

uqSadie McCaffery

Referred to as “Mrs. S McCaffery,” so probably married???

Sadie McCaffery was admitted to Ward 2 of Friends Hospital on December 21, 1918.¹ Throughout her month and a half spent in Ward 2, Sadie took part in a variety of activities offered by the Hospital, such as gymnastics and needlework classes, entertainment, and walks with an attendant. Throughout January 1919, Sadie was sick multiple times, and on February 2, 1919, she was transferred to Ward 3. While patients in Ward 2 enjoyed considerable freedom relative to the rest of the Hospital, with some patients going on unattended walks or taking day trips out of the Hospital, Ward 3 was occupied by women in very different situations.

In Ward 3, Sadie was restrained 24/7 for all of February and part of March. From February 19 until March 27, Sadie was sick in bed with an undisclosed illness. Sadie was not alone in being in restraints — two other women in Ward 3 were kept in 24/7 restraints during February 1919. Throughout March, Sadie’s time in restraints begins to decrease, settling at 12 hours a day by the end of March. In April, Sadie began the month with 14-20 hours spent in restraint each day, being once again sick in bed.

On April 7, Sadie was transferred to Ward 1, marking yet another phase of her treatment at the Hospital. Having recovered from her illness, she began to go on walks with an attendant, and her time spent in restraints once again returned to 12 hours a day. Throughout the most of the rest of her time in Ward 1, Sadie remained in restraints 12 hours a day every single day. She was the only woman in Ward 1 who was in restraints. Despite her daily confinement, Sadie began to reengage with the activities offered by the Hospital. By July, Sadie was taking part in art and needlework classes, indoor games and reading, while also spending time outside and going on walks with an attendant. Often, she took part in all of these activities on the same day, becoming one of the most active women in her ward. Additionally, from August until October,

¹ All following information, unless otherwise noted, is from Daily Record Book, 1919-1921, MC-1261, Item 116, Friends Hospital Records, Haverford College Quaker & Special Collections, Haverford, Pennsylvania.

Sadie was visited almost daily by family and friends, giving her an important tether to the outside world. Visits like these “communicated to the patients that people outside of the Asylum cared about them, and they also served as a form of encouragement for the patients to control themselves.”²

By November 1, 1919, Sadie’s condition had improved enough to be released from her restraints after months spent in some sort of restraint. On November 17, she was transferred from Ward 1 back to Ward 2, where she began to prepare for her release from the Hospital. On November 20, Sadie ate at the Officer’s Table, an honor given to patients who had shown significant improvement in their condition. On November 22, 1919, Sadie followed the course of many women living in Ward 2, and was discharged from the Hospital.

December 1918

- Admitted to **Ward 2** on December 21, 1918.
- Attends sabbath readings twice

January 1919 - **Ward 2**

- Seems pretty unremarkable – gymnastics, needlework class, entertainment, walks w attendant
- Is sick on and off the during the month

February 1919 - **transferred to Ward 3 feb 2. Ward 3 seems to have more patients in restraints.**

- In ward 2 sick in bed feb 1 and 2
- Ward 2 → ward 3 Restrained 24 hours a day all month
- Medicine starting feb 6, sick in bed starting feb 19, receives 3 visits from Quakers near the end of the month

March 1919

- At the beginning of the month restrained 24/7, but as month progresses time in restraints decreases to steady 12 hours a day
- Sick in bed until march 27

April 1919

- In Ward 3 until April 6/7 – Sick in bed, medicine, restrained 14-20 hours a day
- **Transferred to Ward 1**
 - No longer sick in bed
 - Begins to go on walks with an attendant

² Corcoran, Abby. “A Mild and Appropriate System of Treatment: Moral Treatment and the Curability of Mental Illness at Friends Asylum.” Accessed March 20, 2023. <http://qmh.haverford.edu/essays/17acorcoran/>.

- Time in restraints usually between 8-12 hours a day. Spends two days in 24 hour restraints April 24-25
- Visit from Quakers on April 25

Sadie is the only woman in Ward 1 who is in restraints

May 1919

- Restrained 12 hours a day every day, medicine
- Continues with walking w attendant, except when sick in bed
- Reading, needlework

June 1919

- Basically same as May

July 1919

- Sadie's activities expand! Spends time outside, attends art and needlework classes, indoor games, reading and writing. She often did all/most of these in the same day.
- Still restrained 12 hours a day

August 1919

- Still very active, takes part in a lot of activities
- Restrained 12 hours a day
- Receives daily visits from Quakers

September 1919

- Almost no change from August

October 1919

- Activities expand to include horseback riding
- Her squares are literally overflowing with letters
- Restrained 12 hours a day
- Almost daily visits from Quakers

November 1919

- No more restraints!
- A little bit less active, mostly reading, walks with attendants, indoor games and needlework classes
- Transferred to Ward 2 on 11/17/1919. **Ward 2 seems to have been for women with more freedom/who were closer to the end of treatment. Lots of women are discharged from Ward 2, eat at the Officer's Table, visit home or go on unattended walks.**
- In ward 2 occupied in ward, needlework class, art class, walks with attendant
- On November 20 Sadie ate at the Officer's Table
- Went home 11/22/1919
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