

faeces (from observation of specimens after irrigation) only passing through a small centre channel in the colon with complete stagnation at the bowel wall. This residue becomes the foci of coli poisoning affecting not only the solitary follicles and Peyer's patches, but also the splanchnic nerves, so that matters are made worse by decreased peristalsis.

Granted that there is an "explosive" type of cell in the brain cortex, I have concluded that the chronic sepsis may be the actual stimulus of an epileptic seizure. Therefore will colotomy or an equivalent operation to wash out the colon thoroughly not only greatly improve the mental condition of the patient, but practically eliminate the seizures also?

Personally I have found great improvement and very good results obtained by systematic irrigation of the colon—starting with single irrigations daily for the first week of saline fluid (1 drm. to a pint at a temperature of 100° F.), 3½ to 4 pints, after double irrigation at an interval of half-an-hour between—together with colon vaccines, thyroid extract, abdominal massage, and suitable dieting, "no red wines or red meat, etc.," at the same time with similar attention to the teeth and stomach outlined by Dr. Henry A. Cotton.

I have the honour to remain, Gentlemen,

St. Ann's Asylum,  
Trinidad;

Your obedient servant,

HENRY WEATON.

March 24, 1924.

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#### OBITUARY.

CHARLES KIRK CLARKE, M.D.

*Formerly Superintendent of the Toronto General Hospital, and Dean of the Faculty of Medicine.*

We regret to report that Dr. C. K. Clarke passed away on January 20, 1924. Admittedly one of the greatest authorities on the therapeutics of insanity, he was a scholar from whose wells of knowledge it was the privilege of thousands to drink, and his death will create a loss in the medical and scientific world that will be mourned, not only in Canada, but in other countries, where his name was well known.

He had been ill with heart trouble since October and his death had been expected. The end came suddenly at 10.30 in the morning at his home.

No name stands out more illustriously in the history of the therapeutics of insanity in Canada than that of Dr. C. K. Clarke, who at the time of his death was Consultant in Psychiatry at the Toronto General Hospital. A man of many-sided activities, who vigorously pursued many lines of science and culture, he was specially recognized as one of the leading psychiatrists of the world. As a Medical Director of the Canadian National Committee for Mental Hygiene since June, 1918, Dr. Clarke visited every province in the Dominion for the purpose of improving conditions for the treatment and control of patients suffering from mental diseases. His works on insanity were accepted as standards.

Dr. Clarke was also well known as an expert alienist, an educational reformer, a naturalist, a musical amateur, a versifier, and an apostle of the outdoor. He was an authority on birds, and was President of the Bird Society of Ontario. As an authority on early Canadian literature or Canadiana, he made one of the finest collections in the country. He was a musician all his life. For many years he was a member of a string quartet of distinguished artists in Toronto, who played once a week, year in and year out. He was a keen participant in, and a follower of athletics throughout his life, and two of his sons were the most outstanding hockey players of the day.

When young Clarke entered the "Provincial Lunatic Asylum" as Clinical Assistant to Dr. Workman in 1874, psychiatry was practically an untrodden field. Dr. Workman, Superintendent at that time, was himself a pioneer in psychiatry, and had initiated radical reforms in the management and treatment of the insane. In order to appreciate the advance which has taken place in psychiatry since that date, the traditional function, both of asylums for the insane and their superintendents, must be recalled. Restraint of the insane was generally practised.

Every asylum had its barred and padded cells, straight jackets and fetters for the maniacal. Superintendents were custodians only; attendants were chosen for strength and not intelligence; the physical care of the inmates was the chief end. There was no attempt at diagnosis or classification of the insane, or scientific research into mental diseases.

It was at the Rockwood Asylum, Kingston, that Dr. Clarke made his revolutionary advances. For over twenty years he had the opportunity to carry out his scientific theories and humanitarian ideals in the treatment of the insane, and he made full use of it. When he took charge, Rockwood was a species of lock-up for mad criminals. Dr. Medcalfe, 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, who was then his assistant, only escaped a similar fate through his superior strength and agility.

He was on the wharf in the asylum grounds when a big, husky, violent patient threw his arms around him, pushed him into the water, and kept him pinioned for some time. It was only because the doctor was a marvellous swimmer and a man of unusual strength and resource that he was able to free himself and master the maniac.

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. Here he established 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. In this way he contributed to lifting the stigma of ages from madness. He was an indefatigable pioneer in laboratory work in insanity. His work in occupational therapy at Rockwood was of such an outstanding character that it attracted students from all over the world.

Dr. Clarke always maintained that the legal attitude towards insanity was unfair and wrong, and he was one of the pioneers of the humane idea that has now begun to take real hold of real people—that the legal definition of insanity (not to be able to distinguish between right and wrong) does not include the vast majority of the insane, and even of the insane who become criminals.

An interesting demonstration that Dr. Clarke conducted at Rockwood Asylum is worth recording. He invited half-a-dozen professors from Queen's University to be his guests, and to meet half-a-dozen of his worst patients, concealing the fact that they were patients of the institution. These patients had been members of learned professions, and for an hour the Queen's professors were amazed at their mental agility and their interesting conversation. They wondered how it was that such distinguished men could be in Kingston at all and they had not heard about them. Then the doctor took them into another room and said: "What would you say if I told you those were my patients and that I have them here for treatment at the asylum?" They replied that they considered he was absolutely unjustified in keeping six such brilliant men in custody. Then the doctor called the men back, and, addressing one, said: "John, who are you?" John replied that he was Atlas, the man who balanced the world on his shoulders. Another declared himself the Emperor of India, and so on. Although insane, these men would pass as sane men under ordinary legal tests.

Charles Kirk Clarke, M.B., M.D., LL.D., son of Hon. Lieut.-Col. Charles Clarke and Emma (Kent) Clarke, was born at Elora, Ontario, February 16, 1857. He received his early education at Elora Grammar School, and subsequently went to the University of Toronto, where he graduated as M.B. in 1878, and as M.D. in 1879. He received the honorary degree of LL.D. from Queen's University, Kingston, in 1906.

Dr. Clarke began his medical career under the tutelage of Joseph Workman, M.D. He was a Clinical Assistant at Toronto Hospital for the Insane from 1874 to 1878; Assistant Physician of the same institution from 1878 to 1879; Assistant Superintendent for Hamilton Hospital for the Insane 1879-1881; Assistant Superintendent of Rockwood Hospital for the Insane, Kingston 1885-1905; Superintendent of Toronto Hospital for the Insane, 1905-1911; Medical Superintendent, Toronto General Hospital, 1911-1918. He was instrumental in establishing the first nurses' training school in connection with the Hospital for the Insane,

Kingston (one of the first seven in America), in 1887. He developed many methods of occupation for patients; established non-restraint, and had convalescent homes and outdoor treatment of cases of tuberculosis put into existence. He was Professor of Psychiatry in Queen's University until he came to Toronto.

Dr. Clarke became Professor of Psychiatry at the University of Toronto in 1907. He was Dean of the Medical Faculty, University of Toronto, from 1908 till 1920.

In October, 1880, Dr. Clarke married Miss Margaret De Veber Andrews, of St. Andrews, N.B., who died December, 1902. In August, 1904, he married Miss Theresa Gallagher.

Dr. Clarke was appointed a Royal Commissioner to investigate and report on the condition of the insane in British Columbia in 1901, and a Royal Commissioner to investigate and report on methods of treatment of the insane in Europe in 1907. He was Vice-President of the Canadian Hospital Association, 1907-1908, and a medical director of the Canadian National Committee for Mental Hygiene since 1918.

Dr. Clarke was an Anglican. He was a member of York, Rosedale Golf, Western Golf and University Clubs. His chief recreations were golf, music and ornithology. He published many brochures on psychiatric and medico-legal subjects, and also many articles on ornithology. He was editor of the *University of Toronto Medical Bulletin*, one of the editors of the *American Journal of Insanity*, and also of the *Canadian Journal of Mental Hygiene*.

Dr. Clarke was signally honoured by receiving an invitation to deliver the Maudsley Lecture on Psychiatry at the Congress of the British Medico-Psychological Association in London, England, in May, 1923.

Dr. Clarke was especially interested in young men and he had a great record for starting them on their way to distinguished careers. As Dean of the Medical Faculty of the University of Toronto he was a tremendous favourite among the students.

Dr. Clarke was a wonder in the use of his hands. He made a violin, a pipe organ, a sail boat, a launch, and he built a house. In fact he was always constructing something. He delighted to spend the summer at his place on Mackie's Lake, one of the most out-of-the-way places in Canada. He had a unique knowledge of the habits of wild game, fish, etc., and could catch fish when no one else could. He was a keen student of the nature of anything that ever grew or lived, and collected many valuable and previously unknown specimens of fish for the Biological Department of the Ontario Museum. His displays of birds' nests and eggs at the Museum were accounted some of the rarities in the country. Perhaps the most unique of all his pursuits was his authorship of the *Lays and Legends of Mackie's Lake*.

Although Dr. Clarke was engaged in work that was naturally oft-times depressing he had the advantage of possessing a keen sense of humour.

Dr. Clarke had a genuine affection for his mental patients. During walks to the Toronto hospitals he would be continually stopped by ex-patients of mental hospitals. His "circle of friends" was the most remarkable in the country, because he really liked them. He always insisted, until recently, that those who did his housework or waited upon him should be mental patients.

One of the outstanding features of his professional career was the rapidity with which he could make a diagnosis of a mental case. Those who were not closely associated with him felt that his examinations were sometimes perfunctory because of the speedy manner in which they were conducted. Yet the accuracy of his diagnoses was remarkable. Oftentimes a patient suffering from general paralysis of the insane in the early stages, and who had been observed by the most eminent men of the province and not diagnosed, had been stopped by Dr. Clarke as he was walking to his chair in the clinic room. With marvellous facility his keen, perceptive mind would penetrate the man's mental content and enable him to mention things that were worrying the man. This ability is explained entirely by the utilization of the experience of fifty years in psychiatry.

A leading psychiatrist of America, when informed of the movement to celebrate Dr. Clarke's fiftieth anniversary in psychiatry (January, 1924), wrote:

"Dr. Clarke holds a unique position in Canadian psychiatry. Whilst he himself is very modest in tracing his own achievements to the influence and training he received from his predecessors and masters, we all know that the forward things he has accomplished are owing to his own foresight and to his spontaneous enthu-

siasm and tireless energy operating in a mind imbued with wholesome philanthropy and patriotism."

Dr. Clarke was always fearless in expressing his convictions, and was responsible more than any other man for raising the level of asylums to the scientific standard of hospitals for the care of the insane. No man in the country gave more evidence on the mental status of murderers. He was called by the Crown in no less than 60 murder trials in Canada. He had a humanizing influence in connection with the administration of justice. His chief concern was the safety of society, but he was anxious to couple with that the treatment of the criminal according to his individual requirements. He held it to be a crime in itself to hold an irresponsible man responsible when he did not inherently possess powers of self-control.

His warning in connection with the case of Leo Rogers of North Bay will be long remembered. His correspondence and material in that case would fill an ordinary drawer. He kept in communication with Rogers for a number of years, and was greatly chagrined at the manner in which the case was dealt with by the authorities.

He had his own way in dealing with lawyers who possessed no understanding of psychiatry, but who attempted to heckle him. On one occasion a counsel asked him many foolish questions and tried to pin him down to a definition of insanity. The doctor at last retorted: "Well, in the absence of a better definition, I would say that insanity is the asking of foolish questions." He had no more trouble with that counsel.

[Abstract from *The Toronto Daily Star*, Monday, January 21, 1924.]

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#### HONOUR.

JOHN WARNOCK, *C.M.G.*, M.D.Edin.: Order of the Nile, Second Class, by the King of Egypt.

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#### NOTICES OF MEETINGS.

*Quarterly Meeting*.—May 22, 1924, at 11, Chandos Street, Cavendish Square, W.1.

*South-Eastern Division*.—April 30, 1924, at the Kent County Mental Hospital, Maidstone.

*South-Western Division*.—April 24, 1924, at the Monmouth County Mental Hospital, Abergavenny.

*Northern and Midland Division*.—April 24, 1924, at the County Mental Hospital, Prestwich.

*Scottish Division*.—May 2, 1924, at the Glasgow Royal Mental Hospital.

*Irish Division*.—April 24, 1924, at the Central Criminal Asylum, Dundrum, Co. Dublin.

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#### APPOINTMENT.

EAST, WILLIAM NORWOOD, M.D.Lond., Medical Inspector of H.M. Prisons, England and Wales.