mental energy, in the last analysis, the nation's power. The fundamental purpose and methods of these local societies, as of the National Committee for Mental Hygiene, is an enabling of efficiency rather than a bestowal of goods, an improvement of character in the young, enabling an improvement of economic conditions.

By whatever method Maine's citizens decide to act for the conservation of her brain power, much of the best of which has gone to other states in the last few generations, these two facts seem to stand out too prominently to be ignored: (1) the feebleminded may be and should be prevented from reproduction and, (2) the youthful extra-institutional high grade feebleminded may be and should be trained

and supervised to habits of industrial usefulness for their own uplift as well as for the common weal.

The following case studies are submitted to illustrate the method of study for the purposes of the survey. They do not illustrate the physical squalor and moral degeneracy of the families whence many of our subjects come; so-called homes in which bathing is almost unknown and the number of beds falls far short of the requirements of health and decency in localities where little girls of twelve to fifteen are out on the street from their places of abode till twelve P. M. often. The moral atmosphere in these places is not to be publicly detailed. We do not apologize for these statements nor for the case reports to follow, for we have been conservative and considerate in dealing with the unwelcome and unwholesome. Something of the actual conditions should be known. It is our purpose to awaken your character and inform your intelligence, but not to shock your sensibilities.

#### CASES

See pages 54 to 71.

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