

female patients so sent, although it was understood that this duty was now always assigned to a married sergeant of the R.I.C. Nurses should be employed in this service and not the police.

Dr. COLLES drew the attention of the meeting to the present mode of granting and renewing licences to private asylums, which procedure was similar in Ireland to that of granting ordinary publicans' licences, and suggested that these licences should be granted by the Lord Chancellor on the recommendations of the inspectors of Irish asylums.

The CHAIRMAN spoke as to the advisability of deleting the word "destitute" from Form "D," which was thought desirable, as this was obviously an error in a form for a paying patient.

Dr. HETHERINGTON, as the oldest member present, proposed a cordial vote of thanks to Dr. and Mrs. Nolan for their kindness and hospitality in entertaining the members. Dr. J. O'C. DONELAN, in seconding the resolution, wished to express to Dr. Nolan the congratulations of the visitors upon the wonderful improvements in the asylum since his last visit in 1907, and to state the great appreciation by all those who visited the asylum of its high standard of efficiency and the admirable condition to which it had been brought by Dr. Nolan. This resolution having been passed by acclamation, and Dr. NOLAN having replied, the meeting ended.

SOUTH-EASTERN DIVISION.

THE SPRING MEETING of the South-Eastern Division of the Medico-Psychological Association was held at 11, Chandos Street, Cavendish Square, London, W. 1, at 2.30, p.m., on Wednesday, May 1st, 1918.

The following members were present: Drs. D. Bower, A. W. Daniel, E. L. Dunn, F. H. Edwards, L. O. Fuller, A. H. Griffith, G. H. Johnston, H. J. Norman, E. S. Pasmore, R. P. Smith, and J. N. Sergeant (Hon. Divisional Secretary).

Dr. R. P. Smith took the Chair.

The minutes of the last meeting, having been printed in the Journal, were taken as read and confirmed.

Dr. J. N. Sergeant was elected Hon. Divisional Secretary, and Major Sir R. Armstrong-Jones and Drs. D. Bower, M. Craig, and A. W. Daniel Representative Members of the Council for the year 1918-1919.

Drs. Daniel and Fuller were elected to fill vacancies on the Committee of Management.

Dr. Walter Follitt Blandford was elected an Ordinary Member of the Association.

It was decided to leave the place and date of the Autumn Meeting, 1918, to the discretion of the Hon. Divisional Secretary.

It was proposed by Dr. Sergeant, seconded by Dr. Edwards, and carried, "That the meeting requests the Council of the Association to consider the advisability of asking the Board of Control to act by giving badges or otherwise to help the superintendents of institutions to retain their staff."

Capt. Hubert J. Norman, R.A.M.C., then read his paper, "Evolutionary Progress in Psychiatry: A Plea for Optimism." (This paper appeared in the April number of the Journal.)

A short discussion of the paper followed, in which Drs. Percy Smith, E. S. Pasmore, J. Noel Sergeant, Francis H. Edwards, and A. Hume Griffith took part. Capt. Norman replied, and so brought to a conclusion an enjoyable and instructive meeting.

ASYLUM WORKERS' ASSOCIATION.

MEETING AT THE MANSION HOUSE.

(Abridged Report.)

THE ANNUAL MEETING of the Asylum Workers' Association was held at the Mansion House, London, on May 29th, the Lord Mayor (Alderman Charles A. Hanson, M.P.), in the chair. This was the second occasion on which the Association had been fortunate enough to foregather in the famous building, the first

being last year, when Sir William Dunn sat in the seat of Whittington. The present occasion, like its predecessor, was distinguished by excellent speeches and a large attendance.

The LORD MAYOR said that many eminent gentlemen who were expected to take part in the proceedings were present, and therefore he would not occupy more than a minute of the meeting's time, but he wished to express the very great pleasure with which he welcomed the Asylum Workers' Association to the Mansion House. They had been doing most excellent work, and he hoped that in spite of all the serious disadvantages which must impede their progress in times like these, they would continue to carry on in the same spirit and with the same energy and courage as in the past. He learned from a perusal of the report that their operations had been most helpful to suffering humanity.

Dr. G. E. SHUTTLEWORTH (Acting Hon. Secretary), presented the annual report, which was taken as read.

PRESIDENT'S ADDRESS.

Sir JOHN JARDINE, M.P., President of the Association, moved the adoption of the report, and remarked that the large gathering before him was particularly gratifying because it included many persons who had come there prompted by a sense of duty. He referred to both ladies and gentlemen. Though he did not profess to be witty, he thought it right on the present occasion to recognise that brevity was the soul of—what should he say—business. In the first place he wanted to express the pleasure which the Association felt at meeting in this historic building. Last year Sir William Dunn opened its hospitable doors to, and bestowed the patronage of his name and position as Lord Mayor on the Society. They owed much to the present Lord Mayor for a renewal of the advantages conferred by meeting in the Mansion House with the Chief Magistrate of the City of London in the chair. They might hope that many things which would probably have been very rough would be made smooth to them when the Lord Mayor used his great office and all the influences for good combined in it to favour a little society which was trying to do its duty towards the afflicted. On behalf of the Association he (the President) thanked the Lord Mayor very much for giving up his time to assist them, and for enabling them to meet in the heart of the City, with all the traditions of London's mayoralty and the many activities of a great and famous centre of human affairs around them. Glancing through the annual report, the President said that the objects of the Society were very well put by Cardinal Bourne when he said that they were "(1) to create and maintain a very high standard of duty among our members, and (2) to safeguard the claims of those devoting themselves to the care of the mentally afflicted to liberal and considerate treatment on the part of the authorities." Everybody was unsettled by the terrific and long-continued war, and it was interesting to know that more than 50 *per cent.* of the male attendants in asylums had been pressed into the conflict, and a great many of the women workers in asylums had gone into other phases of national service. Some, alas! they had lost. Dr. L. F. Hanbury, of West Ham Asylum, had died on active service, like many gallant colleagues at the Front. They had also to mourn the departure from this life of Dr. W. J. Seward, formerly Medical Superintendent of Colney Hatch Asylum. Mr. Wm. Hope, Inspector, the Association's first Hon. Secretary at Colney Hatch and one of their earliest gold medallists, died last September. From the list of Vice-Presidents death had removed the honoured names of Dr. Hayes Newington, Dr. Percy Baily, and Dr. C. T. Ewart. It was right that they should be mentioned with honour. The inclusion in the Association of workers in institutions for the mentally defective was one of the most important matters mentioned in the report. It affected a large number of people and opened a very important new sphere of influence for the Society. Thinking of the war prompted him to repeat some words used by Sir James Crichton-Browne, who said that when he was a young man he went to Germany to perfect his knowledge of medical methods and science, but his opinion now was that there was no need for people from the British Isles to visit Germany in order to get knowledge about lunatic asylums and the proper treatment of their inmates. Our system was better in every respect. Humanity

particularly was far more noticeable in the British than in the German treatment of lunacy. That was Sir James Crichton-Browne's view, and our experience of German warfare confirmed it. One of the objects of the Association was to promote the just claims of asylum workers, and the report showed that the point was attended to as much as possible, although the pressure of Government business and war work prevented private members like himself from introducing Bills into Parliament. Asylum workers had, however, got something from the Government in the meantime. And though the Act obtained by Sir William Collins raised the status of those workers, they intended to obtain, if possible, some further concessions, which were very much needed. The war had made large claims on the men and women employed in asylums and had made it harder to do the work as it ought to be done. It had, however, been well done, and he thought the presence of so many ladies and gentlemen at this meeting was a sign that the Association was regarded as having deserved well, and as being likely to continue in the same career. In this connection it was right to make special mention of their Acting Hon. Secretary, Dr. Shuttleworth, who in this time of stress, as always, had set a high example of self-sacrifice in order to help the Association, throwing himself into the breach and working for the Society as well and even better than anybody else could have done.

The DEAN OF WINDSOR (the very Rev. A. B. Baillie) seconded the motion, remarking that the only justification he could claim for addressing the meeting was that for thirty years he had been very closely associated with hospital work and the staffs of many different hospitals. He would not try to present great ideals as Cardinal Bourne did when addressing the Association in this same building last year, but he would say a word or two that might be of practical value to members of the Association. The great weakness of the generation now passing away was that it did not lay sufficient stress on the importance of personality. In all kinds of life we were apt to think of the workers more or less as machines, going on almost automatically. The war, however, was bringing us back to a sense of two things—first, that individual personality must be treated separately. If men or women were to do good work it must be along the lines of their own personality. In the second place, the war was bringing us to remember that however good methods might be their value would entirely depend on the quality of the people who used them. The merit of the Asylum Worker's Association lay in the recognition of this essential truth. If we were to promote the welfare of the people for whom asylums were built, our first care must be for the personalities of those who were to look after them. That also was the best thing that we could do for the workers themselves. The happiness of life as well as its efficiency depended on the development of personality. The great weakness of modern industrialism was that the conditions made it difficult for the ordinary worker to develop his personality. So much of the work was mechanical that it did not create interest, but it did tire, and when people were tired they could not make proper use of their leisure. How could we help asylum workers to keep alive the glory and dignity of their occupation and so to sustain and develop their own personality? It was necessary to elevate their self-respect in relation to their work. When people lived almost entirely with their fellow-workers, as in hospitals, and criticised each other freely, as all fellow-workers did when constantly in touch with the little details of the daily occupation, it was easy to forget its nobleness. Somebody was needed to give reminders that those details were merely incidental to a great purpose, and that in their adequate fulfilment there was something noble. The encouragement that the Association gave to asylum workers in various ways was good for that purpose. But that was not all. The more they could get indirect recognition of the dignity of the work done by attendants and nurses, the better it would be for those persons and the work itself. Recognition that was not formal was far better for the raising of self-respect than official recognition. The more people could be got socially to accept such workers as members of a dignified profession, the more those workers would be helped to self-respect in connection with their work. There was a second point which was often forgotten; most nurses and attendants entered their profession when they were young, and there was an absolute necessity for enjoyment in youth. What members of hospital staffs really suffered from at times was staleness—not dulness, which was different, but working without

the relief of the complete change which came from entirely forgetting one's work for a time. He had a great struggle on this subject in a hospital at Coventry one Christmas. He felt that the nurses were getting stale, and he wanted them to have something that would refresh their minds. He spoke to the managers on the subject, but they said "No; in war-time it would not be right." They pointed out that there were entertainments for the patients, but he replied that they did not sufficiently take the nurses out of themselves. Finally, he asked whether he would be allowed to give the nurses a dance, and the managers agreed, but would not do it themselves. He took a great deal of trouble to collect double as many dancing men as there were dancing nurses. He got the best music he could, and he saw that every single nurse had every single dance there was. The entertainment had the most valuable effect in sending the workers of that hospital back to their occupations with renewed freshness, because they had something new to remember and talk about. Nurses could not go on without something to keep up the freshness of their appreciation of what the patients needed. When one was ill, how awful it was to be nursed by a dull, stale person. It was the most crushing thing in the world. He remembered an experience after he had been smashed in a bad accident. He had a friend who came regularly to see him and made him worse every time. He liked this friend when he was well, but not when he was ill. He would lean over the end of the bed and get on his (the Dean's) nerves to such an extent that he almost made him scream. There were nurses like that. We want them different—fresh, full of interest and capacity to appreciate, because then they really helped the patients. If this was true of ordinary hospitals it must, with still stronger reason, be true of asylums. So many hours off duty did not completely relieve mental strain. Some new train of thought was necessary, because if nurses were to do their work well they must be enabled to avoid staleness, besides bearing in mind the noble idea of helping their fellow-creatures.

Dr. CHARLES MERCIER, supporting the motion, said it was peculiarly appropriate that he should be called upon to do so in the historic Mansion House of the City of London, for there was only one thing with which he had been associated longer than with asylum work, and that was the City of London. As a boy he went to the Merchant Taylors' School, then in Suffolk Lane, Cannon Street. The chief means of education there was the cane. The boys were caned all day. They were caned for anything and for nothing. He had held out his hand and received six severe strokes which paralysed his fingers. Then he had been sent to write a copy, and because he wrote badly he was caned again.

After commenting on some of the more disagreeable aspects of asylum life, and the difficulties of those in attendance on insane patients, Dr. Mercier continued: It used to be thought, most mistakenly, that force was the remedy for madness. A hundred years ago George III was so affected by the death of his favourite daughter Amelia that he lost his wits for a time, and was placed under the care of two nurses. They were called keepers in those days. Thirty years ago he knew an old gentleman who had been born in the reign of George III, and was personally acquainted with one of the men who had been his keepers. In a conversation on the subject of the unfortunate king the old gentleman said, "I asked the keeper what they did when the king became violent, and the reply was, 'We knocked him down as flat as a flounder.'" If the meanest subject of our present Sovereign were treated in that way the nurse guilty of the offence would be brought before a court and sentenced to a long term of imprisonment; he would lose his employment, forfeit his pension, and be a ruined man, and would richly deserve the punishment. Fancy the difference between the nursing of mad people in the days of George III and the nursing of them now. It was immense, and nobody would wish to reverse the change. At the outbreak of the present war there were some 5,300 male nurses in the asylums of this country. More than half of them had since joined the Army, and yet the efficiency of asylum administration had not been impaired. In the asylums of England and Wales there were about 130,000 lunatics, nearly all of whom were potential suicides. Many were actively suicidal, and some, though not intentionally so, were ready to commit suicide if the chance presented itself. How many of the whole body committed suicide in the year 1916? Only four of the 130,000, and that was actually a smaller number than had committed suicide before the war. In these circumstances he could not too strongly commend the objects of the Asylum Workers' Association.

Major the Rev. S. LIPSON, S.C.F., as a member of the Jewish faith, thought it a great honour to be associated in commending the report of the Association. At the call of the Motherland many sacrifices had been made, but none could be greater than that made by people who devoted every minute of their lives to the care of those who were mentally suffering. He ventured to suggest that the Asylum Workers' Association should abandon that name, and should in future call itself the Mental Hospital Workers' Association. He liked the action of the London County Council in using the phrase "mental hospital," seeing that the word "asylum" had suffered depreciation. Paying a tribute to the late Dr. Seward, Medical Superintendent at Colney Hatch, as one with whom he had been connected for many years, and one of the noblest men he had known, the speaker rejoiced that Dr. Seward's fine example was followed by the present Medical Superintendent, a fact which gave him the greater pleasure as persons of the Jewish faith were to some extent congregated at Colney Hatch. In conclusion, Major Lipson said that in the Great Beyond nobody would be more assured of a place at the right hand of the Heavenly Father than the men and women who had devoted themselves to the needs of those whose spirits were darkened.

The annual report was unanimously approved.

THE PRESIDENT RE-ELECTED.

The Lord Mayor having left the chair in order to keep another engagement, his place was taken by Sir John Jardine.

Sir FREDERICK NEEDHAM, M.D. (Board of Control), moved the re-election of Sir John Jardine, M.P., as President of the Association. They were, he said, extremely fortunate to have a man of such distinction at their head.

Sir GEORGE SAVAGE, M.D., seconding the motion, remarked that Sir John Jardine had not only been a ruler in India, but was now one of our rulers in England, and had the British spirit of always wanting to work. He had been a most excellent President in the past, and was sure to be the same in the future.

Capt. H. KIRKLAND-WHITTAKER, R.A.M.C., supported the motion, and at the same time called attention to the training of asylum nurses. The authorities of those institutions, he complained, had to look outside in order to get women to become matrons and assistant matrons. The present system was not fair to the nurses who worked for years, and then found the door to higher positions slammed in their faces. No doubt the candidates for the higher positions should have had hospital training, but the authorities of asylums should make it possible for their nurses to acquire the training necessary to fit them for such posts. For that purpose there ought to be co-operation between general and mental hospitals.

The motion was carried with acclamation.

The PRESIDENT, thanking the meeting for his reappointment, said that when a motion like the one just carried was brought forward there ought to be some person present such as the one that appeared in the Roman Curia—an *Advocatus Diaboli*, who would show cause against the proposal. In spite of the kind things said of him, he feared that Sir John Jardine, as President of the Association, was no better than he should be. He had tried to do his best, but as far as legislation was concerned had been hampered by Parliamentary want of touch with the work of mental hospitals.

Lieut.-Col. D. THOMSON, M.D. (President of the Medico-Psychological Association), moved the re-election of the Vice-Presidents, Central Executive Committee, and officers of the Association, with the addition of the Lord Mayor and Sir George Wyatt Truscott, Bart., to the Vice-Presidents, and of Dr. J. Noel Sergeant, Miss E. A. Macdonald, and Mr. J. E. Stephens to the Committee. There was, he said, a great and unfortunate divergence between the hospital-trained nurse and the asylum-trained nurse. This was very much to be deplored, as Capt. Kirkland-Whittaker pointed out while hinting at co-operation in the training of nurses between the two classes of hospitals. In the last three years he (Dr. Thomson) had been associated not only with the asylum-trained nurses but also with a much more numerous body of hospital-trained nurses who were under his command. Comparisons were odious, and he would not make them with reference to individuals, but the more he saw of nurses trained in general hospitals the more he thought of those trained in asylums. Male attendants he could not speak of,

but he found in the asylum-trained nurse more capacity for mothering attention than in the nurses who had been generally trained.

Inspector R. KEEN (Colney Hatch), seconded the motion, and urged the Executive Committee to consider the suggestion that the name of their organisation should be changed to "Mental Hospital Workers' Association."

The motion was unanimously agreed to.

The President then presented medals to a number of attendants on account of long and faithful service.

The Rev. JOHN PECK (Holloway Sanatorium), moving a vote of thanks to the Lord Mayor, the President, and the speakers, protested against the idea of the insane being unlovable. They were very precious in the sight of God and those who worked for them. It was true that if one looked at the surface only he found much that was unpleasant, but below the surface there was something precious. These afflicted people were engaged in a contest which was our problem as well as theirs. They were the centre of something sacred. That was why so many workers were attracted to them. Some of the finest people had at times displayed bad qualities. St. Peter in the presence of his Lord cursed and swore, but that did not prove that he was unlovable, and still more allowance must be made for the afflicted people with whom the members of the Association were concerned.

Dr. HELEN BOYLE (Brighton), seconded the motion, remarking that two things had particularly appealed to her in the speeches that afternoon. One was the dance arranged for nurses by the Dean of Windsor, and the other was Dr. Mercier's reference to the afflicted people and the nurses. Dr. Mercier's object was to point out how difficult the work in asylums often was, but there was help in the sense of humour, and some of the best laughs she had ever indulged in had been due to the humour of mental patients. Some of those patients had a jollier and happier time than sane people because they had lost the habit of self-criticism.

The vote was cordially agreed to, and the meeting came to an end.

NOTICE TO CONTRIBUTORS.

N.B.—The Editors will be glad to receive contributions of interest, clinical records, etc., from any members who can find time to write (whether these have been read at meetings or not) for publication in the Journal. They will also feel obliged if contributors will send in their papers at as early a date in each quarter as possible.

Writers are requested kindly to bear in mind that, according to LIX(a) of the Articles of Association, "all papers read at the Annual, General, or Divisional Meetings of the Association shall be the property of the Association, unless the author shall have previously obtained the written consent of the Editors to the contrary."

Papers read at Association Meetings should, therefore, not be published in other Journals without such sanction having been previously granted.