



Newsletter



Autumn 2014

camh



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Friends of the CAMH Archives

A not-for-profit charitable corporation of hospital volunteers

Visiting Winnipeg?

View the CAMH Archives' artifact on exhibit at the new **Canadian Museum of Human Rights**

<https://humanrights.ca/>

RENDEZVOUS
MADNESS
FILM FESTIVAL and Friends of the CAMH Archives
present the Canadian Premiere of



Friday, November 14th - 6:30 PM

TIFF Bell Lightbox (Reitman Square, 350 King St W)

Post-screening panelists include Mike Blizzard (Producer), Don Fehr (President of the NHLPA) and Michael "Pinball" Clemons (former Toronto Argonauts player and coach).

Tickets available at

www.rendezvouswithmadness.com

A Legacy of Mental Health Care in London, Ontario

Our congratulations go to all at St. Joseph's Regional Mental Health Care of London, celebrating their transition to new hospital facilities through a special exhibit with historical tours on September 28th.

Guest curator, Laurence Grant prepared this panel, shown below and on page 2, displaying two images loaned by the CAMH Archives together with his research text concerning Dr. Joseph Workman and Toronto's Provincial Asylum.

Other panels in their exhibit illustrated Early Mental Health Care in Ontario, Patient Experiences, The London Asylum, and The New Hospital. Over 5,000 visitors attended the exhibit's opening session.



For more photos, please see:

<https://www.flickr.com/photos/stjosephslondon/sets/72157647876565310/>

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Because we honour our legacy...

Leaders in 19th Century Mental Health Care in Ontario

Drs. Joseph Workman and Richard Bucke

Two men were very influential in the establishment of the profession of psychiatry and the evolution of mental health care in Ontario – Dr. Joseph Workman, who was the second superintendent of the Toronto Provincial Asylum, and Dr. Richard Bucke, who filled the same role at the London Asylum for the Insane.

Workman and Bucke practiced their profession at a time of great change in attitudes toward mental illness. It was by then seen as a medical disorder with an emphasis on certain psychological and physical causes.ⁱ Poverty was seen as a major contributing factor.

Dr. Joseph Workman

Workman was one of the first doctors to graduate in Canada, in 1835 from McGill University. In 1853, he was appointed superintendent of Provincial Lunatic Asylum. This institution was built on 50 acres of land in the country at 999 Queen Street West. It was the largest asylum in Canada and the first in North America to have hot and cold running water.

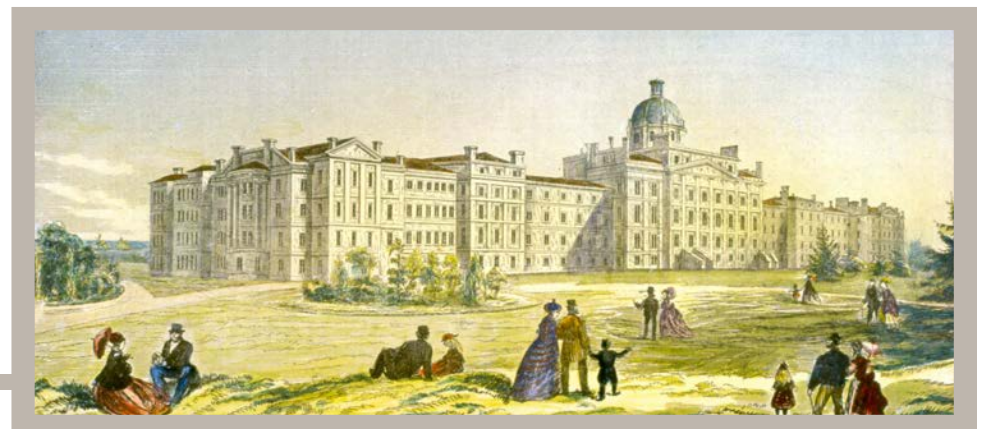
Workman believed in the benefits of work therapy. Male patients worked on the hospital farm and female patients partook in sewing, cooking and laundry. He also believed in "moral treatment,"ⁱⁱ which emphasized spiritual, intellectual and artistic endeavours, along with good food, employment, fresh air, exercise, kindness and honesty. Artwork was placed on walls, and there was a library that received over 40 national and international newspapers.

If patients were considered incurable, he supported humane custodial care. He was against the use of alcohol in treatment and supported the use of opiates as sedatives, as they lessened the need for physical restraints.

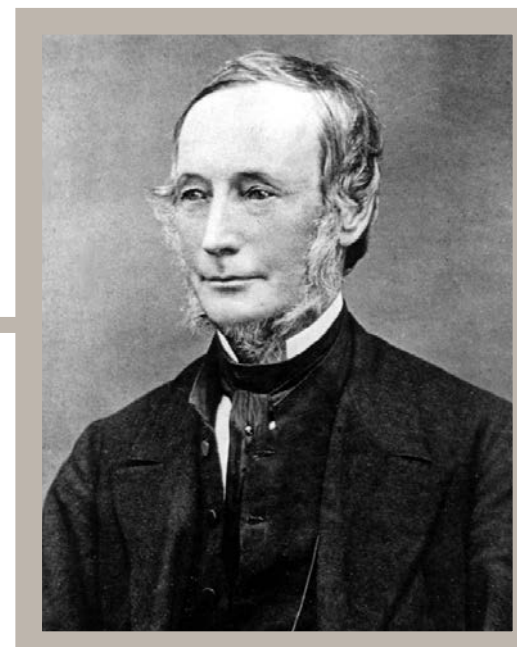
Workman provided halfway houses and outpatient programs to help patients return to the community. Staff training was also an important component of care, with outsiders invited for sessions and internships provided for training psychiatrists.

Workman knew Dr. Richard Bucke at the London Asylum and had a close professional relationship with him.

He retired in 1875. In 1881 he was elected the first president of the Ontario Medical Association.



The Provincial Asylum, 1870, Canadian Illustrated News, Courtesy Centre for Addiction and Mental Health



Joseph Workman, Courtesy Centre for Addiction and Mental Health, Griffith-Greenland fonds

Joseph Workman was appointed, in 1853, as the second superintendent of what was then called the Provincial Lunatic Asylum. He was one of the founders of the psychiatric profession in Ontario.

ⁱShortt, S.E.D., Victorian Lunacy: Richard M. Bucke and the Practice of Late Nineteenth-Century Psychiatry. Cambridge University Press; Cambridge, 1986, p. 95

ⁱⁱJohnston, Christine I.M., The Father of Canadian Psychiatry. Ogden Press, Victoria, 2000, p.70

Canada-wide Group for the Study of De-institutionalization History

On September 27, the CAMH Archives and Friends of the Archives (FOA) co-sponsored a meeting on the history of de-institutionalization. Organized by visiting professor, Erika Dyck from the University of Saskatchewan, it was attended by a diverse group of participants, including graduate students, practitioners, professors, writers and scientists.

The group came together to discuss a book project exploring the history of the Saskatchewan Mental Hospital at Weyburn – allegedly the last and largest asylum built in the British Commonwealth. The proposed book involves six authors, with a diverse wealth of expertise, including Hugh Lafave, psychiatrist and former superintendent at Weyburn, Gary Gerber, psychologist, Alexander Deighton, MA student, Alexander Pelletier, PhD student, Alex Dyck, medical student and Erika Dyck, historian of psychiatry. Together we are planning a history of how the institution mediated a relationship between the mental health community and the larger community, with particular attention to its rise and fall as an appropriate site for mental health inquiry and rehabilitation. Using patient records, local texts, and secondary sources on the asylum, we plan to contribute to debates on the role of the institution in mental health history and current practice.



Photo: Jennifer Bazar

The morning's discussion centered around the history of the rise and fall of long-stay psychiatric institutionalization, and the current state of mental health care. We considered different approaches to capturing this history, and different venues for showcasing its results. Megan Davies, for instance, has been a key player in developing a film and a website devoted to deinstitutionalization history in

Canada, and recommended seeking a broader audience, beyond an academic book.

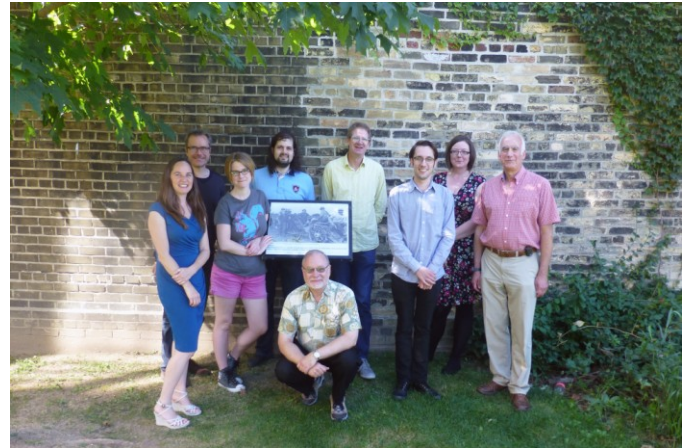


Photo: Patrick Farrell

After lunch we toured the historic walls at CAMH as a poignant reminder of how this history has been physically placed on the landscape, and of the need to work together if we wish to preserve it. During the afternoon session we continued our discussions and reflected on how we might measure the effectiveness, or continued role of the institution in civil society. Is a study of an institution a useful way to gauge how we treat vulnerable members of society? Is it our job as intellectuals to examine it? Is the new face of CAMH a sign of hope, or a relic of the past? Is it (however unlikely) a redesigned asylum, complete with a strong set of power dynamics and research opportunities with limited benefits for people in need of food, shelter, and tolerance? These questions lay at the heart of our conversations and we are grateful to CAMH and the Friends of the Archives for providing us with the space and human resources to host this meeting. We hope that the book can do justice to the thoughtful suggestions generated at this meeting.

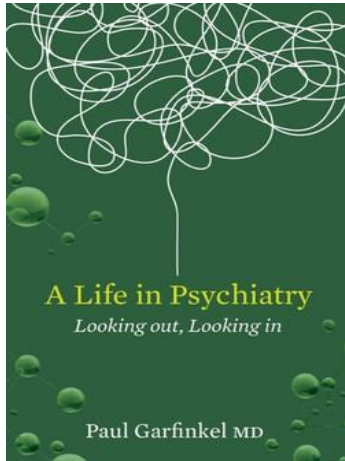
– **Erika Dyck. Photos courtesy of Jennifer Bazar**

Participants:

Gary Gerber, psychologist (Toronto); Megan Davies, historian (York U.); Jennifer Bazar, post-doc. fellow (U. Toronto & Waypoint MHC); Sarah Taggart, writer-editor; Patrick Farrell, writer-editor; John Howland, neuroscientist; Alexander Pelletier, history student (U. Ottawa); Alexander Deighton, history student (U. Sask.); Tobin Leblanc-Hayley, Poli Sci student (York); Kenton Kroker, historian (York); Dorian Deschauer, psychiatrist and student (York); Syd Jones, FOA; Ed Janiszewski, FOA. Organizer-Chair: Erika Dyck (U. Sask.).

Readers' Corner

Paul E. Garfinkel, OC, MD,
A Life in Psychiatry: Looking out, Looking in
 (Toronto: Barlow Book Publishing Inc., 2014)



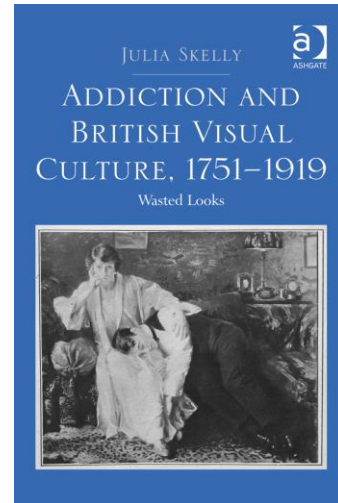
When Dr. Paul Garfinkel started his career in psychiatry in the 1970s, psychoanalysis dominated the profession. Then the pendulum swung the other way. Psychoanalysis was discredited and drugs became the treatment of choice for mental illness. Throughout his career, Garfinkel has struggled to find a balance between these two poles, between compassion and human touch on one hand and the rigour of science and the prescribed drugs that have revolutionized psychiatry on the other.

In this deeply personal memoir Garfinkel writes about his journey through a 40-year career and life devoted to the understanding, care, and advocacy of the mentally ill. He takes us through the many stages in his life, from his humble beginnings in Winnipeg as the son of Jewish immigrants, through his rise to leadership positions and eventually as the first CEO of CAMH. With candour, Garfinkel gives us insights into the life of a psychiatrist and reveals the challenges facing many practitioners, including “burn out” and the intense pain they feel when a patient commits suicide. He shares his thoughts on the qualities needed to be a good psychiatrist and a good leader.

A Life in Psychiatry is a fascinating insight into the world of mental health care from a devoted and compassionate pioneer.

Julia Skelly

Addiction and British Visual Culture, 1751-1919
 Williston, VT: Ashgate Publishing, 2014



This study analyzes the visual culture of addiction produced in Britain during the long 19th century. The book examines well-known images such as William Hogarth's *Gin Lane* (1751), as well as lesser-known artworks including Alfred Priest's painting *Cocaine* (1919), in order to demonstrate how visual culture was both informed by, and contributed to, discourses of addiction in the period between 1751 and 1919. Through her analysis of more than 30 images, Julia Skelly deconstructs beliefs and stereotypes related to addicted individuals that remain entrenched in the popular imagination today.

Drawing upon both feminist and queer methodologies, as well as upon extensive archival research, *Addiction and British Visual Culture, 1751–1919* investigates and problematizes the long-held belief that addiction is legible from the body, thus positioning visual images as unreliable sources in attempts to identify alcoholics and drug addicts. Examining paintings, graphic satire, photographs, advertisements and architectural sites, Skelly explores such issues as ongoing anxieties about maternal drinking; the punishment and confinement of addicted individuals; the mobility of female alcoholics through the streets and spaces of 19th-century London; and soldiers' use of addictive substances such as cocaine and tobacco to cope with traumatic memories following the First World War.

Literature Searching – Good Practice

Vast amounts of research-based information concerning mental health and addiction are now available on the Internet. Finding what you are looking for, however, can be challenging. The [CAMH Library](#) has prepared an excellent guide designed to help searchers frame questions, select databases and develop search strategies that will lead to successful search results.

Not all databases are available to the public, so you may need to consult with your institutional or public library to gain access to the databases that are most relevant to your search.

The *Literature Searching: Good Practice* guide can be found at:

http://guides.hsict.library.utoronto.ca/LiteratureSearching_GoodPractice

"And Neither Have I Wings to Fly"

Congratulations to FOA board member, Thelma Wheatley. Her recent book, *"And Neither Have I Wings to Fly": Labelled and Locked Up in Canada's Oldest Institution* (Ianna Publications and Education Inc.), won the Bronze Medal for the New York Independent Publishers Award in the Psychology/Mental Health category.

As well, it was shortlisted for the WALES BOOK OF THE YEAR AWARD, 2014 in creative non-fiction. While it did not win, the adjudicators designated it as the "must read" book out of one-hundred entries.

Wheatley's first book, *My Sad Is All Gone: A Family's Triumph Over Violent Autism*, goes into

second printing (Ianna), and the Adult Protective Service Association of Ontario recently presented her with the MEDIA AWARD 2014 for outstanding support for, and advocacy of persons with 'Intellectual Challenges and Autism'.



The Public's Health: A SYMPOSIUM ON PUBLIC HEALTH HISTORIES

March 6, 2015: Academic Conference & Reception

March 7, 2015: Public Day

More Details to Follow.

For conference enquiries please contact: conference@torontohealthhistory.ca

APPRECIATING OUR HISTORY. BUILDING A COMMUNITY. FOSTERING COLLABORATIONS.
PRESERVING OUR PAST.

Associated Medical Services • Public Health Ontario • Dalla Lana School of Public Health
Health, Arts and Humanities Program • History of Medicine Program • Institute for the History and Philosophy of Science and Technology • The
Centre for Interprofessional Education • Faculty of Medicine • Lawrence S. Bloomberg Faculty of Nursing • Department of Occupational Science and
Occupational Therapy • Leslie Dan Faculty of Pharmacy • Factor-Inwentash Faculty of Social Work • The Thomas Fisher Rare Book Library •
Undergraduate Medical Education • The Wilson Centre • The Royal Ontario Museum

Hewton and Griffin Bursaries for Archival Research in 2015

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, 2014. 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 2015 by the November 30th, 2014 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

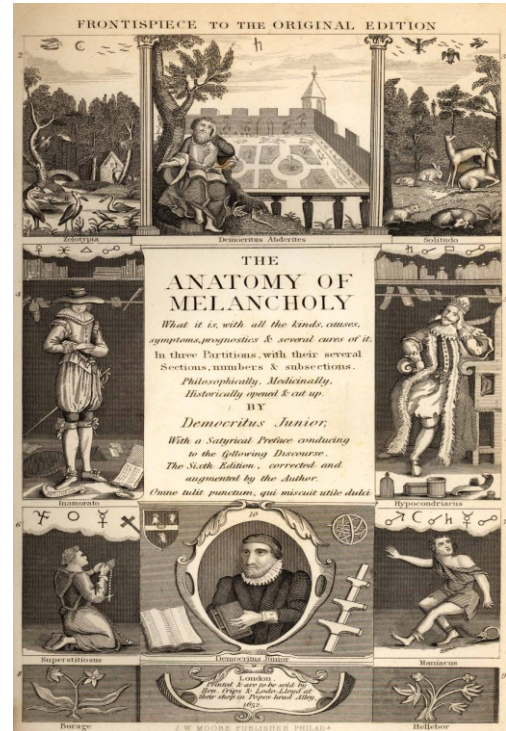
Centre for Addiction and Mental Health
1001 Queen Street West, Toronto, Ontario M6J 1H4
Tel. 416-535-8501 x.32159 Friends.Archives@camh.ca

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



Longstanding FOA member, Prof. Barry Edginton, University of Winnipeg, has generously donated a copy of Robert Burton's Fourth Edition (Philadelphia 1851) of *The Anatomy of Melancholy*. Originally published in London, 1652, it was the only book, Boswell was told by Samuel Johnson, "that ever took him out of bed two hours before he wished to rise."

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