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Contributors

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Forty-sixth Annual Report

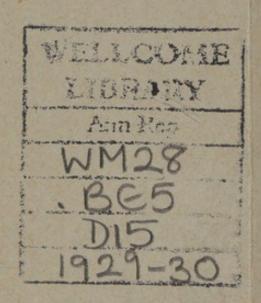
OF

DALRYMPLE HOUSE RICKMANSWORTH

HERTS.

For the treatment of Male
Patients suffering from
Alcohol or Drug Excess

1929-30



DALRYMPLE HOUSE RICKMANSWORTH HERTS.

FORTY - SIXTH ANNUAL REPORT

(Adopted and ordered to be printed at the Annual General Meeting of the Homes for Inebriates Association, held at 8 St. James Square, London, S.W., on Monday, 3rd March, 1930



1929 - 30

Founded in 1883 under the auspices of

President:

EARL OF SHAFTESBURY, K.G.

Vice-Presidents:

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THE ARCHBISHOP OF YORK

THE BISHOP OF CARLISLE

THE BISHOP OF DURHAM

THE BISHOP OF GLOUCESTER

THE BISHOP OF HEREFORD

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F. A. STRIKE

H. LANGFORD LEWIS

E. O. SAVIGNY

F. A. M. VINCENT, C.I.E., C.B.E.,

M.V.O.

Resident Medical Superintendent:

Dr. F. S. D. HOGG

THE CEDARS, RICKMANSWORTH

TELEPHONE - 16 RICKMANSWORTH

Honorary Solicitor:

I. SWINFORD FRANCIS

Audit Committee:

H. LANGFORD LEWIS

F. A. STRIKE

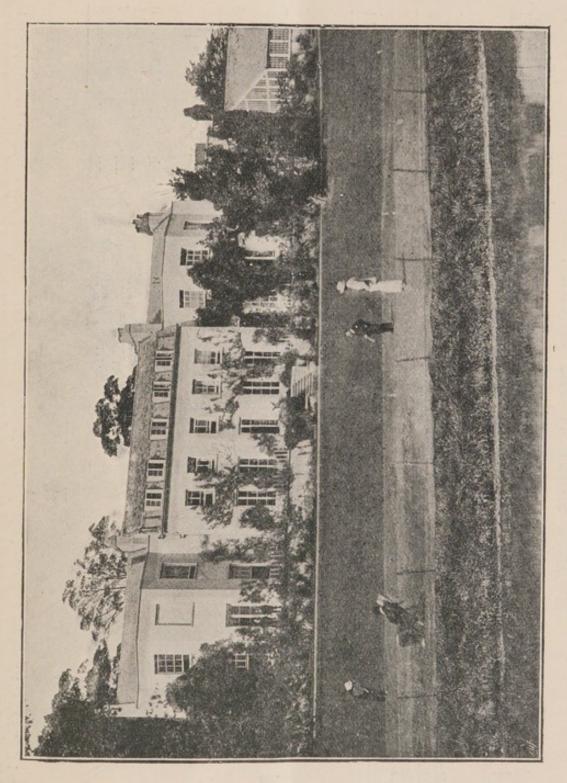
Auditors:

R. BARLOW TYLER, F.C.A.

F. A. STRIKE

Secretary:

J. SWINFORD FRANCIS, 173 MARYLEBONE ROAD, N.W.1.



DALRYMPLE HOUSE, RICKMANSWORTH, HERTFORDSHIRE.

THE HOMES FOR INEBRIATES ASSOCIATION.

BALANCE SHEET AT 31st JANUARY, 1930.

To

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	£ 4905			361		847	10	9.6	20		27				550		986				
ASSETS.	By Dalrymple House :— \pounds s. d. Balance at 31st Jan. 1929	Improvements:— Balance at 1st Feb. 1929 380 9 2	Less Depreciation at 19 0 5		Furniture and Utensils :-	Balance at 1st Feb., 1929	LESS Depreciation at 10 % p.a.	Sundry Debtors :-	Expenses paid in advance			Poultry	Investments :	£500 3½% Conversion Loan at Cost	Cash:— Denosit A/c. Rickmansworth	Surrent ,, ,,	:	current A/c, Loudon			
LIABILITIES.	- £ s. d. £ s. d. By 3879 9 11	r 3 0 0 3882 9 11 ",	0 9 61	pairs 250 0	Dalrymple House Account : 3001 16 9	nding co. 1	31st Jan., 1930 89 15 5		192		and the same of th	A		37.		101				£7724 0 2	

I have audited the Books and Accounts of The Homes for Inebriates Association for the year ending 31st January, 1930, and certify same to be correct. In my opinion the above Balance Sheet is properly drawn up so as to exhibit a true and correct view of the state of the Association's affairs according to the best of my information and the explanations given me and as shown by the Books.

(Signed) R. BARLOW TYLER, Chartered Accountant 86-88 Queen Victoria St., London, E.C.4

Dalrymple House, Rickmansworth.

Report of the Medical Superintendent for the Year ending 31st January, 193026 MAY 30

GENTLEMEN,

During the past year there have been 105 patients admitted, of these, 5 placed themselves under the provisions of the Inebriates Act; the remaining 100, referred to as "Private patients," entered without any legal formality.

A large majority came for treatment for alcholism only, there were two who had a drug habit (one opium and the other morphine) in addition to alcohol abuse: and there were 5 who were drug addicts without any drink complication: of these one took Heroin and the remainder Morphine.

One of the last group was admitted here under my care 24 years ago; at that time he was a young man who had no desire to be cured and made no attempt therefore to assist in his cure, and I discharged him as unsuitable. He has since then continued his habit, although he had been under treatments in various parts of the world, including a prison in this country where, so he stated, he was able to obtain drug supplies, I readmitted him as he appeared to be most anxious to get rid of his habit, and this was effected in a few weeks' time.

The Heroin addict remained here only a few days, urgent private affairs necessitated his return to his home. The remaining Morphine cases were weaned from the drug in one to three weeks without difficulty.

Among the Alcoholics, although of course many were ill on arrival, they, as is usually the case, rapidly recovered and remained in good health. There were no cases during the year of subsequent serious illness, though one who was suffering from Duodenal ulcer was still on a restricted diet on his discharge. Four were in Delirium Tremens on admission, they all recovered. One on admission was found to be suffering from a very serious heart affection, as he required day and night nursing and could not afford the expense of special nurses, he returned to his home a few days later. One man had been my patient here 30 years previously and until a short time before admission had abstained from alcohol. As he came to me soon after his relapse, quite a brief period of treatment was sufficient to put him on his feet again. One who is

included as an admission cannot be classed as a patient, but as an ex-patient. Being a bachelor, and having no home or ties, he likes to spend his holidays here.

As in past years, there have been former patients readmitted and many who have undergone various cures at home, or in institutions, have been received.

When the cause of relapse or failure has not been due to an insufficient period of treatment, it has been very frequently the result of over-confidence and the belief, or hope, that liquor can be taken in moderation, that one drink won't hurt, or that all will go well if spirits are avoided. I try to impress on all patients that those who have reached a condition necessitating their seeking treatment here can never take any alcoholic liquor with impunity. They *must* be total abstainers, and must avoid alcohol, just as the Diabetic has to avoid sugar. A negligible percentage of such persons are able to take beer or wine without grave risk of a serious relapse.

There were 106 patients discharged, 100 were private patients, and 6 who had been under the Inebriates Act.

Two patients have been away on leave of absence under the Act; one is now discharged, the other has been for some months, and is still on leave, and is following his profession. As I receive very good reports about him, I do not anticipate there will be any necessity for him to be readmitted.

The average length of residence among those discharged, excluding one patient who had made this his home for about nine years, was six to seven weeks.

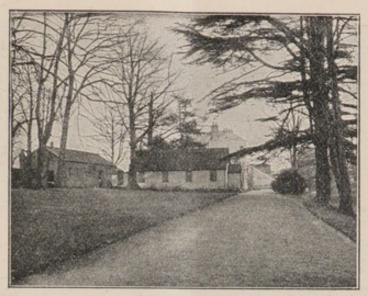
There have been a certain number who could only make a very short stay here: they were mostly professional or business men who considered it imperative that they should return to their various vocations at the earliest possible moment, and were unfortunately unable to give themselves a fair chance of recovery. As a consequence some have been readmitted during the year.

In an appendix I place, as usual, a table showing the year's admissions and discharges, and I include from my report for the year 1918-19 some particulars concerning a number of those discharged.

I am, Gentlemen,

Your obedient Servant,

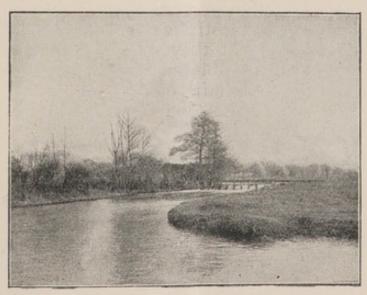
F. S. D. HOGG.



CONCERT ROOM.



ISLAND AND BOATHOUSE.



EAST VIEW FROM ISLAND.



VIEWS IN GROUNDS.





VIEW OF THE HOUSE FROM THE ISLAND.

APPENDIX.

Some particulars concerning a group of patients consecutively discharged. Reprinted from the Report for the year 1918-19

discharged. Reprinted from t	
Number of Patients :-	Previous Residence
Under the Act 629	of Patients (Continued) :-
Private 1016	Russia 3
	Scotland 83
1645	Straits Settlements 6
Term of Residence :-	Switzerland 3
	United States 11
12 months and longer 209	Wales 38
9 ,, ,, 72	West Indies 1
8 ,, ,, 32	
7 ,, 4	1645
6 ,, ,, 263	Education :
5 ,, 54	College 416
4 ,, ,, 82	Good 1166
3 ,, ,, 528	Elementary 63
2 ,, 99	Dichicitary oo
$1\frac{1}{2}$, 53	1645
1 month or less 249	Marriage :-
1645	Married 856
	Single 679
Age :—Between 17 and 20 years 1	Widowed 110
" 20 and 30 " 216	7015
" 30 and 40 " 636	1645
" 40 and 50 " 524	Occupation :—
" 50 and 60 " 217	Accountants 19
" 60 and 70 " 47	Agents 8
" 70 and 80 " 4	Artists and Theatrical 22
	Architects 10
1645	Auctioneers 4
	Bankers 12
Average age of all Patients 37.8	Barristers-at-Law 24
	Builder 1
Previous Residence of Patients :-	Cable Official 1
Africa (East) 3	Caterer 1
Africa (South) 32	Chemists 17
Africa (West) 1	Civil Servants 35
America (Central) 2	Clerks 88
America (South) 25	Clerks in Holy Orders 35
Australia 13	Commercial Travellers 19
Borneo 1	Company Directors 4
Canada 20	Confectioners 7
Channel Isles 9	Contractor 1
China 1	Corn Broker 1
Egypt 4	Dentists 7
England—London 493	Distillers, Brewers, &c. 36
Provincial 739	Drapers 12
France 19	Engineers 63
India, Cevlon, Burmah 3)	Engravers 2
71.1	Farmers (Market
T11 02	Gardeners, &c.) 79
	Garage Proprietor 1
Jack	Grocer 1
Madagascar l New Zealand 8	Horse Trainer 1
Donale	Hotel Proprietors 12
Persia I	Trotter a reprietors

Occupation (Continued):	Associate Habita (Continued)
Occupation (Continued) :— House Decorators 3	Associate Habits (Continued) :—
Jewellers 3	Paraldehyde 7
Journalist 21	Sulphonal 6
Land & Commission	Tobacco 1518
Agents 7	Trional 4
Librarians 2	Veronal 13
Manufacturers 82	L
Marine Merchant Service 14	Drinking Habits :—
Medical Practitioners 130	Regular 1104
Merchants 178	Periodical 495
Military Officers 91	
Naturalists 2	Frequency of Periods :-
Naval Officers 14	Every week 8
No occupation 380	" 2 weeks 12
Planters 14	,, 3 ,, 20
Photographer 1	,, 4 ,, 47
Professors of Music 9	,, 6 ,, 10
Publishers 5	" 2 months 39
Railway Official 1	,, 3 ,, 16
Rancher 1	,, 4 ,, 3
Secretaries 3	,, 12 ,, 3
Schoolmasters, Tutors, &c. 29	Very irregular 338
Ship Owners 5	All the second s
Shopfitter 1	496
Solicitors 63	Delirium Tremens :-
Stockbrokers 22	Patients who have had I attack 258
Students of Medicine 14	9 attacks 119
Students in Law 3	" 3 26
Surveyors 4	4 6
Tailors 8	5 2
Tea Traders 4	6 5
Tobacconists 2	, , , , , , , , , , , , , , , , , , ,
Veterinary Surgeons 3	,, ,, 13 ,, 12
Underwriters 3	Marin and the second second
7045	429
Family Wistons 1645	Ordinary Habits :-
Family History :—	Described as Social 1570
Insanity or Insanity and Inebriety	Solitorr 75
in about 11 per cent. Inebriety	" Solitary 19
in about 50 per cent. Temperament:—	1645
37. 000	Kind of Inebriant used :-
Nervous 993 Nervo-Sanguine 250	A1-i-41-
Passionate 33	Absinthe 2
Phlegmatic 113	All Spirits 264
Sanguine 256	Beer 44 Beer and Spirits 290
Dangume 200	A CONTRACTOR OF THE CONTRACTOR
1645	
Associate Habits :	0. 10
Bromidia 2	
Cannabis Indica 3	7777
Chloral 16	Wine and Spirits 109
Chloroform 1	Various 166
Chlorobrom 1	100
Cocaine 26	1645
Heroin 6	1
Morphia 82	Assertage of time addicted in all
Morphia and Cocaine 21	Average of time addicted in all
Opium or Chlorodyne 27	cases: 9 years.

Previous Residence in other	Complicating Diseases (Cont.) :-
Similar Institutions :—	Constipation chronic 57
Once 267	Cystitis 1
Twice 123	Delirium Tremens 7
Three times 35	Delusional Insanity 14
Four times 12	Dercum's Disease 1
Five times 7	Diabetes 11
Six times 7	Duodenal Ulcer 1
Insane Asylum 14	Dysentery (chronic) 2
Exciting Cause :-	Description (character) 10
Ill-health 187	Taxana 0
Influence of occupation—	Describedade Calles 0
Commercial travelling 14	E-th
Wine & Beer Merchants 33	Tilantina IV: Janeary 0
C-441- C-1	T (P
01 :11:6	Gall Bladder (Suppurating) 1
	Gangrene 1
	General Debility 56
	General Paralysis 1
Rubber Works 1	Glycosuria (Intermittent) 6
Jobmaster 1	Gonorrhœa 13
Journalists 9	Gout 21
Theatrical 2	Hæmorrhoids 16
Injury 31	Hemiplegia 5
Nervous Shock—	Hernia 3
War Service 34	Hyperidrosis 1
Domestic trouble 133	Hypochondriasis 3
Business worry 112	Hypothyroidism 3
Fight with Madman 1	Hysteria 6
Financial loss 15	Keratitis 1
No occupation 52	Menière's Disease 5
Not assigned 80	Migraine 7
Overwork 77	Morbus Cordis 47
Rum Ration in Navy 1	Nasal Polypus 3
Sexual excess 6	Œsophageal Stricture 1
Sociability 802	Ozœna 1
Air Raids 1	Perforating Ulcer 1
	Phlebitis 3
1645	Phthisis 12
Complicating Diseases :—	Pneumonia 4
Adenoids 1	Progressive Muscular Atrophy 1
Abductor (Laryngeal)	Prostatitis (acute) 2
Paralysis 1	Pseudo Ataxy 2
Abscess of Antrum 3	Psoriasis 13
Alcoholic Convulsions 17	Pulmonary Thrombus 1
Alcoholic Neuritis 77	Pyelitis 1
Amblyopia 13	Rectal Abscess 1
Amnesia 2	Remittent Fever 9
Anal Fistula 7	Renal Colic 1
Ant: Poliomyelitis 3	Renal Disease 48
Appendicitis 3	Rheumatism (chronic) 27
Asthma 23	Retinal Hæmorrhage 2
Bronchitis (acute) 2	Rhinitis (chronic) 10
Bronchitis (chronic) 17	Sciatica 2
Cataract 1	Syphilis 32
Caries of Rib 1	Trigeminal Neuralgia 2
Cellulitis 1	Urethral Stricture 9
Cirrhosis of Liver 14	Varicocele 1
Colitis, Ulcerative 2	Vesical Tuberculosis 1
Congenital Tremors 2	Xeroderma Pigmentosa 1
Congenitur Fremoit III	

Discharged :-	Re-admitted 182
Efflux of time 1419	
Further treatment	After-History :-
unnecessary 31	per cent.
Illness 36	Abstaining about 40
Unsuitable for treatment 68	Improved ,, 6
Urgent private affairs 91	Not improved ,, 22
	Insane " 2
1645	No news obtainable
	or dead ,, 22
Average length of period under	Discharged unsuitable
treatment of all patients dis-	for treatment or trans-
charged, about 201 weeks.	ferred elsewhere " 6

ADMISSIONS AND DISCHARGES OF PATIENTS DURING YEAR ENDING 31st JANUARY, 1930.

Undischarged Jan. 31st, 1929, under Inebriates Act	4	Discharged under Inebriates Act	6
" Private Patients	10		100
Admitted under the Act	5	Undischarged Jan. 31st, 1930, under Act	3
" as Private Patients	100	Undischarged, Private Patients	10
Total	119		119

DALRYMPLE HOUSE, RICKMANSWORTH, HERTS.

Telegrams: "CEDARS, Rickmansworth." Telephone: 16 Rickmansworth.

LICENSED UNDER THE INEBRIATES ACTS, 1879-99.

Train Service from London: L.N.E. Ry. (Marylebone), half-an-hour; Met. Ry. (Baker St.), and L.M.S. Ry., via Watford.

Dalrymple House is in the Uxbridge Road, and is 10 minutes walk from the joint Great Central and Metropolitan Railway Station, where Cabs are obtainable, and 15 minutes walk from the London and North Western Railway Station, where Cabs can sometimes be obtained.

By road, 20 miles from London, 4 miles from Watford, and $7\frac{1}{2}$ miles from Uxbridge.

Established in 1883 for the treatment of gentlemen suffering from alcoholism or a drug habit who are desirous of a cure, by an Association of prominent Churchmen, Medical men, Members of Parliament, and others interested in the Temperance question. Profits, when any, are spent on improvements for the benefit of patients.

The house is surrounded by about six acres of charming grounds, beautifully situated on a finely wooded terrace on the bank of the river Colne. There are twenty bedrooms for patients (each patient having a room to himself), a Reading room well supplied with newspapers and large Library, Writing room, Billiard room with full sized table, Dining room, and Dark rooms for photography. In the grounds there are a hard Tennis court, full-sized Croquet lawn, large Workshop, Concert room (organ and piano), and facilities for Quoits. Gravel soil. Hunting, Golf (Moor Park, Sandy Lodge, etc.) Cricket and Fishing can be obtained in the neighbourhood.

Patients received PRIVATELY also voluntarily UNDER THE ACT. The insane or those suffering from phthisis or infectious diseases cannot be received.

TREATMENT.—Alcohol Cases.—Alcohol is given at first to those who require it; after the first two or three days it is rarely demanded.

In Drug Cases.—The almost invariable rule is gradual reduction.

Further treatment, which varies according to the case, condition, cause, complicating complaints, etc., is carried out; the aim of treatment being to restore a man to health as rapidly as is consistent with a minimum of discomfort, to help him to exercise self-control and to cultivate his power of resistance, and to make him realise that part of his cure lies in his own hands and that total abstinence from alcohol and drugs is an absolute necessity.

The period of treatment varies according to the case, duration of trouble, state of mental and physical health, and amount of existing will power; it is generally impossible to determine this point until the case has been studied. Patients range from those of a strong constitution with a quite recently contracted habit, who require merely three or four weeks to set them up again, to others who have been drink sodden for years, periodically or continuously, for whom a year or more is necessary before it can be hoped that self-control can be established.

Generally speaking a two to three months' treatment is essential, while the longer periods are for the more severe conditions

Occupations and games, preferably outdoor, are encouraged, and it is almost invariably found that he who busies himself and occupies his time, increases his chance of success, and incidentally adds to his enjoyment of life.

With regard to liberty to leave the grounds, patients are treated individually. In the case of some, a considerable amount of freedom may be safely given a few days after admission, and the large majority can be given parole after two or four weeks' residence.

PRIVATE PATIENTS and those UNDER THE ACT.—There is no distinction made as regards Rules, Terms, Accommodation, Diet, etc., between these classes.

Those who place themselves under the Act must remain in residence until the expiration of the period signed for, unless previously discharged or permitted to go away on leave of absence under the Act.

Private patients can leave when they wish.

METHOD OF ADMISSION UNDER THE ACT.—The patient must sign a request for admission, for any period not exceeding two years, in the presence of a Stipendiary Magistrate, or, better still, and without any publicity, before any Justice of the Peace, at his private house or elsewhere. Two persons (of either sex—relatives are quite eligible) must sign a Statutory Declaration, and this can be done before any Justice of the Peace or any Commissioner for Oaths. There is no necessity for the three signatures to be made at the same time or place, one or all can be signed at Rickmansworth if preferred.

There is, of course, a very natural objection on the part of most persons to the signing away of liberty of action for an indefinite or a fixed period, but there are many who are far too optimistic in their judgment of their own cases, in too much of a hurry to get well quickly, whose impulses and very natural desire to return to their ordinary life and vocation outweigh the caution that should be adopted in dealing with an issue where health, fortune and life are at stake. These persons are not fit judges as to the period when rehabiliation of self-control is sufficiently established, and the

settlement of such a question should be placed beyond their decision, while, of course, their arguments, views and their special circumstances should receive due consideration.

It is frequently preferable that the signature under the Act should be for a period in excess of that considered in all probability sufficient. A discharge can at any time be applied for and obtained, if such a course is advisable, or when urgent private affairs necessitate a premature termination of treatment; or a leave of absence can be granted, under which the patient is permitted to live elsewhere on the condition that he abstains from alcohol; should he not keep this condition his leave of absence will be cancelled. This leave is most useful in certain circumstances and is a valuable after treatment method of practically discharging a patient, and yet keeping in touch with him.

Hours for Meals:—Breakfast, 9; Luncheon, 1.30; Tea, 4; Dinner, 7.

TERMS:—First week, £8.8.0; subsequently £6.6.0. a week. All fees are payable quarterly, monthly or weekly in advance.

If on arrival, or subsequently, the applicant is found to be ineligible for admission, or unsuitable for treatment, the payment in advance, or a proportionate part thereof, in accordance with the above sliding scale, will be refunded. The Committee reserves to itself the right to refuse admission to any applicant. One week's notice required before termination of residence.

EXTRAS.—Special nursing attendance (rarely required), fires or meals in bedroom, personal laundry, medicine and treatment other than that employed for the cure of the alcohol or drug habit, postages, necessaries and personal comforts required by the patient.

PERSONAL EXPENSES.—A sum (say £5) should be deposited for laundry tobacco, postage, etc.

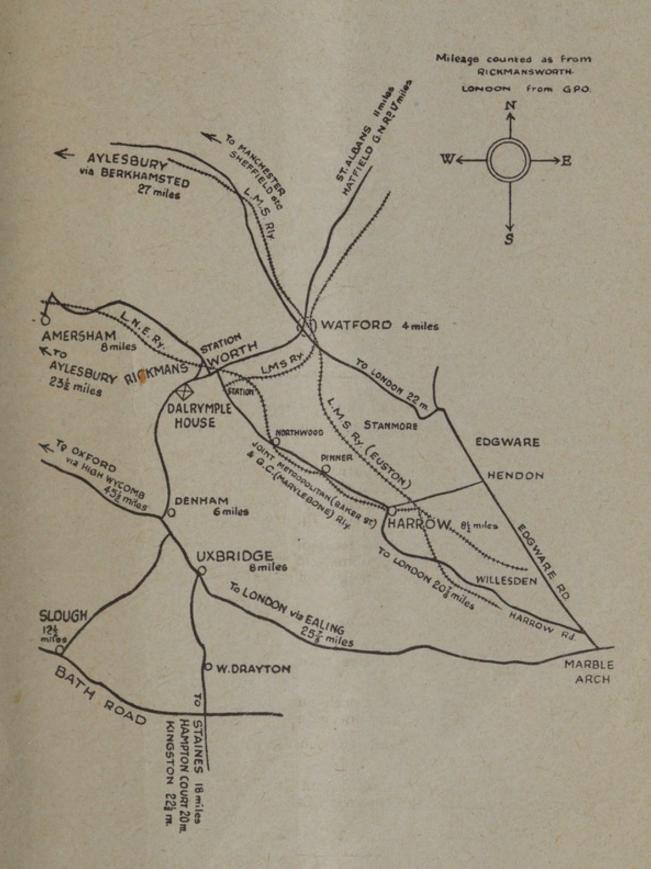
CLOTHING.—No dress clothes necessary. All linen should be plainly marked.

TRAVELLING.—If required a male nurse can be obtained to accompany the patient, his usual charges being one guinea a day and travelling expenses.

VISITORS (duly authorised relations and friends) can call between the hours of 10 a.m. and 6 p.m.

DIVINE SERVICE.—There are within a few minutes walk places of worship of various denominations, including a Catholic Church.

[&]quot;Statutory Declaration," "Request for Reception" forms, and any other particulars may be obtained from the Resident Medical Superintendent.



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