

A MAN OF MANY ANGLES

TWO names stand out, illustrious, in the history of the therapeutics of insanity in this country: those of the late Dr. Joseph Workman and his pupil and associate, Charles Kirk Clarke, M.D., LL.D., Dean of the Faculty of Medicine and Professor of Psychiatry in the University of Toronto, and Medical Superintendent (resigning) of Toronto General Hospital.

Dr. Workman was a pioneer in psychiatry, of world-wide reputation in 1874, and, as Superintendent, had initiated radical reforms in the management and treatment of the insane at the "Provincial Lunatic Asylum," as it was called in that day, when Dr. Clarke joined his staff as a clinical assistant.

To appreciate the advance which has taken place in the interval since that date in psychiatry—that is in the application of the healing art to mental diseases—the traditional function both of asylums for the insane and the superintendents of them then current must be recalled. Restraint of the insane was universally practised. Every asylum had, unwittingly, its barred and padded cells, straight jackets and fetters for the maniacal. Superintendents were custodians only, attendants chosen for strength, not intelligence, physical care of the inmates the chief end. No attempt was made, or thought of, at diagnosis or classification of the insane or scientific research into mental diseases.

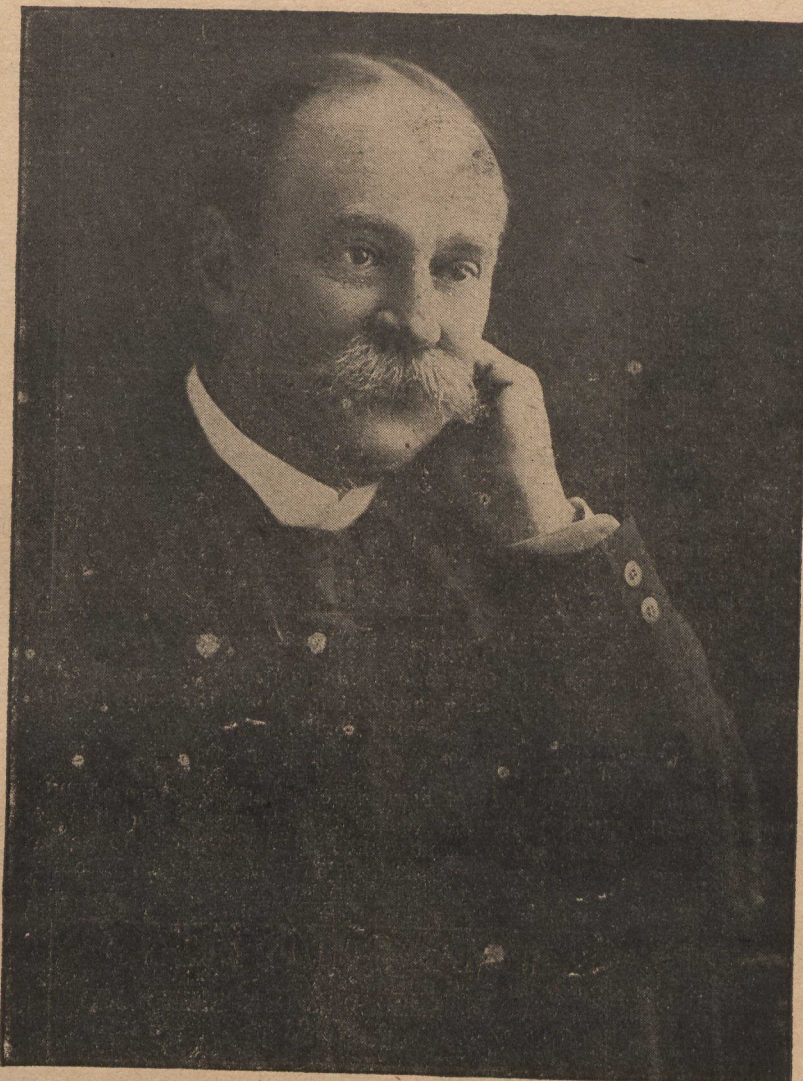
Psychiatry was an almost untrodden field when the young Clarke, urged by flaming ideals of earnest work, entered it. He looked then, so I am told, much as he does now, was as keen for cricket and tennis as now for golf, no less an athlete than a student. He went, later, to Hamilton Asylum for a time, and then to Rockwood, in Kingston, in 1885. It was here that he made his revolutionary advances. For twenty years and more he had the opportunity to carry out his scientific theories and humanitarian ideals in the treatment of the insane and he made use of it to the utmost.

Rockwood was a species of lockup for mad criminals when he took charge. Dr. Medcalf, the Superintendent who preceded him, had been imbued with the spirit of reform, but was killed by a patient before this had taken concrete form. Dr. Clarke, then his assistant, only escaped a similar fate through his superior strength and agility. Under his charge Rockwood became the great centre in Ontario for reforms in the nature of developing the hospital idea of asylums for the insane, and in introducing non-restraint and employment for patients. Dr. Clarke established here the first training school in America for nurses of the insane, thus radically raising the standard of his own staff and those of all other similar hospitals. He employed the modern continental method of classification of the insane, recognizing the many forms of the disease, and bringing its treatment to the level of therapeutics in other diseases. He thus contributed to lifting the stigma of ages from madness. He was an indefatigable pioneer in laboratory work in insanity. This department has attained to great proportions and efficiency to-day. But it was in its infancy when the young and ardent superintendent of Rockwood Hospital devoted his spare hours to microscopic work on brain tissue. He has incalculably stimulated research work in this line of pathology.

RADICAL and far-reaching as has been his work along the lines I have mentioned, of still greater significance to the human race is his now established psychiatric clinic for defective children. "G. P. I." (general paresis of the insane) has long been recognized in adults, but the juvenile form was unsuspected. For years Dr. Clarke has been hammering at the vital importance of an early diagnosis with a view to curative treatment. He has diagnosed G.P.I. in a child only three years old. To his remarkable psychiatric clinic at Toronto General Hospital every social agency in the province sends samples of the odds and ends of humanity. It is the final court of delinquency, and many a poor little kiddie entering on a criminal career has been rescued as a case of dementia praecox, and the suitable

Expert Alienist, Dean of a Faculty of Medicine, Head of a Hospital, Manager of an Asylum, Educational Reformer, Bird-benefactor, Naturalist, Humorist, Apostle of the Out-of-doors, Musical Amateur, Versifier—and a Canadian

By LAURA DURAND



Resigned from Toronto General Hospital, but his resignation is not yet accepted.

curative treatment of his body and soul prescribed.

Dr. Clarke's extraordinary psychological insight in understanding the temperament and intellectual capacity of individuals is frequently available in solving the woes of "unequally yoked" couples. His note books contain enough tragic material of this sort to supply another de Maupassant.

He left Rockwood Hospital in 1905 to take charge of the Toronto Hospital for the Insane, and in 1911 made the striking departure of accepting the position of superintendent of Toronto General Hospital.

His resignation of this position now focusses the attention of the public.

It must not be assumed that his scientific attainments have unfitted the Dean for administrative work. While he has dictated the policy of Toronto General Hospital along broad, progressive and humanitarian lines, he has solid business capacity and is a match for any contractor. He has managed the hospital at the lowest per capita cost of patients contrived by any other hospital in America of its size, standard and equipment. Through, what seems to onlookers, a mistaken policy of economy he has been left without an assistant in this work. A great administrator, he has been spared none of the pettiest details of a mere housekeeper. His rare insight into character has resulted in the most fortunate sort of appointments to his staff. For he approaches people from the human point of view, from their possibilities. "What can he do," is his estimate.

The Dean stands for a very great achievement in hospital circles in Toronto in having promoted the best feeling among all, and stimulated all in efforts to reach his own standard of excellence.

When he announced to me his purpose of retiring he said in reply to my startled look:

"I'm tired of being held responsible for the last chicken!"

He said a lot more in the same vein which was very amusing, and then, "I have a big idea of my position, but others have a small idea." He then gave me this precise statement:

"I am weary of official life. I have accomplished what I came here to do, namely, to establish this hospital on a solid foundation which has placed it in the position of being regarded as one of the finest and best organized hospitals in the world."

"I intend to take up a consulting practice in psychiatry."

"My greatest ambition, my aim in life, my ultimate hope, is to accomplish reforms in the treatment of the insane and the feeble-minded."

"As regards my educational work, I believe my election as Dean in succession to Dr. Reeve was in recognition of my deep interest in medical education. In my time, since 1908, I have been instrumental in securing the extension of the medical course from four years to five, and recently to six years, a change which will come into effect in 1918."

"Youth has always appealed to me. As a boy I came under the influence of Wesley Mills in 1872, Principal of the High School in Elora, my birthplace, and, later, Prof. of Physiology in McGill. As a young man I had the good fortune of being assistant to the great Dr. Joseph Workman. I know the value of enthusiastic leadership. If I pride myself in anything in the world, it is my influence on young men."

I am told that it is a memorable thing to see the Dean amid his students on "Daffodil Night," an annual festival he established as an outlet in place of rough house on Hallowe'en. He leads the orchestra, the stunts, and the fun. Students know him as a personal friend to whom they may go daily, seeking counsel and inspiration, as well as a "good sport."

"He has red blood in his veins, and young men know it," declared Dr. Clarence M. Hincks.

"Loyal! You can always count on him. But he tells you what he thinks unhesitatingly," said the young pathologist.

In recognition of his multifarious pursuits and accomplishments the students have christened the Dean, "Professoris Universalis."

One must admit him one of nature's favourites. Richly endowed, where she has been so niggard to others. Who might have succeeded equally well in half a dozen other professions, but having chosen one, in some preponderance of interest or sentiment, has excelled in that, and makes excursions into all the others for diversion, or in sheer opulence of energy—an "all-round man"—the joy of the literary executor with a thousand pages to fill, the despair of the journalist limited to a few columns.

THE Dean would probably call Psychiatry the "long suit" in the terms of the vernacular of his summer camp.

Professor Adam Shortt in presenting him for the honorary degree of LL.D. at Queen's in 1906, explained his "embarras des richesses" in the following passage:

"But, Mr. Chancellor, had I been required to omit all references to Dr. Clarke's professional achievements, I should not have experienced the slightest embarrassment in proving him worthy of the great distinction which we ask you to confer upon him. He is not only an enlightened and enthusiastic student of nature in general, but he is a noted specialist in the sphere of ornithology, and has made several new and valuable contributions to the literature of the subject through the medium of such journals as The Auk. When, fleeing from the din and nervous strain of that strenuous life which some people mistake for civilization, one takes to the woods for refuge, no more delightful companion can be found than Dr. Clarke, though it requires a good physique to keep pace with his enthusiasm. Yet his knowledge of nature in her varied and capricious moods, and of her shy and subtle household, is so varied and accurate that a sojourn with him in the wilderness is in itself a liberal education as regards the things that are really worth while. . . . I cannot pause to do justice to his interest in the fine arts, more particularly music, in which he is an accom-