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WHEN a great pillar is removed, the structure which it supports, if happily it does not fall, seldom escapes without a tremble; and it speaks well for the construction of the fabric if, without outward sign of damage, it can withstand its loss until a new pillar has been inserted in its stead.

So it is with our Association to-day: for seldom has it sustained so grievous a loss as it has recently experienced in the removal by death of its revered Treasurer. And when in due course it rises from its war-stunted activities, if it can resume its normal tenor and maintain without set-back its acknowledged sphere of usefulness, none will deny that its vitality and stability are in no small measure due to the fostering care of its late Treasurer, to whose memory the Association is under a debt it can never sufficiently acknowledge.

Herbert Francis Hayes Newington was born in Sussex in the year 1847 at the village of Ticehurst, the name of which—since the labours of his grandfather, continued by his father (Dr. C. E. Hayes Newington) and other members of the family, and conspicuously by himself—has become so closely associated with the establishment known as Ticehurst House for the treatment of mental disorders. His mother, Eleanora, daughter of the late Rev. Richard Wetherell, also belonged to an old

Sussex family whose home, Pashley, at Ticehurst, is of historic interest in having been the residence of Ann Boleyn and her father.

Hayes Newington received his preliminary education at Blackheath, and his medical training partly at University College, London, and in part at Edinburgh University. He qualified as M.R.C.S. England and L.R.C.P. Edinburgh in 1871 and 1873 respectively, and, taking the Membership of the latter in 1878, he was elected a Fellow in 1898.

His connection with Edinburgh led to his joining the medical staff of the Royal Edinburgh Asylum at Morningside, at the head of which Dr. David Skae then was, and, on the appointment of the late Sir Thomas Clouston to the Physician-Superintendentship of that institution in 1873, Hayes Newington became the latter's first Senior Assistant Physician: small wonder therefore that, with the stimulus of those two teachers and the traditions into which he himself had been born, his professional views and aspirations should have been of high order. Of fine physique and commanding presence—but the latter robbed of all hauteur by a slight stoop and a manner transparently sincere and friendly—he was a “big man” in both body and mind; and on his return to Ticehurst House, and later on as its medical head, the future progress and development of this already well-known establishment were in eminently safe hands.

To say that Hayes Newington was a many-sided man gives but a shadowy indication of the immensity of his activities and the diversity of his interests; but, many though these were, all directly or indirectly had as their goal the improved care and treatment of the insane, the welfare of those so engaged, and—it is not too much to add—the mental health of the general population. It is no easy task either to summarize his work, or at all adequately to portray the unique and great place he filled in the ranks of those practising the special branch of Medicine to which, with untiring energy, he devoted his life; probably his ideal biographer would have been his old friend, Dr. Urquhart—another member of, alas! the fast dwindling “Old Guard” of our Association—whose death occurred on the same day as his own. At this year's Annual Meeting it was Dr. Hayes Newington who proposed the late Dr. Urquhart as an Honorary Member of the Association. There is a touch of

pathos in the incident, as a close and almost lifelong friendship had existed between the two men. Only six days later both, within a few hours of each other, passed beyond the confines of this mortal life. In their deaths they were not divided.

It is, however, safe to assert that, in the home of his ancestors, at Ticehurst House, of which he was medical superintendent and part-proprietor, he found his life's work. His reign there was marked by many improvements and several important additions to the resources of the institution. Never for one moment did he, or those associated with him, allow private considerations to come before the best interests of the patients. A gift of rare insight, with an ability to enter into the lives of his charges and to win their fullest confidence, were qualities Hayes Newington possessed in remarkable degree; and doubtless it was to this intimate knowledge of his patients' cases, to his ripe judgment, and to his real scholarship in psychological medicine that he owed both his success as a physician and the readiness with which cases, often giving rise to a maximum amount of anxiety, were entrusted to his care. He realized the importance of providing for their pleasures and recreations, and the zest with which he himself joined in these with them was ever an example to the staff under him. A good cricketer, a keen golfer, and an enthusiastic musician, he utilized these and other accomplishments for the welfare of his patients and, rightly, did not think it derogatory to the dignity of his position to act as organist, choir-master, and conductor of the orchestra of Ticehurst House. If his attitude towards innovations in modes of treatment was one of considerable caution, he at any rate saw to it that, as regards the methods on which his experience had taught him to rely, there should be no stint in the means for their thorough application. That he was in no wise hostile to modern methods and that he was well aware that the march of knowledge in the specialty would inevitably carry with it changes in lines of treatment are evidenced by his anxious solicitude—known at least to some of our members—that, when time with him should be no more, his successor should be a man versed in the results of modern research and imbued with a desire to apply them. If an epitaph to his life-long labours to maintain and enhance the best traditions of Ticehurst House be wanted, most truly may it be written of him :

“Thou cam’st not to thy place by accident,
It is the very place God meant for thee.”

But to most of us—among whom and for whom he so assiduously toiled for almost half a century—Hayes Newington was best known, and will longest be remembered, for the prodigious work he did for the Association and in relation to the important positions in it which he has filled with such conspicuous ability and acceptance. How much those present at our meetings owe to him for their creature comforts has probably been little realized outside the Association’s permanent officials : it is a fact to which he would never permit any reference, but which ought not to escape notice here. In catering for the social amenities of our gatherings every detail, however trivial, was the subject of his scrutiny, and he brought into play here the same methods of precision and exercise of system that characterized all his work ; if any member at the festive board, finding himself cheek-by-jowl with a particular friend, ever gave a passing thought as to the happy coincidence by which he found himself so placed, he may now know that it was usually to the Treasurer’s foresight that he owed his pleasure. All that, however, is “by the way” and insignificant in comparison with the great work he did in furtherance of the prime aims—scientific and administrative—of the Association. His connection therewith dates back to 1873 and it would be of interest to know, not how many but how few of its meetings in those forty-four years he failed to attend. In 1889 he occupied the presidential chair on its vacation by his already-mentioned former chief—Sir Thomas Clouston. He served on, or acted as Chairman of, almost every Committee that from time to time has been set up, and of the Standing Committees. He was Chairman of the Parliamentary Committee from 1896 to 1904. He was our “watch-dog” over proposed legislation, and from his high position, both medically and socially, he was often able to improve or correct intended enactments. In the anxious period immediately prior to the passing of the important Acts of 1890 and 1891 and in connection with the Superannuation Act of 1909 he was much at Westminster, and rendered yeoman service to the real interests of all concerned ; as also he did for asylum staffs in relation to the Workmen’s Compensation Act.

It was, however, in the Treasurer’s seat, in which he followed

Dr. Paul and which he occupied from 1894 until his death, that he was most familiar to us, and where he was the "power" not only "behind the throne," but by the side of successive presidents. His faculty of seeing all sides of a question of policy or procedure and his accurate knowledge of the minute-book, even for remotely antecedent entries, were remarkable. Creative criticism and "a modest and learned ignorance" distinguished his mode of discussion. For these reasons, and because of his obvious single-mindedness and directness of motive he could, in debate, always arrest and sustain attention; and, where a decision was necessary, rare indeed must have been the occasions where his advice was not followed. His skill in the more immediate duties of the office of Treasurer and his successful management of the Association's finances are too well known to need here more than record. His labours in assisting with the preparation of the *Handbook for Attendants on the Insane*—first published in 1885—and in connection with the training, examination, certification, and registration of mental nurses, male and female, are also common knowledge; their valuable results can never be obliterated. Mention, too, must not be omitted of the strenuous manner in which he threw himself into the task entrusted to the Statistical Committee, whose work, extending through three years, besides effecting other important changes, was productive of much saving in labour by homologating to a considerable extent the tables published by the Commissioners in Lunacy and those recognized by the Association. Assuredly, since the death of Dr. Hack Tuke, the most dominant personality at the Council and on the Standing Committees has been Hayes Newington; but his loyalty to his numerous friends and the trust he inspired not only made jealousy impossible, but made his dominance a source of congratulation. The affection and esteem in which he was held by the members was marked by their presentation to him, at the Annual Meeting, 1913, of his portrait in oils by W. W. Oules, R.A., on the completion of his fortieth year of membership of the Association.

Despite this position in our Association, Hayes Newington shunned the "limelight," and his professional views are to be found mostly in the records of scientific discussions. Nevertheless his literary powers were great, and he published not a few papers of much value—notably, for example, "Observa-

tions on Stupor" (1874), "Mental Aspects of Music" (1897), and "Plans of a New Asylum for East Sussex" (1900). The subject of his presidential address was "Hospital Treatment for Recent and Curable Cases of Insanity."

In local government, Hayes Newington gave much valuable, though unobtrusive, assistance. At the formation of county councils, he was elected for the Ticehurst division, and was, at the time of his death, and had been for several years, Alderman of the East Sussex County Council. Many of the medical features of Hellingly Asylum, which he worked out with the Architect (the late Mr. G. T. Hine, F.R.I.B.A.), are the result of his prevision, planning, and organisation. He more than once declined the honour of a seat on the County Bench.

Notwithstanding these numerous claims on his time, the deep interest he had from early years taken in the affairs of his native parish never flagged. At the establishment of parish councils he was co-opted Chairman of the Ticehurst Council. A great lover of his garden (the dahlia was his favourite flower), he did his best to encourage successful results, and was President of the local Horticultural Society.

For some considerable time his health had not been good, and, following the death by a motor accident of his cousin and partner (Dr. Alexander Newington), his friends viewed with anxiety the additional strain of work thrown upon him, and, later, the effects of the war caused further stresses in connection with his duties. But no one who was present at the Annual Meeting of the Association in the third week of last July and listened to his share in the discussion on Dr. Mercier's paper had the least suspicion how near at hand our loss was; and when the end came as it did on the 31st of July, it found him, except for a few hours' indisposition, as he himself would have wished—in harness and at work. That the affection he bore for his native place was returned in full measure by the parishioners was strikingly manifest at the funeral which took place at Ticehurst; nor was the solemnity of the occasion diminished by the circumstance that throughout the service in the churchyard the guns from the Front were plainly audible.

In 1875 Dr. Hayes Newington married Jane Elizabeth, daughter of Prof. Archer (Director of the Edinburgh Museum of Arts and Science), and this memoir would be incomplete without an allusion to his home and character as a host. If a

special welcome was reserved for their more intimate friends, none could visit "The Gables"—the home he built for his family and himself at Ticehurst, and where hospitality was proverbial—without feeling invigorated and encouraged. In all these matters he was ably seconded by his wife, who was ever alert to shield him from the strain of his many activities. As well as by her he is survived by a son and daughter, the latter of whom has given indefatigable assistance in the clerical work of the Treasurership. If the end of his life was clouded by sorrows, sorrows through the war, it is a source of satisfaction to know that they were to some extent mitigated by the knowledge of the emphatic manner in which the gallant services of his son have been recognised.

"Strong towers decay,
But a great name shall never pass away."

Part I.—Original Articles.

Chadwick Lecture (April 26th, 1917): Mental Hygiene in Shell-shock, during and after the War.⁽¹⁾ By F. W. MOTT, M.D., LL.D., F.R.S., Major, R.A.M.C.T.

MR. PRESIDENT, LADIES AND GENTLEMEN,—A new epoch in military and medical science has arisen in consequence of the employment of high explosives, combined with prolonged trench warfare, in this terrible war.

The term "shell-shock" is applied to a group of varying signs and symptoms, indicative of loss of functions and disorder of functions of the central nervous system, arising from sudden or prolonged exposure to forces generated by high explosives. The forces producing shell-shock are most commonly generated by the explosion of large shells, but also of mines, aerial torpedoes, whizz-bangs, trench mortars, bombs, and hand-grenades filled with high explosives.

In a large number of cases, although exhibiting no visible injury, shell-shock is accompanied by burial. Again, cerebral or spinal concussion may be caused by sand-bags, hurled from the parapet or parades of the trench, striking the individual on the head or spine. The soldier may be concussed by the