

**Eighty-first annual report : for the year ending December 31st, 1939 / Royal Eastern Counties' Institution Ltd.**

**Contributors**

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The Royal  
Eastern Counties' Institution Ltd.  
for the Mentally Defective,  
COLCHESTER.

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INSTITUTED 1st FEBRUARY, 1859

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UNDER THE PATRONAGE OF  
HIS MAJESTY THE KING.

EIGHTY-FIRST  
ANNUAL REPORT

*For the year ending 31st December, 1939*

The Board beg Subscribers to bring this  
Report to the notice of their friends.

REGISTERED OFFICE:  
ESSEX HALL, COLCHESTER.

Medical Superintendent - F. DOUGLAS TURNER, M.B.  
Secretary - - - MAJOR ARTHUR TURNER, T.D.

MAY, 1940

WITH THE SECRETARY'S COMPLIMENTS.

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CENTRAL INSTITUTION COLCHESTER 3138

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"ROYAL INSTITUTION, COLCHESTER"

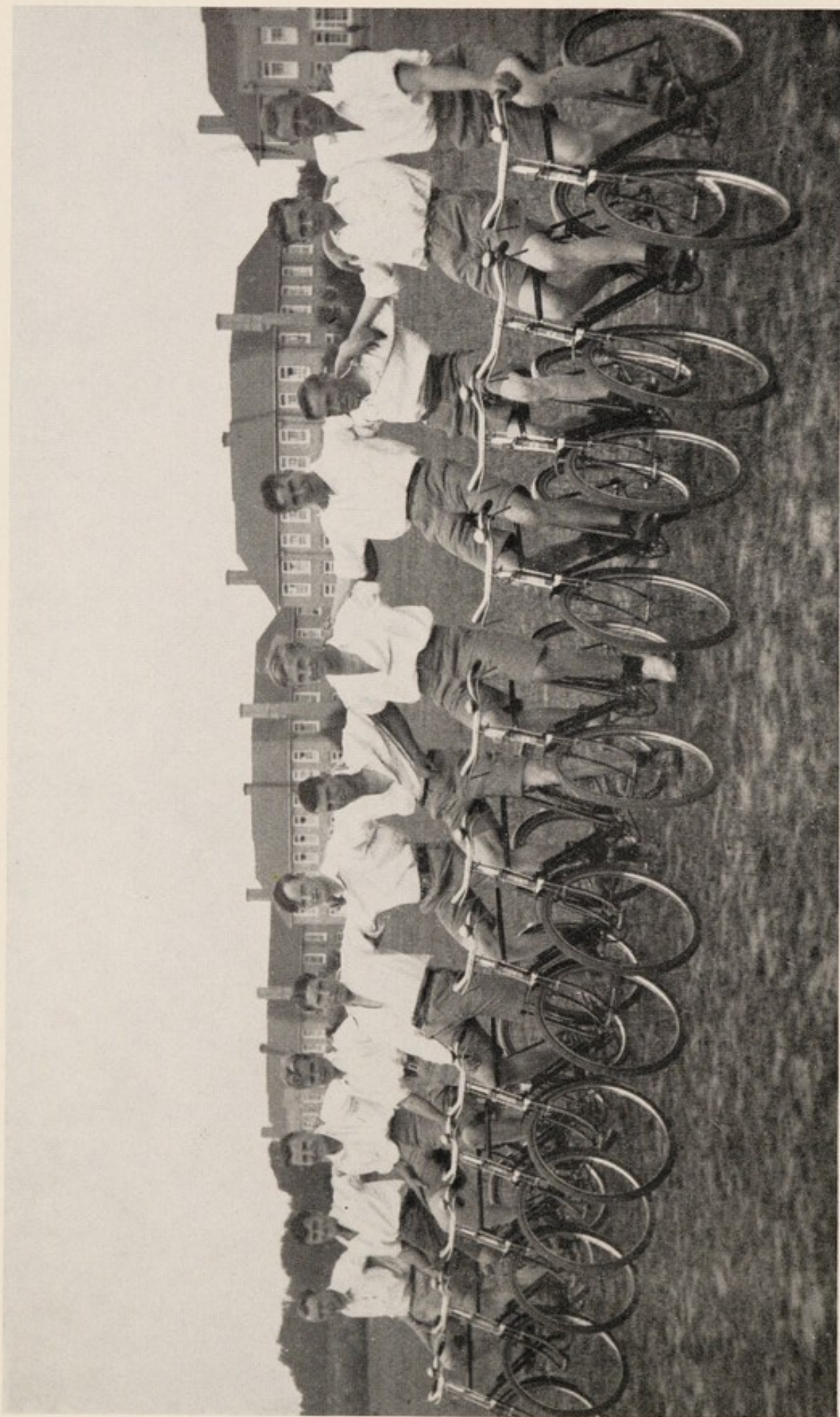
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ONE SIDE OF THE PHYSICAL TRAINING AT TURNER VILLAGE.

# The Royal Eastern Counties' Institution Ltd.

FOR THE MENTALLY DEFECTIVE

## COLCHESTER.

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*Instituted February 1st, 1859.*

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Patron—

HIS MAJESTY THE KING.

Patroness of Ladies' Association—

HER MAJESTY QUEEN MARY.

Vice-Patroness of Ladies' Association—

HER GRACE SUSANNA, DUCHESS OF GRAFTON.

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LORD LIEUTENANT OF SUFFOLK.  
THE RIGHT HON. THE EARL OF LEICESTER, G.C.V.O., C.M.G.  
THE RIGHT HON. THE VISCOUNT ULLSWATER, P.C., G.C.B.  
THE RIGHT REV. THE LORD BISHOP OF NORWICH, K.C.V.O.  
THE RIGHT REV. THE LORD BISHOP OF ST. EDMUNDSBURY AND IPSWICH.  
THE RIGHT HON. LORD HASTINGS.  
THE RIGHT HON. LORD HOWARD DE WALDEN.  
THE RIGHT HON. LORD WALSINGHAM, D.S.O.  
THE RIGHT HON. LORD HUNTINGFIELD, K.C.M.G.  
THE RIGHT HON. LORD RAYLEIGH.  
THE RIGHT HON. LORD HENNIKER.  
MAJOR-GENERAL THE RIGHT HON. LORD LOCH, C.B., C.M.G., M.V.O., D.S.O.  
THE RIGHT HON. LORD CRANWORTH.  
THE RIGHT HON. LORD FISHER OF KILVERSTONE.  
THE HON. ALEXANDRINA PECKOVER.  
THE LORD LIEUTENANT OF CAMBRIDGESHIRE.  
THE LORD LIEUTENANT OF NORFOLK.  
THE LORD LIEUTENANT OF ESSEX

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Viscount.  
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ROWLEY, Lt.-Col. Sir Charles S.,  
Bart., D.L.

SMITH, Col. Gilbertson, T.D., D.L.  
SYMONDS, Arthur, Esq.  
TABOR, Col. J. C., T.D.  
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C.B.E., D.S.O., D.L.  
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S. A. PROPERT, M.A., M.B., B.Chir.Cantab., M.R.C.P.Lond.

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*Hon. Surgeon—*

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*Director of Research Department—*

T. A. MUNRO, M.B., Ch.B.

*Hon. Psychologist—*

J. C. RAVEN, M.Sc.

*Medical Superintendent—*

F. DOUGLAS TURNER, M.B.Lond., M.R.C.S.Eng., L.R.C.P.Lond.

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T. B. JONES, M.R.C.S.Eng., L.R.C.P., Lond., D.P.M., *Medical Superintendent,*  
*Bridge Home.*  
JAMES L. MACDOUGALL, M.B., Ch.B. Glasgow, *Assistant Medical Officer.*  
RACHEL DOMONEY FIDLER, M.R.C.S.Eng., L.R.C.P.Lond., *Assistant*  
*Medical Officer.*

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Drs. GIMSON and LITTLE, Witham.  
D. T. GEMMELL, L.R.C.P. & S., D.P.M., Halstead.  
Miss JOAN COOPER, M.R.C.S.Eng., L.R.C.P.Lond., Cambridge.

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*Hon. Radiologist—*

J. ORD PENDER-SMITH, M.B., Ch.B. Edin., D.M.R.E. Cambs.

*Hon. Ear, Nose and Throat Surgeon—*

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A. GOODEY, L.D.S., Halstead.  
C. de. TRENSE, L.D.S., Witham.

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*Matron—*MISS TURNER, M.B.E.

*Secretary—*MAJOR ARTHUR TURNER, T.D.



## The Institution and its Branches.

Dr. F. Douglas Turner, *Medical Superintendent.*

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- Central Institution, Colchester .. Women and Children  
Miss Turner, *Matron.*
- Turner Village, Colchester .. .. Village for Men  
Dr. E. Benjagar, *Medical Superintendent.*
- Bridge Home, Witham .. .. Home for Men  
Dr. T. B. Jones, *Medical Superintendent.*
- Greenwood School, Halstead .. Upper Girls' School  
Mrs. Taylor, *Head Mistress.*
- East Hill House, Colchester .. Upper Boys' School  
Mr. C. Chadwick, *Head Master.*
- Littleton House School, Girton,  
Cambridge .. .. Upper Boys' School  
Miss Dodds, *Head Mistress.*
- No. 10 East Hill, Colchester .. Lower Boys' School  
Miss Stewart, *Matron.*
- Crossley House, Clacton-on-Sea .. .. Seaside Home  
Mrs. Seely, *Matron.*
- Lexden House, Colchester .. Domestic Service Hostel  
Miss Beynon, *Matron.*

## DRAFT REPORT for 1939.

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In presenting the Eighty-first Annual Report the Board desire to put forward the claims of the Institution for continued and increased support during the present difficult time. It is essential that the care and training of mental defectives should not suffer, but the cost of the charitable cases greatly exceeds the charitable income, even under normal conditions and already there has been a decrease in the charitable income. The Board cannot too strongly express their gratitude for the help that has been accorded to them during a very trying year, but they have considerable anxiety about the future and they would stress the necessity for additional assistance if the number of charitable cases is to be maintained. They appreciate the difficulties that at present exist but they feel sure that all those who are interested in the well-being of mental defectives will understand the need for continued support so that the care and training given to these cases in the past may not have to be curtailed.

Increased support urgently needed.

Owing to the death of Mr. E. C. Ransome it became necessary to appoint a new Chairman of the House Committee and Mr. J. Oxley Parker, who had been Vice-Chairman since 1926, was unanimously elected to that position. The Board are very pleased that Mr. Parker has consented to undertake this office and his sound advice and active co-operation are very valuable, especially during the present difficult conditions. The Earl of Cranbrook has been elected Vice-Chairman of the Committee. Mr. Parker had also been Treasurer of the Institution for several years but resigned this office on his appointment as Chairman and Mr. A. N. Carruthers has been elected in his place and has also been elected on the Board and House Committee. The Board are glad to welcome Mr. W. W. Otter-Barry who has been elected to the Board and House Committee but unfortunately war conditions have made it impossible for him to attend at present.

Mr. J. Oxley Parker,  
Chairman of House Committee.

Earl of Cranbrook,  
Vice-Chairman.

Mr. A. N. Carruthers,  
Treasurer.

Mr. W. W. Otter-Barry.

Major-General Kenyon has resigned his seat on the Board after 12 years valuable work and the Board are sorry to lose the benefit of his services.

Major-General Kenyon.

## Deaths.

The Board deeply regret to record the death of Mr. A. W. Ruggles-Brise who had been a member since 1887 and who always took the greatest interest in the work of the Institution. They much regret also the death of Mr. J. H. Lachlan White who had served on the Board since 1930 and had been a co-opted Member of the House Committee representing Suffolk since 1935. His experience and regular attendance will be much missed.

Difficulties  
of Ladies'  
Association.

The troublous time through which the Country is passing adds considerably to the difficulties of all social services, but perhaps more especially so to those of Voluntary Institutions which have to depend to a large extent upon the co-operation of the voluntary workers for the financial support so necessary to their existence. The work of the Ladies' Association is carried out entirely by voluntary helpers who freely and devotedly give up their time to making the Annual Collection. When so many of the Collectors are occupied with war work of all descriptions and Subscribers are bearing the burden of greatly increased taxation, it is not surprising that the total Collection falls a good deal short of the usual standard, but considering all these difficulties it is extremely creditable that such a large sum as £2,817 2s. 2d. should have been raised. The Board have the greatest pleasure in acknowledging the value of this help and in expressing their gratitude for this very welcome assistance. They fully realize that the collection of such a total has meant an immense amount of work by all their helpers, and moreover, work that has had to be carried out under very trying conditions. They appreciate most fully the loyal and devoted support received from every member of the Ladies' Association and they desire to tender to the Vice-Patroness, Her Grace, Susanna Duchess of Grafton, and to all concerned their warmest thanks for the willing and valuable assistance rendered to the Institution.

## Thanks.

Special appeal  
at Cambridge.

It was hoped that a Public Meeting could have been held at Cambridge in the Spring, but owing to the many difficulties then existing, the Mayor (Alderman Alex A. Spalding), who is an old friend of the Institution, advised strongly against this, as he did not think people would have time to attend. He considered, however, that a Special Appeal might very well be made in the Town and District, and this was accordingly done. Miss Peckover, who has been one of the most generous and consistent supporters in past years, most kindly started the Appeal with a Dona-

tion of £105 (as she has done on previous occasions), and this excellent start was a great encouragement.

Amongst the chief donations were the following:—

	£	s.	d.
The Hon. Alexandria Peckover .. .. .	105	0	0
The Hon. Lady Darwin .. .. .	100	0	0
Gonville and Caius College .. .. .	26	5	0
Mrs. W. E. Lilley .. .. .	26	5	0
Trinity College .. .. .	26	5	0
Miss Wright .. .. .	10	10	0
The Misses Kenny .. .. .	10	10	0
Messrs. Barclays Bank Ltd. .. .. .	10	10	0
Mrs. Papworth .. .. .	10	10	0
Messrs. Matthew & Son Ltd. .. .. .	10	10	0
Messrs. J. Carter Jonas & Sons .. .. .	5	5	0
Mr. C. E. Payne .. .. .	5	5	0
Cambridge University Press .. .. .	5	5	0
Messrs. Robert Sayle & Co., Ltd. .. .. .	5	5	0
Dr. J. H. C. Dalton, M.B.E. .. .. .	5	5	0
The Lord Fairhaven, D.L. .. .. .	5	5	0

The total amounted to £393 10s. 6d., which has been a most welcome contribution and for which the Board are particularly grateful. Valuable assistance was rendered by Miss Frances Scruby (Hon. Local Secretary) in obtaining this satisfactory result.

During the year the following Legacies have been gratefully received and have been placed to the credit of the Reserve Fund. Legacies.

	£	s.	d.
The late Mr. J. A. Axon (part) .. .. .	1,170	0	0
The late Mr. E. C. Ransome .. .. .	500	0	0
The late Mrs. Harrison .. .. .	50	0	0
The late Mr. Henry Marriage .. .. .	10	10	0

The following Special Donations have been received and have been most welcome:— Special Donations.

	£	s.	d.
Mr. W. W. Otter Barry .. .. .	5	5	0
Mrs. Gale .. .. .	5	0	0
Mrs. Gale .. .. .	5	0	0
Sandringham Estate Cottage Horticultural Society .. .. .	5	0	0
Hanslip Ward Lodge, No. 3399 .. .. .	3	3	0
Students of Norwich Training College .. .. .	2	0	0
Anonymous .. .. .	1	1	0
Mrs. Jelf .. .. .	1	1	0
The Ven. Archdeacon Perowne .. .. .	1	1	0
Mr. S. F. Wainwright .. .. .	1	1	0
Mrs. Prail .. .. .	1	0	0
Miss Grout (Box Collection) .. .. .	10	10	
Ingatstone Mothers' Union .. .. .	10	0	

Elections of  
Candidates.

The 160th Election was held at the Guildhall, Cambridge, on 5th June, when the Mayor of Cambridge (Alderman Alex. A. Spalding, J.P.) presided; and the 161st Election was held at the Institution on 12th December, when the Mayor of Colchester (Alderman P. A. Sanders, O.B.E., J.P.) presided. At each Election ten candidates were elected for a term of seven years.

Average  
weekly cost.

The average weekly cost was £1 4s. 2½d. per head against £1 4s. 3d. in the previous year, and the average number of patients resident was 1,739 against 1,711 in 1938.

National  
Savings Group.

A National Savings Group has been started for the Staff and the Board are glad that this is being well supported.

Postponement  
of  
Improvements.

Several much needed improvements and additions had been commenced but have had to be abandoned for the present on account of the war. At Witham an extra pavilion for cripples and 16 houses for the married staff had been started, but owing to the difficulty of obtaining materials, work on the pavilion came to a stop when only the foundations and the basement were in. Six of the new staff houses have been completed, but it was not possible to proceed with the remainder. Plans had also been prepared for rebuilding part of East Hill House and Greenwood School so as to secure better accommodation, but for the same reason these alterations cannot at present be carried out.

## Miss Barkway.

The death has occurred of Miss Barkway, who was in the service of the Institution for 45 years, 20 of which were as Matron at Crossley House. She retired through ill health and was pensioned in 1908.

Old Books  
welcomed.

It occurs to the Board that many of their Subscribers may have old books, especially children's, which they may be glad to get rid of. These books would be very useful in forming a Library for the patients, many of whom are glad to have books to read in their spare time and the Board would welcome any gifts of this kind.

## Staff.

The thought uppermost in the mind of everyone to-day is the War, and in the enthusiasm felt for those in the Armed Forces, the work of those doing equally important work on the "Home" front is apt to be overlooked. The Board would like to assure all members of the Staff that the exacting work of the concluding months of the year is fully realized,

and warmly appreciated. To-day the desire to be dressed in khaki is universal. But it is gratifying to find that in order to release large numbers of the staff of the Institution for military service, those who have remained have readily shouldered heavier responsibilities and longer hours. The Board tender their grateful thanks for the patriotism and cheerfulness shown by all, for without it the work of the Institution could not have been carried on.

The Board would like once more to express their warmest thanks for the substantial support they have received during the past year, and the fact that this help has been given during a time of exceptional difficulty naturally increases their appreciation. It is their earnest wish that nothing should interfere with the important work carried on by the Institution, because it does ensure as happy a life as possible for the patients. In addition the great majority according to their capabilities, which are carefully trained and fostered, can do something towards earning their own living and thus avoid becoming a drag on the Community. For these reasons alone it seems vital that this work should go on, and the Board venture to hope that during the difficult times which lie ahead, many will remember the needs of those who are too defective to care for themselves in the world, and send something towards their support.

*(Signed)*

STRADBROKE,

*Chairman.*

Thanks for  
support.

Benefits  
Conferred.

# FIFTY-FIRST ANNUAL REPORT

OF THE

## Royal Eastern Counties Ladies' Association.

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Fifty Years  
Work.

Our Association was organized, and the first Collections started in the year 1890, so that we have now completed fifty years actual work, and looking back on all these years, we can feel that our labour has not been in vain. By our efforts, a large and steady income has been provided year by year, which has been of the greatest possible assistance to the Board of Directors in the work they have been carrying out for a much longer period, in the care, training, and general improvement of mental defectives belonging to the Eastern Counties. From small beginnings, our Association has been built up, and through the loyalty and devotion of all our helpers, has prospered exceedingly. It is always encouraging to know of the success of any new movement, but how much more so, to know that the success has been continued over such a long period of time. Such a result has been achieved, not only by the deepest personal interest of all our helpers, but by their unremitting labour, and by their willingness at all times to put service for others before self. This spirit of enthusiasm and service which inspired all those who were responsible for the start of our Association has been handed on by them to their successors, and has enabled us to overcome difficulties whenever they have arisen. I am glad to know that we still have the active co-operation and assistance of a few of our early helpers, and I should like to assure them that their example has been a source of inspiration to us all.

Result  
for 1939.

The Collection for 1939 amounted to £2,817 2s. 2d., which is a good deal below our usual standard. I do not think we could have expected any better result, because practically the whole of the money had to be obtained after

the start of war. Many of our helpers are engaged in some kind of war work, and it was not possible to obtain substitutes in the limited time available. The Black-out has not been helpful, as some of the Collectors have to make their collections after they have finished their day's work. On the top of these troubles, the severe weather arrived just as some of the collections were being completed, and thus caused delay, so that these amounts could not be included in the year's Accounts. Then increased taxation, and rising prices have hit some people very heavily, so that it is not possible for them to help as they would like to do. If these various drawbacks are taken into account, I think we are fortunate that the drop in our total is not larger. It is only due to much perseverance, and a very large amount of really hard work on the part of all our helpers that we are able to show such a creditable collection. I should like to express not only my warmest thanks to everyone for the time devoted to this work, and the trouble taken to secure as good a result as possible, but my admiration and appreciation of all that has been done. Under ordinary conditions, these Collections entail a tremendous amount of labour and self-sacrifice, but when one is up against difficulties such as we have had to contend with, the work is increased enormously. The fact that we have secured such a large sum of money under very trying conditions proves that every member of the Association possesses that spirit of keenness and enthusiasm handed down to us by our predecessors, and a genuine desire to do the very best that is possible for those of our fellow creatures, who are unable, by reason of their defects, to guard themselves against the dangers of the world. What better ideal could we have?

Thanks to  
all Helpers.

I much regret to record the death of Miss Oxley Parker, who organized, and has been President of the Burnham and Southminster District since 1891. Although not a large District, we have always had excellent Collections, and we shall much miss Miss Oxley Parker's help. We have also lost by death Mrs. Vaizey, President of the Halstead District since 1902, and Mrs. Howel Price, President of the Ongar District since 1921, both of whom took the keenest interest in the work, and rendered valuable assistance.

Deaths.

In the Wisbech District, Mrs. David Smith has felt obliged to resign the Presidency on account of ill-health.

Resignations.



She has been associated with our work since 1898, first as Vice-President, and then from 1919 as President of the District, and thanks to her influence, and the splendid band of helpers she had interested, we have received very valuable support from the District. Her resignation is a great loss to us, and I am particularly grateful to her for keeping on this work for the last few years, instead of giving it up as she really wanted to do.

When we lost Mrs. Sancroft Holmes as President of the Diss District, Mrs. Edward Lee-Warner, who had helped us since 1918, as a Vice-President, kindly agreed to fill the vacancy, but at her age, she feels the responsibility is too much for her, and has therefore been obliged to resign. We owe her a debt of gratitude, not only for all the help she has given for so many years, but for tiding us over a very difficult period. I am sorry to record the resignation of Mrs. Hervey, President of the Woodbridge District, owing to war work. She has done a great deal of work in this District, with excellent results, and we shall miss her help.

New  
Presidents,

I am very glad to welcome several new Presidents. Miss Rogers, who has helped us for many years as a Vice-President in the North Walsham District, has kindly agreed to become President of that District. Mrs. Cyril Walter has undertaken the Presidency of the Diss District, and Mrs. FitzGerald, who has served for several years as a Vice-President has accepted the Presidency of the Hethersett District. Mrs. Arthur Hunt, who has helped us very materially as Vice-President has undertaken the Presidency of the Halstead District, and Miss Gedge has accepted the Presidency of the Needham Market District. Mrs. Douglas Brown, an old helper in the Burnham and Southminster District, has kindly become the new President for that District. It is a great encouragement to have the support of these new Presidents, and I am grateful to them for undertaking the work.

Gratitude of  
Board of  
Directors.

The Board of Directors have asked me to express their keen appreciation of all our work, and their grateful thanks for the substantial support we have given. This has been of the utmost assistance to them, and they greatly value our co-operation. At the same time, they beg us to continue our efforts to the fullest possible extent, as more money will

undoubtedly be needed for the maintenance of the charitable cases. I quite realise how difficult it will be to make these Collections in the future, but knowing your enthusiasm, and the deep interest you all take in the Institution, I am confident that we can look forward to obtaining that practical sympathy and support which is so badly needed to prevent any reduction of the benefits given by the Institution.

Vital  
necessity for  
continuance of  
our work.

(Signed) S. M. GRAFTON,

Vice-Patroness.

*5th March, 1940.*

NORFOLK.		1939.	1938.
DISTRICT.	NAME OF PRESIDENT.	£ s. d.	£ s. d.
Susanna, Duchess of Grafton .. ..	Vice-Patroness .. ..	10 10 0	10 10 0
Acle .. ..	Mrs. Cator .. ..	52 10 11	57 17 8
Attleborough .. ..	Mrs. George Garnier .. ..	27 15 0	24 17 5
Aylsham .. ..	Mrs. McDougall .. ..	44 1 5	54 12 7
Cromer .. ..	Miss Gurney .. ..	47 7 11	51 13 10
Diss .. ..	Mrs. Cyril Walter .. ..	66 10 3	84 7 11
Docking .. ..	Mrs. C. D. Seymour .. ..	31 5 3	29 13 0
Downham Market .. ..	Mrs. Charles Howard .. ..	— — —	— — —
Drayton .. ..	Mrs. Adams .. ..	20 3 6	28 3 3
East Dereham .. ..	Mrs. Eva .. ..	40 8 1	43 17 9
East Harling .. ..	The Countess of Albemarle .. ..	43 1 9	48 11 7
Fakenham .. ..	The Lady Hastings .. ..	50 12 3	52 15 3
Flegg .. ..	Lady Vincent, J.P. .. ..	46 8 0	55 0 6
Freebridge Lynn .. ..	The Marchioness of Cholmondeley .. ..	22 12 6	23 5 5
Hethersett .. ..	Mrs. FitzGerald .. ..	34 11 11	40 5 5
King's Lynn .. ..	.. ..	71 9 6	60 0 0
Loddon ... ..	.. ..	23 9 8	24 13 0
North Elmham .. ..	Mrs. Edward Birkbeck .. ..	46 11 4	49 1 6
North Walsham .. ..	Miss Rogers .. ..	82 2 7	93 0 3
Norwich .. ..	The Lady Mayoress .. ..	218 4 6	226 15 1
Swaffham .. ..	.. ..	20 0 8	21 10 10
Thetford .. ..	The Lady Fisher .. ..	52 6 9	54 12 5
Wymondham .. ..	Mrs. Routh Clarke .. ..	37 3 8	47 14 10
Great Yarmouth .. ..	Lady Harbord .. ..	17 0	1 1 0
		£1090 4 5	£1184 0 6
SUFFOLK.		1939.	1938.
DISTRICT.	NAME OF PRESIDENT.	£ s. d.	£ s. d.
Beccles and Bungay .. ..	Mrs. Larkman .. ..	17 17 6	18 10 0
Bury St. Edmunds .. ..	The Mayoress .. ..	93 5 2	92 2 5
Clare and Haverhill .. ..	Mrs. Wayman .. ..	73 5 0	79 0 0
Hadleigh .. ..	Lady Rowley .. ..	78 17 1	82 3 4
Halesworth and Southwold .. ..	.. ..	1 15 0	4 3 3
Hartismere .. ..	.. ..	8 11 8	10 10 8
Hoxne .. ..	.. ..	21 19 9	36 17 7
Ipswich .. ..	Mrs. Philip Cobbold .. ..	23 0 5	110 6 1
Lowestoft .. ..	.. ..	25 11 10	27 4 0
Mildenhall .. ..	Mrs. Temple-Richards .. ..	11 4 1	13 11 3
Needham Market .. ..	Miss Gedge .. ..	16 0 10	19 13 10
Newmarket All Saints .. ..	Mrs. Grafton Pryor .. ..	23 12 6	51 2 6
Newmarket St. Mary .. ..	The Hon. Mrs. George Lambton .. ..	27 6 3	34 3 0
Samford .. ..	Mrs. Herbert Cobbold .. ..	34 4 8	39 7 7
Saxmundham .. ..	Mrs. de Mussenden Leathes, J.P. .. ..	66 2 5	72 8 2
Stowmarket .. ..	Mrs. Royce Tomkin .. ..	53 6 1	60 15 5
Sudbury .. ..	Lady Hyde Parker .. ..	48 18 0	51 8 11
Thingoe .. ..	.. ..	11 4 6	10 7 7
Woodbridge .. ..	Mrs. Hervey (resigned) .. ..	76 6 6	112 14 8
		£712 9 3	£926 10 3

## ESSEX.

1939.

1938.

DISTRICT.	NAME OF PRESIDENT.	£ s. d.	£ s. d.
Billericay .. ..		- - -	- - -
Braintree and Witham	Mrs. de Hochpied Larpent	93 0 9	111 14 1
Brentwood .. ..	Mrs. Crawshay .. ..	25 17 3	33 5 4
Burnham and Southminster	Mrs. Douglas Brown ..	17 3 6	19 16 0
Chelmsford .. ..		18 0 0	25 13 0
Colchester .. ..	{ Dame Catherine Hunt, D.B.E., J.P. } Mrs. Cork .. ..	118 12 10	161 8 0
Copford .. ..		- - -	- - -
Dedham .. ..		- - -	9 12 0
Dunmow .. ..		- - -	- - -
Epping .. ..		- - -	2 2 6
Grays .. ..	Mrs. Whitmore .. ..	45 9 1	54 13 1
Halstead .. ..	Mrs. Arthur Hunt .. ..	73 14 2	90 5 6
Ilford and Barking	Mrs. Ottaway .. ..	60 3 0	85 19 0
Maldon .. ..	Mrs. Basil Bright .. ..	34 0 1	37 13 8
Ongar .. ..	Mrs. Howel Price (deceased)	30 9 8	33 12 8
Rochford .. ..		7 16 0	7 18 6
Romford .. ..	Lady Neave .. ..	25 15 6	28 5 4
Saffron Walden	Mrs. A. Wentworth Stanley	14 3 2	14 2 10
Southend .. ..		12 0 6	12 10 6
Stansted .. ..	Mrs. Findlay .. ..	17 2 3	16 2 5
Tendring .. ..		53 11 8	76 16 7
Woodford .. ..		- - -	- - -
Wivenhoe .. ..		- - -	- - -
		£646 19 5	£821 11 0

## CAMBRIDGESHIRE.

1939.

1938.

DISTRICT.	NAME OF PRESIDENT.	£ s. d.	£ s. d.
Cambridge .. ..	Mrs. Rushmore .. ..	98 7 3	110 7 1
Caxton and Arrington	The Lady Eltisley .. ..	32 3 0	36 0 7
Chatteris and March ..		1 0 0	1 11 0
Ely .. ..	Mrs. Heywood .. ..	45 1 0	57 9 9
Fulbourn .. ..	Miss Binney .. ..	33 15 7	32 1 5
Linton .. ..		- - -	- - -
Newmarket (Country)	Harriet, Lady Cooper ..	87 14 0	- - -
Royston .. ..		- - -	- - -
Wisbech .. ..	Mrs. David Smith (resigned)	69 8 3	112 11 4
		£367 9 1	£350 1 2

1938 Grand Total £3,282 2s. 11d.

1939 Grand Total £2,817 2s. 2d.

List of Amounts collected each year by the Ladies' Association since its formation.

				£	s.	d.
1890	..	..	..	1,868	6	10
1891	..	..	..	1,456	14	7
1892	..	..	..	1,414	5	9
1893	..	..	..	1,373	3	6
1894	..	..	..	1,632	4	6
1895	..	..	..	1,728	10	7
1896	..	..	..	1,911	13	0
1897	..	..	..	2,013	19	6
1898	..	..	..	2,570	13	6
1899	..	..	..	2,522	2	3
1900	..	..	..	2,638	17	3
1901	..	..	..	2,811	5	5
1902	..	..	..	2,854	10	5
1903	..	..	..	3,012	5	5
1904	..	..	..	3,013	5	11
1905	..	..	..	3,067	13	9
1906	..	..	..	3,231	7	8
1907	..	..	..	3,189	14	5
1908	..	..	..	3,335	0	2
1909	..	..	..	3,314	5	0
1910	..	..	..	3,272	6	5
1911	..	..	..	3,349	11	6
1912	..	..	..	3,236	13	3
1913	..	..	..	3,183	18	9
1914	..	..	..	3,082	10	2
1915	..	..	..	2,923	19	0
1916	..	..	..	2,963	1	2
1917	..	..	..	3,157	14	11
1918	..	..	..	3,242	7	8
1919	..	..	..	3,671	3	6
1920	..	..	..	3,896	6	9
1921	..	..	..	4,030	19	8
1922	..	..	..	4,138	6	0
1923	..	..	..	4,053	14	8
1924	..	..	..	4,140	3	7
1925	..	..	..	4,190	13	5
1926	..	..	..	4,125	14	8
1927	..	..	..	4,177	14	7
1928	..	..	..	4,261	8	6
1929	..	..	..	4,166	15	0
1930	..	..	..	4,181	18	5

*Carried forward* £126,407 1 0

					<i>Brought forward</i>	£126,407	1	0
1931	..	..	..	..		3,843	11	9
1932	..	..	..	..		3,747	0	9
1933	..	..	..	..		3,575	6	6
1934	..	..	..	..		3,677	5	2
1935	..	..	..	..		3,512	15	2
1936	..	..	..	..		3,488	11	7
1937	..	..	..	..		3,407	8	9
1938	..	..	..	..		3,282	2	11
1939	..	..	..	..		2,817	2	2
						<u>£157,758</u>	<u>5</u>	<u>9</u>

## Report from the Research Department, Royal Eastern Counties' Institution, Colchester.

### *Head of Department—*

L. S. PENROSE, M.A., M.D., resigned July, 1939.

T. A. MUNRO, M.B., D.PSYCH., F.R.C.P. EDIN., appointed October, 1939

### *Psychologist—*

J. C. RAVEN, M.SC.

### *Social Investigator—*

MISS D. A. NEWLYN.

### *Biochemist—*

MISS C. E. M. PUGH, M.SC., PH.D., resigned September, 1939.

R. P. COOK, B.SC., PH.D., appointed December, 1939.

### *Senior Technician—*

C. D. LEE, F.R.M.S., A.R.SAN.I., M.R.I.P.H.H.

### Changes of Staff

Dr. Penrose left in April on a tour of American and Canadian Institutions. He had been invited to address the joint meeting of the American Psychiatric Association and the American Association for Mental Deficiency in Chicago in May. Later in the summer, he accepted the post of director of research in the State Mental Hospitals of Ontario, Canada. The outbreak of war made it difficult to plan any long term research, but in October Dr. Munro was appointed on a temporary basis to direct the Department.

Miss Pugh resigned on the outbreak of war to undertake work of a more social nature.

Mr. L. S. Smith, the junior technician, was seconded for war service.

Dr. Robert P. Cook of the Department of Biochemistry, Cambridge University, was appointed in December to undertake half-time research.

In September the Department became one of the Emergency Public Health Laboratories. Offices and laboratory space were provided for Dr. P. H. Martin, F.R.C.P., Miss I. Maier, and three assistants. Dr. Martin and his staff have kindly given much help with examinations required for the Institution's patients.

## Review of Work

In spite of changes of staff and overcrowding in the laboratory, the research department has had an active and productive year.

Dr. Penrose's large survey of the institutional population gave a bird's eye view of the vast field of mental deficiency. It also helped to define the regions where the view was not clear, and knowledge incomplete. Thus many problems for investigation arose naturally from this survey. Dr. Penrose's publications on these topics are reviewed below. During the year, Dr. Penrose addressed the Industrial Section of the British Psychological Society, and also the National Council for Mental Hygiene at their annual meeting. These addresses were printed, and are referred to below.

Dr. Munro has completed an investigation of families with patients suffering from phenylketonuria. As the abnormality is rare, he visited several institutions throughout the country. Dr. G. L. Taylor and his staff at the Galton Laboratory determined the blood groups of these patients and of their relatives. The material so far collected suggests that there is a genetic linkage between the blood groups and phenylketonuria. Dr. Munro is investigating the kinds of insanity which occasionally occur among the patients in the Institution. He is also investigating at Severalls Mental Hospital certain types of insanity which may have a genetical relationship to some types of mental deficiency. A follow-up survey of patients with schizophrenia has been begun. Dr. Munro addressed the annual meeting in Edinburgh of the Scottish Association for Mental Hygiene. He also read a paper on the Genetics of Phenylketonuria at the International Congress of Genetics held in Edinburgh during the last fortnight of August. Several genetical papers by Dr. Penrose were read in abstract at the Congress. In the section of Human Genetics, this department promised full support for the arrangements made by the delegates from the various European countries for saving scientific material from destruction in time of war.

During the summer, Miss Newlyn undertook a follow-up survey of the patients who had been sent out on licence from the Institution, in order to find out how they get on in the life of the community. She is preparing her findings for publication. She is also collecting many family histories.



Dr. C. E. M. Pugh completed her investigations into creatine metabolism in a group of 500 low grade patients. Her results are published.

Dr. Robert P. Cook is making an investigation into the nature of phenylketonuria. Much of the work is being done at the Sir William Dunn Institute at Cambridge, and much of it here. Dr. Cook is also inquiring into other metabolic abnormalities among the patients.

Mr. J. C. Raven has published the Royal Eastern Counties' Institution Series of Perceptual Tests, and also three papers dealing with the nature and application of these tests. He has used these tests on a series of abnormal children at the London Child Guidance Clinic. Dr. Penrose constructed a table of corrections to be made for the time taken to do the test, and the table was printed at the Elwyn Training School, Pennsylvania.

The following papers have been published—

L. S. Penrose—

1. "Research into causes of Mental Deficiency."

Paper read before American Association on Mental Deficiency, at their 63rd Annual Meeting, held at Chicago, May 1939. Published in their proceedings "Journal of Psychoasthenics," *Volume XLIV*, No. 1, June 1938 to June 1939.

The field of mental defect is so wide that there is scope for the application of almost every instrument of research known to Medical science—sociological, pathological, biochemical and statistical. The biological subject matter of mental defect must be separated from its social and legal entanglements. A clinical examination, physical and psychological, yields a first approximation to a real grouping of causes. The effects of parental age and order of birth of children must be noted.

The genetic causes of normal variation in mental ability are multifactorial. Parental consanguinity can be used to differentiate, among cases of defect associated with nervous disease, such as cerebral diplegia, those types whose origin is recessive heredity from those whose origin is infection or trauma. Partially

dominant genes causing mild defect in the parents may perhaps, when doubled, cause severe recessive defect in the children.

2. "Maternal age, order of birth and developmental abnormalities." *J. Ment. Sci.*, Vol. 85, p. 1141.

The article shows that the incidence of mongolism, gross malformation of the nervous system, and placenta praevia increase with increase of maternal age.

3. "Maternal age and parity in placenta praevia." *J. Obst. Gyn. Brit. Emp.*, 46, 4.

A full examination of the relation between central placenta praevia and the age of the mother.

4. "Peripheral nerve tumours in a case of phenylketonuria." *Lancet Lond.*, 1939, 1, 572.

A report of multiple neurofibromata in a phenylketonuric.

5. "Mental disease and crime: outline of a comparative study of European statistics." *Brit. J. Med. Psych.*, 1939, 18, 1.

A world survey with special attention to European countries, which shows that the fewer the mental hospital beds, the greater the number of people in prisons, and suggests that attention to mental health may help to prevent the occurrence of serious crimes, particularly murder.

6. "Intelligence test scores of mentally defective patients and their relatives." *Brit. J. Psychol.*, 1939, 30, 1.

The relatives of patients with mental ratio below 50 had better scores on the whole than the relatives of patients with mental ratio 50 or above.

7. "Eugenic prognosis with respect to mental deficiency." *Eugenics Review*, 1939, vol. 31.

This article gives the grades of intelligence which may be expected in the children of parents of various mental calibre.

8. "Intelligence and birth rate." *Occupational Psychology*, April 1939.

Although social selection may be disadvantageous from the point of view of mental ability, there is no evidence that it has been unfavourable from the point of view of physique. It is easily shown that such diseases as tuberculosis have become much less prevalent during the period of declining birth rate in this country. Moreover, there has been a substantial increase in the average measurements obtained for mean height and mean weight of working class children. These happenings can hardly be attributed to genetic selection because they have been too rapid. Moreover, it has been suggested by eugenicists that the effect of hygiene has been to encourage the propagation of the unfit. Certainly, as far as physique is concerned, prophecies of this kind seem to have been unfulfilled. One might hope that something similar might be true about mental development but, unfortunately, educationists have not yet discovered ways of increasing the I.Q. comparable to hygienic and dietetic measures which result in increased physical ability. The mental vitamins still elude us. Perhaps a solution may be to provide the right kind of technical education rather than to insist upon scholastic attainment as the index of ability in the educational field.

9. "Is our national intelligence declining? The genetic aspect of the question." *Mental Hygiene*, February 1939.

The average level of intelligence in this country is likely to diminish if conditions remain as they are at present. Mental hygiene is just as necessary in an intelligent as in a dull community, but the prospects of success of treatment are favourable only in a society composed of people who have plenty of innate ability to profit by experience.

10. "Practical considerations in testing for Genetic Linkage in Sib Data." *Ohio Journal of Science*, November, 1939, Vol. 39.

A description of the simple traps which may catch the unwary who submit material to statistical analysis in search for genetic linkage.

L. S. Penrose and C. E. M. Pugh—

11. "Creatinine in mentally defective patients." *J. Ment. Sci.*, Vol. 85, p. 1151.

Patients with cerebral diplegia excrete creatine throughout life.

C. E. M. Pugh—

12. "The Use of the Creatine—creatinine Ratio." *J. Ment. Sci.*, 1940, 86, 240.

13. "Millon's reaction in the urine of mentally defective patients." *J. Ment. Sci.*, 1940, 86, 244.

J. C. Raven—

14. "Progressive Matrices." 1939. H. K. Lewis and Co., London.

These are the Royal Eastern Counties Institution series of 60 perceptual tests. The tests are non-verbal and independent of school knowledge.

The following papers in the *Brit. J. Med. Psych.*, Vol. 18, 1939:—

15. "The Royal Eastern Counties' Institution series of perceptual tests: an experimental survey."

16. "The influence of positional factors on the choice of answers to perceptual intelligence tests." (With F. M. Miller).

17. "Experiments on physically and mentally defective children with perceptual tests." (With A. Waite).

Three papers describing the preparation and experimental testing of the Royal Eastern Counties' Institution perceptual tests.

Marsh Davidson—

18. "Studies in the application of mental tests to psychotic patients."

This paper describes the results of giving the Royal Eastern Counties' Institution perceptual tests and Binet-Simon tests to patients with different types of insanity.

The following figures show the amount of work done in the Laboratory apart from research work.

Urines, 756			
Albumin	..	..	657
Sugar	..	..	751
Acetone	..	..	751
FeCl <sub>3</sub>	..	..	751
Urea%	..	..	132
Sugar%	..	..	20
Blood	..	..	1
Creatine	..	..	21
Creatinine	..	..	21
T.B.	..	..	2
Culture	..	..	3
Microscopy	..	..	657

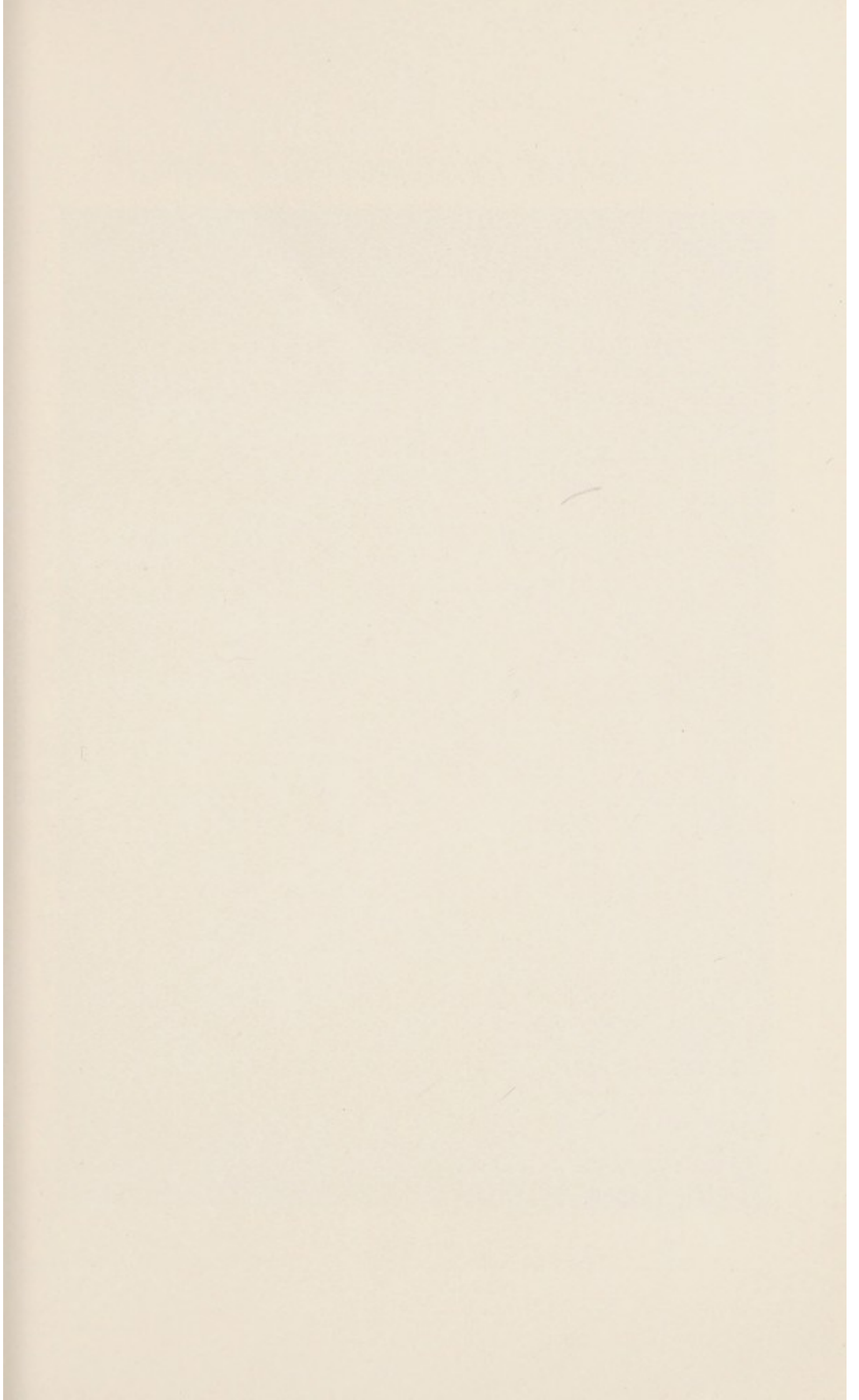
Blood, 302			
Culture	..	..	7
Counts, Red	..	..	30
,, White	..	..	27
Haemoglobin	..	..	30
Differential White Count	..	..	27
Kahn test	..	..	64
Sigma test	..	..	64
Blood Grouping for Transfusion	..	..	560
Non-protein Nitrogen	..	..	34
Sugar%	..	..	64
Urea %	..	..	61
Creatine	..	..	27
Van den Berg	..	..	1
Agglutination (against 12 organisms)	..	..	48

Faeces, 226			
Bacteriology	..	..	217
Tuberculosis	..	..	1
Fat content	..	..	3
Occult blood	..	..	3
Microscopy	..	..	2

Cerebro-spinal fluid, 13			
Kahn	..	..	9
Sigma	..	..	9
Protein	..	..	9
Globulin	..	..	9
Colloidal Gold	..	..	9
Sugar %	..	..	4
Chloride %	..	..	4

Sputum for T.B.	...	...	...	...	...	...	4
Pleural fluid	...	...	...	...	...	...	1
Pus	...	...	...	...	...	...	3
Throat swabs	...	...	...	...	...	...	41
Cervical swabs	...	...	...	...	...	...	5
Mouth and Nasal swabs	...	...	...	...	...	...	3
Water analysis	...	...	...	...	...	...	1

Flexner Vaccine, 1,540 ccs.





OUR FOOTBALL EFFORT.

## Medical Superintendent's Report

*to the Board of Directors of the  
Royal Eastern Counties' Institution.*

"From needing danger, to be good."

"Lord Deliver us."

*John Donne.*

MY LORDS, LADIES AND GENTLEMEN,

John Donne was Dean of St. Paul's many years ago. He wrote many sermons and some poetry, but above all he wrote a Litany, of which the words quoted above, form part. "From needing danger, to be good." Is it not true that for most of us it takes some great war, some devastating calamity to bring out the best in us? And how often when the emergency is past, we sink again into a state of satisfaction with things as they are, into that state where once again we need danger to make us good.

Needing  
danger to be  
good.

In the last war we learned a wonderful comradeship and friendliness. A man's previous station in life mattered not in the least. It was what he was and what he did. Big troubles and privations were faced cheerfully and with courage by nearly every one. There never was a time when men and women were so unselfish, when they were so ready to put others first, when they were eager to do everything possible to help others. After the last war, is it not true that most of us lost this fervour of devotion for and to others, and now at the beginning of this new horror, there is a temptation to ask the question—how far will it affect us? That temptation must be stamped under. From our point of view in connection with this Institution we need ask only two questions. One is what is best for the children placed in our care, and the second, what can we do for their parents? We must not ask how much will it cost, how hard a job will it prove, how long will it take, nor how disagreeable will it be? What is best for the children will prove in the end to be the happiest task for us to perform. Through all the trials and troubles, which lie in front of us, may we put the others first. And perhaps with Mrs. Miniver we may wonder "whether when all the horrors are over, we shall be able to conjure up again the feelings of the first

Mrs. Miniver.



weeks and somehow rebuild our peace time world, so as to preserve everything of war, which is worth preserving.”

The future.

God grant that when all the troubles and trials are over, we may have the will and the strength to rebuild.

For the present the vision of reconstruction we tried to visualise in last year's Report, the plan for the pruning and shaping that tree, which is this Institution, must wait a while. But the ideal and the hope will remain with us.

We win three  
Football Cups.

You decided that this year the Annual Report must be much shorter than usual, and the majority of the usual photographs, showing all the many and varied activities and amusements of our boys and girls, must be omitted. I am glad, however, that you have felt able to allow two photographs. One shows the picture of three Football Cups, won early in 1939 by Turner Village. Five patients played regularly in the eleven. In other years we have won one Cup and were proud. One year we managed to win two Cups and were offensive, but three Cups in one season is so outstanding an event, that it will probably never be repeated by us, and such an unique event is therefore emphasized by being the subject of one of the only two photographs allowed. The Cups now held are the Colchester and District Thursday Competition, the Colchester and District Junior Football Cup, and the Colchester Mid-Week Hospital Cup. The other photograph shows the Bicycle Club formed this year at Turner Village. The privilege of belonging to the Club and being trusted with a bicycle outside the Institution, is greatly valued by the boys. I think their faces in the photograph show how pleased they are. It is a privilege which has not been abused.

Bicycle Club.

During the year the following amount has been spent in improvements or additions, and charged to the Capital Account of the Institution, not to the Local Authorities:—

**£5,604**

This sum is made up as follows:—

	£
<i>Bridge Home, Witham.</i>	
Additional land bought. (£2800 provided in previous year) ... ..	181
Staff Houses built ... ..	3091
Foundations of Cripple Pavilion ... ..	537

<i>Turner Village.</i>					£
Alteration to Lavatories	...	...	...	...	636
Staff House	...	...	...	...	387
Apple Store and Lawn Mower House	...				91
<i>Central Institution.</i>					
Vegetable Scullery	...	...	...	...	308
Power Loom	...	...	...	...	104
<i>Boys' and Girls' Schools.</i>					
Preparation of Plans	...	...	...	...	91
<i>Farm.</i>					
Electric wiring and Motor—Balance...			...	...	89

In last year's Report, I described fully the negotiations for the acquisition of more land adjacent to Bridge Home, Witham namely  $11\frac{1}{2}$  acres at a cost of £2,000 to provide additional recreation grounds, insisted on by the Board of Control, and  $3\frac{1}{2}$  acres at a cost of £800 as a building estate for houses for the married staff. The sum of £2,800 was set aside out of the 1938 accounts to pay for this land, and the purchase was completed early in 1939. Legal expenses and the cost of some fencing in addition, is included above.

Fifteen acres  
of land bought  
at Witham.

The plans of the Staff houses had already been approved by the Board of Control. It was decided to build sixteen of these this year, leaving eight for a later period. A tender for £11,588 was accepted, but before the first pair of houses was completed, war broke out and supplies of timber were so difficult to get, that it has only been possible to complete six, instead of sixteen. You have reluctantly come to the conclusion that it is impossible to proceed with the rest of the scheme at the present time. These six cottages have cost to the end of the year, £3,091. This includes the cost of the main surface water drain for the whole scheme, and part of the main sewer.

Staff Houses.

Later in the year, the plans for the Cripple Pavilion were at last approved by the Board of Control, and a building tender for £7,607 was accepted. The boiler house basement has been completed and roofed in, and the whole of the concrete foundations have been put in, but work then had to stop, again because of the impossibility of obtaining timber. It seemed probable that all other material could have been provided. You had therefore reluctantly to cancel the contract, though beds are urgently needed for these low grade crippled and helpless patients. These beds would have materially relieved the gross overcrowding which at present

Cripple  
Pavilion.

exists in the South Suffolk Annexe. The amount expended to the end of the year, was £537.

When the central heating system was installed and the boiler house built at Bridge Home, we could not afford to provide a brick chimney shaft, and two steel shafts were erected. The renewal of these shafts had been necessary every few years. It was decided, therefore, to build a brick shaft. This work was carried out during the year at a cost of £527.

Improvements  
at Turner  
Village.

The night lavatories in five of the villas at Turner Village have been improved, and additional sinks have been put into each of the villas, at a cost of £636.

One more house has been bought on Turner Road, for the Staff, at a cost of £387.

The orchard at Turner Village is now beginning to bear well, and a store was needed to keep the apples in.

A house was needed at Turner Village, in which to store lawn mowers and other garden tools. Both have been built by our patients. The two together cost, for out of pocket expense, £91.

Vegetable  
Scullery—  
Central  
Institution.

Work in the kitchen of the Central Institution has been difficult, owing to the lack of space. The kitchen was originally built to cater for about 350 patients, and now there are nearly 600. This has been remedied to some extent by the building of a vegetable scullery adjacent to the kitchen, at a cost of £308.

Weaving Shop.

The weaving shop was too small and more looms were needed. A room to take the machine on which the warps are wound and space for stores, was built by the boys at a cost of £97.

Loom.

An additional power loom was bought and erected in the weaving shop of the Peckover Technical Schools, at a cost of £104.

Power for  
the Farm.

The engine at Myland Hall Farm was worn out. It was decided to put in an electric motor and at the same time wire the buildings for electric light. Some of the cost was paid by the landlord. The Institution paid £89.

The total expenditure paid by you out of capital, £117,005. during the last sixteen years, has mounted up to the formidable total of :—

**£117,005**

Not a penny of this sum has been charged in any way to the Local Authorities, and it is of course in addition to the complete cost of Turner Village, which apart from the site, was provided by the Local Authorities.

Fewer improvements and building alterations have been carried out during 1939 than for many years past, because the energies of the constructional staff and a large number of the boys have been absorbed throughout the year by work in connection with Air Raid Precautions. It was felt, rightly I believe, that even though the Institution and its Branches are situated in reception areas, yet, as the Board is responsible for the safety of nearly two thousand patients and five hundred Staff, they could not be left unprotected in case of air raids. You considered the question quite early and gave the necessary instructions, so that on the outbreak of war, plans for protection were almost complete and we avoided any rush for labour and material at the last minute. Protection has been afforded in various ways at different places. At the Central Institution there are many cellars, dry, with concrete floors, brick domed roofs, and thick supporting walls. A sufficient number of these have been cleared, in some cases supported, gas-proofed, and the openings protected by sandbags. At Turner Village and Bridge Home, it was necessary to make trenches, all of which had to be drained. Each trench is about 70 ft. long, with the direction broken at least once, while the approach at each end is cut at right angles to the line of the trench, and gas-proofed. At first, open trenches were constructed, with timber strutting to keep the walls up, but the soil is heavy clay and the rains of the winter of 1938-39 not only flooded the trenches, some four feet deep, but broke off the timber struts like matchsticks. The whole of the trenches at the two places, nine in number, had to be dug out again, floored, roofed, and walled, with reinforced concrete. The roofs are in each case below ground level and covered with some 2 ft. of earth. Both boys and staff worked extraordinarily well through many months, at a job which entailed wet and unpleasant conditions. Each of the four Schools has been provided with protected and gas-proof shelters, in three cases

Air Raid  
Precautions.

inside the Schools. The arrangements have been approved as required by the Board of Education. At the Upper Girls' School the protection includes steel shutters to a number of windows, and a large steel door and frame.

Air Raid  
Instructors.

Three members of the Staff attended special courses to pass as instructors. Two have their A.R.P.S. Certificate 1st Class (Endorsed), and may instruct and examine Instructors in all branches of protection, including anti-gas work, decontamination, incendiary bomb protection, and demolition work.

Courage.

The great majority of the Staff, both male and female, have been instructed in methods of protection against gas, decontamination, and incendiary bombs, and drill in these methods and in stretcher and first aid work, has been regularly practised. There is also a demolition squad. All squads have anti-gas clothing and steel helmets. During the air raid alarms, which have so far, fortunately, been few in number, I have been immensely struck with the coolness of all those members of the Staff, who have volunteered for posts, which may be considered dangerous, as for instance those detailed to remain on the top floors of buildings to fight incendiary bombs and outbreaks of fire. It reminds me forcibly of the last war, when I used, night after night, to visit night nurses on duty during alarms. Each of these nurses was in an isolated post, away from other nurses, sitting and working for hours by the light of an oil police lantern. I never once found a nurse in any apparent panic, whatever she may have felt like inside. Now, perhaps, the fire-fighters, many of them women, in their boiler suits and tin hats, standing by their stirrup pumps or coiled hose or Redhill containers, look more workmanlike, but I am sure they will be equally plucky. Frequent drills have also been held to accustom the patients to get to places of safety quickly and without panic.

Decontamin-  
ation and  
Casualty Posts.

Both at Turner Village and the Central Institution, complete units have been constructed to provide protected decontamination centres, in addition to first aid and casualty posts, which are maintained with full equipment. Two special sheds of the latest type have been constructed to allow of instruction in fire fighting methods and these sheds have been frequently used for instructing civilians from Colchester. At Bridge Home, the County Council has established its local decontamination centre and first aid

post in Bridge Home, so that they are well provided for. Until called up for Service, the Medical Superintendent there and some members of the Staff, regularly instructed civilian, police, and local authority staffs in their area, and the Instructors at Colchester have given a number of courses to outside workers.

Each Branch has been supplied with ample stocks of tinned food for use only in case of emergency, and in addition has its own stock of dressings and splints. The total cost of Air Raid protection during 1939, has been £2,663, but as we are in reception areas we cannot get any grant towards this expenditure except for the small sum of £223 spent at the Schools, which is being recovered through the Education Authorities.

Emergency  
Supplies.

The following smaller improvements have been carried out. New boilers are being installed at the South Suffolk Annexe and at Bristol House, both at the Central Institution. Central heating is being installed in the Lower Boys' School, No. 10 East Hill. At Littleton House School the boys were given swings, junglegym, and a safety slide or chute, all of which are much enjoyed. An additional pair of laundry presses have been installed in the laundry at Turner Village.

Smaller  
Improvements.

A number of projected improvements have had to be postponed. Foremost amongst these, unfortunately, are the additional villas so urgently required at Turner Village. The final approval of the plans for these villas by the Board of Control, giving accommodation for 104 male, and 104 female patients, arrived too late to be of any use.

Many  
improvements  
postponed.

The fact that material could not be obtained to complete the Cripple Pavilion at Bridge Home has already been referred to.

The projected reconstruction and extension of the Upper Boys' School at East Hill House has also had to be postponed. Final plans had been made by the Architect, and only awaited the Board's approval.

Early in the year, the Trustees of the Greenwood School, which is our Upper Girls' School, had agreed to finance a much needed improvement at that School, by pulling down one end of the old laundry, and replacing it with a large additional day-room, and offices, and with additional staff

bedrooms on the first floor. Day-room space is very short at the School, and the present staff bedrooms poor and inadequate. The plans have been approved by the Board of Education, and the Board of Control, but the Board of Education is of the opinion that the reconstruction is not a pressing necessity for reasons of public need. The work cannot therefore, be carried out.

Plans for six parlour-type houses for the Staff at Turner Village have been passed. These would have been built by our own staff and patients, but will not at present be commenced.

Plans for an addition to the Garden House at the Central Institution, which would allow of the soiled and infected linen being treated before going to the Laundry have been passed, but must be postponed for the present.

Licence.

The following tables show the alterations which have taken place during 1939, among the boys and girls out on long leave of absence or licence.

The cases returned from licence have been placed this year under two headings, to show that the great majority of returns are for technical reasons only, namely illness, holidays, change of situation or foster-parents:—

Cases on licence on 1st January, 1939	...	...	191
Cases sent out on licence	...	...	145
			<hr/>
Cases on licence at some period during 1939	...		336
Of these—			
Cases returned to the Institution:—			
Technical returns, holidays, illness, etc.	...	...	83
Returns for some fault of patient			26
			<hr/>
			109
Cases discharged during 1939	...	...	35
			<hr/>
			144
			<hr/>
Cases on licence on 1st January, 1940	...		192
			<hr/>

These 192 cases on licence on 1st January, 1940, were cared for in the various ways shown below:—

In care of friends working for wages ... ..	51
At work away from home in living-in service ... ..	33
Working at home or with foster-parents ... ..	84
Not able to work but living with parents or foster-parents ... ..	10
In the simpler type of Institution ... ..	14
	<hr/>
	192
	<hr/>
Cases in Day Service from the Hostels on 1st January, 1940 ... ..	12

The number on licence at the beginning of 1939, was raised considerably by the inclusion of a number of patients, who had been placed at the Risbridge Certified Institution on trial. As this proved successful, they were later in the year transferred to the books of that Institution. The number of cases on licence, properly so called, at the end of the year, is actually much higher than twelve months earlier. This is partly due to the increased opportunities of employment now open to young men, and partly to the efforts we are always making, to get more of our boys and girls back to the world. The table given above shows that twenty-six cases had to return to the Institution from licence for some definite fault. Fourteen of these were due to disagreements, the patient could not get on with her mistress or foster-parent, or the mistress could not successfully manage the patient. Two girls ran away for some minor upsets in the home, one boy joined the Army, and one could not get work. Two girls, I am sure, wished to come back, and therefore were a trouble to the mistress, and one had arranged to meet a man. One girl who had been on licence for several years, became pregnant, and three were guilty of small dishonesties. One boy had to return for a serious offence against a small boy. Only this one boy and the pregnant girl, returned for a really serious reason.

Thirty-five cases were discharged from licence, sixteen of whom changed to another form of care. Nineteen were discharged, because they had succeeded in carrying on in the outside world, and had earned their living successfully, without getting into any kind of mischief or trouble. Every one of these nineteen had failed and failed very badly before

Discharge  
after Licence.



admission to the Institution. Their certification under the Mental Deficiency Act and their training and stabilising in this Institution, has saved each one of them. And yet there are still some people, who take their opinions from the cheaper type of newspaper, and make no enquiry about that terrible past history, which is invariably suppressed by the friends, who seem to believe that it is wrong to try and save these boys and girls, because for a few years they have to be detained in an institution. Actually they have a thoroughly good time there, and it is no uncommon thing for a boy or girl placed out on licence, to wish to return to the Institution, but it is an undoubted fact that without that necessary detention every one of these successful cases would still be living a life of misery, and in many cases degradation, and most of them would be in prison, the refuge, or on the streets.

Why don't  
some  
newspapers  
make enquiries  
before printing?

I went fully into the various aspects of licence in my last Annual Report. I need not repeat my convictions again at the present time, but I remain firmly convinced that they are essentially sound and just.

Licence  
saves money.

I would however repeat that this now well established policy of licence has saved and will continue to save the Authorities many thousands of pounds every year. In 1938, I estimated the difference to the community for this one Institution alone, at £11,000 a year. This year it is higher than that. This year too, is for us, the coming of age year of our licence scheme. We began it in 1919, the first Institution in England to try it out. During the early years we were experimenting, and the savings were nothing like as large as now, but the total saved during the past twenty-one years is certainly over £100,000 and may well be nearer £150,000. In addition to this yearly saving, the Local Authorities have been saved the capital cost of building for nearly two hundred additional beds, which would otherwise have been essential, if the cases at any time on licence were still in the Institution. A further £100,000 saved by not having to build, should therefore be added to the total savings.

There is scope  
for more  
licence.

I am convinced that there is still scope for adding to this relief of the rates, by the considerable extension of family care for medium grade, quiet defectives, who have been trained and stabilised.

The Report on the Research Department and the Laboratory, is supplied by the Director of Research, and is printed separately. I greatly regret to have to report the resignation of Dr. Penrose. He published the results of his great work in 1938, "A Clinical and Genetic Study of 1280 cases of Mental Defect," the result of seven years hard, thorough, and unremitting labour. In the spring, he went to the United States to read a paper before the American Association for the Feeble-minded, and visited most of the larger institutions for defectives in the States and in Canada. He sent to us most interesting and instructive comments on these visits, and we were expecting his return, when he was offered a post as Director of Research in the State Mental Hospitals of Ontario, which he accepted. We shall miss him and we most sincerely regret his leaving us. He always provided a new outlook and fresh enthusiasm, but no doubt felt that he had carried his particular piece of research as far as he could, though he has since published a number of papers on subsidiary points. Dr. Pugh, the bio-chemist, resigned on the outbreak of war. The graded series of perceptual tests, called "The Progressive Matrices Test," invented by Mr. J. C. Raven and by Dr. Penrose, are being increasingly used and have been found valuable and interesting. Mr. Raven has continued his work on these tests throughout the year. They have been standardised against normal individuals, and test norms have been printed. The Tests and the norms can be obtained from Messrs. H. K. Lewis & Co., Gower Street, London. On Dr. Penrose's resignation, Dr. T. A. Munro, who has been working in the Department for some years with a Beit Memorial Fellowship, was appointed Director of Research, and though necessarily work of this kind has had to be curtailed, he has still the help of Miss Newlyn, the Social Investigator, Mr. C. D. Lee, Senior Technician, and the half-time help of a bio-chemist, Dr. Cook. Mr. Lee's work as Technician has been very valuable to the Institution. He has carried out a large number of clinical investigations, including the bacteriological examination of 217 specimens of faeces, and the preparation of 1540 c.cs. of dysentery vaccine. He has also blood grouped the great majority of the patients, so that if at any time blood transfusion is necessary, we shall know without any waiting, what type of blood any patient should receive or can give. The value of the clinical and bacteriological work carried out in the Laboratory, during 1939 for the personal benefit of the patients, on the basis of commercial charges, is over £2,000. The Local Authorities have therefore received

The Research  
Department.

Dr. Munro's  
Appointment

very considerable financial benefits from the generosity of the Hon. Alexandrina Peckover, the Hon. Lady Darwin, the Darwin Trustees, and the Rockefeller Foundation.

Intelligence  
Tests.

In addition to the work of the Research Staff, the Institution Medical Staff have given over 800 individual intelligence tests of various kinds including the Stanford, Porteus, Koh, Burt, Passalong and the Progressive Matrices Tests.

Emergency  
Medical  
Service.

At the request of the Board of Control four-fifths of the Research Laboratory and Offices have been handed over to the Emergency Medical Services of the Eastern Area for use as a Laboratory. It is assumed that some rent will be paid. The rest of the accommodation is used by the Research Department and the Institution still has all the space, it at present requires, in the Laboratories for routine investigations for the benefit of the patients, including the preparation of vaccines. Much of the research bio-chemical work is being carried out in the Sir William Dunn Institute of Bio-Chemistry, part of the University of Cambridge.

Education  
or—

The education in the schools and the training in the technical shops and the Institution itself, has proceeded on the usual lines. Eighty-one years ago, we were founded to give the defective a chance, never as a purely custodial institution. The latter idea had not then come into consciousness. Eugenics was an unknown science, but our founders would have said, as many are now beginning to say again, that little though we may be able to achieve through education, as between education and eugenics, let us have education every time. Man, as someone has put it, does not need a change, but merely a chance. Whether he needs a change or not, at any rate we are powerless to change him; the only thing we can do therefore is to give him a chance. That I believe we have tried most earnestly to do, throughout our long history.

Eugenics.

The Labour  
of our Hands.

The pages of the Report, generally called "The Labour of our Hands" have also been omitted, but the record of the work and output of 1939, is fully as impressive as those of previous years. We made and repaired all boots, made all the new furniture required, and built a number of places reported elsewhere. We made over 15,000 brushes and brooms, over 2,000 garments in the Tailors' Shops and all the clothing needed for nearly 2,000 patients. The fruit crop was abundant, plums and gooseberries alone totalling

27,000 lbs. Over ten tons of jam was made, 222,000 eggs came in from the farm, and were eaten, not sold. Most of the crops on the farm gave an increased yield including 50,000 lettuces, and over 50,000 cabbages, savoys and cauliflowers. A full valuation has been made of live and dead stock on the farm and this shows that the farm has had an excellent year, and has made the exceptionally high profit of £900 on the year's working.

Mats, brushes and baskets, can still be supplied to any of our customers, and owing to fortunate buying of material, prices have advanced very little.

We shall be glad of orders for goods.

The Boys' School still holds the Lewis Cup for wood-carving, the Crossman Trophy for good camping (we tied with the 25th Colchester Troop and each holds it for six months). The Girls' School holds the Halstead District Silver Cup for Rangers, the Halstead District Brownie Shield, and the All England Guide Extension Shield. The Guide Companies and Scout Troops have fortunately been able to continue their work as in past years, and I am very grateful to the Officers who give up so much of their time to help in this most valuable work. Many further badges have been won. The usual camps were held and as usual enormously enjoyed. The 4th Halsteads went again to Mr. Kirkwood's. Sixty-five girls were in camp. A "Keep-Fit" class has been started and nearly 60 have gained their "Keep-Fit" badges. Littleton House School went as a school, not a Scout Troop, so that all the boys could have the benefit of a camp. Miss Dodds, the Headmistress, ran the camp in two fortnights, the smaller boys going for the first fortnight, the bigger boys for the second fortnight. The camp was at Meppershall. The Witham Troop were again allowed to camp for a fortnight at Faulkbourne Hall and had a week-end camp at Braxted Park. The 22nd Colchesters camped at Whitsun in Wivenhoe Park, and for a fortnight in the Summer at Thorington. The 25th Colchesters also camped at Whitsun, and in June, through the kindness of Colonel Sir Charles Rowley, Bart., in Tendring Park, for a fortnight. They now have their own bugle band. They took some delightful camp photographs which cannot now be reproduced. We are very grateful indeed to all those gentlemen who have given permission for the Camps.

Our Trophies.

Our many Camps.

## The Play.

The Upper Girls' School Play did not take place. This is the first time we have missed a Play for eighteen years, and each year the Play seemed to us to be more wonderful and more spectacular than any before. Practices had already commenced and audiences were assured, but the difficulty was to find any Hall to give the shows in. The girls were naturally disappointed but have turned to knitting comforts for soldiers and helping other Guides, evacuated to the Halstead district. The School Magazine has also stopped producing. I congratulate Mrs. Taylor, the Headmistress of the School, very heartily on being appointed Guide Commissioner for the Halstead District. It has been earned by many years hard work for the Guide movement, and the girls of the School are proud of having a real Commissioner for their Captain. They, however, are not alone in their glory, for Miss Sanders, R.R.C., the Captain of the Guides at the Central Institution, is also Guide Commissioner for Colchester as well as Headquarters Commissioner for all Extension Companies and the present Mayoress of Colchester.

## Christmas.

The question of festivities at Christmas was specially considered by you, and it was decided to allow them to take place on the understanding that decorations must be very limited and the cost of the children's presents much reduced. Fortunately once again many good friends came to our help and the magnificent collection of dolls and toys sent annually for so many years from ladies at Ipswich and Felixstowe and collected by Miss Barbara Paul, Miss Damant, and Mrs. Mason, came along in almost their usual number. Many of the dolls were delightful. Once again I thoroughly enjoyed being 'Father Christmas' and our boys and girls had a splendid time. After all, few of them understand present realities, and Christmas is their great day of the year. They are children still, even the oldest.

## The Cinema.

At first the weekly cinema shows were discontinued, but later in October we began again. The patients prefer the cinema to any other kind of entertainment and they need something. Fortunately they have not been interrupted. They have been held earlier in the afternoon and the only difficulty has been getting the girls and boys back from Turner Village, on the evenings when there was no moon.

The Training  
of the Lower  
Grades.

Last year, I described fully the great improvements which had been evolved at Bridge Home, in the training of the lowest grade patients. An interesting comment on

this work is provided by an article written by Dr. Gunnar Wad, the Deputy Medical Superintendent of the well-known Danish Institution for Defectives, and published in the "Nordisk Tidsskrift for Aandssvageforsorg." I had the article translated. Dr. Wad says that he was interested in reading an article by Dr. FitzGerald in "Mental Welfare," on the training of the lowest grade of defective but frankly he felt there was some catch somewhere and either the methods described were impossible with this type of patient or the patients could not be as low grade as was stated. He therefore came to Bridge Home to see for himself and had to admit the patients were definitely as low grade as had been described. His article then proceeds as follows:—

"The impression of this institution on me was overwhelming and unforgettable. I had seen a number of other institutions in England where medium and high-grade defectives were treated by methods which only differed very slightly from what we do here at home. This was, on the other hand, something quite new for me, something which I would not have thought possible if I had not seen it.

Dr. Gunnar  
Wad's opinion.

"For the first time in my life I gained an understanding of the just claims of low-grade defectives, not alone to nursing, but also to occupation and education, and in a manner which made them a part of human society. In this institution, thanks to all the work carried out, a greater fund of human happiness is found than I have seen in a corresponding place elsewhere. The importance of this for the patients and their relatives is self-evident, but for the staff the importance is in its way not less, for the first work of the patients becomes easier, because they are trained to work as well, but consequently the problems are much more interesting and more satisfactory. I believe that the last mentioned condition will prove to have lasting effects.

"A few things are still for me inexplicable. I cannot understand how one can keep all the patients employed, even the most excited, nor can I understand how one can in every case avoid using muffs, etc. I can only answer my own and the questions of others by saying "I have seen it with my own eyes."

The average weekly cost for 1939 was twenty-four shillings and twopence-halfpenny a head, a decrease of a halfpenny a week on the previous year's cost, a very welcome and almost surprising result. Owing to the heavy cost of A.R.P. work and the large increases in the price of provisions, etc., during the last four months of the year, I had anticipated a big deficit. Fortunately our stocks of clothing and other materials, crockery and household utensils, were covered for the year. There was too, some saving

Average  
weekly cost  
lower.

in wages, because a number of men called up for service could not be replaced for some time and allowances to the families of the men on service were nothing like so large as the savings. We have been heavily hit by the increased cost of meat, flour, sugar, butter, etc., and by the much higher price of feeding stuffs for the farm. Part of the extra cost of meat is because chilled meat, which is more expensive, has had to be used in place of the frozen meat, which cannot now be obtained. I believe we have to thank the Steward, Mr. Smith, for this happy and unexpected result and but for the outbreak of war, it is certain he would have been able to show a much greater reduction in the average weekly cost. It is impossible to estimate the cost per head for 1940. Any estimate is guess work, but if prices advance no further it is probable the average cost will be two shillings a head a week higher than in 1939.

**Nursing  
Examination.**

Thirteen members of the Staff passed the Final Examination in Nursing of the Royal Medico-Psychological Association, one with distinction, and nineteen passed the Preliminary Examination.

**Promotions  
and  
Appointments.**

I am glad you have promoted Dr. Benjagar, the Medical Superintendent at Turner Village to the post of Deputy Medical Superintendent of the whole Institution. In all difficulties his unfailing readiness and cheerfulness have proved a great help. Dr. FitzGerald, the Medical Superintendent at Bridge Home, resigned on being appointed Medical Superintendent of the East Ham Colony for Defectives at Ockendon. Before his term of notice expired, he was called up for Military Service. He was replaced by Dr. Jones, who has had considerable experience at the London County Council Institution for Defectives, at Caterham. He has settled down well, and has been a great help to me. Dr. Crowley resigned on being appointed Medical Superintendent of the Mental Deficiency Institution at Stallington Hall, Stoke-on-Trent. Dr. Jane Bonnell resigned to take up work in another Mental Deficiency Institution. Dr. Bateson, appointed to succeed Dr. Crowley, was called up for Military Service. We have suffered from a number of locum tenens, but are hoping that two appointments of Medical Officers made early in 1940, may be more lasting and successful.

**The Head-  
master's  
resignation.**

I very much regret to have to report the resignation of Mr. Harris, the Headmaster of our Schools at Colchester which will take effect early in 1940. He has served the Insti-

tution in the most faithful and conscientious way for fifty years, and his guiding principle throughout has been thought and concern for the welfare of his boys. Everyone of them received individual care. As one instance of his zeal, he insisted on again taking the fortnight's Camp for the Scouts though far from well, and in his sixty-eighth year. He thought they might not be so well looked after if he were not there and he most certainly knew they would not enjoy their Camp so well. One feature of his teaching has always been the very high standard achieved by the boys in woodcarving, as proved by the fact that the School has held the "Lewis" Cup against all the Elementary Schools in Essex for six years out of the eight, since the Cup was presented. Thousands of trays, tables, stools and other carved work have been carved by the boys and sold. The demand has always been greater than the supply. Mr. Harris set himself a high standard of conduct from which he never swerved. Those of us, who have worked with him for so long, will miss him very much indeed and we trust he may be spared for many years to enjoy his retirement. He has been ably helped by Mrs. Harris, as Matron of the School.

Another resignation, connected with the School, will also make a gap and that is that of Miss Kerry the Headmistress of the Lower Boys' School, owing to ill health. She has been teaching our boys for twenty-two years and has had the very difficult task of training those, who are not capable of any three R work. The special methods of training these boys, first their larger muscles, and then the smaller ones, have been invented almost entirely by Miss Kerry. Many teachers from other schools have come to Colchester especially to take a course of training in this section of our work. Its value is proved by the surprising quantity and finish of the handwork turned out by the boys and sold. We shall miss Miss Kerry very much and trust that her health will be restored.

Resignation of  
Miss Kerry.

Immediately on the outbreak of war, the Institution lost the services of a large number of the male staff, including Dr. FitzGerald, the Medical Superintendent at Bridge Home, and Dr. Bateson, the Medical Officer at Turner Village, both of whom were Army Reserve Officers. It was, however, at Bridge Home that the most difficult position had been created. The Medical Superintendent had encouraged and recommended a large proportion of the senior male

Outbreak  
of War—  
Loss of Staff.



staff at Bridge Home to join the Army Reserve. It would not have mattered, if these men had been junior nurses, without much experience, but unfortunately those who had joined up, were nearly all charge or deputy charge nurses. Five were over 40 years of age, ten over 30, and sixteen were certificated nurses. There was scarcely a class left with any experienced staff and though those who remained, worked with complete good will and did their utmost, it was a serious situation. Such a large proportion of the patients at Bridge Home are helpless and crippled, that here more than anywhere else, experience is a most valuable asset. The Matron, Miss Tanner, took charge, and with the help of the Head Attendants re-organised the whole of the duties. Amongst other alterations, Tabor House was staffed with female nurses. A certain number of older men without experience have also been engaged and fortunately Dr. Jones, the new Superintendent, was able to take up duty at the beginning of October. I cannot speak too highly of the Matron's energy, zeal, and good temper under all difficulties, and her constructive ability. How she managed to run the Home during September, deprived of almost all the senior staff, I cannot imagine, but it was done. The rest of the Institution and its Branches, including Turner Village, each had their own special difficulties, serious enough, it is true, but as usual when difficult times come, you can rely on nearly everyone to put forth an extra effort and to give not only their best but more than their best.

The Matron  
at Bridge  
Home.

#### Admissions.

The number of admissions during the year was 260, compared with 179, 261 and 288 respectively in the previous three years. This number included fifty defectives living in their own homes and evacuated to this reception area on the outbreak of war, and fifty moved from other institutions to provide room for hospital beds. Eight of the evacuated children were taken home by their parents at various times before the end of the year. The admission of so many emergency cases has still further overcrowded our wards.

The greater  
the need,  
the greater  
the charity.

The low grade cases formed a much larger percentage of the total admissions than usual, but the Institution motto since 1859 has been "The greater the need the greater the charity" and the presence of one of those lower grade children in an ordinary home is a far greater strain and handicap on all the rest of the household than most of us can imagine. When they are no longer babies, home is often not the best place for this type of child. When there are no

other children, the mother is under a constant strain, and she frequently gives up her whole life to the one defective child, placing it before everything, even her duty to her husband and her home. She scarcely knows a night's rest and all day she has to be constantly on the watch. The psychological effect on her and her husband is often thoroughly bad. Where there are other children, they are pressed into service to help care for the afflicted one. It is almost a religious duty. The weight on the other children is unfair, robbing them of most things that make childhood good. For instance, school friends cannot be invited to the house, and as they can give nothing, they cannot accept anything from other homes. Often the whole household is dedicated to the care of the afflicted one. Yet the normal children will have later to take their place in the world, to earn their living, to fight their own battle there. Is it always right to sacrifice the normal for the abnormal? Does their sacrifice really achieve the desired end, happiness for the defective? Can he ever have that, unless he is living with his equals in a school or institution, specially prepared for all those like him?

The number of discharges during the year was 129 against 136 in the previous year. Fifty-two were technical discharges, the patient being at once re-admitted. Twenty-six were transferred to other institutions. Twenty were school children who had improved sufficiently to return home and four had come for a holiday. Eight were the evacuated cases and nineteen were patients who had been on licence outside, had made good, and earned their discharge.

On the average number on the books, the death rate was 18.6 per thousand, compared with 19.5 per thousand in 1938, and 12.7 in 1937. The table below compares present death rates with those of past years, and shows the almost unbelievable improvement in health, which has been brought about during comparatively recent years. For instance, in the short space of ten years from 1890 to 1899 inclusive, no less than seventy per cent. of the average number of patients resident died. One curious feature during the past year is the large preponderance of deaths amongst the male patients. There are 28 male deaths and 8 female deaths, whereas the proportion of male to female patients in the Institution is 11 to 8.

## AVERAGE DEATH RATE FROM ALL CAUSES.

From 1859 to 1905 inclusive	...	75.0	per thousand.
For the years 1902, 3, 4	... ..	86.0	per thousand.
From 1906 to 1938 inclusive	...	24.4	per thousand.
For the year 1939	... ..	18.6	per thousand.

The number of deaths was 36, one less than in the previous year. The causes of death were as follows:—

Causes of  
death.

Pulmonary Tuberculosis 3, Abdominal Tuberculosis 1, Pneumonococcal Peritonitis 1, Pulmonary Gangrene 1, Pneumonia of Lungs, all forms 8, Heart Disease 8, Congenital Heart Disease 1, Acute Nephritis 1, Appendicitis 1, Acute Cholecystitis 1, Juvenile General Paralysis 1, Pseudo-Hypertrophic Muscular Paralysis 1, Status Epilepticus 5, Congenital Neuro-Syphilis 1, Cerebral Haemorrhage 1, Osteomyelitis 1. Two of the deaths from Heart Disease were due to Coronary Thrombosis, and the others were mostly in the Mongol type of patient.

The Tubercular  
Death Rate.

The tubercular death rate was 2 per thousand, on the average number on the books, compared with 2.1 per thousand for the previous year, and 2.6 per thousand for 1937.

AVERAGE DEATH RATE FROM ALL FORMS  
OF TUBERCULOSIS.

From 1859 to 1905 inclusive	...	46.0	per thousand.
From 1906 to 1926 inclusive	...	14.2	per thousand.
From 1927 to 1938 inclusive	...	3.1	per thousand.
For the year 1939	... ..	2.0	per thousand.

The tubercular death rate remains satisfactorily low, and a glance at the figures in this table shows the enormous decrease which has taken place in the tubercular death rate during the last thirty years. It is now only one twenty-third of what it was before the blessings of fresh air and ventilation began to be appreciated. At the beginning of the year, ten patients were under treatment for tuberculosis in all its forms. Five new cases occurred during the year, and four died. Seven cases were apparently cured, and four remained under treatment on the 31st December.

Diphtheria.

Two cases of Diphtheria occurred at the beginning of the year, at Bridge Home. These were a continuation of the small outbreak which was referred to in the Annual Report for 1938. I need not repeat the interesting outcome of our researches into this outbreak, and the steps then taken

to re-immunise patients who had become positive to the Schick Test. The policy of Schick Testing all new admissions, has been continued, and a certain number of re-testings has been carried out. A total of 175 patients have been tested during the year. Of these, as many as 105 were positive, and were immunised.

Twenty-eight cases of chicken pox occurred in various classes, three of measles, and three of scarlet fever in the Upper Boys' School. Influenza affected only Bridge Home, where 69 patients and 15 members of the Staff were attacked early in the year.

I am very glad to be able to report a considerable decrease in the amount of Dysentery. There were altogether, 10 cases in three small outbreaks, all early in the year. All suspicious cases are examined in the Laboratory by cultivation from rectal swabs. Four cases occurred in February, of which only one was positive to Flexner Bacillus, five in April, when again only one was positive to Flexner Bacillus, and one of the Nurses who was positive to the Sonne Bacillus. Most new treatments for Dysentery, as they are tried out, seem to reduce the incidence for a time, but later on each new method of attacking this complaint has to be abandoned as it proves to be of no effect. But it would appear at the present time, as though prophylactic injections of dysentery vaccine have had a considerable effect. During the greater part of the year, the vaccine used has been a polyvalent Flexner, which included five different Flexner strains. Towards the end of the year, a small amount of vaccine from Sonne Bacillus has been included. It seemed possible, from investigations made in other Institutions, that single courses of vaccine did not provide sufficient protection, or at any rate the protection did not last sufficiently long. We have adopted the practice of giving a second course of vaccine, about six months after the first. The first course consists of six injections, going up to a strength of 1,000 million per c.c.m., at four-day intervals, and the second course of four injections, going up to the same strength, at five-day intervals. Vaccine has only been given in those classes in which there have been cases of dysentery during the last two years.

Dysentery.

Vaccine for  
Dysentery.

The question has now arisen as to whether or not a third course of vaccine should be given. At present, this has been limited to patients who are moved from one class

to another, if the new class has at any time had a case of dysentery. The total number of cases receiving prophylactic vaccine treatment against Dysentery during the year 1939, was 399.

There were also two cases of Brucella Abortus, both recovering, and three cases of Erysipelas.

X-Ray  
photographs.

Thirty-five X-ray photographs were taken, fourteen for possible fractures, and twenty-one as an aid to diagnosis, mostly for conditions of the lung. One proved to be cancer of the stomach. Five actual fractures occurred during the year, two of the right hand, one being a member of the Staff and the other a patient, one a fracture of the thigh, one of the leg, and one of the jaw. There was one dislocation of the shoulder.

Operations.

The number of serious operations carried out at the Essex County Hospital, by the kindness of the Committee of that Institution and the Medical Staff, was smaller than in previous years. There were seven only, including two operations for the radical cure of hernia.

Alterations in  
population.

The following table shows the alterations which have taken place in the Institution population during the year 1939:—

	Males	Females	Total
On the 1st January, 1939, there were			
on the books of the Institution ...	1090	807	1897
The admissions during the year were	160	100	260
	<hr/>	<hr/>	<hr/>
	1250	907	2157

	Males	Females	Total
The discharges			
were ...	92	37	129
The deaths were	28	8	36
	<hr/>	<hr/>	<hr/>
On 1st January, 1940, there remained	1130	862	1992

Average  
daily number.

The average daily number of patients on the register was 1926, only 29 more than in the previous year. Though this average increase appears small, yet the total number of patients on the books at the end of the year, was no less

than 95 larger than at the beginning of the year. This increase occurred after the outbreak of war, and was due to two causes. One was the evacuation of children attending Day Occupation Centres situated in that part of Essex near London, and the other was the evacuation of cases from the Risbridge Certified Institution at Kedington, and a Public Assistance Institution, to provide beds for casualties.

Evacuated cases.

The higher grade children attending Occupation Centres were sent under the care of the County Council Mental Welfare Department to homes in Clacton, but fifty of the lowest grade, who could not be fitted into an ordinary home, had to be taken in this Institution. Many of these must have been a terrible tax at home, and were obviously in need of institution care, in any case. Forty cases came from the Risbridge Institution, and ten from another Institution. Early in January, 1940, it was decided not to use Risbridge as a Casualty Hospital, and the forty cases were returned. The total number of cases at the end of the year was 1992, and the total number under care was 2157. This includes all the cases on licence. The average number resident was 1739. These numbers are in every respect higher than in any previous year of our history. Thirty-five years ago, when I was first appointed, the average number of patients was 263, and now it is 1926.

The Staff have been splendid. Their work is always difficult, but these difficulties have been much increased since September, partly due to shortage of staff, partly to shortage of various things, partly to the precautions it has been necessary to enforce, but they have never grumbled. Everything has been faced with a ready willingness, with cheerfulness and with courage.

The Staff have been splendid.

The responsibilities of their special positions have of course fallen most heavily on the Heads of each of your Branches, the Steward, Mr. Smith, the Clerk of Works, Mr. Frost, on the Heads of Departments and Shops and your Head and Deputy Head Nurses and the Charge Nurses. I have mentioned many of them in the course of this Report but it is difficult to pick out any in particular, when all have given of their best. I am very grateful to them and you should know that the smooth running of the Institution and its undoubtedly good reputation rests almost entirely on the self-sacrifice and devotion, which characterises these and

all those who work with them, even to the youngest and newest probationer.

Thank you.

And once again, may I say, how enormously I appreciate the constant encouragement and support which you are all ever ready to give me and without which my work would be impossible. I suppose the Directors of any concern seldom realise how much that support does mean, how often the few words said and probably forgotten, how often even the tone of voice in which something may be said, gives just that extra help, that extra feeling of confidence, which enables the rest of us to carry on.

And I suppose the rest of us seldom realise how difficult and even fractious we sometimes are, how much we like our own way.

I am very grateful to you and have the honour to be,

My Lords, Ladies and Gentlemen,

Your obedient Servant,

F. DOUGLAS TURNER,  
M.B. (Lond.), M.R.C.S. (Eng.), L.R.C.P. (Lond.),

*Medical Superintendent.*

Financial Statements

*for*

**1939**



## STATEMENT OF INCOME AND

	<i>Income.</i>			1939.			1938.		
		£	s. d.	£	s. d.	£	s. d.		
To Ladies' Association ...	2,817	2	2						
Less Expenses ...	108	17	2						
	<hr/>			2,708	5	0	3,165	16	8
„ New Annual Subscriptions ...				10	9	6	24	10	6
„ Renewed Annual Subscriptions ...				715	14	6	736	3	0
„ Donations ...				935	15	2	285	19	3
„ Dividends and Interest on Investments ...				2,581	4	9	2,462	15	9
„ Payments for Patients:—									
From Local and other Statutory Authorities ...				101,902	16	10	105,150	16	2
*From Local Authorities for Occupation Centre Cases ...				79	15	0	46	7	0
From Charitable and Private Cases ...				3,033	13	0	3,021	11	1
„ *Proceeds of Profitable Industrial Occupations				2,054	2	2	2,409	7	3
„ *Farm ...				6,427	3	7	6,733	5	3
„ *Garden ...				1,769	16	0	1,482	9	4
„ Board of Education Grant ...				238	8	3	294	16	10
„ *Grants from Medical Research Council, Darwin Trustees, and Rockefeller Foundation, towards Research ...				438	8	3	963	19	1
„ *Amount due from Education Authorities for Expenditure on A.R.P. ...				223	12	2	-	-	-

**NOTE.**—In arriving at the average weekly cost, the items marked \* are deducted from the Expenditure

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£123,119 4 2      £126,777 17 2

*Signed on behalf of the Board of Directors,*

J. OXLEY PARKER, } *Members.*  
 F. W. TOWSEY, }  
 A. N. CARRUTHERS, } *Treasurer.*  
 ARTHUR TURNER, } *Secretary.*

## EXPENDITURE DURING 1939 and 1938.

	Expenditure.			1939.			1938.		
				£	s.	d.	£	s.	d.
By Salaries and Wages ... ..				42,296	5	1	41,545	15	5
„ Office Salaries ... ..				1,863	13	5	1,831	4	8
„ Pensions ... ..				371	8	8	373	2	10
„ Provisions ... ..				27,153	13	1	27,699	11	11
„ Clothing ... ..				5,322	4	2	6,160	7	7
„ Uniform ... ..				504	9	5	139	15	4
„ Medical Requisites and Drugs ... ..				806	0	7	964	0	0
„ Furniture and Bedding ... ..				3,573	6	11	3,914	17	3
„ Fuel ... ..				6,940	10	9	7,112	0	4
„ Electric Current ... ..				1,416	3	5	1,654	16	3
„ Water ... ..				921	10	4	751	9	11
„ Washing and Cleaning Articles and other necessities ... ..				1,772	6	1	2,023	6	2
„ Travelling Expenses and Expenses of Conveyance, Removal and Burial of Patients ... ..				1,192	10	5	1,113	1	6
„ Books, Postages, Printing, Stationery and Advertisements ... ..				1,878	6	3	2,043	8	3
„ Rates, Taxes and Insurance ... ..				5,522	0	3	5,148	10	3
„ Maintenance and Repairs of Buildings and Machinery ... ..				4,180	16	4	3,925	13	2
„ Rents ... ..				947	3	6	967	3	4
„ Research Department ... ..				871	1	6	1,417	14	11
„ Branches Depreciation Fund ... ..				150	0	0	150	0	0
„ Industries:—			£			s. d.			
Wages on Profitable Occupations ... ..			548		2	10			
Materials ... ..			1,773		14	9			
				2,321	17	7	2,080	19	1
„ Farm ... ..				6,524	4	3	6,851	7	5
„ Gardens, Grounds and Playing Fields ... ..				1,839	19	8	1,977	6	8
„ Bank Charges ... ..					6	6	16	9	2
„ *Elections, Public Meetings, etc. ... ..				122	5	4	131	8	0
„ Air Raid Precautions ... ..				2,440	9	9	—	—	—
				£120,932	13	3	£119,993	9	5

## SPECIAL EXPENDITURE. (Not included in Average Weekly Cost).

By Central Institution (Additions) ... ..	404	10	7						
„ Turner Village (Additions) ... ..	727	3	2						
„ Wiring of Myland Hall Farm... ..	89	5	0						
„ Staff House, Turner Road ... ..	381	1	6						
„ Fees for various Plans, etc. ... ..	101	16	3						
„ Local Authorities Reduction of Charges ... ..	168	7	8						
				1,872	4	2	6,700	4	2
„ Excess of Income over Expenditure during 1939 and 1938 carried to credit of Reserve Fund ... ..				314	6	9	84	3	7
				£123,119	4	2	£126,777	17	2

Net Average Weekly Cost per head per Patient  
on number Resident ... ..

24/2½

24/3

Average number of Patients Resident ...

1,739

1,711

Average number of Patients on Books

1,926

1,897

# The Royal Eastern

Limited by  
BALANCE SHEET

<i>Liabilities.</i>	£	s. d.	£	s. d.
Amount owing on Expenditure Account at 31st December, 1939 and since paid ... ..			6,233	10 2
Amount due to Local Authorities in respect of difference between Interim charge for Patients and the actual cost for the year			168	7 8
<b>Permanent Endowment Fund—</b>				
As at 1st January, 1939 ... ..	54,815	15 4		
Add Additional payment for Life Patient	198	14 2		
„ Profit on Sale of Canada 3½% Reg. Stock ... ..	62	2 3		
			55,076	11 9
<b>Life Cases Fund—</b>				
Payment for Life Patient ... ..			1,500	0 0
<b>Reserve Fund—</b>				
As at 1st January, 1939 ... ..	28,861	2 9		
Add Rents, Dividends and Interest on Reserve Fund Investments ...	1,248	0 11		
„ Legacies received ... ..	1,230	10 0		
„ Grants from Essex and Suffolk County Councils towards cost of Research Buildings ... ..	400	0 0		
„ Repayment of Temporary Advance during 1938 to Peckover Schools Repairs Account ... ..	6	0 4		
„ Sale of Land, No. 10, East Hill, less Expenses ... ..	69	14 6		
„ Excess of Income over Expenditure for year ended 31st December, 1939, transferred from Income and Expenditure Account ... ..	314	6 9		
			£32,129	15 3
	£	s. d.		
Less Additional Land at Witham ... ..	2,161	14 10		
„ Land for Staff Houses at Witham ... ..	819	1 6		
„ Staff Houses at Witham, part cost ... ..	3,068	7 2		
„ Cripple Pavilion at Witham, part cost ... ..	537	1 7		
„ J. A. Axon Decd, Legal expenses re Legacy ... ..	7	7 0		
„ Temporary Advance to Peckover Schools Repairs Account ... ..	40	4 8		
			6,633	16 9
			25,495	18 6
<b>Peckover Schools Repairs Fund—</b>				
As at 1st January, 1939 ... ..			2,000	0 0
Amount carried forward ... ..			£90,474	8 1

# Counties' Institution, Ltd.

## Guarantee.

31st DECEMBER, 1939.

<i>Assets.</i>	£	s. d.	£	s. d.
<b>Investments (at cost) viz.:</b> —				
<i>On behalf of Permanent Endowment Fund—</i>				
British Government Securities ... ..	8,819	4 1		
Indian, Dominion and Colonial Govern- ment Securities ... ..	12,580	0 4		
Bank of England Stock ... ..	244	13 9		
Municipal Securities and Public Boards, U.K. ... ..	17,927	17 2		
British Railway Debenture and Preference Stocks ... ..	11,816	8 7		
			51,388	3 11
<i>On behalf of Life Cases Fund—</i>				
British Railway Debebture Stock ...			1,488	16 3
<i>On behalf of Reserve Fund—</i>				
Dominion and Colonial Government Securities ... ..	5,146	1 9		
Municipal and County Securities and Public Boards, U.K. ... ..	13,323	9 1		
Bank of England Stock ... ..	2,000	0 0		
British Railway Debenture, Preference and Ordinary Stocks ... ..	1,413	12 4		
Foreign Railway Debenture Stock ...	181	6 10		
			22,064	10 0
<i>On behalf of Peckover Schools—</i>				
Indian Government Security and British Railway Preference Stock ... ..			2,000	0 0
<i>On behalf of Branches Depreciation Fund—</i>				
British Government and County Securities, Municipal Loan and Security guaranteed under Trade Facilities Acts ... ..			2,290	14 3
			£79,232 4 5	

**Note.**—The Market value of these investments as at 31st December, 1939, amounts approximately to £74,920.

Cash at Bank on Current Account ... ..	3,953	12 9		
Cash Balances in Hand ... ..	143	4 7		
Cash on Deposit Account ... ..	8,000	0 0		
Balances in Hands of Country Bankers ...	131	17 0		
Balances in Hands of Ladies' Association ...	1,281	13 7		
			13,510	7 11
Amount due on Income Account on 31st December, 1939 and since paid ...			22	10 0
Amount carried forward ...			£92,765 2 4	

THE ROYAL EASTERN  
Limited by  
BALANCE SHEET

<i>Liabilities.</i>	£	s.	d.
Amount brought forward ... ..	90,474	8	1
<b>Peckover Schools Repairs Account—</b>			
Dividends and Interest Received ... ..	69	11	10
Add Temporary Advance from Reserve Fund ... ..	40	4	8
	109	16	6
<i>Less</i> Refund of Temporary Loan ... ..	£	s.	d.
	6	0	4
„ Cost of New Loom ... ..	103	16	2
	109	16	6
<b>Branches Depreciation Fund—</b>			
As at 1st January, 1939 ... ..	2,080	14	3
Add Dividends and Interest received ...	60	0	0
„ Transfer from Income and Expendi- ture Account to meet cost of rein- statement of hired branches when Leases expire ... ..	150	0	0
	2,290	14	3
	£92,765	2	4

*Report of the Auditors to the Members of the Royal Eastern Counties Institution, Ltd.*

We have audited the Balance Sheet of the Royal Eastern Counties Institution Ltd., dated 31st day of December, 1939, and above set forth.

We have obtained all the information and explanations we have required.

In our opinion such Balance Sheet is properly drawn up so as to exhibit a true and correct view of the state of the Institution's affairs according to the best of our information and the explanations given to us and as shown by the books of the Institution, subject to the fact that a considerable part of the Freehold Property is Mortgaged to Local Authorities as security for Loans made in connection with the Extension Scheme at Turner Village.

(Sgd.) IMPEY, CUDWORTH & Co.,

*Chartered Accountants,*

London,

7th March, 1940.

*Auditors.*

## COUNTIES, INSTITUTION LTD.

## Guarantee.

31st December, 1939 (*continued*).

<i>Assets.</i>	£	s.	d.	£	s.	d.
Amount brought forward ...				92,765	2	4
Other Amounts due in respect of charges for						
Patients (not valued) ... ..				—		
Stock on Hand (not valued) ... ..				—		
Freehold Property (not valued) ... ..				—		
Extension Scheme—Turner Village, etc.—						
Expenditure on Construction, Furnishing and Equipment of Buildings to 31st December, 1938 ... ..	190,849	13	1			
<i>Less</i> Loans in respect thereof received from County Councils (of which £178,475 is secured by Mortgage) ...	190,849	13	1			—

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£92,765 . 2 4

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Signed on behalf of the Board of Directors,

J. OXLEY PARKER,	}	<i>Members.</i>
F. W. TOWSEY,		
A. N. CARRUTHERS,		<i>Treasurer.</i>
ARTHUR TURNER,		<i>Secretary.</i>

## APPORTIONMENT OF EXPENDITURE FOR 1939 FOR CHILDREN ON SCHOOL REGISTER.

These figures have been arrived at by calculating the proportion which the number of children on the School Register bears to the number of patients in the Institution and apportioning the expenses in a similar manner.

	£	s.	d.
Salaries and Wages ... ..	6,688	11	11
Office Salaries ... ..	294	14	4
Pensions ... ..	58	14	7
Provisions ... ..	4,293	19	11
Clothing ... ..	841	12	9
Uniform ... ..	79	15	5
Medical Requisites and Drugs ... ..	127	9	3
Furniture and Bedding ... ..	565	1	7
Fuel ... ..	1,097	11	1
Electric Current ... ..	223	19	0
Water ... ..	145	14	6
Washing and Cleaning Articles and other necessaries ... ..	280	5	4
Travelling Expenses and Expenses of Convey- ance, Removal and Burial of Patients' ...	188	11	8
Books, Postage, Printing, Stationery and Advertisements ... ..	297	0	7
Rates, Taxes and Insurance ... ..	873	4	9
Maintenance and Repairs of Buildings and Machinery ... ..	661	2	10
Rents ... ..	149	15	8
Research Department ... ..	137	15	0
Branches Depreciation Fund ... ..	23	14	5
Industries ... ..	367	3	7
Farm ... ..	1,031	14	4
Garden ... ..	290	19	5
Bank Charges ... ..		1	0
Elections, Public Meetings, etc. ... ..	19	6	8
Air Raid Precautions ... ..	385	18	7
	£19,123	18	2

Average number on School Register (as certified by Secretary) ... ..	275
Net Average weekly cost per head per patient after excluding cost of Elections and Public Meetings, and deducting proceeds of Occupation Centre Cases, Industrial Occupations, Farm and Garden Accounts, Grants towards Research Expenses and amount due from Education Authorities for Air Raid Precautions ... ..	£1 4 2½

*Examined and found correct,*

IMPEY, CUDWORTH & Co.,

*Chartered Accountants,*

*Auditors.*

7th March, 1940.





