

# **Ninety-ninth annual report for the year 1958 / Barnwood House Hospital for Mental and Nervous Disorders, near Gloucester.**

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**Barnwood House**  
**Hospital for Mental and**  
**Nervous Disorders,**  
Near Gloucester.

*Ninety-ninth*

**Annual Report**

For the Year 1958.



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*Printed by H. OSBORNE, Gloucester.*

1959.

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REPORT  
OF THE  
MANAGING COMMITTEE

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The Committee have pleasure in presenting the ninety-ninth annual report of Barnwood House.

During the year 1958, the daily average number of patients resident in the hospital was 154, which compares with 149 of the previous year. Sixty-one patients for the full year and 18 patients for part of the year were maintained for fees which proved to be below the average cost when determined after the end of the year.

Copies of the audited accounts in booklet form, with the comparative tables, are now before the Governors. It will be seen that there has been some improvement upon the figures of the previous year.

There were no major structural additions or alterations to the buildings. The tall chimney stack, however, was overhauled by steeplejacks in preparation for the conversion from coal to oil, and No. 3 Ladies Division was re-decorated. Maintenance work generally, however, has been kept to a minimum, because of the labour requirements of the heating scheme, the builder's work for which has been done throughout by the maintenance staff. In continuance of the programme for the renewal of the heating system, the three old coal-fired boilers were replaced by oil-fired boilers of modern design. The improvement in the standard of heating and hot-water services throughout the hospital has been very marked during the winter. The cost of this work, which was begun in 1956, had reached £45,184



12s. 9d. by the end of 1958. To meet this heavy expenditure £26,212 8s. 6d. was realised during 1956 and 1957 by the sale of securities, and £4,030 in 1958 from the sale of Crickley Court, but this left the sum of £14,942 4s. 3d. still to be found during the year. The Committee however, decided to accept an opportunity which arose to sell some  $7\frac{3}{4}$  acres of their farm land, which had been zoned for industrial development. The satisfactory price for this was £10,000 but as the proceeds had not been received by the end of the year, an extension of temporary borrowing was obtained.

Once the heating scheme is finished it is hoped to make a start on the arrears of maintenance work, which have for some years been steadily accumulating. Not the least of these is the attention to the roofs of the main block, which is the subject of a report by the architect, whose recommendations are to receive consideration by three members of the Committee who have volunteered for this purpose.

To the heating Sub-Committee, whose valuable help in the preliminary planning of the scheme has borne such effective results, the thanks of the Committee are due and now recorded, as they are no less to the farm Sub-Committee for their continued interest, to which the successful running of the farm is linked.

Mention is made above of the sale of a small area of farm land. This forms only part of the area which will be cut off from the rest of the farm when the Barnwood by-pass road is built. The difficulties of continuing to farm on land thus made inaccessible from the rest of the farm and the farm buildings will be apparent. Therefore, the Committee have under consideration the question of further sales. Should the land concerned be re-zoned for industrial development, it may be that these can be made on very favourable terms. While further sales of land would

result in a curtailment of outside sales of surplus produce, it is thought that there will be sufficient land left on the near side of the by-pass road to meet the needs of the hospital in milk, poultry, eggs and potatoes.

For some time the Committee have been concerned with the possible effects of proposed new legislation in the form of the new Mental Health Bill, since this is to repeal the existing Lunacy and Mental Treatment Acts under which the General Regulations of Barnwood House are approved. As the Bill makes no similar provision for Registered Hospitals, it will be necessary to establish an independent form of authority in the form of a Trust Deed, defining the trust, constitution and authority of the Committee. This document is in course of preparation.

At the Annual meeting of Governors in March, Lord Dickinson was appointed as a Governor. Viscount Bledisloe, a Governor since 1915 and the Honorary Treasurer until 1939, died. The Governors also lost by death Mr. J. W. W. Cripps and Mr. Henry A. I. Machen, and by resignation Mrs. H. M. Sinclair. The Committee also regret to record the resignation from the Committee of Mr. G. G. Gilmour-White for reasons of health, and they take this opportunity of placing on record their appreciation of his services to the Committee since 1943.

A sick pension was granted to F. Bartlett, who had worked on the farm for forty-three years and whose health failed, and this pension was replaced upon his death a month later by a gratuity to his widow. The former Head Attendant, Mr. H. Cook, also died during the year. An actuarial review of the Pension Fund was made during the year.

In replacement of Dr. T. T. Bartlett as Resident Medical Officer at Hume Towers, the Committee appointed on the 1st November Dr. R. W. Armstrong of Oxford. For

his accommodation a separate house, "The Woodlands" was purchased, and the former medical officer's house "The Lodge" has been let. In welcoming Dr. Armstrong to their Staff, the Committee desire also to record their satisfaction at the encouraging results of the work begun at Hume Towers; which evidently meets a need by the public, since the beds have steadily filled, and the Home is now fully occupied.

The Committee close their report, as always, by expressing their thanks to all those who give them such invaluable service in the direction and maintenance of their Hospital; and they must pay especial tribute to their Physician-Superintendent, Dr. G. W. T. H. Fleming, and his Medical Officers, and to their Matron, Miss MacMillan, and her staff of nurses. The Committee are especially grateful to them for the success in which they combine a constant watch for economies with a proper security for the amenity and comfort of all the patients, which have been fully maintained. Their thanks and appreciation must equally be expressed to the Heads and Staff of all the many Departments of the Hospital's life, who from one cause and another have had a strenuous year of work, and whose valued labours are so essential to the well-being of the Hospital.

W. I. CROOME,  
*Chairman.*

REPORTS  
OF THE  
COMMISSIONERS OF THE BOARD OF CONTROL

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BARNWOOD HOUSE,  
GLOUCESTER.

4th March, 1958.

The patients in residence at this registered hospital today number 150, of whom 41 are gentlemen and 109 ladies. Half of the patients are here under the provisions of the Mental Treatment Act (1930) and the remainder are all certified. Since the last visit in September 1957, there have been 59 admissions (52 voluntary, 3 temporary and 4 certified) and 47 patients left or were discharged, one was transferred to other care and 11 patients have died. Death was in each case due to natural causes.

I believe I have seen all the patients in residence and besides talking to as many as were willing to converse, I gave two ladies private interviews. In the case of one, I am strongly of opinion that arrangements should be made as soon as possible for her transfer to other care.

As usual the buildings are in excellent order and much interior redecoration has been recently carried out. The various wards are well heated and most comfortably furnished.

The patients undergoing treatment here enjoy every comfort and in addition a high standard of medical and nursing care.

The nursing staff consists of 14 men and 18 women full-time, and 1 man and 29 women part-time nurses—12 men and 16 women, of whom 1 man and 7 women are part-time only, are certificated or registered as mental nurses.

Crickley Court has now been sold and the patients are to be moved to Lynnthorpe (formerly the Gentlemen's Villa) during the coming week.

Dr. Fleming was unfortunately laid up today, but I was able to see him for a short time. Dr. Collins and Dr. Taylor gave me every help.

I. COFFIN DUNCAN,  
*Commissioner of the Board of Control.*

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BARNWOOD HOUSE,  
GLOUCESTER.  
9th October, 1958.

In residence today there were 158 patients. Of these, 111 are ladies and 47 are men.

Seventy-nine patients were voluntary and 79 were on certificate.

All in residence were seen, many were spoken to, and three special interviews were given.

The physical health of most of the patients is satisfactory. A number of the older ladies are, however, confined to bed on account of physical infirmity and age.

The standard of nursing is high and all patients are well cared for and are treated with kindness and consideration. Since last visit six patients have died, all from natural causes. Four casualties have been recorded, all being fractures due to accidental falls occurring amongst elderly ladies. None calls for special comment.

The nursing staff consists of 33 certificated or registered mental nurses, eight of these being part time. In addition there are 30 nursing assistants, 22 being on a part-time basis. There are also 3 student nurses.

Every facility is provided at Barnwood for the adequate treatment of all forms of mental illness in an environment carefully and skilfully arranged. The House is most comfortable and in an excellent state of decorative repair. The grounds are most pleasing and attractive and afford those in residence every facility to enjoy recreation and relaxation in privacy and comfort.

During the visit I was accompanied by Dr. Collins and by the Matron, who gave me every assistance.

J. FRASER M. CAMPBELL,  
*Commissioner of the Board of Control.*

REPORT  
OF THE  
PHYSICIAN SUPERINTENDENT

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I have the honour to present my report for 1958.

There were in the Hospital on January 1st, 1958, 76 certified patients, 3 temporary patients and 71 voluntary patients.

Ten certified patients, 3 temporary patients and 107 voluntary patients were admitted during the year, a total of 120 compared with 126 in 1957, including transfers but excluding regradings.

One hundred and seventeen patients were discharged, transferred or died. Six patients were regraded. These changes left the numbers on the books on the 31st December, 1958, as follows:—

		<i>Male</i>	<i>Female</i>	<i>Total</i>
Certified Patients	...	29	49	78
Temporary Patients	...	1	—	1
Voluntary Patients	...	15	59	74

Two-hundred and seventy-six patients of the three classes were under treatment during the year as compared with 278 in 1957 and 360 in 1956.

The daily average number of patients on the books during the year was 158 compared with 153 in 1957.

Of the direct admissions during the year, the percentage of voluntary admissions was 91 compared with 89 in 1957, while that of certified patients was 7, compared with 7 in 1957.

#### DISCHARGES

Ninety-seven patients left the Hospital during the year. Of these 25 males and 40 females were discharged recovered, that is 61 per cent males and 52 per cent females and 55 per cent of the total direct admissions.

Twenty patients were discharged relieved and 12 were discharged not improved, either to the care of friends or to other hospitals.

#### DEATHS

There were 20 deaths during the year, 5 male and 15 female, the average age at death being 80. Of the 20 deaths 10 had been in the hospital less than one year.

The general health both of patients and of staff has been very good during the year.

#### RESEARCH

Work in this department has continued on the same lines as in previous years, concentrating on the application of cybernetics to the theory and practice of the treatment of mental illness. Dr. Ashby's report is appended as a separate item. Mrs. Bassett, who had carried out a great deal of hard work in the psychological department, left during the year, her husband having obtained an appointment in Liverpool.

In the autumn the post of Director of the Burden Neurological Research Institute in Bristol became vacant, and Dr. W. Ross Ashby was appointed, his appointment to take effect from 1st May, 1959. I would like to take this opportunity of congratulating Dr. Ashby on his appointment to one of the leading research institutes in the world, and expressing our sorrow at losing his very valuable services.

There will need to be some re-arrangement in the research problems that we have to face.



## GENERAL MATTERS

The amount spent on repairs during the year was £10,417, compared with £10,782 in 1957, and £11,329 in 1956. The amount spent on furniture was £1,496, compared with £1,676 in 1957 and £1,662 in 1956.

During 1958 little further repair work was carried out, and there is still a vast amount of work from the war and post-war years to be overtaken. It is hoped that in the course of the next few years these arrears will all be overtaken.

## HUME TOWERS

Our seaside branch in Bournemouth has had another busy year, with 157 admissions. This is a large number considering that there are only forty-one beds. Since it was opened on 25th February, 1955, 634 patients have been admitted.

As has happened in the three previous years the length of stay has generally been short. During 1958 of the 157 admissions the length of stay was approximately as follows:—

8 days or less	...	...	20
Between 9—14 days	...	...	26
„ 15—28 days	...	...	44
„ 1—2 months	...	...	37
„ 2—3 months	...	...	6
3 months or more	...	...	24

It will be seen that 57 per cent stayed for 28 days or less, compared with 62 per cent in 1957. When we turn our attention to the age groups, we find that only 3 per cent were under thirty, and that 56 per cent were over sixty, whilst 10 per cent were over eighty.

The clinical type of case was much the same as in the previous years, about a third of the cases being depressions, most of whom required electric-shock treatment.

The average number in residence was 36 compared with 32 in 1957, the most at any one time being 41, i.e. every bed occupied.

Our thanks are due to Dr. Bartlett, the Resident Medical Officer, for the care and treatment of his patients until he left at the end of October.

He was succeeded by Dr. Robert W. Armstrong, who had just retired from the post of Physician Superintendent at Littlemore Hospital, Oxford. He was Lecturer in Psychological Medicine at Oxford University, and a past president of the Royal Medico-psychological Association.

It is a pleasure to express my appreciation of the assistance I have received during the year from the Medical Officers, the Matron, the Secretary, the Clerk of Works, and all members of the staff. A special word of appreciation is due to the Head Gardener, Mr. Urquhart, for the excellent state of the grounds and gardens, the amenity value of which is very much appreciated by the patients and their relatives.

I am very grateful to the Chairman and the Committee for their support during the year.

G. W. T. H. FLEMING,

*Physician Superintendent.*

REPORT  
OF THE  
DEPARTMENT OF RESEARCH  
(DR. W. ROSS ASHBY, Director)

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During the year the work has been carried forward in three directions: on clinical biochemical studies in relation to the patients, on the biochemical nature of the basic memory store (in conjunction with Professor Golla and the Burden Neurological Institute), and on the application of cybernetic methods to the study of the fundamental processes of integration in the cerebral cortex.

In the clinical work, Drs. Collins, Taylor, and I completed the investigation of Covatin (referred to in last year's Report), and found this new substance to be less active than had been claimed. Though not a powerful addition to our therapeutic resources, it has now been shown to offer an occasional possibility of alleviation in cases for which no alternative exists. The results of the investigation are now being published.

A clinical investigation has also been carried out, by the same team, on the effects of niacin ( $\beta$ -pyridine carboxylic acid) and its amide. These substances play a fundamental part in intracellular oxidations (as vitamin B<sub>2</sub>), and there are reasons for thinking that their use in large doses, so that the patient is subjected to their action intensively, might give some benefit to the chronic schizophrenic patient, who is otherwise most difficult to affect beneficially. Accordingly, an extended, and somewhat

complex, series of clinical trials was carried out. The results are now undergoing detailed statistical analysis; the conclusions should be ready shortly. Some of the patients showed responses that are distinctly promising, and that may be capable of further development.

The work on the biochemical nature of the basic memory store is progressing steadily. The preliminary experiments have now established sound basic techniques, and the research will soon be increased considerably in scope.

The cybernetic work on the fundamental processes of integration in the cerebral cortex has now led to the development of a new mathematical method that opens up quite new possibilities for understanding the cerebral cortex in its most complex properties. A first presentation of the method has been given at the National Physical Laboratory's Symposium in November, where it aroused much interest. It has already given a complete solution to the problem of the origin of habituation, and may well prove decisive in our understanding of some other well known, and much more important, phenomena. It is now being actively developed. (That the fundamental work carried on at Barnwood House is being followed with interest is shown by the fact that the Russian Academy of Sciences has translated one of my books and re-published it for the use of Russian scientists; in this branch of science it is clear that the East is having to follow the West).

During the year a second edition of my *Design for a Brain* has been prepared. It incorporates much new work that has been carried out at Barnwood House.

As this Report is probably the last I shall present, I would like to express how much I appreciate the generous support that has been given me, and to hope that what I have achieved has been found to be not unworthy of the

opportunities that have been so generously extended to me. I shall certainly endeavour in the future to make the relations between the Burden Neurological Institute and Barnwood House as cordial and productive as they have always been.

TABLE A 1—SHOWING THE MOVEMENT OF THE HOSPITAL POPULATION DURING THE YEAR 1958.

	Voluntary Patients.				Temporary Patients.				Certified Patients			
	M.	F.	T.	Total	M.	F.	T.	Total	M.	F.	T.	Total
On the Hospital Registers, January 1st, 1958 .. .. .	16	55	71		-	3	3		27	49	76	
Total cases admitted during the year .. .. .	36	71	107		2	1	3		5	5	10	
Cases Regraded .. .. .	1	4	5		-	-	-		-	1	1	
Total cases under treatment during the year .. .. .	53	130	183		2	4	6		32	55	87	
Cases discharged or transferred during the year—												
Recovered .. .. .	24	40	64		-	-	-		1	-	1	
Relieved .. .. .	7	11	18		-	1	1		1	-	1	
Not Improved .. .. .	3	7	10		-	1	1		-	1	1	
Regraded .. .. .	-	1	1		-	2	2		1	2	3	
Died during the year .. .. .	4	12	16		1	-	1		-	3	3	
Total cases discharged, transferred, regraded and died during the year .. .. .	38	71	109		1	4	5		3	6	9	
On the Hospital Registers, December 31st, 1958 .. .. .	15	59	74		1	-	1		29	49	78	
Average daily number on the Registers during the year .. .. .	17	61	78		-	1	1		28	51	79	
Certified Persons (i.e., separate persons in contradistinction to "cases" which may include the same individual more than once) under care during the year .. .. .									Male.	Fem.	Total.	
admitted .. .. .									32	55	87	
recovered .. .. .									5	5	10	
.. .. .									1	-	1	

TABLE A2.—GENERAL TABLE, SHOWING THE MOVEMENT OF THE HOSPITAL POPULATION DURING EACH YEAR SINCE 1ST JANUARY, 1947, TOGETHER WITH THE RECOVERY AND DEATH RATES.

YEAR.	ADMISSIONS									DISCHARGED OR TRANSFERRED.									DIED.	Remaining on Registers December 31st	Average Daily Number on Registers.	Percentage of Total Recoveries on the Total Number of Admissions.			Percentage of Total Recoveries on the Direct Admissions.			Percentage of Recoveries yielded by Direct Admissions on the Direct Admissions.			Percentage of Deaths on Average Daily Number on Registers.											
	Direct.			Indirect.			Total.			Recovered.			Relieved.			Not Improved.						M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.									
	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.				M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.									
1947	60	65	125	9	4	13	69	69	138	127	158	285	13	32	45	16	22	38	21	7	28	12	9	21	60	87	147	57	<del>86</del> 89	143	18.8	46.4	32.6	21.7	49.2	36.0	18.3	49.2	34.4	21.0	10.5	14.7
1948	46	74	120	2	7	9	48	81	129	108	168	276	25	30	55	10	27	37	11	17	28	9	13	22	53	75	128	57	<del>86</del> 89	136	52.1	37.0	42.6	54.3	40.5	45.8	52.2	40.5	45.0	15.8	16.5	16.2
1949	42	71	113	-	5	5	42	76	118	95	151	246	25	28	53	5	13	18	9	13	22	7	13	20	49	80	129	53	<del>83</del> 79	136	59.5	36.8	44.9	59.5	39.4	46.9	59.5	39.4	46.9	13.2	15.7	14.7
1950	46	67	113	3	5	8	49	72	121	98	152	250	22	35	57	17	17	34	1	7	8	16	14	30	42	76	118	47	<del>89</del> 79	126	44.9	48.6	47.1	47.8	52.2	50.4	47.8	52.2	50.4	34.0	17.7	23.8
1951	41	84	125	6	7	13	47	91	138	89	166	255	17	36	53	7	19	26	9	6	15	5	10	15	50	92	142	42	79	121	36.2	39.6	38.4	41.5	42.9	42.4	41.5	42.9	42.4	11.9	12.7	12.4
1952	53	98	151	4	9	13	57	107	164	107	197	304	18	43	61	16	29	45	8	15	23	7	6	13	56	102	158	54	<del>77</del> 93	147	31.2	40.2	37.2	34.0	43.9	40.4	34.0	43.9	40.4	13.0	6.5	8.8
1953	49	87	136	5	9	14	54	96	150	107	191	298	18	36	54	16	23	39	8	19	27	10	15	25	55	98	153	54	<del>93</del> 101	155	29.5	32.4	31.4	36.7	41.4	39.7	36.7	41.4	39.7	18.5	14.9	16.1
1954	73	121	194	4	14	18	77	135	212	132	233	365	40	41	81	16	35	51	7	21	28	14	18	32	54	114	168	56	<del>101</del> 112	166	51.9	30.4	38.2	54.8	33.9	41.8	54.8	33.0	41.2	25.0	18.0	20.5
1955	84	121	205	5	3	8	89	124	213	141	237	378	50	46	96	15	30	45	5	19	24	19	19	38	52	123	175	65	<del>100</del> 100	170	56.2	37.1	45.1	59.6	38.0	47.0	59.6	38.0	47.0	34.6	16.5	22.4
1956	60	106	166	2	17	19	62	123	185	114	246	360	27	45	72	21	35	56	9	24	33	11	21	32	45	107	152	50	115	165	43.5	36.6	38.9	45.0	42.4	43.4	45.0	42.4	43.4	22.0	18.3	19.4
1957	43	82	125	1	-	1	44	82	126	89	189	278	25	38	63	10	26	36	2	6	8	9	12	21	43	107	150	43	110	153	56.8	46.3	50.0	58.1	46.3	50.4	58.1	46.3	50.4	20.9	10.9	13.7
1958	41	77	118	3	5	8	44	82	126	87	189	276	25	40	65	8	12	20	3	9	12	5	15	20	45	108	153	45	113	158	56.8	48.8	51.6	60.9	51.9	55.1	60.9	51.9	55.1	11.1	13.3	12.7





