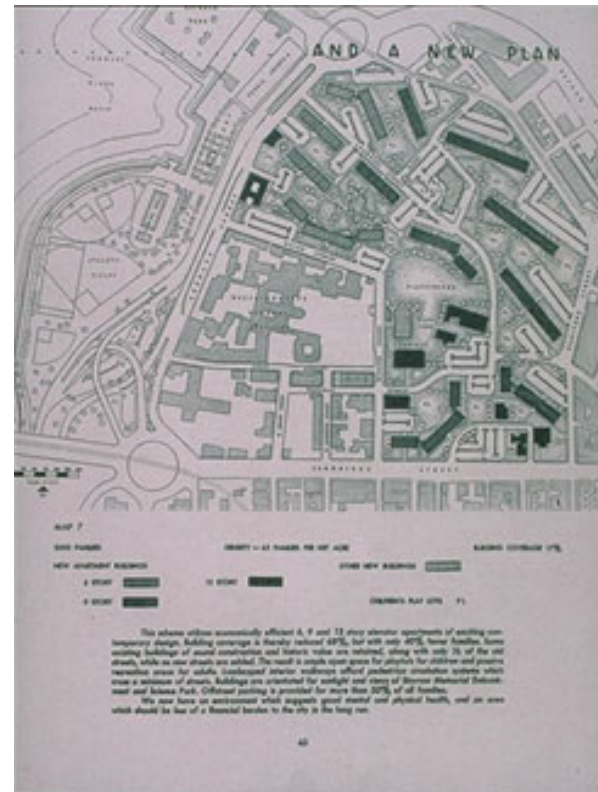
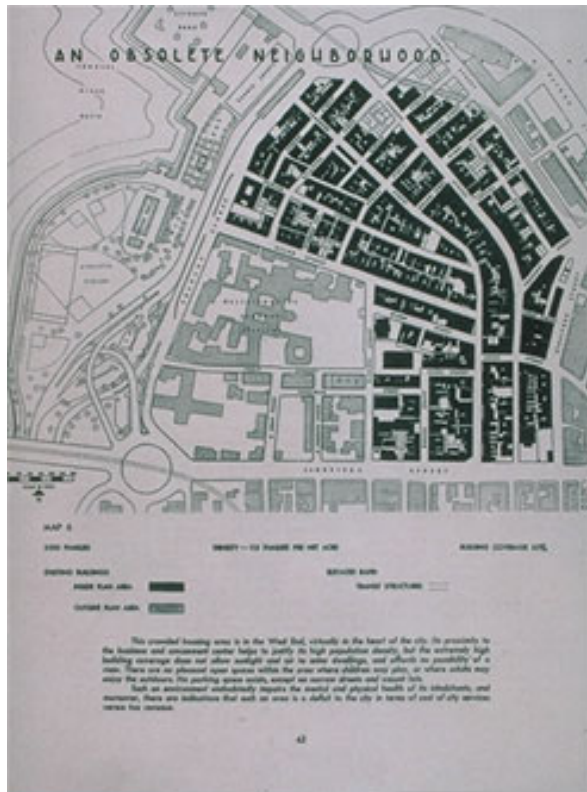


# Stress and the “Space Cadets”: Mental Health, Housing and the American City c. 1956-1966

Edmund Ramsden  
Queen Mary, University of London

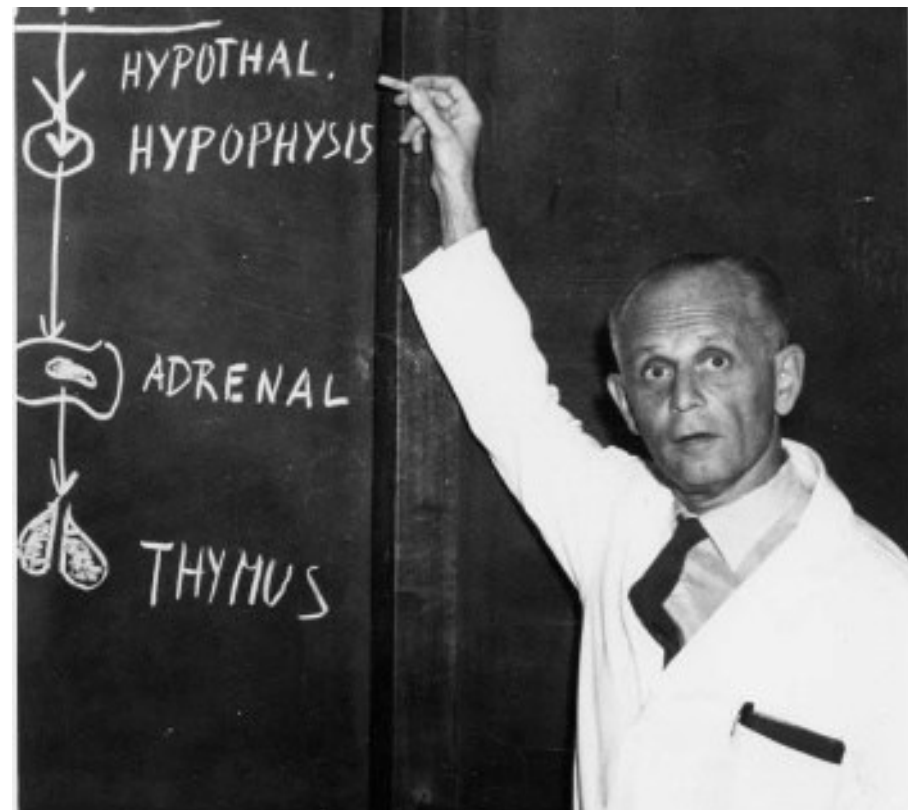
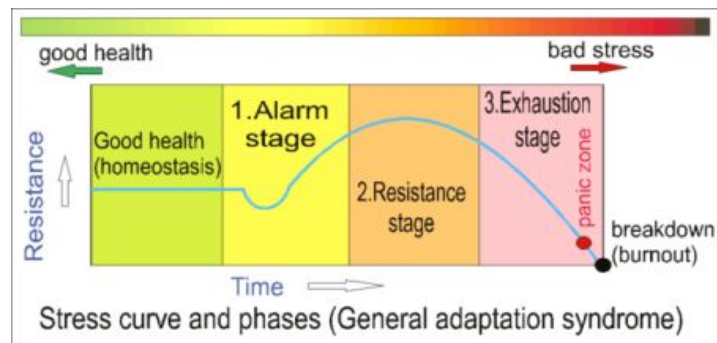
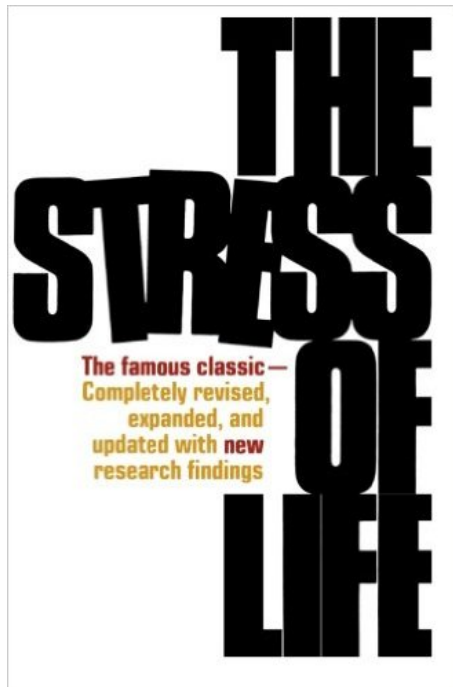


Space, Place and Psychosocial Wellbeing:  
The Psychological Sciences and the Built  
Environment in the United States, c. 1940-  
c.1980

Wellcome Trust University Award

# Hans Selye

1907 –1982



Committee on Physical and Social Environmental Variables as  
Determinants of Mental Health  
("Space Cadets")

**Regular members:**

Erich Lindemann  
John Seeley  
Herbert Gans  
August B. Hollingshead  
Catherine Bauer  
Richard Meier  
Melvin Webber  
T. C. Schneirla  
Edward Deevey  
Nicholas Rashevsky  
John Q. Stewart  
Daniel Wilner  
Marc Fried  
Thomas Gladwin  
Harvey Perloff

**Organizers:**

John B. Calhoun (NIMH)  
Leonard Duhl (NIMH)

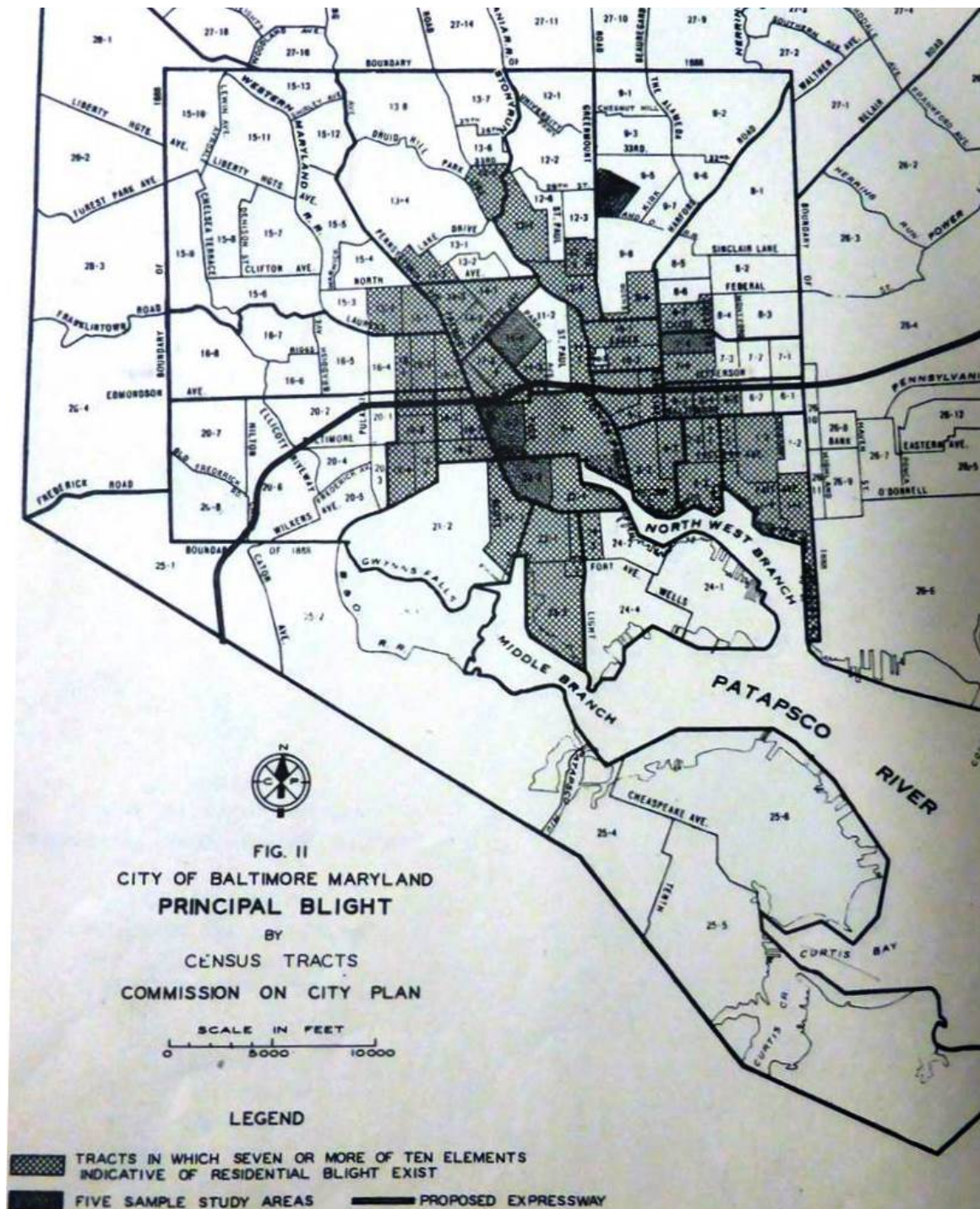
**Visitors:**

Bruce Dohrenwend  
Marie Jahoda  
Erving Goffman  
William F. Whyte  
Ernest Caspari  
Albert Deutsch  
Ian McHarg  
Eugene Rostow  
Geoffrey Vickers  
Michael Young  
Robert C. Weaver



The social scientists, the psychologists and the others have never been able to help them. They want to know something about space... What they want to know is do we need free space outside for kids to wander in. Do we need natural areas? Does this have anything to do with people's living qualities or not and on and on you can go. Have we any answers to that?

Leonard Duhl, Conference on The Physical Environment as a Determinant of Mental Health, 28-29 May 1956, Tuesday Morning, p. 174. John B. Calhoun Papers, National Library of Medicine (NLM).



# Committee on the Hygiene of Housing

**George Huntington Williams**  
(1892-1992)

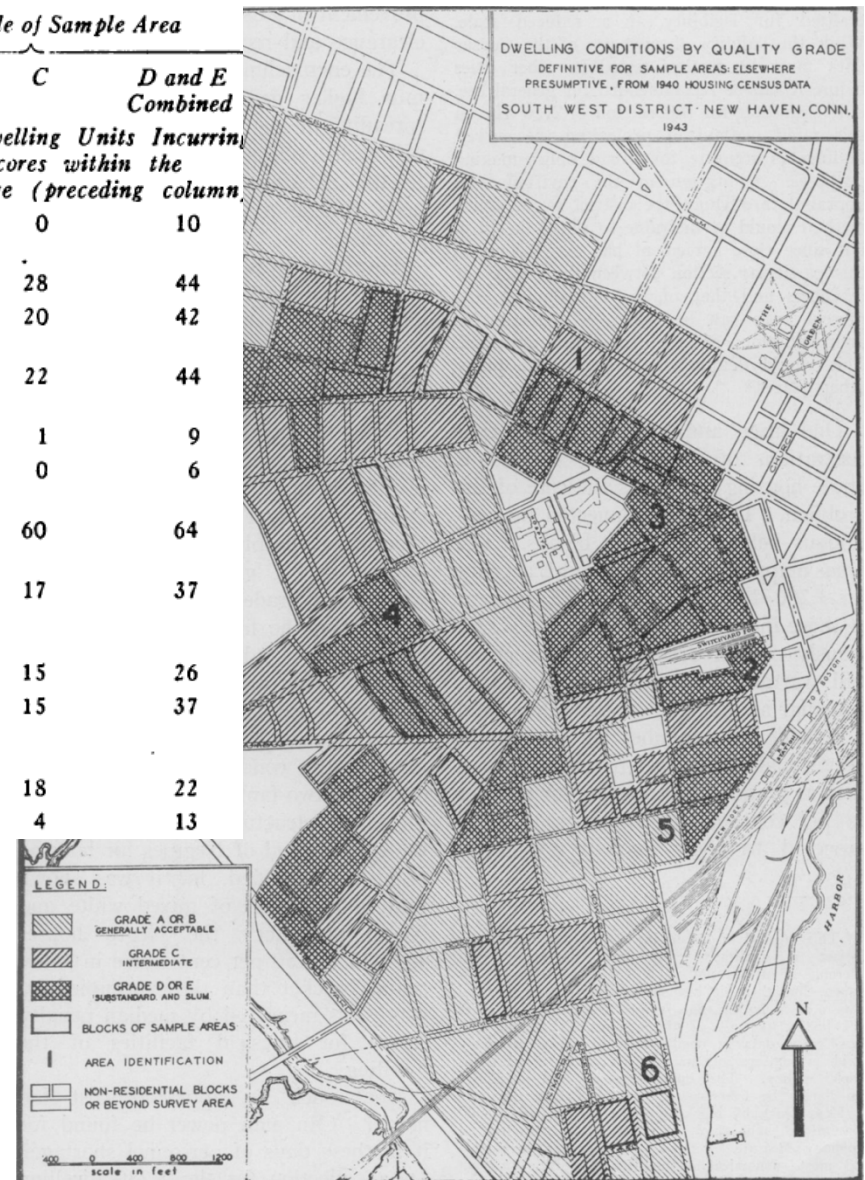


**Charles-Edward Amory Winslow**  
(1877-1957)



Scoring Item Number	Deficiency	Qualifying Range of Score: Penalty Points <sup>1</sup>	Quality Grade of Sample Area		
			A and B Combined	C	D and E Combined
			Per cent of Dwelling Units Incurring Penalty Scores within the		
			Qualifying Range (preceding column)		
FACILITIES					
I. DWELLINGS					
2	Public Hall Daylight: Grossly Inadequate <sup>2, 3</sup>	5-10	0	0	10
5	Daylight Obstruction by Adjacent Structures: Serious <sup>2</sup> .....	5-15	18	28	44
8	Piped Water: Cold Only or None in Unit...	7-15	4	20	42
9	Bathing Facilities: None, Shared, or No Hot Water .....	7-23	6	22	44
10	Toilet Facilities: Shared, Outside Unit, or Non-flush .....	10-40	2	1	9
12	Windowless Rooms: One or More.....	15-20	0	0	6
13	Installed Heating: None in at Least One-half of Rooms .....	10-18	7	60	64
15	Room Sizes: Area of One or More Rooms Substandard <sup>2</sup> .....	5-10	19	17	37
MAINTENANCE					
16	Yard Condition: Grossly Insanitary <sup>2</sup> .....	10-15	0	15	26
18	Structural Deterioration: Extreme <sup>2</sup> .....	20-30	3	15	37
OCCUPANCY					
21	Persons per Room: One and One-half or More	10-25	10	18	22
22	Area per Person: Substandard <sup>2</sup> .....	10-25	1	4	13

## Appraisal Method of the Committee on the Hygiene of Housing (APHA)





THE BALTIMORE PLAN  
OF  
HOUSING LAW ENFORCEMENT



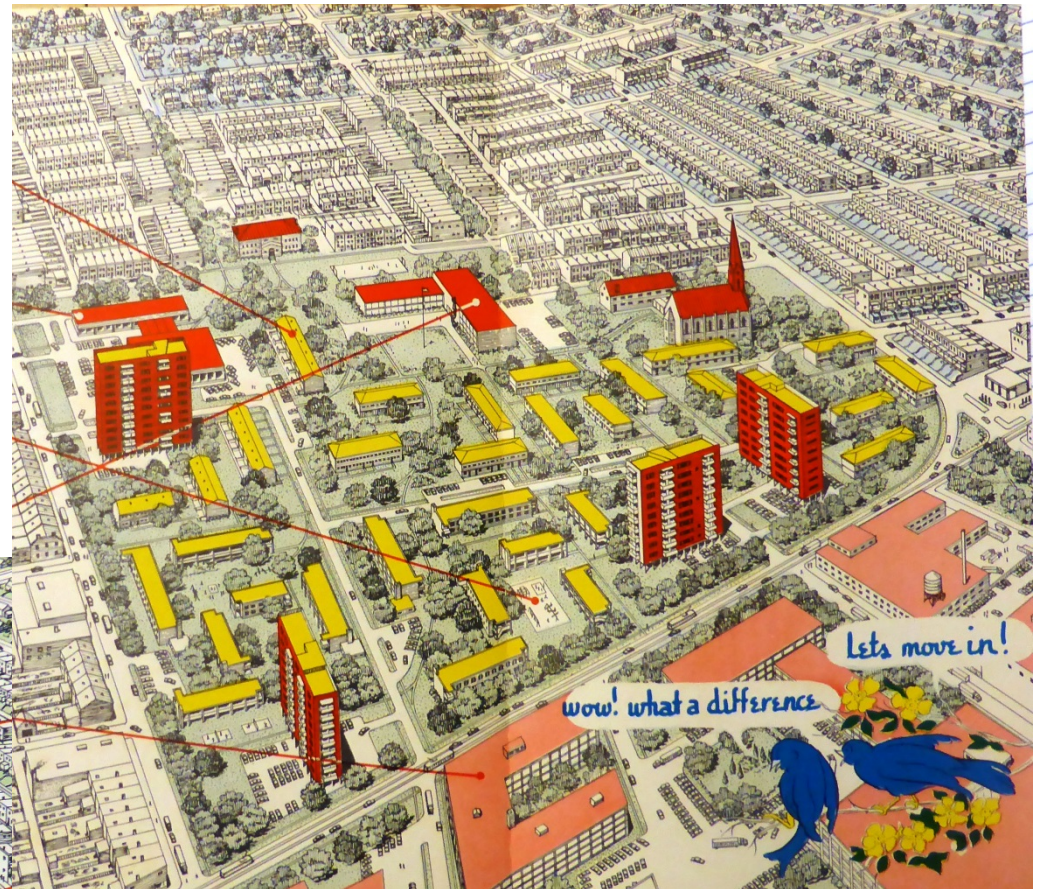
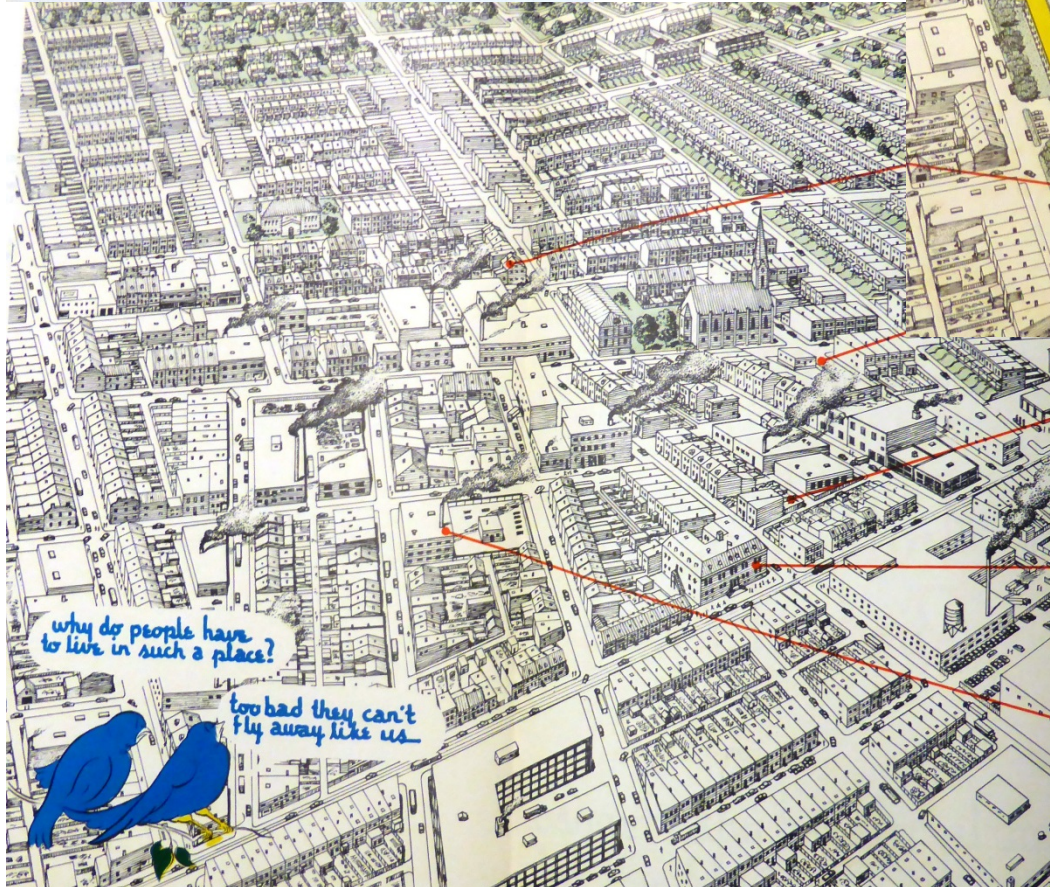
# THE BALTIMORE PLAN

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bad  
Neighborhood



Good  
Neighborhood



## Lafayette Courts, Baltimore (1955-1995)





# THE HOUSING ENVIRONMENT AND FAMILY LIFE

*A Longitudinal Study of the Effects of  
Housing on Morbidity and Mental Health*

BY

DANIEL M. WILNER  
ROSABELLE PRICE WALKLEY  
THOMAS C. PINKERTON  
MATTHEW TAYBACK

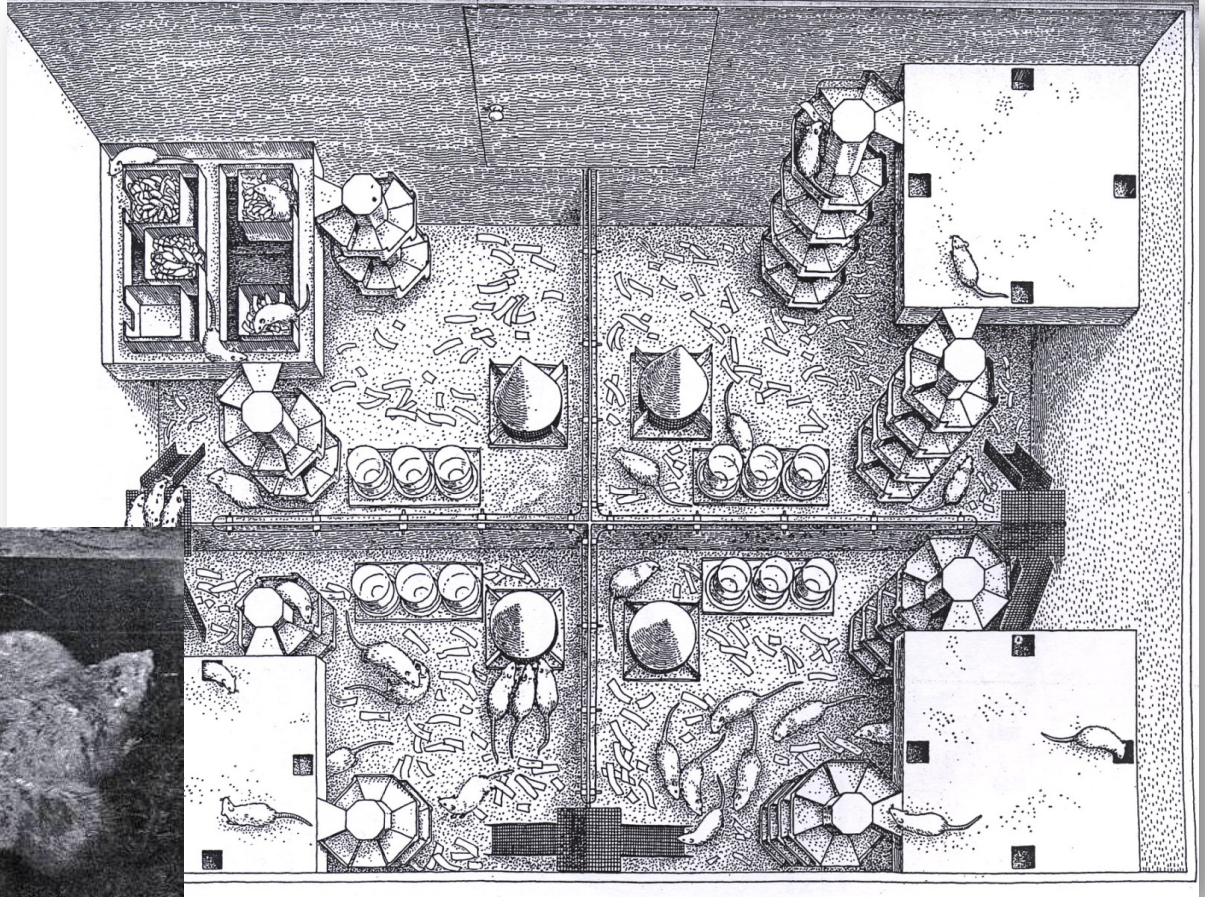
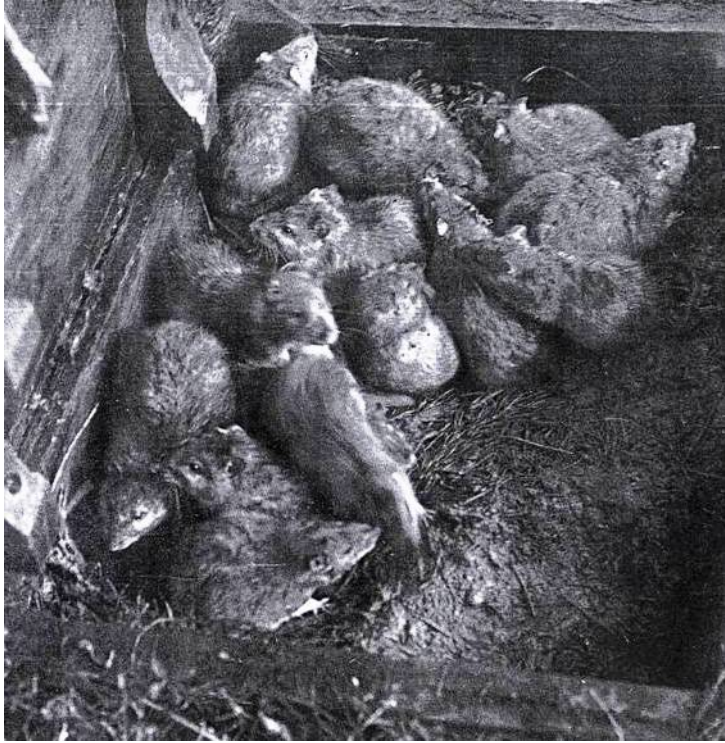
WITH THE ASSISTANCE OF

MARVIN N. GLASSER, JOHN M. SCHRAM,  
CARL E. HOPKINS, CHARLES C. CURTIS,  
ALAN S. MEYER, AND JOSEPH R. DALLAS

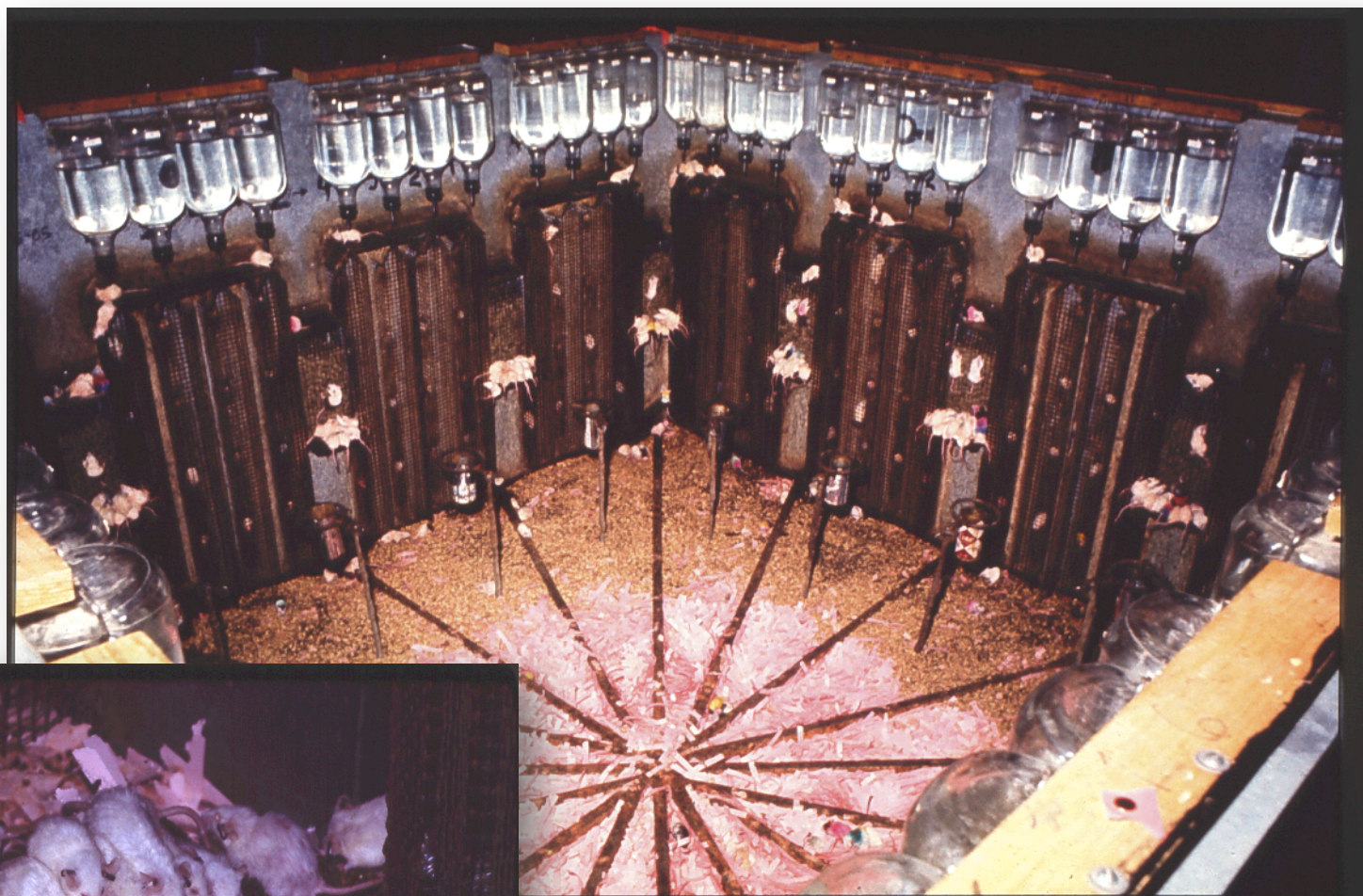
THE JOHNS HOPKINS PRESS  
BALTIMORE

“The scales of Mood, Control of Temper, and Nervousness were intended to tap a constellation of personal reactions and feeling states related to stressful living circumstances”

Wilner et al, 1962, p. 203.





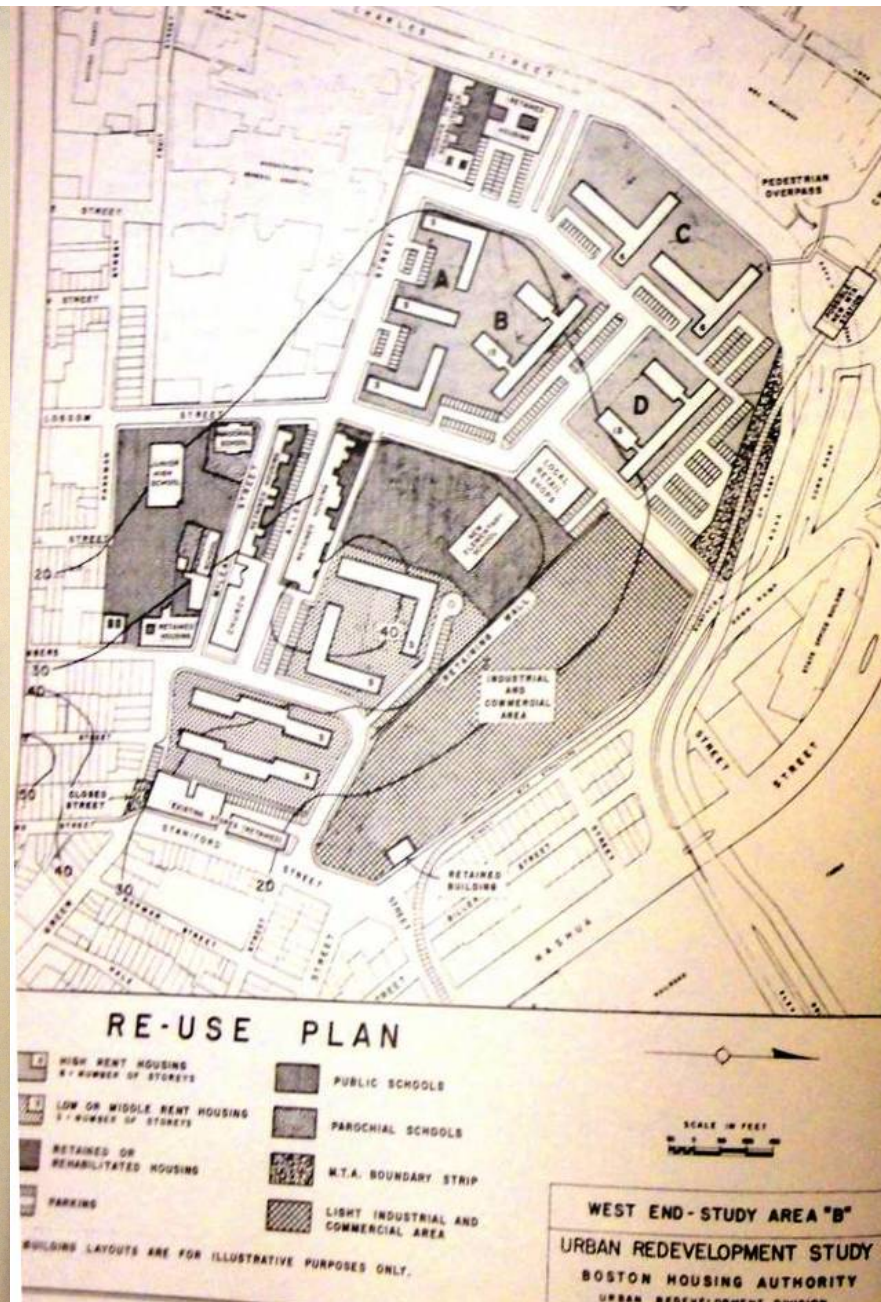
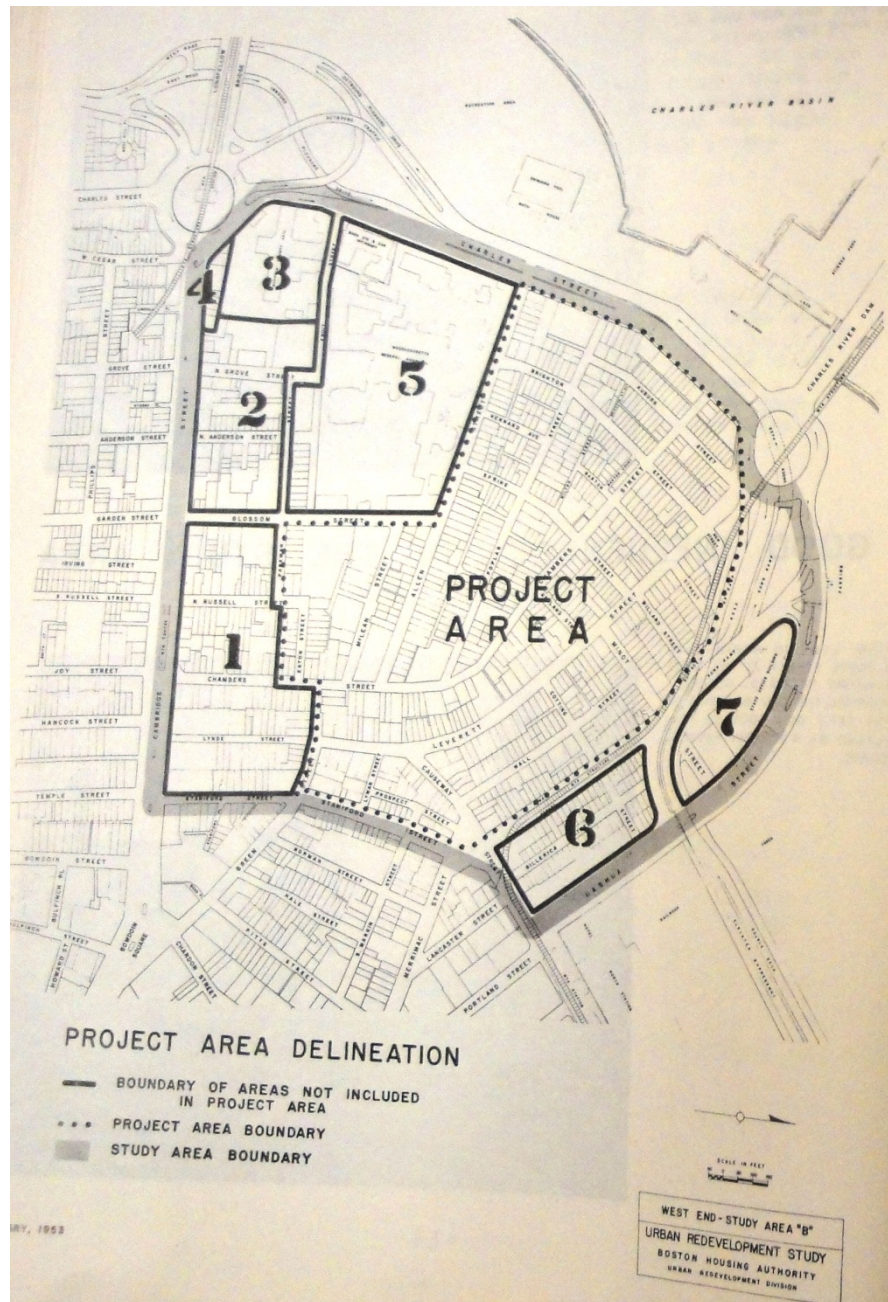


Erich Lindemann  
(1900-1974)

Chief of Psychiatry,  
Massachusetts General  
Hospital, Boston











Boston's Charles River Park development before (above) and after (below). The before shows the ancient structure that stood on the development site 130 years. The after shows the buildings they will stand in the first complex of a vast 2,400-apartment program. Site clearing is almost completed.

## Green Oasis Set to Rise Where Slum Once Stood

Special to The Christian Science Monitor

**Boston** The proverb that history repeats itself is being aptly demonstrated in Boston's West End.

Pile drivers and excavation equipment have been noisily at work for several weeks on a seven-acre corner of the 45-acre tract that will encompass Charles River Park in several years.

The 45-acre area will be a streetless oasis of green in the place that a slum occupied, less than 10 minutes from downtown Boston, when finished. Eighty-two per cent of the land area to be occupied by 2,400 apartments will be landscaped grounds and lawns. Some 5,000 families will occupy 14- and 23-story tower apartments and three-story town houses in a suburban setting.

### First Deed Dated 1641

The historical repeat is in this lavish description: the West End was the most attractive residential area of Boston back in 1641, when the first deed was filed for land in the neighborhood.

Nathaniel Ingersoll Bowditch, writing in the Boston Daily Transcript as "Gleaner" in 1855, reported that the West End from the earliest days was attractive "on account of its westerly situation, where it had plenty of agreeable inland breezes, and was comparatively sheltered from the easterly winds."

First property-owner in the West End was the Rev. James Allen, whose pasture was a continuous affair stretching 38 acres north and south of Cambridge Street along the Charles River.

One hundred years after his passing in 1802, his estate,

described by Bowditch as "ancient gardens and groves sadly desecrated by civilization," was valued at only \$300.

A ropewalk was located on the site of the first complex of Charles River Park, currently under construction. It was one of 14 that flourished in the city in the first half of the 18th century, while shipbuilding was so active. The year 1736 was a big year for the industry, when 14 topmast vessels of 4,324 tons were built and outfitted.

### Ropemaking Cited

Ropemaking formed one of the Boston colony's principal branches of industry in the early days. Bowditch pointed out "how extensively the initial 'P' figures in regard to the location of these ropewalks: Purchase Street, Pearl Street, Pinckney Street, Poplar Street, the point on which the Poorhouse was built."

The erection of a meeting house in 1734 formed the center of the earliest West End development of housing. Some dwelling houses were built around it. By 1807, house lots occupied the whole south side of Poplar Street, from Chambers Street to Charles River.

In this course of growth, the area lost its first name, "New Boston," then "West Boston," and became the West End. Here, Charles River Park is launching a development.

A deed recorded in 1641 noted that a John Biggs purchased 1½ acres of marsh for 40 shillings. His purchase covered "all land from the water (Charles River) to within 70 feet of North Russell Street," approximately the site of the present Charles River Park.



# THE WEST END PROJECT REPORT

A REDEVELOPMENT STUDY

BOSTON      MASSACHUSETTS  
MARCH      1953

VIEW NORTH ON BARTON STREET  
FROM UNDER THE M.T.A. ELEVATED  
TROLLEY LINE. NOTE THE  
NARROW STREET, OVERHANGING  
STRUCTURES, AND BASEMENT  
DWELLING UNITS.



## BUILDINGS TO BE DEMOLISHED

VIEW OF AREA ON NORTH SIDE  
OF ALLEN STREET BETWEEN  
KENNARD AND SPRING STREETS.  
NOTE WHERE BUILDINGS HAVE  
BEEN REMOVED FOR HOSPITAL  
PARKING LOT AND CONDITION OF  
REMAINING STRUCTURES.



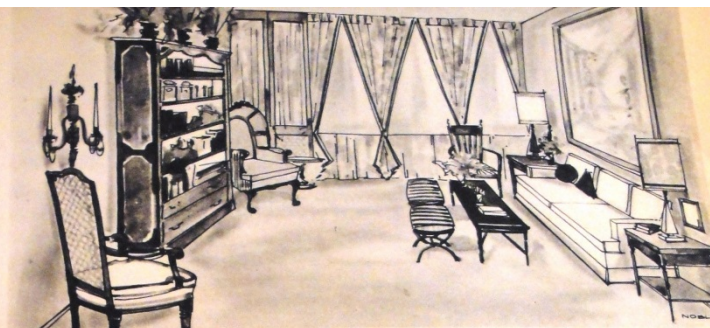




## CHARLES RIVER PARK THE WONDERFUL EXPERIENCE OF SPACIOUS IN-TOWN LIVING

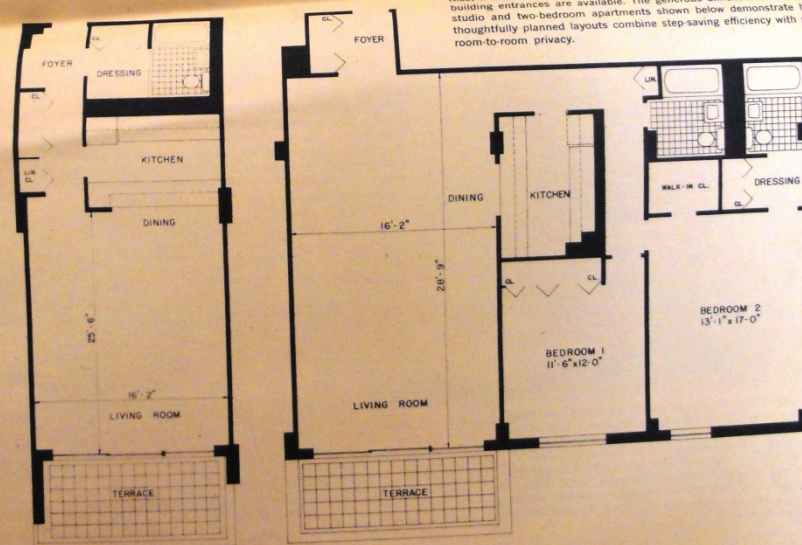


This sketch shows just one of the many rooms of various sizes and shapes in the display of eight model apartments now open to the public at Charles River Park. Only once in a lifetime would you have a chance to see a display of this kind. Abundant with ideas on apartment arrangement, color, and decor, each room has been done by a different decorator of note. The entire project has been put together by 15 outstanding members of the New England Chapter of the A.I.D. under the coordination of Dana Noble, of Herbert H. Coe Associates. This group of decorators has literally outdone itself to produce an exhibit of such taste and originality that you just can't afford to miss it.



## BEAUTY, SPACIOUSNESS, PRIVACY

Apartments at Charles River Park are available in a wide range of floor plans, room combinations and sizes (see back cover for detailed listing). And a special service makes your apartment practically custom built. You simply specify what arrangement you want, and you get it. With imaginative and almost unbelievable convertibility, walls are taken down to enlarge or combine rooms, doorways are put through to connect, rooms are closed off from main areas and given other, more private entrance. For example, a 3-bedroom apartment was recently combined with an efficiency to make one large, 6-room apartment with two master baths, a guest bath and powder room, a library with balcony, and a screen study. One of the entrance halls was even made into an extra bathroom. Also, a limited number of physicians or professional suites with separate building entrances are available. The generous dimensions of the two studio and two-bedroom apartments shown below demonstrate how thoughtfully planned layouts combine step-saving efficiency with pre-room-to-room privacy.



We have referred to this way of organizing space as *territorial* to distinguish it from the more highly *selective* and individualized use of space which seems to characterize the middle class. And we suggest that it is the territorial conception and manner of using physical space which provides one of the bases for the kind of localism which is so widely found in working-class areas.

Marc Fried and Peggy Gleicher, "Some Sources of Residential Satisfaction in an Urban Slum", *Journal of the American Institute of Planners*, 1961, 27: 305-315, p. 314.



# The Boston Globe Magazine

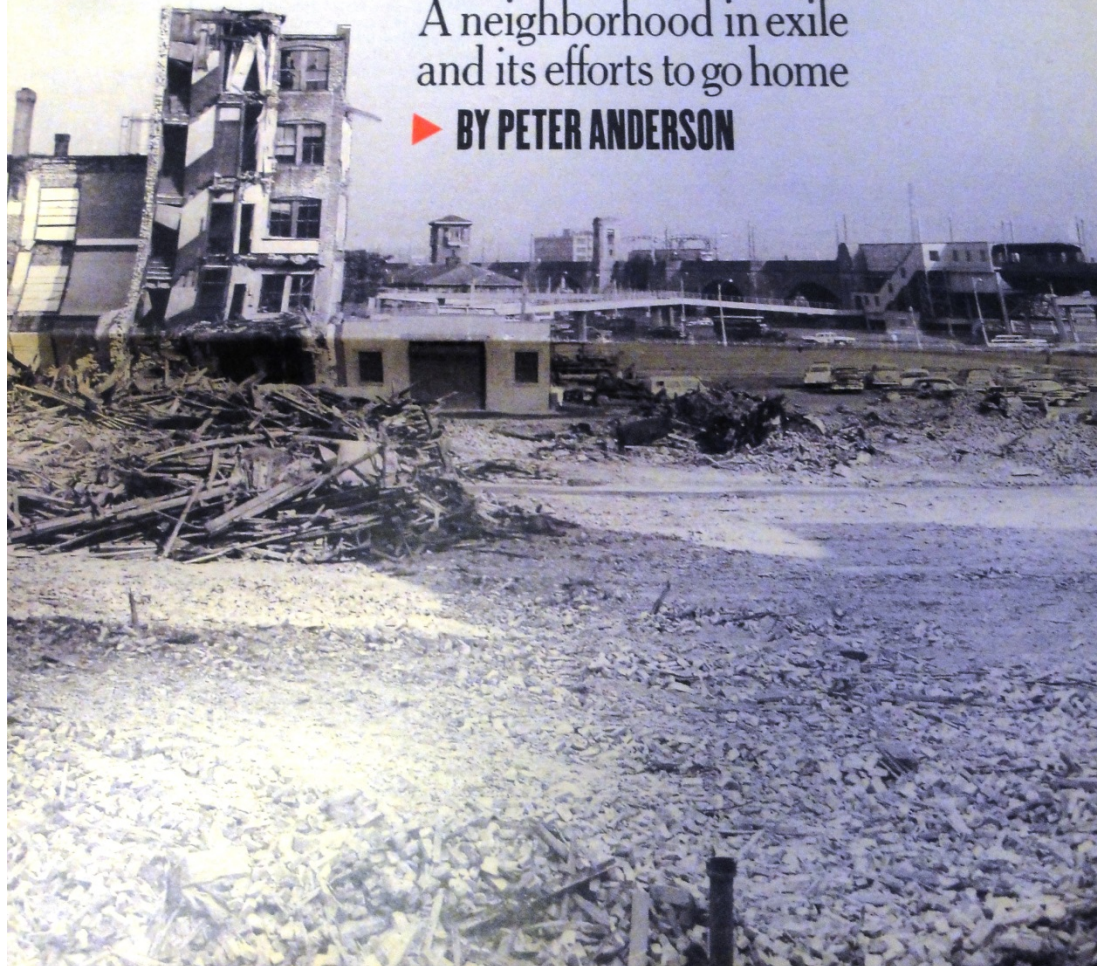
MAY 24, 1987

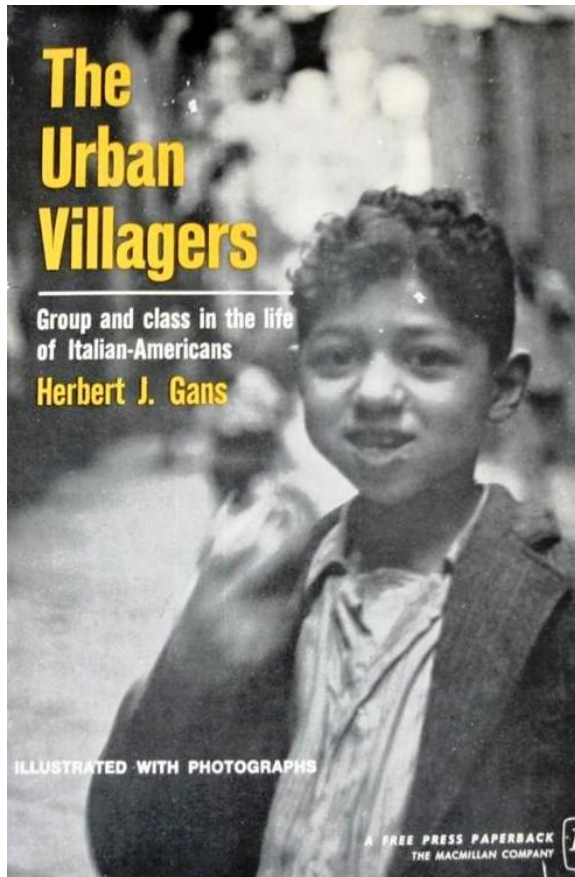
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## WEST END STORY

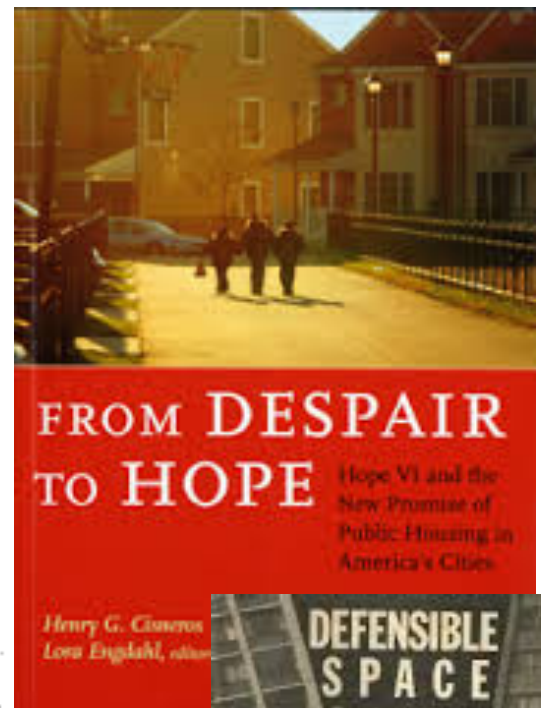
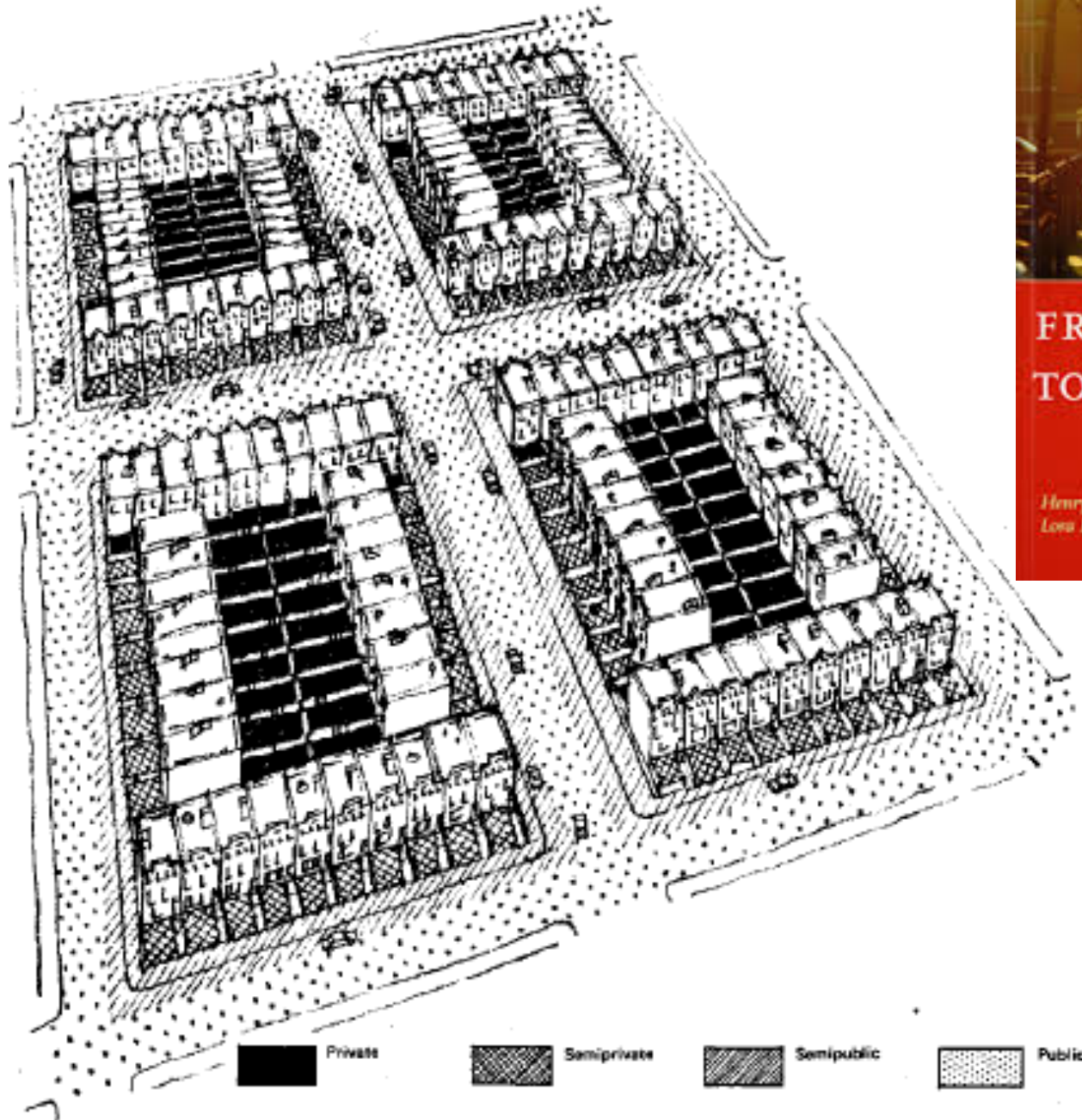
A neighborhood in exile  
and its efforts to go home

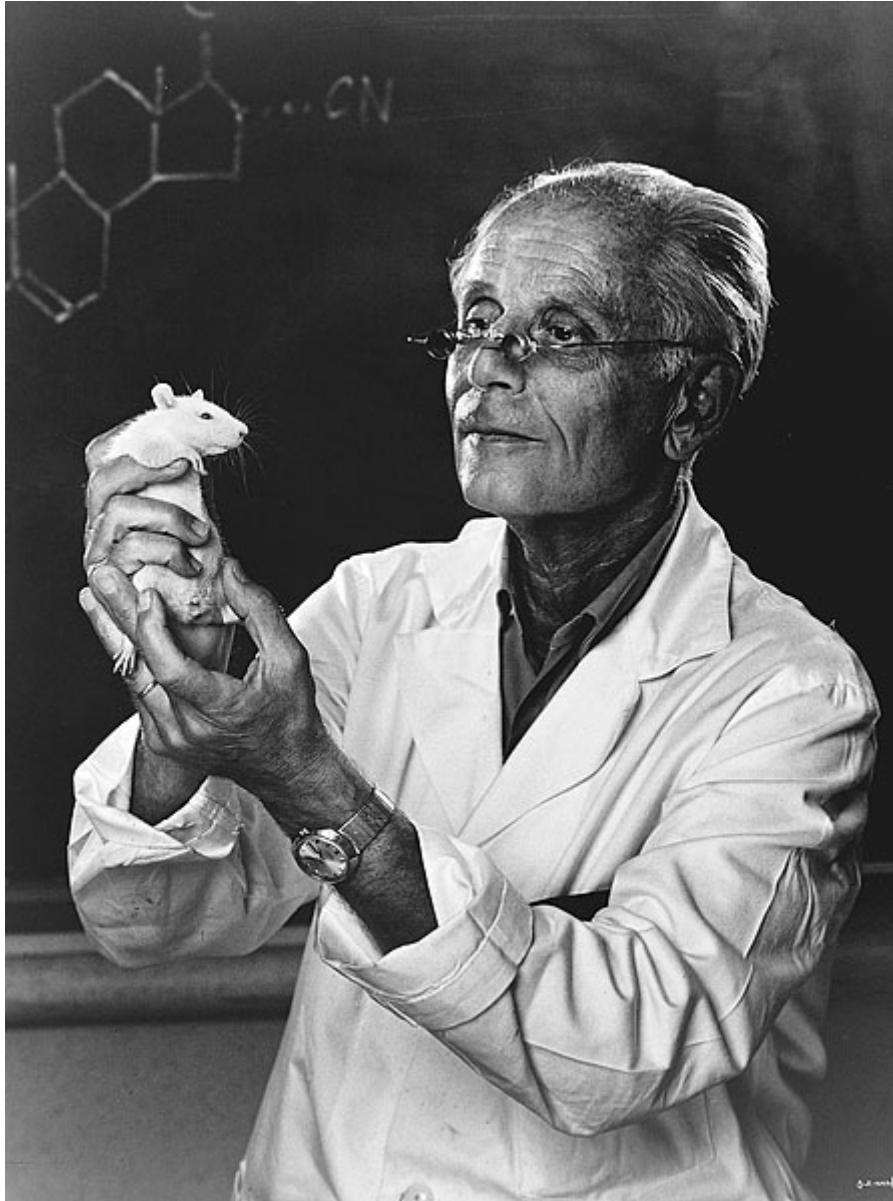
▶ BY PETER ANDERSON











“Everybody knows what stress is and nobody knows what it is”

Hans Selye, 1975.