Dr. J. Mills, Ballinasloe, expressing to him the sympathy of the members upon his recent bereavement.

A letter was read from Dr. C. E. Hetherington, Londonderry, resigning his membership, and expressing his regret at being compelled to take this step owing to his retirement from active medical work.

The meeting heard of Dr. Hetherington's resignation with great regret, and the Hon. Secretary was directed to write and request Dr. Hetherington to reconsider the matter.

The meeting next proceeded to the election of an Honorary Secretary and two representative members of Council for the ensuing year.

Dr. F. E. Rainsford having been appointed scrutineer and a ballot having been taken, it was announced by the Chairman that Dr. R. R. Leeper was elected Hon. Secretary, and Drs. J. C. Martin and H. R. C. Rutherford were elected representative members of Council for the ensuing year.

A hearty resolution, expressing appreciation of the services of the Hon. Secretary, was passed, and Dr. Leeper returned his thanks to the members for their kindness in again electing him.

The members next proceeded to fix the dates of meetings for the ensuing year. The Autumn Meeting was arranged to take place on Thursday, November 3rd, 1921, and the Spring Meeting to take place on Thursday, April 6th, 1922. The Summer Meeting was fixed for Thursday, July 6th, 1922, and the place of meeting for the forthcoming Summer Meeting was discussed, but not definitely decided upon.

The report of the Irish Public Health Council was next considered and discussed, as directed by the Autumn Meeting, and the notice of motion handed in by Drs. F. E. Rainsford and J. Mills, a copy of which had been sent to each member of the Division, was also considered.

After a lengthy discussion the following resolution, proposed by Dr. F. E. RAINSFORD, and seconded by Dr. M. J. NOLAN, was unanimously passed, and the Hon. Secretary was directed to send a copy to the Chairman of the Irish Public Health Council:

> "That the Irish Division of the Medico-Psychological Association, having considered the Report of the Irish Public Health Council, desires to express its regret that, in dealing with the future of the asylum service of the country, the Council had not the advantage of a representative of that service among its members, which would in their opinion have been of great value in its deliberations. They desire, however, to submit the following resolutions, which have been passed unanimously:
>
> (1) "That the Members of the Irish Branch of the Medico-Psychological Association, on consideration of the report of the Irish Public Health Council, are strongly of opinion that in the matter of the organisation of the Ministry the alternative proposal (B) would be in every way the more suitable from considerations of efficiency, economy, and administration."
>
> (2) "That they approve generally of the establishment of Health Councils for each county in Ireland."
>
> (3) "That they approve of the establishment of a State Medical Service, centrally appointed and centrally controlled, which service will include Lunacy Administration."
>
> (4) "That, as regards cost of maintenance of asylums, they are of opinion that the State should bear half the cost of maintenance, as is proposed in the case of the other Public Health and Medical Services."

A cordial vote of thanks to Dr. J. O'Conor Donelan for his kindness and hospitality was proposed, seconded, and passed by acclamation.

This terminated the proceedings.

CLINICAL CHART FOR MENTAL CASES.

By Prof. R. HUNTER STEEN, M.D., F.R.C.P.

The chart, a copy of which is published herewith, has proved useful in the City of London Mental Hospital, and a few words explaining its origin may be of interest.

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Name. _____ *Diagnosis.* _____

		MONTH							
		DAY							
SLEEP IN 24 HOURS		0 1 2 3 4 5 6 7 8 9 10							
HOURS OF SLEEP DURING DAY									
MENTAL	Motor	Extreme Excitement Excitement ... ... Restlessness ... ... Normal ... ... Slight Retardation .. Great ,, ... Stupor							
	Emotion	Exaltation ... ... Slight ,, ... Normal ... ... Slight Depression ... Great ,, ...							
BOWELS									
WEIGHT- Pounds									
TREATMENT OR NOTES									

Chart designed by Dr. R. H. Steen. Bale & Danielsson L.td

[*Copyright.*]

For many years it has been the custom here to keep a sleep chart for each admission. This is no doubt the practice in other institutions, and is valuable for two reasons. In the first place it draws the attention of everyone concerned, doctors and nurses, to the sleep of the patient, and insures that sleeplessness, if it exists, receives adequate treatment. Secondly, as it is the rule to state on the chart the hypnotic used, a readily accessible record is obtained of the value of different hypnotics. The foundation, then, of the present chart is the portion dealing with sleep.

Certain patients complain of insomnia, meaning thereby that they sleep badly at night, whereas the total hours of sleep may not be at all abnormal. It will be seen that the chart states, "Sleep in twenty-four hours," which is the important point to ascertain. Still, it is well to be aware of how much sleep occurs in the daytime, and a place is reserved for this. It will be noticed that when sleep is deficient the daily dots will appear high up, and when sleep is abundant the dots will be lower down. It thus resembles a temperature chart, *e.g.*, when sleep is bad the chart looks like one of pyrexia, and when sleep is good the chart has the appearance of a normal temperature chart. This arrangement is usual in sleep charts.

The next portion of the chart affords the opportunity for recording whether there is motor restlessness or the opposite, and whether depression or exaltation is present. It is admitted that the designation appropriate to the conditions of a given patient is open to the error of the personal equation of the recorder. For example, different people might not agree as to whether a patient was "restless" or "excited" or "extremely excited." In practice, however, it is found that an intelligent nurse can manage to complete the record satisfactorily.

Provision is made for recording the state of the bowels and the weight of the patient. The presence of constipation has a marked influence both on the amount of sleep obtained and the general mental condition of the patient.

As regards the weight of the patient, this will not of course be taken daily, but weekly weighing is usual in acute cases.

Taking the chart as a whole, the criticism may well be expected that it is too small in size to be of value. In reply it may be stated that the idea was to make it fit the ordinary temperature chart holder, and in practice it is found that a neat writer can keep it in a satisfactory manner.

It can be obtained from Messrs. John Bale, Sons & Danielsson, Ltd., of 83–91, Great Titchfield Street, London, W. 1, at a moderate charge.

EDUCATIONAL NOTES.

A Course of Lectures and Practical Instruction for the Diploma in Psychological Medicine, granted by the various Universities, will be given at Bethlem Royal Hospital, commencing early in October next.

Syllabus and particulars can be obtained from the Physician-Superintendent, Bethlem Royal Hospital, S.E. 1.

The following lecturers have been appointed:

Neurology: S. A. Kinnier Wilson, M.A., M.D., F.R.C.P, C. C. Worster Drought, M.D., M.R.C.P., F. C. E. Danvers Atkinson, M.B.

Psychology: W. H. R. Rivers, F.R.S., M.A., M.D., F.R.C.P., William Brown, M.A., M.D.

Mental Deficiency: A. F. Tredgold, M.D., F.R.S.Edin.

Psychological Medicine: Sir Maurice Craig, C.B.E., M.D., F.R.C.P., Eric D. Macnamara, M.D., F.R.C.P., W. H. B. Stoddart, M.D., F.R.C.P., Prof. R. Hunter Steen, M.D., F.R.C.P., J. G. Porter Phillips, M.D., M.R.C.P., T. Beaton, O.B.E., M.D., M.R.C.P., H. E. Wingfield, M.D., Clement Lovell, M.D.

APPOINTMENTS.

Robinson, William, M.B., Ch.B.Leeds, Medical Superintendent, County Mental Hospital, Brentwood, Essex.

Yellowlees, Henry, O.B.E., M.D., F.R.F.P.&S.Glasg., Medical Superintendent (from March, 1922) of the Retreat, York.

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