Dr. Masefield knew that members would wish to accord a hearty vote of thanks to Mr. Roberts for the trouble and time he expended in giving them a historical account of the Royal Pavilion.

Then there was The Lady Chichester Hospital and the delightful view the members had of it. Again he was not paying a tribute to the President, but behind Dr. Boyle was the Matron and her staff who carried out many of the detailed arrangements which made it possible for the Association to enjoy the visit there so much.

The Association would wish to express its grateful thanks to Mr. and Mrs. Harrison, who allowed the ladies to see their beautiful home, Swanborough Manor, and its grounds.

Finally, the speaker wanted to say a word about the "team manager", Dr. Ford Robertson, and his wonderful team of speakers. How much work was entailed in bringing the sessions to fruition he left his hearers to guess. Dr. Ford Robertson had also acted as umpire, and had given quite a lot of them "out", but none of the speakers had been "bowled out".

Just one further word, Dr. Ford Robertson informed him that great thanks were due to Major Jupp, the Director of the Royal Pavilion, for the help he had given in connection with the electrical work which was necessary for the demonstration and the showing of slides.

Dr. Masefield had great pleasure in proposing a very hearty vote of thanks to all those who had given such ample hospitality. (Applause.)

Dr. GROENEVELD (Holland) wished to express on behalf of the Dutch Society for Psychiatry and Neurology his hearty thanks for the opportunity of being present. The Belgian and French delegates had asked him to speak on their behalf and give their thanks also for the hospitality they had enjoyed. He wished to give a quotation which seemed to him characteristic of the British people, British mentality and British hospitality. Shakespeare said of a man that his life was gentle and the elements so mixed in him that another might stand and say to all the world "This was a man". They had learned that gentle was not weak, and that nature was human as well.

The PRESIDENT made a brief acknowledgment and the proceedings terminated.

ANNUAL DINNER.

The Annual Dinner of the Association was held at the Royal Pavilion, Brighton, on Wednesday, July 12, 1939, with the President, Dr. A. Helen Boyle, M.D., in the Chair. A large number of members and guests were present and music was provided during the dinner by the band of H.M. Royal Marines, Chatham Division, by kind permission of Brigadier A. L. Forster, *D.S.O.*

OFFICIAL GUESTS AND GUESTS OF THE PRESIDENT.

Lady Rawson, Dr. Broadbent, Dr. Donald Hall and Mrs. D. Hall, P. Barter, Esq., the Right Rev. the Lord Bishop of Chichester and Mrs. A. Bell, the Bishop of Lewes and Mrs. Hordern, Lady Eva de Paravicini, Dr. Parry, Miss Tanner (Headmistress of Roedean College; President of Headmistresses' Association), K. Giepel, Esq., Dr. Lamorna Hingston, Miss Lindsey, the Mayor and Mayoress of Brighton, the Mayor and Mayoress of Hove, the Borough Treasurer and Mrs. Bunn, Captain W. J. Hutchinson (Chief Constable), Sir Laurence Brock, *C.B.*, Dr. Noel Péron (representing Société de Neurologie de Paris; Société Médico-Psychologique, Paris; Congrès des Medécins Aliénistes de Neurologistes), Dr. Jacques de Busscher (representing Société Belge de Neurologie), Dr. A. Groeneveld (representing Nederlandsche Vereeniging voor Psychiatrie en Neurologie), Alderman S. C. T. Thompson (Chairman, Brighton County Borough Mental Hospital) and Mrs. Thompson, Miss Ruth Darwin, *C.B.E.*, Miss Boyle, Dr. Helen Greene, Mr. H. D. Roberts, *M.B.E.*, Miss Blanche Fair, the Rev. W. W. March (Chaplain to Bishop of Chichester), Colonel Hodgson, *C.M.G.*, and Miss Hodgson, Miss Gordon Holmes, G. Aitchison, Esq. (Editor, *Brighton & Hove Herald*), Sir Maurice Amos, *K.B.E.*, Lady Elizabeth Pelham, Mrs. Anson, Miss Jones, Mr. and Mrs. Grey Walter, G. W. Beresford, Esq., *O.B.E.*, F.R.C.S., Miss Stopford.

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Invited but were unable to accept.—Rt. Hon. Walter Elliot, Colonel Cox, H. J. McCurrich, Esq., F.R.C.S., Viscount Hailsham, Dr. Cramb (Medical Officer of Health for Brighton), Dr. Chadwick (Medical Officer of Health for Hove), Dr. Evelyn Scott, Dr. O'Brien (Rockefeller Foundation, Paris), Sir Cooper Rawson, Major the Rt. Hon. George Tryon, *M.P.*, and Mrs. Tryon, Mr. and Mrs. Nethersole Fletcher, their Graces the Duke and Duchess of Norfolk, the Countess of Chichester, Sir Farquhar Buzzard, Bt., *K.C.V.O.*, the Rev. A. C. Macnutt, Elsie Lady Shiffner, the Rt. Hon. the Lord and Lady Leconfield, Sir Walter Langdon-Brown, Sir Alexander Boyle, *K.C.M.G.*, Sir Reginald and Lady Blaker, *M.P.*, Mr. Norman Dott (Neurological Surgeon, Royal Infirmary, Edinburgh), Harold Gardner, Esq., C. S. Penton, Esq., J. G. Drew, Esq., S. Nevile, Esq.

The PRESIDENT proposed the toasts of "The King" and that of "The Queen, Queen Mary and the other Members of The Royal Family", which were duly honoured to the accompaniment of the National Anthem.

"OUR GUESTS."

Sir HUBERT BOND, *K.B.E.*, proposed the toast of "Our Guests". He said before he proposed the toast he must obey the command of the President to read a letter which had been received from the Minister of Health, Mr. Walter Elliot. They had greatly hoped that Mr. Elliot would be able to be present, but this had not proved possible. Mr. Elliot had, however, written explaining that an official engagement had prevented him accepting the invitation, when he would have welcomed the opportunity of congratulating Dr. Helen Boyle on becoming President of the Association. He wished to pay tribute to the splendid work which she personally and The Lady Chichester Hospital were doing in the field of mental health. Government departments were of necessity in constant touch with organizations and hospitals which discharged statutory functions under the Lunacy and Mental Health Acts, but the Ministry of Health and the Board of Control were none the less fully alive to the part played by such hospitals as The Lady Chichester Hospital in regard to the prevention and treatment of early mental and nervous illness. He wished to add a word of appreciation of the work of the medical officers on the staffs of the public mental hospitals, so many of whom were members of the Association. A recent instance of their co-operation with the central authorities was the questionnaire which was addressed to mental hospitals in regard to the use of insulin and cardiazol treatment. The Board of Control had informed him that the medical officers of the mental hospitals not only answered the questions and provided the statistics asked for, but went out of their way in a large number of cases to add notes and observations on their experience which had enormously enhanced the significance of the replies and would be of the utmost value in the preparation of the memorandum which the Board hoped shortly to issue on the subject. This incident reflected a spirit of co-operation which was invaluable and Mr. Elliot was confident that this attitude was fostered and encouraged by the ideals for which the Royal Medico-Psychological Association stood.

Sir Hubert Bond said that having read such a gracious letter it had saved him from saying a good many things. The guests of the evening were far too numerous for individual mention, but to leave them wholly unnamed would not be fitting, and therefore he would try to group them. He would first mention the ladies, who, in increasing numbers, gave them the delight of their company at the Annual Dinner, some of them were the wives of members of the Association, while now and then it happened that the devoted husband of a lady member accepted his wife's invitation. All this was thoroughly to the good and there were those in the room who would bear him out when he said that very often the happy relationships made at the annual meeting had ripened into abiding friendships. He also voiced the pleasure of every one present at the presence of delegates from abroad.

Then they were honoured by the presence of the Lord Bishop of the Diocese and Mrs. Bell and the Bishop of Lewes and Mrs. Hordern. It was not out of place to suggest that their presence symbolized the growing feeling that their professional work could be more effected when conducted in surroundings in which a right spirit of religion prevailed. The Countess of Chichester had been unable to come, but they were fortunate in having with them Lady Elizabeth Pelham, who was interested in The Lady Chichester Hospital, Lady Eva de Paravicini, Miss Gordon Holmes, Mrs. Anson, Sir Maurice Amos, and many others. There were a number of professional colleagues in other branches of practice, which was not only a satisfaction, but he would like to read into their presence the unity of medicine and the alliance between the general hospital and the special hospitals. The Royal Sussex County Hospital had a fame which was not confined to Brighton, and everyone knew the great work through a long period of years of Dr. Broadbent. They were also pleased to see Dr. Helen Greene, Dr Lamorne Hingston and Miss Lindsey.

In endeavouring to group the guests he came to a doughty phalanx, those who were concerned in one way or another with either local or central government. He need not mention

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the Board of Control or its members and Visiting Commissioners, because some of them were present as members of the Association, and several were present as their guests, including the Chairman, Sir Laurence Brock.

Sir Hubert continued that he was going to say something about the Act of Parliament of ten years ago, and how much they were looking forward to seeing their Member of Parliament, Sir Cooper Rawson, but this had not been possible and they were specially happy in seeing Lady Cooper Rawson, who was one of the guests whose name was coupled with the toast.

Lastly, but assuredly far from least, there were, beside the Mayor and Mayoress of Hove, representatives of the authority of Brighton, the town in which they were holding their annual meeting, and which was lavishing and extending many kindnesses to the Association. They all knew Brighton and all it stood for and its excellent government, and when one came to give it adequate thought it was much more than a local or county affair, it meant a very great deal to the welfare of the nation. There were the many hundreds, if not thousands, who lived there, but whose work was in London and there were the many hundreds of thousands who went to Brighton for fresh store of health, and he reminded his audience that a medical officer of health for Brighton went direct to the post of Chief Medical Officer of Health at the Ministry of Health in the person of Sir Arthur Newsholme.

Among the Council's officials they were glad to see the Borough Treasurer and also Captain Hutchinson, the Chief Constable. As for representatives of the Council itself, fortune could not have favoured them more because not only had they the presence of the Chairman of the Visiting Committee of the Haywards Heath Hospital, Alderman S. C. T. Thompson, but they had also the Mayor of Brighton (Councillor J. Talbot Nanson) and the Mayoress, Mrs. Scott Prime. They offered them a special welcome. He asked them now to drink a hearty health to "Our Guests", and he coupled with the Toast the names of the Mayor of Brighton and Lady Cooper Rawson.

Lady Cooper Rawson, replying to the toast, said she had the pleasure and honour of replying in acknowledgment of the toast of the guests. She wished to thank the hosts for their delightful hospitality and for giving them the privilege of meeting them on this occasion. Her husband was to have been present, but he was torn between two loyalties—a loyalty to their President, whom he held in great esteem, and a loyalty to his medical man, who had forbidden him to attend public dinners for some time to come. She wished to say how much the residents of the two towns liked, respected and had an affectionate regard for the President, Dr. Helen Boyle They loved her and were very proud of her, but they did not look upon her as a local celebrity, they knew she was a national asset. To the Association she would just say this: Its members belonged to a great and wonderful profession and some of their greatest work was in preventing illness and disease, building up strong bodies and strong minds to face the future without fear of disaster. They were doing a noble work and the profession could be raised very easily to a great vocation. They helped the poor, and went about among the halt, the blind and the lame to cure them and therefore were very humbly following in the steps of the Master. She could pay them no higher tribute.

The Mayor of Brighton (Councillor J. Talbot Nanson, *J.P.*) also in response said the day was a very important one for Brighton because it claimed for its own the very distinguished lady the Association had placed in its Presidential Chair—an honour well and truly won. On behalf of the Borough of Brighton he heartily congratulated Dr. Boyle and wished her a very happy year of office.

Brighton was delighted to welcome the Conference, it was pleased to welcome conferences of every description because they felt they were taking part in their life's work of entertaining their visitors, particularly those from foreign countries and overseas, and were thus doing their share in the work of trying to bring about the peace of the world, which was the desire of all.

It was extremely fortunate that Brighton had been able to offer the Association the use of the Royal Pavilion. It was most appropriate, there was no need to remind the members who was responsible for it, but Mr. Nanson wondered what George IV's reaction would have been if he had thought that the Royal Medico-Psychological Association was likely to meet there. He could only say that he was delighted to see them not only on that occasion, but at any time they felt inclined to pay Brighton a visit.

Lady Cooper Rawson had already thanked their hosts and he could only add on behalf of any she left out how glad they were to be there and to express their heartiest good wishes for the continued prosperity of the Association.

"The Royal Medico-Psychological Association."

The Right Rev. the Lord Bishop of Chichester proposed the toast of the Association. He said: I take it as rather an honour to have been allowed to propose this toast, coupled with

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the name of Dr. Helen Boyle. Yours is a venerable body, having been in existence for ninety-eight years and shortly to celebrate its centenary. In those ninety-eight years the world has changed very much and I suggest that one piece of evidence, not only of the way in which the world has changed, but of the way in which the status of your work and the work of the Association is changed, is in the title of the Association. When you first began with a small body of eighteen members you were the Asylum Officers' Association; now you have a company of over a thousand members and you are Royal, you are medical, and you are psychological, and that indeed shows that the world has moved on and that the prestige accorded to your work has advanced with the world.

I take it also that during these ninety-eight years medical science has advanced and in particular the department of medical science with which your Association is connected. Certainly the pace of life has increased, certainly the stress of modern existence is increasing day by day, there are what the dictators call battles of nerves, and there are in the totalitarian states certainly grievous results of the rule of people who can hardly be called balanced gentlemen.

In such a world I think, especially after the remarks made by Sir Hubert Bond, you will agree that the moral factor plays a very important part and that the greater the stress which can be laid on the partnership of the moral and the medical factor the better probably for the patient and for the public. Your Association is an Association which devotes itself to research and to study and to treatment as well as to the administrative and legislative problems of the mentally sick. Your Association therefore is not only beneficial to the practitioners to whom it gives information of the latest discoveries in medical and mental and psychological science, but to the public at large, because from the results of the research which you and your colleagues carry out guidance is given to the general character, the mental health of the nation.

I suppose, too, that in these last hundred years the importance of the mental factor has increased in a very remarkable degree. Some of you, all of you perhaps, will remember the passage in " Macbeth " in which the doctor and Macbeth have their conversation after the terrible crime. Macbeth speaks to the doctor and asks him whether he has not physic with which to cure this mental malady and the doctor replies that the patient must minister to himself, whereupon Macbeth cries " Throw physic to the dogs, I'll none of it "—the assumption being in those days that mental maladies, if they could be cured at all, must be cured according to the patient's husband by physic, according to the doctor by the patient himself. Nowadays it means a co-operation between the patient and the physician.

I suppose that partnership between the physician and the patient, though evident in all branches of medical science, is peculiarly evident in the branch with which your Association is connected. I think that certainly one of the points which must appeal to the lay mind like my own is the increasing interest which is shown by members of the medical profession in its various departments in the possible co-operation of the unprofessional layman, and I feel that while there are many by-paths there, and many obvious grounds of difficulty and embarrassment, it is a ground in which both sides are justified in making explorations.

I do not want to keep you longer from the subject of the President and it gives me particular pleasure to couple this toast with the name of Dr. Helen Boyle. I was afraid, as I heard speaker after speaker pay tribute to her great gifts and many excellencies that I should have nothing left to say, but the fact that these tributes have been made from different sides of the table shows how high Dr. Helen Boyle stands with the medical profession and also amongst the friends and the public of Brighton. I believe that this is the first time your Association has actually held its annual meeting in Brighton, but it is not the first time that you have had a Brightonian for your President, for there have been distinguished Brightonians and distinguished citizens of the County of Sussex who have held that office. Dr. Lockhart Robertson was one, Sir Frederick Mott was another, Dr. Hayes Newington was a third and we have living in Brighton or Hove two distinguished Past-Presidents—Sir Hubert Bond himself, and Dr. Edwin Goodall.

A fact which adds distinction to this meeting held in Brighton is that a Brightonian by adoption is in the chair, and that for the first time in your history as an Association your President is a woman. That is in itself a very significant fact and I think that perhaps she owes the privilege of being in the chair not only to the fact that she has lived long in Brighton but to the fact that she originated in Ireland. I wish that Lady Chichester had been able to be present this evening to say something about The Lady Chichester Hospital. She asked me to extend our warm greetings to Dr. Helen Boyle and her appreciation of this epoch in the history of the hospital as well as the Association and Brighton.

I do not know what she has said in her Presidential Address, I look forward to reading her diagnosis of the " night " in the Press to-morrow, but I am quite certain that whatever she said was characteristic of her—racy, courageous and generous. I am quite certain that I shall have all the members of this company with me when I say that Dr. Helen Boyle is one of the most co-operative of people, one of the most loyal of friends and one of the finest of citizens.

The toast was drunk amid the singing of " For she's a jolly good fellow ".

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The PRESIDENT, in response, said that the Bishop of Chichester's delightful speech in proposing the toast of the Association filled her with a burning desire to be more worthy of the honour of replying to it and of thanking the audience for its hearty reception. The Association was approaching its centenary. She was a little behind it, faint but pursuing, and it was now possible to look back on the Association's record with real pride in its past and great optimism as to its future.

G. K. Chesterton had said, " There is a great man who makes every man feel small, but the real great man makes every man feel great ". The Bishop was undoubtedly the real great man who made them all feel great and full of energy and power.

When she remembered how she first crept meekly in amongst the members, just from hospital, the smallest by a long way and possibly the youngest of the lot, keeping well under the kindly shadow of such fine friends as her Chief, Sir Robert Armstrong-Jones, Dr. Leeper, her fellow country-man, Dr. P. Smith, the late Sir Frederick Mott, Dr. Chambers, Dr. Hayes Newington and others, she recalled their welcoming and wide-minded kindliness with much warmth of heart—a recollection tinged by sadness that some of those magnanimous and great personalities were no longer with them. Little did she think then that one day she would occupy the most honourable post of President and hold it, although with trepidation, yet also with a consciousness of much kindly feeling and generous desire to give her all the help she would need.

One serious shortcoming from which she suffered was that her sight was not good, and yet being an Irishwoman and very sociable, she was always thankful if anyone would go up and speak to her whether she knew them or not. She welcomed them all and reminded them that they were there not only to work but to frivol, and hoped that would be done with a free heart, for they knew the saying: " What I says is: Life ain't all you want, but it's all you 'ave, so 'ave it. Stick a geranium in yer 'at and be 'appy ". She felt she should provide them all with geraniums.

Women speakers had many disabilities of which men wot nothing, and the other day, when she was studying the *Daily Mail* with meticulous care to seek guidance for the conduct of life she read: " Women when endeavouring to prove their point in argument should always cease before their intellect becomes more obvious than their charm ". Now a man never had to think of anything like that, and what if one had not any charm, and being unable to buy it in a box like powder, one started to wonder where intellect should step out, or where to obtain this quality more precious than intellect? It was very cramping to one's style, very complicated and puzzling.

Another disability under which she laboured was that she did not smoke, for she had always envied the graceful motion of a skilled man speaker when he bent forward at any hiatus in the speech and beautifully and slowly knocked the ash off his cigar. This gave time for thought—or applause—or for casting a long-sighted eye on his notes on the table. This tended to self-confidence and a happy feeling of having something to do in a moment of stress, and she had sometimes wondered whether a deftly manipulated powder puff could take its place. She had seen women " making up " under all sorts of circumstances, but alack! her mind quailed before the practice required to learn to use the puff with dexterity and grace. Therefore she entered a plea for sufferance, shorn as she was of these advantages.

The President had noted with interest that it was the custom of the Association to have its Annual Dinner on the eve of the days devoted to papers and discussions and had wondered if this was fortuitous or a deeply and wisely thought out psychological plan. It reminded her of the practice of the Persians who, when faced by obscure and debatable problems, used to have a grand feast accompanied by copious libations. In this relaxed and honest state of mind they then laid bare the secrets of their hearts and of their unconscious minds and also the extremes of policy each one favoured. What they said was carefully noted, probably by some who were refused the joys of the table, and on the morrow they all met again when these views were correlated and investigated in cold blood, so as to arrive at the greatest degree of harmony possible, the unconscious being then again relegated to its proper place under the sway of reason.

This method had much to recommend it and it might be wondered whether more of this candour might not be of use in the world to-day. The understanding of hearts as well as minds might be of incalculable benefit in sizing up a situation.

Fortunately, or unfortunately, in these days people were too wary to risk baring their souls, and she trembled to think what might emerge if they did. The certainty was that this great Association had before it an immense responsibility for making what should be contributions of outstanding value towards the solving of the psychological problems which were being faced by the world with grim determination to-day.

It should, indeed it did, stand for the efficient adjustment of the whole man to life in body, mind and spirit.

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