'AIDE-OF-YEAR' TELLS OF WORK:

Integrated Mental Hospital Successful

LAWRENCE, Kan.—(ANP)—"Tact, patience and common sense are a large part of the treatment of mental illness," Walter Starnes, aide at Winter General Hospital, Topeka, told a meeting of the Lawrence League for the Practice of Democracy, in the 9th St. Baptist Church, last Thursday night, as he spoke on "Lessons in Mental Health."

The speaker is the 1947 winner of the "aide of the year" award of the National Mental Health Foundation, Philadelphia, for which honor he had been selected out of 12,000 applicants.

Although he has had no scientific training, he has been commended by psychiatrists at the hospital for his valuable work in treating patients. He has charge of a "closed" ward for serious mental disturbances.

No Segregation Policy Works

There is no racial segregation, or prejudice shown, at Winter General Hospital, according to Mr. Starnes. Colored doctors, nurses and aides work with their white colleagues and have both colored and white patients.

He described one especially troublesome patient who was recovered; and although the aides under Mr. Starnes were white, they did not violate the rule against mistreatment of this patient.

One Oklahoma patient seemed to resent the system, and his doctor, a man from Georgia, offered to speak to him about his feeling. Mr. Starnes suggested that they wait; and when the white patient began to know the aide personally, his prejudice disappeared.

Methods of Handling Told

Attitudes for handling patients are prescribed by the doctors; and patients are never restrained except on doctors' orders. Active friendliness or firm kindness work in most cases, according to Mr. Starnes.

"The paranoic, or suspicious, patient must be assured that no one will harm them," the speaker said. "You may have to taste their food to show no one is trying to poison them, or show them in other ways that they are not thinking right.

"Never laugh at a crazy person," he cautioned. "Never talk about them where they can hear, particularly with the catatonic patient who sits motionless, ignoring everything, but who nevertheless knows what is going on around him.

Physical Therapy Helpful

"Ball games, pitching horseshoes or other gym activities are a great help in quieting combative patients," Mr. Starnes suggested.

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