



NEWSLETTER



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Friends of the CAMH Archives

A not-for-profit charitable corporation of hospital volunteers

Workman Arts. Workman Way. The Legacies of Dr. Joseph Workman From a series by Melissa George – “Trying New Treatments”

(Ed. Note: Melissa George, an English & Professional Writing student at U. of T., Mississauga, prepared a series of six articles on Joseph Workman (1805-1894). She extends her thanks for their scholarship to Christine Johnston (also for her direct feedback) and Geoffrey Reaume. This article from the series has been lightly edited for length.)



Portrait (left): Oil portrait of Dr. Joseph Workman from the former collection of the Toronto Academy of Medicine, painted by J. W. L. Forster in 1888. It was donated to the CAMH Archives through the courtesy of the University Health Network, Toronto.

Photo (below): The Intergenerational Wellness Centre was opened in 2012 at 80 Workman Way, next to Shaw Park. Photo by Sofia Habib, The Varsity (U. of T, Jan 2015), IMG 8011.

In the mid-1800s a new era of treatment was introduced into the “Provincial Lunatic Asylum” in Toronto, called moral therapy, or moral treatment. This method of treatment was brought back from Dr. Joseph Workman’s visits to asylums in Great Britain. It was a time of innovation, where patients began to be treated in a more humane manner, and the treatments did not rely on medication.

“Moral treatment was an approach to mental disorder based on humane psychosocial care or moral discipline,... deriving partly from psychiatry or psychology and partly from religious or moral concerns. The approach has been praised for freeing sufferers from shackles and barbaric physical treatments, instead considering such things as emotions and social interactions” (“Moral Treatment” n.d.). Workman wanted to be able to find cures for all of his patient’s mental illnesses, and then send them back out into the community. So, jobs were assigned to patients in order to allow for an easier adjustment back into society; this was a part of moral therapy.

Because of the era when Workman implemented moral therapy at the Asylum, there were restrictions based on gender. “Women were never allowed to work outside, an exclusively male preserve, though both groups were employed inside,” (Reaume, 1997), which would not have been so bad if female patients had been given the same amount of job opportunities as their male counterparts. “Out of 32 job categories between 1880 and 1905 only...6 per cent, were allocated exclusively to women, whereas...60 per cent, were reserved solely for men.” (Reaume, 1997).



Trying New Treatments (continued)

This shows that female patients were not given as many options for work and therefore might be forced to work at a job not helping her mental illness as much as another might have. The thought was that physical labour and keeping the mind busy would help patients become less agitated. “Joseph Workman reported in 1872 that ‘all clothing’ for [the Asylum’s] inmates was made in the institution by patients,” (Reaume, 1997) however the focus was not completely on the wellbeing of the patients. Moral therapy was used, by many asylums, as a means for lowering their costs.

The worst thing about the use of moral therapy, as an excuse to save costs at the Asylum, was the unpaid labour. Patients put to work during the inclusion of moral therapy were given jobs, and sometimes forced to do tasks around the Asylum, for which they would not be paid. In this way, the Asylum would save money under the pretext that it was part of treatment involving moral therapy.

The innovative care known as moral therapy was also used as a context for trying new treatment methods. While Workman visited asylums in Great Britain he discovered that moral therapy had created an era of treatment innovation for asylum patients. “[Workman] had worked hard to remove straight-jackets and other restraints, and to minimize the use of isolation,” (Johnston, 2000) and, in 1883, the Asylum “[declared] the end of physical restraints” (Reaume, 1997). The patients, “were no longer to be threatened with being confined in crib-beds, restraining muffs, waistcoats, and chairs” (Reaume, 1997). Instead, as with many overseas asylums, Workman began to enforce the use of alcohol for sedation and treating the mentally ill. Shortly after the implementation of moral therapy, “the [Asylum’s] expenses for medicine were a modest \$139.33, while that for beer, spirits, and wine were \$1,614.72” (Johnston, 2000).

Some examples of the new treatments that Workman employed were:

- “A controlled use of opium and alcohol (usually whisky) as sedatives, replacing the chloral hydrate and bromide of potassium or potash previously used;

- “Alcohol as a tonic for debilitated patients;
- “Opium and quinine for ‘periodic insanity;’
- “Brandy and chloroform to induce eating for patients who were starving themselves, ... [rather than] force-feeding with mechanical tube” (Johnston, 2000).

Alcohol is no longer used today for treating mental illnesses, and the use of the chemicals mentioned above, especially when mixed with alcohol, can cause severe problems or are lethal.



Moral therapy was the beginning of the therapeutic approach known as the non-interventionist period. It lasted from 1853 until 1905, “[beginning] under Joseph Workman... with work and recreation, continued by Daniel Clark, [the third superintendent of the Asylum]” (Reaume, 1997). Workman’s 22 years, as the second superintendent of the Provincial Lunatic Asylum, in Toronto, was focused on the use of moral therapy. The treatment method was already seen as a great success overseas, as well as in many asylums in the U.S.A., and it quickly spread to the other asylums in Canada, thanks largely to Workman. His intentions were of the best nature, at the time, and because of his kind nature and pure heart, Dr. Joseph Workman accomplished what many could not, during his time at the Asylum.

SOURCES:

Johnston, C. I. M. (2000). *The Father of Canadian Psychiatry: Joseph Workman..* Victoria, B.C:

The Ogden Press.

Moral treatment. Retrieved from

<http://en.wikipedia.org/wiki/Moral_treatment>.

Reaume, G. F. (1997). *999 Queen Street West: Patient life at the Toronto Hospital for the Insane, 1870-1940.* Toronto: University of Toronto, doctoral dissertation.

– **Melissa George**

**The University of Toronto's Health
History Group presented**

**The Public's Health: a Symposium
on Public Health Histories**

March 5 - 7, 2015



In 2010, a group of historians, health professionals, archivists, librarians, educators and medical students at the University of Toronto came together as a result of their shared interest in improving the network of scholars, resources and collaborative research opportunities in healthcare history at the University and the city.



Since then, the group has grown to include representatives from the faculties of medicine, pharmacy, social work, information, occupational therapy, kinesiology and physical education, nursing, the Dalla Lana School of Public Health, Public Health Ontario, the Institute for the History and Philosophy of Science and Technology, the Fisher Rare Book Library, and the Royal Ontario Museum.



By initiating a conference in Toronto in 2012 on healthcare and its history, we had hoped to

achieve four main goals: appreciating our history, building a community, fostering collaborations, and preserving our past. We are pleased to report that we achieved those goals at our first conference, "Taking Toronto's Healthcare History," and set out to build on them with the second conference, on "The Public's Health."



We invited abstracts from students and scholars in the social sciences and humanities, from those with clinical backgrounds, and from any others engaged in thinking about the public's health. The following themes were of particular interest:

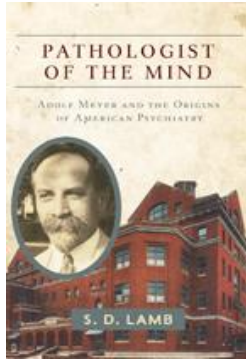
1. Who defines "the public" and therefore its health?
2. Global public health in Toronto: immigrants, refugees and visitors bring the world here and change how we think about health.
3. Toronto's place in global health.
4. Community engagement: its power and its complexities within the history of public health research.
5. Indigenous health: Toronto's Aboriginal communities and their historical and current health practices.
6. History of ethics in public health research.
7. The built environment: changing views and their effects on health.
8. Epidemics and pandemics through time: cholera, diphtheria, polio, SARS, H1N1, etc.



Photos courtesy of Dalla Lana School of Public Health

Readers' Corner

Susan D. Lamb, PhD
Pathologist of the Mind: Adolf Meyer
and the Origins of American Psychiatry
 (Baltimore: Johns Hopkins Univ. Press, 2014)



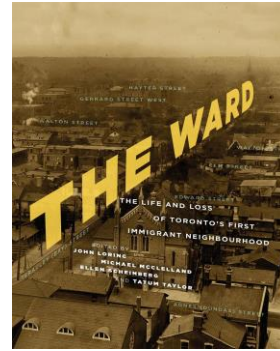
During the first half of the 20th century, Adolf Meyer was the most authoritative and influential psychiatrist in the United States. In 1908, when the Johns Hopkins Hospital established the first American university clinic devoted to psychiatry – still a nascent medical specialty at the time – Meyer was selected to oversee the enterprise. The Henry Phipps Psychiatric Clinic opened in 1913, and Meyer served as psychiatrist-in-chief until 1941.

In *Pathologist of the Mind*, S. D. Lamb explores how Meyer used his powerful position to establish psychiatry as a clinical science that operated like the other academic disciplines at Johns Hopkins medical school. In addition to successfully arguing for a scientific and biological approach to mental illness, Meyer held extraordinary sway over state policies regarding the certification of psychiatrists.

Susan Lamb is a SSHRC Postdoctoral Fellow (2013–15) in the Dept. of History and Classical Studies at McGill University, advised by Professor David Wright (a former FOA board member).

Forthcoming

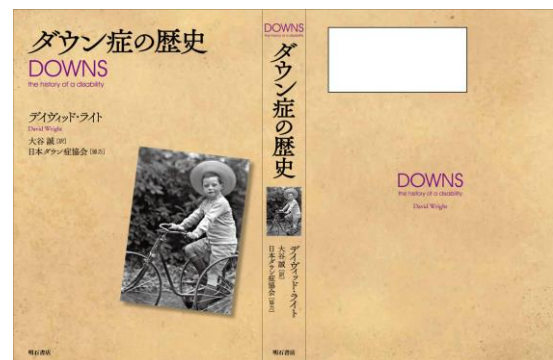
John Lorinc et al. (Eds.)
The Ward: The Life and Loss of Toronto's First
Immigrant Neighbourhood
 (Toronto: Coach House Books, 2015 – Spring)



From the 1840s until the Second World War, waves of newcomers who migrated to Toronto – Irish, Jewish, Italian, African American and Chinese, among others – landed in ‘The Ward.’ This book will finally tell the diverse stories of this extraordinary and resilient neighbourhood, through archival photos and contributions from a wide array of voices, including a chapter on “Dr. Clarke’s Clinic” by Thelma Wheatley (FOA board member).

<https://www.chbooks.com/catalogue/ward>

International Book Award



The British Society for the History of Science (BSHS) was delighted to award the 2013 Dingle Prize to David Wright for *Downs: The History of a Disability*. The BSHS Dingle Prize is awarded every two years to “the best book in the history of science (broadly construed) published in English ... which is accessible to a wide audience of non-specialists.” In addition, a Japanese translation is now being prepared – see the dust jacket, above.

Our initial notice for this book: 2011, page 4 – http://www.camh.ca/en/education/about/services/camh_library/Documents/FOAFall2011.pdf

Hewton and Griffin Bursaries – Award Synopses for 2015

(1) Kira Lussier – Ph.D. student, Institute for the History & Philosophy of Science & Technology, University of Toronto

Dissertation on the History of Personality Testing in Twentieth-century North America.

I trace the history and contemporary uses of self-reporting questionnaires, which have been used to measure the interests, attitudes and personality traits of ordinary Canadians to assess their work suitability.

My approach begins with the material culture of psychology – including materials in the CAMH Psychological Tests fonds – and then follows these psychological tests to the sites where they were first implemented. One key site is the military: in World War II, psychologists and psychiatrists of the Canadian Directorate of Personnel Selection administered personality tests to screen recruits for mental illness and select soldiers for officer positions. This success inspired Canadian businesses (like Canadian General Electric) to institute personnel selection programs in the 1950s; to this day, companies like Psychometrics



Canada administer the MBTI and the SVII on employees at major Canadian companies.

This dissertation builds on my previous research at the CAMH Archives on the history of the Canadian mental hygiene movement: mental hygienists argued that ‘mental health’ encompassed not just mental illness, but the ‘normal personality,’ and was thus applicable to a wide range of personal and social problems. My project takes a similarly broad

perspective on mental health; while histories of psychiatry rightly focus on hospitals and clinics, my project treats sites like vocational guidance centres or self-help books as places where ordinary Canadians have encountered ideas about mental health.

This bursary will support: the archival research in personnel selection, including at the Canadian Army Directorate of Personnel Selection archives (National Defence HQ, Ottawa); and oral histories of Canadian psychologists and psychometrists who administer personality tests. The product of this research will be a dissertation, but I also intend to make available transcriptions, and short, accessible summaries of the oral histories, for other interested researchers.

(2) Carly Naismith – Ph.D. student, History, York University, Toronto

Dissertation on the History of Cadaver Theft for Canadian Medical Schools from Deceased Asylum Mental Patients

In 1843, the newly created Province of Canada passed an Anatomy Act. This act established that corpses of the newly deceased in publicly funded institutions were to be turned over to the state, who would then sell them to local anatomy schools. While little has been discovered about the relationship between the asylums and medical schools in Montreal, virtually no information can be found on the procurement of bodies elsewhere in Canada in the later 19th century, or in the early twentieth century when the trickle of bodies became a flood.

I propose to travel to appropriate archives in Canada for looking into the use of deceased asylum patients’ remains as medical-school cadavers, and whether they were sold to doctors or to the schools. It is my intention to travel to Canadian cities which had medical schools and asylums, in close proximity, during the 19th century. In addition to Toronto and Hamilton, these will include Halifax, Quebec City, Montreal, Kingston, London and Winnipeg.

(3) Julia Skelly, Ph.D. – Affiliate Assistant Professor, Department of Art History, Concordia Univ. (Montréal), and Sessional Instructor, School of Fine Arts & Music, Univ. of Guelph

**Edited Collection of essays for publication,
*Relentless Consumption: Contemporary Art,
Visual Culture and Addiction***

For this volume, I will write the Introduction and contribute one of the chapters, entitled “Critical Cartography: Mapping Addiction in Contemporary Canadian Art,” for which I received a Bursary from the Friends of the Archives last year. That essay, successfully completed, will also appear in the peer-reviewed *Journal of Canadian Studies* in 2015.

There will be ten chapters in *Relentless Consumption*. One of the chapters concerns collages and photographs produced by female drug users in Vancouver’s Downtown Eastside. In order to write a thorough and rigorous Introduction to *Relentless Consumption*, I will undertake archival research in Vancouver, Toronto and Ottawa. I will travel to those cities from Montreal, where I will be based starting in January, 2015.

When *Relentless Consumption* is published, I will have a gratis copy sent to the Centre for Addiction and Mental Health for its collection, as I did with my recently published edited volume, *The Uses of Excess in Visual and Material Culture, 1600-2010* (Ashgate, 2014):

<http://www.ashgate.com/default.aspx?page=637&calcTitle=1&title_id=11614&edition_id=11977>

My book, *Wasted Looks: Addiction and British Visual Culture, 1751-1919* (Ashgate, 2014) is also in the Centre’s library:

<http://www.ashgate.com/isbn/9781409435563>

(4) Erich Weidenhammer, Ph.D.
Post-doctoral Fellow, Institute for the History and Philosophy of Science & Technology, University of Toronto;
and Associate Editor, *eRittenhouse.org*,
Journal of the Historic Scientific
Instrument Enterprise in the Americas
<http://www.erittenhouse.org/>

University of Toronto Psychological Test Provenance Project

I propose to examine the provenance of the psychological testing material of the University of Toronto’s Department of Psychology. This collection, residing in the University of Toronto Scientific Instruments Collection (UTSIC) cataloguing room, consists of roughly 250 tests dating from the first half of the twentieth century. A

few of these already appear in the online catalogue at UTSIC.org. They can be viewed as a subcategory of the psychology collection.

The purpose of this project is threefold:

- 1) To determine the overall provenance of this collection and to relate individual tests to the research of U. of T. faculty members.
- 2) To provide an integrated list and finding aid with the CAMH Psychological Test Archive in order to permit researchers a better view of the resources available in Toronto.
- 3) To disseminate knowledge of both the CAMH and the U. of T. Department of Psychology psychological testing material.



In terms of the third goal, I have permission to write a description and summary of the collection for the *eRittenhouse.org* website, documenting the scientific instrument industry in North America. I will also write a blog post on the collection’s provenance for the homepage of the UTSIC catalogue website and update the relevant catalogue entries with provenance information.

This project will contribute to a clearer picture of mental health research and therapy in the City of Toronto over a period in which its mental health services underwent significant development.

Together with the CAMH collection, a better documented and more accessible collection of psychological tests at the University of Toronto will be valuable to researchers in the history of psychology. Examples of my previous provenance research involving the Psychology Collection at UTSIC.org is found under the heading, “Blog Posts”: <http://utsic.escalator.utoronto.ca/home/>

Notice of Annual General Meeting

to be held on Wednesday, May 20, 2015

NOTICE is hereby given that the 25th Annual General Meeting of the Friends of the CAMH Archives will be held on Wednesday, May 20, 2015 at 6:00 p.m. in the Training Room, Paul Christie Community Centre, at CAMH's Queen Street site. All interested are cordially invited to attend. Light refreshments will be available.

Visualizing Absence Art Exhibition

Humber College, Lakeshore Campus

This project includes two events:

- 1. Cemetery Installation and Performance, May 16, 2015, at 2:00 pm. (Until May 30th)**



This outdoor installation/performance takes place at the Lakeshore Psychiatric Hospital Cemetery – at the corner of Horner and Evans Avenue, about 2 km from Humber Lakeshore. In collaboration with Ed Janiszewski and Among Friends, a Lakeshore community mental health program, we will be “planting” 1,511 paper lilies in the cemetery, commemorating the mostly unmarked graves in the cemetery.

As the lilies are planted, we will speak the names of the people who are buried there. There is a cemetery clean up starting at noon. The instal-

lation event begins at 2:00 pm. All are welcome. The rain date is Sunday, May 17.

2. Visualizing Absence Exhibition, May 22 - July 3, 2015. OPENING SATURDAY, MAY 23, 3:00 to 5:00 pm, with remarks at 4:00 pm.

Visualizing Absence is an art exhibit about the former Lakeshore Psychiatric Hospital grounds, now the home of Humber College Lakeshore Campus, Colonel Samuel Smith Park and various community organizations.

The exhibition features artwork by Anne Zbitnew, students from the Arts Administration and Cultural Management program at Humber College and collaborative artists. This exhibition is co-curated by Tara Mazurk and Anne Zbitnew. An indoor art exhibit at the L Space Gallery will be created in response to archival stories and images. A free opening reception will take place from 3 to 5 pm, with remarks at 4 pm on Saturday, May 23rd, for **Doors Open – Toronto**.

The L Space Gallery at Humber College, Lakeshore Campus, is located at 19 Colonel Samuel Smith Park Drive, Toronto M8V 4B6.

**CAMH in Doors Open – Toronto
Saturday, May 23rd, Tours 10:15 to 4:15**

Visitors are invited to explore the **CAMH Queen Street** campus, including access to our Archival–historical Exhibit in the Doctors Association Building located at 101 Stokes Street, and the Out of this World Café, a social purpose enterprise located at the corner of Lower Ossington and Stokes Street.

Guided tours will focus on: the history and future of CAMH, taking visitors through both old and new buildings; offering insight into the development of care for mental illness & addiction; and discuss the next phase of the CAMH redevelopment, expected to be complete by late–2019 or 2020. Guests may enjoy a snack and sit under the centuries-old trees in Shaw Park. **Tour registration** will take place in the Doctors Association Building at 101 Stokes Street.

Hewton and Griffin Bursaries for Archival Research in 2016

The Friends of the Archives at the Centre for Addiction and Mental Health (CAMH), dedicated to the history of Canadian psychiatry, mental health and addiction, have established two endowment funds. These funds annually provide bursaries in memory of their late colleagues, Ms. E.M. (Lil) Hewton and Dr. J.D.M. (Jack) Griffin, O.C.

The main purpose of the bursaries is to provide financial assistance to students, and others not necessarily associated with an academic institution, who propose to undertake archival research on an aspect of the history of mental health or addiction in Canada. The FOA board at its discretion may approve bursaries to a maximum of \$2,500 each.

There is no application form. Candidates are invited to submit a letter of intent not exceeding 300 words, together with a budget and résumé, not later than November 30, 2015. These awards are conditional on the bursary holders agreeing to submit progress reports within one year, and a final report including a financial synopsis within two years of receiving the bursary.

Please submit an application for the year 2016 by the November 30th, 2015 deadline to:

Vivienne Gibbs – President, Friends of the Archives
CAMH, 1001 Queen Street West
Toronto, Ontario M6J 1H4

Or by e-mail: John.Court@camh.ca

Friends of the Archives

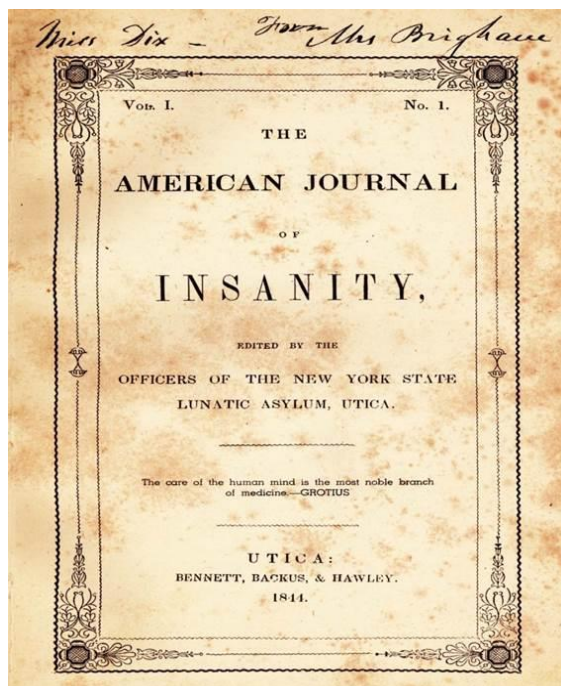
Centre for Addiction and Mental Health
1001 Queen Street West, Toronto, Ontario M6J 1H4
Tel. 416-535-8501 x.32159
Friends.Archives@camh.ca

Board Members :

Vivienne Gibbs (President & Treasurer), Carol Hopp, Edward Janiszewski (Recording Secretary), Syd Jones (Vice President, Co-editor), Shirley Morriss (Co-editor), Aden Roberts, Thelma Wheatley (Co-editor).

Friends' Support People: Yves Boissel, John McClellan, Marshall Swadron

CAMH Liaison: John Court, Tim Tripp



The American Journal of Insanity (now *A.J.P.*), a re-created copy of the inaugural edition, July 1844. CAMH Archives, F21 – TPH and Clarke Institute of Psychiatry fonds, 2014-15 accrual.

Membership Renewal Notice for 2015

Name: _____

Prefix: _____

Address: _____

Postal Code: _____

E-mail: _____

* **Membership:** \$ 20.00 (valid through December 31, 2015)

* **Donation:** \$ _____ (optional, at your discretion)

Total: \$ _____

* An Income Tax receipt will be provided for your membership remittance plus any further donation. Please complete and mail this form together with a cheque, payable to "Friends of the Archives"

Please remit: Friends of the CAMH Archives, 1001 Queen Street West, Toronto, Ontario M6J 1H4