The following five Candidates were elected to Membership:

EDWARDS, KENNETH CHARLES STUART, M.R.C.S., L.R.C.P., D.P.M., Consultant Psychiatrist, Deva Hospital, Chester.

Proposed by Drs. D. H. Jones, I. Frost and G. T. James.

HOWARTH, EDMUND, M.B., Ch.B., D.R.C.O.G., Registrar, Cheadle Royal Mental Hospital, Cheadle, Cheshire.

Proposed by Drs. W. V. Wadsworth, W. L. Tonge and W. Trethowen.

MOYES, ANDREW HAIN, M.B., Ch.B., D.P.M., Registrar in Psychiatry, Menston Hospital, near Leeds.

Proposed by Drs. I. Sutton, J. Dundas and R. M. Mackie.

O'NEILL, JOHN, M.B., B.S., D.P.M., Medical Registrar, Bensham General Hospital, Gateshead, 8.

Proposed by Drs. J. J. Justice, L. G. Kiloh and R. Orton.

ROUGHEAD, PETER, M.B., Ch.B., D.P.H., Psychiatric Registrar, St. Nicholas Hospital, Gosforth, Newcastle-upon-Tyne, 3.

Proposed by Drs. J. P. Child, J. Johnston and F. J. Fish.

Nominations for vacancies on Regional Hospital Boards were put forward.

CLINICAL SESSION

Dr. I. Frost opened a discussion of **"The Relationship between Medical Superintendents and other Medical Personnel in Hospitals"**. At the conclusion of this discussion it was RESOLVED that Council be requested to arrange a discussion at an Annual or Quarterly Meeting on the subject.

Dr. G. McCoull read an extremely witty and informative paper on his recent tour of Mental Deficiency Institutions in Canada and the U.S.A.

SOUTH-WESTERN DIVISION

The SPRING MEETING of the South-Western Division was held at Barnsley Hall Hospital, Bromsgrove, Worcestershire, on Thursday, 28 April, 1955, by kind invitation of the Hospital Management Committee and Dr. Andrew Shepherd, Medical Superintendent.

MINUTES

The Minutes of the last Meeting were read, confirmed and signed.

The Chairman referred to the great loss which the Association, and especially the South-Western Division, had sustained through the recent death of Dr. Elizabeth Casson. Her work and her deep personal concern for the interests of her patients, her students and her colleagues, had had a profound influence on all. The Meeting stood in respectful silence.

The Divisional Committee of Management had also received the kind invitation of Lt.-Col. R. Phillipson, conveyed to the Committee by Colonel Robinson, that the Division should hold their Autumn Meeting at the Royal Victoria Hospital, Netley, and this was gratefully accepted by the Meeting.

Dr. Andrew Shepherd was elected as Chairman for a further year, and Dr. A. J. E. Rowe and Dr. R. G. McInnes were re-elected to the offices of Junior Representative on Council and Honorary Divisional Secretary for a further year.

ELECTION OF CANDIDATES TO ORDINARY MEMBERSHIP

The following candidates were elected unanimously to Ordinary Membership:

ARMIN, RICHARD HAYWARD, M.A., M.B., B.Chir., M.R.C.S., L.R.C.P., D.P.M., Deputy Physician Superintendent, Mendip Hospital, Wells; Consultant Psychiatrist, Bath Clinical Area.

Proposed by Drs. W. E. W. Bridger, J. M. C. Speer and W. M. Pinkerton.

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BATES, JOAH LYON, M.B., B.S., M.R.C.P., D.C.H., D.P.M., Assistant Psychiatrist, Borocourt Hospital, near Reading.

Proposed by Drs. G. O'Gorman, V. L. Kahan and Ian Skottowe.

BUFTON, WILLIAM AUBREY JAMES, M.A., M.R.C.S., L.R.C.P., Junior Medical Officer, Fair Mile Hospital, Wallingford, Berkshire.

Proposed by Drs. W. Ogden, P. R. H. Davis and S. Krauss.

CULLEN, WILLIAM, M.B., Ch.B., Surgeon Lieut. Commander, R.N., Senior Specialist in Neuro-Psychiatry, Royal Naval Hospital, Haslar, Gosport.

Proposed by Drs. A. Leitch, S. Smith and M. H. B. Joyce.

Dr. R. W. Tibbetts then read a paper **"Controlled Therapeutic Trials with Carbon Dioxide Inhalations, and Intravenous Acetyl-Choline".**

Dr. Tibbetts described two clinical experiments designed to compare the effects of the administration of CO_2 inhalations with those of air, and the effect of acetylcholine injections with those of an inert substance (distilled water).

In the first of these experiments two groups of patients had been selected at random, but only including those who were likely to do well on CO_2 inhalations according to the findings recorded in the literature. The groups were comparable by various criteria, such as age, etc., and included patients suffering from anxiety states, psychosomatic symptoms and non-psychotic depressions. The technique of the administration of the CO_2 inhalations and that of the administration of the air inhalations was identical in the two groups, and no psychotherapy was given, except necessary reassurance. About 25 treatments were given. Dr. Tibbetts had found that, in comparing the controls with the patients treated by inhalations of CO_2, there was no significant difference in the results of the two groups. He concluded that clinic attendance will improve approximately 50 per cent. of such patients; secondly, that there is no distinction between CO_2 inhalations and air inhalations with regard to their ultimate therapeutic effects; thirdly, that improvement must be the result of the regime and not of the CO_2.

The second part of Dr. Tibbetts's paper described the acetylcholine trial experiment. The study was similar to that conducted in the case of the CO_2 group and comprised two groups of comparable patients, one of which was given 25 acetylcholine injections and the other of which was given a similar number of injections of distilled water. It was found that the acetylcholine injections produced an improvement rate of 55 per cent., whereas the injections of distilled water produced a 60 per cent. improvement. It was therefore considered that there was no significant difference and conclusions were drawn as before, namely, (1) that clinic attendance under certain conditions will bring about a 60 per cent. improvement; (2) that there is no distinction between water and acetylcholine as a therapeutic agent in such cases; and (3) that improvements must be the result of the regime; (4) the acetylcholine groups gave a rather better response than the CO_2 groups, owing to being more favourable, prognostically, in the first place. It was notable that in both the CO_2 and the acetylcholine experiments, the patients showing hysterical features did least well.

The third part of Dr. Tibbetts's paper dealt with the placebo-response, and quoted the work of Stewart Woolf, working on a patient with gastric fistula, with results which suggested that the reactions of gastric-mucosae depend not so much on the drug administered, but on the emotional state of the patient at the time of administration. Factors relevant to the end result appear to be the state of the end organ, the general condition of the patient and the patient's morale.

Dr. Tibbetts said that side reactions could be experienced from placebos, and it was notable that some patients reacted more sharply to placebos than others. The placebo-reactors were generally people of an expansive nature, grateful, less complaining than others, and they tended to be people whose reactions to stress were easily translated into somatic forms. From an analysis of the placebo-response in the present series, two features which appeared to affect it were those of youth and the presence of hysterical tendencies.

Dr. Tibbetts discussed the relevance of psychotherapy to the work which he had

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described and quoted the work of others, which had seemed to suggest that there was no difference between the effectiveness of psychotherapy and of physical treatments, such as CO_2 inhalations. It was thought that there was need for the study of the placebo-response and for the study of the suggestibility of the hysteric.

The discussion was opened by Dr. Myre Sim, who said that the experiment had been admirably conducted. He wondered, however, whether this was the way to get information, and felt that the purist would say that, in order to contrast groups effectively, they should be truly comparable, such as identical twins, or at least more comparable than the patients in the groups dealt with had appeared to be. There was also the difficulty presented by the lack of uniformity of opinion on the question of cure, and also the difficulties arising from the assessment of individual variations and the fallacy of arguing from groups to individuals. Nevertheless, Dr. Sim felt that investigations of this kind were of great value, in spite of the difficulties which the method presented.

Discussion was continued by a number of members, including Dr. Gillman, Dr. Delfun Lewis, Dr. Rudolf, Dr. Atkin, Dr. O'Connor and the Honorary Secretary. Dr. Gillman thought that the time factor had been omitted in the consideration of the techniques and their results. He did not believe that the emotional state affected the action of active drugs, such as Atropine. Dr. Delfun Lewis said that Dr. Tibbetts had only been dealing with the simplest types and had not specified the criteria of recovery. He deprecated the idea of short cuts to clinical improvement. Dr. Rudolph pointed out that records of psychiatric treatment in the general sense gave an improvement rate of 50 to 70 per cent. Dr. Atkin praised Dr. Tibbetts's paper, approved of the introduction of the control series and found the figures convincing. Dr. O'Connor also admired Dr. Tibbetts's work and felt that recovery, in the clinical sense, was not the only criterion, and that the effect of psychiatric treatment on the life of the individual was worthy of regard. Dr. McInnes suggested that a further differentiation in the matter of response to drugs and placebos might be achieved by considering the various somatotypes.

Dr. Tibbetts replied suitably to a number of the points raised. He was warmly congratulated on the work which he had done and on the excellent presentation of it in his papers. The Meeting accorded him a very hearty vote of thanks.

At the close of the Meeting, Dr. G. W. T. H. Fleming, past President of the Association, proposed a vote of thanks to Dr. Shepherd, and to all those who had acted as hosts and had contributed so much thought and care to a very enjoyable meeting.

WORLD FEDERATION FOR MENTAL HEALTH

THE ANNUAL MEETING AND CONFERENCE OF THE WORLD FEDERATION FOR MENTAL HEALTH and also of the European League for Mental Hygiene took place at Istanbul from 20 to 27 August, 1955.

The British members present included:

Dr. Alford, Observer, Ministry of Education, Great Britain.
Dr. Barnes, Observer, Ministry of Health, Northern Ireland.
Dr. Mary Capes, representing the National Association of Mental Health.
Dr. Edelston, of Leeds.
Dr. Ford-Robertson, Medical Superintendent of the Asfurieh Mental Hospital, Lebanon.
Dr. The Hon. Walter Maclay, Observer, Ministry of Health, Great Britain, and representing the Royal Medical Psychological Association.
Dr. Doris Odlum, President European League for Mental Hygiene, and representing the British Medical Association and British Women's International Association.
Dr. J. R. Rees, Director of the World Federation for Mental Health.
Dr. Kenneth Soddy, Assistant Medical Director, World Federation for Mental Health.

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