SCOTTISH DIVISION.

A MEETING of the Scottish Division of the Medico-Psychological Association was held in the Hall of the Royal Faculty of Physicians and Surgeons, St. Vincent Street, Glasgow, on Friday, March 19th, 1915.

Present: Drs. Cruickshank, Dods Brown, Hotchkis, Carlyle Johnstone, Keay, Macdonald, Oswald, Dunlop Robertson, Roberts, Shaw, Tulloch, Ferguson Watson, David Yellowlees, H. Yellowlees, and Dr. R. B. Campbell, Divisional Secretary.

Dr. Keay was called to the chair.

The minutes of the last Divisional meeting were read and approved, and the Chairman was authorised to sign them.

Apologies for absence were intimated from Dr. David Thomson (President of the Association), Sir Thomas Clouston, Drs. Turnbull, G. M. Robertson, Easterbrook, Fraser, Alexander, McRae, Mackenzie, and Ross.

The SECRETARY submitted a letter of acknowledgment from Dr. Turnbull, thanking the members of the Division for their kind expressions towards him on his retirement from the Medical Superintendentship of Fife and Kinross District Asylum.

Drs. Neil, T. Kerr, and James Orr were unanimously elected representative members of Council, and Dr. R. B. Campbell was elected Divisional Secretary.

Dr. J. H. Macdonald was nominated as an Examiner for the Certificate in Psychological Medicine, and Dr. R. B. Campbell was nominated as Examiner for the Final Nursing Examination.

The following candidate, after ballot, was admitted to membership of the Association:

James McAlpine Scott, M.D., Ch.B.Glas., Assistant Physician, Stirling District Asylum, Larbert. (Proposed by Drs. Campbell, Keay, and Gostwyck.)

Dr. KEAY, President-elect, stated that the Annual Meeting of the Association was to be held in Edinburgh this year, and that the dates of the meeting had been fixed for July 22nd and 23rd. An informal conversation took place regarding provisional arrangements.

Dr. DUNLOP ROBERTSON read an interesting paper on "The Genesis of Auto-intoxication in the Catatonic Type of Dementia Præcox from a Hereditarily Transmitted Defective Biochemism," which was discussed by Drs. YELLOWLEES, OSWALD, MACDONALD, and CRUICKSHANK. (A copy of the paper will appear in the Journal.)

Dr. W. T. TULLOCH read an interesting paper on "The Gold Colloid Test in General Paralysis," which was discussed by Drs. SHAW, CRUICKSHANK, and HENRY YELLOWLEES.

A vote of thanks to the Chairman for presiding concluded the business of the meeting.

THE MENTAL AFTER-CARE ASSOCIATION.

ANNUAL MEETING, HELD AT BETHLEM HOSPITAL, MARCH 2ND, 1915.

Dr. HENRY RAYNER, in opening the proceedings, said "it had been the custom of the Association that the chair at this Annual Meeting should be taken by some well-known man, whose position and eloquence would tend to attract visitors. This year the war with Germany has created new associations and charitable efforts in connection with the navy and army, and our Belgian allies, and consequently every man of eminence is fully occupied. It has, therefore, been decided this year to make our meeting a domestic one, if I may so call it, and hence, as Chairman, I am called on to preside. Under these circumstances, and as the number of visitors is probably small, I shall not state fully the objects and aims of the Association, with the reasons which make their support desirable, according to established precedent. I am sure that the speakers to the various resolutions will make these points obvious to any visitors who may be present, and with much

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greater clearness and eloquence than I can command. There are a few retrospects and other points that I should like to draw attention to. This Association from the beginning has made slow but always steady progress in the amount of the work undertaken, and I am sure that this work has been increasingly successful, both in the large number of cases re-started in life, and in the most satisfactory manner with which they have been dealt. This has been the result of the accumulated knowledge, together with the increase in our working staff both in number and efficiency. Of course this advance in the convalescing of our cases tends to prevent relapse, which is one of the great objects of our Association. The work has also made very satisfactory progress in its relations to boards of guardians and committees of asylums, who now give us much more cordial help than in the earlier days of our existence. Considering our progress, we must recollect that the Association was originally started for women only, but was later extended to men, and was first intended for those discharged from asylums, but now we take cases from any mental institution. In 1913 a still more important extension of our work was made, namely, extending the sphere of the Association to cases on trial. This last is a most valuable departure. It is only now in its infancy, but we hope it will grow as time goes on. Hitherto we have been able to find cottage homes in sufficient number for our cases, but we have not yet homes of our own. We have accumulated a considerable reserve fund which will enable us to meet this difficulty when it arises, and experience will guide us to provide several smaller homes rather than to establish one large building. This year has been of unusual interest in the life of the Association from our having adopted an amended constitution. This was needed for a number of reasons. Firstly, it enabled us to alter the title, the old one being no longer descriptive. A change in the constitution was also needed for the new trustee arrangement, which we had decided to adopt, and a further reason was the extension of the work to patients on probation. These did not come within the scope of our old constitution. When I was a medical superintendent of an asylum I often felt most acutely the need of help for the trial cases, and I always looked forward to the time when the growth of the Association and funds would enable us to deal with them. Many of us anticipated so much work would be entailed by this new departure that we should find difficulty in dealing with it. This has so far not proved the case. Before the report is read I must express the regret which we all share that for the first time since 1877 our Secretary, Mr. Roxby, is unable to attend the Annual Meeting, and has written to apologise for his absence. He writes that he is much better, and I hope there is every probability that he will soon be at work again. We all know how much he has the welfare of the Association at heart, how hard he has worked in all these years, and his disappointment at not being present will be great. I am sure it will be some alleviation to him if this meeting will authorise me to express our regret at his absence."

Report of the Council (Abstract).

From January 1st to December 31st, 1914.

It is glad to say that, although not much progress has been made, the work has certainly not gone back as a result of the war, which in itself is likely to increase the calls on the Association.

The Council has been more than justified in the extension of the work adopted in November, 1913, when it was first decided to take cases on trial. Since then 36 cases have been received while on probation, and in almost every instance have been very satisfactorily dealt with.

The most important event of the Association's year was the alteration of the title from that by which it was known to that of "The Mental After Care Association for Poor Persons Convalescent or Recovered from Institutions for the Insane." A Meeting of Subscribers was held for this purpose at Bethlem Royal Hospital in July, under the presidency of Dr. Henry Rayner, and the alteration was unanimously accepted. At the same gathering the new Constitution drawn up for the Association by the Honorary Solicitors was adopted, and the Union of London & Smiths Bank, Princes Street, London, E.C., was appointed Trustee.

Finance.—The total amounts received in 1914 and 1913 were made up as ollows :—

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1914.	£	s.	d.
Subscriptions and donations, including amounts collected at meetings	718	3	3
Donations for special cases ...	19	1	10
Guild of Help	29	18	6
Dividends on investments and interests on deposits	190	4	3
Donation from Queen Adelaide's Fund, Commissioners in Lunacy's Fund, repayments for outfit and maintenance, and contributions from friends ...	273	13	4
Return of income tax	17	3	6
	£1,248	4	8

1913.	£	s.	d.
Subscriptions and donations, including amounts collected at meetings	838	6	8
Donations for special cases ...	59	0	8
Guild of Help	42	2	0
Legacies	1,166	13	4
Dividends on investments and interests on deposits	159	0	
Donation from Queen Adelaide's Fund, Commissioners in Lunacy's Fund, repayments for outfit and maintenance, and contributions from friends ...	141	15	4
Affiliation fee from Birmingham Branch	3	3	0
	£2,410	1	7

It will be seen that the actual income from subscriptions and donations has considerably decreased, while the total receipts are much smaller, owing to the fact that in the year under review no legacies were received. The Council is faced, like all other charities at present, with the very grave possibility of a serious decrease of income this year, as already many old subscribers have, owing to many calls and increased taxation, reduced or withdrawn their contributions, and it is most earnestly hoped that those who can do so will not only support the work as generously as before, but will also endeavour by interesting others to make the Association more widely known. The Council feel that this, which is a unique charity doing a work which is not touched by any other Association, should appeal to all those who have true philanthropy at heart. The cases are very sad, often exceptionally difficult, and many patients would have no possibility of relief from their perplexity or trouble but for the help of this Association. That the work is greatly appreciated by those for whom it is intended is abundantly proved by the willingness with which they endeavour to repay, at any rate, part of the expenses incurred in giving them their fresh start, and by the way in which those, who have been previously helped, frequently of their own accord, when in happier circumstances, send donations to help other cases.

Cases.—During the past year applications on behalf of 373 persons were received. Of these, 225 were women and 148 were men. Although this is the total number of those who were considered by the Council, it does not at all represent the number dealt with, as nearly 200 old cases either wrote or called at the office during the past twelve months, none of whom are included in the above total.

One of the most important functions of the Association is finding suitable occupation for persons who, although recovered, would probably have great difficulty in re-starting in life. The bestowal of a large amount of personal care and individual attention on each case is necessitated, and careful investigation of the suitability of those with whom they are placed. The result of this part of the work is far greater than the mere supplying of temporary homes, clothing, or grants for maintenance and tools, important though these may be. The strongest possible evidence of the utility of this Charity is shown not only in the comfort and aid given, but in the prevention of relapse, many who have had previous attacks remaining well since they have been under the influence of the Staff of the Association.

Since the appointment of the present Secretary in 1886, between 5,000 and 6,000 cases have been considered by the Council, and of these a very large number, although suitably re-started in various spheres of work, require counsel in many ways, and call at the office to see some member of the staff from time to time. Advice is freely given and frequently enables such patients to overcome their difficulties satisfactorily, and tends to prevent mental strain, which is particularly undesirable in the cases with which the Association deals.

Council.—The Council has received with much regret the resignation of Mrs. Coupland, who was obliged to retire on account of health, and of Dr. R. W. Gilmour, who is now living too far from London to attend the meetings; but it is glad to state that Dr. Porter Phillips, Resident Physician of Bethlem Royal

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Hospital, and Mrs. C. M. Wilson, Poor Law Guardian (Hammersmith), have kindly consented to fill these vacancies. On the resignation of the Rev. H. Stephens as Hon. Secretary of the Essex (Brentwood) Branch, the Council, as a slight mark of its great appreciation of his services, asked him to join it, but this he was unable to do as he now lived too far away to attend the meetings.

City Corporation and Companies—The Council thanks the Corporation of the City of London and the following City Companies for their donations to the funds of the Association during 1914 or in past years: The Worshipful Companies of Clothworkers, Drapers, Fishmongers, Grocers, Leathersellers, Mercers, Merchant Taylors, Salters, Skinners, and Vintners.

Guardians of the Poor.—The Guardians of Barnet, Bromley (Kent), Cardiff, St. Giles, Camberwell, Chelsea, Cranbrook, Cuckfield, Dartford, Eastbourne, Fulham, Gravesend, Hastings, Hammersmith, Hampstead, Hendon, Kensington, Lambeth, Malling, Medway, Paddington, Sevenoaks, St. Pancras, Steyning, Stratford-on-Avon, Strood (Kent), Ticehurst, Tonbridge, Wandsworth, and Willesden, all subscribed to the funds of the Association in 1914. To these Boards of Guardians the Council tenders its best thanks for their most useful contributions.

Guild of Help.—It was a great disappointment that this Guild was obliged indefinitely to postpone the Model Market which had been arranged to take place in the autumn, from which in past years so much substantial financial aid has been forthcoming. The Guild has, however, if anything, increased its kind gifts of clothing through the past year, and has also contributed in subscriptions and donations the total amount of £27 18*s.* 6*d.*, for which the Association desires once again to express its grateful thanks.

The following account has been received from the *Birmingham Affiliated Branch*: "This year all patients discharged from the City Mental Hospital have been visited, in addition to a few special cases from last year's list. This makes a total of 270. Thirty-eight of these have been assisted in various ways, *e. g.*, by help being given to find work, by gifts of clothing, money, milk, or grocery orders. For a few friendless patients lodgings have been found and paid for pending the obtaining of employment. Twenty-five women have been reported to the British Women's Temperance Association, and are now being visited regularly by members of that Society, and some encouraging results have been obtained.

"Though not directly connected with the After-Care of patients, it is perhaps worth mentioning that we have formed a Branch of the Brabazon Work Society to interest and give employment to the more convalescent inmates of the City Mental Hospital. The sewing-class is held once a week, and is much looked forward to by the patients. The local President of the Brabazon Work Society, Councillor Clara Martineau, kindly allowed the sale of their work to be held at her house."

Dr. NEEDHAM: You have had the Report read, and I have been asked to propose that it be received and adopted, which I do with very great pleasure because I feel, and always have felt a kindness and warm interest in this Association, which I know to be doing perfectly excellent work in the most admirable manner and to be of the greatest use. If I could infuse into you a spirit of enthusiasm about the future of the Association I should turn every one of you into missionaries by getting your neighbours and friends to share with you in supporting an institution which so thoroughly deserves it. In spite of the war, which absorbs everyone, this report says the work is not going back, and I suppose it will not be allowed to go back, although the war is a very vital thing with us. This charity ought to be a very present influence amongst us, because every day the work of this Society is tremendously needed throughout the country. I am very glad that since 1913 cases on probation have been dealt with by the Association. One knows that when people are recovering from a serious illness how important it is that they should have some sort of encouragement to enable them to make a fresh start. The income of the Association is very small, and is quite inadequate for the work that may be done by a society of this kind. Three hundred and seventy-three persons seem to have applied for help during the year, and I am glad to see that touch is kept up with those people who have been dealt with by the Society, so that they are not allowed to go entirely out of sight, it is always something to which they can cling, and it endeavours to provide suitable occupation for persons who have recovered, and to re-start them in life. One knows how

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great the difficulty must be for people who have undergone the stigma of insanity to rehabilitate themselves, and to regain their former position or improve upon it. There is no doubt that this Society has in the past, and I hope will in the future, do very much to prevent the falling back of so many people, who, except for such a Society, would become more and more unfitted to do their work in the world. The number of cases considered since the appointment of the present Secretary in 1886 is a very large one, between 5,000 and 6,000, and we know what an enormous influence for good this must have been. I won't say more, but I do commend this Association to your care and support as an institution which can be thoroughly relied upon, and can do and is doing a very great deal of good in a determined manner.

Dr. R. PERCY SMITH: I have much pleasure in rising to second the adoption of the Report. I see there are a good many people to speak on the programme, therefore my words will be very few. I am very glad to speak on this occasion, in a double capacity, as a member of the Council, and as Governor of the Hospital, and I may say, on behalf of the Committee of the latter, that we are always glad to welcome the Mental After-Care Association meetings here. Although most of of the patients in this institution are of a different class in life, whose people can afford to pay for them, yet some of the patients here are helped by the Association. I should like to say that hardly any council or association is better served by its staff than the M.A.C.A., not only in the office work, but in the extremely important work of personal service, being in touch with the cases, and able to give them valuable advice. With regard to the extension of the work I am agreeably disappointed. When the suggestion was made of taking cases on probation it seemed to me that we were opening the door to a great many difficulties, but I was wrong, and the cases have been, on the whole, most successfully dealt with. With regard to finance, the most serious item is a drop in our receipts for the year of over a thousand pounds, but you must remember we had legacies to the amount of £1,166 13*s.* 4*d.* in 1913, and we have had none this year. That accounts largely for the difference. Comparing 1914 and 1913, the subscriptions have been £120 less. That is a serious item, but the Treasurer, no doubt, will draw your attention to it later on, and will point out the need of more help. The Association is in a very good position as regards capital. The interest which the Board of Control, and other officials connected with the mental department, take in the work is shown by the fact that they are always present at the annual meeting, and that there is a special fund for such cases as are helped by this Association. When dealing with mental cases one of the most remarkable things we find is the number of patients who have been for many years in an asylum, and have then recovered. The popular idea is that once a person is insane, always insane. This is a fallacy. The presumption against recovery is very much stronger in cases that have been long under detention, but we have known of persons recovering after thirty-seven years in an asylum, and more frequently after twenty years.

Dr. HELEN WEBB: Of course in this bad year we are not surprised that our funds have gone down, but the moral of our funds having gone down is that we must all exert ourselves to make them go up. What I should like is that we should get more people, who, if they cannot do much, can still do a little. There are all kinds of smaller things that can be done to help on the work, holding drawing room meetings, getting up working parties, etc. We shall be very glad if any ladies present will join the Guild of Help which assists the Association by gifts of clothing, as well as gifts of money. It is rather interesting to see the letters which some of the cases write. The human side is the thing that is really bearing the fruit, and some of the letters received at the office give a very good idea of that. The work of the Society is work that is extremely well worth the doing, and we can at least spread the knowledge of it among our friends, and try to get more people interested in it.

Sir GEORGE SAVAGE: I thought for once you were going to be allowed to go away without hearing me talk. Really, I came unprepared, but naturally my connection with this Association has been such a lengthy one, and I have had to speak so frequently on the same subject, that you will think, perhaps, that I am an importunate beggar. It is my function here to point out what we are doing, and one feels the enormous work that is being done, and the great future that is before us. In this Report you have an epitome of work, but you have no idea of the mine work, the trench

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digging that is going on. I am extremely sorry that Mr. Roxby is not here. I can well speak of the competency of the work that is being done. It is the individual touch with each case that counts. Very much more is often done by a word than by a pound. People in difficulties feel that they can go back to the office and find a friend, who will not give them a piece of paper to fill up, but will take a human and lively interest in them. I have frequently had to say how from the financial point of view that it is all important that the work of the Association should not be allowed to flag. Relapse is one of the greatest dangers of mental disease. We have hundreds of examples of people who have got well, and are holding very good positions in life. When patients convalesce it is not certain they are perfectly strong. There are lots of people who have been insane who are sufficiently well to send home or away, whose strength might break down if the mental strain were only partly repaired. After our experience we know that there is a habit of insanity, patients who are said to be chronic or recurring lunatics. Part of the work is to prevent these relapses, and it is being very efficiently done. I can only say that at the Conncil meetings which I attend when I can, every case is considered on its own merits, and is looked at fairly and squarely, and there are also a number of cases that come up regularly for consideration. I have the greatest pleasure in supporting the Report which is before us, and I hope you will return the compliment, and support the Treasurer.

Carried unanimously.

Dr. TAYLOR, proposed the re-election of Officers and Council.

The Hon. JOHN MANSFIELD seconded the resolution, which was carried unanimously.

Mr. STANLEY KEITH proposed a vote of thanks to doctors who have seen cases gratuitously during the last twelve months.

Dr. CRAIG, in moving a vote of thanks to the Governors of Bethlem for their kindness in extending hospitality to the Association that afternoon, said: "I do so with much pleasure for two reasons, first, because many of the Governors are old and valuable friends of my own, and, in the second place, because there is no body of men more alive to the needs of the mentally afflicted, and who are more willing to meet those needs in every way possible in their power. If everyone did as much for the care of the insane as the Governors of Bethlem, the work of this Association would be much easier than it is. We are going to leave to your imagination how much wider this field of work might be if there were more funds available. The philanthropic public is seldom approached in vain in the cause of charity, but when it comes to the mentally afflicted it is a different matter, though there should be no difference at all. A patient suffering from mental disease suffers a great deal more than one suffering from other diseases, and mental cases ought to be studied first if you are going to make any distinction. There should be no distinction, but if one is made it should be made in favour of the mentally afflicted."

Dr. LLOYD, R.N., seconded the vote.

Carried unanimously.

A vote of thanks to the Chairman, Dr. Rayner, proposed by Dr. STODDART, closed the meeting.

EXAMINATION FOR NURSING CERTIFICATE.

List of Successful Candidates.

PRELIMINARY, NOVEMBER, 1914.

Bloemfontein, S.A.—Mabel Levenia du Plessis.

Grahamstown, S.A.—William Henry Hall, Ockert Johannes Goosen, Elizabeth J. Connolly, Martha S. Marsburg.

Pretoria.—Winifred Commins, Leonard van Smaalen, Ada Parkinson, Emily Shrimpton, Walter W. Montjoie, Joanna M. Coetzee.

Valkenberg, S.A.—Josias Martin Smuts, Wilfred E. Harris, Ethel Florence Ings, Mabel Ethel G. Hawksley.

Federated Malay States, Central.—Thamatharampilly Ampaloranar.

Denbigh.—Lizzie B. Jones, Myfanwy Lloyd, Lizzie Jane Williams, Emily Edwards.

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