

## ● Eleanor Roosevelt My Day

**NEW YORK** — How many of us know what a bibliotherapist is? I confess that I had no idea until I read a little pamphlet, which came to me the other day, about Dr. Sadie T. Delaney of Tuskegee, Ala.

Mrs. Delaney has achieved state, national, and international recognition for her work as a librarian, but more especially as a bibliotherapist. She has been the chief librarian at the Veterans Hospital in Tuskegee.

She was born in Rochester in 1889, attended Poughkeepsie High school, the College of the City of New York, and received her library training in the New York Public library system.

**NOW I HOPE YOU** are wondering, as I did, what bibliotherapy is. The term is taken from "biblio," meaning book, and "therapy," meaning treatment, and Mrs. Delaney describes her work as the "treatment of a patient through selected reading." It requires the librarian not only to read every book in her library but to be familiar with the case history of every person for whom she selects a book.

Each patient receives the same individual attention as that given to him by his physicians and psychiatrists. Mrs. Delaney hesitated when she was asked to go into the South and undertake this work in a veterans' hospital, where it had never before been done.

**SHE ARRIVED** in Tuskegee Jan. 1, 1924, and on Jan. 3 the library was opened. She had only 200 books and a table, but in two weeks' time she moved to more adequate quarters with reading tables, chairs and an office of her own.

She gathered flowers, plants, wall maps and posters, and within a few weeks she began to carry her books to the wards so that the patients who were confined to their beds could begin to read.

By Jan. 15 she had begun to collect a medical library for the use of the doctors and nurses. At the end of the first year she had 4,000 volumes in the hospital library and about 85 volumes in the medical library.

**SHE THEN HAD** 500 patients and about 300 employes to serve, but by 1925 the number of patients had gone up to 1,000 and the reading had increased proportionately. A year later she started a special library binding service to give patients vocational experience, and in 1930 she organized a disabled veterans' literary club which became the nucleus of the active literary press club that exists today.

In 1934 she started a department for the blind. She learned Braille herself, and little by little she started one project after another to give her patients new interests and broaden their outlook on the world. As a result, the Veterans Hospital Library of Tuskegee has the highest circulation per patient of any library in that area.

Mrs. Delaney has received many honors and has deserved them all. But I am sure that what she treasures most is the knowledge that she has helped countless individuals.

E.R.

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## American Library Association

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Sadie Peterson Delaney: Pioneer Bibliotherapist

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# Sadie Peterson Delaney: Pioneer bibliotherapist

BY BETTY K. GUBERT

*A beacon of hope  
in the segregated  
South, Sadie Delaney  
brought books—  
and pride—  
to recuperating  
black veterans.*

In 1983 New York Public Library's Schomburg Center for Research in Black Culture received seven bound volumes of letters, clippings, and photographs attesting to the accomplishments of Sadie Peterson Delaney, a librarian who became an outstanding twentieth-century practitioner of bibliotherapy. Through these letters from major and minor figures—both black and white—in the fields of literature, politics, library service, hospital administration, and race relations, there emerges a portrait of a woman of determination, energy, enthusiasm, patience, and magnetism. She chose to use these considerable attributes to bring books into the lives of people who were unable to get them for themselves, working with hospitalized black veterans in the segregated South from the 1920s to the 1950s.

Sara (Sadie) Marie Johnson Peterson Delaney was for 34 years (1924–58) the chief librarian of the U.S. Veterans Administration Hospital in Tuskegee, Ala. In this capacity, she not only provided library service to thousands of physically and mentally disabled African Americans, but also developed the art of bibliotherapy to such an extent that her methods received worldwide recognition.

Born Feb. 26, 1889, in Rochester, N.Y., to James and Julia Frances (Hawkins) Johnson, Delaney completed high school in Poughkeepsie, where her family had moved. She also attended Miss McGovern's School of Social Work there

*Before her retirement, research consultant BETTY K. GUBERT was head of reference at NYPL's Schomburg Center for Black Culture.*

for one year. As Mrs. Peterson\*, she began her professional career at the 135th Street Branch of New York Public Library, and received her training at its library school from 1920–21. This branch played an important role in the community as Harlem shifted from a neighborhood of native-born and European whites to one of African Americans and blacks from the Caribbean.

NYPL and its staff were deeply committed to meeting the needs of this changing population, who had a growing interest in African and diasporic cultures. The library director's annual report for 1920 notes: "Special attention has been given this year to the development of the 135th Street Branch. Two interesting and significant features are the progress in children's work and the employment of colored assistants." The report further states that use of the children's reading room had greatly increased and that both circulation of books and registration of new readers had gone up. "The interest of the parents is evident; they have curiosity and sympathy and well understand what such a room can mean to the community life."

Cited for exceptional service, Delaney worked with children from public and parochial schools, with juvenile delinquents and boy scouts. While serving special groups, Delaney became interested in blind people, and so learned not only Braille but also Moonpoint, a simpler system of embossed reading invented in England by William Moon in 1847.

This period, known as the Harlem or Negro Renaissance, was a time of artistic creativity and political activity. Black Americans were looking at their roots in Africa, the Caribbean, and Southern folkways. Jazz was the music of the day, and literary salons where black writers could meet white publishers flourished. The 135th Street Branch was part and parcel of the intellectual, musical, and artistic ven-

\* Divorced from Edward Louis Peterson in 1924, she married Rudicel A. Delaney in 1928. For consistency's sake, Sadie Peterson Delaney is referred to as Delaney throughout this article.

tures of the day, offering hundreds of programs from 1920–23 that Delaney often arranged. These programs included W.E.B. Du Bois on Negro creative literature; James Weldon Johnson on Haiti; and scholars and community leaders such as William H. Ferris, George Edmund Haynes, Hubert Harrison, and Fred Moore, editor of the *New York Age*. The library held annual art exhibitions and programs featuring African music and concerts by black musicians.

Delaney belonged to a writer's club and was politically active as well. In 1923 she sought the help of prominent people to restore a French government scholarship Augusta Savage had won to study sculpture in Fontainebleau. The award had been withdrawn after two other winners, who were from Alabama, protested they could not be expected to travel or room with a colored girl. Despite appeals to the French and to President Harding, Savage was denied her scholarship. (Savage went on to have her work exhibited at the 1939 World's Fair and collected by the Schomburg Center, which in 1986 added a gift of nine sculptures to its holdings of works by this artist and teacher.)

James H. Hubert, the executive secretary of the New York Urban League, wrote to Delaney Apr. 23, 1923, to remark upon "the growing esteem of which the people of Harlem hold the work of the 135th Street Branch. I deeply appreciate your share in this." He went on to thank her for the many times she had helped him. On Oct. 25, 1923, Jessie Fauset, a novelist and the literary editor of *Crisis* (the magazine of the NAACP), wrote her that "Dr. Du Bois [a founder of the NAACP and *Crisis* editor from 1910–34] sailed Wednesday, October 24th. He wishes me to express to you his deep appreciation for what you have done to make his trip to the Third Pan-African Congress and to Africa possible."

### "Greater and better work"

Famous for her tireless energy and creativity, Delaney seemed perfectly matched to this stimulating branch in the vibrant Harlem community. Yet, when the opportunity came to serve in Tuskegee, she took it.



Mary Phelan

*Delaney saw the library as "aiding [the patient] in his upward struggle to lay aside... all sense of defeat... by the means of books."*

Delaney arrived in Alabama Jan. 1, 1924, and on Jan. 3 opened the library with one table and 200 books. In a Jan. 25, 1925, article she wrote for *Crisis*, she detailed the experiences and accomplishments of her first 10 months there.

Two weeks after her arrival, the library moved to a larger room that included space for an office. Delaney used plants, flowers, wall maps, and posters for their positive psychological effect. Pictures of eminent African Americans—Douglass, Washington, Du Bois, Moton—and an autographed photograph of President Calvin Coolidge adorned the walls.

Delaney borrowed fairy tales from Tuskegee Institute because "there seemed no books suitable for mental patients." Men confined to bed received books and magazines brought to them in wire paper carriers. Circulation rose with these efforts, as well as when atlases, dictionaries, newspapers, and encyclopedias were added to the collection. Monthly programs and book talks were instituted, as was a weekly story hour in the mental wards.

The doctors and nurses were not over-

looked. Within two weeks of Delaney's arrival, they too had a library of books and journals. At the end of the year, the veterans' library had 4,000 volumes for 500 patients, and the medical library 85 volumes for 300 staff members. Overall, book circulation rose from 275 a month to 1,500.

Delaney also established the Disabled Veterans' Literary Society to raise the reading standard and create a cultural atmosphere. An official letter from the Veterans Administration informed her that Tuskegee was the only veterans hospital library with such a group, and that the caliber of reading was higher than that of any other veterans hospital. Delaney wrote that she hoped to do "greater and better work," concluding: "Though in the extreme South, we try to bring to these veterans new material, recent current events, popular and helpful reading."

Delaney was to fulfill this hope during her lifetime. The "greater and better work" she did as a pioneer in bibliotherapy brought her recognition both nationally and internationally. It came from both the general public—attested to by articles in

*Look* ("Look Applauds," Sept. 26, 1950, p. 29) and the *Christian Science Monitor* ("Librarian Hailed as Pioneer," Aug. 28, 1957)—and from her colleagues in the library profession, as well as from black organizations.

Delaney defined bibliotherapy briefly as "the treatment of a patient through selected reading." In *Bibliotherapy and Its Widening Applications* (Metuchen, N.J.: Scarecrow Press, 1975, p. 16), Eleanor Frances Brown called this "one of the most concise definitions to be found anywhere if one interprets patient as anyone with a physical, mental or emotional problem, and not necessarily hospitalized, institutionalized or under medical treatment."

#### Reconnecting through reading

To treat patients through bibliotherapy, Delaney and her staff had to know patient case histories, which they obtained from regular consultations with the medical staff. They also had to know the contents of the books, which they learned by reading them. Delaney used the whole world of literature, regardless of the genre or the na-

tionality or color of the author. But, in 1932 in a *Wilson Library Bulletin* article, she addressed the special reading interests of black veterans, writing that they display interest and enthusiasm at any "mention (favorable or not) of the Negro." Noting that her patients were trying to "fit themselves for life," she wrote that their preferred reading included biographies, history, anything about Negro soldiers, and songs, poems, and books about Africa. She saw the library as "aiding him in his upward struggle to lay aside prejudice, all sense of defeat, and to take in that which is helpful and inspiring by the means of books."

**"Books about the Negro cannot be written fast enough. . . . His great happiness will be in. . . knowing more about his people."**

*Dark Princess* by W.E.B. Du Bois was popular with the veterans because "it depicts international interest in the darker races." (The heroine of *Dark Princess* is Indian, thus extending the readers' geographic ken.) The men also admired the novels of Jessie Fauset because "they depict the higher type of Negro life." (Although Fauset's novels, *There Is Confusion* [1924], *Plum Bun* [1929], and *Chinaberry Tree* [1931], later suffered neglect for just that reason, there is now a renewal of interest in them, especially from a feminist point of view. Fauset's heroines, although "privileged" by their middle-class status and fair skin, face racial and sexual barriers. They transcend their problems by a return to, or a recognition of, human relationships, instead of an unquestioning allegiance to empty societal formulas.)

Melville J. Herskovits, the great anthropologist, wrote to Delaney on Dec. 4, 1934: "I am glad that you liked our book and that you are going to be able to use it." The book was either *An Outline of Dahomean Religious Belief* (1933) or *Rebel Destiny: Among the Bush Negroes of Guiana* (1934). (The letter concludes with an invitation to see Herskovits's collection of Bush Negro Art and pieces from West Africa and Haiti. By coincidence, Herskovits's 945-piece collection was donated to the Schomburg in 1986, the same year as the Augusta Savage sculptures. The anthropologist's voluminous field notes were also donated to the Schomburg.)

Delaney noted in that same *Wilson Li-*

*brary Bulletin* article that, although the veterans read "race" books, they also asked for literary classics and posed reference questions on every subject. In conclusion, however, she pointed out that, "Books about the Negro cannot be written fast enough to satisfy the insatiate desire of these veterans. Nothing can beat back this longing to know race history and facts. . . . His great happiness will be in chanting his verse and singing his songs and knowing more about his people."

**Library as laboratory**

The aim of bibliotherapy, usually practiced by a team of librarians, social workers, and psychiatrists, is to enable patients to connect—or reconnect—themselves with a broad community of ideas and add significance to their experience, with the emphasis always on individual attention. These patients were greatly in need of assistance, having experienced the horrors of World War I and an attendant loss of values, factors likely to trigger anti-social, impulsive, or regressive behavior. Some soldiers were confined to wheelchairs or had been blinded, and did not know how to return to normal life. But, for these black veterans, normality included racial prejudice that was particularly virulent after the first world war. Chronic alcoholics and tubercular patients were also hospitalized there.

Bibliotherapists seek to reduce internal pressures such as aggression, guilt, or anxiety by using catharsis or sublimation, and attempt to substitute verbalization for acting-out behavior. Practitioners aim to alleviate boredom or a sense of futility in patients by helping them develop new interests to promote personal growth and new ways to behave. They also seek to decrease loneliness by stimulating a sense of a shared fate with others, reducing self-absorption by investment in people and ideas, stimulating aesthetic awareness, and promoting socialization and group identity.

Delaney, by design, instinct, and deeply held religious and social beliefs, promoted a full range of activities to accomplish these aims. Besides launching literary clubs, monthly programs, and story hours, she started clubs for stamp and coin collecting, debating, bookbinding, and nature study in the 1930s. She and the patients participated in book discussions on radio broadcasts. She also brought in talking books and equipment that projected books on film onto the ceiling or wall for patients who were immobilized.

Delaney started a special department for the blind at the hospital library in 1934.

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She taught Braille to over 600 patients, some of whom then taught the system to others. After work, she volunteered to work with the town's blind who were not hospitalized. The scrapbooks at Schomburg contain a letter from a blind psychologist who wrote Delaney Sept. 15, 1954, the day before he left for Europe on a Fulbright to study methods of affecting psycho-social adjustment of blind people. He expresses his gratitude to her "for helping me to know that blindness is no more than a relatively simple barrier, placed there for challenging the heart to higher goals. . . . You, a Negro woman of the South, helped me to know that skin color and creed are not important, but that the fundamentals of human beings are the same the world over."

All of these activities were not just pastimes, but were designed to increase patients' knowledge of the world, and served to make the men communicate with each other instead of staring blankly in silence, as they had before. In an article that appeared in the February 1938 issue of *Opportunity* (the magazine of the National Urban League), Delaney noted that the library had become a laboratory and workshop for the improvement and development of the whole individual. "Here minds long imprisoned in lethargy are awakened. . . . And once again he is alive with the enthusiasm and joy derived from activity."

#### Healers or handmaidens?

Although the term "bibliotherapy" is relatively new, the concept is not. Both the Greeks and Romans associated medicine with reading, the Greeks inscribing over library doors, "Place of Healing for the Soul." By the middle of the nineteenth century, many U.S. mental hospitals had libraries. E. Kathleen Jones reported in the July 1912 *ALA Bulletin* ("Library Work among the Insane," p. 310-24) on the 75 years of bibliotherapy practiced at McLean Hospital in Waverly, Mass.

When Samuel McChord Crothers first used the term in September 1916 ("A Literary Clinic," *Atlantic Monthly*, p. 291-301), he did so in a satirical essay that suggested bibliotherapy be used to treat bigotry. His "case history" was a man whose opinions had ossified. Although early in life he was an imbiber of new ideas, now that they don't agree with him, he is a total abstainer. Crothers wrote that, "Bibliotherapy is such a new science that it is no wonder that there are many erroneous opinions as to the actual effect which any particular book may have."

Crothers's observation contains the germ of most literature on bibliotherapy, which debates whether it is an art or a science; which books should be prescribed, the Bible or novels, and by whom, the doctor or the librarian; and how the effects can be measured. Of course, wags have had a field day with bibliotherapy, speaking of using books "freighted with the anodyne of slumber as any poppy field" for insomnia,<sup>1</sup> or using two volumes of an encyclopedia to straighten an arm as the only proven therapeutic use of books.<sup>2</sup>

So, hospital librarians like Delaney continued to provide books for patients, but without much notice being taken until November 1937, when William C. Menninger wrote about a five-year program at the Menninger Clinic ("Bibliotherapy," *Bulletin of the Menninger Clinic*, p. 263-274). Menninger stated that since reading was a treatment method, it must be directed by the physician. The librarian is only the tool that carries out the mechanics—purchasing and distributing the books—and reports observations. The physician should approve books before they are purchased and prescribe the first reading assignment not only to ensure a wise choice, but also to enlist the patient's interest.

Menninger portrayed a handmaiden indeed. He concluded that one cannot evaluate the role of bibliotherapy because it is only one part of a total program, but "we have repeatedly been able to see a close parallelism between the recovery or improvement of the patient and his renewed or awakened interest in books."

#### Compensation for the soul

By the time of Menninger's article, Delaney had been practicing her form of bibliotherapy for nearly 14 years, and had published five articles (see bibliography). Three months after Menninger's article, Delaney published a sixth, "Bibliotherapy in a Hospital," in *Opportunity*, which was reprinted in the April 15 issue of *Library Journal* that same year. A year later, in 1939, ALA formed its first committee to study bibliotherapy.

Nonetheless, Delaney's influence on bibliotherapy came less from her writings—which were anecdotal, inspirational, and brief—than from her actual hands-on practice of it. An active participant in professional organizations, she trained other librarians for hospital library work and instructed library school students sent to Tuskegee from the universities of Illinois, North Carolina, and Atlanta. The Veterans Administration also adopted the practice of having its hospital librarians study her

policies and practices. Delaney, who represented U.S. hospital librarians at a conference in Rome in 1934, gave lectures on bibliotherapy in American universities in conjunction with courses on psychiatry, and spoke at community churches. Librarians from England and South Africa came under her influence.

For her pioneering work as a bibliotherapist, humanitarian, and leader in professional and social circles, Delaney received numerous awards and honors. There are over 50 citations to her work in general, library, medical, psychology, and black-interest serials. She was selected Woman of the Year by the Iota Phi Lambda and Zeta Phi Beta sororities in 1948 and 1949, respectively, and won two more important honors in 1950, when the National Urban League also named her Woman of the Year and she received an honorary doctorate from Atlanta University.

In her acceptance speech at Atlanta, Delaney said: "There has been a tremendous satisfaction in aiding hundreds of individuals to return to normal living. Thought of compensation has been obliterated for there is soul compensation in helping those who are ill. . . . Another lesson learned is the value of a busy life, the utilization of every minute of the day for something worthwhile. . . . Tonight I know more than I shall be able to express, if I live to be 100, of the contentment one gains through service to humanity. If I have contributed anything at all, it has been in exploring new fields in hospital library service by using empirical methods until perfection could be attained. . . . I have tried to share my discoveries with other libraries." Delaney concluded with a favorite poem:

There is a destiny that makes men brothers.  
None walks this way alone.  
All that we send into the lives of others  
Comes back into our own.

Sadie Delaney died of a heart attack in May 1958. Family and friends established a scholarship fund in her name at the Atlanta University School of Library Science that same year. In 1982, Delaney was inducted into the Alabama Library Association Roll of Honor for 1981-82. □

#### Notes

1. Bangs, John Kendrick. "My Silent Servants." *Bookman* 52 (December 1920), p. 306-310.

2. Du Bois, Isabel. "Books as a Solace for the Sick." *Hygieia* 10 (January 1932), p. 55-58. ↵

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### Selected bibliography

#### By Sadie Peterson Delaney:

"The Library: A Factor in Negro Education." *Messenger* (July 1923) 772-773.

"U.S.V. Hospital, Library No. 91, Tuskegee, Ala." *Crisis* (January 1925) 116-117.

"The Library—A Factor in Veterans Bureau Hospitals." U.S. Veterans Bureau *Medical Bulletin* (April 1930) 331-334.

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"Bibliotherapy as an Aid to Rehabilitation." *Journal of the National Association of College Women* (1935) 9-11.

"Bibliotherapy in a Hospital." *Opportunity* (February 1938) 53-56.

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"Bibliography on Bibliotherapy." *Bulletin of Bibliography* (September-December 1951) 135.

"Time's Telling." *Wilson Library Bulletin* (February 1955) 461-463.

"Bibliotherapy for Patients in a Drug Antabuse Clinic." *Hospital Books Guide* (October 1955) 140-141.

#### About Sadie Peterson Delaney:

Bauer, Henry C. "Seasoned to Taste." *Wilson Library Bulletin* (February 1955) 404.

Cantrell, Clyde H. "Sadie P. Delaney: Bibliotherapist and Librarian." *Southeastern Librarian* (Fall 1956) 105-109. Reprinted in the *Congressional Record*, Appendix, January 17, 1957, by motion of Senator James E. Murray of Montana.

Jones, Virginia Lacy. "Delaney, Sadie Peterson (1889-1959 [sic])." *Dictionary of American Library Biography*, Littleton, Colo.: Libraries Unlimited, 1978, 122-124.

"Library Group Cites Delaney." Undated unknown [Tuskegee?] newspaper article reporting Delaney's induction into the Alabama Library Association Roll of Honor for 1981-82.

Oppenheim, Gladys. "Bibliotherapy—A New Word for Your Vocabulary." *Cape Times Bloemfontein*, South Africa (January 15, 1938) 3.

Roosevelt, Eleanor. "My Day." *New York Post* (January 18, 1957) 3.

Sprague, Morteza D. "Dr. Sadie Peterson Delaney: Great Humanitarian." *Service* (June 1951) 17-18.

ards and criteria or by insisting upon competent officials in decisions making positions. Security decisions are too often based upon public-relations considerations rather than upon genuine security considerations, and all too often the actual test for security clearance has been: "What will McCARTHY think if he finds out about this one?" A really sound security program can come about only when the public at large, as well as our Government officials, acquire a real understanding of the perils against which the security program protects and the necessity for basing security determinations upon hard-headed evaluation of the possible risks of clearing an individual in the light of what we are really trying to protect ourselves against. The report is a major step in the direction of providing such an understanding, but there is a long, hard road ahead before this phase of security reconstruction is completed.

### Mrs. Sadie P. Delaney

#### EXTENSION OF REMARKS

OF

### HON. JAMES E. MURRAY

OF MONTANA

IN THE SENATE OF THE UNITED STATES

Thursday, January 17, 1957

Mr. MURRAY. Mr. President, there has come to my notice an excellent article by Mr. Clyde H. Cantrell, director of libraries, Alabama Polytechnic Institute, Auburn, Ala., on the life and work of Mrs. Sadie P. Delaney, chief librarian at the Veterans' Administration Hospital in Tuskegee, Ala. I ask unanimous consent to have the article printed in the Appendix of the RECORD.

There being no objection, the article was ordered to be printed in the RECORD, as follows:

#### SADIE P. DELANEY: BIBLIOTHERAPIST AND LIBRARIAN

(By Clyde H. Cantrell, director of libraries, Alabama Polytechnic Institute)

Dr. Sadie P. Delaney, of Tuskegee, Ala., has achieved State, National, and international recognition for her work as a librarian, but more especially as a bibliotherapist. It seems appropriate, therefore, that the life and works of this tireless and energetic person should be recorded for the readers of the Southeastern Librarian.

Mrs. Delaney, chief librarian at the Veterans' Hospital in Tuskegee, was born in Rochester, N. Y., in 1889. She attended the Poughkeepsie, N. Y., High School, the College of the City of New York, and received her professional training in the New York public library system.

In 1920 Mrs. Delaney was assigned to the 135th Street branch of the New York Public Library, where she provided library service for Negroes, Chinese, Jews, Italians, and many other races. While employed at this library, she was active in civic and literary circles; and her work with delinquent boys and girls and with the foreign-born drew worldwide recognition. A beginning was made in helping delinquents through the use of bibliotherapy. The story-telling hours attracted public and parochial schoolchildren, and special work was carried on with parent-teacher groups. Boy Scouts, YMCA leaders, social workers, and others were brought into the library. The first Negro art exhibit was held and a book lovers club was organized for bringing authors and readers together. Mary Austin, Dorothy Canfield Fisher, Clement Wood, Bobbette

Deutsch, and other writers came to the library to speak and meet library patrons.

Because of Mrs. Delaney's great interest in books dealing with Negro life and literature, she placed special emphasis upon building a Negro collection at the New York Public Library. As a result of this interest, she came to know Mr. Arthur Schomburg, Puerto Rican-American historian, who later gave his valuable collection on the Negro to the New York Public Library.

While working with various groups and individuals, Mrs. Delaney became interested in work with the blind. This interest was so great that she learned Braille and Moon Point.

In 1923 Mrs. Delaney was called upon to organize the library for the Veterans' Administration Hospital at Tuskegee, Ala. At first she was reluctant to accept the appointment because she was not sure she would ever want to live in the South. However, after considerable deliberation she asked and received a leave of absence for 6 months from the New York Public Library to allow her to organize the library at Tuskegee. At the end of this half year, seeing the demands and opportunities for library service so great, she accepted as a permanent appointment the position of librarian, where she has achieved a reputation which has gone far beyond the boundaries of the United States.

Not until January 1956 did this writer see in a library periodical an advertisement seeking the services of a bibliotherapist.<sup>1</sup> Yet this is an art and/or science which Mrs. Delaney has practiced since her period of service at the 135th Street library in New York City.

What, then, is bibliotherapy? It has been defined and discussed in a recent article in our professional literature.<sup>2</sup> The term is taken from biblio, meaning book, and therapy, designating treatment. Hence, bibliotherapy means book-treatment. It is, therefore, the art/or science of curing or improving the state of health of the ill and infirm, either physically or mentally, through the skillful selection and reading of appropriate books and use of other media. Mrs. Delaney has defined bibliotherapy as meaning "the treatment of a patient through selected reading."<sup>3</sup>

Gladys Oppenheim has published, in South Africa, an illustrated article on the bibliotherapeutic activities of Mrs. Delaney. Miss Oppenheim writes that in Tuskegee "one can see bibliotherapy in practice at its very best . . . and its success in this hospital is entirely due to the gifted and devoted librarian, Mrs. Sadie Peterson Delaney . . . every book in the hospital library has to be read by the librarian, who has to be familiar with the case history of each patient."<sup>4</sup> A bibliotherapist, according to practices at Tuskegee, looks upon a patron as a patient who is entitled to receive the same individual attention as that given to him by his physicians and psychiatrists. It is in this area of activity that Mrs. Delaney has been lauded at home and abroad.

What was the sequence of events leading to the establishment of an adequate library and development of bibliotherapy at the Veterans' Hospital in Tuskegee, Ala.? To answer this question, let us consider the entire scope of Mrs. Delaney's work there, the problems she found and her achievements in their solution.

A very interesting record of the first year of the Veterans' Hospital Library has been recorded by Mrs. Delaney herself.<sup>5</sup> She arrived in Tuskegee the first day of 1924, and on the 3d day of January the doors of the library were opened to patrons. There was only 1 table, and the book collection numbered a mere 200 volumes. She decided to begin with equipment and books on hand,

rather than waiting for deliveries. The library room had formerly been used as a place for the sale of cigarettes and candy; when the candy was about exhausted, stories were substituted. At first there were no books for mental patients, so fairy tales borrowed from the Tuskegee Institute Library were used. Within 2 weeks the library was moved to more adequate quarters, and reading tables, chairs, and an office for the librarian were provided. Flowers, plants, wall maps, and posters were used to good effect. Within a few weeks, Mrs. Delaney began carrying books to the wards of the hospital so patients confined there might begin to read them. A medical library was begun on a small scale on January 15, but has continued to grow from year to year.

A book wagon was received in April of the first year of operation, and it tended to increase the reading interests of patients in the wards. Monthly book talks by the librarian and weekly story hours in the wards did much to stimulate patients to read more and more. Although the circulation at the end of the first month was only 275, by the end of the year it had increased to 1,500 monthly, about 90 percent being nonfiction. By 1953 the circulation of books from the general and medical libraries was more than 10,000 per month. The organization of a literary society, which met in the library, gave the librarian further opportunities to work with the reading needs of patients. At the end of the first year there were 4,000 volumes in the hospital library and about 85 volumes in the medical library for the use of doctors and nurses. When one considers that the libraries were catering to 500 patients and about 300 employees, the first year of operation seems phenomenal.

After this beginning, every conceivable means was used to stimulate further the interests of patrons in the use of books. By 1925 the number of patients had increased from 500 to 1,000; and reading increased proportionately. In 1926 a special library binding service was organized to give patients vocational experience. In 1930 a Disabled Veterans' Literary Club was formed, becoming the nucleus for the active Literary Press Club at this time. Patients are the officials of the club, and meetings are held Monday mornings and Thursday evenings in the library. In 1933 a special bibliotherapy unit was organized so patients might attend the library rather than having it brought to them. A department for the blind was started in 1934. It is concerned with book fairs, exhibits, projected books, talking books, Braille group therapy, stamp and coin clubs, radio broadcasts, binding service, and trips of book carts to the bedsides of patients.

In 1934 a library debate club was organized and 1935 saw the beginnings of a special numismatic club and a philatelic club, both started to give the patients good, wholesome hobby and recreational activities. The clipping service (1936), the nature study group (1938), and the historic forum (1939) have supplied other avenues of interests for those in need of library and bibliotherapeutic attention. These activity groups and the various services provided for patients and patrons have, without doubt, given the Veterans Hospital Library at Tuskegee the highest circulation per patron of any library in this area. It is all attributable to the planning and forethought of Mrs. Delaney.<sup>6</sup>

It is doubtful that any other southern librarian has ever been praised for his (or her) humanitarian work more than Mrs. Delaney. She has thriven in a life of devotion and service to others. Thrilling indeed have been her experiences in assisting in the rehabilitation of the mentally and physically ill. Seeing the spark of interest kindled in the minds of neurotic persons who thought

Footnotes at end of speech.

Footnotes at end of table.

the world offered no reason for living; assisting the blind to learn to read and to come to fill useful roles in society; showing the permanently disabled how, despite their handicaps, they may develop hobbies and vocations for their own amusement and profit; and advancing the general, cultural, and specialized educations of hundreds or even thousands of citizens have been self-satisfying experiences which Mrs. Delaney looks upon with great joy. Such a life lived in the interest of suffering humanity has earned for her the appellation of "great humanitarian." It is not surprising that she should have received numerous honors and awards.

One of the most significant tributes paid to Mrs. Delaney was written by Morteza D. Sprague,<sup>1</sup> who has been acquainted with her and her work for the past 26 years. He points out that, whereas there is much ado about bookmobiles today, Mrs. Delaney has been carting books to patients since 1924. In New York, says Sprague, Claude McKay, Langston Hughes, and others were given their initial push by Mrs. Delaney. At the veterans' hospital in Tuskegee, her program has been so successful that library schools such as Illinois, North Carolina, and Atlanta have sent students to study her programs and methods. The Veterans' Administration long ago adopted the policy of having its hospital librarians study the policies and practices of Mrs. Delaney. People who have paid distinguished tribute to her include Dr. F. D. Patterson, Dr. Charles S. Johnson, and Dr. George Branche. She has been acclaimed by librarians such as Dr. Keyes D. Metcalf, Dr. Luther Evans, Dr. E. W. McDiarmid (now a dean at the University of Minnesota), and Dr. Virginia Lacy Jones.

It would require too much space to list the numerous citations of merit and the honors which have come to Mrs. Delaney during the last 32 years, so only some are mentioned in this article. She and her work are included or discussed in 51 publications. The United States Department of State sent to 100 USIS units in 75 countries information on Mrs. Delaney, citing her life and work as an example of what is great and good in the American way of life. In 1934 she was listed in *Principal Women in America*, edited by Mitre Chambers (London, 1934). In 1938 Mrs. Delaney's work was discussed in an illustrated article published in *South Africa*.<sup>2</sup> In 1949 she was cited by the American Legion "for meritorious service to veterans"; and the same year she was selected as woman of the year by the National Urman League, the Iota Phi Lambda sorority, and the Zeta Phi Beta sorority.

In 1950 Mrs. Delaney's work as librarian, humanitarian, and bibliotherapist was discussed and lauded by *Look* magazine (September 26, 1950), the *American Medical Association Journal* (May 6, 1950), *Military Surgeon* (June 1950), and the *Book Trolley Hospital Librarians Guild of London, England*. In 1951 a sketch of Mrs. Delaney's work in Alabama up to that time was published by Sprague.<sup>3</sup> In 1952 she was honored at Howard University as one of the National Council of Negro Women honorees. Closer home, the *Montgomery Advertiser* se-

lected Mr. Delaney as one of Alabama's outstanding women in 1953. In December 1955 she was honored in Washington, D. C., by the 200 chapters of the Zeta Phi Beta sorority as National Honorary Member, based on her accomplishments in library service.

Mrs. Delaney has taken an active part in the work of the hospital librarians division of the American Library Association. She is also a member of the Southeastern Library Association. The high esteem in which she is held in Tuskegee was shown when she was invited to become a member of the Neuropsychiatric Journal Club, composed largely of resident psychiatrists.

Of all the honors which have come to Mrs. Delaney, there is none of which she is happier than the honorary doctor of humanities degree conferred upon her by Atlanta University in 1950. On that occasion she was cited as a "great humanitarian, who has labored tirelessly with courage, fearlessness, patience, and love."

After 33½ years of service, Dr. Delaney received the top award of the United States Veterans' Administration for the excellency of her work and for her service to humanity. This award came in the form of a certificate completed in Washington under date of June 8, 1956, and it reads as follows:

"COMMENDATION

"This certificate is awarded to Sadie P. Delaney in recognition of her outstanding contribution to the rehabilitation of veteran patients. Through the use of bibliotherapy and braille she has had particular success in aiding the mentally ill and the blind. Her many years of service have brought universal renown and gratitude.

"Given at Washington, D. C., this 8th day of June 1956.

"VETERANS' ADMINISTRATION,

"WILLIAM S. MIDDLETON,

"Chief Medical Director."

This honor is indeed appropriate and signifies to the world the admiration in which Dr. Delaney is held, because of the patience and love she has shown in administering to those who have needed her Christian assistance.

Dr. Delaney's philosophy of life and her eagerness to be of service to mankind were illustrated in her speech at the Atlanta University commencement banquet, held the evening after she received the honorary doctorate. She began by stating that "Were I a poet tonight, I might put my emotions in verse; were I an artist, I would paint a picture and title it, 'For those who serve'; were I a singer, I would sing 'Hallelujah'; but I am only a servant and can say, this is my finest hour." Dr. Delaney spoke at length on the joy she has had in administering to the needs of those who could not help themselves, but she pointed out that it was she herself who was benefited. "We feel that we are enriching the lives of those we serve," she said, "but we are the benefactors; we are enriching our own lives. The faith, hope, and tenacity which they taught us might tend to inspire others." She added that "The more one works with people in trouble, the greater his confidence in humankind and his respect for human beings becomes. \* \* \* Let a man be free to be himself and his success is almost assured.

Concluding her speech, Dr. Delaney said that "Out of life's very difficulties; out of our own frailty comes renewed appreciation of all that living means and the privilege that is ours to practice."

Dr. Sadie P. Delaney's story can never be written completely, because her assistance and kindness to those in need may have set up chain reactions which will be passed on from one person to another for years to come. However, this much we know: Dr. Delaney has wrought well, her work has been a blessing to the South and to the Nation, and the various honors which have been bestowed upon her have been deserved. May her good work continue for many years, because she has been a candle in the darkness for countless individuals who desperately needed to have light shed upon their pathways.

<sup>1</sup> *Library Journal*, 81:200, January 15, 1956.

<sup>2</sup> Ruth Hannah, *Navy Bibliotherapy*, *Library Journal* 80:1171-73, May 15, 1955.

<sup>3</sup> Sadie P. Delaney, the Place of Bibliotherapy in a Hospital, *Library Journal* 63:305-08, April 15, 1938.

<sup>4</sup> Gladys Oppenheim, *Bibliotherapy—a New Word for Your Vocabulary*, *Cape Times Bloemfontein, South Africa*, January 15, 1938, p. 3.

<sup>5</sup> Sadie Delaney, U. S. Veterans' Hospital Library, No. 91, Tuskegee, Ala., *The Crisis*, 29-116-117, January 1925.

<sup>6</sup> For a brief outline of the development of the entire program of the library to 1940, see Sadie P. Delaney, *Library Activities at Tuskegee U. S. Veterans' Administration Medical Bulletin*, 17:168-9, October 1940.

<sup>7</sup> Morteza D. Sprague, Dr. Sadie Peterson Delaney: Great Humanitarian, *Service* 15:17-18, June 1951.

<sup>8</sup> *Ibid.*

<sup>9</sup> Gladys Oppenheim, *op. cit.*

<sup>10</sup> Morteza D. Sprague, *op. cit.*

## Senators and Representatives Who Have More Than 30 Years' Total Service in the Congress

### EXTENSION OF REMARKS

OF

### HON. THOS. E. MARTIN

OF IOWA

IN THE SENATE OF THE UNITED STATES

Thursday, January 17, 1957

Mr. MARTIN of Iowa. Mr. President, I ask unanimous consent to have printed in the Appendix of the RECORD a list of Senators and Representatives who have served longest in Congress throughout the entire history of our Nation. These data were compiled by Svend Petersen, who has many times distinguished himself for accurate research.

There being no objection, the statement was ordered to be printed in the RECORD, as follows:

Footnotes at end of speech.

Member	State	Branch	Years	Length of service
Joseph Gurney Cannon	Illinois	House	1873-91, 1893-1913, 1915-23	46 years
Adolph Joseph Sabath	do	do	1907-52	45 years 8 months
Carl Trumbull Hayden	Arizona	House	1912-27	44 years, 10½ months
Sam Taliferro Rayburn	Texas	Senate	1927-	
Justin Smith Morrill	Vermont	House	1913-	43 years 10 months exactly
William Boyd Allison	Iowa	do	1855-97	
Carter Glass	Virginia	Senate	1867-98	43 years 9 months 24 days
Carl Vinson	Georgia	House	1863-74	
Robert Lee Doughton	North Carolina	Senate	1873-1908	42 years 5 months
Kenneth Douglas McKellar	Tennessee	House	1902-18	
		do	1929-46	42 years 2 months
		do	1911-	
		do	1911-53	41 years 10 months
		do	1911-17	
		Senate	1917-53	41 years 2 months