public how to live, under what conditions it was best to live, what amenities they should have, and, more especially, how they should conduct themselves in the matter of self-control. He always said to his patients " You have to learn self-control, because if you do not control yourself the day will come when someone else will have to control you ". He objected to the idea that mental disease doctors only controlled patients ; they were teaching patients how to control themselves.

He could not resume his seat without saying a word about Mr. Shaw, who had proposed this toast. They had worked together for thirty years in various spheres and for twenty-five of those they were connected with mental diseases and their cure. Shaw was the finest man to have on one's side ; though for the same reason he was a devil to be up against.

He felt very grateful for the kindly appreciation of the efforts constantly being made by the Association, and the nice words which had been spoken of his own long connection with Mr. Shaw as Clerk and Treasurer to Glengall Hospital.

During the dinner, musical items were delightfully given by Miss Lily Goodwin, Miss Hardin, Mr. James Johnstone and Mr. Douglas A. C. McRae; Miss Janie Limond, A.T.C.L., officiated as accompanist. Most of the items were encored.

ENTERTAINMENTS.

During the three days of the meeting the social and recreative sides were well catered for. On the Wednesday afternoon tea was taken at Glengall Hospital by invitation of the Hospital Committee. On Thursday members were the guests of the President at a luncheon at the Orangefield Hotel, Prestwick, and later visited Messrs. Glenfield & Kennedy's engineering works at Kilmarnock, where they were entertained to tea by the kindness of the firm. On Friday, at the invitation of the President, luncheon was partaken of at the Western House, Ayr, and a drive, followed by tea, was organized to Newton Stewart, in which 102 members and others participated as guests of Dr. and Mrs. McRae.

## IRISH DIVISION.

THE SUMMER QUARTERLY AND CLINICAL MEETING of the Irish Division was held at the Mental Hospital, Kilkenny, by kind invitation of Dr. P. J. Cassin, R.M.S., on Saturday, July 24, 1937.

In the forenoon the members were shown over the Hospital. Later the members and guests were hospitably entertained to luncheon. The guests included Dr. E. Donovan and K. Drea, B.D.S.

The following members were present: Dr. T. A. Greene in the Chair ; Drs. D. Brennan, P. J. Cassin, W. J. Coyne, L. Clifford, T. J. Conlon, F. Deane, J. Dunne, J. F. Fitzgerald, P. Grace, B. F. Honan, P. Irwin, J. Kearney, C. Moloney E. O'Sullivan, H. StGeorge Smith, R. Thompson, and P. Moran (Hon. Sec.).

The minutes of the previous meeting were read, approved and signed by the Chairman.

The following new members were after ballot declared elected :

Dr. ANNIE JOSEPHINE DUNLEAVY, L.R.C.P.&S.I., Assistant Medical Officer, Portrane Mental Hospital, Donabate, Dublin.

Dr. MICHAEL KEVIN MELLET, M.B., B.Ch., B.A.O. (N.U.I.), Assistant Medical Officer, Mental Hospital, Enniscorthy.

The SECRETARY read the letter sent out to the general hospitals *re* reciprocal facilities for training of nurses, and the replies received.

Most of the hospitals had replied that the matter was under consideration by their Boards Sir Patrick Dunne's Hospital wrote that they would be willing to co-operate on the lines indicated in the circular, and that they would send a delegate to any Committee which might be established for this purpose.

The Secretary was directed to circularize the hospitals again asking for a definite reply, and also to send the circular to the hospitals in Northern Ireland which are recognized by the G.N.C. as training centres.

https://doi.org/10.1192/S0368315X37244435 Published online by Cambridge University Press

The SECRETARY also read a letter from the R.M.S., Carlow Mental Hospital, transmitting a minute of the Hospital Committee approving the scheme and offering co-operation.

The fixing of the date for the Autumn Meeting gave rise to considerable discussion as to the suitability of Saturday for holding divisional meetings. Many members took part in the discussion, and it was eventually decided to put the matter on the agenda for the next meeting, which was fixed for Saturday, November 6, at the College of Physicians, Kildare St., Dublin.

Dr. MORAN, Secretary of the Research Sub-Committee of the Division, read correspondence which he had had with the Secretary of the Hospitals Commission and with the Department of Local Government *re* representation for the Irish Division on the new Research Council.

After discussion it was decided to continue to press for such representation, and that the Divisional Secretary should write the Minister and ask him to receive a deputation consisting of the Chairman and Secretary of the Division and two members of the Research Sub-Committee (Drs. Dunne and Clifford) to put forward the views of the Division in the matter.

Dr. C. B. MOLONEY read a paper on **"An Unusual Complication of Insulin Shock Therapy"**, giving a detailed clinical picture of a case which reacted in a very abnormal way to this form of therapy.

[*This paper will be published in the next issue of the* Journal.]

The paper was discussed by many of the members present. Dr. Moloney was warmly congratulated by the Chairman and several other members for his excellent paper and for his energy and enthusiasm in adopting this form of treatment, which demands such strenuous work by the medical staff in a hospital where the medical personnel is so inadequate. Dr. MOLONEY replied to the many points raised by the speakers.

Dr. P. F. O'SULLIVAN read a paper entitled **"Efforts at Occupational Therapy in Kilkenny Mental Hospital in 1852".**

He described the efforts made by Dr. Joseph Lalor, when first R.M.S. of the Kilkenny Mental Hospital, to give effect to the therapeutic ideas often considered to be of quite modern origin.

The paper was liberally illustrated with quotations from Dr. Lalor's reports, from which the following extracts are taken :

"There is no better plan for preventing improprieties of conduct amongst the insane than by keeping them at works indifferent or useful. It is far easier to keep hands at useful or even indifferent work than it is to keep idle hands from mischievous work. The fingers that are engaged at knitting, sewing or digging cannot at the same time be tearing caps or scratching or striking their fellow patients. Attendants can control more readily and more certainly the actions of twenty people engaged in some definite work as knitting or digging, than they can enforce an orderly inactivity amongst the same number.

"An insane person who can be brought to observe the same rules of conduct as a rational person even 'tho' for different reasons, though he continues to be insane, may cease to be dangerous to society.

"For these reasons the enforcement of all the proprieties of life amongst the insane is an object to be sought after and not hopelessly in every instance as a measure no less conducive to the happiness of the individual, who may be the subject of the enforcement, than to that of the community to which he belongs.

"Active employment as the easiest and best means of enforcing habits of order and propriety is an invaluable agent, and the modes of this employment should be varied to prevent the tedium and fatigue attending sameness or monotony of action as well as to meet peculiarities of temper, habits or dispositions. Handball and football, cricket drilling and gymnastics would afford a desirable means of varying the employment of the patients, and I, therefore, look forward to their introduction from time to time as valuable additions to our means of treatment. Gymnastics would be particularly useful to the females, whose means of varied active employment

https://doi.org/10.1192/S0368315X37244435 Published online by Cambridge University Press

are at present naturally very limited. As a physical agent active employment by the muscular motion which it necessitates promotes sleep, digestion and the due exercise of all the bodily functions, on which the health of the mind as well as of the body so much depends. Perhaps also the brain, which is the material organ of the mind, is diverted from that series of its functions which are diseased in insanity in a more complete and salutary manner by active bodily exercise than by any other means. The healthy action and nutrition of the organ is thus maintained by another series of functions while the diseased series is little, if at all, called into play and rest is thereby afforded to the organic matter, which is the material instrument of these functions, and it may be supposed that rest may be as serviceable sometimes in this as in other diseased parts. Active employment or energetic muscular motion may sometimes be combined with, or varied by amusements which have a soothing or cheering influence over the mind, with very good effect. In this way the quarterly parties allowed to the patients have been of much service. The tea, bread and butter, music and dancing are heartily partaken of and enjoyed by the patients, at their parties, with very few exceptions indeed, and the good effect produced remains long after the night of enjoyment has passed away.

"The patients also enjoy with no little heartiness and much to their benefit dancing nearly every evening after supper to the music of a flute and fiddle played by two of their fellow patients.

"The taking of their meals in common in large dining halls, the male patients in one and the female patients in another, is a reunion three times daily of a nature somewhat similar to those festive dances and parties, the occasional introduction of which at longer intervals has proved of such service in this and other institutions. These every-day reunions of a more homely and domestic character at meal-times have proved of signal benefit here. These reunions for meals and recreations have been practised in some asylums in France, of high character, with great benefit for many years, but I have been the first, I believe, in these countries to follow their good example.

"I have been unable as yet to try the further experiment (well worthy of trial) of bringing the men and women together at meals and recreation from want of a room sufficiently large. The good results of these reunions may possibly arise from the operation of the modification of the principle of example or imitation, which so strongly inclines men to follow the crowd and to be guided by the opinions and the acts of the majority of his fellows. Even among lunatics, the majority of the entire number in any asylum will of themselves observe the ordinary proprieties and conventionalities of life or may be easily brought to do so, and the minority who, when in a distinct class, set all these proprieties at nought, will when brought together with the whole body of their fellows tend to unite all the more correct demeanour of the majority, rather than the improprieties of the minority."

Commenting on these quotations, Dr. O'SULLIVAN pointed out that under Dr. Lalor the number employed in the first year was roughly 50% (70:136), and this rose steadily till five years later in the last year of his term as R.M.S. there were 106 employed out of 149—just 70% of the total. The types of employment were the usual—farm and garden, house work, working with tradesmen, painter, carpenter, mason, shoemaker, pumping water and making mats (the type of mats is not specified), and for the women, needlework, laundry, knitting, house-cleaning and fancy work. Unfortunately, at the end of 1857 Dr. Lalor resigned his position and went to Richmond District Lunatic Asylum, Dublin, and was succeeded at Kilkenny by a resident medical superintendent who graduated from Her Majesty's Prison Service, and apparently the atmosphere of the institution changed. At any rate the annual reports, which had been of great interest, became short, crisp and dry and the number employed began to diminish. The 106 employed in 1857 was the high-water mark. Five years later, though the number of patients had increased gradually and steadily to 164, the employed had shrunk to 87.

Many members took part in the discussion on this paper and Dr. O'SULLIVAN replied to points raised.

At the close of the meeting Dr. GREENE proposed a cordial vote of thanks to Dr. Cassin for his generous hospitality. Dr. CASSIN suitably replied.

The members were subsequently entertained to tea.

https://doi.org/10.1192/S0368315X37244435 Published online by Cambridge University Press

## OPENING OF RUNWELL HOSPITAL.

Runwell Hospital, serving the County Boroughs of East Ham and Southend-on-Sea, was formally opened on June 14 last by the Minister of Health, Sir Kingsley Wood.

The following description of the building is taken from the official brochure issued by the Joint Visiting Committee of the Hospital. Plans of the hospital lay-out and of the Admission Unit are appended.

### The Site.

The Hospital is situated on a site of 500 acres between Wickford and Rettendon, Essex, about 24 miles from East Ham and 12 miles from Southend. The buildings are placed on a slight slope open to the south and sheltered from the east, north and west by rising and well-wooded ground.

A reinforced concrete road has been constructed leading from the main road up to the Administration Unit and to the main Units, and from this road and its subsidiary roads the buildings are widely spaced so as to allow for ample admission of sunlight to the grounds and buildings. Wide verandahs with large solaria form a feature of the patients' units, and airy rooms with French windows enable them to feel that they are in a sanatorium rather than a great institution.

The Hospital accommodates 1,010 patients, and forms a fully-equipped community of perhaps 1,400 people, with some 25 to 30 separate units, each specially planned for its purpose.

### Central Administration Unit.

The main entrance has the Physician-Superintendent's Office, the Committee Room, and other offices placed on each side of the entrance, and a central corridor leads directly to the Recreation Hall. On either side of the corridor are placed clerical offices and waiting-rooms, with a well-equipped central Library for the use of the patients and staff. An up-to-date and spacious lecture theatre with an adjacent Sister Tutor's demonstration room has been built off one of the main corridors.

*Recreation Hall.*—This Hall has ample cloak-rooms for both sexes on either side of the entrance, with a large Supper Room at one end, which is used as a gymnasium for patients and staff, as well as during other times for recreation. The Hall has a properly equipped stage at one end, with dressing rooms, and at the other end a first-class modern cinema projector with sound reproduction. The scheme of decoration is simple, and combined with the lighting gives an extremely pleasant appearance both by day and night.

*Kitchen and Stores.*—The circuit of work in this department has been the subject of extremely careful study, and an endeavour has been made to depart from stereotyped lines and initiate a system of Stores, Preparation Rooms and Cooking Units, which will all lead naturally to the despatch of the food trolleys. These trolleys are brought into a special bay, divided by rails with electric power plugs, so that the trolleys form up naturally into service bays which allow for easy loading. By the arrangement of the Preparation Rooms at the exit from the Food Stores, as little food preparation as possible is done in the actual Cooking Unit itself.

A properly equipped Bakery, with bread cooling room, is placed adjacent to

https://doi.org/10.1192/S0368315X37244435 Published online by Cambridge University Press

the Kitchen, with a large flour store over same. On the south side of the Kitchen a small Club Room is arranged for the staff, which connects with a canteen and a shop for the use of both patients and staff.

### Power House.

This has been placed at the north of the Administration Unit and forms a distinctive feature of the whole group of buildings, with its large water-softening tanks and boiler-house chimney.

### Laundry.

On the east side of the Stores is situated the Laundry which, again, has been particularly planned so as to allow of easy administration and a proper circuit of operations.

In the immediate vicinity is a spacious and well-equipped Sewing and Mending Room, where patients are employed under the supervision of a trained instructress.

### Occupational Therapy Workshops.

These are situated on the west side of the Administration Unit surrounding a courtyard, and they have been very carefully studied as regards plan and fittings so as to incorporate the best ideas in this very important part of modern mental treatment. There are separate workshops for male and female patients, and they are so constructed as to facilitate observation and teaching by the trained instructors. In the main occupational therapy department provision has been made for the teaching of numerous handicrafts such as rug-making, basketry, stool-making, weaving (foot and hand looms), beadwork, barbola work, poker work, mat-making, wire-net-making, pottery, embroidery, toy-making, leather-work, carpentry, etc. In addition there are special shops for upholstery, printing, tailoring, boot-repairing, metalwork and carpentry, as well as the engineer's general repair shops.

### Admission Hospital.

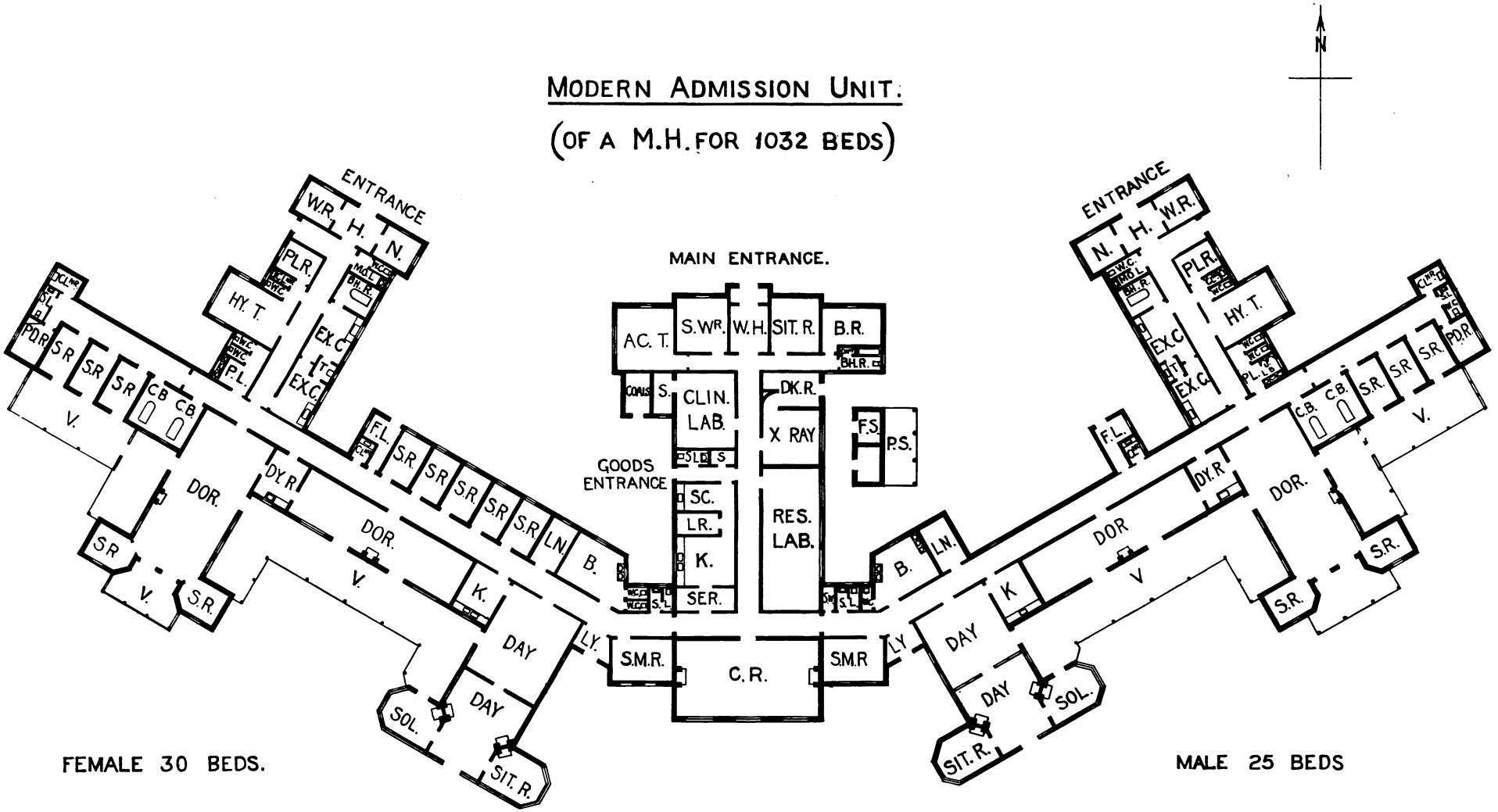
This is a pleasant single-storied building situated well to the east of the main drive. The whole of the planning has been arranged so as to make this building particularly light, sunny and airy with ample verandahs and solaria, so as to give every facility for open-air treatment. The special arrangement of the cantilevered verandah roofs, without supporting posts, and the position in which they are placed, does not diminish to any appreciable extent the light to the adjacent wards.

In the centre portion of this Unit are situated the X-ray department with adjacent dark room, ultra-violet ray department, and a social worker's office. Here are also the pathological and the biochemical research laboratories, in which every facility is afforded for the most advanced research work into the problems of nervous and mental disease. Facing south between the male and female sides of the Unit is a large common-room for both sexes, which is used both for recreation and occupation therapy. In the east and west wings are the male and female wards respectively. Near the wards and close to the entrance there are clinical examination rooms where newly admitted patients are first seen by the resident physicians. There is a modern and well-equipped hydrotherapy and plombière department on each side, as well as laboratories of experimental psychology and clinical pathology. Most of the new patients are admitted to this Unit and undergo a thorough investigation before treatment is carried out.

https://doi.org/10.1192/S0368315X37244435 Published online by Cambridge University Press

# MODERN ADMISSION UNIT.

## (OF A M.H. FOR 1032 BEDS)



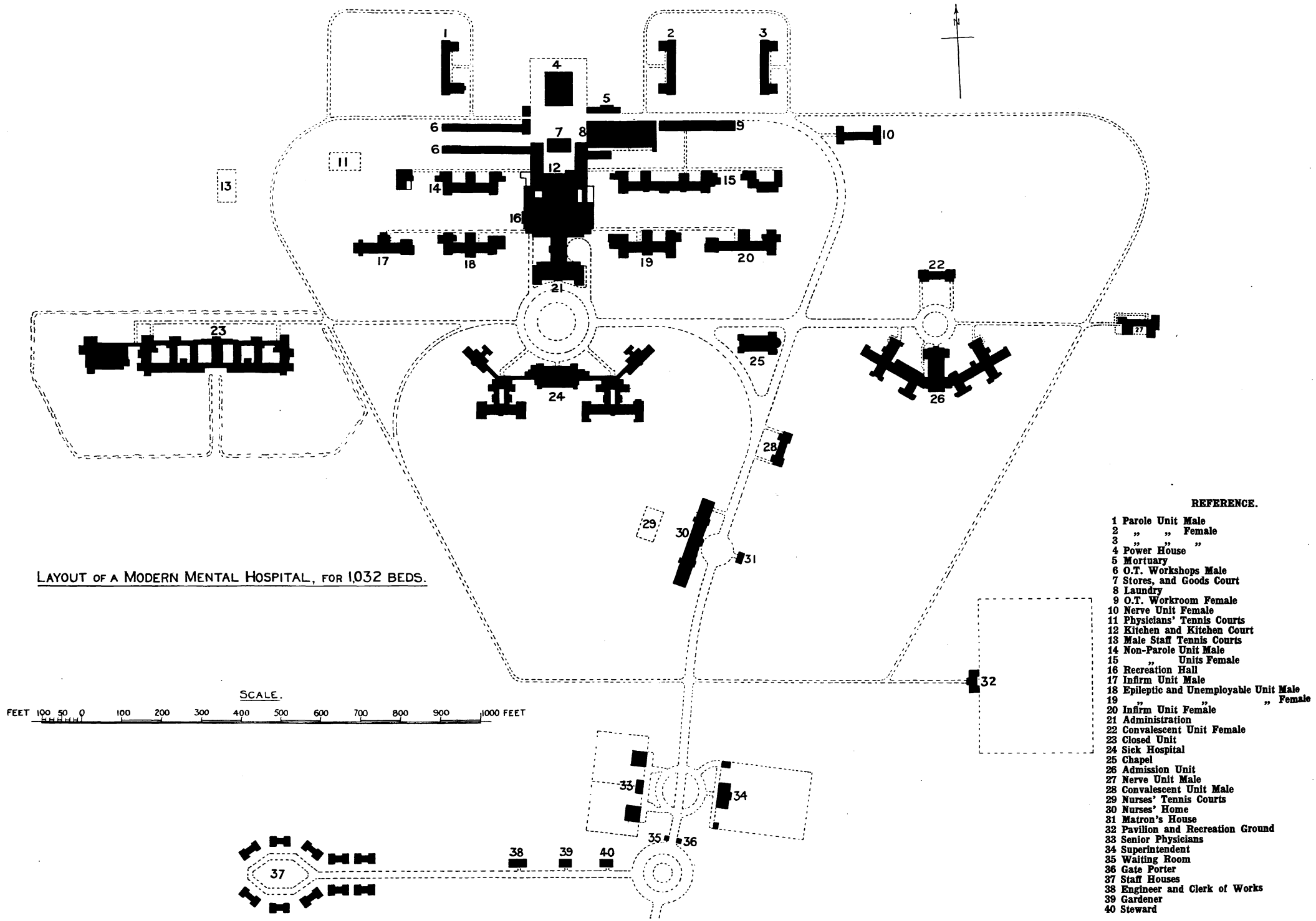

### SCALE.

FEET 10 5 0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150 FEET

### REFERENCE.

| | |
|---|---|
| AC. T. | Actino Therapy |
| B. | Boots |
| BH. R. | Bath Room |
| B.R. | Bed Room |
| CLnr. | Cleaner |
| C. B. | Continuous Bath |
| C. R. | Common Room |
| DAY | Day Room |
| DOR. | Dormitory |
| DL. R. | Dental Room |
| DY. R. | Duty Room |
| DK. R. | Dark Room |
| EX. C. | Laboratories |
| F. L. | Foul Linen |
| F. S. | Film Store |
| H. | Hall |
| HY. T. | Hydro Therapy |
| K. | Kitchen |
| LAB. | Laboratory |
| LN. | Linen Store |
| LR. | Larder |
| LY. | Lobby |
| M.O.L. | Medical Officers' Lavatory |
| N. | Nurse |
| PD. R. | Protected Room |
| P. L. | Patients' Lavatory |
| PLR. | Plombières Room |
| P. S. | Animal House |
| S. R. | Single Room |
| S. | Store |
| SC. | Scullery |
| SER. | Service |
| S. L. | Staff Lavatory |
| S.M.R. | Staff Mess Room |
| SOL. | Solarium |
| SIT. R. | Sitting Room |
| S. Wr. | Social Worker |
| T. | Test Room |
| V. | Verandah |
| W. H. | Waiting Hall |
| W. R. | Waiting Room |
| X. R. | X-ray |

https://doi.org/10.1192/S0368315X37244435 Published online by Cambridge University Press




LAYOUT OF A MODERN MENTAL HOSPITAL, FOR 1,032 BEDS.

https://doi.org/10.1192/S0368315X37244435 Published online by Cambridge University Press

### Nerve Units.

These single-storied buildings, Rettendon House for male and Leigh House for female patients, have been specially designed to receive voluntary patients suffering from the milder forms of nervous disorder. They are detached villas, pleasantly situated well away from other Units. The most notable feature is the comparatively large number of private bedrooms, most of which open direct on to a terrace, as well as the small home-like sitting-rooms with French windows. These Units are much appreciated by voluntary patients because the necessity of bringing them into contact with more severe cases has been avoided. A maximum amount of freedom and privacy is allowed, and the home-like surroundings engender a feeling of personal comfort and security which could not be felt in a larger ward of mixed patients.

This is the first time such nerve units have been built in a public hospital, and although they have only been open a comparatively short time the experiment has proved an unqualified success.

### The Harper Unit.

Immediately to the south of the Administration building is situated the Harper Unit or sick hospital. A single-storied building, it is composed of a centre block and two wings, the east for female and the west for male patients. Here all patients suffering from any physical complaint, whether medical or surgical, are treated. There are wide verandahs, with unobscured views to the south opening directly from the sick wards, thus ensuring ample facilities for open-air treatment. At the extremity of each wing separate pavilions have been planned to accommodate patients suffering from tuberculosis and infectious diseases

The centre portion comprises a small sick unit for members of the staff; this faces south. To the north is placed on one side of the entrance the operating suite and dental room, with the most up-to-date equipment, including recessed steam sterilizers. On the other side is the hospital dispensary, which includes a waiting room for staff and a conveniently placed store for drugs.

### Units for Quiet and Employable Patients.

These are placed to the east and west of the Administration building, which thus forms a natural dividing line between the sexes. Surrounding these units are large gardens which afford ample room for exercise and recreation. These units are connected by means of a covered way with the occupation therapy shops, which makes it possible for all employable patients to reach their particular workshops without undue delay and inconvenience, by obviating a long detour through the grounds or administration unit corridors. These units, with the exception of the two single-storied buildings for feeble and infirm patients (Elm House and Laburnum House), are two-storied, and are planned in such a way as to facilitate observation by the staff, there being a complete absence of dark internal corridors.

### Parole Units.

These are three units, Brookside, Sunnyside and Woodside, the two former being for female and the latter for male patients. They are placed to the north of the central buildings, and will accommodate those patients who do not require much supervision, and are able to enjoy more freedom within and without the grounds of the hospital. They, too, are situated in close proximity to the workshops, and have also easy access to the kitchen garden, laundry, and hospital farm, where a certain number of patients will be employed.

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### Boundary House.

This unit is placed in a detached position to the extreme west and a good distance away from other buildings. It will accommodate 60 male and 100 female patients suffering from the more severe forms of mental disorder who will require closer supervision and special nursing on account of restlessness and disturbed phases of behaviour. The sitting-rooms and dormitories are small so as to allow of a certain amount of classification into different groups, and provision will be made for the holding of occupation therapy classes in the wards. In the centre is a small department for the treatment of acute cases, including hydrotherapy, and clinical rooms. The whole building, rooms and wards with the specially designed light oak furniture is designed to give a pleasing impression, and to dispel any idea of the old-fashioned "refractory block". A very large garden which will be laid out with flower-beds, trees and shrubs affords splendid opportunity for exercise and recreation.

### Chapel.

The Hospital Chapel is a very attractive building of modern architectural design, and occupies a prominent and central position on the estate. It has seating accommodation for approximately 320 persons, and possesses, in addition to the beautifully furnished Sanctuary and Baldachino Chancel, a Lady Chapel of quiet and dignified beauty. The whole building is light and airy and engenders an atmosphere of rest and tranquillity. The lighting fittings are a special feature, the design for the oxidized lamps being copied from the Ancient Roman pattern. They diffuse an indirect light of soft brilliance with extremely good effect. The Chapel also possesses a very fine modern pipe organ.

### The Nurses' Home.

This building is placed to the west of the main entrance drive, and is fully equipped to accommodate 120 nurses. All bedrooms are fitted with built-in wardrobes and running hot and cold water. The various sitting-rooms and reading-rooms face the south or west and have an unobstructed view.

### Residences, Houses and Cottages.

The residences for the Physician Superintendent and Senior Physicians and the Matron are placed on each side of the main entrance drive, with their own private gardens. The houses and cottages for the Clerk and Steward, the Engineer and the remainder of the staff are approachable from the outside of the entrance gates, towards the west.

### Farm Buildings.

Situated on the hill to the north-west of the site is a well-arranged group of Farm Buildings, with cottages for the Bailiff and Farm staff, with ample room for further developments.

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## NOTICES BY THE HONORARY LIBRARIAN.

The Library is open to members between the hours of 10 a.m. and 6 p.m.; Saturdays, 10 a.m. and 1 p.m. Books are issued to borrowers between 10 a.m. and 1 p.m., and between 2.30 and 4.30 p.m.; Saturdays, between 10 a.m. and 12 noon.

The Hon. Librarian will endeavour to obtain, as far as possible, any books on psychiatry and allied subjects required by members.

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