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Work of the C. B. Towns
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The *Work* of the
Charles B. Towns Hospital
and its *Relation* to the
Medical Profession

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CHARLES B. TOWNS HOSPITAL
293 CENTRAL PARK WEST
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Charles B. Towns Hospital
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With *Special Reference* to the now *Widened* Scope
of its *Service* to and *Co-operation* with
the *Physician in Private Practice*

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With Special Reference to the now
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THE CHARLES B. TOWNS HOSPITAL, NEW YORK CITY

THE situation throughout the United States generally with reference to the continued prevalence of habit and addiction as a social menace, and particularly the situation in certain States, makes it not only proper but imperative that the special medical and institutional work in which this Hospital is engaged should be placed before the medical profession in the most explicit terms.

The Hospital has from the beginning of its work—1901—been identified with the medical profession; and in view of the close and intimate professional relation which it has always borne to the practitioner, it is desirable again to remind the medical profession of its co-operative service, and to make plain the character and extent of its facilities for the treatment of a class of case which cannot be treated in private practice.

In a measure, the aims and purposes of the Hospital have been realized, that is, to create and develop a work devoted ex-

clusively to the treatment and care of patients of a certain type who sooner or later become medical problems and have to be dealt with institutionally. From the definite medical result we have been able to get here in the treatment of habit and addiction, we have found that definite medical treatment is not only the beginning of help in cases of this type but that without it, it is difficult to make an intelligent physical diagnosis or to make any headway on the mental and sociological side of this problem; while, on the other hand, this definite treatment enables us to minimize the physical and mental complications that may come out of the lack of such treatment. The length of the patient's stay here in order to effect this result, is in every case determined by the patient and his own physician in advisement with the Hospital staff. In all cases the Hospital adheres to its rule to render all service for a fixed-fee charge for a stated time agreed upon in advance, thus eliminating "extras" and "special items" of treatment and covering in this one charge everything that the Hospital is able to do for the patient.

Getting this definite medical result in the treatment of these cases means that, where no physical complication is encountered, the Hospital is able to put these patients where they do not in any way whatsoever crave or desire, or feel the need of, stimulants or drugs. Beyond that, these cases can, after definite medical treatment, be taken up and treated in the most intelligent way, either for physical and mental reconstruction, or, where necessary, for conclusive medical or surgical procedure, as indicated.

There was a time when this hospital did not deal with these patients beyond the brief period of definite medical treatment, but referred patients back to their own physicians for such after treatment and care as the physician might deem advisable in

the case. But we have at last been brought to realize that the physician in private practice is rarely ever in a position to provide the definite physical after treatment and care that this type of patient should have after completing the definite medical treatment here. Most of these patients need something definite done for them physically and mentally, and should be carefully looked after and safeguarded in every way until they have been physically conditioned and are thus able to go back to their own environment and take up their accustomed duties.

Beyond treatment of patients of the particular type that this hospital has specialized in, there are other types not ordinarily placed within this classification, whom this hospital can treat with every reasonable prospect of success just as it has proved itself able to do in addiction cases.

Chief among these cases is that of the hypochondriac, that is, the man who is dependent upon some form of "hypnotic," something to quiet his nerves, something to produce sleep. Very often he is an extreme type of neurasthenic. In view of the very definite way in which our work is carried out, with every facility for treatment, and with a large building equipped to segregate the types of patient received here, we are in a position to assure the doctor that we can do the things that should be done for such cases. We want the physician, when he is confronted with such a problem, when the case has developed beyond the point where he is able to control it in private practice and where something definite must be done, to bear in mind that this hospital is specially equipped and prepared to co-operate with him in the most definite way in helping this type of case. We earnestly invite the practitioner to visit the Hospital, make a complete examination of its facilities and assure himself of the very definite co-operation he

will receive in referring or bringing his patients here for treatment, or in himself conducting the case with the co-operation of our resident staff, if desired.

While properly classed among hospitals, this hospital is so equipped and conducted as to eliminate practically all institutional atmosphere. Absolute privacy is assured every patient, all meals being served in the patients' rooms. All of the suites, and many of the single rooms, have bath and telephone. Where desired, individual nursing service is provided. The solarium on the roof is fitted up in garden style and affords an ideal spot for rest or indoor exercise. One whole floor, well aired and lighted and overlooking Central Park, is given up to physical therapy. The equipment for this is as complete as it is possible to make it. We were assured by medical experts in consultation with us in planning this department of our work, that there is no such complete unit of equipment anywhere as we have here. Every intelligent application of heat, water, light and manual and mechanical therapy is made here in the most definite and scientific way.

Realizing that beyond the definite medical treatment the physical building up of these cases must be made an important adjunct to our hospital work, we have secured the services of a highly competent physical trainer who devotes his entire time to this work. This man came to us recommended by Dr. L. R. Welz-miller, physical director of the West Side Young Men's Christian Association, and with a personal letter of recommendation to us from Colonel Theodore Roosevelt.

The physical development of each case following medical treatment is individual, and in our solarium, indoor exercise is given under the most favorable conditions, this being supplemented with

such outdoor work in Central Park, and with such other recreation or diversion, as may be indicated in the particular case.

In order to assure the medical practitioner as to the definite and distinctive way in which the Hospital deals with the medical side of this problem, it is proper to say that the resident staff is composed of four physicians who devote their time exclusively to this work, having no practice and seeing no patients outside the hospital, and that they—and they alone—administer the Hospital's medical treatment and conduct its medical work. This, however, does not exclude the physician who desires to bring a patient here and treat him in accordance with his own plan of treatment—in which case our staff will co-operate in every possible way.

Appreciating the necessity of adequate physical examination in the preliminary or early stages of treatment, we have secured the services of a physician having extended diagnostic and pathological experience to make such examinations, and also to make laboratory tests where indicated. This addition to the hospital's staff has not only proved of great benefit in carrying out our own distinctive medical and sanative work; but it has proved to be of highest value to physicians referring, or themselves bringing, patients here to secure the co-operation of this department of our work in specific cases.

This hospital is conducted as a private corporation and is open to all physicians. No physician is financially interested in it either directly or indirectly. The physician referring, or himself bringing, a patient here may be assured that no other physicians than those of the resident staff will come in contact with his patient. Where the physician wishes to prescribe for his case

according to his own medical methods, assuming full medical responsibility therefor, he is at perfect liberty to do so and will receive the hearty co-operation of our staff in every possible way.

Where the physician desires the Hospital staff to assume medical responsibility, this will be done, at the same time inviting the practitioner's co-operation. Complete bedside histories are kept, there is no "secret" medication; and the physician is at liberty to see his patient whenever he likes and as often as he likes. If it is not convenient for the physician to do this, special reports are made to him as arranged, so that he shall be kept fully advised as to everything that is being done for his patient from day to day, or as desired.

This hospital has never claimed to secure any more than a definite medical result in the treatment of this special type of patient. Those who have read the Hospital literature sent out from time to time know that we have eliminated from it the word "cure," the word "disease" and the words "inherited" and "heredity" as applied to habit and addiction.

The Hospital's consultant staff is headed by Dr. Samuel W. Lambert, dean of the College of Physicians and Surgeons, who brought his first patient to the Hospital some fifteen years ago. Dr. Smith Ely Jelliffe, one of the most prominent of our neurologists and psychiatrists, I met in the first year of my work some sixteen years ago. Dr. John Watts Fleming, of Brooklyn, former president of the Kings County Medical Society, with prominent hospital connections, brought his first patient to us some fifteen years ago. Dr. George M. Swift, visiting physician at Bellevue Hospital, brought his first patient here about fourteen years ago. Dr. Richard C. Cabot of Boston brought his first patient to the

hospital about seven years ago, personally visited and observed the cases under treatment, and has since been in a position to study the clinical treatment of such cases in the most intimate way. Dr. Alexander Lambert, professor of Clinical Medicine at Cornell University, now president of the New York State Medical Society, prominent in the councils of the American Medical Association and at present in France with the Red Cross unit of America, brought his first patient to the Hospital some fourteen years ago. At that time he was visiting the alcoholic and drug wards in Bellevue Hospital, and was especially interested in this type of patient, for whom he was anxious to find out and do the best possible thing. He had an opportunity to observe our work at first hand for nearly two years. Following his observation of our work, and after holding a series of clinics in Bellevue Hospital, he published the formula and all details of treatment to the medical profession, giving the clinical histories in connection therewith, in an article which appeared in the *Journal of the American Medical Association* for September 25, 1909.

The medical help and co-operation I have had from these physicians in connection with this work have been of the most disinterested sort. The recognition of the Hospital and its work on the part of these prominent men has made it possible for us to co-operate with the medical profession as an institution offering professional service of most highly specialized and even exclusive character.

During the last few years the patients received by the Hospital have averaged about one thousand a year. It will be interesting to the physician to know that fully seventy-five per cent of these patients come to us directly through their own physicians.

Among those physicians who have brought or referred patients here, a large number have given the hospital permission to refer their fellow practitioners to them for professional inquiry as to the results of the Hospital treatment and the character of its dealings with them.

I feel that at this time the hospital is able to render to the medical profession every intelligent assistance that can be had in dealing with this special type of case institutionally. If anything further can be done to perfect the Hospital's service it will be done. Any suggestion to this end will be gladly received and most highly appreciated.

No physician need feel the slightest hesitancy in taking up with us either a case of addict type or any other case that the Hospital is prepared to care for in the recently widened scope of its work. Our staff will be glad to render any assistance or to offer any advice to any physician who may desire it, without the slightest obligation on his part. It makes no difference whether or not the patient is brought or referred here. The hospital has a function beyond the mere treatment of habit and addiction—and now of certain types of neurasthenia also. It is a professional medical institution and is at the service of the medical profession, or any member of it, in any way in which it can be useful either to patient or practitioner.

293 Central Park West
New York City

Classes of Patient Treated by *The Charles B. Towns Hospital*

IT SOMETIMES happens that a physician says to us, "I did not know that the Hospital treated such and such cases." Very recently a physician who has brought several addict patients to the Hospital for treatment, and who was presumably well acquainted with every phase of the Hospital's work, asked us if we could undertake to treat a case of alcoholic "wet brain" recently placed in his hands, the case being one of marked hallucinosis.

Treatment of such cases is a definite part of the Hospital's regular work—and yet this physician was surprised to know it.

To make very plain and explicit the character and scope of its work, the Hospital desires to state that it is adequately equipped, administratively and clinically, to receive and treat cases of the following types:

- I Cases of neurasthenia of certain types, insomnia, nerve exhaustion, and certain types of incipient mental derangement due to functional causes—of strictly non-lesional character.
- II Cases of addiction to the use of the so-called "hypnotics," whether of the coal-tar group or any other.
- III Cases of drug addiction, and of chronic alcoholism; including under the latter classification, alcoholic delirium and so-called "wet brain," accompanied by hallucinations of all but fixed type due to organic degeneration.
- IV Cases of tobacco addiction, usually of cigarette type, but frequently of other character; but in any event amenable to definite medical treatment.

Inquiry and examination is invited from the medical profession with a view to verifying the applicability of the Hospital treatment and care in the above types of case. Correspondence is invited with reference to particular cases. Medical Reprints, Clinical Literature and Hospital Booklet mailed on request to any Professional Address.

A BRIEF LIST of MEDICAL REPRINTS and of OTHER WRITINGS relating to NARCOTIC ADDICTIONS

ANONYMOUS

1—"The Most Successful Treatment of Morphism and Alcoholism Today." Reprint, *Medical Review of Reviews*, New York. Pp. 1-16.

CABOT

2—"The Towns-Lambert Treatment for Morphism and Alcoholism." By Richard C. Cabot, M. D., Boston, Mass., 1911. Reprint, *Boston Medical and Surgical Journal*, May 11, 1911. Pp. 1-6.

LAMBERT

3—"The Treatment of Narcotic Addiction." By Alexander Lambert, M. D. Reprint, *Journal of the American Medical Association*, June 21, 1913. Pp. 1-10.

4—"The Treatment of Alcohol and Morphine Addictions." By Alexander Lambert, M. D. (Read before the Society of Alumni of Bellevue Hospital, at New York, December 1, 1909.) Reprint, *New York State Journal of Medicine*, January, 1910. Pp. 1-16.

5—"The Treatment of Drug Addiction." By Alexander Lambert, M. D., New York. Reprint, *Journal of the American Medical Association*, Feb. 18, 1911. Pp. 3-7.

6—"The Intoxication Impulse." By Alexander Lambert, M. D., New York. Reprint, *Medical Record*, Feb. 13, 1915. Pp. 1-25.

7—"The Relation of Alcohol to Disease and the Effects of Its Excessive or Moderate Use Upon the Body and the Mind." By Alexander Lambert, M. D. Reprint, *Success Magazine*, Pp. 1-14.

8—"Hope for the Victims of Narcotics. The Discovery of a Treatment That Will Obliterate the Craving for Opium, Morphine, Cocaine and Alcohol." By Alexander Lambert, M. D., New York, 1909. Reprint, *Success Magazine*. Pp. 1-16.

FINK

9—"Tobacco." By Bruce Fink, New York. 1915. Pp. 5-123. The Abingdon Press, 150 Fifth Avenue. Cloth, 50c; paper, 25c; postage paid.

ROLLER

10—"Tobacco." By B. F. Roller, M. D. Read before the Eighth Annual Meeting of the American Association of Clinical Research, September 29, 1916, New York. Reprint, *The Medical Times*, June, 1917.

TOWNS

11—"Habits That Handicap. The Menace of Opium, Alcohol and Tobacco, and the Remedy." By Charles B. Towns, New York, 1916. The Century Company, 363 Fourth Avenue. Pp. i-xiv; 3-289. Cloth, \$1.20, net.

12—"The Alcoholic Problem Considered in Its Institutional, Medical and Sociological Aspects." In three parts: I. Care of Alcoholics in the Modern Hospital; II. Successful Medical Treatment in Alcoholism; III. The Sociological Aspect of the Treatment of Alcoholism. By Charles B. Towns. Reprint, *The Modern Hospital*. Pp. 1-35.

Of the above publications, "Habits That Handicap," by Charles B. Towns, and "Tobacco," by Bruce Fink, may be had of the publishers at the prices stated above; or they may be ordered of the Hospital at the publisher's prices.

Any other publications listed in this brief list will be sent to members of the medical profession on request to The Charles B. Towns Hospital, 293 Central Park West, New York City.

We are glad to send literature on the subject of narcotism in its medical and social aspects as issued from time to time to physicians interested and requesting us to place them on our mailing list.

TOWNS

13—"Saving the Alcoholic and Solving the Alcoholic Problem." In two parts: I. Care of Alcoholics in the Modern Hospital; II. The Sociological Aspect of the Treatment of Alcoholism. By Charles B. Towns. Reprint, *The Modern Hospital*. Pp. 1-22.

14—"The Drug-Taker and the Physician, and the Need of Adequate Treatment." By Charles B. Towns. Reprint, *Century Magazine*, October, 1912. New York.

15—"The Injury of Tobacco and Its Relation to Other Drug Habits." By Charles B. Towns. Reprint, *Century Magazine*, for the Health League of the Young Men's Christian Association. New York. Association Press, 1912. Pp. 1-15.

16—"Federal Responsibility in the Solution of the Habit-Forming Drug Problem." A Proposed Governmental Solution of the Habit-Forming Drug Question, Considered in Its Medical, Pharmacal and Sociological Phases and with Reference to Its State, National and International Aspects; and Showing the Inadequacy of the Existing Laws on the Subject. Published by the Author for the Information of Congress and for Others Concerned in Anti-Habit Drug Legislation. New York, 1916. Pp. 3-22.

17—"The Future of Addict Legislation. The Relation of the Physician and the Pharmacist to the Narcotic Problem and Their Responsibility in Its Solution." By Charles B. Towns. Reprint, *Medical Review of Reviews*, New York.

18—"The Peril of the Drug Habit and the Need of Restrictive Legislation." By Charles B. Towns. Reprint, *Century Magazine*. New York. Pp. 1-8.

19—"Help for the Hard Drinker; What Can Be Done to Save the Man Worth While?" By Charles B. Towns. Reprint, *Century Magazine*. New York. Pp. 1-7.

20—"How to Eliminate the Alcoholic as an Insane Problem. The Relation of Alcohol to Commitments to Both State and Private Institutions for the Care of the Insane. Preventive Medicine as the Solution of the Problem." By Charles B. Towns. Read before the Alienists and Neurologists of America. Proceedings of the Sixth Annual Meeting. Held under the auspices of the Chicago Medical Society, July 10, 11, 12, 1917. Published by the Society, August, 1917.

21—"The Necessity of Definite Medical Result in the Treatment of Drug and Alcoholic Addiction. Medical Treatment Necessary to Procure Obliteration of Craving, but Must Be Followed by Intelligent Sociological Effort to Secure Effective Mental Attitude in Patient." By Charles B. Towns. Reprint, *The Medical Review of Reviews*, August-September-October, 1917. New York, 1917. Pp. 5-19.

22—"The Present and Future of Narcotic Pathology." By Charles B. Towns. Reprint, *Medical Review of Reviews*, New York, 1917.

