

1929.

VICTORIA.

REPORT

OF

INSPECTOR OF INEBRIATE INSTITUTIONS

FOR THE

YEAR ENDING 31ST DECEMBER, 1928.

PRESENTED TO BOTH HOUSES OF PARLIAMENT BY HIS EXCELLENCY'S COMMAND.

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REPORT OF THE INSPECTOR OF INEBRIATE INSTITUTIONS FOR THE YEAR ENDING 31ST DECEMBER, 1928.

Old Treasury Buildings,
Melbourne, 26th July, 1929.

To the Honorable the Chief Secretary.

SIR,

I have the honour to present the Twenty-second Annual Report of the Inspector of Institutions for Inebriates. This Report bears on the work of the Government Institution at Lara for men, and on the Salvation Army Sanatorium, "Brightside," East Malvern, which admits female patients.

As in past years, statistical tables are submitted showing the amount of inebriety in Victoria. The first ("A") sets forth the number of admissions to both Institutions alongside returns furnished by the Government Statist on the number of convictions for drunkenness. It is interesting to observe that the war years and those immediately following were comparatively temperate, but that latterly this desirable state of affairs was not maintained.

TABLE "A."

Year.	Number of Admissions to Lara (Males).	Number of Admissions to "Brightside" (Females).	Number of Convictions for Drunkenness.
1910	126	26	7,272
1911	121	40	7,557
1912	127	29	7,446
1913	120	47	7,676
1914	158	45	7,387
1915	101	33	7,049
1916	112	52	6,025
1917	101	41	4,051
1918	127	38	3,012
1919	105	47	3,000
1920	146	61	3,834
1921	152	49	4,334 (Males, 3,815 ; Females, 519)
1922	149	48	5,204 (Males, 4,526 ; Females, 678)
1923	144	45	6,210 (Males, 5,495 ; Females, 715)
1924	195	47	6,210 (Males, 5,520 ; Females, 690)
1925	171	53	5,686 (Males, 5,153 ; Females, 533)
1926	155	46	6,378 (Males, 5,647 ; Females, 731)
1927	174	48	7,048 (Males, 6,272 ; Females, 776)
1928	152	57	6,240 (Males 5,586 ; Females, 654)

As further bearing on this question, a second table ("B.") is submitted, which shows year by year, for a period of 23 years, the number of mental cases admitted to the State Hospitals for the Insane in Victoria, in whose cases alcohol is alleged to be the cause of insanity. It will be noticed that, whilst the number of all admissions to these Hospitals is increasing annually, though not out of proportion to the increase in population, the number of cases are diminishing in whom alcoholism is assigned as the cause of the mental disorder.

In this case, too, the influence of the war years is noticeable, and apparently is still maintained.

TABLE "B."

Return showing Number of Cases Admitted to the State Hospitals for the Insane.

Year.	Total Admitted (Cause Intemperance).			Total Admissions.			Percentage.		
	Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Total.
1905 ..	51	19	70	400	338	738	12·75	5·61	9·48
1906 ..	54	20	74	402	371	773	13·43	5·39	9·57
1907 ..	43	21	64	417	311	728	10·31	6·75	8·79
1908 ..	54	11	65	405	334	739	13·33	3·29	8·79
1909 ..	37	12	49	455	310	765	8·13	3·87	6·40
1910 ..	63	21	84	422	380	802	14·93	5·52	10·47
1911 ..	59	38	97	428	389	817	13·79	8·87	11·87
1912 ..	78	36	114	456	350	806	17·10	10·29	14·14
1913 ..	96	43	139	494	364	858	19·43	11·81	16·20
1914 ..	64	15	79	445	362	807	14·38	4·14	9·78
1915 ..	35	21	56	434	390	824	8·06	5·38	6·79
1916 ..	37	24	61	403	369	772	9·15	6·50	7·90
1917 ..	38	10	48	402	360	762	9·45	2·77	6·29
1918 ..	31	15	46	346	416	762	8·96	3·60	6·03
1919 ..	42	8	50	384	361	745	10·93	2·21	6·71
1920 ..	45	17	62	465	399	864	9·67	4·26	7·17
1921 ..	31	17	48	383	419	802	8·04	4·05	5·98
1922 ..	62	18	80	434	404	838	14·51	4·45	9·66
1923 ..	61	17	78	470	357	827	12·98	4·76	9·43
1924 ..	35	16	51	402	407	809	8·70	3·93	6·30
1925 ..	32	15	47	399	347	746	8·02	4·29	6·30
1926 ..	31	15	46	434	407	841	7·14	3·68	5·46
1927 ..	35	19	54	430	395	825	8·01	4·81	6·54
1928 ..	42	11	53	483	394	877	8·69	2·79	6·04
Totals ..	1,156	459	1,615	10,193	8,934	19,127	11·33	5·13	8·44

It is conceivable that more careful statistical inquiry distinguishing between cause and effect is responsible for the decrease. On the other hand, it is more possible that variations in the financial prosperity of the State have an important influence in causing these fluctuations.

To what extent it is possible to inculcate rational habits of temperance into a civilized community by legislation alone is more than doubtful, so the huge experiment at present attempted in the United States of America must be of the greatest interest to the rest of the world. In this respect, it is worth while studying the survey which has been made by the State Department of Mental Hygiene in New York. The admissions in which alcohol is considered a contributing or exciting factor amounts to 8·7 per cent. of all admissions, and the Medical Director, Dr. Pollock, considers that a turning point has been reached in the incidence of alcoholic psychoses. He shows that there was a downward trend from 1909 to 1920. In 1921, however, the percentage of alcoholic cases began to increase, but in 1928 there was a decline. He bases his views on the fact that in 1928 509 cases were admitted suffering from alcoholism, as against 572 similar admissions in 1913, and he remarks that it is especially significant in view of the fact that the States' population has risen from 9 to 11 millions since 1910. The figures, however, strike one as being too insignificant and of too brief a space of time to justify any considerable degree of optimism, but they are of interest in comparison with the statistics for Victoria as set out in Table "B."

The outstanding fact appears to be that it is more than difficult to make people moral by Act of Parliament, and that improvement is more likely to be obtained by dealing with the individual delinquent.

Our Victorian experience seems to show that a comparatively small proportion of the population is in the habit of misusing alcohol, but that this small proportion is very persistent and difficult of cure. This fact is borne out by the number of re-admissions, particularly to Lara, and this has been referred to repeatedly in recent reports.

If it were possible to deprive an inebriate of his licence to drink in the same way that it is possible to deprive an offending motorist of his licence to drive, or commit him for a protracted period to a prohibition area in which it would be totally impossible for him to get alcohol in any shape or form, then something would have been achieved by the State in the direction of a sane use of alcohol.

LARA.

This Institution continues to carry out the purposes for which it was originally designed, that is to say, the cure of genuine inebriates, but it must be confessed that not infrequently individuals have presented themselves for treatment who could not entirely be regarded as suitable, and it is necessary to draw attention to the remarks of the Visiting Medical Officer in his report bearing on this question. If Lara is to continue to do the useful work which it has done in the past, it is essential that steps should be taken to prevent its abuse by the recidivist and ne'er-do-well.

On each of the occasions which I have visited I have been well satisfied with the condition of the Institution, the care of the patients, and the conduct of the staff.

Of the 152 cases admitted during the year 69 were first admissions, and 73 were re-admissions. This is the significant fact previously referred to in this Report. Fifty-nine of the admissions were returned soldiers, and of these 7 were admitted more than once.

The proportion of individuals paying the full cost of their care and treatment in Lara is low; more than one-half of the patients contributed nothing whatsoever, and only 45, i.e., less than one-third, contributed the full cost of their maintenance.

A table is submitted showing the amounts paid:—

RATES OF MAINTENANCE FIXED.—PATIENTS ADMITTED DURING YEAR 1928.

				£	s.	d.					£	s.	d.
1	..	at	..	5	0	0	1	..	at	..	1	1	0
1	..	„	..	4	4	0	13	..	„	..	1	0	0
14	..	„	..	3	3	0	1	..	„	..	0	15	0
5	..	„	..	2	10	0	4	..	„	..	0	10	0
24	..	„	..	2	2	0	77	..	„	..	Nil		
1	..	„	..	1	15	0							
10	..	„	..	1	10	0	152						

The total revenue for the year amounted to £1,237, of which £1,090 was for the maintenance of patients, and £147 for sales of wool, live stock, &c.

Comparatively little has been necessary in the way of repairs at the hands of the Public Works Department.

A few changes of a minor character have taken place in the personnel of the staff, and it would not be right to close this Report without mentioning the valuable services of the Resident Superintendent.

“BRIGHTSIDE.”

In the Report for 1927 it was stated that plans for the extension of this Institution by the erection of an additional wing for 16 patients was in process of completion, and that on the 24th March, 1928, the annexe was opened by Her Excellency Lady Stonehaven. It is only necessary now to state that this extension of “Brightside” is thoroughly justified, and has advanced its work in a very definite manner.

During 1928 57 patients were admitted, but of them 11 were re-admissions.

I can report that the condition of the Sanitarium and its inmates has been excellent on each of my visits. The general health of the inmates has been quite satisfactory, and this is largely due to the attention paid by the Medical Officer. In this respect, I regret to have to report the death of Dr. Hugh L. Murray, who has been the Visiting Medical Officer to “Brightside” since its inception. Dr. Murray took the greatest interest in his work, and was always well liked by the patients, to whom he invariably gave unremitting care and attention. His position as Visiting Medical Officer has been filled by the appointment of Dr. W. H. Orchard.

With regard to the Government contributions to “Brightside,” I have to report that 16 patients were sent and maintained wholly at the Government expense, and 4 were partially paid for by the Government. The total expenditure, therefore, on these patients amounted to £656 for the year.

I have the honour to be,

Sir,

Yours obediently,

W. ERNEST JONES,

Inspector of Inebriate Institutions.

LARA INEBRIATES INSTITUTION.—STATISTICS, 1928.

TABLE 1.

Showing changes in number of Patients during year 1928—			
Remaining in institution, 31st December, 1927	41
Remaining on probation, 31st December, 1927	21
Admitted	79
Re-admitted	73
			— 152
			<u>214</u>
Discharges—			
Efflux of time	53
At own request	105
Absconded	6
Removed to Hospital	1
In institution, 31st December, 1928	34
On probation, 31st December, 1928	15
			<u>214</u>
Daily average number resident	41

TABLE 2.

Showing operation of Probationary Regulations during year 1928—			
Remaining on probation, 31st December, 1927	21
Allowed on probation	68
			<u>89</u>
Returned from probation, nominally	58
Returned from probation, voluntarily	13
Returned from probation, compulsorily	3
Remaining on probation, 31st December, 1928	15
			<u>89</u>

TABLE 3.

Terms of Residence.—Patients admitted during year 1928—			
One week	10
Two weeks	13
Three weeks	14
Four weeks	13
Five weeks	5
One month and a half	9
Two months	11
Two months and a half	13
Three months	8
Three months and a half	5
Four months	10
Five months	6
Six months	4
Eight months	1
Ten months	1
In Institution 31.12.1928	29
			<u>152</u>

Average period of treatment of patients from 1st July, 1907, to 31st December, 1928— $2\frac{2}{3}$ months

TABLE 4.

Age.	Patients admitted during Year 1928	From 1st July, 1907, to 31st December, 1928.
Between 18 and 21	2	7
Between 21 and 31	9	274
Between 31 and 41	50	980
Between 41 and 51	62	984
Between 51 and 61	23	467
Between 61 and 71	6	121
Between 71 and 81	...	18
	<u>152</u>	<u>2,851</u>

TABLE 5.

Occupation.	Patients admitted during Year 1928.	Patients admitted from 1st July, 1907, to 31st December, 1928.
Clerical	27	469
Artisans and Mechanics	15	326
Labourers	30	370
Professional—		
(a) Medical	8	72
(b) Legal	3	45
(c) General	9	164
Agricultural Pursuits, including Farmers and Pastoralists	15	241
Merchants and Commercial	3	86
Wine, Spirit, and Liquor Trades	4	56
Publicans	2	74
Commercial Travellers and Salesmen	10	174
Chemists and Dentists	1	66
Storekeepers and Tradesmen	7	262
Journalists and Compositors	5	75
Agents	5	113
Soldiers	...	28
No occupation	2	64
Other occupations— not classified	6	166
	<u>152</u>	<u>2,851</u>

TABLE 6.

Family History.	Patients admitted during Year 1928.	From 1st July, 1907, to 31st December, 1928.
	Instances.	Instances.
(1) Inebriety—		
Direct—		
Parents	33	604
Grandparents	...	107
Collateral—		
Brothers and Sisters	21	666
Uncles and Aunts	11	230
(2) Insanity—		
Direct—		
Parents	...	35
Collateral—		
Brothers and Sisters	1	70
Uncles and Aunts	..	59

LARA STATISTICS—continued.

TABLE 7.			TABLE 8.		
Inebriety Habits.	Patients admitted during Year 1928.	From 1st July, 1907, to 31st December, 1928.	After History.	Patients admitted during Year 1928.	From 1st July, 1907, to 31st December, 1928.
(1) Alcoholism—					
(a) Regular ...	106	1,846			
(b) Periodical ...	42	909			
(2) Narcotism, without alcoholism—					
(a) Morphinism	3	47	Doing well ...	37	652
(b) Cocainism	9	Not improved ...	33	429
(c) Morphinism and Cocainism	15	Improved ...	8	91
(d) Opium Smoking or Eating	8	Still in institution ...	29	34
(e) Heroin	3	Dead	260
(f) Chlorodyne...	...	4	Insane	30
(g) Chloral and Paraldehyde	1	Orders rescinded	12
(h) Veronal	4	Not heard from ...	16	220
(i) Morphine and Veronal	1	Discharged too recently to judge ...	15	15
(j) Paraldehyde	1			
(k) Laudanum ...	1	1			
(3) Not ascertainable	...	2			
	152	2,851	Re-admissions during Year 1928 ...	138	1,743
				14	
				152	

LARA INEBRIATES INSTITUTION.—REPORT OF MEDICAL OFFICER, 1928.

Lara Inebriates Institution,
1st January, 1929.

Sir,

I have the honour to submit my Twenty-second Annual Report, with Statistics, for the year ending 31st December, 1928.

The admissions for the year totalled 152, being 22 less than last year, of whom no less than 73 had previously received treatment at Lara—sometimes frequently—on former occasions.

The voluntary applications totalled 44, compulsory orders numbered 6, and the remainder (102) applied for admission as voluntary boarders.

Since 1907, i.e., 21½ years, we have treated in this Institution 2,851 patients, representing 1,743 persons.

Discharges to the number of 165 took place during the year; of these 69 were allowed to leave on probation before the expiration of their terms.

Six patients absconded from the place, and one was removed to Geelong Hospital.

On the 1st January, 1928, there were in the Institution 41 patients, and on the last day of the year 34, while 15 were on trial leave.

The daily average number resident was 41.

The ratio of two-thirds of the patients being between 30 and 50 years of age was maintained last year, as has always been the case.

The greatest and least number of patients resident on any one day were respectively 51 and 32.

People addicted to the use of drugs to the number of 4 were received for treatment, and the number of such cases has now reached 94.

A great many diseases (other than inebriety) and ailments were medically handled by the staff.

Regarding the conclusions to be drawn from the result of treatment here—*vide* Table 8—it will be seen that, up to the time of writing this Report, we have treated during the past 21½ years 1,743 men. Certain of these have to be eliminated from consideration for obvious reasons in estimating results with comparative accuracy; these are as follows:—34 still at Lara, 260 dead, 30 insane, 220 who cannot be traced, 12 orders rescinded, and 15 discharged too recently to judge. Deducting all the eliminated patients referred to, there remain 1,172, showing the following returns:—

Doing well	652
Improved	91
Not improved	429
	1,172

This gives the full medical result of the work of the Institution up to date:—

Recoveries	652, or 55½ per cent.
Benefited	743, or 63½ per cent.
Failures	429, or 36½ per cent.

GENERAL.

My remarks in last year's report with regard to publication by certain newspapers regarding patients here, as well as the other items in that report, apply as forcibly as ever concerning the past year's proceedings. I should also like to see the authority of the Inspector of Inebriates Institutions enhanced to the extent of his having the power to decide the eligibility for admission to the Institution of any future applicant. This may require some amendment in the existing Acts. At the same time, something should be done to secure payment of maintenance from those who are in the position to pay. We find frequently that patients, particularly returned soldiers in receipt of regular pensions, will pay nothing, but live here free of charge, allow their pensions to accumulate and, in some cases, hoard it up in this way for a debauch on leaving. One matter to which I would like to draw attention is the tendency in recent years for medical men and others to send patients here in a grave condition of bodily disease—apart from immediate effects of acute alcoholism—without realizing that there is no resident medical officer. This throws an unreasonable responsibility on the members of the staff.

The constant remarks and communications of appreciation by patients of the attention, care, and courtesy of the staff are more eloquent of their efficiency than any eulogy on my part.

I have the honour to be,

Sir,

Your obedient servant,

C. G. GODFREY,

Medical Officer.

The Inspector of Inebriates Institutions,
Melbourne.

STATISTICS FROM "BRIGHTSIDE" FOR YEAR ENDING 31ST DECEMBER, 1928.

Admissions—				Term of residence—			
Remaining in institution on 31st				Four days	1
December, 1927	27	One week	4
Admitted during 1928	46	Two weeks	3
Re-admitted during 1928	11	Three weeks	2
			84	One month	6
			—	Two months	6
			—	Three months..	7
Discharges—				Four months	3
Efflux of time	21	Four months and a half	2
Escaped	1	Five months	2
Sent to Alfred Hospital	2	Six months	8
Transferred to mental hospitals	3	Nine months	2
Discharged as unsuitable for				Nine months and a half	1
“Brightside”	1	Ten months	1
On probation	28	Twelve months	7
Remaining in institution on 31st				Three years and five months	1
December, 1928	28	Remaining in institution on 31st			
			84	December, 1928	28
			—				—
			84				84
Periods for which patients have been admitted—							
Twelve months	21				
Nine months	1				
Six months	8				
Three months	5				
One month	2				
Voluntary	20				
			57				

STATISTICS FROM "BRIGHTSIDE."

FOR YEAR ENDING 31ST DECEMBER, 1928.

Also showing total number of cases treated since the opening of the Institution, 21st February, 1910:—

Particulars.	Patients Admitted during Year 1928.	From 21st February, 1910, to 31st December, 1928.	Particulars.	Patients Admitted during Year 1928.	From 21st February, 1910, to 31st December, 1928.
Admissions—			Occupation—		
Admitted ..	46	611	Housewives ..	25	402
Re-admitted ..	11	241	Domestics ..	3	158
	57	852	Nurses ..	3	70
Age—			Teachers ..	1	15
Between 20 and 30 ..	2	81	Stenographers	8
Between 30 and 40 ..	10	214	Storekeepers ..	2	7
Between 40 and 50 ..	22	268	Masseuse	3
Between 50 and 60 ..	13	177	Theatrical	6
Between 60 and 70 ..	4	84	Waitresses	3
Between 70 and 80 ..	5	22	Journalists	4
Between 80 and 90 ..	1	5	Seamstresses ..	1	5
Between 90 and 100	..	1	Cashier	1
	57	852	Hotel keepers	2
Marriage—			Stewardess	1
Married ..	27	143	Florist	1
Single ..	12	161	Saleswomen	2
Widows ..	12	162	Artists ..	1	2
Divorced ..	1	27	Barmaids	3
Separated from husbands ..	5	59	Cooks ..	1	3
	57	852	Agents ..	1	1
			Telephonists ..	2	2
			Milliners ..	1	1
			No occupation ..	16	152
				57	852

STATISTICS FROM "BRIGHTSIDE"—continued.

Particulars.	Patients Admitted during Year 1928.	From 21st February, 1910, to 31st December, 1928.	Particulars.	Patients Admitted during Year 1928.	From 21st February, 1910, to 31st December, 1928.
Family history—			Inebriety habits—		
1. Inebriety—			1. Alcoholism—		
Parents ..	11	245	Regular ..	32	560
Grandparents ..	2	20	Periodical ..	18	213
Brothers and sisters ..	3	86	2. Narcotism without alcoholism—		
Uncles and aunts	14	Morphinism ..	2	44
2. Insanity—			Morphinism and cocainism	5
Parents ..	1	25	Paraldehyde ..	2	2
Grandparents	5	Not ascertainable ..	3	28
Brothers and sisters	27			
Uncles and aunts ..	1	14		57	852
No reliable history ..	8	152			
Nil ..	31	264			
	57	852	After history—		
Associate habits—			Doing well ..	28	269
Cigarettes ..	12	124	Improved ..	6	72
Cigarettes and morphine ..	1	8	Not improved ..	7	49
Cigarettes, morphine, and cocaine	5	Insane ..	1	36
Cigarettes, morphine, cocaine and veronal	4	Died ..	1	63
Cigarettes and veronal	3	Discharged too recently to judge ..	6	6
Cigarettes, veronal, and chlorodyne	1	Not heard from since leaving the Institution ..	7	94
Cigarettes and laudanum	1	Remaining in Institution 31st December, 1928 ..	28	28
Morphine ..	2	13	Re-admissions	235
Morphine and veronal	5		84	852
Morphine and cocaine	2			
Chlorodyne	20			
Veronal ..	1	10			
Aspirin	1			
Various kinds of sleeping draughts	27			
Nil ..	41	628			
	57	852			

"BRIGHTSIDE."—REPORT OF MEDICAL OFFICER.

"Dydneyrne,"
Waverley-road, East Malvern.

To the Inspector-General of Inebriate Institutions,
Old Treasury,
Melbourne.

DEAR SIR,

I have the honour to submit the Medical Report for "Brightside" for the year 1928.

On the 1st January, 1928, there were 27 patients in the Home. During the year 57 were admitted (11 being re-admissions), so that 84 were under treatment during this period. Of this number 50 were discharged, 1 escaped, 2 were transferred to the Alfred Hospital, 3 to mental hospitals, and 28 remained in the institution on 31st December, 1928.

I append the usual statistics, from which you will gather the particulars regarding the patients in detail.

The year under review did not contain anything unusual regarding the patients. Their health, apart from the effects of their infirmity, was remarkably good, and the results of our work appear as if it would be on the same high level as in previous years.

We are watching the efforts to have a solicitor attached to the Crown Law Office, whose services would be available for prospective patients, with much interest. I have referred to the heavy expense some of our patients' relatives are put to, in obtaining orders for admission, in previous reports, and we shall be glad if the new proposed appointment is made.

The opening of the new wing on 20th March last by Lady Stonehaven was a red-letter day in our history, and has made available accommodation for some 16 more patients.

Owing to ill health I have not been able to visit the Home as regularly as in the past. I am grateful to my son, Dr. H. M. Murray, and afterwards to Dr. W. H. Orchard, for relieving me of duty and carrying on in my absence.

On all my visits I have always found the Home beautifully kept, and cannot speak too highly of the faithful and thorough way this most unselfish work is carried on by the Matron and her staff.

I am,

Yours faithfully,

HUGH L. MURRAY,
F.R.C.P., F.R.C.S.E.