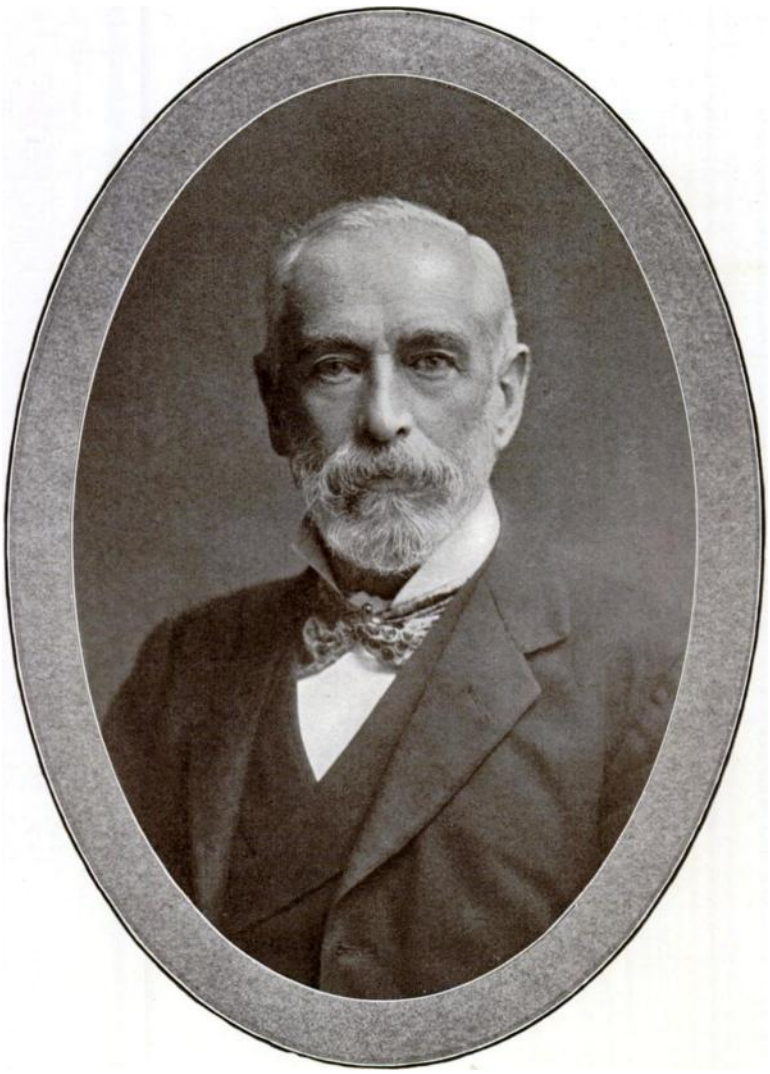


HENRY RAYNER, M.D.Aberd., M.R.C.P.Edin.

Obiit February 8, 1926.

President 1884–85.
Ordinary Member since 1870.
Hon. General Secretary 1877–89.
Co-Editor of the Journal 1895–1911.

https://doi.org/10.1192/bjp.72.297.171 Published online by Cambridge University Press

THE
JOURNAL OF MENTAL SCIENCE
[*Published by Authority of the Royal Medico-Psychological Association.*]

No. 297 [NEW SERIES No. 261.] APRIL, 1926. VOL. LXXII.

HENRY RAYNER, M.D.ABERD., M.R.C.P.EDIN.

BY the death of Dr. Henry Rayner our Association has lost one of its oldest and most esteemed members, who had done great service to it and to the cause of the insane.

His medical career began at Hythe, where he was apprenticed to the local medical practitioner, as was customary in those days. He entered as a student at St. Thomas's Hospital in 1861, when the hospital had moved to Surrey Gardens from the Borough. In 1862 he gained the 1st College Prize as a first-year student, and was again awarded the 1st College Prize in his second year, and in 1864 he competed for the Cheselden Medal in Surgery and was awarded a Certificate of Honour.

He qualified as M.R.C.S. and L.S.A. in 1864, and he held the post of Resident Accoucheur at St. Thomas's in 1865. He then proceeded to Aberdeen, where in 1866 he took the degrees of M.B. and C.M. "with highest academical honours." He subsequently proceeded to M.D. in 1870, and M.R.C.P.Edin. in 1878.

In 1867, while working at the Dispensary, Upper Street, Islington, he appears to have caught diphtheria, which led to some ocular paralysis, and on going to Aberdeen to recruit he and some friends imprudently waded the Dee in mid-winter, which led to loss of power in his legs, from which, however, he completely recovered.

In 1870 he first entered our special branch of medicine, being appointed Assistant Medical Officer to Bethlem Hospital, of which at that time Dr. Rhys Williams was Resident Physician and Superintendent. He remained at Bethlem Hospital for two years, and then was appointed in 1872 Medical Superintendent of the male side of Hanwell Asylum, which was then under the management of the Middlesex magistrates. His successor at Bethlem Hospital was the late Sir George Savage. At Hanwell he was associated

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with Dr. Richards, who was in charge of the female side. His predecessor was Dr. Begley, who had been appointed in 1838.

In 1878, when Dr. Rhys Williams was appointed Commissioner in Lunacy and resigned the Lectureship in Mental Diseases at St. Thomas's Hospital, Dr. Rayner was elected to succeed him in the latter post, which he retained till 1905. Before this he had held a similar appointment at the Middlesex Hospital.

He continued as Medical Superintendent at Hanwell until his resignation in 1888. At Hanwell he set himself to improve the conditions under which the insane were cared for. I am told that one of his first acts was to have the bars removed from windows, and this in spite of the protest of the Committee that it would largely increase the bill for broken glass, but within a short time only an occasional new pane was required, in contrast to the former heavy bills for broken glass. He was in favour of improved attention to general health, cultivation of regular habits, increase of bodily exercise, reasoning with patients and strengthening their will-power. He had a strong dislike to the use of sedatives and narcotics, believed in the use of Turkish baths in selected cases, and was interested in the effect of rooms painted in various colours on different types of insanity.

The Reports of the Commissioners in Lunacy show that in 1889 Hanwell had a lower death-rate than any other county or borough asylum in England and Wales, and the recovery-rate for the five years 1884–88 shows 45% on admissions for Hanwell, as compared with an average of 40% for all asylums.

His name first appears in the List of Members of the Medico-Psychological Association in vol. xvi, January number, 1871, of the *Journal of Mental Science*, when he was at Bethlem Hospital. The first paper recorded in the Journal was one read at a meeting of the Association on March 27, 1875, on a "Case of Opium-taking," with rapid recovery on cessation of the drug. In vol. xxvi is a paper on "Lead-poisoning and Insanity," read at the quarterly meeting, February 25, 1880, and in vol. xxvii is a digest of a paper read at the International Medical Congress, London, 1881, on "Gout as associated with Insanity." These two subjects are further elaborated in the articles he wrote in Tuke's *Dictionary of Psychological Medicine* on "Gout and Insanity" and "Mental Disorder from Lead-poisoning." In vol. xxix (1883) is a paper on "The Relative Cost of Large and Small Asylums," in which occurs the following sentence:

> "Every available argument should be used to prevent the building of large receptacles for dementia, or the enlargement of asylums of manageable size, by which there is a danger of

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diminishing the 'individual and responsible treatment of the insane' on which so much of their welfare depends."

While at Hanwell he had become General Secretary of our Association in 1877, and held the post till 1889.

In 1884 he became President, undertaking the office at short notice on account of the sudden illness of Dr. Manley, who had been President-Elect. His Presidential Address, July 23, 1884, at the Annual Meeting held at the Royal College of Physicians, London, was largely concerned with the consolidation and amendment of the Lunacy Laws, which was then proposed by the Government. In it he objected to the proposed abolition of private asylums, referred to the need of public institutions for those only able to pay small fees, called attention to the prejudice against certification and to the fear of litigation, referred to the proposal to introduce the magistrate to private cases, and emphasized the need for increase in the personnel of the Board of Control and for a Ministry of Public Health. He also referred to diet scales and the training of attendants. Some of these are still burning questions. He subsequently, as President of the Association, headed a deputation to the Lord Chancellor criticizing the proposed alterations in the Lunacy Laws.

In vol. xxx of the *Journal of Mental Science* he reported a case of insanity after head injury. In vol. xxxv (1889) is the report of the discussion on Dr. Hayes Newington's Presidential Address on the "Hospital Treatment for Recent and Curable Cases of Insanity." In this Dr. Rayner took part, expressing the view that the general hospitals gravely neglected their duty in totally refusing to receive insane cases of any kind unless accidentally admitted. He said, "I believe it can be done satisfactorily on a small scale by making proper and due arrangements."

He had by this time left Hanwell Asylum, and had entered into consulting practice, residing at Hampstead. He continued to hold the post of Lecturer on Mental Diseases at St. Thomas's Hospital. Shortly after this he convinced the Governors of St. Thomas's Hospital that it was desirable to open an out-patient department for early mental cases. In 1889 he became a Governor of Bethlem Hospital, and was a member of the General Committee for many years.

At the Annual Meeting of the British Medical Association, held at Newcastle, 1893 (*Journ. Ment. Sci.*, vol. xxxix, p. 612), he read "Remarks on the Out-patient Department for Mental Diseases at St. Thomas's Hospital." He referred to the fact that in a letter to *The Times* some ten years before he had drawn attention to the fact that general hospitals took no part in the treatment of mental

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disease. His remarks on the subject are worthy of quotation, and it may be said that he was the pioneer in this work, as there are now similar out-patient departments at Charing Cross, Guy's, St. Bartholomew's, Middlesex and St. Mary's Hospitals, as well as at Bethlem Hospital and the Maudsley Hospital.

> "The direct work of the out-patient department is not only to treat the cases suitable for treatment, but to relegate into proper channels those requiring change of air, hospital, infirmary or asylum care. The indirect advantages are the removal from the popular mind that mental disease is something apart from all other disease, and the bringing of the alienist physician into more continual contact with the rest of the profession, thereby breaking down the isolation of alienism which has hitherto existed."

At the Annual Meeting of the British Medical Association, London, 1895, Rayner opened a discussion "On the Treatment of Melancholia" (*Brit. Med. Journ.*, September 28, 1895). The prophylactic as well as the curative treatment is fully discussed in the paper. His dislike to sedatives and narcotics is emphasized, and stress laid on physical improvement and personal treatment. He also wrote the article on "Melancholia and Hypochondriasis" in Allbutt's *System of Medicine*, 1899.

At the Annual Meeting of the British Medical Association at Carlisle, July, 1896, he opened a discussion on the certification of insanity in its relation to the medical profession, and moved a resolution, unanimously agreed to, that the Council of the British Medical Association "should consider the desirability of obtaining for England and Wales some provision for the temporary care of incipient and non-confirmed insanity similar to that which exists under the Scottish Lunacy Act." This was before the large increase of voluntary admissions to mental hospitals which has taken place. He referred to the dislike of practitioners to run the risks of certification and to the small protection to them, and also to the detrimental effect of certifying short cases which quickly recover. His interest in the early treatment of cases and in psychiatric clinics is further shown by his letters to the *Lancet* (1902, i, p. 773) on the psychiatric clinic, in which he refers to the department at St. Thomas's Hospital, and (1914, i, p. 470) against the treatment of early cases being legalized to unskilled persons.

In 1895 he had become Co-Editor of the *Journal of Mental Science*, and continued to act in that capacity until 1911. In vol. xliii, p. 517, is a paper by him on "Housing the Insane," calling attention to the need for "skilled individual attention" as the basis of treatment. He wished to see receiving-houses, mental

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infirmaries or wards, affiliated if possible with the general hospitals and infirmaries, staffed by alienists with the assistance of the hospital specialists. He summarized the line of advance in treatment as a "need for more brains and fewer bricks." This paper was fully discussed at a meeting of our Association.

In vol. xlviii, 1902, p. 460, is a paper read by him before the Association on "Sleep in Relation to Narcotics in the Treatment of Mental Disease." In this he expressed his aversion to the continued use of chloral and sulphonal or other narcotics, and summarized his experience as follows: "I have therefore come to the conclusion, and this I have now carried out in practice for many years, that with very rare exceptions—so rare that in as many years I could probably count the doses on the fingers of one hand—narcotics can be avoided with advantage."

In vol. l, p. 473, 1904, is a reprint of a paper written for the Charity Organization Society of Glasgow on the "Need of Care of the Weak-minded in Infancy and Childhood." He found that a considerable number of such cases were brought or sent by charitable associations to his out-patient department at St. Thomas's Hospital. He stressed the need for special advice and nursing and special attention to general health and nutrition during infancy and early childhood, so as to fit such children for deriving benefit from the schools for the feeble-minded or the special classes for backward children.

In 1888, while still at Hanwell, he had also read a paper before the Council of the Charity Organization Society on "The Treatment of the Feeble-minded and Epileptic." He also read a paper before the Childhood Society on "The Early Recognition and Treatment of Mental Defects in Children."

In 1905 he retired from the post of Physician to the Out-patient Department at St. Thomas's Hospital and the Lectureship on Mental Diseases, and about this time also retired from consulting practice. He, however, continued to make contributions to medical literature from time to time. In the *Journal of Mental Science*, 1914, p. 572, is a paper by him on "The Wet Pack in the Treatment of Insomnia and Mental Disorders," referring to its use by Boyd at the Somerset Asylum in 1862, where opiates had failed to produce sleep, and also to its use by Lockhart Robertson (*Journ. Ment. Sci.*, vol. vii, p. 261). He fully discussed the pros and cons of its use, and had himself found it useful in acute delirious mania of sthenic type and in insomnia of mental disorder associated with toxic conditions. He considered it "one of the most important and valuable means of treatment of the insane," and lamented that its vanished employment was due to its being classed by the Lunacy Commissioners as mechanical restraint.

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In the *Journal of Mental Science*, vol. lxvii, 1921, p. 151, is a long philosophical article on "Temperament," with references to numerous authors from Galen downwards. He concluded that temperaments are due to somatic elements, "not inevitably inherited, but modifiable by protracted variations of nutrition within the limits of normality either during gestation or in after life." Reference may be also made here to an article on "Insane Diathesis," contributed to Tuke's *Dictionary of Psychological Medicine*. The last article of which I can find record is the one printed in the *Journal of Mental Science*, July, 1924, p. 358, on "Mental After-care."

The After-Care Association for poor persons recovered or convalescent from mental illness is very familiar to those practising in mental medicine, but as Dr. Rayner was the last survivor of the original founders, a few words of its history may not be out of place. This Association was begun in 1879 by the late Rev. H. Hawkins, who for some time was Chaplain of the Sussex County Asylum, Hayward's Heath, and afterwards for many years at the London County Asylum, Colney Hatch. It began work in 1886, the late Dr. Hack Tuke being its first Chairman.

In a letter which the writer received from Dr. Rayner shortly before his death, and written as recently as January 20, 1926, he stated that he and Dr. Hack Tuke originally attended a parlour meeting at Mr. Hawkins's house at Colney Hatch, to form a society of ladies to visit and befriend women in the asylum. Dr. Rayner strongly urged its extension to patients leaving, as he had had experience of the difficulty in starting patients in life again. It would appear that from about 1886 the Association began work for discharged patients, at first for women only. In 1891 Dr. Rayner read a paper before the After-Care Association on "After-Care of Male Patients discharged from Asylums." This will be found in the *Journal of Mental Science*, vol. xxxvii, 1891, p. 585.

The result was the extension of the work to the assistance of both male and female recovered patients, which has now reached large proportions. Dr. Rayner became Treasurer in the early days with Dr. Hack Tuke as Chairman, and on the death of the latter Dr. Rayner succeeded him as Chairman, with the late Sir George (then Dr.) Savage as Treasurer.

Dr. Rayner became Chairman of the Council in 1895, and so had completed 30 years of this beneficent work, when, to the great regret of the members, failing health prevented him from attending the meetings of Council, which he had always done with unfailing regularity. He only resigned the chairmanship in January of this year. Having retired from practice in 1906, he was able to devote

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much time and thought to this work, and was able through influential friends to obtain the consent of His Royal Highness the Prince of Wales to be Patron of the Association, in succession to the late Princess Christian. His Majesty the King also gave £100 to the funds of the Association. He was also largely instrumental in persuading Sir Charles Wakefield, whose munificence to the Association is present in all our minds, to become its President. It may be said that the work was very near his heart, and he always hoped that it would be extended further than simply to patients discharged as recovered. Without referring in detail to the paper on "Mental After-care," which reviewed the work already done, it may be pointed out that he considered that "mental after-care" taken in its widest sense should include help to all persons discharged under any conditions from mental hospitals, or who needed assistance after having been under any form of treatment for mental disorder elsewhere. He favoured divisional branches in relation to the Divisions of the Medico-Psychological Association, supported by contributions from local committees and private donations and affiliated to the Central Association. As a proof of his desire for the welfare of this charity to the last is the fact that only five days before his death he wrote to the Secretary enclosing a cheque for £500 to the funds of the Association.

Among minor contributions may be mentioned a letter to *The Inquirer*, January 13, 1886, on "Compulsory Vaccination," an article on "The Care and Nursing of the Insane" (*Nursing Notes*, April 1 and May 1, 1888), and a paper in the *Lancet* (1916, vol. ii, p. 196) on "A Serious Defect in some of the Registered Hospitals for the Insane." This referred to the failure of the more expensive registered hospitals to give charitable assistance to those not well off while taking expensive patients. He also wrote to the *British Medical Journal* (1918, vol. i, p. 86) on "Painless Childbirth," criticizing scopolamine-morphine narcosis in childbirth, and the results to the mother, and especially to the child.

During the late war Dr. Rayner was on the Committee of the "Recuperative Hostels" for sailors and soldiers invalided from the services with nerve-strain, at first at Fitzjohn's Avenue, Hampstead, and afterwards at Marshall's Park, Romford. Sir Frederick Milner writes: "From the beginning to the end Dr. Rayner was one of our most energetic consultants and one of our most constant and helpful supporters. Everybody loved him, and he rendered most valuable service all through on our Committee."

He was for many years Chairman of the Infant Welfare Committee and the Joint Tuberculosis Committee of Hampstead, and was one of the Consulting Physicians to the Clinic for Early Nervous

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Diseases, and was unsparing in work and in contributions to the funds.

He was a corresponding member of the Societa Freniatrica Italiana and of the Société Medico-Psychologique de Paris.

Of late years his time was spent between his residences at Hampstead and Hythe. He continued to take an active part in the management of Bailbrook House, Bath, and Fenstanton, Streatham, until late in 1925.

Personal.

Henry Rayner was born November 7, 1841. He belonged to a family the members of which had always shown a strong sense of civic responsibility. An ancestor was Mayor of Colchester and obtained freedom of the famous oyster fisheries. His great-grandfather moved to Charing in Kent, and was a successful lawyer. His grandfather moved to Hythe, and his father became Mayor and J.P., and was owner of coasting steamers.

Henry Rayner was the youngest of ten children, and was born at Hythe when his father was 56 years of age. Living at Hythe, it is not surprising that he had a great liking for sailing. I am informed that when he was a boy one of his favourite holiday expeditions was to sail out to a light-ship in the Channel with bundles of old newspapers, for which he and his friend had a great welcome from the crew. He was always strong and hardy as a young man, and he afterwards delighted in the memory of having gone up Snowdon twice before 10 a.m., first to see the sunrise, and the second time with friends.

Dr. W. J. Sheppard, a former student of St. Thomas's Hospital, tells me that he has very pleasant memories of a sailing expedition to the Belgian and Dutch coast with Rayner and Mr. W. W. Wagstaff, formerly surgeon to St. Thomas's. He was an early volunteer and a good shot. He was a lover of vigorous exercise, used to cycle regularly up and down from Hampstead to his consulting room after leaving Hanwell, and continued playing lawn tennis regularly till he was 56, when he sustained a fracture of the leg. On recovering he took up golf, which he played regularly at Hampstead and Hythe, was a winner of many prizes, and went on playing a little till the last year of his life.

He was keenly interested in botany and geology, archæology and general literature. His daughter tells me that he would read aloud to his family with the greatest enjoyment, in this way going through all Scott's novels and other English classics. He was an ardent admirer of Gilbert and Sullivan's operas.

I have set out these details, as they seem to me to illustrate a

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personal side of his life which was perhaps little known to those of us whose acquaintance with him was chiefly professional.

His portrait, by H. S. Tuke, was in the Royal Academy in 1900.

A small book, *Pain: its Place in Creation*, published by Adlard & Son, 1908, written by him, concludes with the following sentence:

> "In the actual creation in which we exist, the presence of pain would appear to render it necessary to the establishment of the belief in the justice of the Creator, to believe in His immanence in man, and this would seem to be a fitting final revelation of the 'Mystery of Pain.'"

He married in 1882 Miss Field, and his widow survives him. His sons, Arthur Errington Rayner and Edwin Cromwell Rayner, are both members of the medical profession. To his daughter, Mrs. Matheson, the writer is much indebted for many details of his life.

He died rather suddenly at Hythe on February 8, 1926, in his 85th year, and was buried at Saltwood, near Hythe.

A very gentle, courteous and considerate physician has passed from our midst, one who threw himself into his work with constant diligence, and with a single eye to doing his best for the alleviation of the sufferings of the insane, to which he devoted himself almost to his last hour.

R. PERCY SMITH.

Part I.—Original Articles.

The Affective States in Lilliputian Hallucinations (1). By RAOUL LEROY, Physician, State Asylums of the Department of the Seine, France.

OF all the physical phenomena which interest philosophers and psychiatrists there are none more interesting than hallucinations. Psycho-sensory disorder is a complex aggregate in which the psyche in its entirety is mingled with organic disorders, an association which is still a mystery to us. The study of the affective states in the hallucinated is, therefore, of the highest importance, since it allows us to bring psychic and physiological disorders

(1) In a paper read at the Spring Meeting of the South-Eastern Division, May 2, 1922 (vide *Journ. Ment. Sci.*, July, 1922), my colleague and friend, Dr. G. W. B. James, very kindly made known in England a syndrome, studied by myself, under the name of "Lilliputian Hallucinations." These psycho-sensory disorders, particularly frequent in alcoholism, have been the subject in France of an important bibliography. I believe that they are but meagrely studied in the land of Gulliver's creator. That is why I am presuming to return to this subject, considered from another point of view.

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