

Obituary

SYDNEY THOMAS HAYWARD, formerly Consultant Psychiatrist, Shenley Hospital, Hertfordshire

Dr Hayward died on 21 July 1985, aged 76.

He came of farming stock in Essex, but decided as the youngest son that farming was not for him. He chose to study medicine, qualifying in 1932 and taking his MB, BS from Barts in 1934. After varied hospital experience he took up the practice of psychiatry in an assistant capacity at a private mental hospital near Torquay, not the easiest of assignments. He came to Shenley in 1939 and volunteered for service in the RAMC as soon as war started. During this service as a specialist he saw very clearly the relevance of the social and environmental setting to the development of psychiatric symptoms and behavioural disturbances.

Returning to Shenley in 1945 he, perhaps paradoxically, decided to train as a psychoanalyst. He had, in 1934, gone to Vienna to study the insulin treatment of schizophrenia under the guidance of Sakel. Again, paradoxically, he was the last consultant at Shenley to abandon this particular treatment, largely because he valued the opportunity it gave to nurses to have a close relationship and involvement with patients in a special unit and because of the high morale it created in nursing staff with resultant benefit to patients.

He was a sensitive and imaginative person who was well aware of the impoverishment and degradation of personality that could, and often did, occur in long-stay wards filled with chronic, refractory and deteriorated patients, to use the invalidating terminology of that era.

He saw that change for the better must essentially commence by helping nurses—and doctors—to feel better about themselves and their work and noted that they could not do this until they abandoned defensive denials which had resulted in the obvious becoming invisible. When doctors and nurses felt better about themselves, this enabled the patients to receive something good from them.

He also invited his colleagues, when they had abandoned their defensive denials, to be aware of their omnipotence fantasies and their strong emotional need to cure. Naturally, these invitations were not always well received.

The respect, however, that he accorded the patients, the nursing staff, junior doctors, social workers, occupational therapists and psychologists on his Division was never in doubt and was greatly appreciated by them. He needed no Gostin to remind him of patients' rights. He felt that they had a right to be mad and a need to be ill. These concepts, which were never debated at the necessary Socratic level within the hospital, presented great difficulties to his more conventional colleagues, but the resulting differences of opinion contributed to an air of liveliness within the hospital which was good for its general health.

His papers 'The Doctor's Place in the Mental Hospital', published in the *Lancet* in 1961 and based on a paper read as retiring Chairman of the Psychotherapy and Social Psychiatry Section of the RMPA in 1960, and 'On being ill

in a mental hospital', published in the *British Journal of Medical Psychology* in 1963, epitomised his idiosyncratic and challenging views on these subjects.

Of these views, the one that the need to cure is seldom, if ever, a sublimation, but nearly always a reaction formation against underlying destructive needs and wishes is, perhaps, the most challenging. He suggested that patients were intuitively more aware of the underlying destructive impulses in the doctor than of the acceptable wish of the doctor to cure. He suggested that this awareness of patients caused them much fear.

He opened Villa 21 to allow research into the relevance of the family setting to the onset of schizophrenia. It was the existence of Villa 21 that caused BBC TV to make a documentary film at Shenley, a confection which, because of the number of cooks, pleased nobody.

Psychoanalysts were appreciative of Dr Hayward's work in Shenley, noting that at one period at Shenley nine out of twelve members of the junior medical staff, a psychologist and a social worker were having an analysis or were in psychoanalytic training.

He also assisted other non-medical analytic trainees to obtain clinical experience of psychosis by arranging for them to be appointed as assistant nurses at Shenley. The experience so gained was highly valued.

One of his notable achievements had little apparent connection with either medicine or psychoanalysis. This was the creation of a very remarkable garden on a large and rather difficult site on the foot of a very steep hill. He resorted to stone wall terracing with an intervening parterre of the most delicately tended grass. Although the retaining walls were not dry stone walling as seen in Mediterranean countries it can hardly be doubted that some of his inspiration for his garden came from his travels there.

On retirement, he and his wife Eirene set out in a dormobile to go round the world. Having driven via Istanbul, Afghanistan, India and the Malay Peninsula to Singapore they reached Australia by ferry, sold the dormobile and returned via the Pacific and the Panama Canal by public transport to Radlett.

Even more remarkably, they went on another occasion to a medical conference in Montreal via the Trans Siberian Railway and Japan. They came home by boat from Montreal. He did not suffer from fear of flying.

Their annual explorations of Europe and the Middle East by car were impressive in their scope and range, involving running out of petrol in Tiflis, driving over most of Persia, stopping at the foot of Mount Ararat and being rebuked by a Russian policeman for having an unwashed car.

I asked Eirene the other day why they made these fearful journeys. She laughed and said it was because they were curious about people and places. They were much more than curious. They were a courageous and civilised couple, giving much to each other and to their friends who are grateful to have known them.

He is survived by his wife, two sons and a daughter.

DB