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Report of
Med. Sup. Murphy
on Health conditions
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Section 4. Sanitary Condition of Buildings
at Carlisle.

Dormitories.



The general sanitary condition of the dormitories is good.

The use of separate rooms to which groups of three or four pupils are assigned is an excellent plan compared with that of large common dormitory rooms. The extensive spread of pulmonary, as well as other contagious diseases, is certainly held in check by this system.

The rooms in the large boys' building are in over a third of the cases occupied by groups of four pupils, the remaining rooms being occupied by three pupils each. This is also true in the small boys' building. In these rooms each pupil has about 455 cu. ft. of air space, exceeding the Office minimum allowance by at least 50 cu. ft. In a climate as cold as that of Carlisle, unless ventilation depends on something more reliable than pupils keeping the windows partly open, 450 cu. ft. is hardly sufficient if the tubercular tendencies of the Indian are to be considered. Not more than three pupils should be assigned to each of these rooms, and careful supervision should be had over their proper ventilation.

Boards about 6 inches wide intended to prevent complete closing of windows, thus allowing outside air to come in between the upper and lower sash, are supplied for all dormitory rooms. These were

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in place in a large number of rooms at the time of the monthly inspection, but during cold weather the pupils are compelled to completely close windows for their own personal comfort while occupying rooms during the day or evening, there being no heat in the rooms themselves, only the halls containing radiators. At night the windows will be completely closed in a large number of cases. It is during the winter season, when the pupils are most confined indoors and most inclined to keep closed windows, that, according to the hospital records, the greatest number of cases of tuberculosis manifest themselves, and it is at this time that there is the greatest need for thorough ventilation. If all windows were partly open during sleeping hours and the pupils warmly covered, no harm, and much good would result. These could be opened at night after taps by a pupil regularly detailed to do this, and closed in the same way in the morning in time for the rooms to be comfortable for dressing.

Supervisor Charles in his report on Conditions at Carlisle of March 11, 1905, on pages 5 and 6, describes the condition in regard to ventilation which still exists there, and recommends a system of artificial ventilation. The adoption of some plan of artificial ventilation would be of great advantage to the health of the pupils.

Each dormitory room is supplied with a bowl and pitcher, which is used in common by the three or four pupils occupying it. Contagious eye diseases and other diseases may be spread by the use of this common bowl, for I am informed on good authority that the same water is frequently used for bathing purposes by more than one pupil. Running water in the hallway would do away with this source

of contagion. Individual rooms would be better for all cases suffering with inflammatory eye diseases not actually in the hospital, and for other contagious diseases not so serious, such as scabies, cases of which are occasionally found.

If water is put into the hallway as recommended, the installation of a water closet on each floor in the small boys' dormitory should be considered. After taps the steam is turned off from the hallways and pupils who are compelled to use the toilet at night are required to go a long distance through cold halls. This may be the cause of chilling a delicate child and predisposing him to infection, where a shorter journey would be less of a hardship.

A certain amount of dust is carried into hallways and assembly rooms by the pupils' feet, and there is a small amount of spitting on these floors at times. To prevent dissemination of this dust and possible chance of spreading disease in this way, wet sweeping should always be employed.

The regular weekly inspection of the dormitories (and other buildings) is of much value in educating the pupils as to the proper sanitary care of themselves and their rooms and clothing, and has undoubtedly been responsible for the good condition generally found in individual rooms.

Some attention has been paid of late to the subject of unclean and carious teeth as a factor in the favoring of infection by way of the mouth. The provision of racks in the boys' buildings for the individual tooth brushes, and inspection in regard to these matters, is commendable, and cannot help but contribute toward the formation of proper habits of cleanliness and avoidance of mouth infection.

More care could be paid to the matter of clean teeth, for unless this is done carelessness is certain among a large number of pupils.

Recommendations in regard to Dormitories.

- I. A system of ventilation installed, or regulations adopted looking toward the enforcement of partly opened windows in sleeping rooms by nightly inspection.
- II. Not more than three pupils assigned to a single dormitory room.
- III. Installation of running water in the hallways and abandonment of bowl and pitcher in individual rooms.
- IV. Segregation of all pupils having inflammatory eye diseases, actively suppurating glands or other minor contagious conditions, who are not actually in the hospital.
- V. No dry sweeping to be permitted. The use of wet sawdust, wet paper, or mopping to be substituted.

The Dairy Barn.

Since milk from tubercular cattle is frequently a source of infection, the barn and method of handling milk were inspected. The barn is the usual Pennsylvania one in which the stalls for horses and cattle are placed in a half underground basement, the main floor being on a level with the ground at the upper side of the hill on which the barn is built. This arrangement shuts off one side from light, gives a low ceiling, and as light is not freely admitted from the open side, makes a dark place for keeping cattle and handling milk. The floor is made of

earth with a wooden trough at the end of the stalls for manure, etc. Under these conditions only the greatest care can prevent contamination of the milk handled. A well lighted barn with cement floors and provision for flushing and drainage is recommended. Too much care cannot be taken to prevent the contamination of milk and its consequent spreading of disease.

The Guard House.

The old historic Guard House, which has been a landmark for so many years, has almost outlived its usefulness according to modern ideas of the proper sanitary requirements for places of confinement. It is divided into two separate sections, one consisting of a series of dungeons, which are small dark cells into which the sunlight never enters and no fresh air can be admitted except through small openings in the roof; the other section consists of three fair sized cells having a few small windows. These rooms are also dark in the daytime. Cement floors were being introduced into these cells and a water closet was in the process of repair at the time of inspection.

The dungeons are not a fit place for anyone to be confined, and although the introduction of cement floors and toilet facilities have improved the section of cells, they are still far from ideal. The walls of the building are 5 ft. thick, allowing no direct sunlight to enter the cells. Darkness favors spitting and other uncleanly habits, the results of which may spread disease to those confined there. Dried sputum may infect the place and only scrupulous cleanliness and frequent disinfection can render the building comparatively safe. More direct sunlight should be admitted, so that it can act as a purifying agent

during the day, larger windows would give better ventilation also. If dark confinement is found necessary for discipline, solid wooden shutters could be used.

The dungeons are not being used at present and the superintendent states that they will not be in the future.

Recommendations as to the Guard House.

The introduction of larger windows so that direct sunlight may enter the cells is recommended; in addition to this, the building should be frequently fumigated.

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