

**Annual report of the Whitchurch and Ely Hospital Management Committee  
: 1948/49.**

**Contributors**

Whitchurch and Ely Hospital Management Committee.  
Whitchurch Psychiatric Hospital (Cardiff, Wales);Ely Hospital (Cardiff,  
Wales);Welsh Regional Hospital Board. nb2009003969

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WHITCHURCH & ELY HOSPITALS  
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# REPORT

FOR THE TWO YEARS

1948 AND 1949

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N. COY

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# WHITCHURCH HOSPITAL

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Surgeon	Dr. I. J. Palmer
Physician	Dr. K. L. Quinn
Surgeon	Dr. M. N. Reed
Physician	Dr. O. P. Shaw
Surgeon	Dr. Q. R. Stone
Physician	Dr. S. T. Taylor
Surgeon	Dr. U. V. Turner
Physician	Dr. W. X. Vance
Surgeon	Dr. Y. Z. Webb
Physician	Dr. A. B. Wright
Surgeon	Dr. C. D. Young
Physician	Dr. E. F. Zane
Surgeon	Dr. G. H. Bailey
Physician	Dr. I. J. Bell
Surgeon	Dr. K. L. Boyd
Physician	Dr. M. N. Brock
Surgeon	Dr. O. P. Bryant
Physician	Dr. Q. R. Campbell
Surgeon	Dr. S. T. Clark
Physician	Dr. U. V. Cook
Surgeon	Dr. W. X. Cross
Physician	Dr. Y. Z. Drake
Surgeon	Dr. A. B. Edwards
Physician	Dr. C. D. Evans
Surgeon	Dr. E. F. Fox
Physician	Dr. G. H. Gale
Surgeon	Dr. I. J. Hall
Physician	Dr. K. L. Hart
Surgeon	Dr. M. N. Hill
Physician	Dr. O. P. Hunt
Surgeon	Dr. Q. R. Jenkins
Physician	Dr. S. T. Keith
Surgeon	Dr. U. V. Lester
Phys	



**WHITCHURCH AND ELY HOSPITAL MANAGEMENT COMMITTEE**  
(GROUP 16)

**THE FIRST ANNUAL REPORT OF THE WHITCHURCH  
AND ELY HOSPITAL MANAGEMENT COMMITTEE**

The Whitchurch and Ely Hospital Management Committee, continuing the practice of the former Visiting Committee, have decided to present and publish an annual report setting forth the activities of the hospitals under their control.

These hospitals are the former Cardiff City Mental Hospital, now renamed Whitchurch Hospital, Cardiff, and the former Ely Lodge Institution for Mental Defectives, now renamed Ely Hospital, Cardiff. This first report embraces the period from the 5th July, 1948, to the 31st December, 1949.

The Management Committee, some of whose members, including the Chairman, served on the former Visiting Committee thus providing continuity of administration, consider themselves fortunate in taking over two such well-equipped, well-managed, and efficiently run hospitals. Indeed they consider that the community owes a debt of gratitude to the Borough of Cardiff and to the Visiting Committees down the years for providing and maintaining such excellent hospitals and services.

The reputation of the Cardiff City Mental Hospital at Whitchurch is known in its own sphere of professional work far beyond the Regional boundaries and the Management Committee are aware of the great responsibility imposed on them to see that the live traditions so sedulously built up in former years are maintained and carried on. They believe that the cohesion of all departments of the hospital under one administrative control is in the best interest of the patients, and indeed in the best interests of treatment and research. They deplore the fissiparous tendencies, already apparent, which would split the Research Department from the hospital which nourished it for the past forty years, and place it under the control of an external Sub-Committee of the Regional Hospital Board. They can see no possible advantages to be derived from such fission and take leave to doubt its wisdom. They believe it will only complicate administration without in any way furthering psychiatric research.

**CARE OF THE PATIENTS AND CONDITION OF THE HOSPITAL**

The statutory visits paid by Members of the Committee enable them to confirm that the comfort and well-being of the patients have continued to be the subject of careful consideration, and that the hospitals continue to be maintained in a satisfactory state, both as regards equipment and fabric. Detailed matters in relation to the internal affairs of the hospitals will appear under the reports of the Physician Superintendents.

The Works and Engineering Departments have carried out all necessary additions and repairs in a thoroughly satisfactory manner. The chief items of work carried out at Whitchurch hospital are as follows:—

1948: New Roof fixed to part of main greenhouse; alterations commenced to boiler and bunker house for new heating plant; building completed to house new telephone exchange; floors in new canteen re-laid, counters



fixed and rooms redecorated. Wards F.3, F.5A, Board Room and adjoining room redecorated. External painting carried out as usual during the summer months; roads, paths, subways, etc., all received necessary attention.

During 1949 the relaying of the kitchen floors was completed and general alterations proceeded with. The building of the ablution rooms in the Female Home was commenced, and all necessary building and alterations connected with the new heating plant were completed. An extra laboratory was fitted out for the research centre, and a room prepared and decorated to serve as the new library. All ward verandahs were fitted with new sun blinds. Ward F.1., part of M.1. and stretches of the corridors were repainted. External painting was carried out as usual. Roads, paths, ward furniture, mattresses, etc. received the usual and necessary attention.

#### **Engineering Department, 1948.**

Automatic Telephone system completed. New fish-frying range and new steam ovens installed in kitchen. All necessary services completed in new canteen and male hairdresser's shop. Hot and cold water services renewed with copper pipe in various departments. New maintenance machinery was erected in the fitting shop. All expansion glands on the steam lines in the main subways were overhauled and repacked.

**1949.** During 1949 the following items of work were completed. New main boiler feed pump and feed lines. New heating and domestic water calorifier system. Removal of obsolete calorifiers and plant. Central heating installed in occupational therapy hut. Radiators fitted in all clinical rooms. Food boilers and steam ovens installed in kitchen scullery. Hot cupboards, Bain Marie and various machines installed in main kitchen. New power circuits installed in main kitchen. Electric Hydros installed in laundry. New wash basins installed in F.1 ward. The new telephonic fire alarm system was completed throughout the hospital.

### **ACCOMMODATION PROVIDED AND AVAILABLE**

#### **Whitchurch**

During the year 1948 there were 648 direct admissions to the mental hospital at Whitchurch, no fewer than 619 (95.5%) being Voluntary, and 1.7% Temporary, so that only 2.8% of the total admissions were Certified.

During the year 1949 there were 719 direct admissions, no fewer than 681 (94.5%) being Voluntary and 2.7% Temporary, so that only 2.8% were Certified. It says much for the reputation of the hospital and for the organisation of its services, both out-patient and in-patient, that out of a total of 1,367 admissions certification had to be resorted to in only 38 cases.

In the period under review, 423 male patients were admitted to the Neurosis wards, 1,959 to the Radiotherapy wards, 489 to the Orthopaedic wards, and 5,141 out-patients were seen at the hospital.

### **FARM AND GARDEN**

#### **Whitchurch**

The Farm's Sub-Committee meet monthly and keep in close touch with the activities of the Farm.

The Farm Bailiff reports that during 1948 there were grown 17 acres of potatoes, 12 acres of barley, 6 acres of wheat, 24 acres of oats and mixed corn as well as mangolds, kale, turnips, silage crops and market garden crops. Cereal crops during this year were light, with the exception of wheat which



was up to average yield. All crops were harvested in ideal conditions and the quality of the grain was excellent. The potato crop yielded an average of over 8 tons per acre. The fruit crop was good and of excellent quality. The land rented from the Whitchurch Golf Club during the war was handed back in a good state of cultivation.

During 1949 the season was the driest for many years with plenty of sunshine and warm weather, very suitable for the cereal crops and for their harvesting. There were grown 17 acres of potatoes, with a yield of just over 8 tons per acre, 6 acres of wheat with a yield of one ton per acre, 12 acres of winter barley with an excellent grain crop yielding 10 tons after threshing, 30 acres of oats, with a small proportion of peas making a valuable feed, being harvested in such good condition that the straw from it was of better feeding value than some hay, and the oat and pea mixture making an ideal dairy ration. Six acres of clover hay made an average crop, but owing to the scarcity of grazing for six weeks in July and August, the second crop was grazed off by the cows, as was the silage forage crop. Over 100 tons of mangolds were harvested from two acres. The prolonged drought made the planting-out of broccoli, savoys, sprouts and spring cabbage very difficult, but whereas hand-planted ones nearly all died, it was found that by means of a mechanical planter hired from the County Committee, the plants took root. The garden crops suffered generally from the drought; carrots, onions and parsnips were all light, but peas, beans, turnips and beetroot did well.

It was a good year for fruit, though, owing to the age of the trees and the difficulty of spraying them, the fruit was blemished and not of good keeping quality.

The British Friesian herd which was started in 1945 now numbers 46, including two stock bulls. During the year 19 cows and heifers calved, the progeny being 10 bull and 9 heifer calves. With one exception the bulls were sold to the Ministry of Food. All the heifers are being reared, and by the end of 1950 a system of culling will be started, selling less productive cows and retaining calves only from the more productive cows and heifers. The milk production for the year amounted to 12,000 gallons.

Two young bulls were sold at the Carmarthen pedigree bull sale in October for 100 and 120 guineas each. One cow died during the year and one calf died at birth.

Pigs have done well. There was no infectious disease. Over £2,000 worth were sent to the bacon factory.

A monthly report has been made during the year on work done in the farm and gardens.

### ELY HOSPITAL

This is the first Annual Report of the Management Committee on the Ely Hospital. On the 5th July, 1948, the hospital, like all other hospitals, came under new management by being taken over by the Minister of Health, and it was designated by him as a Mental Hospital and a Mental Deficiency Institution. The hospital has 515 beds which are divided as follows:—

Male	...	...	...	...	226
Female	...	...	...	...	238
Children—16 years—Male	...	...	...	...	30
Female	...	...	...	...	21
					—
					515
					—



On the female side there are two hospital wards, 25A and 25B, containing 58 beds in each, and on the male side one block, 17 block, consisting of two floors and containing 84 beds, is the male sick ward. The remaining 315 beds are for ambulant cases, including children under 16 years.

On the 31st December, 1949, there were 493 patients resident in the Hospital, falling into the following categories :—

	Male	Female
Persons of Unsound Mind	104	139
Mental Defectives + 16 years	116	68
" " - 16 years	38	16
Non-Certified ...	—	12

Of these 187 males and 131 females have been resident for over 5 years.

There were 19 male and 12 female mental defectives on Licence from the hospital, of whom 9 males and 6 females are in employment.

70 Persons of Unsound Mind (26 males and 44 females) and 26 mental defectives (18 males and 8 females) were admitted during the year. Of these admissions, one female Person of Unsound Mind was admitted from outside the Cardiff area, while the mental defective admissions were as follows :—

	Male	Female
Newport C.C. ...	1	—
Monmouth C.C. ...	2	—
Warwick ...	—	1
Carmarthenshire ...	—	1
Glamorgan ...	1	1
Cardiff C.C. ...	13	6
	—	—
	17	9
	—	—

The Ely Hospital is grouped with Whitchurch Hospital, and relieves that hospital of Senile Dementia cases, leaving more beds there for the treatment of cases of mental illness where the prognosis is more favourable, and it thus serves a most useful purpose to the community at large, and to Whitchurch Hospital in particular.

A School, female Occupational Therapy department, and male Occupational Workshop have been in being for many years, and great strides have been made in the training of mental defectives. Plans have been passed and permission given for the building of a larger Occupational Workshop for the male patients and this will enable us to carry on still further with this valuable training.

Eleven acres of land have been allocated to the hospital for the purpose of building two children's pavilions, to house about 40 of each sex. The present Children's Wards are unsatisfactory; the new wards were planned many years ago, but had to be postponed on account of the war.

**Rota Visits** have been paid to the hospital by members of the Committee during the year, which have enabled them to study the comfort and well-being of the patients.

**Maintenance** work in connection with the hospital buildings and furniture has been carried on as usual during the year. New furniture has been obtained for the Nurse's Dining Room and bed rooms; Changing Rooms and Lockers are planned for the outdoor staff, who at present have no facilities of this kind. Also a new cycle shed has been provided for non-resident staff.



Neon Lighting has been installed in the kitchen and will shortly be fitted in the laundry. It is proving both effective and economical. Other work in the kitchen includes the tiling of a stone sink, the installation of two new steamers, ordered before the 5th July, 1948, and a new Fish Frier; the latter has enabled us to add more variety to the menus.

The damp North wall of the Dining Hall has been re-plastered and it is hoped that the fault will now be remedied. Also a new Lantern Light has been built in the Dining Hall roof.

A verandah is now being built to give cover from the Nurses' quarters to the bathroom in No. 6 block, and lavatories have been placed adjoining the schoolroom.

Male Ward No. 21 has been redecorated and a start made on the Female Sick Ward No. 25A. Also a start has been made to paint the beds in the hospital wards in pastel shades. This is a great improvement and is very effective.

New boilers have been installed and main boilers re-covered.

### FARM AND GARDEN

Main crops grown on the farm during last season were 10 acres of potatoes, and 15 acres of other garden crops, which included onions, parsnips, swedes, turnips, beetroot, carrots, peas, beans, salads, herbs and brassicas of all kinds. The potato crop this year was not up to the average, but the other crops did remarkably well. Supplies to the hospital were maintained throughout the year, and the surplus was sold to nearby hospitals and school feeding centres, and amounted to 30 tons of greenstuff and root crops, as well as peas, beans, and salads.

Many mental defectives are usefully employed on the land, taking an interest in, and enjoying, the work.

During the year, the old piggeries at the back of the hospital have been demolished, and will provide the site for the new male Occupational Therapy shop. This has necessitated a reduction in the number of pigs. The Farms Sub-Committee has met monthly during the year and kept in close touch with the activities of the farm and garden, on which a report has been submitted monthly.

The Committee are glad to welcome to Ely, Miss V. Bunstone, who took up her appointment as Matron in November, 1948, succeeding Miss Mabel Whitaker, who retired after 28 years in the service of the hospital, of which she has been Matron since 1944. The Committee extends to Miss Whitaker all good wishes for a long and happy retirement.

The Committee regrets to report the sad death of Miss Elizabeth Ann Whitney who died in the hospital two days before her 65th birthday, on the 5th January, 1950, and on the eve of her retirement. She had been a faithful member of the hospital staff for 28 years and 5 months.

The Management Committee, in presenting this their first Annual Report, are impressed by the tremendous amount and variety of work entailed in the upkeep and running of these two large hospitals, and takes pleasure in acknowledging the great debt owed to the Officers and Staff for their loyalty and devotion, and for their unremitting care for the patients consigned to their charge.

Signed on behalf of the Hospital Management Committee at the Annual Meeting held at Whitchurch Hospital on the 20th April, 1950.

HELENA EVANS,  
Chairman.



## REPORT OF THE PHYSICIAN SUPERINTENDENT FOR THE YEARS 1948 AND 1949

### To the Chairman and Members of the Hospital Management Committee.

On the 1st January, 1948, there were resident 558 patients (222 males and 336 females) including 51 males and 29 females of the private class, 28 males of the service class and 3 males of the ex-service class.

There were admitted during 1948, 655 patients (254 males and 401 females). Of these 648 (252 males and 396 females) were direct admissions. The remainder were made up as follows: regraded as voluntary patients from certified cases, 1 female; from temporary class, 1 male and 2 females; by statutory transfer, 1 male and 2 females; in addition 25 patients (all males) returned from the hospitals from which they had been evacuated under Defence Regulations, 1939.

The discharges amounted to 564 (217 males and 347 females) as follows:—

				Voluntary			Temporary			Certified		
				M.	F.	Total	M.	F.	Total	M.	F.	Total
Recovered	...	...	...	142	126	268	2	2	4	3	4	7
Relieved	...	...	...	61	168	229	—	1	1	4	3	7
Not Improved	...	...	...	4	42	46	—	—	—	1	1	2
				207	336	543	2	3	5	8	8	16

The above does not include the regraded patients referred to in the preceding paragraph.

The deaths numbered 35 (15 males and 20 females) or 5.8% and 5.7% respectively of the average number of each sex resident.

On the 1st January, 1949, there were resident 635 patients (371 voluntary—144 male and 227 female—including 14 service patients (13 male and 1 female), 3 Temporary (1 male and 2 female) and 261 Certified (123 male and 138 female), including 19 service patients, all males).

The recoveries numbered 279 (147 males and 132 females). Calculated upon 648 (the direct admissions) this gives a recovery rate of 45.5%, or 51.2% for males and 37.4% for females. In addition to 279 recovered, 237 patients were discharged relieved. These two figures together, give a percentage of 79.6% recovered and relieved.



The following table shows the length of treatment of those who left recovered :—

			Not more than 2 months	Not more than 3 months	Not more than 6 months	Not more than 12 months	More than 12 months
Voluntary	...	...	172	33	45	9	9
Temporary	...	...	2	1	1	—	—
Certified	...	...	1	—	1	4	1
			175	34	47	13	10

The table shows that 91·8% of those discharged, recovered, were in residence not more than 6 months and 62·7% not more than 2 months.

During the year 97·2% of our direct admissions were admitted under the Mental Treatment Act, 1930. Apart from 4 male and 7 female Temporary patients (1·7%) all these were voluntary patients. During the past 10 years 93·1% of our admissions have been either on a Voluntary or Temporary basis.

There were admitted during 1949, 726 patients (302 males and 424 females). Of these 719 (300 males and 419 females) were direct admissions. The remainder were made up as follows: regraded as voluntary patients from temporary cases, 2 females; by statutory transfer, 2 males and 3 females.

The discharges amounted to 638 (257 males and 381 females) as follows:—

				Voluntary			Temporary			Certified		
				M.	F.	Total	M.	F.	Total	M.	F.	Total
Recovered	...	...	...	124	155	279	7	1	8	5	—	5
Relieved	...	...	...	102	188	290	1	1	2	5	—	5
Not Improved	...	...	...	13	32	45	—	1	1	—	3	3
				239	375	614	8	3	11	10	3	13

The above does not include the regraded patients referred to in the preceding paragraph.

The deaths numbered 31 (17 males and 14 females) or 5·9% and 3·7% respectively of the average number of each sex resident.

On the 1st January, 1950, there were resident 689 patients (416 voluntary—168 male and 248 female—including 11 service patients (10 male and 1 female), 7 temporary (3 male and 4 female) and 266 certified patients (124 male and 142 female) including 19 service patients, all males).

The recoveries numbered 292 (136 males and 156 females). Calculated upon 719 (the direct admissions) this gives a recovery rate of 40·6%, or 45·3%

for males and 37.2% for females. In addition to 292 recovered, 297 patients were discharged relieved. These two figures together give a percentage of 81.9% recovered and relieved.

The following table shows the length of treatment of those who left recovered :—

	Not more than 2 months	Not more than 3 months	Not more than 6 months	Not more than 12 months	More than 12 months
Voluntary ... ..	159	41	63	12	4
Temporary ... ..	5	—	2	1	—
Certified ... ..	—	—	3	1	1
	164	41	68	14	5

The table shows that 93.5% of those discharged, recovered, were in residence not more than 6 months and 56.2% not more than 2 months.

During the year 97.2% of our direct admissions were admitted under the Mental Treatment Act, 1930. Apart from 10 male and 9 female Temporary patients (2.7%) all these were voluntary patients.

During the two years under review, 423 male patients were admitted to the Neurosis Centre; 1959 patients to the Radiotherapy Centre, 489 patients to the Orthopaedic Centre and 5,141 out-patients were seen and treated at the hospital.

### Out-patient Clinics

During 1948 attendances at the Psychiatric Out-patient Clinics run by the hospital and held at the Cardiff Royal Infirmary were as follows :—

	Male	Female	Total
<b>ADULTS</b>			
(a) Total new patients ... ..	439	462	901
(b) Average number of new patients per session ... ..	4	5	9
(c) Total patients (new and old)...	2484	2507	4991
(d) Average attendance per session (new and old) ... ..	23	27	50
<b>CHILDREN (16 AND UNDER)</b>			
(a) Total new patients ... ..	56	47	103
(b) Average number of new patients per session ... ..	2	2	4
(c) Total patients (new and old)	196	115	311
(d) Average attendance per session (new and old) ... ..	7	5	12



The figures for 1949 were :—

			Male	Female	Total
<b>ADULTS</b>					
(a)	Total new patients ...	...	517	479	996
(b)	Average number of new patients per session ...	...	5	4	9
(c)	Total patients (new and old)	...	3923	3136	7059
(d)	Average attendance per session (new and old) ...	...	34	26	60
<b>CHILDREN (16 AND UNDER)</b>					
(a)	Total new patients ...	...	92	48	140
(b)	Average number of new patients per session ...	...	3	1	4
(c)	Total patients (new and old)	...	380	193	573
(d)	Average attendance per session (new and old) ...	...	8	4	12

Clinics are held on Mondays, Tuesdays and Thursdays for adult patients and on Wednesdays for children. As a rule four to six Psychiatrists attend at each clinic.

### **Treatment**

The figures, both inpatient and outpatient, give some indication of the tremendous amount of clinical psychiatric work carried out by the hospital medical staff. All forms of modern psychiatric treatment are intensively pursued, including psychotherapy, narcoanalysis, deep and modified insulin therapy, prolonged narcosis, electroconvulsion therapy and prefrontal leucotomy in selected cases. Occupational and recreational therapy is a feature of the hospital and this most necessary and worth-while treatment is being still further extended as suitably trained staff become available.

Psychometric, intelligence and personality testing, was carried out on 746 inpatients, outpatients, nurses and children by Mrs. A. M. Jones, Clinical Psychologist, during the two years. A programme of research under way in the psychological department includes (a) a study to predict by means of the Rorschach test the possible success or failure of insulin shock treatment in schizophrenia ; (b) studies of the personalities of identical twins by means of the Wechsler Intelligence Scale, the Rorschach and the Thematic Apperception Test ; (c) studies in the evaluation of the results in leucotomy by means of the Rorschach test ; (d) group personality testing of student nurses (Rorschach and T.A.T.) and of first-year medical students (T.A.T.).

For the first time the hospital is without the services of a dentist and no clue is forthcoming as to how one is to be attracted. Certainly advertising for one at present sessional rates is a waste of time.

### **RESEARCH**

#### **Alpha rhythm and psychomotor activity**

More information is likely to be obtained from the abnormal EEG. records when more is known about the normal electrical rhythms of the brain. In a study of the significance of the alpha rhythm, Mr. Kibbler has shown that there is a relationship between the alpha rhythm and the initiation of conscious psychomotor activity (Kibbler, Boreham and Richter, 1949).



It was found that if the alpha activity is recorded in a subject who is at rest, the moment of initiating any voluntary movement, such as the blinking of eye or the movement of the hand, is not randomly distributed in time, but bears a relation to the phase of the alpha rhythm. This relationship was observed with a simple graphic method and confirmed with an electronic phase-timing apparatus, which automatically records the time of an event in relation to the phase of the alpha cycle. These observations indicate that normal behaviour is directly influenced by the electrical rhythms of the brain. It would appear that this effect may account for a part of the normal scatter in the reaction time and the psychological aspects of this work are now being investigated by Mr. Douglas.

### **Brain acetylcholine and convulsions**

Application of acetylcholine to the cerebral cortex reduces spike discharges, and this has led to the view that it may be specifically concerned in the mechanism of epileptic seizures. Mr. Crossland and Dr. Richter have carried out an investigation on the function of acetylcholine in the brain. Animal experiments, in which the acetylcholine content of the brain was estimated, showed that the amount present depends on the physiological state. There is a rapid fall in the brain acetylcholine in electrically induced convulsions, followed by a return to normal during recovery. These observations support the view that acetylcholine is intimately concerned in convulsive activity. Further experiments showed that the brain acetylcholine level also varies in vivo under normal physiological conditions: it is increased in anaesthesia and in sleep, but it is reduced during emotional excitement. The brain acetylcholine appears to reflect more closely than any other known metabolite the state of functional activity of the brain (Richter and Crossland, 1949).

### **Phosphorus metabolism of the brain**

Dr. Dawson and Dr. Richter have investigated the changes in the phosphorus compounds of the brain which occur during electrically induced convulsions. It was found that striking changes in the phosphate esters take place: within a few seconds of the application of the electric current there is a rapid breakdown of phosphocreatine, with a simultaneous increase in the "hexose phosphate" fraction, indicating a rapid transfer of phosphate to glucose. Over 50% of the total brain phosphocreatine is broken down (Dawson and Richter, 1950).

In further studies, the changes occurring in the brain in vivo were investigated by measuring the rate at which radioactive phosphorus entered the brain from the blood and was synthesised into the nucleoproteins and phospholipids of the brain. In experiments carried out on mice it was found that a period of emotional excitement induced by putting the animals in a slowly rotating metal drum caused a fall of 25% in the rate of synthesis of radioactive phospholipid. This change was not attributable to concomitant muscular exercise, since it was absent in animals previously conditioned to running in the rotating drum. A similar effect was produced by direct electrical stimulation of the brain. The observed changes in one of the more permanent or structural elements of the nerve cell suggest a possible mechanism by which electrical shock treatment may work in changing the pattern of nervous reflexes. These experiments are also suggestive in relation to the more general problem of the engram, or the permanent changes which occur when nervous structures are stimulated (Dawson and Richter, 1949).



### **Phosphorus metabolism of peripheral nerve**

The phosphorus metabolism of peripheral nerve is important in connexion with the study of fatigue and with the processes of regeneration in damaged nerves. Dr. Grande and Dr. Richter have studied by means of the radioactive tracer technique the rate at which phosphorus is lost and taken up by isolated nerves suspended in Ringer solution. The rate of loss of phosphorus was found to be very slow and not significantly affected by stimulation but the uptake of phosphate ions into the nerve depended on the metabolic activity and was greatly increased by electrical stimulation. Since the phosphate ions can take in kations with them, this represents a possible mechanism by which the normal salt content of the nerve is maintained (Grande and Richter, 1949).

### **Biochemical changes in the brains of psychotics**

Mr. Tyrrell and Dr. Richter are investigating the lipid metabolism of the brains of psychotic patients, with a view to testing whether any significant differences from the normal can be detected. Using the method developed in this laboratory for preparing isolated nuclei, a study has been made of the distribution of lipids between the nucleus and cytoplasm of the cell of the cerebral cortex. Studies have also been made by means of animal experiments on the effects of prolonged fatigue.

There is evidence that the Nitrogen metabolism is abnormal in certain classes of psychotics, and in this connexion Mr. Ansell and Dr. Richter are making an investigation of the protein metabolism of the brain in normal subjects and in psychotics.

### **EEG. Apparatus**

The EEG. apparatus has been fitted with a selector board and head-panel which enable the electrode connexions to be changed at will during the course of recording. The procedure has now been standardized with 14 skull electrodes which make it possible to select a large number of different channel positions according to the requirements of the individual investigation. Methods employed for bringing out abnormal activity patterns include overbreathing, stroboscopic stimulation and administration of seconal. Mr. J. W. Heal has been appointed electroencephographer ; 230 patients had EEG. examinations during the period.

### **Radiographic Department**

Routine Chest X-rays are taken of all new patients and staff to exclude tuberculosis. These are reported upon by the Visiting Radiologist. During 1948 patients X-rayed numbered 1447 and staff 309, and during 1949 the corresponding numbers were 1070 and 251. The classifications are as follows :—

1948			1949		
Chests	...	1159	Chests	...	649
Barium Meals	...	39	Barium Meals	...	51
Abdomens	...	24	Abdomens	...	13
Miscellaneous	...	534	Miscellaneous	...	608

### **Pathological Laboratory**

During 1948 a total of 6734, and during 1949 a total of 6724 investigations were carried out in the pathological laboratory by Mr. Dodwell and his assistants as follows :—



	1948					1949				
	Mental	Neurosis	Radiotherapy	Orthopaedic	TOTAL	Mental	Neurosis	Radiotherapy	Orthopaedic	TOTAL
<b>BLOOD</b>										
Full Counts ...	197	37	463	7	704	189	67	443	12	711
R.B.C., W.B.C. and Hb. ...	15	24	46	2	87	—	—	7	—	7
Hb. ...	291	—	139	—	430	335	—	12	—	347
W.B.C. and Differential Counts ...	25	9	120	—	154	6	2	47	1	56
W.B.C. only ...	21	1	683	—	705	16	—	612	6	634
Bleeding Time ...	—	—	3	1	4	—	—	—	1	1
Bromide Content ...	25	—	—	—	25	3	—	—	—	3
Clotting Time ...	12	—	5	1	18	—	—	—	1	1
Cholesterol Content ...	1	—	—	—	1	3	1	—	—	4
Culture ...	4	—	—	—	4	2	1	—	—	3
Erythrocyte Sedimentation Rate ...	463	60	28	9	560	471	79	17	6	573
Films for Malarial Parasites ...	4	2	—	—	6	1	3	—	—	4
Formol-gel Reactions ...	—	—	4	—	4	—	—	1	—	1
Fragility of Red Cells ...	—	—	2	—	2	—	—	1	—	1
Glucose tolerance Tests ...	2	2	12	—	16	7	8	4	—	19
Inorganic Phosphorus ...	1	—	—	—	1	—	—	—	—	—
Platelet Counts ...	—	—	154	—	154	—	—	49	—	49
Plasma/Serum Proteins ...	—	—	5	—	5	8	—	2	—	10
Prothrombin Times ...	19	—	—	—	19	—	—	—	—	—
Reticulocyte Counts ...	15	—	—	—	15	3	—	2	—	5
Serum Calcium ...	1	—	4	—	5	1	1	1	—	3
Urea Contents ...	25	2	5	3	35	17	7	37	2	63
Van Den Bergh Reactions ...	2	—	1	—	3	—	—	2	—	2
Widal Reactions ...	2	—	—	—	2	—	—	—	—	—
Wasserman and Kahn Reactions (done by Public Health Lab.) ...	432	197	44	3	676	569	213	21	—	803
G.C.F. (as above) ...	4	2	1	1	8	—	—	—	—	—
<b>URINE</b>										
Full Examination ...	29	3	16	4	52	23	1	5	—	29
Chemical and Microscopical ...	70	220	14	6	310	87	216	23	16	342
Chemical... ...	2153	3	78	—	2234	2449	34	45	—	2528
For T.B. ...	4	—	1	—	5	12	—	—	—	12
Urea Clearance Test ...	1	—	1	—	2	—	1	—	—	1
Urea Concentration Test ...	1	—	1	—	2	—	—	1	—	1
Bence-Jones Protein ...	1	—	14	—	15	—	—	1	—	1
<b>FAECES</b>										
Culture ...	167	2	—	—	169	42	6	—	—	48
Occult Blood ...	7	1	—	—	8	2	8	—	—	10
Ova, Cysts and Parasites ...	7	14	—	—	21	4	13	—	—	17
<b>MISCELLANEOUS</b> ...										
Fractional Test Meals ...	7	6	2	—	15	11	19	—	—	30
Sputum for T.B. etc. ...	32	8	15	—	55	62	5	10	1	78
Aspiration Fluids ...	—	—	5	—	5	—	—	2	—	2
Throat, Swabs, Bacteriological ...	43	16	8	3	70	29	6	2	—	37
Wound, Pus Swabs and Smears ...	33	5	13	10	61	18	—	15	9	42
Cerebro-spinal Fluid ...	44	10	3	10	67	26	10	—	—	36
Trypsamide Injections ...	—	—	—	—	—	210	—	—	—	210
	4160	624	1890	60	6734	4606	701	1362	55	6724



## STAFF MATTERS

During the year there were various changes amongst the laboratory staff. Dr. Dawson, whom I congratulate on obtaining his Ph.D. degree, was appointed senior research biochemist. Dr. Hullin, who also obtained his Ph.D., left in September, 1949, to take up a Fellowship at Leeds University. Mr. Douglas succeeded Mr. Boreham as research psychologist. Mr. Kibbler, Mr. Tyrrell and Mr. Ansell received grants for research from the Medical Research Council.

We were pleased to welcome to the hospital Dr. F. Grande, who was recently elected to the Chair of Physiology at Saragossa University. A man of charming personality and a brilliant research worker, he came to Whitchurch on a British Council grant to study modern methods of neuropsychiatric research. Unfortunately he could only remain with us some eight months.

Dr. M. Morgan and Dr. L. Davies were appointed Junior Registrars and Dr. E. Jones, House Physician.

Miss Jean Dumble, who joined the staff in 1910 and who was deputy matron and matron in charge of the male side of the hospital for many years, retired on pension early in 1949. It can truly be said of her that she was beloved by all the patients and staff and her going was the occasion of much regret. Miss N. Clayton also retired on pension early in 1949, after 28 years service as ward sister, and since 1934 as female occupational therapist. We take this opportunity of wishing both these officers many years of health and happiness in their retirement.

Miss A. Pugh was promoted to the position of Deputy Matron and Miss J. D. Ghaleb was appointed Chief Female Occupational Therapist.

The post of hospital engineer, vacated by Mr. R. E. Rogers, was filled by the appointment of Mr. N. Coy.

The nursing position continues to be satisfactory; there is a waiting list for male nurses and a steady flow of female student nurses continues to pass through the training school. A number of female part-time nurses are employed and give valuable service. As the admission rate has more than doubled in recent years the work of the hospital has increased in proportion. The work of the nursing staff especially continues to be of the highest standard and great praise is due to them and to the matron and her officers for the enthusiastic support they give to every project for the betterment of the patients. We are constantly receiving letters from patients who have left the hospital, conveying grateful thanks for the kindness and help they have received at the hands of the nurses. The domestic staff, the kitchen staff and the out-door staff have all continued to give of their best and to serve the hospital and its patients with cheerfulness and discipline.

I gave the usual course of lectures and clinical demonstrations in Psychological Medicine to Students of the Welsh National School of Medicine, and both my deputy, Dr. Spillane, and I teach throughout the year at the Psychiatric Outpatient Clinics held at the Cardiff Royal Infirmary. I also gave the usual course of lectures in normal and applied psychology to the pre-clinical students of the University College of South Wales and Monmouthshire.

To my medical colleagues, to the Secretary, Matron, Clerk of Works, Engineer and other heads of departments I wish to express my thanks for their loyal and valuable assistance to me in the administration of the hospital.

In conclusion, Madam Chairman, Ladies and Gentlemen, I would express to you my warmest thanks for your support and encouragement in all matters concerning the welfare of the patients and the interests of the hospital.

I have the honour to be,

Your obedient servant,

T. J. HENNELLY,

Physician Superintendent.



# LIST OF WORKS PUBLISHED FROM THE HOSPITAL SINCE ITS OPENING IN 1908

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"The Need for Chemistry in the Investigation of Mental Disease."—R. V. Stanford.—*Brit. Med. Jl.*, 1911.

"Pituitary and Suprarenal Growths in a Case of Insanity."—E. Barton White and H. A. Scholberg.—*J. Ment. Sci.*, July, 1911.

"Bacteriological Examination of Blood in General Paralysis."—E. Barton White *Annual Report, Cardiff City Mental Hospital*, 1911.

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## 1913

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Discussed in CROONIAN LECTURES, 1914 (delivered at the Royal College of Physicians, London.—E. Goodall):—

"Thyroid Administration in Mental Disorders."

"Effect of Special Diet plus Sodium Bromide in reducing Epileptic seizures."

"Effects of Intravenous Inoculation of Rabbits with blood serum and cerebrospinal fluid of cases of Dementia Paralytica and blood serum of cases of Dementia Praecox."

"Bacteriological Examination of Faeces in Cases of Acute Melancholia and Mania."

"Anaerobic Organisms in Faeces in Recent and Acute Mania and Melancholia; Agglutination Test and Opsonic Index."

"Leucocytosis in Mental Disorders."

"Qualitative Cell-counts in Blood in cases of Mental Disorder injected with Sodium Nucleinate."

"Employment of Leucocyte Extract in Mental Cases."

"The Precipitin Test in the Psychoses."

"Deviation in Complement Experiments."

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"Agglutination results with Dysentery Organisms."—Distaso, Scholberg and Goodall.—*J. Path. and Bact.*, 1919.

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# REPORT MADE BY TWO COMMISSIONERS OF THE BOARD OF CONTROL

WHITCHURCH MENTAL HOSPITAL,

25th MARCH, 1949.

This hospital, which we have today visited on behalf of our Board, continues to be administered upon progressive lines and to provide all the most modern forms of treatment for mental disorders. Some of the wards are still in use for general hospital purposes and in two of these male patients suffering from neuroses are treated.

The patients in residence today number 651—282 male and 369 female—of this total 384 are voluntary and two males are temporary patients. During 1948 there were no fewer than 648 patients admitted for treatment and 619 of these came in voluntarily while 11 others were in the temporary category. 563 patients, of whom 279 were regarded as recoveries, left or were discharged. These are most interesting figures and show what a large turn-over of patients there is in the course of a year at this hospital.

In the course of our tour of the wards and departments we believe we have seen all the patients in residence and we have talked to many of them. They were well behaved, neatly dressed and a large proportion of them actively occupied.

The wards are bright and cheerful and in a good state of repair. There were many flowers in the dayrooms and a good supply of books and daily papers. The furnishing is on the whole good but somewhat old fashioned and there is a real need for a large number of easy chairs.

A feature of this hospital is the amount of occupational therapy carried on. There are excellent departments on both sides, and in addition to the centres, craft classes take place in most of the ward dayrooms. On the physical training side there is a good gymnasium and there are four classes, two for each sex, with two sessions each a week under the supervision of a gym instructor on the male side and of the Occupational Therapist on the female side. On wet days the gymnasium is used for indoor games. Outdoor games include cricket and football and we should like to see bowls added. There is a bowling green already for the staff; another one laid out by the patients themselves would provide at first employment and later recreation. Entertainments are well organised. There is a weekly cinema and a dual projector has been acquired and will soon be in operation. Concerts take place every Saturday and sometimes on Sunday as well, while the Council for Music in Hospitals holds a monthly concert on Fridays. There is a Social Club Meeting on every Tuesday when there is dancing to the music of the radio-gramophone and games are played. There is an excellent clubroom part of which is to be used as the hospital library. This soon can also be used as an annexe of the new Canteen, which will open on the 1st April and which will provide refreshments for patients. We were interested to learn that the Cardiff City Librarian is likely to take over the organisation of the library here and will supply it with books.



A barber shop has been opened recently where all hair cutting is now done, and where the better patients are shaved. Shaving is done for all patients thrice weekly. The Beauty Parlour on the women's side is much used and a permanent waving apparatus is about to be added to its equipment.

We were glad to hear that patients in the better wards have individual clothing and that all patients are encouraged to wear their own garments. The purchase of dry-cleaning equipment is under consideration.

Extensive modernisation is going on in the kitchen. The walls and floors of the room containing the steamers are being tiled and the floor of the main kitchen is also to be tiled in the near future. Two new steamers have been put in.

Dinner today consisted of roast beef, roast potatoes, cabbage and macaroni pudding and was an adequate meal. The diet seems generous and well varied and we were glad to hear that all patients have a supper meal.

The present staff of nurses consists of 51 male and 71 female full time-nurses and 49 female part-time nurses. Seven men and nine women are always on duty each night. Seven of the female nurses are employed in nursing male patients. 21 of the men and 36 of the women are certificated or registered as mental nurses.

The mortality rate for 1948 was the comparatively low one of 5.7%, 15 men and 20 women having died. One of these deaths was due to accidental strangulation by a clothes rack and another was that of an epileptic who was suffocated during a fit. One inquest is recorded as having been held. Since the last visit seven fractures are recorded as having occurred from accidental causes.

This hospital, is now, as usual, free from dysentery and typhoid, but there was one case of Sonne dysentery in 1948. There have been five new cases of tuberculosis with four deaths from this cause. We found six male and four female cases of tuberculosis being treated in satisfactory circumstances and we were told that the local tuberculosis officer visits the hospital regularly.

The infirmary wards are well equipped and in common with all the ground-floor wards, have ample verandah space. There is throughout a good provision of clinical rooms. The clinical records which we examined were satisfactory and filed in well-designed folders.

Since the last visit no mechanical restraint or seclusion has been used but the consumption of sedatives appears to be rather high. One reason for this is that prolonged narcosis is in common use. Convulsive and insulin treatment are available and leucotomy has been performed in about 70 cases in the last eighteen months. The results are considered at present to be good. Electro-narcosis has been tried but has largely been discontinued owing to the poor results obtained.

There is an intimate connection with the Cardiff Royal Infirmary, the teaching school of the University and from here a Staff of Consultants is available as required. It is unfortunate that the hospital dental officer has resigned, as it is unlikely that the vacancy will be filled. Dental cases are however sent by ambulance to hospital and treated as out-patients.

There has been a further increase in out-patient work, four sessions a week are held at the Cardiff Royal Infirmary including Child Guidance work. Two visits a week are paid to St. David's Hospital (previously City Lodge) and once a week to Llandough Hospital. Twice a week, out-patients attend Whitchurch Hospital for Convulsive treatment. Mention should also be made of the Hostel for Maladjusted Children at Penarth for which since 1943 the staff here have provided psychiatric supervision.

We visited the various routine and research laboratories and the electro-encephalographic department. Dr. Richter is the Director of Research with a team of eight working under him.

Our visit to this hospital has been an interesting one and we should like to express our thanks to Dr. Hennelly and his Staff.

(Sgd.) I. COFFIN DUNCAN.

E. N. BUTLER

Commissioners of the Board of Control.





# ELY HOSPITAL, N. CARDIFF

ELY HOSPITAL, N. CARDIFF, N. WALES

ESTABLISHED 1881

The Hospital is situated on the Ely Road, N. Cardiff, N. Wales, and is one of the largest and best equipped hospitals in the South of Wales. It is under the management of the Cardiff and District Hospital Board.

The Hospital is a large and modern building, and is well equipped with all the latest appliances and instruments. It is a pleasant and comfortable place for patients, and is well situated for the convenience of the public.

The Hospital is open to all patients, and is a place of refuge for the sick and the suffering.

## ELY HOSPITAL (Ely, Nr. Cardiff)

Medical Superintendent: Mr. J. H. Jones, M.B., F.R.C.S.

Surgeon: Mr. J. H. Jones, M.B., F.R.C.S.

Physician: Mr. J. H. Jones, M.B., F.R.C.S.

Medical Officer: Mr. J. H. Jones, M.B., F.R.C.S.

Medical Officer: Mr. J. H. Jones, M.B., F.R.C.S.

### VISITING STAFF

Mr. J. H. Jones, M.B., F.R.C.S.

Mr. J. H. Jones, M.B., F.R.C.S.

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Mr. J. H. Jones, M.B., F.R.C.S.



### OFFICERS

<i>Medical Superintendent</i>	...	...	E. MERVYN JONES, M.R.C.S., L.R.C.P., D.P.H.
<i>Matron</i>	...	...	Miss V. BUNSTONE, S.R.N., R.M.P.A.
<i>Administrative Officer</i>	...	...	C. TOWNER
<i>Engineer</i>	...	...	W. H. COX

### VISITING STAFF

<i>Consulting Physician</i>	...	...	IVOR J. DAVIES, M.D., F.R.C.P.
<i>Consulting Surgeon</i>	...	...	H. M. GRANT, M.B., F.R.C.S.
<i>Consulting Gynaecologist</i>	...	...	PROFESSOR G. STRACHAN, M.D., F.R.C.P., F.R.C.S.
<i>Consulting Ophthalmologist</i>	...	...	J. W. TUDOR THOMAS, M.D., D.Sc., F.R.C.S.
<i>Consulting Otorhinologist</i>	...	...	HECTOR THOMAS, M.B., F.R.C.S.E.
<i>Visiting Dentist</i>	...	...	F. SAVAGE, L.D.S.

## ELY HOSPITAL, ELY, CARDIFF

TO THE CHAIRMAN AND MEMBERS OF THE WHITCHURCH AND ELY  
HOSPITAL MANAGEMENT COMMITTEE.

I have the honour to present the first Annual Report for the year ending 31st December 1949, being the first report to be submitted to the Committee since the hospital was transferred to the Minister of Health.

The Ely Hospital was established in 1862 as a Poor Law Industrial School for Orphaned Children. It may interest the Committee to know that Alexander Hess, father of Rudolph Hess, was at one time 1st Schoolmaster in this school, under the Mastership of Mr. John Russel Harris. We have a photograph of the "Ely Course Cricket Club-1890-1894," presented to the Institution in 1942 by the Master's son, Mr. Ivor B. Harris, in which Hess appears as a member of the team. Hess later dissappeared from Ely, and it was not until the last war that it was known that he had fled the country and gone to Alexandria.

In 1903 the school was transferred to an adjacent site and the Institution was used as a workhouse. It was officially named "Ely Lodge," although the popular name, "Ely Homes," still clings to it, and the hospital is still referred to as such by many people who have come to know it as a place of refuge for the aged and the permanently mentally afflicted.

Although the outer appearance of the hospital is thought by many to be forbidding, and, because it has always housed as many people as it is capable of accommodating, the interior is of necessity somewhat bare, it is "home" to those who cannot live in the world outside, and to those so unfortunate as to lose both home and family—for we have many patients, both young and old, entered on our books as having "no home" and "relatives unknown."

This institution is one of the few in the country which was able to keep its small non-certified, or "infirm" population, so that aged people who had lived here all their lives were not driven out to strange establishments to be cared for by people strange to them.

The Ely Hospital has a reputation for the care of the aged and bed-ridden, of which the Committee may be justly proud. It may be mentioned here that the National Health Service at present makes little provision for elderly persons whose physical infirmities render them unable to look after themselves. The acute housing shortage and almost total lack of domestic help and amenities, such as laundering, in many cases make it impossible for them to live alone or to be cared for by their relatives. Only when their mental condition becomes such that they are incapable of managing their own affairs, can they obtain the care and nursing attention they need: and it would appear that many people are all too frequently brought to this state of mental stress by these conditions.

I am glad, therefore, to note that the Ministry of Health is now planning a geriatric service for persons suffering from mental infirmity due to age. If this service can be made available to the aged whose immediate need is for a short period of skilled nursing treatment that cannot be given at home, it will mean that many old people will be able to return to their families,



and to enjoy some additional years of home life, and take part in those activities still open to them. It would appear more sensible that the benefits available to those in mental hospitals should be applied before the need is so urgent as to call for certification. If the increasing population of aged and lonely people can be educated to use this service before their need is extreme, perhaps the number of aged persons who die alone and unattended and possibly for want of treatment, will cease to be.

The Ely Hospital contains 515 beds, approximately half of which are occupied by Senile Dementia cases and half by cases of Mental Deficiency. The division of the sexes is also in a 50% ratio. Cases of Senile Dementia are first certified at St. David's Hospital, Cardiff, and then transferred to Ely Hospital. Mental Deficiency cases are received primarily from the Cardiff Area, but some come from other parts of Wales.

The Female sick wards, which are comparatively recent additions to the hospital, are bright and airy. Since the war it has been possible to change the old green colour scheme in the wards and to introduce cream painted walls, thus giving an atmosphere of light.

The two new Children's blocks it is proposed to build on land lately allotted to the hospital, and adjacent to it, will effect a much needed improvement in the accommodation for children, and will give more space in the main building for ambulant cases, both adult mental defectives and senile patients.

The Male and Female Occupational Therapy departments in this hospital have been in being for the past 20 years, and continual progress is being made in the training of mental defectives. During the past year we have been able to equip a room as a Nursery Schoolroom for children. Also it is proposed to build a new workshop for the male patients who are at present working in very cramped and adverse conditions.

These two departments provide occupation and training for all who are able to benefit thereby. Here the most important work is done for the Mental Defective. The training received here enables some to proceed on leave of absence on Licence, and a few to take employment and partly support themselves. Others are employed in various capacities in the hospital itself.

Also through these departments are provided the main recreational activities. We have a company of Rangers who are taken to camp each year. We are much indebted to the Guides Association for the help and facilities willingly given to enable these camps to be held. The Rangers are the only extension Rangers Company in South Wales.

During the summer months the patients play outdoor games; classes for physical exercise are taken out of doors. These activities lead up to the annual Sports Day, usually held in June, which provides an opportunity for all to display their prowess. Music is given partly by the Patients' Band and physical culture displays by both Guides and members of the former Scout Troop. Everyone collects a prize, and it is the custom to receive a reward for taking part. The items are arranged with special regard for the disabilities of the competitors, and the results are sometimes surprising—as when the most lethargic patient proved to be unbeatable at musical chairs. An enthusiastic audience at these events is provided by all patients able to leave the wards.



The older people are catered for with bus trips ; one or two being held each summer. During the winter there are patients' dances and concerts, visits to the cinema, Pantomime and football matches. Lately much pleasure has been given by a party of Carol Singers who visit the wards one evening during Christmas week.

A more serious aspect of our activities are the religious services held by the Church of England, Nonconformist and Roman Catholic chaplains each week. The chaplains also visit the patients weekly and are a great source of comfort to those without relatives or friends to visit them. The festivals of the Church are celebrated, in particular the Good Friday Service, the Harvest Festival and the Christmas Carol Service.

The hospital can be regarded as a vast house containing a family of some 500 persons of all ages. These must be catered for in every way as members of a family—fed, clothed and occupied with such tasks as they can manage. Every department that can provide suitable occupation is of great value to the able-bodied patient, and in turn the hospital owes much to the many patients who daily perform regular tasks during their lifetime here. Indeed, the Institution was at one time in many ways self-contained. The land and gardens, the stables, kitchens, laundry, workshops and sewing room provided employment and helped to maintain the whole, whilst the Racecourse and the woods adjoining provided ample terrain for outdoor recreation. Today the hospital is becoming more enclosed as the suburb of Ely grows, and future expansion will be curtailed. We are, however, much indebted to the Cardiff Parks Committee for permission to use the Cricket and Football pitches on the Racecourse.

## STATISTICS

The hospital has 515 beds divided as follows :—

Male	...	...	226
Female	...	...	238
Children—16	...	...	
Male	...	...	30
Female	...	...	21
			—
Total	...	...	515
			—

On the 31st December, 1949, the population of the hospital was as follows :—

		Male	Female
Persons of Unsound Mind	...	104	139
Mental Defectives+16 years	...	116	68
— 16 years	...	38	16
Non-certified	...	12	—
		—	—
		258	235
		—	—

Thus there were 493 patients resident in the hospital on the 31st December, 1949. The daily average number of persons resident during the year was 487. Of these, 187 males and 131 females have been resident for five years and over. Five men and five women have been resident since 1914.



70 persons of Unsound Mind (24 males and 44 females) and 26 Mental Defectives (18 males and 8 females) were admitted during the year.

There were 62 deaths as follows :—

	Average Age
18 Male Persons of Unsound Mind ...	70 years
33 Female Persons of Unsound Mind...	75.7 „
4 Male Mental Defectives ...	31 „
6 Female Mental Defectives ...	24 „
1 Male Non-certified Patient ...	80 „

19 persons were discharged during the year, 9 mental defectives and 10 persons of Unsound Mind. Their average stay in the hospital was just over 12 months. Of the Mental Defectives, 6 were discharged to relatives and 3 to other institutions. Of the Persons of Unsound Mind, 2 were transferred to other Institutions and 8 to the care of relatives.

On the 31st December, 1949, there were 19 male and 12 female Mental Defectives on Licence from the hospital, of whom 9 males and 6 females were in employment.

## TREATMENT

The Hospital receives cases of Senile Dementia and Mental Deficiency. All are certified. The average of the Persons of Unsound Mind admitted during the year was 73 years—the oldest being 90 years of age. The average of the Mental Defectives admitted was 22 years—the youngest being 5 years of age.

Of the Persons of Unsound Mind admitted, all except 3 were senile demented. Of the Mental Defectives, the majority were low and medium grade imbeciles. There were 12 Feeble Minded Persons admitted.

The main treatment for the senile is nursing attention. In a few instances the regular life and freedom from responsibility results in an improvement. These are discharged to their families when the relatives can look after them. Those who have nowhere to go, and for whom there are no vacancies in hostels, remain as non-certified patients.

Treatment for the Mental Defective consists of the unceasing effort to enable them to live as useful and pleasant a life as possible. Of the high grade feeble-minded, very few are received, and most are eventually transferred to other institutions, or proceed on Licence to relatives or employers. Of the Imbeciles, some receive their earliest training in the hospital. Some are taught to walk and talk, to wash and dress. 12 children form the Nursery Group class which receives  $4\frac{1}{2}$  hours training every day for 5 days a week in such subjects as table manners, sense training and recreational P.T.

13 children receive  $4\frac{1}{2}$  hours instruction for 5 days a week in Reading, Arithmetic, Recreational P.T. and Simple Handicraft.

There are also lower and higher occupational handicraft sessions for patients over the age of 16 years, and an advanced handicrafts class which includes Domestic Training, Recreational P.T., Games and Folk Dancing.



The National Association for Mental Health sends an average of 3 students a year to train in this department.

60 patients attend the male Occupational Therapy workshop, where they are instructed in Carpentry, Cabinet-making and the production of rugs, mats, toys, baskets and mattresses. They also have Cricket, Football and Baseball teams. From these patients are drawn the members of the band who perform at the annual sports and who play in the wards occasionally during the winter. They also provide a team which gives a display of physical exercise and gymnastics.

Finally there is one respect in which the mentally defective patient receives from the hospital the greatest benefit that can be bestowed upon him. It enables him to find, and, particularly in the case of children, to enjoy, the companionship of his own kind. This is a fact not always sufficiently appreciated, and it cannot be too heavily stressed that no greater service can be performed for the patient who is unsuitable for discharge, for whatever reason, than to help him to lead as happy a life as possible within the limitations imposed on him by the mental affliction which has led to him being resident in a hospital such as this. Occasional leave and holiday treats are a benefit and a delight to these patients. On the other hand it is unwise to encourage hopes of discharge unless it is certain that they can be fulfilled.

**DENTAL.** The Dental Surgeon paid alternate weekly visits to the male and female sides during the year, giving attention where required. We are very fortunate in retaining the services of such an officer at the present time.

**OPHTHALMIC.** The patients needing glasses attended the Optician and were referred, where necessary, to the Ophthalmic Surgeon.

**CONSULTATORY.** The Consulting Physician visited the hospital weekly during the year. Patients requiring surgical treatment, X-ray and Orthopaedic treatment are referred to St. David's Hospital or to the Llandough Hospital where necessary.

**LECTURES.** Clinical lectures on Mental Deficiency have been given to Medical Students and Post Graduate Students from the Welsh National School of Medicine and to Nurses qualifying for the Health Visitors Certificate, during the year.

#### **STAFF MATTERS**

At the end of 1948, Miss L. M. Whitaker, Matron since 1944 and previously Deputy Matron, retired from the service after 28 years on the staff of the hospital. Miss V. Bunstone, S.R.N., R.M.N., was appointed Matron in 1948.

It is with great regret that I report the death of Miss Elizabeth Ann Whitney, member of the staff for 28 years. Miss Whitney died in the hospital on the 5th January, 1950, on the eve of her retirement.

On the 17th January, 1949, Mrs. Phyllis Calcutt, R.M.N., R.M.P.A., joined the staff as Night Sister in Sole Charge.



On the 31st May, 1949, Deputy Charge Nurse Sidney Way retired after 35 years' service, and on the 31st July, 1949, Ward Sister May Way retired after 32 years' service.

We are still experiencing a shortage of trained nursing staff, and without the employment of ward orderlies on both male and female sides the hospital could not be maintained. These are employed on both full and part-time duties and are of great assistance.

I would like to take this opportunity of expressing my appreciation of the manner in which all nursing staff, and other staff who work with mental patients, have performed their duties, and to commend their unfailing patience and enthusiasm for work which is at once so arduous, so trying and so unproductive of appreciable results ; where it can be hoped only to improve—never to cure.

Of the unqualified nursing staff, all have had previous experience in other mental hospitals and institutions. Some have a record of 20 years' service and more at this hospital. They entered the service when the hours worked were 56 a week and the average remuneration was £50 per annum and emoluments for women, and £3 12s. 0d. for men per week. Also in their day financial aid for the training of students had not been introduced. It is doubtful if we shall again see so much work performed for such meagre reward. These older members of the staff are gradually retiring and leaving the service to which they have devoted a life-time. The practical experience gained from their work with the mentally afflicted patients in their care is a qualification which can be gained in no other way and is an asset to the hospital.

I am grateful to the heads and staffs of all the departments for their co-operation during the year ; the Maintenance, Kitchen and Laundry staffs, to whom fall all the difficulties occasioned by post-war stringency and present-day economies. No praise can be too high for the administrative staff ; it is to their credit that, without being augmented, they have successfully coped with the changes necessary in the new regime. However, the time cannot be too far distant when additional staff will have to be employed to carry out the increased clerical work involved.

In conclusion I wish to express my own appreciation and that of all the members of my staff concerned for the ready co-operation afforded to us at all times by the Secretary and Staff of the Whitchurch Hospital, with whom we now form Group 16.

Finally, Mr. Chairman, Ladies and Gentlemen, I wish to thank you for your support during the year past.

I remain,

Your obedient Servant,

E. MERVYN JONES,

Medical Superintendent

Ely Hospital, Ely, Cardiff.

## REPORT OF THE INSPECTOR OF THE BOARD OF CONTROL

ELY LODGE HOSPITAL, ELY CARDIFF.

16th November, 1949.

This Institution is designated as a mental hospital and directed to be used as a mental deficiency institution. The number on the books at present is 521, of whom 493 are in residence.

These numbers comprise :—

	Males	Females
Under the Lunacy Acts ... ..	103	140
Under the Mental Deficiency Acts ...	171	95
Place of Safety ... ..	2	—
Uncertified ... ..	—	12

The 12 uncertified women include patients formerly living here who suffer from physical handicaps which would have made their removal unfortunate (crippled, blind, etc.) Apart from this group all the inhabitants of this hospital are here on account of mental defect or mental disorder.

30 mental defectives (19 men, 11 women) are absent on licence, and five (three male, two female) on holiday leave 52 of the mental defectives are under 16 years of age (38 boys, 16 girls) and the majority of these attend school daily. Miss Brown is in charge and, with the help of an assistant and a student, organises the school in four sections, according to age and ability.

Classification of patients in the wards is based on age, physical condition and mental grade. Thus throughout the hospital (except in the children's wards) patients under the Lunacy Acts will be found living together without any undesirable effects. Wards are comfortable and informal in character and the patients had the air of being "at home". Especially marked was this in the quarters set apart for the aged. Sick wards on each side were bright and airy.

Able-bodied patients evidently enjoy taking their part in the upkeep of the hospital and many of them, in addition, attend occupational classes. Concerts are provided and many patients attend cinemas in the town.

11 acres of land adjoining have been allocated to the use of the hospital and it is proposed to erect a Nurses' home and Children's section on the site.

Of the 94 deaths recorded during the period between April 20th, 1948 and November 15th, 1949, 66 are due to senile dementia. The hospital has been remarkably free from infectious disease, tuberculosis being the only such disease recorded. During the same period four patients have died from this disease and one woman is at present under treatment. No inquests have been held. Eight cases of fractures have been reported. An X-ray examination was held in each case.



Seclusion has been used for certified patients as follows :—

Mental Deficiency Acts	...	3 female on 3 separate occasions		
		1 male on 4	„	„
Lunacy Acts	...	1 male on 3	„	„
		2 female on 1	„	„

During the period under review, the following admissions have been made :—

Mental Deficiency Acts	...	31 male + 15 female—Total 46
Lunacy Acts	...	38 male + 59 female—Total 97

The nursing staff included 23 male and 40 female nurses—all full time. Ten of the men and 20 of the women are nursing assistants.

Dr. Mervyn Jones and the Matron accompanied me throughout my visit and gave me every help.

MARGARET McFARLANE,

Inspector of the Board of Control.