

Ninety-second annual report for the year 1951 / Barnwood House Hospital for Mental and Nervous Disorders, near Gloucester.

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Hospital for Mental and

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Near Gloucester.

Ninety-second

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For the Year 1951.

Printed by H. OSBORNE, Gloucester.

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REPORT OF THE HOUSE COMMITTEE

The Committee now present their Ninety-second Annual Report.

During the year 1951 the daily average number of patients resident in the Hospital was 119, which was lower by seven than that of the previous year. This number was, in fact, the lowest for many years, and inevitably resulted in some loss of income from patients' fees. Only by raising the individual fees, which this Committee, in common with most others, found it necessary to increase, was it at all possible to approximate income to expenditure, so many items of which, in these days of controlled prices and wages, are beyond the power of the Committee to limit. The problem of balancing income and expenditure has again caused some concern, and is but one example of the many vital difficulties which the post war years, with their rapidly changing economic conditions have brought to those concerned in the management of a hospital such as Barnwood House, which, remaining private and retaining its independence, does not draw upon the public funds. We can but hope that these difficulties, even though they do not soon diminish will no longer increase so rapidly.

In accordance with tradition, the Committee have, in cases where circumstances justified it,

exercised their power to reduce the fees below known costs, and in this way no less than forty applications, either for admission or for continuance of maintenance at reduced rates, were granted. Often much deliberation is required before a decision on fees can be reached, for the Committee while sympathising with all the claims which are made, must of necessity have regard to the fact that the resources available to satisfy them are now more limited than in former years.

A separate booklet containing the accounts, with the tables for comparison with preceding years, is again being sent to the Governors.

There have been no special structural alterations, and repairs have again been limited to those found essential. Thus the replacement of many feet of water supply pipe, extensively corroded over a period of years, was undertaken only to safeguard a necessary service.

At Woodchester Park, the tenant of The Cottage and the completed rooms of The Mansion has been in occupation for a full year. The woodlands continue to be maintained by our own staff.

Enquiries made by prospective tenants of Bownham have not been pursued to conclusion, and pending the possible development of an entirely different project the property is remaining in the hands of the agents.

The farm at Barnwood has continued to serve the hospital well, but some changes were necessary at the Park and Longwood Farm at Nympsfield.

Major Geoffrey B. Heywood, Major Michael Ingram and Miss Joan Kerr, were elected to the Board of Governors at the Annual Meeting.

In March the resignation of Colonel Sir Russell Kerr was received, and the following entry was made in the minutes. "The Committee wish to place on record their deep appreciation of the valuable services given to Barnwood House by Sir Russell Kerr, as a Governor, as a member of the General Committee and of the House Committee, and as a Trustee extending over the exceptionally long period of fifty-five years, and to express the sincere regret with which they now accept his resignation." Noteworthy it is that in terms of time Sir Russell's record has been exceeded only by that of the late Sir Francis Hyett. The Committee miss very much the valuable advice drawn from his long and wide experience always readily made available to them. The resignation from the House Committee of Sir Evan Gwynne-Evans, necessitated by ill health and consequent absence overseas, is much regretted, and the Committee are also very sorry for the impending resignation of Sir John Percival, for so many years a careful and able advisor on accounting and actuarial problems.

To succeed the Rev. Canon E. H. J. Noott, whose term as Chaplain ended at Easter, when he was instituted to the Rectory at Withington, the Committee appointed the Rev. H. Mervyn Hughes, whose services have been very much appreciated.

The vacancy in the post of Deputy Medical Superintendent, occasioned by Dr. Liddell's retirement, was filled by the appointment of Dr.

John Gibson, who has had much experience with private patients and has proved a valuable medical officer.

In addition to Dr. Liddell, R. A. B. King (charge nurse), Sister Dora Hindmarsh and B. Coopey (carpenter), retired on pension. Of staff previously pensioned, James Bannerman, Ilston Botchett and Harriet Matthews died. At the end of the year the number receiving pensions was twenty-five. The Committee also decided to make a payment of £1 per week for life, from the general fund, to J. Perkins (carpenter) age 75, who because of late age at entry was ineligible for a pension from the usual source under the pension fund rules.

The actuaries' quinquennial report of the pension fund was considered by the Committee in May, when it was decided to cope with the deficiency which it revealed by transfers to the fund's revenue account of such amounts as might from time to time be found necessary to balance it, rather than by the alternative course of transfers of additional capital. These periodic transfers will be necessary for some years longer, but an important consideration is, that as entry to this scheme was closed in 1944 and the number of its members thereby limited, it is possible to predict the reaching, and passing, of a peak period of pension payments, when income from the present capital invested will be more than sufficient to meet outgoings, and a surplus will then become available.

Because most of the Trustees' invested capital of the general fund is in undated stock, the Committee gave consideration to, and obtained expert

advice upon, the question of selling, and of re-investing in stocks bearing varying redemption dates; as, however, a change at the time would have resulted in a considerable loss of income, it was decided to defer any action until a more favourable opportunity offered itself.

Though the Committee inevitably find it hard to vary, from year to year, the terms in which they express their feelings, it is for them no mere formality to conclude their Annual Report with the expression of their grateful and warm appreciation of the work and services of their Physician Superintendent, Dr. G. W. T. H. Fleming, both to the patients under his care, and to the manifold activities which come under his supervision; of those of his Deputy Superintendent, Dr. J. Gibson; and of Dr. Ashby's valuable and distinguished work in their Research Department, and of his assistants there. Equally warm is their recognition of the invaluable services of their Matron, Miss MacMillan, and of her nursing staff, whose care for the patients, and maintenance, through all difficulties, of the standard of comfort which is their pride and that of the Committee, earns, as it deserves, the gratitude of all. To the Heads of all the other Departments of their large Institution, and to the Staff who serve so efficiently under them, the Committee are no less grateful and appreciative.

W. I. CROOME,
Chairman.

REPORTS
OF THE
COMMISSIONERS OF THE BOARD OF
CONTROL

BARNWOOD HOUSE,
GLOUCESTER.
26th June, 1951.

There are 115 patients in residence, 43 gentlemen and 72 ladies. Of these 43 are voluntary and 72 certified. In 1950, there were 113 direct admissions, 46 gentlemen and 67 ladies. 16 gentlemen and 14 ladies have died. The general physical health is good; but a number of the patients are old and are confined to bed on account of physical infirmity. All patients in residence have been seen and one private interview was given. The standard of comfort is high. All rooms and dormitories are clean and well furnished. The relationship between staff and patients is good and all are treated with kindly consideration. Since January 1951, there have been 7 deaths—3 men and 4 ladies, all from natural causes. One inquest was held and the details of which have already been sent to our Board. There have been 4 casualties—fractures due to accidental falls.

The nursing staff consists of 18 men and 27 female nurses. Of these, 10 men and 16 women are certificated or registered in mental nursing.

Occupational therapy classes are held in wards under the direction of the Matron or her Deputy.

During the visit I was accompanied by Dr. Fleming and the Matron. To them I wish to express my thanks for their assistance.

(Sgd.) J. FRASER M. CAMPBELL,
Commissioner of the Board of Control.

BARNWOOD HOUSE,
GLOUCESTER.

31st October, 1951.

I have today paid the second visit for 1951. There are in residence 121 patients (45 male and 76 female) of whom 44 are voluntary patients, 2 temporary and 75 certified. Since the beginning of the year there have been 85 direct admissions and 6 admitted on transfer. Seventy-one have departed or been discharged, of whom 41 are stated to have recovered. Eleven patients have died.

At a time when so many mental hospitals are overcrowded and understaffed, it was a pleasure to see patients in pleasant well kept wards or rooms without overcrowding and with adequate nursing staff. I received no complaints but several patients expressed their appreciation of the care which they received.

There are at present 39 nurses (13 male and 26 female) of whom 25 are certificated or registered in mental nursing. There is no specially qualified occupation therapist, which is a pity, but classes are held daily in the occupational therapy department, and in various wards under the direction of the Matron.

Television sets have been installed on both the male and female sides; the extent to which they are appreciated and helpful in treatment is being investigated.

I visited Dr. Ross Ashby in his laboratory and heard something of the research work which he is carrying on. The potential value of this work appears to be great, but its expert assessment requires greater knowledge than I possess.

Dr. Fleming has to assist him Dr. Gibson.

I wish to thank Dr. Fleming for his help throughout my visit.

W. S. MACLAY,

Senior Commissioner of the Board of Control.

REPORT OF THE MEDICAL SUPERINTENDENT

I have the honour to present my report for 1951.

There were in the Hospital on January 1st, 1951, 75 certified patients, 1 temporary patient and 42 voluntary patients.

Twenty-five certified patients, 6 temporary patients and 102 voluntary patients were admitted during the year, a total of 133 compared with 118 in 1950.

One hundred and nine patients were discharged, transferred or died. These changes left the numbers on the books on the 31st December 1951 as follows :—

	<i>Male</i>	<i>Female</i>	<i>Total</i>
Certified Patients ...	27	50	77
Temporary Patients ...	3	1	4
Voluntary Patients ...	20	41	61

Two hundred and fifty-one patients of the three classes were under treatment during the year as compared with 247 in 1950 and 242 in 1949.

The daily average number of patients on the books during the year was 121 compared with 128 in 1950.

Of the direct admissions during the year, the percentage of voluntary admissions was 82 compared with 74 in 1950, while that of certified patients was 14, compared with 12 in 1950.

DISCHARGES

Ninety-four patients left the Hospital during the year. Of these 17 males and 36 females were discharged recovered, that is, 41% males and 43% females and 42% of the total direct admissions.

Twenty-six patients were discharged relieved and 11 were discharged not improved, either to the care of friends or to other hospitals.

DEATHS

There were 15 deaths during the year, 5 male and 10 female, the average age at death being 80. Of the 15 deaths 6 had been in the hospital less than 1 year.

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

RESEARCH

The year 1951 has seen no change in our programme of research. Dr. Ashby has been busily engaged in constructing his new model of the mechanical brain and investigating the mechanism of electro-shock therapy. He is at the moment in the United States lecturing by invitation.

Mrs. Bassett has carried out a lot of very hard work on psychological testing.

GENERAL MATTERS

During the year Dr. John Gibson succeeded Dr. Liddell as Deputy Medical Superintendent.

The amount spent on repairs during the year was £5,394 compared with £4,253 in 1950. The amount spent on furniture was £846 compared with £803 in 1950.

I wish again to express my appreciation of the loyalty and help I have received during the year from the Medical Officers, the Matron and all the staff; particularly to Miss MacMillan and to Miss Clargo who has also had to continue the work of Sister-Tutor.

To the Chairman and the Committee, I wish to express my indebtedness for their great help and guidance.

G. W. T. H. FLEMING,

Medical Superintendent.

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

During the year 1951 the work has continued in close co-ordination with that of the Burden Neurological Institute under Professor F. L. Golla. Our aim continues to be the elucidation, by cybernetic and endocrinological methods, of the basic processes of cerebral integration, knowledge of which is important not only because it is of immediate psychiatric interest but because it is likely to lead to the discovery of therapeutic methods that are entirely new.

Our researches are based on the fact, substantiated by work done partly in these laboratories, that every complex mechanism, whether calculating machine or brain, requires accurately adjusted conditions if it is to work efficiently. Some of the conditions necessary for the brain's efficiency have long been known, but they are those that affect it in the simplest way and at its lowest level of complexity. Modern studies have, however, shown that the brain's conditions also need adjustment in respects that have meaning only in relation to its highest and most characteristic functions. These special conditions must have mechanisms specially developed to ensure that, whatever disturbances may occur, the optima shall be maintained. What

are these optima, and what are the mechanisms that maintain them, are questions now being studied. It is already clear that mal-adjustment of these 'higher' regulatory mechanisms is of great psychiatric importance, for their mal-adjustment would result in the brain's being unable to perform its highest function, that of integration, while being still able to perform its merely basic functions. Such a loss of the highest function is just what is seen so commonly in the mental patient. A deeper understanding of the mal-adjustment would increase our therapeutic power over the most common types of mental ill-health.

The first stages of the work have now been passed successfully. Five years ago the nature of 'integration', the brain's highest function, was a mystery; today, though much remains to be done, the main lines of the solution are clear. The relation between integration and stability, the main features of the mechanisms involved, and the nature of the processes that occur are now clearly outlined. After a brief interval for consolidation we shall be ready to develop its application to practical treatment.

The work, which has not yet been fully published, is being followed with interest by other laboratories. [In recognition of this, the Josiah Macy Jr. Foundation of New York has invited Dr. Ross Ashby to address the Conference on Teleological Mechanisms and other scientific bodies in the United States and has contributed \$1000 towards the visit's expenses. The Foundation's generosity is acknowledged with gratitude. It is hoped that this lecture-

tour will enable workers in other countries to learn of the work that has been done at Barnwood House.]

It is a pleasure to acknowledge the support so unfailingly given throughout the year by Dr. G. W. T. H. Fleming and by Professor F. L. Golla.

Publications during 1951 :

The homeostat. Conference on 'Les machines à calculer et la pensée humaine'. Centre Nationale de la Recherche Scientifique, Paris, January, 1951.

Cerebral mechanisms. Address to the Oxford Psychological Society.

Les mécanismes cérébraux de l'activité intelligente. In 'Perspectives cybernétiques en psychophysiologie', Presses Universitaires de France, 1951.

Psychological Department (MRS. M. BASSETT).

During the year the Department has been chiefly concerned with the investigation into the effect of convulsive treatment in the psychogalvanic response. The work is part of a long-term project and some 4000 tests were made both on patients undergoing this form of therapy and on suitable control subjects. The work has continued according to plan and a detailed assessment of it cannot yet be made.

In addition, routine psychological tests have been made on 47 patients for diagnostic and clinical purposes; a validation study of certain

aspects of the Rorschach test has been begun, and a special study of a patient undergoing glutamic acid therapy has been initiated.

The year too, has seen an increase in the amount of psycho-therapeutic work undertaken by the department; in all, some 28 patients were selected for this form of treatment, the average time spent on each patient being about ten hours spread over a period of four or five weeks. The results have been encouraging particularly where psychotherapy has been combined with convulsive therapy, and the method may well be worth fuller enquiry.

TABLE A2.—GENERAL TABLE, SHOWING THE MOVEMENT OF THE HOSPITAL POPULATION DURING EACH YEAR SINCE 1ST JANUARY, 1940, TOGETHER WITH THE RECOVERY AND DEATH RATES.
(UNDER THE MENTAL TREATMENT ACT, 1930, VOLUNTARY AND TEMPORARY PATIENTS ARE NOT INCLUDED).

YEAR.	ADMISSIONS.									Total number under Treatment.									DISCHARGED OR TRANSFERRED.									DIED.			Remaining on Registers December 31 st .			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.			Total number under Treatment.			Recovered.			Relieved.			Not Improved.			DIED.			Remaining on Registers December 31 st .			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.								
	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.									
1940	27	34	61	3	7	10	30	41	71	86	136	222	9	9	18	8	1	9	4	15	19	8	13	21	59	98	157	62	97	159	32.1	25	28.1	33.3	26.5	29.5	33.3	26.5	29.5	12.9	13.4	13.2						
1941	25	40	65	4	7	11	29	47	76	86	138	224	6	14	20	4	8	12	8	10	18	8	13	21	60	93	153	58	95	153	22.6	35	30	24	35	31	18.5	35	28.3	13.5	13.5	13.5						
1942	27	41	68	3	1	4	30	42	72	91	136	227	11	20	31	6	7	13	5	4	9	5	12	17	63	92	155	60	92	152	36.6	47.6	43	40.7	48.8	45.6	37	48.8	44.1	8.3	13	11.2						
1943	45	54	99	3	3	6	48	57	105	115	150	265	19	30	49	4	8	12	13	4	17	7	12	19	68	95	163	68	94	162	39.6	52.6	46.6	42.2	55.5	49.5	40	55.5	48.5	10.3	12.7	11.7						
1944	26	48	74	5	1	6	31	49	80	99	147	246	14	24	38	9	4	13	5	10	15	16	15	31	55	91	146	61	95	156	45.1	49	47.5	53.8	50	51.3	53.8	47.9	50	26.2	15.8	19.8						
1945	35	60	95	—	2	2	35	62	97	90	153	243	7	31	38	3	17	20	9	8	17	8	8	16	63	88	151	61	92	153	20	50	39.2	20	51.7	40	17.1	50	37.9	13.1	9	10.5						
1946	48	53	101	3	4	7	51	57	108	114	145	259	24	28	52	6	7	13	16	9	25	10	12	22	58	89	147	61	89	150	47.1	49.1	48.1	50	52.8	51.5	45.8	41.5	43.6	16.4	13.5	14.7						
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	86	143	18.8	46.4	32.6	21.7	49.2	36	18.3	49.2	34.4	21	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	79	136	52.1	37	42.6	54.3	40.5	45.8	52.2	40.5	45	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	83	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	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						

