

WHERE FEEBLE-MINDED CHILDREN ARE TAUGHT.

State School at Faribault Acknowledged to Be Best in the United States.

The state school for the feeble-minded at Faribault, though the last of the three state schools to be established there, is by far the most important in size, extent and number of inmates.

To this school for the training of feeble-minded children, which is one of the finest and most advanced in the United States, belongs the credit of several important innovations. Among other new departures this school was the first in the Union, probably in the world, to create a regular training course for nurses and attendants to the feeble-minded. Superintendents of such institutions had long complained that trained nurses and attendants for this kind of work were not obtainable, either for the institutions themselves or for private patients. The ordinary trained nurse, though she shines in her own particular field, has not the requisite special training and knowledge for this peculiar kind of work.

The institution at Faribault, which today consists of a number of handsome buildings, and a farm colony, began its existence in the large frame house called in Faribault the Gilmore house, which was partially burned last year. This is on Second street, and nearly a mile and a half south of the central site.

Like the school for the blind, and followed the other two in logical and historical sequence, its history, so far as its origin goes, is simple. The directors of the school for the deaf found

an part of the education here, and the feeble-minded child, who can be taught to make something, is held to have made a distinct advance. Moreover, in a school for such pupils the best authorities assert there must be frequent change from intellectual to manual training, as pupils of this description cannot endure long continued effort of the same kind.

In 1882, kindergarten work was introduced, and now there are two of these departments maintained. In the first, the very simplest things are done, and, sometimes, for instance, a pupil will endeavor, under the teacher's guidance, to throw a ball into a tall waste paper basket, thus learning direction, the right amount of force necessary to carry the ball just far enough, and the co-ordination of the muscles and the mental faculties.

The second kindergarten contains the brightest and most hopeful pupils, as they are usually young, and the younger feeble-minded child begins the right training for its peculiar case the better. This department also contains those who have graduated from the first kindergarten.

Numerous classes in sloyd and shop work are carried on. In the sloyd department there are some thirty different kinds made, and mechanical drawings of the same. Among these models are picture frames, ribbon winders, paper knives, letter openers, windmills and mallets.

One of the most interesting departments is the manual training, or shop work, as it is called. Here the simplest work is the braiding of rope and sewing it over

attention all over the Union from those interested in these matters, and several other similar institutions have followed the lead set them here in Minnesota. The course consists of a series of lectures by the physicians of the school, some instruction in physiology, hygiene, practical sanitation, heating, ventilation and chemistry, with special reference to the potency and effect of familiar drugs. The first class of these nurses and attendants graduated four years ago, after attending lectures for two years and undergoing the same length of practical training. Each year since then a class has graduated from the school regularly.

The epileptic hospital is one of the most perfectly fitted in the state. The operating room in itself is a gem of its kind, and so arranged as to afford the most perfect facilities for sterilization. The whole room can be flooded at a moment's notice, and the faucets can be worked with a treadle, so that after the physician has aseptized his hands he can turn on the water if he wishes without touching anything. The elevator is large enough to carry a stretcher, and the patient can be wheeled while still on his bed into it, carried upstairs, and into the operating room, without being moved from a reclining position.

A microscope, an X-ray machine and a camera afford the latest and best apparatus for biological investigation when desired. The official training school for the feeble-minded throughout the United States is printed here in the new printing establishment, which has been added to the school. The equipment, the paper is called the Journal of Psechio-Aesthetics. The grounds, buildings and situation of these three great state schools at Faribault, of which this is the largest and most important, are so handsome and imposing that they are regarded as among the show places of that part of the country.

Medical Notes.

The gripe is in many of its characteristics nothing but "cold," but it is the combination or compound variety, including a cold in the head, a bronchitis, and even some affection of the lungs. The cold, its symptoms, griping, fever, but these symptoms come on more suddenly, and are more severe in character. These symptoms are somewhat as follows: There is a sudden sense of chilliness and perhaps the patient has the shivers; headache soon follows, with a feeling of tightness across the forehead; the eyes water and smart; the nose "runs" copiously and sneezing is frequent; there is a feeling of dryness and heat in the throat; a troublesome cough ensues, and perhaps there is oppressed breathing. So far the symptoms are those of an acute catarrh, but the essential difference in the gripe is the sudden and extreme prostration in strength occurring almost at the onset of the disease, even in those of great vitality and strength, a delirium that often remains long after the catarrhal symptoms have subsided. With this suddenness of strength there is also an extreme soreness of the muscles, as if they had been bruised or crushed, and fatigued, and there is also, dull, annoying pain in every bone in the body that would suggest rheumatism, if the gripe was not evident.

The gripe is by no means a new disease. The Italians named it influenza, the influence, using the effect of the cause to name the result, and it has also been called epidemic catarrhal fever and malignant coryza (cold in the head), but by whatever name it is called, the effect is just as bad. The Italians called it influenza because they believed it was due to a mysterious influence in the air, and so it is, but they know nothing about the germ theory when they named it. It is the best example of an epidemic disease, epidemic being the Greek word for upon, upon the demos, the people, that is, a disease that

STATE SCHOOL FOR THE FEEBLE-MINDED AT FARI BAULT.

that a number of children, supposed by their parents to be deaf and dumb, because they had never spoken, were not really deaf at all, but feeble-minded, or idiotic. These facts, taken in conjunction with a movement arising about the same time in the hospitals for the insane, to improve the condition of idiots and imbeciles, then confined in the same buildings with the demented, resulted in the establishment of what was acknowledged to be an "experimental" school for the feeble-minded at Faribault, and a commission was appointed to select the proper subjects for such a school from the asylums, and also to gather together those of this class who were being frequently brought to the school for the deaf.

Dr. H. M. Knight, of Connecticut, who was an expert in this field, was employed to organize and start the school, and his son, Dr. George Knight, became the first head of the institution, with the title of acting superintendent, for this experiment was made in 1879, before the other two schools had been divided as to the general superintendency. Three years later, in 1882, each of the three schools was separated in name, as they had been for some time in reality, and each superintendent became directly responsible to the state board instead of to Dr. Noyes, as formerly.

In 1885 Dr. A. C. Rogers, the present superintendent, who was up to that time assistant physician at the Glenwood, Iowa, school for the feeble-minded, became superintendent, a position which he has ever since filled.

The first of those which form the main buildings today, was begun a few years before he came, in 1883, and the institution from a comparatively small and tentative beginning has steadily increased in numbers, until now there are more than a thousand persons connected with it, and it is a small town by itself. This increase is due to several causes, partly of course, the growth of population throughout the state, and partly to an enlarged recognition on the part of many parents that this is the best place for the feeble-minded boy and girl, and that the abnormal child is better off at home. Children of extraordinarily violent temper, and of uncontrollable, nervous and excitable temperament are treated and trained here, frequently with much benefit.

The institution consists of the central building, a really magnificent stone structure, with a six-story tower; Sunny-Skinner hall (called after Sunny-Skinner, who for many years was one of the directors); the epileptic hospital; and cottages, springdale, the farm colony for boys; the Retreat, and two new cottages for boys, epileptics, to which next spring there will be added two more cottages of the same description for epileptic girls. These buildings, costing hundreds of thousands of dollars, are among the handsomest institution buildings in Minnesota, and the surrounding land is greater in extent than any other school of the share of the state schools. A year or so ago a landscape gardener was employed, and the grounds of the State school for the blind, which adjoin the school for the feeble-minded, were beautifully planned, with driveways and walks, making a really attractive park surrounding the two schools. The entrance to the main building is noble and impressive.

The halls and office are broad, high, well lighted, with polished floors. Here, beside the instruction classes, the training school is carried on. The inmates are divided into three classes belonging to one or other of the following departments: The training school, the custodial, and the epileptic of the hospital. Naturally, only the brighter of the inmates can be entered in the training school, while, in the custodial, are those who are not capable of learning much. The hospital is used principally for an epileptic department.

The objects aimed at by such schools as these are manifold; first, to train the imbecile and feeble-minded to help themselves as far as possible; second, to improve and make efficient helpers of those who cannot support themselves, but who may thus be assisted to become less of a burden to others; third, to train those who are capable of it, to contribute toward their own support (it must be remembered that the number of weak-minded persons who can go out into the world and make even a poor livelihood is very small); and, fourth, to provide custodial care of the feeble-minded to those who need it. Inevitable as it may seem, the officers of the institution assert that some of the brightest and most attractive looking of these children are the most hopelessly feeble-minded, and it is impossible for an outsider to say of a certain child, because it has a bright and attractive expression, that he or she must be mentally brighter than a certain other inmate who appears dull and heavy. This is a strange illustration of this fact frequently needs strangers to express the opinion that such and such a child looks too bright for such a condition. Manual training forms a very important

SCENE ON THE FARM AT THE STATE SCHOOL FOR THE FEEBLE-MINDED.

boards for floor mats. Wood turning, brush making are taught, too, and some thirty models or varieties of brushes are made, including scrubbing brushes, counter brushes, clothes brushes, etc. Hammered brass, hammock weaving, crocheting, knitting and rug making, tureen lace, plain and fancy needlework and fine laundry work are taught the girls. In the department of plain and fancy sewing these of the girls who do so learn dressmaking, and several of them can make gowns, while others can only do a little plain sewing under constant supervision; cooking, baking and carving, too, are regular employments. Recently a tailoring department has been added, and a number of power machines and electric heated irons have been put in, and now all the clothing for the inmates is made in this department under the direction of a skilled matron, who does the lace work is very handsome, and

is dependent upon the people by the wind that blows, but by water or earth, and is borne upon no endemic elements, that is, conditions of uncleanness or lack of hygienic precautions among the people, which characterize endemic diseases or diseases originating in or among the people afflicted.

No absolute statements can be made as to the conditions under which the epidemic of the gripe occurs. Observations show that in many cases conditions exist similar to those at St. Petersburg, in the epidemic of 1873, when after an extremely cold night the temperature suddenly rose 30 degrees, and the next morning 40,000 people were taken ill with the influenza. Thus, after a spell of cold weather, a sudden thaw often brings influenza in its wake. It has often been observed that epidemics of the gripe occur after a heavy, noisome fog, so dense that it would seem as if the germs of the influenza darkened the air. It has also been noticed that the epidemic seems to follow a westerly course, or one from the south towards the north, and this in turn has been seized upon as proof that there is a magnetic element in the disease, or that it is connected in some mysterious way with magnetic currents.

Some have believed that the gripe is contagious, and those extremely fearful, afflicted with a species of nosophobia, that is, fear of disease, or rather of catching disease, have taken the most prudent precautions to avoid contact or proximity with those afflicted with the influenza, but all in vain, for there is no individual person who can be taken that will protect any person from an attack of the gripe when it is in the air. For instance, the crew of a vessel may be afflicted with influenza, when the disease laden wind blows off shore upon them, even though they have not been ashore in an infected district. A very curious example of this is the case of the crew of the Stag, which arrived off London on the 24 of April, 1833, the day when all London was stricken down by the influenza. Half an hour after coming to anchor, at 2 o'clock, the wind being off shore, forty men were down with the influenza, and at 6 o'clock the number was increased to sixty, while the next day 169 were sick. Such facts dispose of the theory of contagion, although it is possible that one person may catch the disease from another.

Some peculiar circumstances about the influenza is that shortly after or during the epidemic catarrh animals and birds are afflicted with epizootic diseases, having similar effects upon them as the influenza has upon man. It is the extreme prostration of strength and sudden invasion. There is another common yet erroneous

impression that the gripe is extremely fatal, more so than the cholera or yellow fever. In reality this is not so. The list of deaths published in the newspapers during an epidemic of the gripe is low and gives one the idea that the disease is an extremely virulent one. But while the absolute mortality, that is, the actual number of deaths, is great, the relative mortality from the gripe is much smaller than it seems, that is, there are few people that die of the gripe compared to the total number afflicted, and many of the cases are in reality due to diseases such as the pneumonia, secondary to, but caused by the gripe.

In cholera the percentage of deaths is larger, and thus the gripe is less dangerous to the community at large, yet infinitely more dangerous to the individuals attacked by it. Ordinarily, if a person is strong and healthy, the gripe is a trifling disease, and while it may prostrate the person for a few days and leave him weak after the attack for a while, the feverish symptoms will usually pass off in from three to seven days, leaving a cough which may persist for a longer time according to exposure of the person and a predisposition to cough. When the weariness and headache and all-tired-out feeling first comes on, treat it as you would an ordinary cold, with a little more care to avoid exposure to the elements, and it will probably run its disagreeable course in a few days and you will be well. Take a gentle aperient, or perhaps a dose of Epsom salts or castor oil at night, and soak the feet in hot water just before going to bed. Then get into bed between blankets, with a hot brick or a hot water bag at the feet, and take a light sweat. Probably the fever will be of such a degree that it will take some time to open the pores of the skin and equalize the circulation so that you will sleep warm and snug, and not be troubled with profuse sweating.

A glass of hot lemonade just before going to bed will be a good thing to excite perspiration, and is pleasant as well. If the throat is very dry, a little white flaxseed in the water before pouring it onto the lemon juice. If you are not morally opposed to it, a hot toddy is good in the gripe, for there is an actual depression of vitality which may be rationally and safely met with alcohol of some form, say whiskey, as rock and rye, or still better, a little gin, as that has a good effect upon the kidneys, and thus helps in cooling and purifying the blood which is laden with poisonous principles, the result of congestion, of which the fever is a symptom. If you object to alcohol you may add nature by taking a tablespoonful in water, of the solution of acetate of ammonia, or spirit of Mindererus, as it is sometimes popularly called, but to have any effect this must be freshly made; it is not a preparation that can be kept in stock as a domestic remedy, but must be bought as needed. For an aperient the solution of citrate of magnesium is a most palatable and gentle one, but this also must be freshly prepared by the druggist. If there is considerable fever and pain, or some ten grain Dover's powder may be taken at bedtime, and as the fever subsides on the following days take two or four grains of quinine three times a day to control the feverish condition and as a tonic. If the prostration is great, and the occupation will allow it is better to remain at home in a warm room for several days or perhaps in bed for a few days. If the prostration is great, and the disease may be increased by exposure or other diseases be incited of more serious character; in fact, much of the fatality from the gripe comes from exposure during the existence of the fever and thereby setting up pneumonia.

There is another method of curing the gripe, and an ordinary cold as well, which, I believe, suggested by an English physician, Dr. C. J. B. Williams. In inflammation of the mucous membranes of the nose and throat, due to congestion, there is always a catarrh, a running of fluid from the membranes, and this fluid is acid and irritating so that it keeps up the inflammation and irritation. Drinking freely of tea, lemonade, gruel, etc., promotes perspiration and is therefore good in a fever, but it also increases the flow from the inflamed mucous membranes, and while it diminishes the acrimony of the fluid does not remove it entirely. Dr. Williams' method is to refrain from taking any fluid for a period of from thirty-six to forty-eight hours, thus reducing the quantity of fluid in the body to such an extent that it can no longer supply the diseased secretion. This not only relieves the catarrh, but prevents the cough which often follows catarrh. To begin with, a Sedlitz powder or the solution of citrate of magnesium may be given, and a little sweet spirit of nitre or some other simple remedy to induce perspiration. Then no fluid is to be taken until the drying up of the catarrh. In about twelve hours there will be a noticeable diminution in the amount of fluid, and suddenly the top of the bluffs the secretion will have ceased. Then fluids should be resumed in small quantities at first. The suffering from

thirst is not so great as it might seem, and it depends chiefly upon a strong resolve persevered in. If there is much fever or any disturbance of the stomach, antacid foods should be denied, but usually no change is needed other than to take thick puddings and vegetables, with or without meat, and toasted bread merely moistened with tea or milk. No fluid must be taken at meals, for a single drop of tea will bring back the catarrh after twelve hours' abstinence has partially checked it. At first sight this remedy seems worse than the disease, but once tried those subject to colds will never try any other after they have experienced the good effects. In most cases no evil can result, but those having an irritable stomach or suffering from kidney or bladder troubles cannot well adopt the remedy. From the effects of this treatment there follows another important fact, that moderation in the use of liquids is one of the best preventives against catching cold, for if there is a large quantity of water or other fluid in the body there will be an increase of perspiration and therefore greater liability to taking cold.

In the waxy and aged influenza is a comparatively fatal disease as bronchitis or pneumonia is, very likely to be incited or follow an attack of the gripe. The patient should be put to bed and kept there until all danger is over and special care should be taken against chilling the person by exposure or draughts. Strong or weak broths, as the case may be, should be used, and if the strength is falling wine should be given, or whiskey and egg and milk, beaten together. If there is an abundance of viscid and tenacious mucus, difficult to raise, the following remedy will be useful. Contain 39 grains of tincture of squills, 1 drachm; wine of ipocacuanha, 40 drops; camphor water, sufficient to make 1 ounce. The dose of this is from one to two tablespoonfuls every two or three hours until relieved. The cough is irritating and troublesome, some two drachms of nargore may be added to the above mixture, but care should be taken in checking the cough too early or quickly. Of the newer remedies herein, it is claimed has marked advantages over prescriptions of morphine, having an especially rapid action in checking cough. Another morphine compound is dimine, in doses of one-fourth grain. Cough, however, is nature's method of getting rid of the secretion in the lungs bronchial and throat, and should not be incautiously checked.

Advertisement for 'Nothing But Rings' featuring 'Genuine De Mora Diamonds'. The ad includes a large illustration of a diamond ring with 'RINGS GENUINE DE MORA DIAMONDS' and 'RINGS WORTH \$3 TO \$7 \$1.25' inscribed on it. Text includes 'LAST CHANCE!', '5,000 Solid Gold and Gold Filled Rings in all the popular settings—Tiffany, Princess, Clusters, Belchers, round and flat, Marquise, etc., all set with brilliant', and 'Monday & Tuesday we will offer thousands of GENUINE DE MORA DIAMOND RINGS costing from \$3.00 to \$7.00 each at a Uniform price of \$1.25'. It also mentions 'Come early and get a choice before the line is broken. At this price these rings will not last always—hence act promptly, as such an opportunity will never occur again.' and 'We also carry Genuine De Mora Garnets, Rubies, Sapphires, Turquoise, Pearls and Opals in the same settings and mountings for \$1.25'. A 'Mail Orders' section states 'These bargains continue for one week for the benefit of our Out-of-Town Customers. Select the style from the above illustrations, which are exact reproductions of the rings. Send the size of finger and we will make a selection that will please you. Be sure to give us the number shown above, or what is better, cut out the illustration and send it with your order.' The bottom of the ad features 'This is an Opportunity to buy \$3.00 and \$7.00 Rings for \$1.25.' and 'THE MORA DIAMOND PALACE' with 'No Branch Stores. (Copyright.) 13 East Seventh Street, St. Paul, Minn. Open Evenings.'

VIEW OF THE DISINTEGRATING WEST SIDE BLUFFS.

In various parts of the valley of the upper Mississippi are found bluffs of peculiar formation. They are composed of what is commonly known as St. Peter sandstone, and are peculiar inasmuch as they are rapidly undergoing disintegration from the effects of the atmosphere. At their foot may be found at any time beds of substance that closely resembles the earth and stone that had to be removed in order to continue the paving of the city to extend large sums of money kept the street below safe and passable.

About two years ago the city was engaged in paving Colorado street, which runs along the top of the bluff. The earth and stone that had to be removed in order to continue the paving was being piled along the top of the bluff. The weight became too great for the soft stone, and suddenly the top of the bluff gave way and precipitated several large rocks which went rolling down the bluff struck the roof of a house and crashed through into the room below. Two children were lying in a bed in the room and the stone struck one of them, crippling him for life.

During last May while the engineering department was at work laying a new retaining wall the stone work gave way, and four masons who were engaged in the work were caught in the avalanche. Fortunately only one of them was unable to dodge all danger, and he was not injured seriously. The wonder of all people who saw the scene of the accident at the time was that all four of the men were not killed.

The city has already spent \$250 in keeping the bluff in a safe condition, and it is certain that it will be necessary to do some more work upon the place in the near future. It is proposed by some that a retaining wall be built the entire length of the bluff, and if this is done it will cost the city at least \$25,000. This will not likely be done for some time, as temporary arrangements will probably take its place. This bluff is ninety-two feet high, and is located in a place where there is a great deal of traffic. The stairway which is built at its face is a thoroughfare by which many people come and go to reach the main part of the city. It is the only means of reaching a beautiful part at the top of the bluff which is known as Prospect plateau. When the retaining wall is built so as to stop disintegration and render the bluff safe it will be something that will add to the beauty of the city, giving a high elevated plain from which can be seen one of the most beautiful prospects to be found in the whole state.

the moral is not difficult to find. The strong and healthy may safely trust to domestic treatment when attacked by the gripe, but the weak and aged should call a physician if one is available. While the gripe is inconsequential in and of itself, it may set up serious, dangerous and fatal complications that must be met step by step by prompt and efficient remedies. —Leon Noel.

Earliest Arrival at Chicago Via the North-Western Line is by the train leaving Minneapolis 2:55 p. m. and arriving at Chicago 6:35 p. m. Supper served in Dining Car to Eau Claire and Chicago is reached at 7:30 a. m., which allows ample time to make connection with early trains for East and South.

Returning leave Chicago 10:50 a. m. and arrive St. Paul 10:35 a. m., Minneapolis 11:25 a. m. Breakfast served in Dining Car from Eau Claire.

Swift and Sure Are the terms applicable to the Northern Pacific's "Lake Superior Limited"—electric lighted and steam heated, luxurious parlor cars and cafe observation cars.