

Hospitalization in the psychiatric hospital of Corfu in 19th century

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Abstract: The State Psychiatric Hospital of Corfu .Until the time of the founding of the Psychiatric Hospital of Corfu, generally in Greece, the mentally ill patients was closed in prison with thieves and thugs. The first move in the collection of psychopaths began on 10th March 1836 at the initiative of the British Governor Sir. Edward Douglas. As a result, on 18th November 1836 the President of the City Council submitted a draft certified to the Council for installation of Lunatics Foundation inside the Fortress of Saint Rocco (space occupied until today by the psychiatric hospital). On 2th July 1838 in the Official Gazette of the Ionian State was published the Statutes Ordinance and the Regulation for the establishment of the Bedlam of Corfu. The inauguration took place on 4 July 1838 when the first eight psychopaths were hospitalized. The majority of them was chronic, destitute and had severe mental illnesses.

Keywords: Mental Illness-Mental Patients, Psychotherapy, Psychiatric Hospitals, Psychiatric Hospital of Corfu

1. Introduction

From ancient times humans noticed that the spiritual, mental and physical state is uniform, interacting and functioning simultaneously [1]. Moreover, the word psychotherapy according to the ancient greek meaning 'psycho-treat ": serve, care for the soul, it means create conditions [2] [3].

The psychopathy refers from the mythological times and includes the philosophical and the religious systems of those years [4]. Examples as the manic depressive crisis of Ajax and similar disorder of Hercules 'raging', the schizotypal crisis of matricide Orestes and psychogenic impotence of Iphicles, have in common the origin of evil spirits in ancient Greek mythology, represented by goddesses Rabies and Mania [5].

In ancient Greece there were three views for psychiatric illness: the popular view, the medical knowledge and medical philosophical thought. According to the first, evil spirits, as the goddesses of terror Mania and Rabies, occupy their

patients and make them wander or be violent, the two main elements that characterize the patients [6]. The patients are chained or scorned or ridiculed. The medical knowledge is configured in 4th century B.C. and it's represented by Hippocrates who described the main mental disorders.. Finally, the literary-philosophical thought was formed by Plato and Aristotle, who talk about mental illness and clearance [7].

The approach of mental illness from ancient Medicine and continuing to the Medicine of the Greek-Roman, Byzantine, Arab and Medieval period, enriched with observations and treatments, basically similar to those applied to physical diseases. [8]. Towards the end of the Middle Ages begins a process of improvement in the treatment of psychopaths. Back in topics are the ideas of Hippocrates, Aristotle and Galen. The medieval town Gheel of Belgium serves as a model treatment center of mentally ill patients. From the 6th century the Arabs have special places with inhuman

condition of confinement of mentally ill patients [9].

Hereinafter the important intellectual movement of the Enlightenment that followed, it will affect all levels of human thought and certainly their views relating to mental illness. The main exponent of the Enlightenment in the field of psychiatry can be considered Ph. Pinel (1745-1826) to whom is attributed the symbolic gesture of breaking the chains of psychopaths, a move that marks the beginning of the first period of scientific psychiatry [10].

2. Purpose

The *purpose* of this historical study is to record the treatment of the mentally ill patients in the Psychiatric Hospital of Corfu, the first organized psychiatric hospital in the newly formed Greece, governed by the principles of psychiatric care in Europe during the 19th century.

3. Material and Method

The *sample of research* consisted "records" of the Psychiatric Hospital of Corfu and scientific articles and researches on the subject. It followed a systematic observation and study of these in alphabetical order and by year.

4. The Psychiatric Care in Ottoman State Until the 19th Century

The Enlightenment as said, influenced the views of the people of that time about mental illness, and also did the movement of the Ph. Pinel by breaking the chains of psychopaths. This was the first psychiatric revolution and was followed in the 20th century by three others. The second revolution is made by Freud. Third revolution is considered the application of psychotropic drugs, while community psychiatry has been accepted as the fourth revolution. In the early of 21th century and after many changes and upheavals, psychiatry faces a variety of psychiatric and psycho-social problems worldwide [11] [12].

In the early 1800s, moreover, there were no trained psychiatric nurses and the care of the mentally ill was asylum status. The staff in the institutions was accidental. At best it was decent practical nurses and at worst crass rangers [13].

Specifically for hospital psychiatric care in the Ottoman Empire and the Greek state until the 19th century, noted that in Greece the first asylums were established in specific locations. The first asylum was established in Corfu in 1838, under British administration on the Commissioner E. Douglas [14].

The asylum was housed in the stables of the cavalry in the neighborhood of Sorokos of Corfu town. The first director was Hadway, an English doctor, with P. Zagkarola as deputy. From 1876 to 1887 director of psychiatric hospital was Tsirigotis Christodoulos, who had studied medicine in Italy and followed humanistic approach in psychiatric. In 1840

was founded in Kefallinia, by the British, a hospice in a barrack [12] [14].

5. The Psychiatric Care in the Free Greece of 19th Century - Psychiatric Hospital of Corfu

The first movement in the collection of psychopaths began the 10th March 1836 at the initiative of Sir Edward Douglas. The Governor's letter to the then President of the Ionian Senate asked the need of a specialist, envoy to the islands of the Ionian State, who would study the situation of prisoners and psychopaths and would submit a report. Thus selected Captain Mandesley [14].

In 20th May same year (1836) Dondii, the President of the Municipal Council Corfu, submit to the Secretariat of the Senate, the rules of the Foundation for the collection of psychopaths, in a document which state all all provisions rescue and care for the psychopaths. [14] [15].

The island of Corfu is the only one with a building peculiarly adapted for psychopaths. This consists of three small rooms." By that time the mentally ill patients in the Ionian Islands were arrested and jailed along with criminals, ate together with thieves and criminals and accept any abuse of prison convicts that was serving long sentences. There was no distinction between the mentally ill and those sentenced for major offenses in the Ionian Islands until 1838 ... If the government of that time was interested in improving the lives of the mentally ill people, should had settle them in a building specifically for the mentally ill people as was done in other European countries and not transferring them to an old camp. This measure simply removed the thugs from the mentally ill people! Then, the psychiatric hospital of Corfu housed in an abandoned Venetian fortress ... and consisted of two rooms and a few small chambers in which lived the Venetian soldiers and their engineer " [15].

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According to the *rules of the institution* must [16]:

The institute for the mentally ill must be separated from the rest of the world. Must be the sympathy of all citizens and supported by the Government. Should be spacious and the patients should be working on various etudes and projects likely to affect their temperament, to relief and cure them. Both physical and moral treatment of patients should be tailored to the circumstances, including the age and temperament, the cause and the nature of their disease. The treatment of patients is characterized by patience and sweetness, and when they need to be "manipulated" that must be done cautiously and should not tolerate guards inhumane behavior. The import of food and beverages was forbidden. The timekeeping for the rest was mandatory. The door will remain closed from sunset to sunrise. Farmers with

phrenopathy should deal with the culture and the craftsmen with their professions, or help the gardener. It would be good for women with phrenopathy, under the supervision of a forewoman, to deal with washing, mending and sewing hospital clothing.

The inauguration took place on 4 July 1838 when the first eight psychopaths was hospitalized. The patients were not divided according to their condition, but according to their social status.

Patient admission

For the admission of psychopaths, no public authority, except the Senate of the Ionian Islands, couldn't decide, except in urgent cases where the police demanded the admission which should be validated subsequently by the Senate. The family addressed a request to the Senate, stating the facts of psychopath, the economic situation and a further medical certificate. The chief doctor - Director of Corfu charity shops or the doctor, director of the Foundation, accept the patient and decide if the admission was necessary. [14] [16].

The public authorities should classify the patient in the category corresponding to the income or their guardians income. The destitute were admitted free, with a queries certificate from the police. With the approval of the Director of the Foundation the wealthy patients had separate apartments and the right to have a servant. The archive of Psychiatric maintained even nowadays the first patient record, which shows clearly the number and nature of each patient disease [17] [18].

Personnel

The supervisor (key person of European psychiatric in 19th century) had great power over the other employees. He was responsible for the proper treatment of admitted patients and enforcement of those decided by the physician. The violent behavior towards their patients was strictly prohibited and could be punished by dismissal. He was even obliged to distribute the material necessary for current needs and requests a daily report from the guards on the physical and moral condition of the patients. The good behavior of staff should contribute to the tranquility of the patients.

The guards should secure the order and tranquility at meals and gender segregation. Each guard should not have to deal with more than 10-12 patients. A specific number of guards should be aware of some other profession and teach them to the patients. A guard was obliged to spend the night there and each guard in turn had the right to pass one night outside the foundation.

Was provided a position as a " deputy director "that would have the same responsibilities as the guardians and should teach women patients handiwork that fit their gender and social status.

Also included:

- The chief doctor of charity shops of Corfu (office established since 1850).
- The doctor (surgeon), who headed the institution.
- The supervisor (Head-nurse), under the command of two first.

- The priest
- A guardian-farmer to conduct agricultural activities.
- A cook.

Despite the primacy of the Medical Chief, the doctor of the institution had the primary responsibility both for treating the patient, and for the administration of the institution. The physician should keep the following books:

- Monthly calculations (accounts)
- Mail
- Observation on the frenzied and hospital employees
- History of diseases and patients
- Incomes
- Admitted and discharged patients and
- He had to draw up a monthly budget and an annual statistic.

The disciplinary and professional misconduct was punished by reprimand, with wage reservation and dismissal. For hiring staff the Senate ratified . The Senate provided a three-member committee, ' respectable and intelligent 'persons, who had to submit to the authorities every six months a report on the functioning of the institution. The morning wake up and bedtime differed depending on the category to which each patient belonged. The destitute and the poor had to dress evenly. Patients should not have to come to one's senses with the chains and the whip as before but with good manners and proper reasoning. If these manners were not sufficient "to control the mania of psychopaths" they could use then "the special beds to tie them", the sudden baths, the "special belts", and in urgent cases the wrist bands [1].

The discharge of a patient was decided by the chief doctor of charities of Corfu or physician of the institution. The family could claim under his the responsibility the exit of a member of it. [16].

6. Drug Treatments

The treatment of patients was described as pharmaceutical and moral.

The *pharmaceutical treatment* was determined by the physician during his daily visits.

The *moral treatment* helps the patient in the employment field, in laboratories and hydrotherapy. The concept of moral treatment as theory was permeable of contradictions. The personality and philosophy of the physician and to some extent the rest of the staff played a key role in its implementation. In the worst case scenario was a system of military discipline (as opposed to 'anarchy' psychopath) and a simple symptom tracking. The condition of moral treatment was the recognition of the psychopath as sick, where the interpersonal relationship with him is strong and able to fight to win that makes him different from others [15].

It's noted that during the first year of the madhouse (1838) was admitted 38 psychopaths of which two left and the remaining 36 remained, and then became 59. However, the number of patients was growing constantly, fact which created the need for the immediate expansion of facilities.

Therefore after the first decade of operating of the institution gradually was built two rooms and some cabins that looked like correctional prisons rooms. Then in 1861 they proceeded to rent a new building in the Mandouki suburb, which served as madhouse Annex. In this form it worked until the Union of the Ionian Islands with Greece (1864) followed in 1868 by adding another 10 rooms, because the madhouse of Corfu was the only Foundation and Corfu Foundation turned into Psychiatric Hospital of Greece. » [14] [16].

About sad situation maintained then, are the following: "After the union of the Ionian Islands with mother Greece the government was informed about the mental hospital state, namely that it is about to collapse not only because of the poor condition of the building, but also because of the large number of mentally ill patients admitted from all over Greece and thus could not function as a scientific psychiatric institution ..." [17].

Also: "In 1864 received with the 'Union and the Psychiatric Hospital of Corfu in the jurisdiction of the Greek government ...with this Union to be the only institution of his type for the whole territory for a long time ...So is not a paradox that was created conditions, which are described closely with the meaning of each psychiatric hospital. Without substantial change in its organization and operation it reached before the war to hospitalize 350 patients. "In July 1878, at that time the director Chr. Tsirigotis through the Prefecture of Corfu notify the Government that there is no longer room for the admission of other male patients in the mentally ill hospital, because their number had reached 101 to 9 guards, in a ramshackle building ,and the need to build a new asylum [16][17].

In 1886 the Foundation consisted of the main building which included 70 dangerous psychopaths, the offices, the kitchens, the women department with 50 inmates, the new wing which included 50 hospitalized, men, women, and another adjacent annex to the madhouse at street Saint Rocco. The building was composed of two ground floor buildings and has hosted 30 patients from 1882 to 1910. According to the Law AFD from 1887 the ownership of the madhouse passed legally to Greek government, which it held it before through domestic management. And so it's elaborated on 25th July 1887 the contract with number 7870 by the Notary N. Trivolis, which in based plan includes all land belonged to the asylum, which reached 29 096 square meters. In 1898, for the first time, the number of hospitalized psychiatric patients amounted to 200: 145 men and 55 women [17].

On March 1905 the Home Secretary of that period, Th. Deligianni, asked the District Information about the mentally ill patients care and staff housing in order to determine whether there it is or not needed to rent a private building. Moreover, in 1939 by Royal Decree on 01.11.1939 (Official Gazette 22 / A / 1939) was defined the statutes of the Organization of the Public Psychiatric Hospital of Corfu, a psychiatric hospital with no more than 650 beds, and predictable radiological and microbiological laboratory [14,17] .

7. Conclusion

The Bedlam of Corfu was the first of its kind in the entire geographical area of the Balkans and is a representative institution of European psychiatry in the 19th century. It wasn't " asylum " but Bedlam, an institution with therapeutic purposes. The small number of elderly, mentally retarded and alcoholics is directly related to the characteristics of Greek society of the time. The majority of psychopaths were single and aged 20-40 years. It is difficult to interpret these findings without more evidence, except that most psychopathies occur around these ages.

In 1911 the Psychiatric Hospital of Corfu was a psychiatric institution where the majority of patients were chronic, destitute and had severe mental illnesses.. It supported and developed many difficulties in the therapeutic role, having lost in time their status as the only institution in the country.

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