

Prospectus: The Retreat

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THE RETREAT,
YORK.



A REGISTERED HOSPITAL

FOR THE

CARE AND TREATMENT OF THE INSANE



FOUNDED, 1792

Government :

VESTED IN A BOARD OF DIRECTORS & COMMITTEE OF MANAGEMENT

(All of whom must be Members of the Society of Friends).

Chairman of Committee :

JOSEPH ROWNTREE, ST. MARY'S, YORK.

Hon. Treasurer :

RICHARD THOMPSON, DRINGCOTE, THE MOUNT, YORK.

Consulting Physician :

ROBERT BAKER, M.D. (EDIN.), 41, THE MOUNT, YORK.

Consulting Surgeon :

S. W. NORTH, M.R.C.S. (ENG.), MICKLEGATE, YORK.

RESIDENT MEDICAL OFFICERS :

Medical Superintendent :

BEDFORD PIERCE, M.D., M.R.C.P. (LOND.)

Assistant Medical Officer :

CHAS. O. STANWELL, L.R.C.P., L.M. (EDIN.)

Second Assistant Medical Officer :

ALFRED WILSDEN, M.B. (ABERD.)



History.



HE history of the Retreat is an interesting one. In 1792, William Tuke (a member of the Society of Friends) became convinced that the methods of treatment of the insane, which at that time universally prevailed, were unnecessarily harsh and severe. He therefore proposed to a Meeting held at York, composed of Members of the Society of Friends, that an Institution should be founded where those who were mentally afflicted could be treated in a kind and sympathetic manner. The necessary support was ultimately obtained, and in 1796 the Retreat was opened. The Retreat has, therefore, the distinction of being the first Institution in this country where the insane were treated in a kind and rational manner, and upon principles which are now almost universally accepted.

Object.

The Retreat was founded in order to provide a rational and humane system of treatment for the insane, in the hope that with surroundings giving ample opportunity for employment, with as few restrictions as possible, a greater proportion of cases might recover, and the condition of those remaining might be rendered as happy and comfortable as possible. Such has always been the aim of the Institution.

Government.

Under the Lunacy Acts of 1845 and 1890, the Retreat has been registered as a "Hospital for the Insane," and like other Institutions so designated it is under the management of a board of directors, whose sole object is the comfort and well-being of the patients, and who have no pecuniary interest in the success of the Institution. Any excess of income

over expenditure is used to add to the resources of the Institution and the comfort of the patients, and in recent years very large sums have been spent in acquiring adjacent land, in making additions to the buildings, and in re-modelling the whole sanitary arrangements.

Directors.

The Government of the Retreat is vested in forty Directors, all of whom must be members of the Society of Friends. The Directors nominate the Honorary Treasurer, and the eight Members of the Committee of Management, two of whom retire annually.

Resident
Medical Officers

The Medical Superintendent, and two Assistant Medical Officers reside in the Retreat.

The main building of the Retreat is situated close to Lamel Hill (the site of an Anglo-Saxon tumulus, within the grounds, and the highest land near York), and is surrounded by twenty-five acres of pleasure grounds. About eleven acres of Meadow land adjoining have also been acquired in recent years.

Description.

The Retreat comprises the following buildings :—

1. MAIN BUILDING.—The main building is formed by the original structure now remaining as the central portion, to which various wings have been added at different dates.
2. GENTLEMEN'S LODGE.—The Gentlemen's Lodge is detached, and connected with the main building by a corridor. It faces the South, and consists of a one-storied building for the accommodation of about 30 high-class patients.
3. WEST VILLA.—The West Villa, recently completed, faces South and West, and is also detached. It is fitted with the electric light, and provides accommodation for about twelve lady patients.
4. EAST VILLA.—The East Villa is entirely detached, and gives accommodation for three patients.
5. BELLE VUE.—Belle Vue stands in its own grounds, and is separated from the Retreat by a strip of public common land. It provides accommodation for eight patients of the higher class.

- Description. 6. COTTAGE HOSPITAL.—A Cottage Hospital, which can be rendered available at any time for the isolation of any case of infectious disease.
7. TURKISH BATHS. — Turkish Baths, fitted with every convenience, adjoin the Gentlemen's Lodge and are in daily use.
8. GAINSBOROUGH HOUSE, SCARBRO'. — This is a convenient sea-side residence, to which many patients are sent for change of air and scene. There is accommodation here for fifteen patients.
- Occupation of Patients. Every effort is made to induce patients to occupy themselves as fully as their health permits. Many of the gentlemen derive benefit from garden work, whilst the ladies are encouraged to do needlework, and in other ways fill up their time usefully.
- Amusements. The amusements of the patients are very varied. Cricket, Football, Lawn Tennis, Croquet, and Golf are the principal out-door pastimes, whilst Billiards, Bagatelle, Chess, etc., are available indoors. There is a library in the main-building, and newspapers and periodicals are plentifully supplied. Social evenings, concerts and other entertainments are arranged weekly during the winter months. Carriages are kept for the use of patients and are in daily use.
- Ladies' Companions. Two Ladies' Companions assist in the amusements and various occupations of the patients on the female side of the house.
- Religious Services. Those patients who are well enough attend either the Meeting of the Society of Friends in York, the services of the Church of England, or of other religious denominations if they wish to do so. Twice every Sunday religious services are held in the Retreat, and ministers of the Society of Friends from York and elsewhere frequently attend. These services are unsectarian in character.

Upon the admission of Patients. Patients admitted into the York Retreat fall into three groups. (1.) Ordinary patients certified to be of unsound mind. (2.) Patients found to be of unsound mind by inquisition. (3.) Voluntary boarders.

The Certification of Patients. — Necessary Documents. 1. Before the reception of an ordinary patient it is necessary that the following documents be obtained :

- (a.) Two certificates from independent Medical men, one of whom should, if possible, be the regular medical attendant.
- (b.) A petition to a Justice of the Peace, specially appointed under the Lunacy Act or the Judge of the County Court, or a Stipendiary Magistrate, signed by a near relative who is styled the petitioner. This must be accompanied by a statement of particulars relating to the case.
- (c.) An order for the reception of the patient by one of the aforesaid judicial authorities, which can be obtained on presentation of the petition, supported by the medical certificates. Forms will be sent, and any further information required will be given on application to the Medical Superintendent.

It is of great importance in filling up these Forms that every detail is fully set forth as explained in the marginal notes.

Urgency Orders A patient may be admitted under an urgency order, signed by a relative and one Medical man, but this order only remains in force for seven days from its date, before the expiration of which the above documents *a*, *b*, and *c* must be obtained.

Insane, so found by Inquisition. 2. In the case of a patient found insane by inquisition, the following papers are required. (a.) Order signed by the Committee of the person. (b.) Two copies of the Judge's order, sanctioning the appointment of the Committee, to be obtained from the Registrar in Lunacy, Royal Courts of Justice, London.

Voluntary Boarders. 3. Patients who wish voluntarily to place themselves under care are received in the Retreat, if they sign a document to the effect that they will abide by the Rules of the Institution, and give 24 hours' notice in writing of their intention to leave. The Medical

Superintendent will decline to receive a patient as a voluntary boarder, if in his judgment the patient be certifiably insane.

Visitors to Patients.

No restrictions are placed upon the visiting of patients by their friends, but the right is reserved to the Medical Superintendent of declining to permit any interview, which, in his judgment, would be injurious to the patient, or which he may consider otherwise inadvisable.

Discharge of Patients.

The petitioner can at any time remove a patient from the Retreat. In the event of a patient being considered dangerous to himself or others, it is necessary before removal to obtain consent in writing from the Commissioners in Lunacy, 19, Whitehall Place, London, S.W.—*Vide 53 Vict., Chap. 5, Sec. 74.*

Transfer of Patients from other Institutions.

If it is desired to remove a patient already certified to be of unsound mind from another Institution to the Retreat, it is necessary to obtain permission from the Commissioners in Lunacy.

Lady Visitors.

The Committee of Management regularly appoint Lady Visitors, whose duty it is every month to make a thorough inspection of the Ladies' part of the Institution and to report to the Committee. They also give attention to the Housekeeping arrangements.

Terms.

The terms for the admission of a patient are fixed by the Committee of Management according to the requirements of each case and to the amount of nursing and special accommodation desired for the patient.

The rates vary from £2 2s. to £7 7s. per week, and upwards. The higher rates *include* the use of private rooms in the detached villas and the services of a special nurse or attendant.

The Terms include: Board and Lodging, Medical Attendance, Nursing, Medicines and all other necessaries; Clothing, Repairs to Clothing, Washing and Stimulants only excepted.

The Committee require that a form of agreement, supplied at the time of admission, be signed by the person responsible for the maintenance of the patient. One quarter's payment is made upon admission and afterwards quarterly, in advance, as they become due; in the event of a patient leaving the Institution before the expiration of the quarter the balance owing by the Institution is promptly repaid.

Nurses and
Attendants.

Special Nurses can be provided for patients needing them. When desired experienced attendants can be sent to assist in the removal of patients from a distance, but as a general rule it is preferable that the friends of the patient should arrange independently for their removal.

All Enquiries and Letters concerning patients should be addressed to

DR. BEDFORD PIERCE,

THE MEDICAL SUPERINTENDENT,

THE RETREAT,

YORK.

