SOUTH-WESTERN DIVISION

SPRING MEETING, 1963

THE SPRING MEETING of the South-Western Division was held at Digby-Wonford Hospitals, Exeter, on Thursday, 28 March, 1963, by kind invitation of the Hospital Management Committee, and Dr. L. Couper, Medical Superintendent.

During the forenoon, members visited the three sections of Exe Vale Hospital—Digby Hospital, including the new and impressive Russell Clinic, the Neurosis Unit at Wonford Hospital and Exminster Hospital, where the more elderly psychiatric patients are treated. At lunch the Divisional Chairman, Dr. R. F. Barbour, thanked Dr. Couper, the other Officers and the Hospital Management Committee for their hospitality.

The Hon. Divisional Secretary reported that the Divisional Committee had met before lunch.

(*a*) They were informed of future arrangements regarding Distinction Awards.

(*b*) The Editor-in-Chief of the *British Journal of Psychiatry* had asked the Divisions for any comments on the introduction of editorials in the *Journal*.

The Committee agreed that they would be in favour of such features as annotations, news items, the announcement of forthcoming events, etc., but were dubious about the introduction of editorials which might influence policy.

(*c*) It was agreed to accept an invitation from Dr. J. B. Gordon-Russell to hold the Autumn 1963 Meeting at Roundway Hospital, Devizes.

The Report of the Divisional Committee of Management was approved by the Meeting. With reference to the item on *Journal* editorials, the Meeting unanimously agreed with the statement of the Divisional Committee.

Election of Ordinary Members

The following candidates were elected to Ordinary Membership:

CONWAY, STELLA MARGARET, L.R.C.P., L.R.C.S.E., L.R.F.P.S.G., D.P.M., Senior Registrar, Tone Vale Hospital, Norton Fitzwarren, near Taunton, Somerset.
Proposed by Drs. K. C. Bailey, J. W. Warboys, A. M. Bradfield.

CROPPER, CHARLES FREDERICK JOHN, *O.B.E.*, B.A., F.R.C.P.E., Locum Registrar, Knowle Hospital, Fareham, Hants.
Proposed by Drs. A. J. Galbraith, B. Steinberg, J. K. Hewat.

JACKSON, PAUL MONTGOMERY, M.B., B.Ch., D.P.M., Registrar, Whitchurch Hospital, Whitchurch, Glam.
Proposed by Drs. J. P. Spillane, M. Evans, I. G. Pryce.

MITCHELL, ALEXANDER ROSS KERR, M.B., Ch.B., D.P.M., Junior Specialist in Psychiatry, Royal Victoria Hospital, Netley.
Proposed by Drs. W. Cullen, G. G. Wallis, M. H. Davies.

MORPHEW, JOHN ANTHONY, M.B., Ch.B., Senior House Officer, Barrow and Glenside Hospitals, Bristol.
Proposed by Drs. A. Leitch, P. K. G. Warren, R. L. Bird.

MORTON, MICHAEL ROBERT, M.B., B.S., Registrar, Fair Mile Hospital, Wallingford, Berks.
Proposed by Drs. P. R. H. Davis, S. Krauss, D. Duncan.

MORTON-GORE, NINA CERESETO, M.D.(Rome), L.A.H., D.P.M., Senior Medical Officer, Borocourt, near Reading, Berks.
Proposed by Drs. G. O'Gorman, C. E. Williams, G. B. Simon.

PROUD, RENA DANAE, M.B., B.S., Registrar, Fair Mile Hospital, Wallingford, Berks.
Proposed by Drs. P. R. H. Davis, D. Duncan, S. Krauss.

SHAFIQUE, MUHAMMAD, M.B., B.S.(Punjab), Registrar, St. Cadoc's Hospital, Caerleon, near Newport, Mon.
Proposed by Drs. G. M. King, J. M. Hughes, T. S. Davies.

SHERLIKER, JEFFREY, M.B., B.S., Junior Medical Officer, Park Prewett Hospital, Basingstoke, Hants.
Proposed by Drs. E. C. Turton, D. J. Muller, A. Pearce.

WATERS, THOMAS CYRIL, M.B., Ch.B., Research Registrar, Littlemore Hospital, Oxford.
Proposed by Drs. J. J. Waldron, M. Monro, B. M. Mandelbrote.

WILLIAMS, INGEBORG EVELINE ILSE, M.D.(Hamburg), M.R.C.S., L.R.C.P., Junior Medical Officer, Powick Hospital, near Worcester.
Proposed by Drs. A. M. Spencer, J. B. Jeffries, J. D. Currie.

WILLIAMSON, PATRICIA ELEANOR, B.A., M.B., B.Ch., B.A.O., Junior Medical Officer, Cefn Coed Hospital, Swansea.
Proposed by Drs. T. P. Riordan, S. C. Macmillan, K. Raychaudhuri.

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Election of Divisional Office Bearers

The following were recommended by the Divisional Committee of Management and as no other nominations had been received, in accordance with By-Law 34(2) they were deemed to be elected.

Chairman	Dr. W. S. Maclay
Divisional Secretary . .	Dr. R. Wallace Simpson
Assistant Secretary . .	Dr. E. B. McDowall
Junior Representative on Council . .	Dr. R. A. Flood

Dr. Barbour, the retiring Chairman, thanked the Divisional Secretaries and the Committee for their help in his years of office. He said that the Division was indeed fortunate in obtaining Dr. Maclay as its new Chairman, as he was an international figure, who, among other achievements, had played a large part in the framing of the new Mental Health Act. He then congratulated Dr. Maclay on his assumption of office and invested him with the Chairman's badge.

Papers and Discussion

(*a*) "A Psychological-Environmental Approach to Schizophrenia."

Mr. K. Batcheldor said that he had come to reject the view that schizophrenia was an organically-based hereditary disease in favour of the belief that it was a disorder of behaviour acquired as a reaction to a special kind of stress. The behaviour of the individual was a product of his constitution and the environment. He then described the forms of stress which he considered were important as possible factors in the production of schizophrenia. Such stresses were deeply hidden, well protected from discovery and came from other members of the family, especially the mother. The parents were usually on the surface the stereotypes of the good and the respectable and the family seemed to be avoiding hostility. The mother was basically hostile to the child and to her role as its mother. This would arouse her anxiety and had to be compensated by outward behaviour which showed itself in her being overtly overprotective, overdutiful and over-attentive to the child's material rather than emotional needs. He must always be a model child and if he tried to assert some independence and individuality she would resist this by subtle words and actions.

The absence of true love and the substitution of other alleged forms of love created a state of need in the child and produced a distorted perception of himself and the environment. He would be likely to develop a mother-pleasing façade of content, covering an inner depression and anguish. The presence of "double messages" produced a conflict as to which message to respond to. He tended either to look always for "double messages" or to disregard them completely, and so became either a suspicious, paranoid child or a naive, deceived one acting on false premises. The excessive control would not be attributed to the mother and the child would feel he was controlled by some intangible force.

Normal personality was a process of conditioning based on rewards and punishments. The schizogenic parents neither rewarded nor punished in any unambiguous sense, and this led to pseudo-benevolent behaviour and pseudo-rewards as a cover for their hostility. If the pseudo-rewards were interpreted as ambiguous or exposed as false a frank schizophrenic illness could result. The symptoms of the overt psychosis could be understood as methods of reducing the resultant anxiety.

A psychotherapy could be devised based on this theory, and the author thought that the preliminary results of such a treatment were promising.

(*b*) "The Difficulties in Treating Schizophrenia."

Dr. A. R. Foster opened his paper by saying that schizophrenia might represent a number of distinct disorders presenting similar symptomatology. He then went on to discuss the relationship between schizophrenia and epilepsy, and remarked that recent evidence had suggested that the number of cases which showed both disorders was much greater than could be explained by chance connections. As many as 25 per cent. of schizophrenics had epileptiform disturbances in their EEG's, and these cases responded better to anti-convulsive drugs than to tranquillizers.

Dr. Foster then discussed some of the factors which were involved in deciding whether the patient should be admitted to hospital. Anti-psychotic drugs and E.C.T in combination seemed more effective than either alone. In his experience, Largactil, Stelazine and Fentazin had proved the most effective drugs, and Melleril and Stemetil were useful in some cases. The drugs would seem to act on cell metabolism. With reference to the duration of treatment, he felt we should borrow experience from epilepsy and perhaps continue treatment for five or more years.

Rapid return to the family, work and community was important, but this did pre-suppose considerable care in follow-up and it was the responsibility of the hospital to see that the discharged cases were adequately cared for. Increase in environmental stress was a factor in precipitating relapse.

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(*c*) **"The Problems of the Elderly in Exminster."**

Dr. J. E. A. Bartlett gave an account of a study he had made concerning the patients in Exminster Hospital over the age of 60 years, of whom there were 868. He had found that about half of this total could probably be discharged if proper accommodation was available for them. Such accommodation would comprise special welfare units with minimal psychiatric nursing, welfare hostels and the patients' own homes with adequate supervision and help.

Mrs. H. L. Slater, the Senior Social Worker, said that medical rehabilitation had moved far ahead of social rehabilitation. The problem was to help patients to be discharged from hospital and to ensure that after-care was readily available. Four methods of assisting this were less specialized hospitals, welfare accommodation, a personal approach, instruction and support to relatives and the finding of suitable homes in the community.

A programme using the latter two precedures was begun at Exminster in May 1962, and 75 long stay patients, the majority over 60 years of age, were found homes. Four broke down on trial and were returned to hospital, but the remaining 71 had been discharged and most of them had readjusted themselves surprisingly quickly to community life.

Fourteen patients went to relatives, who needed much information, guidance, encouragement and support from the Social Workers. The remaining 57 patients were found homes in the community. The Social Worker tried to obtain a placing in keeping with the social status of the patient. The average cost of the homes was less than £7 per week and, if necessary, the National Assistance Board met the full cost.

Dr. W. J. T. Kimber, in proposing a vote of thanks, said it had been a most worthwhile and interesting afternoon. He heartily congratulated the four speakers for providing such a magnificent programme.

AUTUMN MEETING, 1963

THE AUTUMN MEETING of the South-Western Division was held at Roundway Hospital, Devizes, on Thursday, 17 October, 1963, by kind invitation of the Hospital Management Committee and Dr. J. B. Gordon-Russell, Physician Superintendent.

In the forenoon, members were able to visit various parts of the Hospital including the impressive new admission unit.

At lunch, members and guests were welcomed by Dr. P. A. H. Rivett on behalf of the Hospital Management Committee. The Divisional Chairman, Dr. W. S. Maclay, replied, thanking Dr. Gordon-Russell and the Hospital Management Committee for their excellent and warm hospitality.

The Divisional Secretary reported that the Committee had agreed to put forward the following nominations for membership of Regional Hospital Boards:

South-Western: Professor D. Russell Davis and Dr. J. B. Gordon Russell; *Oxford:* Dr. R. G. McInnes; *Wessex:* Dr. A. J. Galbraith; *Welsh:* Drs. G. M. King, A. Williamson, J. P. Spillane and T. P. Riordan.

The present members of the Divisional Committee of Management, all of whom were eligible, were recommended for re-election under the terms of By-Law 33.

A letter from Dr. J. G. Noble had been received suggesting that problems of administration and policy be discussed annually as a topic at one of the Divisional Meetings. It was considered by the Divisional Committee of Management that the first interest of Divisional Meetings was clinical but that papers on such problems could be individually submitted.

It was decided to approach Dr. B. M. Mandelbrote to ask if he could accommodate the Spring 1964 meeting at Littlemore Hospital, Oxford, on April 9.

The Report of the Divisional Committee of Management was approved by the Meeting.

The following candidates were elected unanimously to Ordinary Membership:

LETEMENDIA, FELIX JUAN JOSE, M.D., D.P.M., Consultant Psychiatrist, Littlemore Hospital, Oxford.
Proposed by Drs. J. Hoenig, A. Walk, E. Slater.

LIS, NICHOLAS, M.B., B.S., Medical Officer, Royal Victoria Hospital, Netley, Hants.
Proposed by Drs. G. G. Wallis, R. J. Wawman, F. P. D. Easby.

MARJOT, DAVID HENRY, M.B., B.S., D.P.M., Surgeon Lieutenant Commander, R.N., 5 Seafield Park Road, Hill Head, Fareham, Hants.
Proposed by Drs. G. G. Wallis, M. H. Davies, R. A. Miller.

MILNE, LETITIA ELAINE, M.B., Ch.B., D.P.M., Assistant Psychiatrist, Brookwood Hospital, Knaphill, Woking.
Proposed by Drs. J. M. Frew, D. C. Dewar, N. I. Lavin.

The Chairman read a letter from the General Secretary concerning election to and attendance at

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