

## The History of One Utopia: Why Did a Labor Refuge for the Mentally Ill Fail to Emerge at Yasnaya Polyana?

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**Abstract.** This article will examine the key stages in the establishment of psychiatric assistance in the provincial government of Tula. Major focus will be given to a project for organizing a labor refuge for the mentally ill at Yasnaya Polyana. The project was conceived by Nikolai Petrovich Kamenev (1857–1936), senior doctor at the regional psychiatric hospital of Tula, whose life and work were dedicated to the development and improvement of psychiatric assistance for the people of Tula and its regional districts. We will analyze two unpublished works of Kamenev – “The Yasnopolyanskij Labor Refuge for the Mentally Ill” and “Immediate Goals for the Yasnopolyanskij Psychiatric Labor Refuge”, which are dated to the summer of 1906. In these works, the basic goals of the venture are expressed, the particulars for its organization and management are described, and the necessary means for building the given facility are specified. The plan outlined by Kamenev for providing assistance to people with borderline mental disorders (e.g., neurosis, psychopathy, psychasthenia, among others) will be examined. First and foremost, Kamenev’s plan called for the proposed labor refuge at Yasnaya Polyana. In Kamenev’s opinion, labor (especially farm labor) and psychotherapy in the form of moral-pedagogical action were the fundamental healing factors of a medical treatment. An attempt will be made to determine the underlying factors for why the project was never realized. Analysis of the project to establish the Yasnopolyanskij Labor Refuge will give us a picture of Kamenev’s views regarding preventative psychiatry, the ideas of which were realized only in the post revolutionary period.

**Keywords:** history of psychiatry, regional medicine, labor refuge, mental illness, Nikolai Petrovich Kamenev, Leo Tolstoy

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**For quotation:** Bobkova E.N., Likhтерman B.L., Teryoshkina O.V. *The History of One Utopia: Why Did a Labor Refuge for the Mentally Ill Fail to Emerge at Yasnaya Polyana?* *History of Medicine. 2015. Vol. 2. № 2. P. 228–250.*

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In official prerevolutionary historiography, the 1860s were referred to as the “epoch of great reforms.” In the Soviet period it was established that such a designation was not justified by the actual scale of the implemented reforms, as well as the extent to which they satisfied the burgeoning demand for reform in the country. At the same time, the transformations of the 1860s marked a serious turning point in Russian society [1, p. 8]. In August 1823, the Tula City Hospital was opened [2]. Initially, the hospital was under the authority of the Tula Department of Community Care, but in March 1866 it was transferred to the authority of the Tula Provincial Council in accordance with the “Location of Provincial Facilities” and became

known as the “Tula Provincial District Hospital”, as of January 1, 1864 [3, p. 127]. The opening of the hospital had a great significance, as the provincial peasant population had been without access to medical care for a long time. In the words of I.I. Mollenson, “in this regard, Russian people are to make a great step forward and show the way to others, as, in as much as it is known, nowhere abroad has there been even an attempt to organize this sort of national healthcare, nor has there been such a systematic collective study of the causes of disease with the goal of eradicating it in order to put an end to human suffering and to raise the level of the country’s well-being, wealth and happiness” [4, p. 55].

Provincial doctors who came across impoverished patients in psychiatric inpatient care would send them to the sole existing regional mental institution for treatment. The number

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Received: 12.03.15

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of patients in these facilities was growing fairly quickly. Moreover, it was found that the facilities themselves were in need of renovation [5, p. 244-246]. This is confirmed by B. Veselovsky, who states: "Psychiatric clinics, in the modern sense of the word, did not exist in prerevolutionary times. The closest analogues were insane asylums, which were more or less institutions where authorities would send unruly patients they believed were in need of restraint, et cetera" [6, p. 269].

In 1866 the provincial council of Tula received "charitable facilities" from the government to house 56 psychiatric patients. Well-tempered psychiatric patients were placed in general wards alongside with patients suffering from physical ailments; however, temperamental patients resided in special wings, as there was no separate building for patients suffering from more serious mental illnesses. It was for this reason that the council began to petition in the first year for the transfer of patients suffering from physical ailments to a building that had been previously used as a military school, and in 1868 psychiatric patients were transferred to the former hospital for the Tula munitions plant in Zarechye [5, p. 244-246]. In a few years time the attending physician N. A. Sobolev was hired as the head of the department of psychiatry. He began to actively organize work to improve the administration of psychological assistance to the population of the Tula province.

By a resolution of the Tula Provincial Assembly the psychiatric department of the Tula Provincial Hospital, as of December 17, 1881, was recognized as a general provincial facility, which was separate from the hospital in regard to its administration and medical services [7, p. 29].

As the population of psychiatric patients grew, their living conditions became intolerable, such that the Provincial Assembly decided to build a new facility. Thus, it became possible to separate patients by gender.

At medical conferences, a number of Russian psychiatrists argued for the creation of psychiatric agricultural communes. The first such commune was built by the Provincial Council of Tver in 1879. It was only in 1894 that the long awaited Myasnovskij Commune was formed in a local district in the Tula province. Patients suffering from chronic mental illness were sent to the commune, which separated them from patients suffering from more virulent diseases. In that same year the psychiatric hospital was designated as an administrative unit.

In 1895 Sobolev died, and Kamenev was named head of the psychiatric department at the Tula Provincial Hospital. By a resolution of the Tula Provincial Assembly, the department was designated the "Psychiatric Hospital of the Tula Province," and Kamenev became its director [8, p. 95].

Nikolai Petrovich Kamenev was born on November 27, 1857 in a family of a rural deacon in the village of Ilinskoye in the province of Tula.<sup>1</sup> In 1882, he graduated from the medical school at Moscow University, and in October of that year he was named a state intern at the Tula provincial hospital, which at that time included the department of psychiatry. At this time, Kamenev became an active member of the Association of Tula Doctors (founded in 1862). This organization pursued both social (e.g., the creation of free clinics for patients from Tula's poorest populations), as well as scientific goals (e.g., the exchange of observations, collections of interesting clinical cases) [9, p. 8]. A number of reports were made by Kamenev, including reports on social issues, such as the state of the region's mentally ill, general medical issues outside the area of psychiatry, such as his "An Observation Regarding the Tula Water Supply" (10). Kamenev participated in conferences for provincial doctors and representatives of the Tula province as a delegate from the psychiatric hospital, giving presentations and medical reports. Later he would become chairman of the eighth conference [11].

Kamenev's work is characterized by an expansive outlook and understanding of the close coexistence of the scientific and social sides of psychiatry, as well as a perception of the inextricable link between psychiatry and general medicine. It is possible that these traits were characteristic of all acting psychiatrists of the provincial period. Writing about his father, E.N. Kamenev stated: "With a lively tongue, inspired by a love for his work and his patients, Kamenev called his society and its provincial administrative bodies to help the mentally ill" [12, p. 3] (Figure 1).

From the beginning of his work, Kamenev actively sought the improvement of psychiatric care for the mentally ill. As early as 1882 he wrote an extensive memorandum to the provincial assembly entitled "Regarding Requests and Necessities of the Psychiatric Department" [13], in which the issue of psychiatric assistance for the population of Tula was elucidated for the first time.

<sup>1</sup>From here forward all dates correspond to the Julian calendar.

Kamenev established the need to increase hospital capacity by demonstrating the yearly increase in the number of mentally ill along with the insufficiencies in the availability of hospital beds. Starting in 1884, he sent the provincial government letters regarding the acquisition of country land sites for the “organization of psychiatric communes and the operation of various agricultural projects” [14]. Having become the head of the psychiatric hospital, Kamenev informed the Tula provincial government of the need for developing the commune on a number of occasions [15]. Finally, on December 15, 1903, an appropriate estate was acquired by the provincial council<sup>2</sup>. Spas-Petelinskoye had 290 desyatinas (approximately 216,1 hectares) of land and was located eight versts (8,48 kilometers) from Tula in the direction of Voronezh. It was decided that a clinical commune for 800 patients [16, p. 306] would be built on this site. In his booklet of 1904, entitled “Materials for Establishing a Psychiatric Commune for the Mentally Ill of the Tula Provincial District”, Kamenev explained why this estate in particular was chosen as a site for a hospital, emphasized the conditions necessary for its construction, and enumerated the necessary provisions for the facility [17] (Figures 2 and 3).

On the evening of June 9, 1904, on his way to Yasnaya Polyana, Spas-Petelino was visited by its neighbor, Count Tolstoy. Tolstoy surveyed the estate, enthusiastically asking many questions regarding the former owner of the estate, the psychiatric patients, their work and schedule.

“He called the old linden park a legend of bygone years, reminisced about the landowners, and seemed to grow a bit sad. The park gave off an aroma of the past, and, having curtly excused himself, he stepped back into the house, and put on his sweater, then, just as before without hesitation, firmly mounted his horse and left, refusing to be accompanied” [18]. Unsatisfied with the achievement of the construction of a giant commune at the village of Petelino,

<sup>2</sup> Prince G.E. Lvov, chairman of the Tula Provincial Government, played an important role in coming to this decision as well as in the building of the hospital.

Kamenev started working on the organization of a labor refuge for the mentally ill.

In the article “The Yasnopolyanskij Labor Refuge for the Mentally Ill” (dated to August 10, 1906), dedicated to Count Leo Tolstoy (see Appendix), Kamenev talks of the importance of such a facility, arguing that the early detection and treatment of a

number of nervous disorders would prevent them from developing into chronic and untreatable conditions, causing suffering for the patient and his loved ones (Figures 4 and 5). Kamenev points out that the location of a clinic is very important. The environs of Yasnaya Polyana astound one with their beauty: “Its nature and history provide firm footing for unstable thoughts,” but the chief richness of the estate, in his opinion, was the “didactic life and the work of the world-famous, brilliant artist of literature and his religious life philosophy.”

In the first section (or chapter, in the author’s terminology), Kamenev describes the groups of people that will be looked after and treated at the refuge. These are

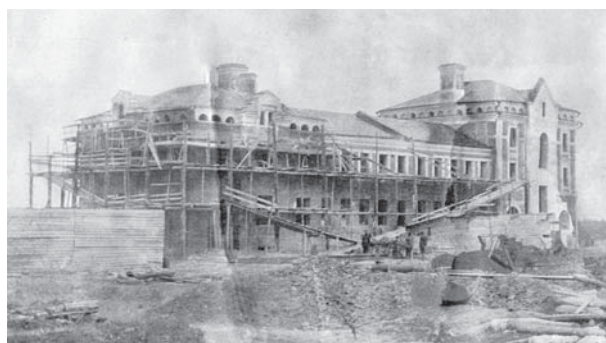
individuals with “a deviation in the development of the psychological strengths of young age, teenagers of an incomplete degenerative psychological makeup, those suffering from neurosis, psychasthenia, hypochondria, hysteria, epilepsy (without psychological dissonance), drug addiction, alcoholism, and senility.” It was specifically this population that was in need of the refuge.

Later Kamenev notes that “all ethnicities, nationalities, public and private unions, as well as private citizens should contribute to the gradual organization of the Yasnopolyanskij Refuge.” It was of primary importance, in his opinion, that the hospital should have enough land for the organization of agricultural work, which was one of many forms of labor therapy for patients (in relation to this he speaks of the forested area located near Yasnaya Polyana).

The author spends a fair amount of time on the question of how the residential and working quarters should be organized. He believes that the refuge should have an open schedule, in which the newest methods of treatment and occupational therapy



**Fig. 1. N.P. Kamenev (1890s).**  
From the medical library  
collection at the N.P. Kamenev  
Tula Regional Clinical  
Psychiatric Hospital  
(TRCPH).



**Fig. 2. Construction of the Dr. N.P. Kamenev Pavilion  
("Barracks for 60 women," 1907).**

From the medical library collection at the N.P. Kamenev Tula Regional Clinical Psychiatric Hospital.

are adapted. The facility was to have institutes of experimental psychology and neuroanatomy: "The Yasnopolyanskij refuge should be a light on the hill and in its organization there should be provisions for the pilgrimages of not just those suffering from illnesses, but for healthy individuals who are sincerely looking for spiritually fortifying life advice, guidance and understanding."

In the last chapter, Kamenev focuses on how the refuge should be managed. In his opinion, management should be left to a committee consisting of 23 members. It should be headed by Tolstoy, and his wife, Sofia Andreevna, could serve as his surrogate. Additionally, the committee was to include peasants, individuals from the provincial council, and individuals from Russian psychiatric associations, as well as individuals from both Russian and Western European universities. At

the committee's first assembly, the charter of the Yasnopolyanskij Labor Refuge was to be adopted. Kamenev argued that charity is capable of addressing the "painful collapse of reason that separates the ill from the healthy," as "the healthy do not turn their hearts away from the psychologically damaged, but instead . . . are actively and reasonably organizing a refuge of peace and clinical treatment for those suffering from mental illness."

Tolstoy answered Kamenev six months later, on January 30, 1907. He wrote, "I am completely incapable of evaluating your project. It seems to me that my connection to this project is completely arbitrary. If, perhaps, you have any thoughts on this subject, then it would be easier to express them in a conversation. I would be much obliged, if you choose a time after five o'clock to do me the pleasure of paying me a visit" [19, p. 21]. We do not know whether Kamenev ever accepted Tolstoy's invitation or if the meeting ever took place.

Tolstoy was interested in the lives of the mentally ill and the conditions of their life in psychiatric hospitals. Without fear for his own life, he could carry on discussions even with aggressive patients, generating lively interest in his arguments and convictions. Tolstoy's estate in Khamovniki was next door to the Moscow University Psychiatric Clinic. "A number of people wanting to speak with Lev Nikolayevich became bigger and bigger, they would come together in circles, forming an orderly crowd, such that the noise around Lev Nikolayevich increased in its intensity. Toward the end a few more half-witted patients became agitated and began to scream out loudly and foolishly. As he was



**Fig. 3. The present-day  
Dr. N.P. Kamenev Pavilion  
(Psycho-tuberculous department building  
at the N.P. Kamenev Tula Regional  
Clinical Psychiatric Hospital).**



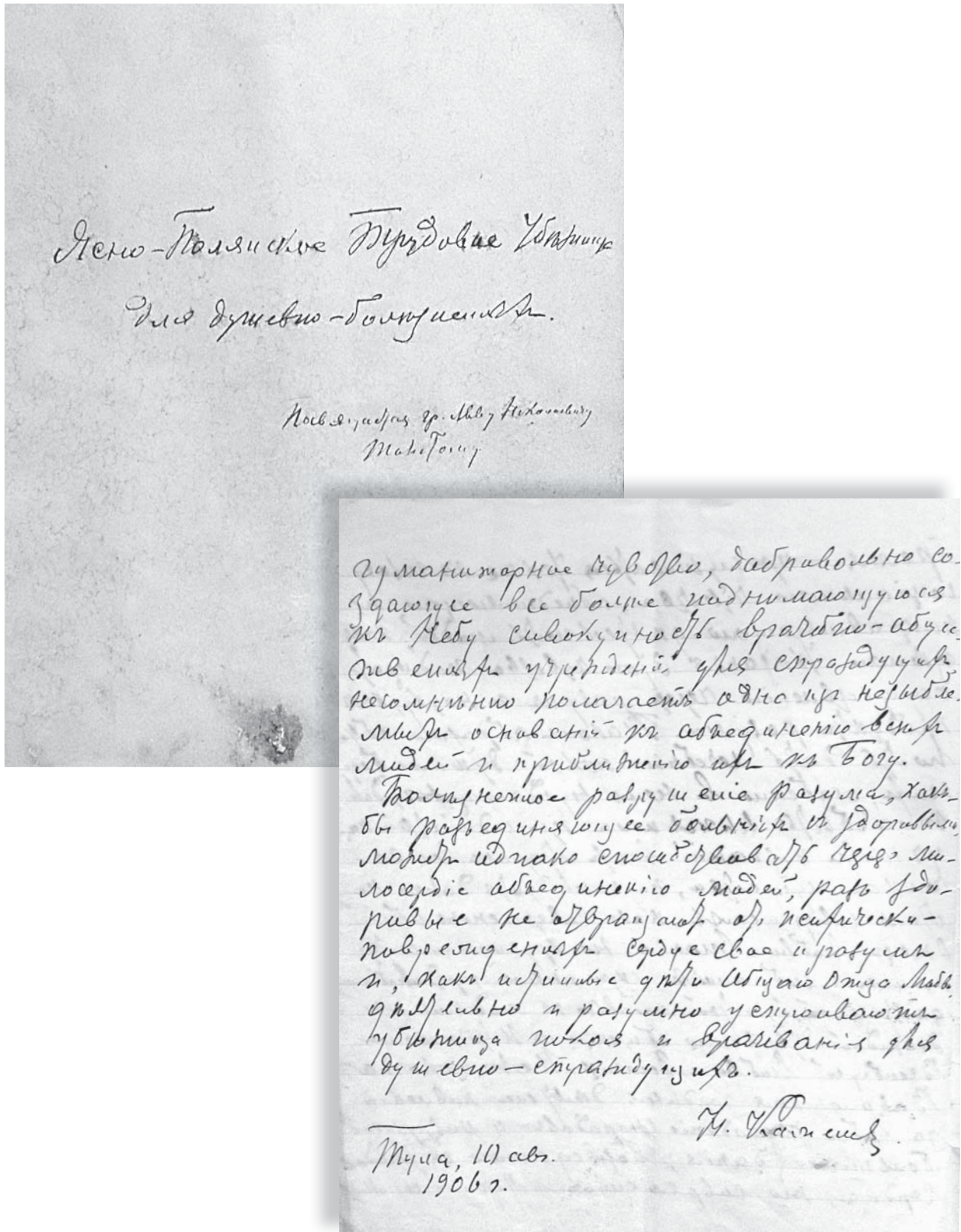


Fig. 4. The title page and the last page of the manuscript of N. P. Kamenev's article "The Yasnaya Polyana Labor Refuge for the Mentally Ill". From the medical library collection at the N. P. Kamenev Tula Regional Clinical Psychiatric Hospital.

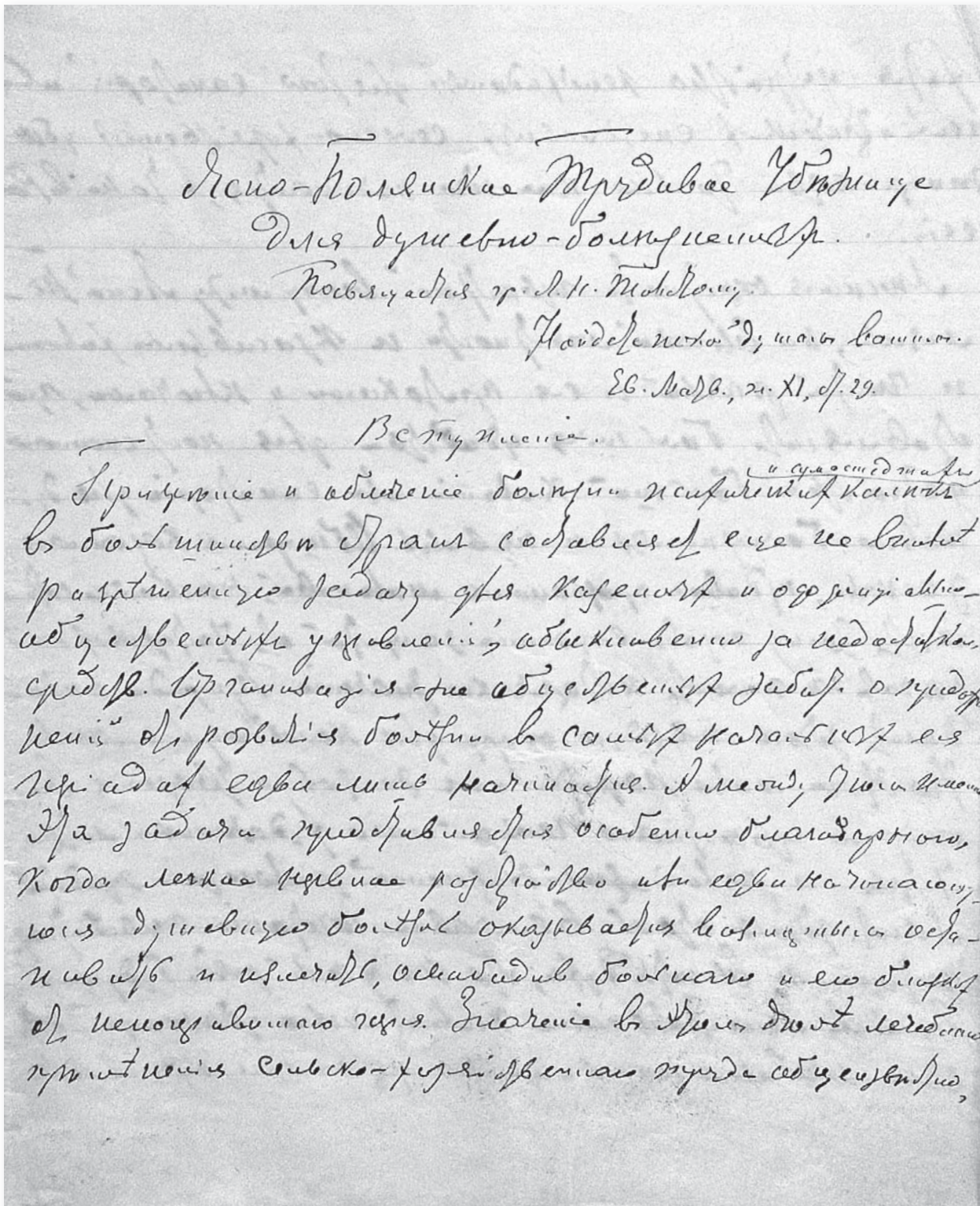


Fig. 5. The title page and the last page of the manuscript of N.P. Kamenev's article "The Yasnaya Polyana Labor Refuge asylum for the Mentally Ill". From the medical library collection at the N.P. Kamenev Tula Regional Clinical Psychiatric Hospital.

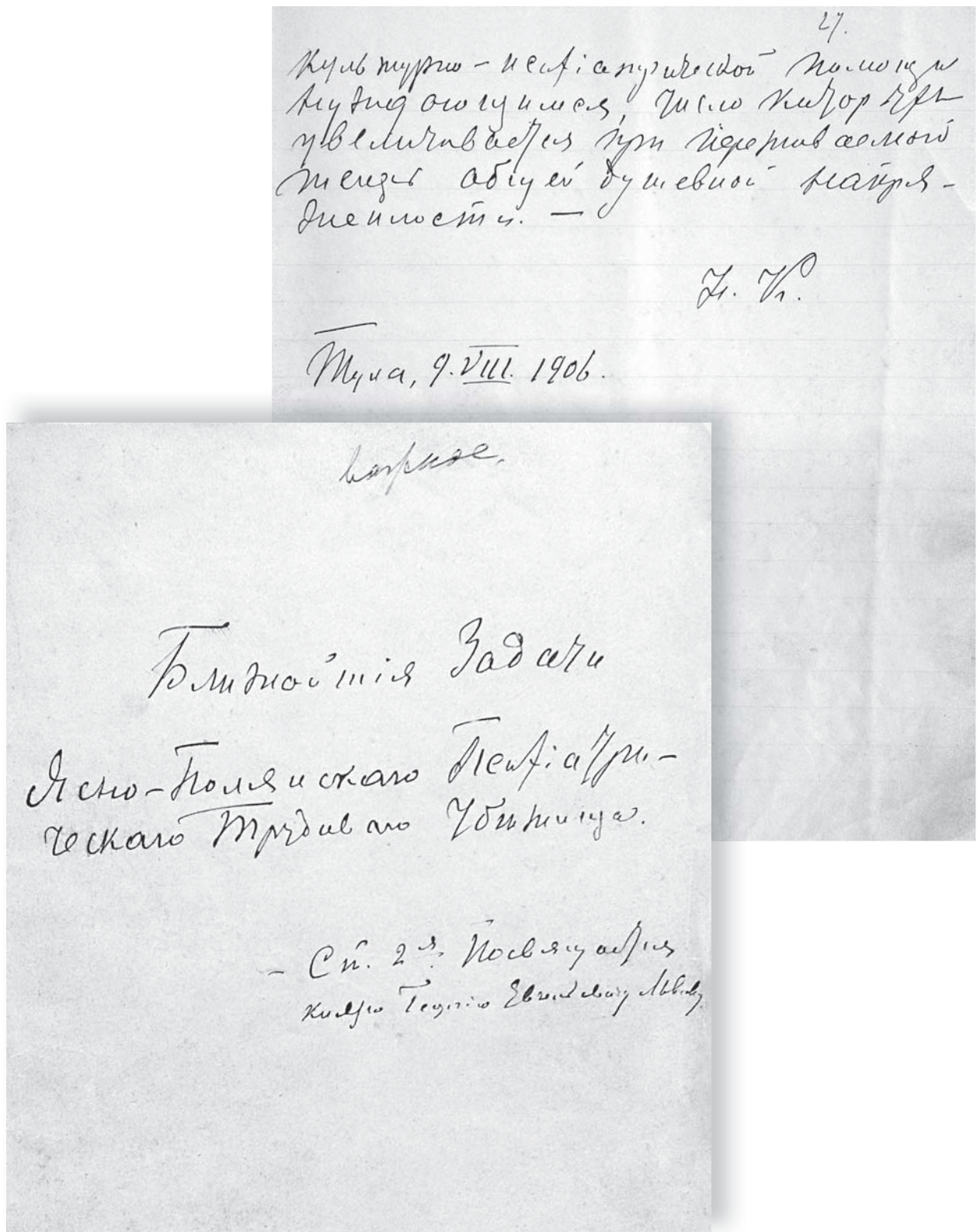


Fig. 6. The title page and the last page of the manuscript of N.P. Kamenev's article "Immediate Goals for the Yasnopolyanskiy Psychiatric Labor Refuge". From the medical library collection at the N.P. Kamenev Tula Regional Clinical Psychiatric Hospital.

1  
Дому-Полувочному Психиатрическому Трудо-  
лону Чѣмбурнаго.  
Смартва 2<sup>3</sup>.  
Посвящается князю Тевгрюю Греневу-Алхалу.  
I  
И первая задача комитета Комитета Чѣм-  
бурнаго представляется по отношению между  
нашимъ и, особенно въ 23 мѣс. Доклада  
его представителю русско-общественно  
организации и Научно-исследовательского  
Центра, по вопросу о томъ въ 25 мѣс. То-  
го же года Ново-Камарскаго, где учрежде-  
нныя, необходима представляется кон-  
миссия, на первомъ месте наша въ дол-  
женъ объявить и какому мѣсцу въ 26 мѣс.,  
Смартва и 23 мѣс. Комитетъ, надъ предва-  
рительнымъ <sup>Тулскимъ</sup> представителемъ обществено  
организации. И въ томъ же Комитетѣ,

Fig. 7. The title page of the manuscript of N.P. Kamenev's article  
"Immediate Goals for the Yasnopolyanskiy Psychiatric Labor Refuge".

From the medical library collection at the N.P. Kamenev Tula Regional Clinical Psychiatric Hospital.



exiting from the yard of the clinic, the screaming was unbelievable, such that Lev Nikolayevich said, with tears in his eyes, ‘Forgive me, forgive me for agitating them so’ ” [20]<sup>3</sup>.

In the period of Georgi Evgenevich Lvov’s leadership (1903-1905), the Tula provincial government focused its attention on establishing healthcare and charity. Sections of the provincial hospital were renovated and refurbished. Services and sanitary conditions at the provincial orphanage were improved. In Petelino, a complex of buildings for psychiatric patients was built, including a hospital, a bakery, a bathhouse, a laundromat, a water tower, and an electric station. Prince Lvov was a visible provincial and state figure of Russia who had dedicated his entire life to social progress in the province [22].

In his article “Immediate Goals for the Yasnopolyanskij Psychiatric Labor Refuge,” dated August 9, 1906, and dedicated to Prince Lvov (see Appendix), Kamenev outlines the basic goal of the labor refuge as a boarding school for children and teenagers suffering from psychological disorders (Figures 6 and 7). A facility consisting of four schools for 200 people was planned “for those suffering from serious mental retardation; for those suffering from falling illness (epilepsy), who have more or less frequent attacks; for those suffering from a variety of frequent and acute variations of neuroses, and for those suffering from moral defects requiring a specialized psychiatric routine and direct observation at an age when development is still taking place”.

Kamenev outlined the second goal of the Yasnopolyanskij psychiatric labor commune as a special patient service for the needs of those in recovery, suffering from stress, general neuroses, excluding falling illness (epilepsy), epileptics, alcoholics, and drug addicts. Kamenev considered similar situations, such as borderline conditions. He believed that a properly organized routine and special treatment procedures would improve the prognosis of a disease. Kamenev planned to open

four units for adults (100 per unit - 40 women, 60 men). He imagined that room would be designated for those with financial means, and that their payment for treatment would be redistributed to cover the costs of poor patients.

It was assumed that the means for setting up the refuge would be provided by six committed provincial councils, as well as the Moscow city government, which would contribute around 80 thousand roubles per year. Kamenev counted on receiving additional 20 thousand rubles on a yearly basis from charitable organizations (e.g., general provincial organizations, provincial and city governments, the society of the Red Cross and other charitable organizations).

In conclusion, Kamenev expressed his extreme concern for the situation that had arisen in society, pledged his commitment regarding political and economic issues, and showed special concern for the issue to which he had dedicated his life, stating: “The article’s proposal is made with the firm conviction that public and state officials from the center and heart of Russia, who are blessed with the spiritual gifts of nature, will help strengthen and invigorate the mental strength of people who are mentally impaired or mentally feeble, and that the country’s renewal of political and economic strength will bring about new forms of cultural-psychiatric assistance to those in need, the number of which is growing in the intense spiritual climate that we are currently experiencing”<sup>4</sup>.

We do not know what Prince Lvov’s answer was. It is possible that the construction of the labor refuge was not relevant — at that time it was considered more important to address problems of famine resulting from a bad harvest.

In his report entitled “Addressing the Question of Psychiatry”, given at the 9th conference of provincial doctors and representatives of the Tula provincial government in April 1908, Kamenev admits that his “dreams for the Yasnopolyanskij Labor Refuge for the mentally ill, those suffering from nervous conditions, children suffering from mental defects or retardation are unlikely to find sympathy in the nearest provincial areas, and that he understands the skepticism of those who have yet to finish construction of the Spas-Petelinskij psychiatric campus” [23].

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<sup>3</sup>A separate work could be dedicated to the topic of “Tolstoy and Psychiatry”. In relation to this, one of Tolstoy’s last articles “Regarding Insanity” (1910) can be mentioned. Tolstoy believed psychiatric hospitals to be “facilities that were designed for patients of one general and pervasive form of insanity, but that served patients with various forms of insanity not suitably classified as the general and pervasive form” (for more, see [21, p. 415]).

<sup>4</sup> Here Kamenev is referring to the revolution of 1905, as well as its subsequent events.

In his struggle for the improvement of assistance to the mentally ill, Kamenev saw clearly other goals for psychiatry, including assistance for those suffering from so-called borderline disorders. This concept is evident in his early works and in the plans for establishing the Spas-Petelinskij colony for the mentally ill, for which he imagined the creation of a sanitarium for those suffering from nervous disorders. This concern is especially clearly and fully expressed in his first published works on the Yasnopolyanskij refuge for the mentally ill (see Appendix).<sup>5</sup>

In June of 1918, state councilor Kamenev retired due to conditions of health and returned to his family in Moscow [14].

In the post-revolutionary period (in the 1920s), the ideas of mental health and preventative psychological treatment made practical developments (e.g., clinical evaluations, sanitoriums for patients suffering from neurosis, etc.) [24, p. 205-214].

Doctor Kamenev was not only a prominent professional, but also a famous organizer that tirelessly defended the interests of the mentally ill and the development of psychiatric science. However,

the many projects he envisioned, including the creation of an “international and public facility” for a labor refuge at Yasnaya Polyana, a boarding school for children with mental handicaps, and well-equipped institutes for experimental psychology and neuroanatomy “for the study of prominent and talented people’s static and dynamic neurological systems” turned out to be utopian. The man behind these ideas never received the support of the “famous wise man from Yasnaya Polyana”, “the world-famous, brilliant artist of literature and his religious life philosophy” Count Lev Nikolayevich Tolstoy. Kamenev turned to Tolstoy as a great humanist, expecting to receive his sympathy and participation in providing assistance to the mentally ill. Tolstoy’s connection to the project (the connection that Tolstoy himself described as “completely arbitrary”) was for Kamenev obvious and extremely meaningful. It should have resulted in the existence of a prosperous psychiatric refuge “for the strengthening of spiritual strength for centuries to come,” just as, in the opinion of Kamenev, “the didactic life and work” of Tolstoy demonstrated a “sublime combination of primitivism, history and the heights of the human spirit”.

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APPENDIX<sup>6</sup>

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## The Yasnaya Polyana Labor Refuge for the Mentally Ill

Dedicated to Count Lev Nikolayevich Tolstoy  
“You will find peace for your souls”  
The Gospel of Matthew, ch. 11 p. 29

### Introduction

Charity and vestments for the illnesses of the mentally disabled and the insane, in the majority of countries, present an as yet not totally solved problem for state and official public administrations, usually due to a lack of funding. The actual organization of public care to prevent the development of illness in its very beginning periods is only just emerging. Yet, meanwhile, this task in particular presents itself as especially worthy of thanks when it turns out to be possible to stop and cure a mild nervous disorder or a mental illness that is only just beginning, freeing the patient and his loved ones from irremediable sorrow. The significance in this situation of the therapeutic application of agricultural labor is well-known, although the construction of the necessary sanitariums or special psychiatric agricultural refuges is only just beginning here and there, but not in Russia.

The forested vicinity of Yasnaya Polyana is known to the entire world, on high ground with beautiful hills and a clear stream with its tributaries and springs; this presents sizeable conveniences for the gradual construction of a large commune or sanitarium for the mentally ill and the neurotic. A vast state-owned tree entanglement, long since dubbed raspberry, several hundred years ago served as protection from Tatar incursions, and has historical significance. Here nature and history provide a firm footing for unstable thoughts. But there is little of that. The didactic life and the work of the world-famous, brilliant artist of literature and his religious life philosophy present here such a sublime combination of primitivism, history and the height of the spirit, that for a whole succession of future centuries the Yasnaya Polyana psychiatric refuge will offer

its therapeutic treasures for the reinforcement of inner strength. It is necessary for neuropathy doctors and psychiatrists the world over to exert their lasting efforts in order to create, in the historic imprint of Yasnaya Polyana and its peaceful philosophy, a similar peaceful refuge for the alleviation of mental disorders of the higher order and for the reinforcement of the higher-order capabilities of the human spirit. Pilgrimages undertaken now from all corners of the world to the sage at Yasnaya Polyana should be perpetuated through the collaborative efforts of humanists and scientists of all countries for the benefit of the mentally ill and the unstable, regardless of who they are and where they come from.

### Chapter 1. The Goal and the Challenges

Groups of the neurotic and the mentally afflicted for whom a therapeutic labor refuge can be helpful are many in number and quite diverse, but it is common among them that the contour of the illness has not yet reached the stage when a hospital bed is directly necessary and when the ability to work is almost gone.

In a short catalogue of the medical conditions of the patients of the future sanatorium it is necessary to point out, first of all, not completely normal deviations of the development of neuropsychiatric health in youth. Not very few children of school or post-school age discover signs of an abnormal course of development of their mental and emotional powers. The latter develop either obviously falling behind average, or with unique problems with the mastering of some area of knowledge, or jerkily, one moment falling behind, then advancing ahead, or even suddenly and significantly surpassing the average level such that an abundance of energy or the discovery of some distinctive capabilities requires on the part of the mentors exclusive accessibility and the ability to provide the correct outlet for these powers. Also not very seldom during development

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<sup>6</sup> Kamenev's works are presented with their original spelling and punctuation.

occurs a dissociation of intellectual and emotional powers, and the young people also discover an exasperated impulsivity, and sometimes also a direct criminality, and all of this is fixed perfectly under the correct direction of development, but developmental anomalies give way to a more well-balanced condition of neuropsychiatric activity, and not seldom very fruitfully. And the business of knowledge and humanitarian efforts help these, in essence, quite diverse groups. Uniquely developed individuals are helped by the establishment of medical pedagogical institutions that are especially adapted to be capable of individualizing the application of educational-therapeutic consultations, and, incidentally, also inculcating a love for nature and for simple muscular labor. Here there should arise on its own the scientific study of the influence of heredity and environment on the origin of abnormal development, and also the direct correlation of common and nervous illnesses with anomalies and defects of development. It will also be necessary to review anew established views in regards to questions of the psychology of gender development of one and the other gender in connection with their indelible language and psychological differences. Whether to put down directly, as the first order of business, schools for epileptics, hysterics, moral defectives, choreics, half-imbeciles and so on and so forth, or rather to put this question off until there is a surplus of funding, and first of all establish a medical pedagogical institute for those developing incorrectly without obvious illnesses, — this is the business of the future administration and future benefactors of the refuge. But not nearly as without basis would it be to also establish schools for those exceptionally capable of mathematics, linguistics, naturalism and so forth. Anomalies of development are often connected directly with general illnesses and yet by the same token are subject to special medical control and influence, but it is without a doubt also that the coming together of pedagogical and psychological with psychiatric areas of knowledge opens a path to the prophylaxis of the youth from abnormal societal situations and psychopathies, and therefore ministers properly to the recovery of the emotional health of the population. In any case the Yasnaya Polyana refuge should use the whole breadth and depth of generalized and specially developed thought of the once-existing

journal “Yasnaya Polyana,” directed towards the substantiation of the most fruitful school of intellect and feeling as the basis of humanitarian society. If *salus populi* is *suprema lex*, then *salus juvantibus est salus populi*.

At the age of transition into adulthood, deserving of the particular attention of public psychiatry, are those degenerative-incomplete psychopathic make-ups, under which first presents itself as an irritating impulsivity and decisiveness, under insufficiently deep criticism and self-criticism and the inclination to domineer, or to irrepressibly negatively relate to historical-evolutionarily formed reality. In more crude manifestations of simple criminality, the condition displays itself as morally degenerative with its usual oscillations of emotional tone, not seldom arriving at an obviously diseased agitation, or the depression of feelings and thought, and sometimes a directly half-delirious confusion of thoughts with unhealthily bent perceptions of one’s surroundings. Similar conditions are not seldom realized by the same sick people at the correct therapeutic-educational labor events, before passing on, freeing the unfortunate from the burdens of the criminal environment and returning them to the path of a well-balanced working life. The study of the nature of this group of sickly manifestations in connection with general questions of criminology should open a path to a more correct scientific understanding of crime and derangement, and also of the bases of society outside of inherently forced organization. And like the group of half-imbeciles and degenerates, almost no societal care is given to those suffering through psycho-neurosis from compulsive conditions: anxieties, fears, doubts, thoughts, moving images, inclinations and perversions. These sufferers, whose criticism and self-surveillance are only weak indicators of their illness, are entitled to special care and therapeutic activities in a specially equipped sanitarium, a psychiatric labor milieu and therein with great chances for the restoration of their health, yet meanwhile now they almost completely do not know where to take permanent advantage of the services of knowledge, despite the fact that through their labor they can eke out a significant part of the expenditures for their care and recreation.

Neurasthenics, psychasthenics, hypochondriacs, hysterics, epileptics without psychic

discord, drug addicts, including among several of them especially many alcoholics, – in these categories are comprised significant groups of neuro-patients and the psychically ill, to whom still, for very long, the official and active care of existing state and county organizations do not reach due to a lack of tax funding and due to more pressing needs. It is impossible to evict severely mentally ill patients to make room for the patients under consideration, and therefore, it is necessary to yield space to the natural influx of a minority of treatable patients together with advancing the issue regarding patients suffering from nervous disorders, not simply from a feeling of philanthropy, but also as necessary preventative measures against the development of insanity in the population, both in breadth and depth. Quite a significant percentage of the alcoholics are totally cured under the correct preventative conditions. Meanwhile, in the absence of special contained and half-contained medical institutions for them, the majority of them progress to a chronic, untreatable state of illness with an atrophy of moral feeling and with reversion to a mass of half-criminal, professional beggars.

The initial periods of actual mental illnesses, such as the melancholy, that causes a quite significant number of suicides, maniacal-periodic exaltations, paranoid conditions, periodic and circular abortive psychoneuroses with the integrity of consciousness and critical thought, provide very rewarding material for their completely free medical-communal use, but, outside of the environment of the usual existing institutions for the mentally ill, they are anything but helpful. But it is not just the patients with mental disorders and sufferers of mild forms of mental illnesses who deserve the attention of public psychiatry. Within philology, sometimes there are such degrees of fatigue of the soul and conflicts of principle within the soul, that erudite and practical humanitarian psychiatry armed with sophisticated medical-philosophical knowledge. Not only should the psychiatric refuge provide all methods of treatment for genuinely unhealthy manifestations, but also all systems of higher knowledge: the pan-scientific, the philosophical-psychological, and the religious. For sure it will not be difficult in a sanitarium of modern design to harness the strength of those fatigued by skepticism to help those suffering from more

serious mental illnesses; however, such strength is in limited supply. It is necessary to use the positive and direct influence of heartfelt and religiously scientific direction and worldview for the rebirth of the spiritual powers of these individuals, along with temporary psychic relaxation. In this rebirth, substantial meaning for individuals with habitual disdain for simple labor will be gleaned through this labor; for example, the milking of cows for women of high society or the transportation of dung for a professor of philosophy. Also, in the same way, the poet-rhyme composer who gets tangled in the fancy structure of verse and the artist who gets tangled in lily-yellow shades can be assigned to consultation at the refuge one to a period of probation as a worker in the home of the Yasnaya Polyana peasant, another to the performance of the duties of the village cowherd from Fomin's Week until the Intercession of the Theotokos.

Emotional sufferings outside of pathological limits caused by personal failures, conflicts and misfortune, or societal and religious relationships and inquiries completely fail to find organized help in knowledge and continual well-wishing, and meanwhile they will become all the more severe. Therefore, the Yasnaya Polyana refuge will, first of all, organize an office of custody, namely for those who are emotionally tired, emotionally tormented, desperate and fallen into a heavy condition of mystical meditation and horror before the unanswerable questions of life and its ideals.

Of the psychopathic conditions of old age requiring the therapeutic effect of the sanitarium, it is necessary to take note of old-age psychasthenia with its torturous and hopeless sorrow intensely accentuated by the ash of extinguished feelings, the preservation of memory and sharp, dry criticism wrapping around – in general, the long path of the past and future. To take shelter in such a condition from pounding reality in a sanitary-psychiatric refuge, where one can find sympathy and medico-philosophical support for an extinguishing faith in life, is a plain necessity.

Having concisely pointed out several medical conditions, requiring help in a special precautionary psychiatric asylum, it is necessary to notice that, in general, similar weaknesses of the soul in unclearly marked-out formations and forms are extremely high in number and variety

and probably even more than the exactly defined forms of visible illnesses. And for the future, beyond the national sanitarium, waits the task of study of the process of transition from health into illness, not only in connection with age, gender, peculiarities of organic life, but also in connection with national and societal-state conditions of the everyday life of various nations, with peculiarities of views and habits historically engrained by them. At the Yasnopolyanskij sanitarium an ethnographic clinic for patients suffering from nervous and psychological illnesses will gradually be developed alongside the etiological clinic.

### Chapter 2. The Means

The means for the gradual construction of the Yasnaya Polyana refuge should be provided by all nations, all states, public and private unions, and also by individual people. But, first of all, the Russian State Union has the right and responsibility to equip this agricultural labor refuge with a sufficient quantity of agricultural lands, which could be drawn from the forest district around Yasnaya Polyana. The Russian State at one time owned this property for the benefit of the people, but now it should return these lands for the same benefit in a specialized sense, and all other states should give, from their sides, support and help for the development of an international refuge. The rich of all countries will probably turn their attention to this supranational organization in the fight against nervous illness, in the fight against mutual national irritability and towards the unification of people out of concern for the essence of their melancholy nature. It is without a doubt that the official-public unions of many countries that have the obligation to take care of the sick, just like our District Council, will wish to take part in the establishment and support of the Yasnaya Polyana labor hospital. Also, private individuals will wish to participate in the construction of directly specialized types of help of one or the other group of patients delineated above. In the refuge, there can and should be organized boarding houses for paying, well-off people and separate cottages for rich patients, and payment should be levied individually and in accordance with personal financial ability, with an extra amount to benefit departments for the those without means. Moral-scientific services are completely incommensurate with one or

the other quantity of money, and therefore in foreign public psychiatric hospitals, money is taken from those with means for the purpose of housing, with regard to means, the patient and his relatives, in order to have a fund to cover the expenses of those without means. As far as the ways of attaining the means for the refuge are concerned, there should be disallowed only illegal and immoral means, not with standing usual means up to fundraising the beggar's way as used by people both private and benevolent in the sanitarium; this is totally acceptable with the permission of the management of the refuge. But it is not worth excluding from view that the labor of the nervously ill is already capital, and as such, it can and should have value. In this way, in essence, speaking, perhaps, somewhat abstractly, the establishment and organization of the refuge for those able to work is possible also outside of charity in a narrow sense. But the institution, having the purpose of restoring the higher powers and abilities of people, cannot and should not remain without the volunteer efforts of people with ability and good will. And in this sense it is possible to depend upon the free or almost free labor of people who are well-grounded and well-balanced. Existing psychiatric institutions do not enjoy the volunteer services of people who sometimes do not know where to put themselves. The management of the Yasnaya Polyana hospital should send a clarion call to these people and use their energy for therapeutic purposes.

There is no exact charter for the hospital, but rather a general idea of a general belief in the utility and possibility of the organization of the Yasnaya Polyana refuge is beginning to take shape, therefore an exact delineation of the means, sources, dimensions of the hospital waits for the time being until the future with its powerful movement. All material means by which humanity is arranged comprise the fruit of psychic energy, and for the restoration and support of its direct benefit – to not regret these means, which will return with a surplus. The dimensions of neuropathies and psychopathies of people are so great that the Yasnaya Polyana therapeutic labor refuge should be just one of many similar institutions; but it is necessary to insist that this psychiatric-sanitary institution be equipped as a model institute so that it in some way matches its name. And may thousands of

the sick find in it the necessary psychiatric help, both stationary and ambulatory, and thousands of the healthy find in it for themselves something instructive so that there would arise new refuges of help from one group of people to another, and so that through this there would gradually arrive, or at least come closer, the time of the turning of swords into plowshares.

### Chapter 3. The Construction

With sufficient means, the Yasnaya Polyana psychiatric sanatorium should present a whole well-equipped town located on several thousand desyatinas of forested area with the correct avenues planned out in advance, according to a special therapeutic and economic plan with the application of the necessary sanitary-technical improvements, under which, however, should not be excluded the possibility of the construction of simple small houses in the manner of huts. The regime in the sanatorium, of course, should be completely free, and the structure should in no way remind one of closed or half-closed institutions for the mentally ill. All scientifically-founded methods of treatment should be provided for during construction, exactly as there should be made provision for artisan's and craftsman's structures, besides, of course, all possible types of agricultural activities, especially those connected with forestry and the making of products.

Besides pavilions for the sick, therapeutic institutes with special methods of treatment, the institution should have well-equipped institutes of experimental psychology and anatomical-neurological. To the latter belongs, more than anywhere, the examination of the statics and dynamics of the nervous-brain system of people both outstanding and talented.

Having plans for the area and the grouping of the nervously ill, it is not difficult to schematically, and even in detail, outline the correct construction of the Yasnaya Polyana colony, but now this would be at first temporary, since it is not known if the refuge is fated to begin in the form of a group of almost peasant-like huts, and not of totally well-equipped pavilions. But, somehow or other, it would be preferred to start this business as soon as possible with the firm assurance to gradually attract the necessary means and necessary animate actors. It is necessary to note only that, during the

construction, so also during the conduct of business, it should attract the very largest freedom of control and criticism. Medico-health science is, in essence, not more than common sense and compassion, developed and specialized. Institutions for patients are subject first of all to the care, attention, and thought of society. The Yasnaya Polyana refuge should be a light for sorrow, and, in its construction, provision needs to be made for numerous pilgrimages not only of the sick, but also of the healthy seeking heartfelt, soul-strengthening life advice, direction, and understanding. The organization of this Yasnaya Polyana spiritual refuge should rely not only on psychiatrist doctors, but also on people of philosophy, pure science, theoretical politics, religion of various shades, and people of simple life, long, thoughtful experience, and deep good sense. By the measure of the weakening of prior religious forms or by the measure of their evolution, their new delineations should include and also systematize all the best manifestations of the human spirit. During the difficult moments of life, like an illness, at some point the patient must wait for the action of future generations and the solving of fundamental life questions and queries of the soul, and it is necessary to now have an exhaustive world understanding, a world conviction, like a concluded synthesis of all knowledge, beliefs and hopes. And the emotional medicine is not in the right here to (*Pilatstvovat*) with its *ignoramus et ignorabimus*; it should help the emotionally suffering patient not only in terms of just his physical nature, but also in his intimate-spiritual inquiries and needs.

In the construction of a medico-enlightening labor refuge, especially the Yasnaya Polyana one, it is necessary also to make provision for scientific-experimental examination of "The Law of Labor", the question of labor in its psychophysical and spiritual bases, to which all people are culpable, which is still by no means exactly known to science in that sense (i.e., under what personal and socioeconomic conditions the labor is a blessing and from what plane of conditions it begins to be a curse).

### Chapter 4. Management

In due course, a large union can take part in the business of the refuge, maybe even with its filial departments, but the initial committee,



I think, should not have many people, in order to expedite business.

Of course, the first and main member of this committee, and also its chairman, should be that very famous Yasnaya Polyana sage, Count Lev Nikolayevich Tolstoy. This would be required by the success of actual business. But it is necessary to remember that only a small part of the great writer's business will be taken up by the sanitarium proposed here. Therefore, by his decree, in other situations, the committee will be headed by his deputy, which could be, for example, his wife, Countess Sofia Andreyevna. The composition of the committee of the Yasnaya Polyana psychiatric sanatorium refuge will initially include, Europeans with a predominance for the time being of Russians, and namely: three Russian peasants, six public county officials, four officials from the four Russian psychiatric societies, four officials from the four closest Russian universities within the vicinity of Yasnaya Polyana, and five officials from the following Western European universities: Berlin, Vienna, Rome, Paris, and Oxford, and all of these people, including the chairman, total twenty-three. The peasant members can be elders of the village of Yasnaya Polyana and the two villages close to it, or by the decree of L.N. Tolstoy, without a doubt well-informed in relation to the peasants close by to him. Of the public county officials, the chairmen of the Regional County offices at Tula, Moscow, Ryazan, Tambov, Orlov and Kaluga (as the closest to Yasnaya Polyana) will be helpful as desirable members (also, the participation of the All-County organization is very helpful). The Russian universities closest by are essential: Moscow, Kazan, Kharkov and Warsaw Universities. And the councils of these universities count amongst the number of their officials – members of the committee, one from each. Whether Russian and Western European universities will send officials from psychiatry, neuropathology, or medicine in general, and maybe from some other science – this is their business, since the bases of the refuge are chiefly pan-humanistic and not narrowly focused. Russian psychiatric societies, namely: the Saint-Petersburg, Moscow, Kazan and Kiev societies. The planned composition of the majority of the committee, of course, is only approximate; another composition of members (a large or small number of them) is also possible, and with more

or less member-colleagues, volunteer speakers and so on. In relation to public officials of cultured countries taking part in the construction of the psychiatric commune, as a rule it would follow that the participation of these individuals in general during the construction of the Yasnaya Polyana colony is quite desirable.

The first committee of the refuge will relate to the issue of a charter for the society or union of the Yasnaya Polyana labor refuge, or for committee rules regarding its business, discussion and responsibility. The committee can take as the basis of its activity several rules, orally and by mutual agreement established for a known period of time and morally binding. In the activity of people, a similar means of simplified moral-reasonable self-governance already exists now, albeit disjointedly and to a different degree, and undoubtedly has serious meaning. With time this means of governance, of course, will progressively develop in an accelerated way, expand and take root, displacing by itself formal-legal norms protected by state violence and public compulsion. But one should not forget that the pure idea of the non-compulsory self-governance of people and their different groups at the present time, generally speaking, is to a significant degree alien to the clear consciousness and self-definition of an enormous majority of people. The psychology of the origin of the state is still by no means clear, but the obligatory state grouping of people, with all its obvious burdens, probably is the business of the unconscious or instinctive self-protection of society or the self-protective toleration of the majority, in relation to the activity of the minority, under the instinctive understanding by the majority of the lack of clarity of its moral self-consciousness and self-definition. An overwhelming majority of people for the time being still abide by legal norms regulating human relations, and therefore, in dealing with reality, for any practically arranged business it is substantially important to employ customary legal relations. In view of this, allowing with time for the possibility of purely conventional organizations similar to the Yasnaya Polyana refuge, ultimately it would be more helpful to work out, by customary means, a special charter giving, besides a social one, a formal legal base and rights of the legal entity, easing property relations and generally

accepted economic business. The necessity to take advantage of the assistance of the Russian State also should induce one not to step back from the usual legal norms of the establishment and direction of business of the Yasnaya Polyana refuge despite the fact that, perhaps, in the future it will have to, as an observer of the worldwide expansion of the treasures of the human heart, discover new forms of social humane existence.

The composition of the charter, with the allotment of the organization of one or the other degree of internationalism, the business is not difficult – right up to the assertion of it, for example, by the famous Hague Court.

### **Conclusion**

The culpability of people before God is rooted in the depth of consciousness and lays upon them a light burden – to heed also the voice of social feeling, uniting and directing the activity of people as a whole. The precepts of this feeling are subject to actualization through reason and science as a product of reason. In this way, the responsibility to give healing peace to the souls of one's neighbors, especially those in need of that peace, should be executed with the assistance

of not just knowledge, but scientific knowledge from all sides of human existence, though such knowledge is hardly as perfect as that of the Universal Father of love and knowledge, which is only sought by means of grains collected with a humble love for labor, an active and pure love for people and a thirst for spiritual communication with the Source of all Love and Knowledge. And if at one time the hubris of the officials of Babylon caused the disintegration of peoples and the destruction of great knowledge erected with a coldness of heart, then contemporary, true social-humanitarian feeling creating voluntarily, an aggregate, progressively rising to the Heavens, medico-societal institutions for the suffering undoubtedly lays one of the unshakable foundations for the unification of all people and for the drawing them near to God.

The morbid destruction of reason, as if separating the sick from the healthy, can, however, facilitate through kindheartedness the unification of people; if the healthy do not turn away from the psychically wounded, their heart and reason, and as genuine children of the universal father of Love, actively and reasonably organize refuges of peace and medicine for the mentally suffering.

Tula, 10 August 1906.  
N. Kamenev

## Immediate Goals for the Yasnopolyanskij Psychiatric Labor Refuge

Article 2,  
dedicated to Prince Georgi Evgenevich Lvov

### 1.

In the first article, the Refuge committee was planned in accordance with the principle of internationality to consist of approximately 23 individuals. Membership has increased to 25 individuals with the addition of representatives from the general Russian provincial organization and Washington University. However, before the Committee may be convened, for the sake of expediting the matter, it will be necessary to form a preliminary Commission of academic and public officials from the six provincial governments closest to Yasnaya Polyana, which will be chaired by a representative of the Tula general provincial organization. Other than honorary members and specialists, the Commission will invite leaders from the provincial governments of Tula, Moscow, Ryazan, Tambov, Orlov and Kaluga, the mayor of Moscow, two representatives from the "Moscow Association of Neuropathologists and Psychiatrists," head doctors of the psychiatric hospital of the six chosen provincial governments and one head doctor from the psychiatric hospitals from the Moscow City Government. Permanent and temporary members of the Commission have the obligation of — first and foremost — stimulating charitable work in service of the sanitarium and collecting donations. The commission will use discussion of the matter in short and general terms to familiarize the public and all interested persons (especially the Russian government) with its goal of acquiring the state residential forested area at Yasnaya Polyana as a site for a psychiatric colony or Refuge. Since Emperor Alexander II's Law of 1879, regarding state subsidies to the Provincial governments for hospitals for the mentally ill, the Sovereign Power has not provided exclusive attention and assistance to issues regarding psychiatric care for the population. Therefore, it would be in complete harmony with long standing practice, and, in the present case, comply with the best intentions of the Sovereign Power, to set aside means to care for the mentally ill and strengthen the population's working capacity, if the residential

forested area was ceded to the management of the Yasnopolyanskij Psychiatric Sanitarium, acting in accordance with a charter ratified by the Government's authority. But this is not enough. Our words regarding taking care of school age neuropathic children, as well as degenerate youths who are without a doubt likely to benefit from the healthy effect of psychiatric pedagogy, should finally become action. It is time to free families from misfortune, the government from the futile practice of feeding recidivist criminals who often start out as degenerate youths who, if given the chance to return to the healthy labor of the poor and innocent, might recover from their defects and minor disorders. Furthermore, it goes without saying, that, with the establishment of mandatory government expenses for the primary education of Russian children, practical care for schools for the rest of those suffering from neuroses and defects is obviously included in primary state obligatory funds for the population.

The Tula Residential Forested Area where the village of Yasnaya Polyana and the Yasnopolyanskij estate of the famous Russian and international writer, Count Lev Tolstoy, are located consists of, in as far as it is known, five thousand dessiatinas of forest, interrupted by Voronkij Creek, a train track, the old Kiev highway, a number of streams, hills, precipices, and glades. If the government donates this forested estate to, for example, the General provincial organization, and the organization takes responsibility for the refuge, then the councils of the provincial governments discussed earlier, or the committee or the commission discussed earlier will have one major issue to consider — the revenue from the estate will just barely cover the upkeep required for a state school of 150-250 children and youth of the mental profile discussed earlier. In this way, ensuring the increased future development of the Yasnopolyanskij Sanitarium is not just a side project, but a matter related to the state's obligation to provide primary education.

In the immediate future it will be necessary to establish at the Yasnopolyanskij colony four

schools for neuropathic children and youths, more specifically, for 1) the seriously mentally retarded, 2) epileptics with more or less frequent attacks of the illness, 3) for those suffering from a variety of frequent and acute variations of neuroses, and 4) for those suffering from moral defects requiring a specialized psychiatric routine and direct observation at an age when development is still taking place.

If we imagine that each of these schools, requiring separation, will accommodate around 15 girls and 35 boys, then it is time for the immediate construction of buildings for highly isolated boarding rooms with all the necessary personnel. It is worth noting that effectively satisfying the needs of the 200 designated children will require not just providing peace of mind to 200 families, but, taking into account extended families, it is more likely that there are 400 groups of people suffering along with the children, that is, between 3000 and 4000 people from whom normal children immediately acquire the normal conditions for their development. But that is beside the point. The refuge will relieve at least 100 schools (that is, between 4000 and 5000 normal school children) from 200 children afflicted with their various defects and from the dangers that their presence and influence present. We can imagine that the yield of a residential forest to be at 50,000 roubles a year, and the cost of building a psychiatric boarding school to be around 1000 roubles per student. In such a case, the first half of the designated boarding rooms would be ready in just two years, and it would be possible to start receiving children in need.

Of course, admission should be managed by experienced specialists of pedagogical psychology and psychiatry, so that only those who the institution would truly benefit would be admitted. The psychiatric refuge cannot and should not serve as a simple orphanage or almshouse for those without the slightest hope of recovery or improvement in psychological strength unless such services are based on completely private resources particular to the colony provided by special yearly revenue. Additionally, alongside the designated Russian medical pedagogical institutions, the Yasnopolyanskij could and should include similar institutions for children of different nations if charity or organizations of other nations wish, on shared foundations,

to build and provide for these institutions. The prevalence of child psychological degradation and its connection with the various conditions of life of various nations is far from being adequately studied, and therefore the combined work of specialists in psychiatric pedagogy from different nations would raise our hopes of finding the root causes of degeneration, so that it would be easier to fight against them.

## 2.

The second major part of the immediate goals for the Yasnopolyanskij labor psychiatric colony is the possible special medical service needed by those with curable conditions, such as those suffering from extreme fatigue, general neuroses, epilepsy, alcoholics, and drug addicts. Looking at this issue from the perspective of those just considered, in relation to the possibility of receiving more or less sufficient means from the serviced region in the near future, it is necessary to plan a medical building for patients of the following four categories. The first group of patients should include the overly (clinically) fatigued and those of a weakened neuropsychological state who are in the first stages of illness when the signs of neuro and psychopathology are still not to the point that a detailed diagnosis of clear and sharp characteristics is possible. The first group, just as the other two groups, will require separate quarters for men and women. Patients of this group, from the point of view of pathology, occupy an intermediate space between health and illness. With a proper routine, they more often than not recover, regaining their vitality and good humor without the need of special clinical procedures, such as electrotherapy, hydrotherapy, et cetera.

The refuge's second group of patients should consist of those suffering from psychasthenia, neurasthenia, neurosis, hypochondria, slight convulsive ticks, and those afflicted by hysteria and obsessive mental disorders of a serious nature. It would be useful to designate the third group for epileptics who are at a stage when it may be reasonable to assume they can recover or, at the very least, make considerable progress toward recovery. This group need not include the insane or feeble minded or even those who suffer from frequent seizures or who are suffering from an obvious prolonged, progressive untreatable illness. Those suffering from untreatable

epilepsy or any form of neurological disorder may be cared for in specially designed quarters provided through special extra capital assets. The fourth group of patients qualified for care should consist primarily of those suffering from treatable alcoholism and drug addiction, such as morphine, cocaine, chloroform, et cetera. Cerebral and psychological poisons have a particular attraction for people and sometimes animals. Apparently, psychologically organized entities, from an interest in taking on another life (as if in the theater) will use intoxicants to enter a psychopathological state of mind that gives them a completely altered perspective on the world. It is often the case that, thanks to their ability to silence any internal gnawing questions or pains of conscience, such individuals will never cease their quest for self-intoxication, though they may temporarily abstain through willpower. But the issue is, that mentally unstable individuals and those who are sometimes especially predisposed to alcoholic intoxication, through a downward slope of repeated intoxication, can slide into the category of mentally ill individuals who have lost the normal amount of self-determination in regard to resisting alcohol, and, in turn, in regard to a complete set of important life skills. And thus some groups of alcoholics for good reason resort to the services of modern medicine in general and, in particular, to psychotherapy of the sort involving a communal-labor routine. In the same manner as alcoholics, other unfortunate addicts are subject to the effect of clinical treatment and the medically dynamic and resolute influence in similar situations will give the unarguable medicinal results with the restoration of spiritual (mental) balance and working capacity of those in need.

In a practical sense it would not be a major mistake to arrange for the time being for each of these four branches to house 100 individuals: 40 women and 60 men in two isolated halls, each consisting of two additional sub-branches, which would house paying patients (10 of 40 – female, and 15 of 60 – male). Payment for these improved quarters in the sanatorium should be higher than the cost of upkeep, so that the leftover funds will allow for the expansion of the branch for the poor. Thus, for 400 adult patients at the sanatorium, it would be necessary to build eight separate buildings, not including construction of staff offices. The cost per patient for the establishment

of the institution is most likely around 1500 rubles, thus 800,000 rubles will be necessary for the construction and furnishing of facilities for 200 schoolchildren and 400 adults.

In the branch for the over-tired, it would be highly desirable to arrange for a resort section with a resort hall and special hotel for those coming simply out of curiosity or for summer vacation, either for hydrotherapy or for light psychotherapy in the open-air, in thick-forested overgrowth as opposed to modern-day amenities. In the forest near Yasnaya Polyana from primitive times there remain some special and still unstudied ravines, and all of the nature has preserved an impression of virginity. The locality is lofty and invigorating, and the particular history of the created work of Yasnaya Polyana's famous writer and philosopher gives a cultured mind and heart the chance to receive and experience special feelings of affinity and seemingly to personally participate in something wonderful, peculiarly beautiful, edifying, and grand. Even for the mind, there is the clear endurance, steadfastness, and persistence of the wise man of Yasnaya Polyana in his work and in his search for truth in God and man. There is no reason to doubt that this resort-like branch of the sanitarium would be a material success. Unfortunately, to properly execute such an original and special project would require no small sum of money for outfitting and management, not to mention proper know-how and a culture of faith in such things. In essence, undertakings that are at once deeply philanthropic and entrepreneurial are usually content to turn a quick profit. By organizing the branch for alcoholics, we meet the very serious task of initiating the struggle against alcoholism. In as much as the danger of alcoholism and even occasional semi-intoxication is generally known and accepted to be true, the Yasnopolyanskij Sanitarium should implement the strict prohibition of the sale of alcoholic beverages within 25 versts of Yasnaya Polyana. All state stores and establishments that sell alcoholic beverages including beer should be prohibited within this designated area. In place of these establishments, the local government would need to allow the opening of four breakfast and fruit stands for selling berries, various bread products, and kvass to private citizens. In the moral and formally-legal battle against illicit trade stimulated by the normal laxities

related to alcohol, it is necessary to organize special disciplinary detachment or militia made up of more or less educated individuals to enforce abstinence and appropriate behavior. It is necessary to distinguish between moral and culturally-enlightened measures against an innocent custom and what everyone would agree was drunken disorder and its rude provocations in its various forms from store front displays, attractive bottle labels, advertisements, and invitations.

### 3.

In addition to collecting charity through appeals and publications, provisions for the establishment of a facility for 400 mentally ill patients can be attained from the six interested provincial governments as well as the Moscow City Government as a seventh without too much effort and even within the limits of provincial health care. Moscow can be considered a special entity equal to that of a province. As a matter of fact, it should be acknowledged that until recently provincial governments from the above referenced provinces (though they are thought of as large entities) have not been able to organize public health assistance or specialized accommodation for patients belonging to the categories outlined above, regardless of the patients' acute need for such facilities. And if somewhere in a province there happens to be meager provisions for the organization of public mental health care, then, for the most part, it goes to those suffering from crude physical ailments of the spinal column or brain. Patients suffering from general forms of neuroses, who are typically more in need of a general inpatient psychiatric routine equivalent than the assistance provided in somatic hospitals, do not find it, just as they do not find such assistance in psychiatric hospitals, which are typically overflowing with the severely mentally ill whose presence is extremely stressful for those suffering from nervous disorders. Thus, considering the number of patients involved, the time is ripe and it is undoubtedly possible to make modest assignments for special assistance to those in need who have resided for more than 40 years within the purview of the provincial government. Six provinces providing for 400 patients is more than modest and possible at least as a beginning, and, by the way, for a public demonstration of the practice itself. Putting aside equalization of future expenses in accordance with the budgets

of these provincial governments and the size of their populations (equalization, which is, generally speaking, difficult to attain), let us take as a basic point of discussion a figure which is easy enough to introduce into a cost-estimate, for example, for the Tula Provincial Government. This province annually expends around 200,000 of its approximate 800,000 rubles of general expenditures on healthcare. Considering this significant sum, the introduction of 6,000 rubles into a cost estimate can barely summon an objection, when it would go to provide for the prevention of milder forms of neuroses from devolving into untreatable forms of mental illness, requiring decades of special treatment. Of course, it will not be difficult for the Kaluga Provincial Government to allot around 5,000 rubles annually to the refuge, as the province has a slightly smaller population, as well as significant expenses associated with its hospitals. The provincial government of Orlov would be obliged to acknowledge as appropriate an assignment of around 10,000 rubles, as its population has a population of over two million, keeping in mind that the population of Tula province is 1,4 million, and that of the Kaluga province is 1,2 million. The Tambov provincial government should plan on assigning around 12,000 rubles, considering the province's population of 2,7 million, and, considering its geological wealth, it should perhaps assign an additional 1500 rubles. The Ryazan provincial government will assign around 9,000 rubles, considering its population of 1,8 million. The Moscow province, though practically equivalent to that of Tula in terms of its population (not, of course, including the city of Moscow), will most likely acknowledge as possible the assignment of around 18,000 rubles for the refuge, considering the significant revenue it receives from district statutes. The city of Moscow, which draws upon the physical and psychological strength of its neighboring provinces' youth to spend so abundantly on its own necessities should under no circumstances contribute less than 24,000 rubles to the Yasnopolyanskij refuge, especially considering its commercial and industrial wealth. Thus, we can count on the collective assignments of the provinces interested in a tangible benefit to be around 80,000 rubles per year. Additionally, it is expected that the general provincial organization, other provincial and city governments, the Society of the Red Cross, as

well as other charitable organizations, will bring in approximately another 20,000 per year. With this type of investment, it will be possible to open enough sections of the sanatorium to accommodate 200 patients in no less than three years, and later most likely another 200, having spent annually 100,000 on modest upkeep of the labor refuge, as the possible revenue from boarders and the work of the patients should cover the cost of the project's improvement and expansion.

In the future, in anticipation of legal and socioeconomic improvements, it will be necessary to work towards doubling the number of patients and expanding the Russian office of the refuge. However, initially, it is advisable to exercise caution and focus on the immediate goals for organizing the various branches for 200 school children and youths suffering from mental defects, as well as for 400 adults from the various categories of neurotic and mental disorders described earlier.

It is likely that from the provisions outlined above, with perhaps a small increase, it will be possible to provide outpatient care to patients suffering from nervous and mental disorders at the refuge, as well as to set up a number of psychiatric and anti-alcohol mentorships in neighboring vil-

lages for corresponding assistance to the population.

Together with this, the first Commission and Committee will – of course – not set aside the work of gradually introducing all counties to the shared international goals of the Yasnopolyanskij Psychiatric Sanatorium. Nor will they abandon the task of working out a wide general program of activities in sections of various nationalities, who have been brought together into a more or less massive managing body formed of general academic institutions (psychological, neurological, anatomical, etc.) and elaborately detailed charters.

The article's proposal is made with the firm conviction that public and state officials from the center and heart of Russia who are blessed with the spiritual gifts of nature will help strengthen and invigorate the mental (psychic) strength of people who are mentally impaired or mentally feeble, and that the country's renewal of political and economic strength will bring about new forms of cultural-psychiatric assistance to those in need, the number of which is growing in the intense spiritual climate that we are currently experiencing.

Tula 08.09.1906  
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