



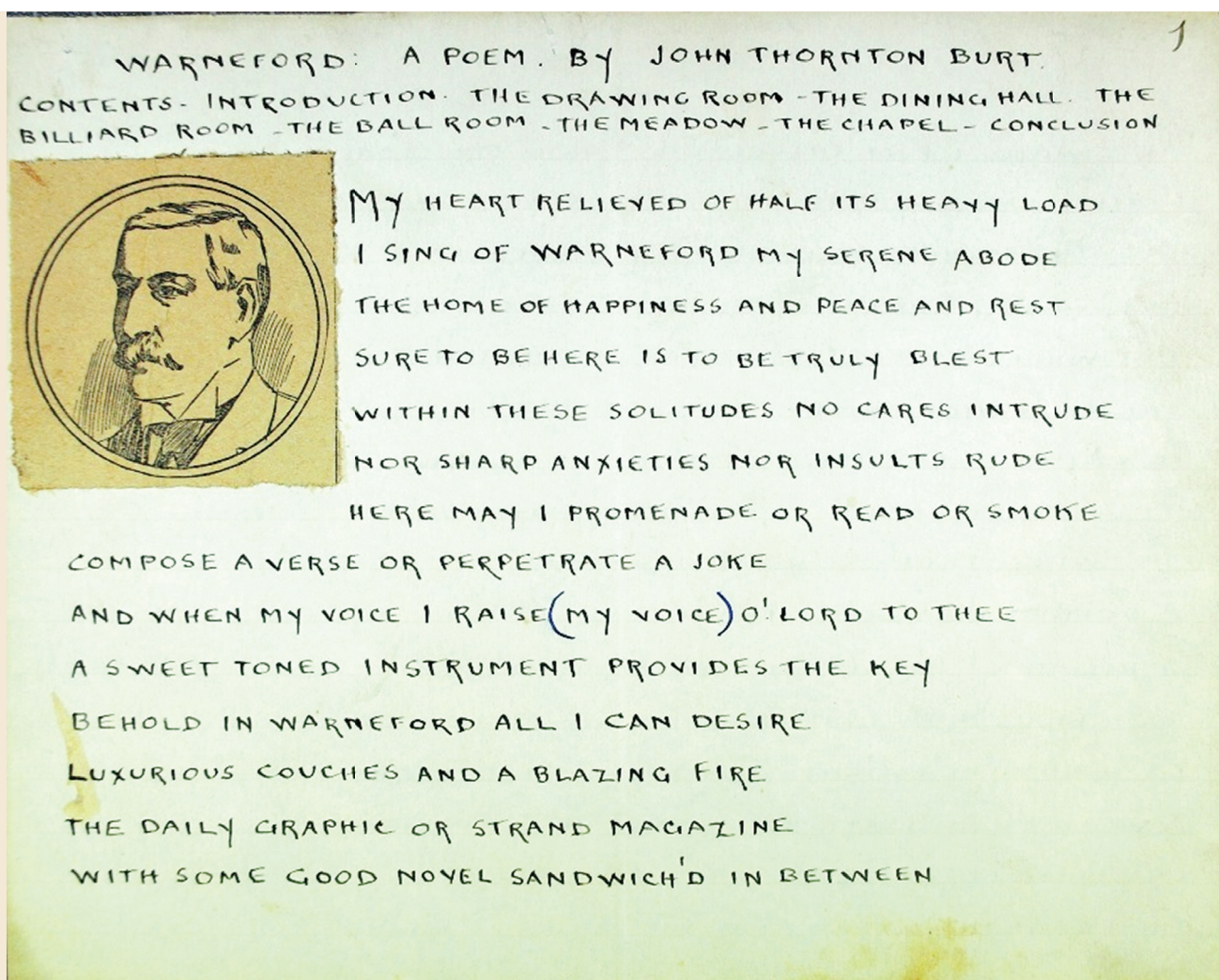
Primary resources

These resources are referenced in the lesson plans.

SOURCE 1

A POEM BY PATIENT, JOHN BURT, C. 1890

The poem is very long, so we've only included the first few pages here. In the poem, Burt used a rhyming pattern where every two lines rhyme, and he even added pictures and photos to go with different parts. At first, Burt sounds happy and calls the hospital a peaceful place where he could enjoy good food, read magazines, smoke, and play games. He writes about the fresh countryside around the hospital, with open meadows and cows. The poem also shows local celebrations like May Day, with dancing and a May Queen. But later, the mood changes when Burt writes sadly about his wife and children, feeling hurt that his wife cared more about the children than him. He also describes a trip into the city, admiring the grand colleges but feeling small and unimportant compared to them.



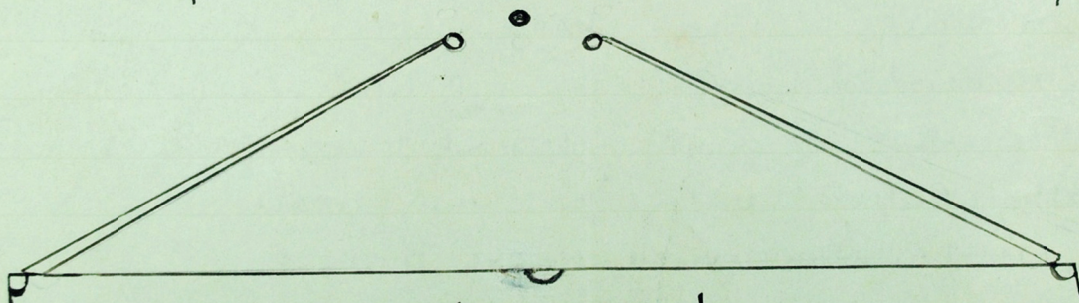
AND WHILE I PUFF THE CLOUDS FROM MY CIGAR
I THINK HOW NOBLE THESE SUPERB APARTMENTS ARE!

THY MERITS WARNEFORD I WOULD FAIN REHEARSE
IN GLOWING NUMBERS AND IMPASSION'D VERSE
BUT WHERE! OH WHERE SHALL I COMMENCE MY THEME
AND AM I WIDE AWAKE OR DO I DREAM?
MORNING EXPERIENCES PERHAPS DEMAND
THE FIRST ATTENTION FROM THY GRATEFUL POET'S HAND
WHEN FROM MY QUIET SLUMBERS I AWAKE
A COPIOUS MEAL MOST THANKFULLY I TAKE
GENTLEMEN! BREAKFAST PLEASE! A WELCOME CALL
SOON FILLS OUR LIGHT COMMODIOUS DINING HALL
EACH HUNGRY PATIENT VIEWING WITH DELIGHT
A WELL FILL'D PLATE TO SOOTHE HIS APPETITE
UNWONTED LUXURIES DO HERE ABOUND
THE FRAGRANT BACON AND THE SAUSAGE ROUND



3

WITH VIANDS ROAST OR BOILED OR NEW LAID EGG
AND COFFEE WHICH WE DRAW FROM BURNISH'D KEG
BEHOLD US THEN AROUND THE TABLE RANGED
WHERE KINDLY GREETINGS OFT ARE INTERCHANGED
WHILE PLEASANT JEST AND MIRTH PROVOKING QUIP
SPARKLE AND RING AS WE OUR BEVERAGE SIP
HIS MEAL CONSUMED EACH MAN PURSUES HIS WAY
TO READ OR SMOKE OR IN THE BILLIARD ROOM TO PLAY



HAIL! BILLIARDUS!

HAIL! BILLIARDUS! FASCINATING GOD
OF CHALK AND REST AND ELONGATED ROD

SOURCE 2

PATIENT LETTER

This is a letter from a patient to Dr Bergere, dated 1967. The text reads:

"Dear Sirs,

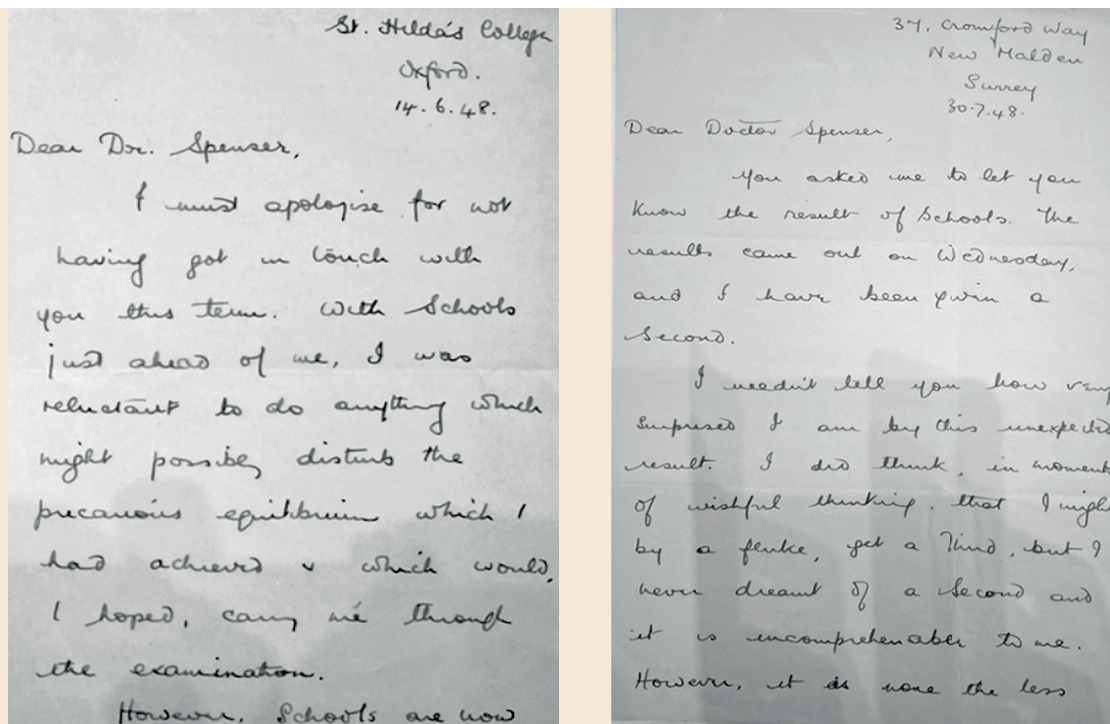
Since Doctor Bergere(?) seems to think that I have suffered a relapse and does not respect my point of view, I can only write down my point of view. Why do I have to wait for the Doctor's orders? I am not taught to rely on medicine, surgery, psychology [sic] or any other mental mind reading. What authority does he have to dominate my body, my mind and having tried material, mental treatments. I am as sound in my mind as he is, for I wouldn't attempt to dispute his arguments if my reasoning was conveyed. Physically, I am sounder than most people here. Coercion is not cooperation. My body is not a machine for doctors to find fault with, nor is my mind. If God gave me a conscience, a mind to think with, with a body to serve it, is the Doctor right in challenging my sensibility. Respect earns respect. I cannot respect those who do not respect me. Have I, a fellow human being, no say in my own thinking and actions. If I lack those [illegible], what have I to prove I am a man. I need practice (?) If I can think for myself, did God create me as a tool for others' use and vote? I am no helot, no serf, no slave bought with money. I am free and therefore act accordingly."

20 Dear Sirs,
 Since Doctor Bergere(?) seems to think that I have suffered a relapse and does not respect my point of view; I can only write my arguments down. Why do I have to wait for the Doctor's orders? I am not taught to rely on Medicine, Surgery, Psychology or any other mental mind reading. What authority does he have to dominate my body, my mind and having tried material, mental treatments. I am as sound in mind as he is for I wouldn't attempt to dispute his arguments if my reasoning was conveyed. Physically I am sounder than most people here. Coercion is not cooperation. My body is not a machine for doctors to find fault with, nor is my mind. If God gave me a conscience, a mind to think with, with a body to serve it, is the Doctor right in challenging my sensibility. Respect earns respect. I cannot respect those who do not respect me. Have I, a fellow human being, no say in my own thinking and actions. If I lack those ^{negatives} what have I to prove I am a man. I need practice. If I can think for myself did God create me as a tool for others' use and vote? I am no helot, no serf, no slave bought with money. I am free & therefore act accordingly.

SOURCE 3

PATIENT LETTER

This is a series of letters from a patient at St Hilda's College, Oxford to Dr Spencer, in 1948. The patient was a good student, achieving a distinction (the highest possible grade) in her first year of university. She suffered from low self-esteem, had depressive thoughts, struggled to show emotion, and endured a difficult atmosphere at home with her parents.



14.6.48

Dear Dr. Spencer,

I must apologise for not having got in touch with you this term. With Schools just ahead of me, I was reluctant to do anything which might possibly disturb the precarious equilibrium which I had achieved & which would, I hoped, carry me through the examination.

However, Schools are now safely over. I shall be going down on June 23rd, and I wondered whether it would be possible for me to see you sometime before then. I should be very glad to do so, if you can spare the time, on any day which is convenient for you.

Yours sincerely,

LIVED EXPERIENCE VIEWPOINT

"I really resonated with this patient it gives a good example of how she was a student at St Hildas college while going through treatment at The Warneford and achieving a second in her results.

This shows if you struggle with mental health, you still can achieve something and live your dreams."

Sharon, Tutor at Oxfordshire Recovery College who has Lived Experience with Mental Health.

30.7. 48

Dear Doctor Spenser,

You asked me to let you know the result of Schools. The results came out on Wednesday, and I have been given a Second.

I needn't tell you how very surprised I am by this unexpected result. I did think, in moments of wishful thinking, that I might, by a fluke, get a Third, but I never dreamt of a Second, and it is incomprehensible to me. However, it is none the less satisfactory, and the feeling of pleasure and relief is delightful. In addition, I do feel rather pleased with myself, and that is pleasant after a year or two in which I hadn't been able to be anything of the kind.

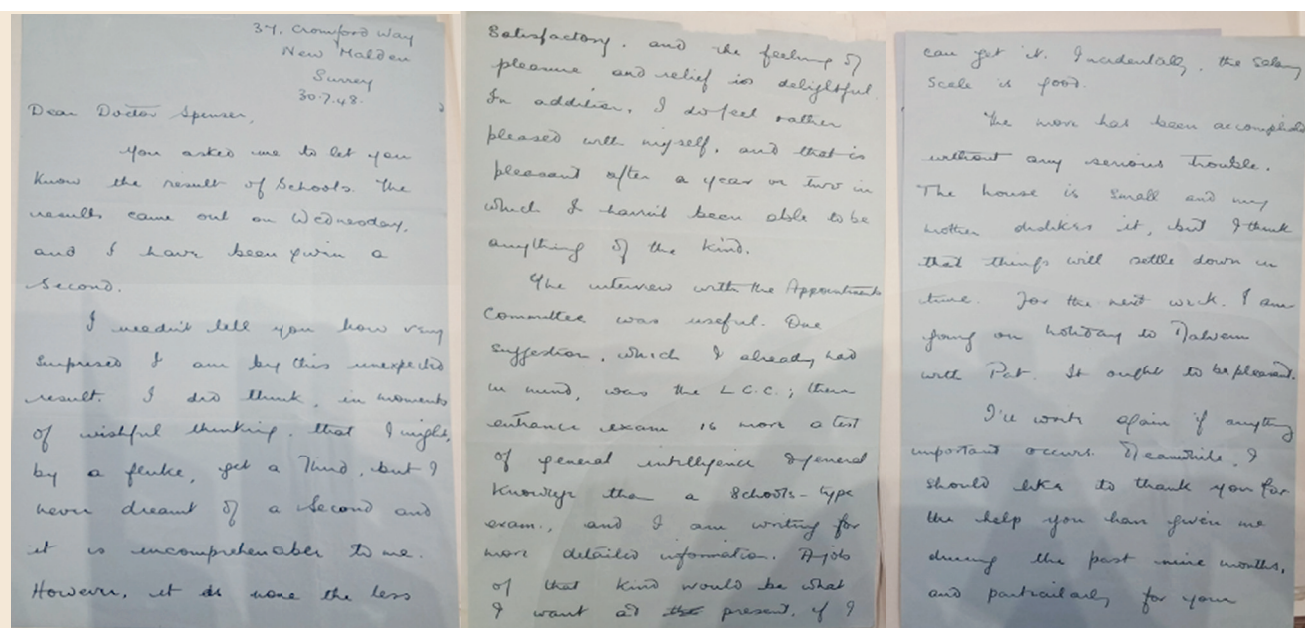
The interview with the Appointments Committee was useful. One suggestion, which I already had in mind, was the L.C.C.; their entrance exam is a more a test of general intelligence [illegible] knowledge than a schools-type exam, and I am writing for more detailed information. A job of that kind would be what I want at the present, if I can get it. Incidentally, the salary scale is good.

The move has been accomplished without any serious trouble. The house is small and my mother dislikes it, but I think that things will settle down in time. For the next week, I am going on holiday to [illegible] with Pat. It ought to be pleasant.

I'll write again if anything important occurs. Meanwhile, I should like to thank you for the help you have given me during the past nine months, and particularly for your care of me while I was in the Park, when I most needed it. As for the E.T.C, you made a terrifying experience as little disagreeable as it could have been, and I am very grateful. I think my school's result an adequate testimonial to your treatment.

I hope that your wife is well, and the baby flourishing.

Yours sincerely,



SOURCE 4

INSTRUCTIONS FOR STAFF, 1836

This is a list of instructions to the staff at Warneford Hospital, dated 1836. The text is typed out below.

INSTRUCTIONS TO THE KEEPERS, MALE AND FEMALE.

ALWAYS bear in mind that you are in your senses, and that those who are under your care are not: this is your health and happiness; that is their affliction and disease: and you cannot better shew your gratitude to God for his mercy and goodness to yourself, than by shewing kindness and consideration to these your afflicted brethren.

Be kind and gentle to them as long and as far as you can.

If you must use strong words, let them be few, and well chosen. Never speak rashly, or in a hurry.

If you must do strong things, do them firmly, but never in a passion.

If you are called upon to use main force, never strike; if you are a striker, you are not fit for your situation: striking a patient is forbidden in this House.

Never suffer yourself to be made angry by scoffs, taunts, or mockery; they are words without meaning in the mouths of those who utter them.

If a patient use threats, as well as insults, lose no time in telling the Director what has been said, and why, if you can find out any reason for it.

You are to live with your patients; this is your bounden duty, your hired service.

You are to remember, that all Insane persons kept in close confinement are crafty, at least they soon become so; for they are contriving how to get out of it.

Look well to the walls of the garden courts, the windows, wearing apparel, bed and bed clothes, and see if there be any thing done, prepared, procured, or contrived, to destroy life, or facilitate escape.

If you can do or devise any thing in the way of pastime or amusement for them, tell the Director of your device, and, if it be approved of, try it.

Do not let those who mope loiter in their bed rooms; try by persuasion to get them to walk out in the garden courts and mix with the other patients.

Do not let any of the other patients go to the violent, it makes them more violent.

In giving orders to the sullen and refractory, speak as if you were delivering a message from the Director; and generally, whenever you have any thing to do or to make them do, which you know that the patients will dislike, tell them that you are obeying your superiors, and must do your duty: this will often save you from angry or saucy replies, and from ill will.

As you are never to put a patient into the waistcoat, belt, or chair, without the Director's orders, so also without his orders you must never relieve any from these restraints; if you do so, fatal consequences may ensue either to the patient or yourself: entreaties and promises are to be reported to the Director, but you are not to act upon them without his authority.

Never take a fancy to one patient more than another; have no favourites; treat them all alike, and always with care and circumspection; be all eye to their looks and movements, and all ear to their expressions; their ways are to be closely and constantly watched: for it is thus that their disorders are to be found out, and the best modes of treating them.

Do your duty in the state of life to which it has pleased God to call you, and so perform your service, as to make it acceptable to the Father of all mercy, as well as to those who employ and pay you.

Whatever ye do, do it heartily, as to the Lord, and not unto men;

Knowing that of the Lord ye shall receive the reward of the inheritance; for ye serve the Lord Christ.

But he that doeth wrong shall receive for the wrong that he hath done; and there is no respect of persons. St. Paul to the Colossians, chap. iii. ver. 23, 24, 25.

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SOURCE 5

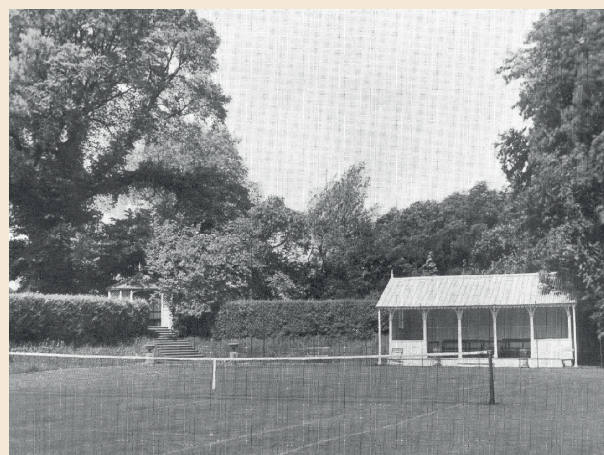
GARDENS AND GROUNDS

This is a series of photographs of the Warneford Hospital's Gardens and Grounds at various points across its 200-year history. During the original building work, in 1823, 200 trees and shrubs were brought from London to beautify the grounds. Later Vaughan Thomas worked to create a country house garden with shrubs, gravel walks, hedges, statues and urns. A plan of his proposals survives and a note in his handwriting points out the hornbeam walks 'which when grown up will form arcades as at Versailles' (Versailles is a former royal palace just outside of Paris, France).

The extensive grounds were not only regarded as pleasure and exercise grounds for the patients, but they also provided flowers for the hospital rooms and fruit and vegetables for the table. At first pigs were kept for pork and bacon and eventually this developed into a full scale farm creating an income for the hospital by selling produce to the local community and other hospitals in Oxfordshire. By the late 1930s there were cereal crops and a pedigree herd of cows as well as poultry and pigs.



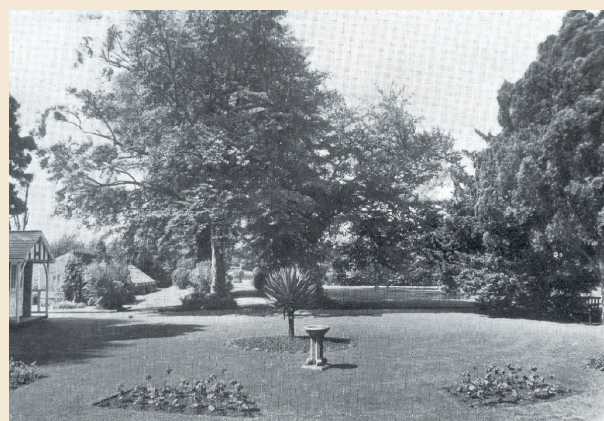
View from the orchards, 1938



Tennis Court from undated 20C prospectus



Warneford Lodge, 1878



Garden from undated 20C prospectus

SOURCE 6

DAILY ACTIVITIES

This is a photograph of the occupational therapy department at the hospital. Occupational therapy (often called OT) is a type of support that helps people learn, improve, or regain the skills they need for everyday life. A trained occupational therapist arrived at the Warneford Hospital in 1940. As one patient from the 1980s commented, "...you could sort of do pottery, or ... all sorts of creative arty things ... that I really enjoyed, you know, sewing and ... collage-y-type things." There had always been activities for patients to be involved in.

The hospital's 1898 report makes it sound almost like a long holiday. They rented houses in places like Shanklin on the Isle of Wight, as well as in Southsea and Malvern, so patients could get a change of scenery and relax.

By the 1920s and 1930s, the activities were pretty similar, but new things like the radio and film screenings had been added. In 1929, staff also started looking for more indoor activities for the men instead of just gardening. They introduced leather work, painting, basket making, embroidery, and mat making. These activities were the early beginnings of occupational therapy at the hospital, and they even helped bring in a bit of money.



SOURCE 7

TREATMENTS

Pages from a self-help booklet produced in the 1990s by Warneford clinical psychologist Gillian Butler on managing anxiety.

WHY DO SYMPTOMS OF ANXIETY AND TENSION BEGIN?

There is usually a combination of causes. Some of the important ones are –

1 The Amount of stress

Anxiety may begin at a time when you are in very stressful circumstances. You may have a single major problem, or several smaller problems may add up to an equal amount of stress. In either case, if the circumstances are stressful enough you feel anxious.

2 The kind of person you are

Some people seem to have a natural ability to cope well with stressful circumstances. Others can tolerate less and are more likely to react with anxiety.

Low tolerance does not mean that you cannot be helped. **On the contrary those with low tolerance are very likely to benefit from learning how to cope better with stressful circumstances.**

Two factors contribute to the development of symptoms: external events and demands on the one hand; your inner reaction to them on the other.

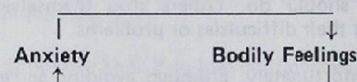
6

THE CONSEQUENCES OF PERSISTENT ANXIETY

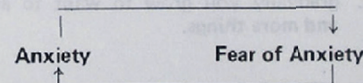
1 Reactions to symptoms can make you more anxious.

The bodily feelings of anxiety are frightening. They may make you think that there is something physically wrong or that you are in real danger. Worrying that you could be ill or that something terrible may happen causes more anxiety. This in turn brings on even more of the bodily feelings.

This is a vicious circle which can actually make anxiety worse.



You may also find that you start to expect that you are going to feel anxious. You start to anticipate your own anxiety. Worrying about becoming anxious can actually bring on anxiety. This is the second vicious circle.



7

In the early years of the Warneford Hospital, doctors used treatments that were common at the time, such as bleeding and purging, electric shock treatments, hydrotherapy (special baths), physical restraint, and calming medicines. These methods were meant to reduce symptoms, but they couldn't cure mental illness. Patients were also encouraged to exercise and help with everyday hospital jobs to keep them busy and take their minds off difficult thoughts.

Around 1900, talking therapies started to develop. During World War I, soldiers with 'shell shock' were treated at Littlemore Hospital. In the late 1930s, doctors hoped new physical treatments would improve care. At the Warneford, they tried lobotomy (a very risky type of brain surgery that cut certain brain pathways and had severe side effects), insulin therapy, and ECT (electroconvulsive therapy). Only ECT is still used today, and only in a small number of cases. Occupational therapy also began around this time.

A big change came in the 1950s with new medicines, starting with chlorpromazine, the first widely used tranquilliser, followed by antidepressants and other drugs. New psychological treatments, such as behaviour therapy, were also introduced. Oxford has played an important role in developing modern medicines and improving therapies. Today, people have better information about treatment choices, and care continues to improve, with more support available from local doctors and charities.

