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# WEST VIRGINIA FOUNDATION

*for*

CRIPPLED  
CHILDREN

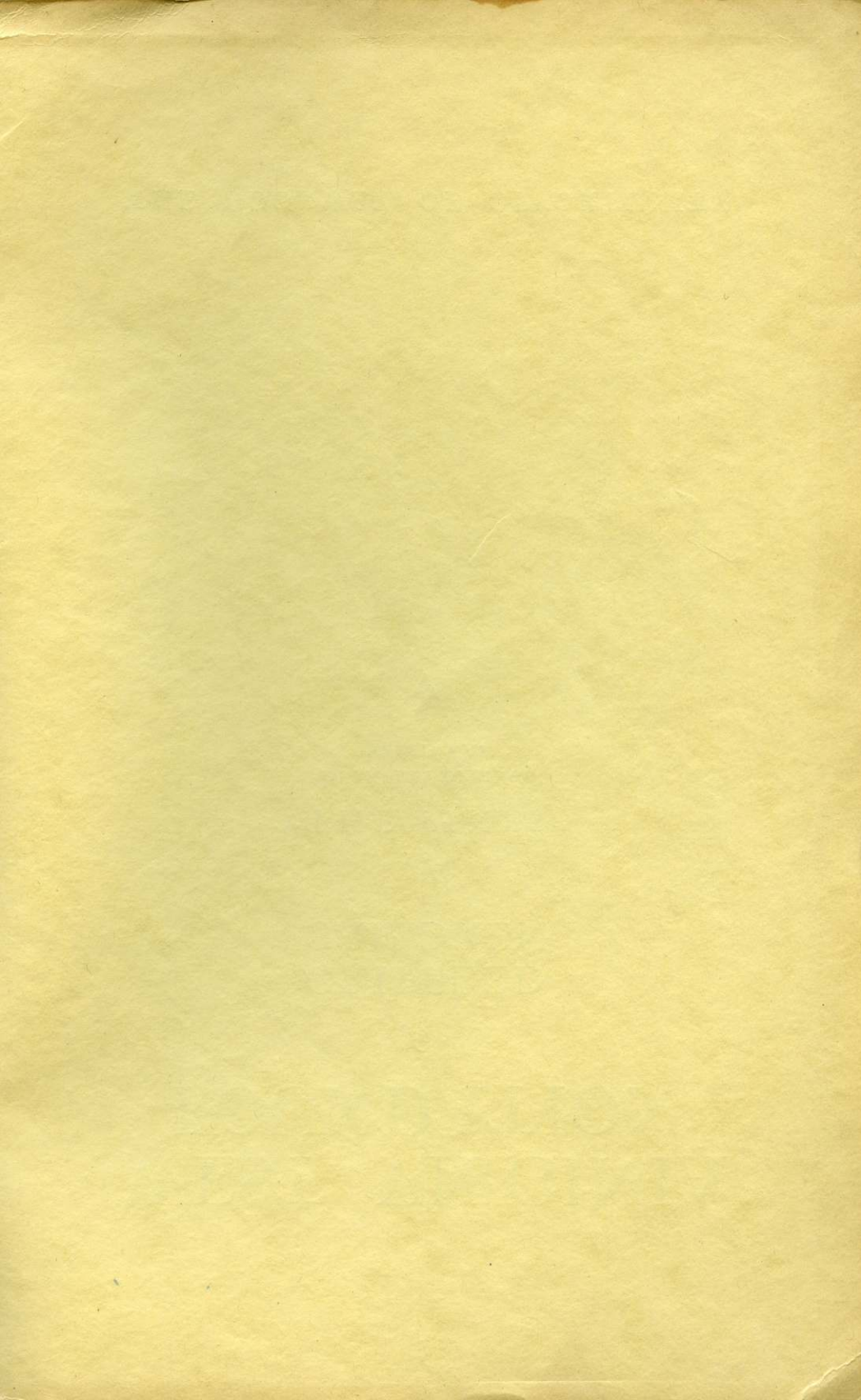
*at*

“THE PINES”

BERKELEY SPRINGS  
WEST VA.



THE DOORWAY OF OPPORTUNITY



*Information About*  
WEST VIRGINIA FOUNDATION  
*for*  
CRIPPLED CHILDREN  
*at*  
"THE PINES"



BERKELEY SPRINGS, WEST VIRGINIA





WHEN one turns the pages of a book it is with the expectation of finding therein an interesting story. It is our hope that this story will prove most interesting to you.

For you we are opening wide the doors of the "West Virginia Foundation for Crippled Children" at Berkeley Springs, W. Va., and asking you to visit with us. The first sight will be of children of all sizes and ages, with happy, beaming faces and merry voices. It will be almost with surprise that you will become conscious of the fact that each child is crippled—wearing braces; or on crutches or is seated in a wheel-chair, or traveling about in a mechanical walker. Through another door you will glimpse orderly rows of beds, and in some of them children will be lying prostrate or strapped to steel frames undergoing treatment for their particular type of affliction. But the smiles and shy glances of welcome will be there, too.

This institution was conceived by a group of local citizens, after they had witnessed the gradual fading of their community's prestige as a health resort; and the consolidation and closing of its principal industry—the sand mines; leaving many of their fellow citizens without means of ever earning a livelihood.

During the early part of 1934 the interested group felt that the re-habilitation of their community should be based on their greatest and one permanent asset—the naturally warm,

mineral springs. Here are springs that flow without change of volume two thousand gallons per minute, or two million eight hundred and eighty thousand gallons every twenty-four hours; and have flowed thus for years beyond the memory of the white man. The water is buoyant with minerals and naturally warm ( $74.3^{\circ}$ ) through all kinds of weather.

At this same time, due to the publicity given it in the physical conditioning of President Roosevelt, the name of Warm Springs, Ga., was receiving nation-wide prominence. However, so long is the waiting list that it was and is almost impossible for crippled children to gain admittance to Warm Springs. The need for more such places, as that famous place, to give the very necessary care to our crippled children was the basis on which it was determined to work. Not only would it solve a local problem but would solve it in such a way as to give prominence to the State of West Virginia; and give the care and training that the thousands of crippled children of West Virginia are asking for.

After deciding that a hospital-school for the after care and treatment of crippled children was the right and ideal solution to the problem, the practical aspects of the situation had to be considered. The waters of Berkeley Springs and Warm Springs were compared and the analysis showed them to be almost identical.



## WARM SPRINGS, GA.

Potassium Chloride .....	.55
Sodium Chloride .....	4.84
Sodium Sulphate .....	3.30
Magnesium Sulphate .....	1.26
Aluminum Sulphate .....	2.70
Magnesium Bicarbonate .....	59.77
Ferrous Bicarbonate .....	2.91
Silica .....	22.75
Calcium Bicarbonate .....	86.00

Gasses: Carbon Dioxide, Temperature 90° F. (Variable)

## BERKELEY SPRINGS, W. VA.

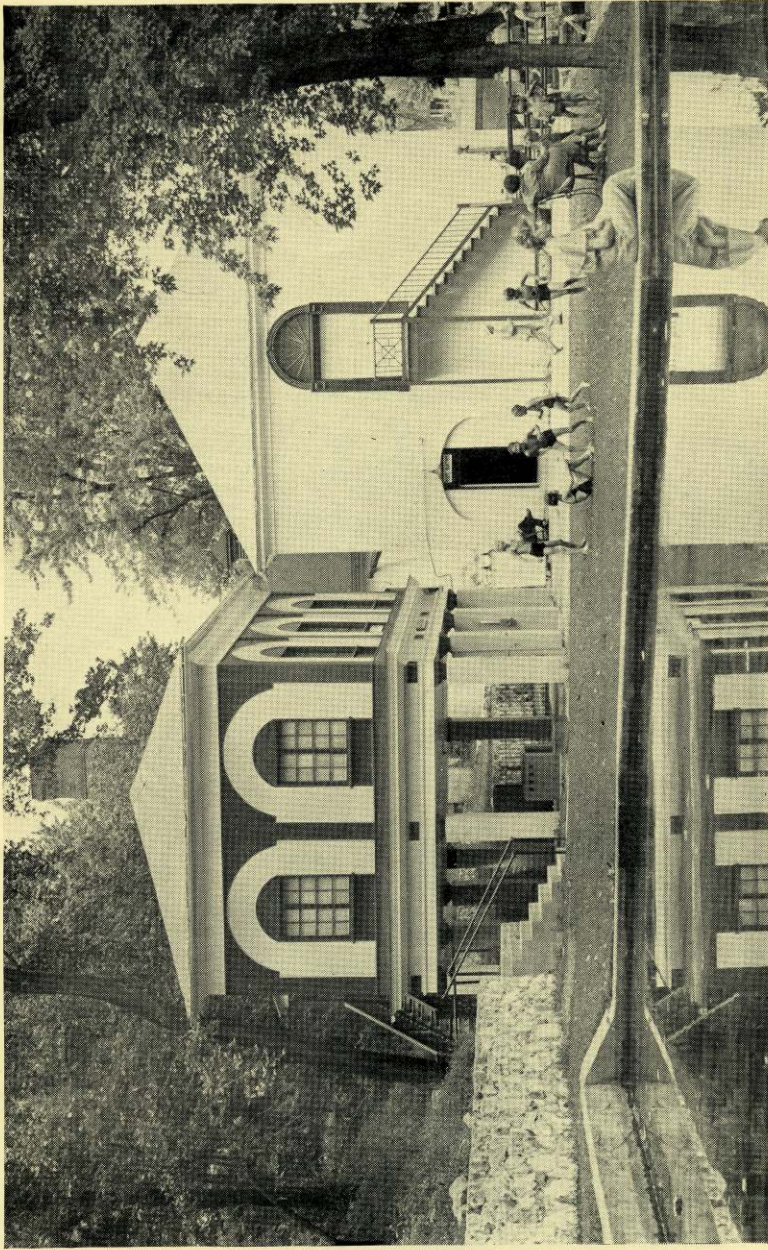
Sodium Chloride .....	2.50
Sodium Sulphate .....	10.25
Potassium Sulphate .....	1.99
Calcium Sulphate .....	9.79
Sodium Nitrate .....	.45
Magnesium Bicarbonate .....	32.98
Calcium Bicarbonate .....	190.55
Ferrous Bicarbonate .....	.14
Strontium Bicarbonate .....	Trace
Aluminum Oxide .....	8.50
Organic Matter .....	4.69

Gasses: Free Carbonic Acid and Oxygen, Temperature 74.3° F.

Important also was the fact that the idea had unlimited possibilities of expansion, so that eventually it could serve not only the people of West Virginia, but because Berkeley Springs is within one day's automobile drive of fifty million people could eventually attain national prominence with ensuing prestige to West Virginia.

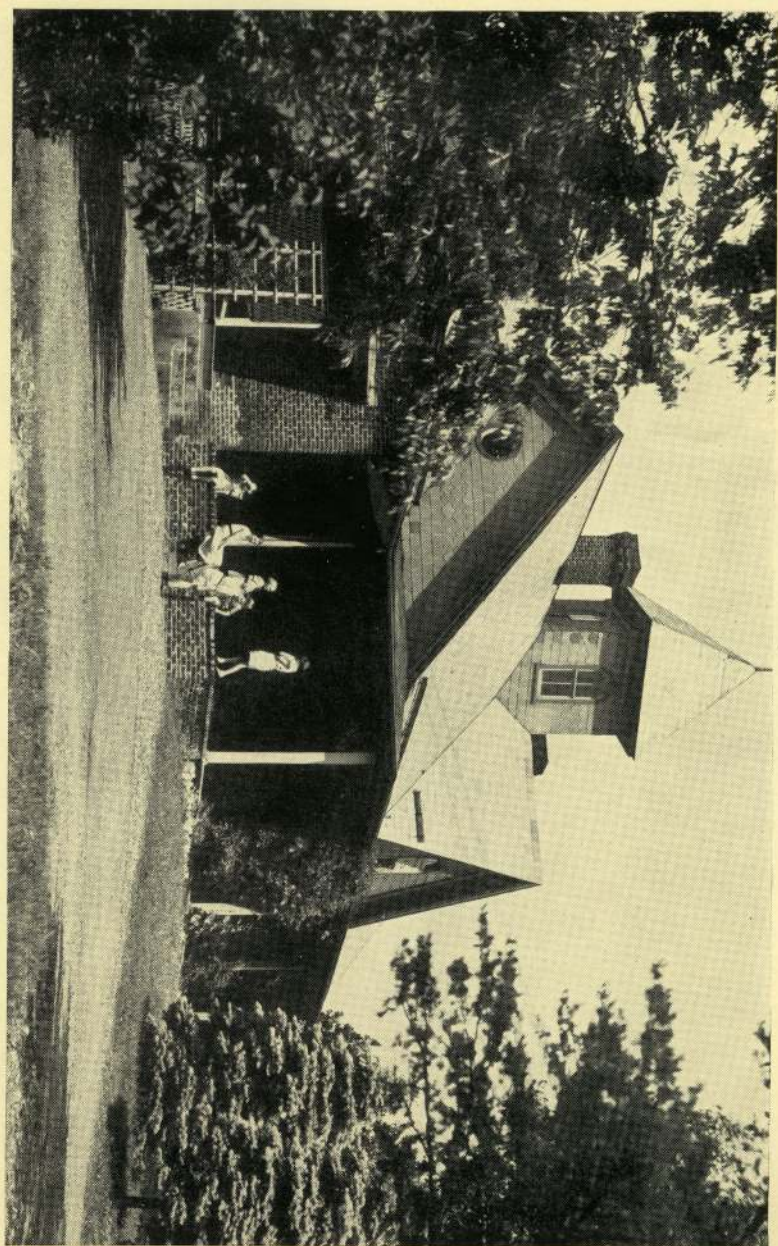
After much planning and conferring a solution to the very difficult problem of financing was seen when the Relief Administration of West Virginia announced that its program was interested in the rehabilitation of persons and places. The local relief representatives brought this message back to Morgan County. Help from the Relief Administration being dependent upon the local community bearing a share of the cost of the project, the local committee went to work and with the generous aid of civic and fraternal groups, churches, and interested individuals in the local community and adjoining counties, were able to match almost dollar for dollar the amount being asked from the Relief Administration. This contribution was not all in cash; the use of the buildings, the





*The Warm Mineral Springs at Berkeley Springs*





"The Pines"



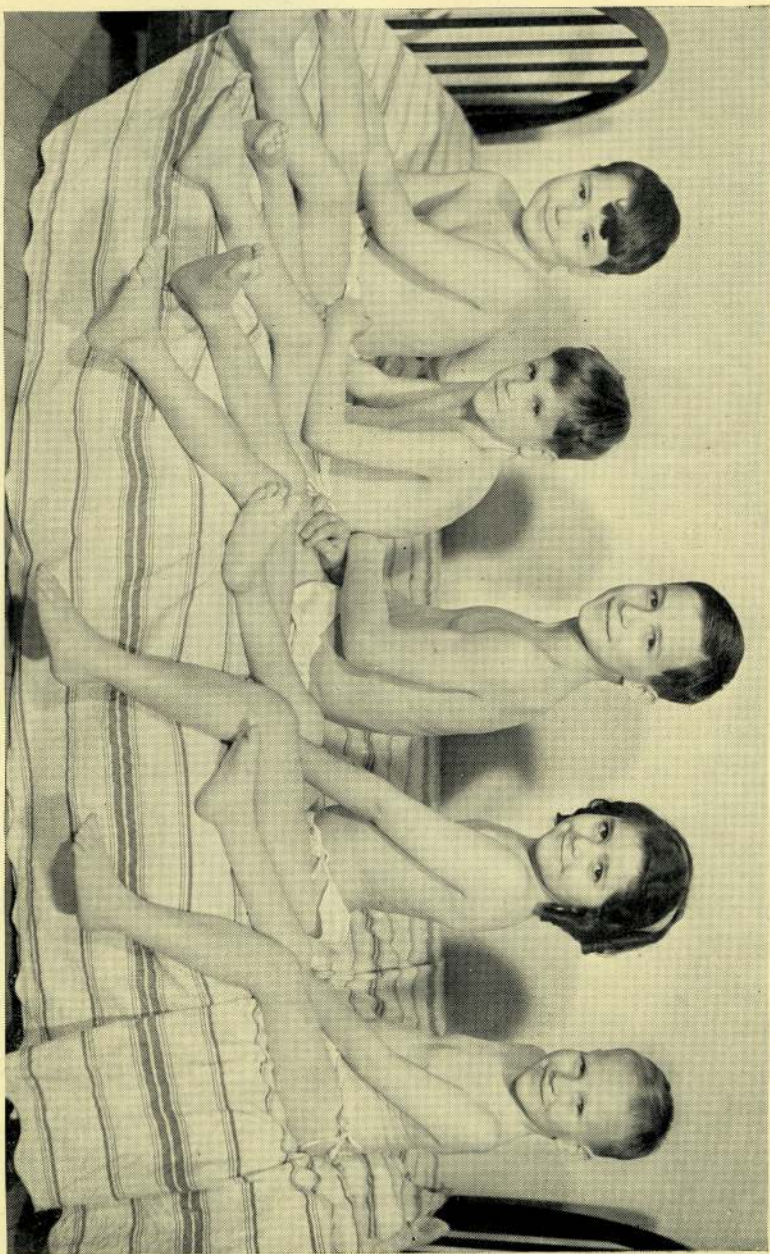
food for the children and the staff, water, lights, telephone, and all incidental expenses being a portion thereof; with the Relief Administration paying the staff salaries and renovating and equipping the buildings.

After months of work, in October, 1934, we were prepared to receive and care for twenty children at "The Pines," which is the local name of the home chosen for housing the "West Virginia Foundation for Crippled Children" at Berkeley Springs, W. Va.

To "The Pines" about the middle of October, 1934, came the first patients. No words can describe these shy, pathetic and in many cases undernourished children as they were when they came to us. These children had been selected by the West Virginia Relief Administration from needy West Virginia families who could never hope to give their crippled children the education, treatment and care they must have to grow into self-supporting, self-respecting citizens.

At "The Pines" these children were welcomed by a highly trained professional staff who gave not only the needed physical treatment, the mental and manual training needed but spiritual care and warm-hearted love, starting them on the road to health and happiness.

The environment from which many of these children come is pitiful beyond description. One-roomed homes, housing anywhere from eight to thirteen persons of all ages; mothers and fathers separated; poverty; illegitimacy; and in many cases downright hunger are some of the things that effect the lives of these children in addition to their crippled condition.



*Children at Pines*



On December 15, 1936, there had been fifty children received at "The Pines" for care and treatment.

Berkeley .....	1	Marion .....	1
Boone .....	2	Marshall .....	1
Brooke .....	1	Mercer .....	2
Cabell .....	1	Mineral .....	2
Clay .....	1	Monongalia .....	7
Doddridge .....	1	Mingo .....	1
Fayette .....	1	Morgan .....	1
Gilmer .....	2	Nicholas .....	1
Grant .....	1	Ohio .....	6
Greenbrier .....	1	Pendleton .....	1
Hampshire .....	2	Putnam .....	2
Hardy .....	1	Raleigh .....	2
Harrison .....	2	Randolph .....	2
Kanawha .....	1	Ritchie .....	1
Logan .....	1	Taylor .....	1

Here their bodies have been carefully nourished under the care of an expert dietitian. Children have gained as much as forty pounds in weight during their stay at "The Pines." Special diets are made out for each child and his weight is carefully checked. In addition, the dietitian has instructed the older girls in the proper preparation and serving of meals and in the repair and upkeep of household linens. All children are taught correct table manners.

Muscle re-education, through the medium of under-water treatment and proper exercise, has been carried out by a highly trained and exceptionally capable physiotherapist. The pool treatment for crippled children in West Virginia was started at "The Pines." The water used for these treatments is piped to the treatment tank from the naturally warm mineral springs. In this highly buoyant water, patients with weakened arms, legs or body may exercise without hindrance of gravity. Exercise is more easily performed under water and





Governor Kump Visits "The Pines"



the patient often regains the proper use of the affected muscles. Instruction in walking, posture and all phases of physiotherapy, including sun baths are an important part in training the child for a normal, healthy life.

Among improvements noted have been the lessening of the limping gait and in some cases the total curing of it; the ability to discard braces and the straightening of many deformities. In two cases hand and arm deformities were corrected in such a measure, that it was possible for the two girls to learn typewriting and be able to use their hands for sewing, writing and feeding themselves.

The director in charge is a registered nurse. There are also two other registered nurses on duty with the children twenty-four hours every day.

Besides the regular care of nurse, dietitian and physiotherapist, an orthopedic surgeon has held monthly clinics where each child is examined and future treatment prescribed. No surgery is performed at "The Pines." To these clinics come out-patients, crippled children from other counties in the State. They receive the monthly check-up and recommendation for future care. To date twenty-nine of these children have received clinic care at "The Pines."

Mineral County .....	10	Berkeley County .....	2
Morgan County .....	14	Grant County .....	1
Jefferson County .....	1	Fayette County .....	1

The children are also under the care of a physician for any ailment other than orthopedic which they may have. "The Pines" has been approved by the Board of Governors of the State Medical Society and has been admitted to the Hospital Register of the American Medical Association.





*Handcraft*

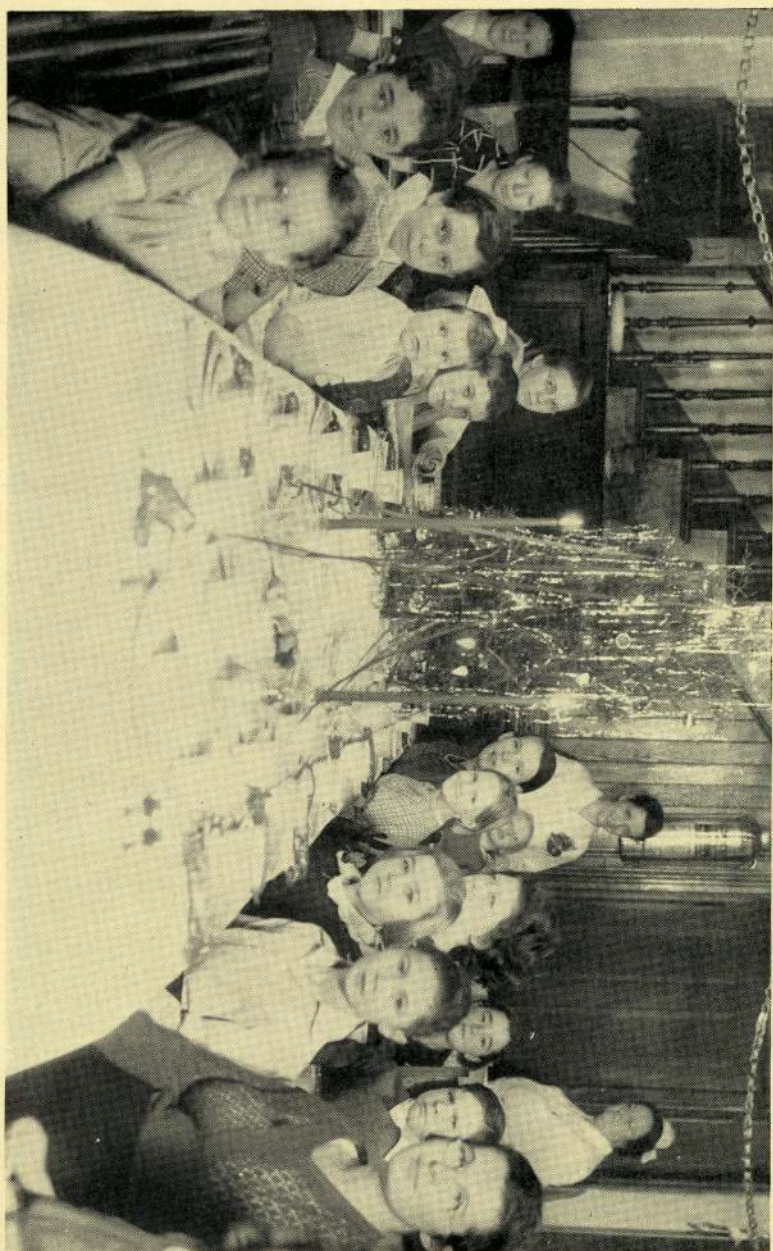


The State Department of Public Welfare has always co-operated, furnishing many needed braces, casts, crutches and so forth. In the immediate past it has also paid a portion of the upkeep of the institution. In October, 1935, at a State Advisory Board meeting of "The Pines," it was decided that thereafter the children to receive this care should be selected by the Department of Public Welfare. Since that time it has done so until the recently created Children's Bureau of the Department of Public Assistance has taken over the work.

Bodily rehabilitation was of prime importance but that other great need for mental re-education was never lost sight of. Under the care of a graduate instructor the children attend school regularly. The classes range from kindergarten through high school. Often children who are retarded, having been unable to attend school on account of their physical handicap, are given special work to bring them up to their proper grade. Those patients who may not leave their beds are given bedside instructions. The work is recognized as meeting the standard requirements and is approved by the State Department of Education.

Occupational therapy or handcraft work is also taught at "The Pines" as a means of recreation and for increasing skill in the use of hands and fingers. Weaving, basketry, crocheting, rug-making, embroidery, leather-working and so forth are taught and the money realized from the sale of these articles is put into a fund which is used to buy further handcraft supplies. Recently a separate building has been renovated to house this ever-growing branch of the children's education. In the summer months the children are taught gardening and nature study.





*Christmas Dinner*



There are recreation grounds for the children, where those able to get about with braces or in wheel-chairs indulge in the normal childhood pastimes. All holidays are observed with proper festivities.

A well rounded program is the aim. In the home-like atmosphere that has been created at "The Pines" the children receive the benefits of a full educational training along with the special orthopedic care which guides them along the road to a happy and independent future.

Two years is but the beginning of the work, a pioneering step in the state. However, the first fruits have already been gathered in the form of opportunity for the needy crippled child; and "The Pines"—West Virginia Foundation for Crippled Children—looks to the future with eager anticipation with increased facilities as its goal.

The project has received favorable attention, attracting hundreds of visitors from all parts of the State and from many States in the Union. The chief visitor of all being the President of the United States, Franklin D. Roosevelt, who visited "The Pines" on May 12th, 1935. He commended the work very highly and expressed his interest in and wish to be of service to "The Pines."

Governor Kump also paid a visit to "The Pines" and he, too, expressed his endorsement of the project. He emphasized the fact that this foundation must not be regarded as an individual matter, nor for any group but for the whole section and State.

Therein lies the tragedy of our story. We can care for twenty children today, but with adequate housing facilities



*The President and the Children*



we can extend that care and training to many times that number.

This aspect of our program has been constantly before the minds of all those interested in the project; and in the year 1935 the State Legislature granted us an appropriation of six thousand dollars to purchase the buildings and fifteen acres of grounds where the institution is located.

When the Federal Government began its W. P. A. program, immediately, plans were inaugurated for a building project at "The Pines." The project was drawn up, the plans made and submitted to Washington. It was approved by President Roosevelt. Funds were sent to the State to start the program but there the matter has rested ever since, in spite of all efforts to have even a portion of the funds released and part of the buildings erected.

Up until this time the West Virginia Relief Administration has constantly given us its active support and heartiest co-operation. But, as this is written, the days of that organization are numbered and it will soon no longer exist. To a certain extent the West Virginia Department of Public Assistance is now rendering the assistance formerly given by the Relief Administration.

The tale is almost told, and whether the final chapter—which we are asking you to write—will be one of happiness or tragedy depends on you. The Social Security Act passed by the Federal Government recognizes the right of every crippled child to receive the very best of care so that he may become a capable, self-supporting citizen. Practical provision is made for aid to those States giving care to their crippled



Christmas, 1936



children. From the beginning, that is the idea that has been behind the entire plan—an institution that would serve the whole State; and in the future, perhaps, the unfortunate children of our neighboring states which do not have the abundant supply of warm mineral waters that are found at Berkeley Springs.

Within the boundaries of Morgan County, ninety-four workers with four hundred and forty-one dependents have benefited by receiving work at "The Pines" since it began in August, 1934. Further county interest is apparent in the continued gifts of food and cash by the people of the County.

Beyond the county boundaries and from widely scattered places come gifts of toys, equipment, books, food and cash, demonstrating the widespread interest in crippled children and "The Pines" at Berkeley Springs.

Also, to date, children from thirty counties of the State: Berkeley, Boone, Brooke, Cabell, Doddridge, Fayette, Gilmer, Grant, Greenbrier, Hampshire, Hardy, Harrison, Kanawha, Logan, Marion, Marshall, Mercer, Mineral, Monongalia, Mingo, Morgan, Nicholas, Ohio, Pendleton, Putnam, Raleigh, Randolph, Ritchie, Taylor, have received care and treatment here.

In addition there have been many requests for admission on every basis, from that of a full-pay patient, to one admitted as a State case. These requests come from many places, as far distant as New York City. Often these children are brought to "The Pines" by their parents with the expectation of having them admitted at once and are turned away, often tearful and heart-broken, when the child must be re-

fused admission—no amount of money being able to purchase the begged for care since “there is no more room at “The Pines.”

It opens wide the door of opportunity for us to carry on our work with crippled children at “The Pines.” Once again may we remind you that Berkeley Springs is endowed with a great natural asset in its warm mineral waters. There is no need for expensive seeking for the natural aid to physiotherapeutic treatment of the crippled child. It is here, free to the people of West Virginia, in such abundance that hundreds of crippled children can have this vital under-water treatment year after year. And it can be made available to them if we can increase our housing facilities.

Therein lies the problem, in the solution of which, we are asking your aid. It is the purpose of those sponsoring this project to ask the Legislature for aid in a building and maintenance program for “The Pines.” It is our sincere hope that you have found the story of our work so interesting and worth-while that you will lend your support to our request when it comes before the Legislature.



