In observing the department at Kalamazoo I was told that there is one director and nine instructors who are working with an average of three hundred and fifty patients daily. Some of the patients work only for a short time, while others work five hours a day. Besides the main occupational therapy rooms, there are several smaller rooms situated in both the male and female departments. These are for patients who are not able to go to the main rooms, and also because smaller groups can get along better. The first class, like the first class in a city grammar school, is the kindergarten. There is at present only one class of this character. This is composed of about twenty dementia praecox patients ranging from the age of twenty to forty years. These patients seldom make a social recovery. They assemble in the special class room on their ward at about 8:30 each morning. One first notices the room which is made homey in appearance by curtains, hanging baskets, plenty of chairs and two long tables. I was informed that they were being re-educated, and their training reminded me of my kindergarten days. Many who seemed stupid and morose were given bright wooden beads to string. Others were winding bright colored carpet rags or coloring pictures with crayons. I saw some of the more excited type who were attempting to work at puzzles. Then in the afternoon this same class meets with a different instructor who teaches them games (indoor) and songs. There is a “disturbed” ward which also has similar classes, but these are more noisy and destructive, requiring greater patience and tact on the part of the instructors.

The director explained that just as a child passes from one grade to another these patients are promoted from both of these
reeducational classes. Some go to smaller rooms in their respective buildings, while others go to the occupational therapy building. Here there are four light cheery rooms with light colored walls and clever curtains at the windows which, naturally, has the effect of cheering them. A hundred patients spend about five hours a day here. The rooms contain comfortable chairs, looms for weaving, utensils for basketry and the many other enjoyable occupations. Along the walls one sees bright colored baskets made from waste cloth, and other decorations are made attractive and appealing to the patients. This is the advanced class, divided into four sections and is more interesting to observe. Here I saw the four different groups. One group was raveling burlap sacks, tying ends of yarn and ends of warp (respectively) together, winding thread on bobbins, winding carpet rags on the shuttle and doing spool knitting. I was told that this type of patient worked only at tasks that lacked in interest. The next group was sewing carpet rags, doing simple embroidery, crocheting rags and tying fringe on the ends of the rugs. These patients had the ability to give a little attention to the work that they were doing. The third group was knitting, doing applique work, stenciling clever designs, making braided rugs, doing reed work, making raffia and pine-needle baskets, painting and staining wood forms, and manual training in its simpler forms. This group could pay rather close attention to their work. The last class was capable of doing such work as pattern and pick-up weaving. Persian knot rugs which are very beautiful, bobbin lace, leather work, clay modeling and pottery making, tin-can toys, copper work and mechanical training were some of the products of their efforts. This class, as one can immediately see, works at tasks in which variety and originality are required together with intense interest. These patients were talking of their work, some asked you to admire their rugs or whatever they were making. This interest in their work and their desire to discuss it, I am told, is the quality much to be desired. The instructor was very proud of the fact that one of her pupils of this last division was so successful in helping others that she had been put in charge of a class of thirty-five
patients at Colony Farm where the same "curriculum" is followed.

There are many women who are interested in the work, but who prefer to remain in their rooms. In this desire they are humored and instructors visit them, giving them material and instructions so that they may work alone. Of course, the majority of men work on the lawns, in the industrial building, in the laundry, in the boiler room or in the machine shop. A few, however, meet every afternoon and are taught spool-knitting, toy-making, basketry, rug-weaving, etc. Besides this class the ex-service men, numbering about twenty-five, have their own class of occupational therapy. These men are constructing, at present, a complete circus set similar to the famous Schoenhut's set. The main craft, however, is the construction of fibre furniture. The boys are very much interested in this line, and a future is seen for this class of ex-service men.

During the garden season many of the patients are allowed to have their own small garden plot where they raise vegetables that do not have to be cooked, and flowers. At the end of the season a small prize is offered to the patient who has the best garden. Even as the normal person works harder when there is a possibility of a reward at the end, so does the abnormal, and much rivalry and enthusiasm is aroused and maintained throughout the season.

Just as all work and no play does not appeal to us, it does not appeal to the insane. So there are many entertainments held during the winter months that the more comfortable patients are permitted to attend. Among these entertainments there are card parties, a weekly dance and a weekly movie. The two latter are in the amusement hall of the institution. The music for these entertainments is furnished by an orchestra which was organized by a patient. He directs this unique musical organization which is composed entirely of patients. Some of these dances are masquerades, while others are arranged to correspond to the period, such as a Valentine's dance or a St. Patrick's dance. In the summer there are picnics once a month, while during the fall months weenie roasts are held. Closely connected with the
department of occupational therapy is that of recreational and physical therapy which generally conducts the social functions. In the summer this department gives supervised play, such as tennis, bowling on the green, indoor baseball and volley ball.

Also all the occupational classes are not held indoors. During the warm weather the more comfortable patients from all the groups at the main occupational therapy building are allowed to go for a walk. This takes the place of the last half of the class period. Each trip, I am told, is made with some objective in view, such as gathering pine needles and cones for baskets, acorns to be made into beads, weeds to be painted for winter bouquets, clay which is to be made into pottery, milkweed pods and butterflies to be used for trays. We see that the classes are conducted very similarly to those of the grammar schools, in that nature study expeditions are taken often during the summer months. Thus the "students" are taught to observe not only in the class room, but also their outside surroundings.

Let us consider the benefit the patient derives from this system. I mentioned the fact that a few of the patients were allowed to have gardens. Soon after the garden season one young girl who was a patient told the director that if it had not been for her small garden plot that she did not believe she could have endured her life at the institution. Another instance in which occupational therapy greatly aided a patient concerns another young woman. It appears that this patient ran away whenever she had the chance and hence was not allowed to go to the occupational therapy building. She wanted to go, however, and begged the directors to get her permission from the medical authorities. It was finally decided she could attend. She became so interested in the work and received so much benefit that she now has no desire to run away, and furthermore she has been placed on one of the better halls. These are just a few of the many cases where the patients have been aided to a great degree. Although the department at the Kalamazoo Hospital is only seven years old, we see that the desired results occur in certain cases. This centers the patient's mind on what-
ever he is doing, stopping him from brooding over his condition and surroundings. If this system does not wholly cure the patients, it helps so that with the doctors' care, if there is a chance for recovery, it is speedier. If there is no hope for complete restoration of health and mind, the patient's life is made happier and more agreeable.

Now let us consider the secondary benefit of this system, the amount which the institution saves and earns. The biggest item is the utilization of waste material. The institution buys large quantities of material of almost every description, and the little odds and ends which one thinks could never be utilized are sorted and used by this department. The director very kindly gave me a list showing the value of waste material. A few of the items and their uses are as follows: Raveled burlap is used for spool-knitting and plain knitting. Tea matting in its natural state is used for luncheon sets, table covers, sunbonnets and cushion tops. The raveled tea matting is used for braid hats and rugs and foundations for baskets. Beaver board is utilized for coat hangers, telephone screens, checker boards, book covers and tray bases. Unwashed window shades are used for note book covers, sandals, crowns and bracelets. The three latter are used by the patients in plays and pageants in which they take part under the direction of their classes of recreational and physical therapy. Many of these articles which the patient makes from waste material are sold. Thus the sale price is clear profit which amounts annually to quite a sum. Another economic feature, although very minor, is that patients occupied in pleasant tasks are soon in a cheerful state of mind, and, therefore, the institution will not have to employ quite as many attendants.

I think that one clearly sees that occupational therapy has been a success during the past few years, and that it will continue to be so in the future. One of the largest results, (or purposes) one might add, is that of giving the patient, cured by these means, a profession to work at. The majority of patients who come under the direction of this department are those who have never worked in any profession. These patients, instead of brooding
over their troubles, become encouraged by the work and in some cases show almost immediate improvement. The work being done at Kalamazoo is surely of the highest type and not only are patients sent out in life better equipped, but the students who go out from the school are meeting with excellent success. Under the present conditions of all departments of occupational therapy we look for big results in the future in aiding unfortunate men and women.
REPORT OF OCCUPATIONAL THERAPY ACTIVITIES OF THE STATE OF MINNESOTA

BEATRICE E. LINDBERG

The occupational therapy activities in Minnesota were carried on during the past year by the Veterans' Bureau in hospitals in St. Paul, Minneapolis, in the institutions under the Board of Control, by the Duluth Association and by the Advisory Commission for Tuberculosis. The following is the report of the work of the Veterans' Bureau in St. Paul and Minneapolis. Report submitted by Miss Dorothy Rouse of the Asbury Hospital.

Industrial departments have been organized for years in all the state institutions under our state board of control, representing six thousand people cared for. Very excellent exhibits were shown at the recent state fair. Work on prescription basis has been taken up by Miss Phelps at the hospital for the insane at Rochester among the women, and as soon as equipment can be obtained similar work will be begun among the men. At the June meeting of the board of control, where two sessions were given over to a program on occupational therapy, Mrs. Slagle and Miss Sutton were the speakers and much new interest and enthusiasm were aroused.

The occupational therapy in the United States Veterans' Hospitals in the State of Minnesota has been carried on at United States Veterans' Hospital 65, St. Paul, "The Aberdeen," and United States Veterans' Hospital No. 68, Minneapolis, "The Asbury."

At No. 65 craft work has been taught in a new well-equipped shop and on the six floors of the hospital occupied by patients. The usual projects have been developed, chief among which

1 Read at the sixth annual meeting of the American Occupational Therapy Association, held at Atlantic City, September 25 to 29, 1922.
are reed and leather work. Weaving has recently been introduced, and rug making seems very fascinating to the patients, as well as toy making.

The various women's organizations of St. Paul had a successful sale of articles made at No. 65 at Christmas and Easter at the Art Institute. A similar sale will be conducted again this Christmas. The American Legion Auxiliary is always ready to dispose of the articles made by the patients, and the hospital is very fortunate in having the assistance of the Masonic women who line baskets, bags and lamp shades.

During the fall and winter an orchestra will be formed similar to the one at No. 68, the personnel being the patients, drilled and led by the head aide. The doctors recognize the therapeutic value of the study of music, and are very enthusiastic over the plan. Because of the interest and sympathy shown by the people of St. Paul toward occupational therapy and the extraordinary cooperation of the hospital staff a most wholesome atmosphere exists.

From the first, No. 68 has been fortunate. The building was a hospital, and few changes in the matter of remodeling interfered with the routine work. On the fifth floor is the reed and leather shop, a weaving and paint shop, and an exhibit room. All patients able to come to the shops are given occupational therapy there. Bed patients on the three floors are taken care of by re-aides, one for each floor. The work is watched very carefully on the surgical floor, the amount of time for work allowed each patient changed from week to week. Nearly all orthopedic cases come direct from the physiotherapy department to the occupational therapy department for the continuation of their treatment. The tuberculous patients are all urged to work any time that is not rest hours. A patient twice found working during rest hours has occupational therapy taken away from him for a week. The shops are a great help to the mental cases, and the doctor in charge of such cases is a firm believer in occupational therapy.

A roof garden was planted, and interest was shown not only by the patients but by the personnel as well.
The orchestra which was started March 25 was a great success, but on the transfer of the leader to St. Paul as head aide, it had to be given up. However, we hope to form another orchestra this winter.

Great cooperation and interest has been shown by the staff and nursing personnel here, and every effort has been made to help the reconstruction department.

Work has also been done at St. Thomas, one of the contract hospitals.

Under the Minnesota Advisory Commission occupational therapy has been carried on in the fourteen county hospitals and the state sanatoria. There is a director for the state who has one assistant in the field and resident assistants in the larger sanatoria. All work is done subject to the advice of the physician, who designates the amount of time each patient may be occupied. At a recent meeting of the Minnesota Sanatorium Association a standardized exercise sheet including occupational therapy activities was adopted.

At the State Sanatorium, caring for 265 patients, we have shops in the recreation building. The patients originated the slogan “Shops of production, not consumption,” and this slogan has been adopted by the other shops. Excellent work has been done by the department. A paid worker is in charge, and the ward work is well organized. In the budget for the coming year aid is being asked to establish a place to take care of patients not only from the state sanatorium but also from the county sanatoria, who do not need hospital care. These patients need a home and the proportionate work suitable for each case, for which they will be remunerated. This department could also take over the vocational training. This is a very much needed service.

Glen Lake Sanatorium, Hennepin County, caring for 250 patients has a well organized department, with a trained worker who has one man and one woman patient helper. New shops are included in the service building which is now being built.

The Pavilion of the City and County Hospital of Ramsey County with 95 patients, has had the four new work shops on
the roof garden completed and equipped. These are ideal shops and a great credit to the department. They are financed entirely by the hospital. The trained worker in charge has had an understudy this Summer, and also some very good patient helpers.

N opening Sanatorium, St. Louis County, with 205 beds, has a well organized department with a trained supervisor in charge who has several apt patient helpers. A roomy cottage has been set aside for a work shop. This cottage contains recreation room, work shop, a room for supplies, and a well-equipped print shop where all the printing of the sanatorium is done.

There is also a strong Veterans’ Bureau department. Occupational therapy as well as vocational training is given the ex-service men. A new shop and recreation house is just being built.

In the smaller sanatoria the work is organized under patients or other individuals in the institutions who are trained by the director or assistant on their round. In time the desire is to arrange for workers to take charge of two or more sanatoria.

The usual lines of craft work have been carried on, much originality has been shown by the patients, many exhibits and sales have been conducted at the local county fairs, at clinics, holiday sales, state fairs and associations. Much help has been given at these sales by different women’s organizations. Patients pay for bare cost of materials, and have been supplied with sufficient pin money through the sales of their wares to make them self-supporting as far as materials are concerned.

The work has been taken up very cautiously, as all curative work needs to be. At least 75 per cent of the patients have been allowed to participate in the occupations, and not one complaint of injury to a patient has been reported by a physician. The heartiest cooperation has been extended to the department by everyone. A crafts book is in each traveling library.

The Duluth Occupational Therapy Association has been organized and is doing excellent work with Miss Orpha Wilson in charge and ten volunteer workers. The work is being done in
the homes. A memorial work shop is being planned in the new St. Luke's Hospital which is under construction.

A state association has been organized with a membership of fourteen. Two luncheons have been enjoyed by the members. There is to be a meeting this fall at which a constitution is to be ready for consideration. The Board of Control has extended to us the privilege of having our meetings at the time of their quarterly meetings, which are an established affair.

The Minnesota association does not expect to catch up with the older state associations, but will be glad to take advice and listen to her older sisters, and hopes that she may be heard from before all the other organizations are out of sight.