THE HISTORY OF AMERICAN PSYCHIATRY:
A TEACHING AND RESEARCH GUIDE


by

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Published with the Approval of the Board of Trustees of The American Psychiatric Association

AMERICAN PSYCHIATRIC ASSOCIATION
Washington, D.C.
January 1979

This is the fifteenth report in a monograph series authorized by the Board of Trustees of the American Psychiatric Association to give wider dissemination to the findings of the Association’s many commissions, committees, and task forces that are called upon from time to time to evaluate the state of the art in a problem area of current concern to the profession, to related disciplines, and often to the public.

The findings, opinions, and conclusions of Task Force Reports do not necessarily represent the views of the officers, trustees, or all members of the Association. Each report, however, does represent the thoughtful judgment and consensus of the task force of experts who formulated it; and it is considered by the trustees a useful and substantive contribution to the ongoing analysis and evaluation of problems, programs, issues, and practices in a given area of concern.

Jules H. Masserman, M.D.
President, APA, 1978-79
January 1979

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INTRODUCTION

David F. Musto, M.D.

On May 5, 1941, the Annual Meeting of the American Psychiatric Association authorized appointment of a permanent Committee on the History of Psychiatry. Although the name of the group has changed over the years,* members of the Association have a continuous record of effort in encouraging the study of the history of psychiatry. Many members have made contributions to the field in articles and books; others have helped by arranging sessions on history at annual meetings, through displays, collection of oral memoirs and the stimulation of interest in history within the district branches. The history group also helped initiate the Benjamin Rush Lectureship, which has added an historical perspective to every annual meeting since 1967. The Guide fulfills a need long felt by those concerned with the history of psychiatry, a reliable and broadly-based introduction to the burgeoning literature in this subject. The history of psychiatry no longer is a domain dominated by the work of psychiatrists; for various reasons, this area of medical history has come to the attention of social historians, critics of psychiatry, social scientists, and other mental health professionals. Because the multitude of new books and articles are not easily known to psychiatrists, although they are valuable for clarifying the past of psychiatry in its professional and social contexts, I believe the Guide will be a welcome addition to the libraries of APA members.

The senior author of this monograph had already been a member of APA three years when the first History Committee was appointed. The first set of appointments created a distinguished and effective membership: Earl D. Bond, Philadelphia; C. B. Farrar, Toronto; H. C. Henry, Richmond; Clements C. Fry, New Haven; William C. Menninger, Topeka; and Gregory Zilboorg, New York, Chairman. The immediate tasks for this Committee were planning the centennial meeting of the Association set for Philadelphia in 1944, and the preparation of a history of American psychiatry and the American Psychiatric Association. Even the distractions of the World War II did not deter preparation of One Hundred Years of American Psychiatry published by Columbia University Press during the centennial year.

Following Doctor Zilboorg as chairman of the Committee were Robert S. Bookhamer, J. Sanbourne Bockoven, Thaddeus Krush and George Mora. Among others who have served the Association’s history program are Eric T. Carlson, Otto Marx, Henri F. Ellenberger, Leo Alexander and the Guide’s senior author, Daniel Blain. References to works by these historians will be found in subsequent pages. I would like to make special note of Doctor Blain, who guided the long-term project of the history program. Although smaller in compass than the 1944 volume, the Guide is much more an accomplishment of one man who was determined to see its completion.

In 1970 the Committee became the History Commission as a result of a reorganization within the Association. Robert N. Butler served as the Commission’s first Chairman, followed by Robert E. Jones and myself. This past year (1978) the Committee underwent another transformation, becoming the History, Library and Museum Committee with Doctor Jones as Chairman. While I was a member of the Committee, Doctor Blain joined, adding a presence reminiscent of the first group in 1941. He characteristically took on a task which was time consuming, but of great importance to the purpose of the Committee, and brought it to completion.

Doctor Blain has helped shape events of American psychiatry’s recent history. Having served as a Captain in the United States Public Health Service assigned to the Navy during World War II, he became chief of neuropsychiatry of the Veterans Administration immediately after the War. Later he was chosen to be the first Medical Director of APA and guided the Association through a crucial decade. He created the Autograph Library, * The immediate precedent for this “primer” was found in the several dozen brief Teachers Guides (first called primers) produced by the “Service Center for the Teachers of History” of the American Historical Association. These Guides, which are mainly reviews of literature, have been valuable to both teachers and students. They include such titles as “History of Science,” “American Intellectual History,” and “The Historical Profession in the United States.”

* During the years 1972-1977, when much of the work on this Guide occurred, it was called the “APA Commission on History.” Throughout this text, however, we shall refer to it as the “Committee,” its present designation.
then limited to books written by APA members. He has held many other significant positions with government and the Association, including the APA Presidency in 1964-1965. The members of the Commission who witnessed Doctor Blain's work and the entire membership of the Association are grateful that he has taken a portion of an active retirement to prepare, with the valued assistance of Michael Barton, Ph.D., a most useful guide to the literature of psychiatry's history.

CHAPTER II

METHODOLOGICAL AND HISTORIOGRAPHIC ASPECTS OF THE HISTORY OF PSYCHIATRY

George Mora, M.D.

It is unquestionable that in recent years a great deal of interest in the history of psychiatry has surfaced in many quarters, notably among practicing psychiatrists. As a matter of fact, the literature on the history of psychiatry has become so voluminous that the discussion of some basic methodological and historiographic aspects may be very useful.

In view of their puzzling manifestations, mental diseases first fell under the domain of medicine and clergymen, then of philosophers, and only recently of medicine proper. Thomas S. Kuhn, in The Structure of Scientific Revolutions (Chicago, 1970) submitted that scientific principles are meaningful and understandable in the context of a paradigm—that is, of a disciplinary world-view that is culturally transmitted and sustained by a set of social institutions. Scientific revolutions occur when the introduction of new notions provokes a crisis that necessitates the creation of a new paradigm.

Such a model, however, hardly fits the behavioral sciences, which are still at a paradigmatic level and which tend to be represented by contrasting dichotomies, such as rationalism versus empiricism and monism versus dualism. In particular, the history of psychiatry presupposes a good grasp of the zeitgeist (i.e., the climate of opinion) of each epoch. In contrast to the old-fashioned view of history as the great-man theory—that is, succession of men and discoveries in black and white terms—history should be viewed from the perspective of a continuity; that is, of a slow development of events, each occurring in the context of a given cultural background.

It is interesting that psychiatry as a field of medicine and the history of psychiatry developed coincident with Pinel's work at the very end of the 18th century in France. Indeed, Pinel's Treatise on Insanity, the first modern treatise on the subject, is preceded by an historical introduction. Likewise, the combination of humanistic and scientific trends is also evident among many other psychiatrists from France, England, Germany, and the United States in the early 19th century.

By the middle of the 19th century, under the impetus of nationalistic currents, psychiatry broke down into French, German, English, and American schools. Yet, the theoretical position of psychiatry remained controversial; the humanitarian movement of moral treatment was short-lived in France, England, and the United States, while the organicist emphasis in the etiology of mental disorders in Germany was not sufficiently supported by scientific evidence.

In 1845 two important psychiatric textbooks appeared: Von Feuererlein's Principles of Medical Psychology, and Griesinger's Mental Pathology and Therapeutics. The first, presented from the perspective of the unity of the personality of romantic derivation, contained an historical introduction; the latter, presented from the organicity of mental disorders, disregarded historical antecedents entirely and soon became the standard handbook in medical schools.

In general, psychiatric history of the late 19th century tended to be composed of histories, or rather, chronicles of the development of mental hospitals, quite often biased by chauvinistic issues of priorities. The spread of the theory of degeneration (Morel, Magnan) and of criminal anthropology (Lombroso) had the result of shifting the emphasis from the exclusive study of the psychotic to include the study of the neurotic also. In the United States, toward the end of the 19th century, a few enlightened neurologists (notably Weir Mitchell) focused on the treatment of neurotic patients.

Henri Ellenberger's authoritative The Discovery of the Unconscious (1970) has outlined the various trends which led to the Freudian revolution at the beginning of the 20th century. Although Freud, himself, was inclined to disregard the historical antecedents of his ideas, he was involved in historical matters, as proved by the monographs that he wrote on some unusual personalities such as Leonardo and Moses. Other representatives of the dynamic movement—mainly Jung and Rank—wrote extensively on mythology, archeology, and literature. In the same period, studies of psychiatric history proper tended to be limited to biographies of pioneers and to institutional settings.

In this country, two very important volumes appeared in a short lapse of time: The Mentally Ill in America (1937) by the layman, Albert Deutsch, a thorough study of American psychiatry from the sociological and cultural perspective based on primary sources; and A History of Medical Psychology (1941) by Gregory Zilboorg, a presentation of the entire history of psychiatry from the psychoanalytic perspective, with emphasis on the great men who anticipated psychoanalytic ideas (a "presentistic" view which has been subjected recently to severe criticism). The occurrence of the centenary of the founding of the American Psychiatric Association in 1944 greatly contributed to focusing on the significance of the development of psychiatry. Also, the experience of World War II, by forcing many into contact with different cultures, contributed to broadening the horizons of the field of psychiatry and to developing interest in historical antecedents. Since then, the American Psychiatric Association has fostered various projects concerned with history, mainly through the work of its Committee on History (originally established in 1941) by preparing exhibits, collecting archives, establishing a museum at the APA headquarters in Washington, republishing classic psychiatric texts, gathering oral data, and sponsoring the annual Benjamin Rush Lecture on Psychiatric History.

As one would have expected, psychiatrists familiar with the study and the treatment of the individual personality have tended to write histories of psychiatry focusing on clinical entities, psychotherapeutic procedures, psychiatrists of the past, and leaders of psychoanalytic movements; and they have tended to overlook cultural and social phenomena. This became particularly evident on the occasion of the centenary of Freud's birth in 1956. Ernest Jones' monumental biography of Freud (1953-57), though very important for the wealth of material presented, is not immune from biases and from methodological shortcomings.

Yet, slowly, some publications concerning the pre-Freudian origins of psychiatric concepts, the background of Freud's original ideas and the correspondence between him and his followers have appeared, leading to a better reassessment of his work and, eventually, to the above-mentioned important volume by Ellenberger. In the meantime, in 1958, Erik Erikson's Young Man Luther appeared, followed years later by Gandhi's Truth, On the Origin of Militant Non-Violence (1968); in both instances the beginning of an important historical and cultural movement was linked to the personality development of an historical figure.

In the same year, 1958, the well-known American historian, William Langer, in his presidential address to the American Historical Association, proposed as the next assignment for historians the application of psychological and psychoanalytic concepts to historical interpretations. Progressively, a number of studies dealing with a variety of topics in some way related to the attitudes of cultural groups toward the mentally ill at different historical periods have appeared. Among them are the monographs on the characteristics of the Greek mind by E. R. Dodds (1951) and by B. Snell (1953), on verbal therapeutic techniques in the Greek culture by P. Lain Entralgo (1970), on the era of the confinement of the mentally ill by the French philosopher, M. Foucault (1965), on social attitudes toward the mentally ill at various epochs by the medical historian,
C. Rosen, and on various other topics such as the concept of childhood by Philippe Aries, (1963), and the history of mind-altering drugs from a complex ethnological, anthropological, and religious view point.

Among the topics still in need of research, especially in regard to American psychiatry, are: the historical significance of community psychiatry, especially in view of the decreasing role of the family and of the increase in technical progress; the apparent shift of psychopathology from a dramatic, symptom-bound to a diffused, ego-syntonic pattern; the progressive broadening of the role of the psychiatrist into social and political areas in conjunction with the decline of the role of the family and of the church; the interplay of the individual role of the psychiatrist with the extensive involvement of government at every level in the approach toward mental illness; finally, the particular historical position of psychiatry in terms of its three main orientations—individual-dynamic, biological, and social.

Although the feeling is widespread that today’s situation represents a transitional stage in psychiatric historiography, half way between the amateur and the scholarly perspective, some signs are rather encouraging. Among them are: the reprinting and, in a few cases, the translation of psychiatric classics; the publication of psychiatric historical anthologies of certain periods or of other collaborative works; the interest in research projects, seminars, and symposia on the history of psychiatry; the publication since 1965 of the Journal of the History of the Behavioral Sciences; and the founding in 1968 of “Cherion,” an international society for the history of the behavioral and social sciences.

In general, it may be said that the study of the development of attitudes toward mental disorders and the methods of treating mental patients is essential for the development of the psychiatrist for four main reasons: 1) the analogies between the genetic—that is, the historical approach to the study of the individual personality and collective attitudes and therapeutic modalities; 2) the apparent cyclic recurrence throughout history in different countries of such group attitudes and therapeutic systems as an enlightened approach toward the mentally ill or, conversely, mistreatment or neglect of the mentally ill; 3) the inclination of many clinicians to go back to the origins and study the development of contemporary concepts and therapeutic modalities in an attempt to place their scientific training on a broader humanistic tradition; 4) the help offered by historical insight in overcoming the increasing skepticism related to the current fragmentation of psychiatric schools.

CHAPTER III

A SECTION ON THE HISTORY OF PSYCHIATRY AND THE BEHAVIORAL SCIENCES IN A MEDICAL SCHOOL DEPARTMENT OF PSYCHIATRY

Eric T. Carlson, M.D.

The Section on the History of Psychiatry and the Behavioral Sciences of the Department of Psychiatry of the New York Hospital—Cornell Medical Center can serve as an example of how history as a discipline can be usefully amalgamated into an active clinical department. Founded in 1958 as a small research group, the section soon expanded its educational activities and began to serve as a focal point for interdisciplinary and inter-institutional stimulation and research.

In recent years we have offered a different type of seminar consisting of a public series of lectures devoted to a given topic. The first series explored the mind-body problem, while the second studied the origins of American psychoanalysis. In addition, we sponsored a workshop for professional historians, whose members came by invitation only, who examined the problems which could arise when applying psychiatric and psychoanalytic theories and knowledge. A case study method was used with each historian presenting his own project which the group discussed after background readings suggested by a psychoanalyst and a psychiatrist. By this means the many benefits as well as the problems that may occur were explored when psychiatric knowledge, and particularly psychoanalytic theory, are used in historical research.

The section’s dedication to research and education may also be seen in three other areas—that of medical student education, a pre- and post-doctoral fellowship program, and the collection of materials important to the study of psychiatry and its development. Medical student education is elective in nature. First-year students may take a course on the history of medicine, while fourth-year students are offered a six-week, full-time research elective studying the history of psychiatric ideas. The latter is open to exchange students from other medical schools, and we have had students from across the country select psychiatric topics of an historical nature for exploration. Our fellowship program is designed to assist scholars from other disciplines (primarily the historian) to complete their predoctoral studies by preparing a dissertation on some appropriate topic while, at the same time, participating in selected portions of the residency training program. Fellowships are also available for shorter periods to post-doctoral scholars.

Our final area of endeavor is the collection and preservation of the primary documents of psychiatry. Our focus is on the ideas of the field; and we need to have available the books, journals, and personal papers that enable us to explore the complicated sets of ideas, facts, and beliefs that make up the field of psychiatry. For this reason, we maintain the Oskar Diethelm Historical Library, an excellent collection of more than 16,000 items published before 1950, and the growing Archives of Psychiatry, which include the papers of individuals and organizations important to the field’s progress. Both areas are backed up by a Reference Library which includes later material and secondary studies.

Our program may be too highly developed for most departments of psychiatry, but it provides an example of what can be done to promote the understanding of the history of psychiatry. To introduce such a program requires an historically-oriented psychiatrist or psychologist staff member

willing to begin a group training program with the assistance of some allied personnel from neighboring institutions. Usually no salary expense is involved; often the offer of an appointment will be made and the opportunity to learn from the programs in the psychiatric department is made available. Historians would be the primary persons to tap; but psychologists, philosophers, sociologists and professors of literature are other likely subjects. Participating residents will find their own programs broadened and will thereby enrich one another as well as the department as a whole.

CHAPTER IV

TEACHING THE HISTORY OF PSYCHIATRY:
BACKGROUND, METHODS, AND SOURCES


We would do well at this point to mention the American Journal of Psychiatry's contributions to research and teaching in the history of psychiatry. Besides publishing such ordinarily relevant items as historical articles and overviews of scientific research, the Journal has also published some of the Benjamin Rush Lectures delivered at the annual APA meetings; these lectures are typically historical and always presented by distinguished speakers. The Journal produced a special issue on the history of psychiatry in December 1967. But its most provocative contribution lately has been the publication of "Anniversaries" in the December issue each year. George Mora selects and describes the pertinent dates in informative essays which reveal his broad knowledge. Many of these dates will be quite new to Americans because they tell of important European events as far back as the 15th century in the history of psychiatry. This special section of the Journal should interest more of its readers in history.

CHAPTER V

HISTORIES OF SCIENCE
AND MEDICINE


On American medicine, see Shryock's American Medical Research, Past and Present (Commonwealth, 1947); and Medicine and Society in America, 1660-1820 (New York University, 1960). The comprehensive histories are older: Henry Sigerist, American Medicine (Norton, 1934); and Francis R. Packard, History of Medicine in the United States (2 Vols., Hoeber, 1931). However, James Bordley, III and A. McGeehe Harvey, Two Centuries of American Medicine, 1776-1976 (Saunders, 1976), with a
chapter on psychiatry, is a recent effort. Two fine social histories are Charles Rosenberg, *The Cholera Years; The United States in 1832, 1849, and 1866* (Chicago, 1968); and John S. Haller and Robin M. Haller, *The Physician and Sexuality in Victorian America* (Illinois, 1974).


CHAPTER VI

HISTORIES OF PSYCHOLOGY, SOCIOLOGY, AND ANTHROPOLOGY

There are several good general histories of psychology in print, while the history of sociology and anthropology is beginning to be assembled. Again, development in these disciplines would supply more context, if needed, for the history of psychiatry. Important bibliographical guides have been published by Robert I. Watson, Sr., *Eminent Contributors to Psychology* (Springer, vol. 1 1974, vol. 11 1976); and *The History of Psychology and the Behavioral Sciences. A Bibliographical Guide* (Springer, 1978).


The history of anthropology has been covered excellently in four basic volumes: Robert Lowie, *History of Ethnological Theory* (Farrar and Rinehart, 1937), the first classic on the subject; Marvin Harris, *The Rise of Anthropological Theory: A History of Theories of Culture* (Crowell, 1966), which has a critical, materialist point of view; Elvin Hatch, *Theories of Man and Culture* (Columbia, 1973), a series of intellectual biographies; and Fred W. Vogel, *A History of Ethnology* (Holt, Rinehart, and Winston, 1975), a massive achievement. Historians of psychiatry will be most interested in the sections of these texts on “culture and personality,” as those portions deal with the interaction between anthropology and psychiatry. See also Annemarie D. Malefijt, *Images of Man: A History of Anthropological Thought* (Knopf, 1974) and John J. Honigman, *The Development of Anthropological Ideas* (Dorsey, 1976).

Interesting studies of professions which have emerged from the social and behavioral sciences are Roy Lubove, *The Professional Altruist: The Emergence of Social Work as a Career,* 1880-1930 (Athenaeum, 1969),


**CHAPTER VII**

**GENERAL HISTORIES OF PSYCHIATRY**

A correct understanding of the history of American psychiatry depends upon a prior knowledge of the general history of psychiatry. A good place to begin is with Henri Ellenberger’s brief essay, "Psychiatry From Ancient to Modern Times," in Silvano Arieti, ed., *American Handbook of Psychiatry*, vol. 1, pp. 3-27, (2nd ed., Basic, 1974), and with George Mora's more detailed presentation, "Historical and Theoretical Trends in Psychiatry," in Alfred M. Freedman, Harold I. Kaplan and B. J. Sadock, eds., *Comprehensive Textbook of Psychiatry*, vol. 1, pp. 1-75 (2nd ed., Williams and Wilkins, 1973). Then one may move on to Gregory Zilboorg’s *A History of Medical Psychology* (Norton, 1941, Norton, 1967; the first edition was co-authored with George W. Henry, while the paper-bound second edition does not contain Henry’s two chapters on organic mental diseases and mental hospitals). Zilboorg’s work is the classic one, and it is still cited in nearly every subsequent history of psychiatry, although it must be used cautiously nowadays. His narrative is organized around two great psychiatric revolutions, the first one in the sixteenth century, when superstition began to succumb to Johann Weyer’s medical reasoning, and the second one at the end of the nineteenth century, when Freud began to work and publish. Zilboorg has, on purpose, very little material on the twentieth century itself (two chapters out of twelve), for he thought that we should have to wait for perspective to develop.

What is missing from Zilboorg’s history is provided by Franz Alexander and Sheldon Selesnick in *The History of Psychiatry: An Evaluation of Psychiatric Thought and Practice from Prehistoric Times to the Present* (Harper and Row, 1966; Mentor, 1968). Their book is the most recent version of the comprehensive history, and it is especially useful for studying the past eighty years (about half the book concerns the twentieth century; the first half relies often on Zilboorg). Much new research and theory are summarized in the last portion, “Recent Developments.” It has an excellent bibliography. This text and Zilboorg’s are the two most popular books in use now in courses for residents in the history of psychiatry.


CHAPTER VIII

BRIEF HISTORIES OF PSYCHIATRY IN THE UNITED STATES

These essays are good preparation for students. The World History of Psychiatry, edited by John G. Fowells, includes the most recent historical sketch, an account written by Jerome Schneck and simply titled “United States of America” (Brunner/Mazel, 1975). The World History is also useful for its articles on other countries whose interaction with psychiatry in the United States is important to know.

Two other recommended brief histories are found in the American Handbook of Psychiatry, second edition (Basic, 1974-75), edited by Silvano Arieti. They are by Nolan D. C. Lewis, “American Psychiatry from its Beginnings to World War II,” and George Mora, “Recent Psychiatric Developments (since 1939).” Both essays have extensive bibliographies.

CHAPTER IX

COMPREHENSIVE AND PERIOD HISTORIES OF PSYCHIATRY IN THE UNITED STATES

Albert Deutsch’s The Mentally Ill in America: A History of Their Care and Treatment from Colonial Times (2nd ed. rev. and enl., Columbia, 1949) is still the only complete survey of the history of American psychiatry (through World War II), and we are fortunate that it is so useful. It is readable, dependable, and well-researched, the work of a scholarly man who was also one of the first modern “advocacy” journalists. We could use a new history, however, that would take advantage of all the latest research. On the centennial anniversary of its founding, the American Psychiatric Association sponsored the publication of One Hundred Years of American Psychiatry (Columbia, 1944; tile on the book’s spine is American Psychiatry, 1944-1944), a collection of historical essays edited by J. K. Hall, Gregory Zilboorg, and Henry A. Bunker. However useful, the specialized essays are uneven and no substitute for Deutsch. Some of the essays include, Richard Shryock, “The Beginnings: From Colonial Days to the Foundation of the American Psychiatric Association”; Winfred Overholser, “The Founding and the Founders of the Association”; William Malamud, “The History of Mental Hygiene”; Edward Streckir, “Military Psychiatry: World War I, 1917-1918,” and Deutsch, “Military Psychiatry: World II 1941-1941.” Another recent book of essays is G. Kriam, R. D. Gardner, and D. W. Abse, American Psychiatry: Past, Present, and Future (Virginia, 1975).

By period histories, we mean those which are limited in the span of time they cover. Nina Ridenour’s brief Mental Health in the United States, A Fifty Year History (Harvard, 1961) falls into this category. This is the first work that describes only the first half of the twentieth century, but it must be regarded as an introduction and not a thorough study. Mike Gorman, like Deutsch, was a most effective lobbyist for mental health. His book, Every Other Bed (World, 1956) has frank discussions of the politics of psychiatry and mental health legislation in the 1950s, especially at the level of state government. A similar book is by Robert Felix; Mental Illness: Progress and Prospects (Columbia, 1967).


Daniel Blain’s recent article, “Twenty-five Years of Hospital and Community Psychiatry: 1945-1970 in Hospital and Community Psychiatry, 26:605-609, 1975, signals a forthcoming book on that period when so much growth took place. An important set of documents for that same period is New Directions in American Psychiatry, 1944-1968 (American...
CHAPTER X

SOCIAL, CULTURAL, AND INTELLECTUAL HISTORIES OF PSYCHIATRY IN THE UNITED STATES

The recent works that are concerned with this sort of history include some of the most provocative and intelligent books written by American historians in the last decade. They are much more than straightforward narrations, and so they deserve a separate heading.

David Rothman’s critical and controversial work, The Discovery of the Asylum; Social Order and Disorder in the New Republic (Ulle, Brown, 1971) deals more with the phenomenon of institutionalization than with institutions, per se. Rothman contends that the creation of the insane asylum in the Jacksonian Era was an effort to impose stability on a society whose traditional way of life was changing rapidly. This book has much the same tenor as Foucault’s Madness and Civilization: A History of Insanity in the Age of Reason (Random, 1973). Psychiatrists who write history maintain that Rothman commits errors of fact and interpretation.

Charles Rosenberg’s, The Trial of the Assassin Guiteau; Psychiatry and Law in the Gilded Age (Chicago, 1968) is an absorbing description of the trial of President Garfield’s killer as well as an exemplary study in historical forensic psychiatry. It can well claim the rare quality of providing historical perspective. For the historian of psychiatry concerned about methodology, this book is doubly valuable because it demonstrates the principle that each generation’s psychiatry and frame of mind must be evaluated first of all on its own terms. See also Manfred S. Guttmacher, “A Historical Outline of the Criminal Law’s Attitude Toward Mental Disorder,” Archives of Criminal Psychodynamics, 4:647-670, 1961, and Seymour Halleck, “American Psychiatry and the Criminal: A Historical Review,” American Journal of Psychiatry, 121:Supp. i-xxi following p. 938, 1965.

Gerald Grob’s Mental Institutions in America; Social Policy to 1875 (Free Press, 1973) is the first volume of a projected two-volume study. He is not didactic, as Deutsch and Rothman sometimes tend to be. Like Rosenberg, Grob studies the process more than the result, he studies the past on its own terms, and he does not agree with Rothman that “… Americans have traditionally penalized poor and dependent groups by imposing a welfare system whose basic objectives were to ensure social stability, and control the behavior of lower-class groups (Rothman p. xii).


Studies of historical American psychiatric theory and practice are beginning to be written. One of the best is Norman Dain’s Concepts of Insanity in the United States, 1789-1865 (Rutgers, 1964). Dain discusses the interrelationships between somatic and moral treatments, especially the rise and decline of the latter. As the other social historians have, he connects the history of ideas with changing circumstances in the social system. He finds that it was in large part the psychiatrists’ confrontation with poor immigrants whom they found most difficult to “cure” with moral treatment that led to the custodialism of the late nineteenth and early twentieth centuries. A related study is Garfield Tourney’s “Psychiatric Therapies: 1800-1968,” which appears in its latest form in Theodore Rothman, ed., Changing Patterns in Psychiatric Care (Crown, 1970); its first appearance was as “A History of Therapeutic Fashions in Psychiatry, 1800-1966,” American Journal of Psychiatry, 124:784-796, 1967. Tourney’s other important work on treatment is “History of Biological Psychiatry In America,” American Journal of Psychiatry, 126:29-42, 1969.


Hisorical studies of addiction have begun to show great promise. There is, so far, David F. Musto, The American Disease; Origins of Narcotic Control (Yale, 1973), Richard and Charles Whitehead, The Marijuana Conviction: A History of Marihuana Prohibition in the United States (Virginia, 1974), and John B. Blake, ed., Safeguarding the Public: Historical Aspects of Medicinal Drug Control (Johns Hopkins, 1970). Also related is James Harvey Young, The Toadstool Millionaires: A Social History of Patent Medicines in America before Federal Regulation (1972). There is a shortage of studies on historical alcohol addiction, but some work has been done on the effort to control alcohol; see Andrew Sinclair, Era of Excess; A Social History of the Prohibition Movement (Harper Colophon ed., 1964), and Alcoholics Anonymous (AA, 2nd ed., 1955).


Likewise, psychiatry’s historical involvement in race relations has received little attention so far. Two useful starts are Charles Prudhomme and David F. Musto, “Historical Perspectives on Mental Health and Racism...

Writing the history of psychiatric research is a massive assignment nowadays. The annual editions of the Yearbook of Neurology, Psychiatry, and Neurosurgery have summaries written for professionals (title varies since 1970: *The Yearbook of Psychiatry and Applied Mental Health*). These are not histories, per se, but they would provide materials for a history. There are other similar sources that may be tapped: *Mental Retardation and Developmental Disabilities: An Annual Review; Progress in Psychiatric Drug Treatment; Annual Progress in Child Psychiatry and Child Development; Annual Review of Behavior Therapy: Theory and Practice;* and *Annual Review of the Schizophrenic Syndrome*. And, of course, there are old textbooks. See William Alanson White’s *Outlines of Psychiatry* (Nervous and Mental Disease Monograph series, no. 1, 1907-1932) and Winfred Overholser and Winfred Richmond’s *Handbook of Psychiatry* (Lippincott, 1947). Norman Rosenzweig has written an account of the scientific progress of psychiatry, *“Developments in Psychiatry Over the Past Decade”* (1953-1963), in *Bulletin of Sinai Hospital of Detroit* 10(4) :304-368, 1963; this has nearly a thousand references. A more general work on the subject is Bertram Boothe, Anne Rosenfeld, and Edward Walker, *Toward a Science of Psychiatry: Impact of the Development of Research* (NIMH, 1973). The many research overviews that are published nowadays also provide, in effect, the history of research on a particular subject. For example, see Oscar Hill, “The Psychological Management of Psycho-Somatic Diseases,” *British Journal of Psychiatry*, 131:113-26,1977 and Gene-Smadin. *Overview of the Psychotherapies* (Brunner/Mazel, 1975). *The Digest of Neurology and Psychiatry*, established in 1932 and produced by the Institute of Living in Hartford, Connecticut, contains the same sort of overviews.

Another untapped source for the history of research is the book review itself—by following the book reviews in the professional journals, one gets invaluable information on “climates of opinion” and whatnot. See the *Mental Health Book Review Index*, published from 1956 to 1972.

Access to the literature on research and on psychiatry in general is provided in a recent useful *Guide to the Literature in Psychiatry*, edited by Bernice Ennis (Partridge Press, 1971). Karl Menninger’s *A Guide to Psychiatric Books in English* (2nd ed., Grune and Stratton, 1972) is more comprehensive, covering not only general psychiatry but basic and related disciplines and special fields of psychiatry.


These are the more microscopic studies on which the general works must be based. The first study, which qualifies as both a history and a primary source, is Henry Hurd’s four-volume *The Institutional Care of the Insane in the United States and Canada* (Johns Hopkins, 1916 reprint Arno Press, 1973). It contains brief histories of every mental hospital in those two countries, but it is uneven and at times unrealistic, since the histories were mainly supplied by the superintendents of the hospitals.


In this area of study, a general critique is available in Thomas Szasz, *ed., The Age of Madness: The History of Involuntary Mental Hospitalization Presented in Selected Texts* (Doubleday Anchor, 1973).
CHAPTER XII

PSYCHOANALYSIS IN THE UNITED STATES


CHAPTER XIII

BIOGRAPHICAL STUDIES


There are other biographies, but some are rather old by now; and we would profit from more new ones, just as it would be good to have more histories of mental hospitals. The biography of a most important reformer, *Dorothea Dix: Forgotten Samaritan* (North Carolina, 1937), by Helen E. Marshall, needs to be modernized. An even older study is Francis Tiffany, *Life of Dorothea Lynde Dix* (Houghton, Muffin, 1890). See also a popular account, Dorothy C Wilson, *Stranger and Traveler*; *The Story of Dorothea Dix*, American Reformer (Little, Brown 1975), and Charles M. Snyder, ed, *The Lady and the President: The Letters of Dorothea Dix and Millard Fillmore* (Kentucky, 1976) and the dissertation by Joy Spalding, *Dorothea Dix and the Care of the Insane from 1841 to the Pierce Veto of 1854* (Unpublished, Bryn Mawr, 1977).


account of mental illness, a book that was partly responsible for the success of the early mental hygiene movement, is Clifford Beers, *A Mind That Found Itself* (Doubleday, Doran, Longmans Green, 1907-1939). Norman Dain has a forthcoming biography of Clifford Beers.


**CHAPTER XIV**

**REPRINTS AND OTHER RESOURCES**

Hundreds of scholarly articles on the history of American psychiatry, some amounting to research notes and others major contributions to the field, have been published in various academic journals. Our limited space and purposes preclude listing a fair proportion of them here. The pertinent journals that should be consulted include the *American Journal of Psychiatry, Bulletin of the History of Medicine, Journal of the History of the Behavioral Sciences, ISIS*, and the *Journal of the History of Medicine and Allied Sciences* (the precursor to the *American Journal of Psychiatry—the American Journal of Insanity*—is an unmatched source of historical materials in itself, having been published since 1844). Useful articles may appear in other journals, but those above are the mainstays. Some related journals which may include relevant articles occasionally are the *Journal of Psychohistory*, which is controversial, the *Journal of Family History*, the *Journal of American History*, the *Journal of Interdisciplinary History*, the *Journal of Social History*, the *Psychohistory Review* and the *American Quarterly*. The bibliographies of the books and articles cited in this essay are important sources themselves.

The most ambitious and most welcome effort at reprinting classic primary sources in the history of psychiatry has been made by Arno Press, a division of the New York Times. It has published excellent, annotated brochures describing its reprints; and instructors are advised to request copies of the brochures. One collection, 46 "Classics in Psychiatry," includes such works as: Pliny Earle, *Institutions for the Insane in Prussia, Austria and Germany* (1846); Eugen Bleuler, *Textbook of Psychiatry* (1924); Etienne Esquirol, *Des Maladies Mentales* (1838); Pierre Janet and F. Raymond, *Les Obsessions et la Psychasthenie* (1903); Emil Kraepelin, *Manic-Depressive Insanity and Paranoia* (1921) Philippe Pinel, *Traité Médico-Philosophique Sur L’Aliénation Mentale* (1809); Isaac Ray, *A Treatise on the Medical Jurisprudence of Insanity* (1871); Daniel Tuke, ed., *A Dictionary of Psychological Medicine* (1892); and Johann Weyer, *Histories, Disputes, and Discours des Illusions et impostures des Diables, des Magiciens Infirmes, Sorcieres et Empoisonneurs* (1885; first written in 1563). Most of the works were not published originally in the United States, but they were influential here. The advisory editor of this particular series is Eric Carlson.

Another set of Arno reprints that should prove most helpful is titled, "Mental Illness and Social Policy: the American Experience." Its advisory editor is Gerald Grob. Many important works which were printed fairly recently in this country but which are now scarce are included in this collection. Some of the titles are: Samuel B. Woodward, *Hints for the Young in Relation to the Health of Body and Mind* (1840); Amariah Brigham, *Observations on the Influence of Religion Upon the Health and Physical Welfare of Mankind* (1835); Pliny Earle, *Memoirs of Pliny Earle, M.D.* (1838); John Galt, *The Treatment of Insanity* (1846); Thomas Kirkbride, *On the Construction, Organization, and General Arrangements of Hospital for the Insane* (1880); S. Weir Mitchell, *Wear and Tear, or Hints for the Overworked* (1887); James Jackson Putnam, *Human Motives* (1915); Morton Prince, *The Unconscious* (1921); Elmer F. Southard and Mary C. Jarrett, *The Kingdom of Evils* (1922); and Thomas Upham, *Outlines of Imperfect and Disordered Mental Action* (1868); Pliny Earle, *The Curability of Insanity* (1887); and Dorothea L. Dix, *On Behalf of the Insane Poor: Selected Reports* (1843-1852). There are 41 volumes in this collection.

Three other related series of Arno reprints are "Classics in Child Development." (31 volumes), "Classics in Psychology" (42 volumes), and "Medicine and Society in America" (47 volumes). All the descriptive brochures may be obtained from Arno Press, 330 Madison Avenue, New York, New York, 10017.

CHAPTER XV

A CHRONOLOGY OF PSYCHIATRY IN THE UNITED STATES WITH OCCASIONAL NOTES ON OTHER COUNTRIES

1901 Establishment by the State Department of Mental Hygiene of the first psychopathic hospital at the University of Michigan, forerunner of the modern university-related psychiatric institutes (the New York Psychiatric Institute had been planned earlier, but its founding was delayed).

1902 Opening of Boston Psychopathic Hospital, the first such facility connected with a state hospital (Boston State Hospital), first psychopathic ward in a general hospital opened at Albany Hospital in New York State.

1905 Publication of Morton Prince’s The Dissociation of a Personality, an important work on multiple personality.

1908 Publication of Clifford Beers’s autobiography, A Mind That Found Itself, an important document in the mental health movement. First Issue of The Journal of Abnormal Psychology.

1909 Sigmund Freud visits America and delivers lectures at Clark University in Worcester, Massachusetts. William Healy establishes the Chicago Juvenile Psychopathic Institute, the beginning of the child guidance clinics. Establishment of the National Committee for Mental Hygiene, headed by Clifford Beers; beginning of the organized mental health movement. Mental Mechanisms by William Alanson White, the first book on psychoanalysis published in English. American Psychoanalytic Association founded.

1913 Establishment of the Austen Riggs Sanitarium in Stockbridge, Massachusetts, one of the first “therapeutic communities.”

1917 Julius Wagner von Jauregg introduces malarial therapy in Europe for general paresis.

1920 Seventy-five percent of all American psychiatrists are working in mental institutions.

1922 Kraesie uses barbiturates in Europe for prolonged schizophrenia and, later, depressions.

1933 Manfred Sakel of Vienna publishes his method of treating psychoses by insulin shock therapy.


1935 Passage of the Social Security Act, which excludes the mentally ill from benefits. Evas Moniz of Lisbon developed prefrontal lobotomies; the surgery is promoted by Walter Freeman and James Watts in America in the early forties; Moniz is awarded the Nobel Prize in 1955.

1936 Franz Kallman introduces twin studies in schizophrenia at the New York State Psychiatric Institute.

1937 First publication of Albert Deutsch’s influential history, The Mentally Ill in America; second revised edition in 1949.

1938 Ugo Cerletti and L. Bini of Rome introduce electric shock therapy in Europe for manic and depressive patients; introduced in this country in 1939 by Lothar Kalinowsky and Renato Almansi.

1940 Carl Rogers first describes “non-directive” therapy for counseling, later called “client-centered therapy.”

1945 V.A. Department of Psychiatry and Neurology presented the first major changes in post-war psychiatry in the U.S. By the end of World War II, 1,846,000 examinees had been rejected by Selective Service for psychiatric reasons; and nearly 400,000 soldiers had been given psychiatric discharges from the Army.

1946 The Menninger School of Psychiatry, in association with the Winter V.A. Hospital and the Topeka State Hospital, began to train more psychiatrists than any other program. Formation of the Group for the Advancement of Psychiatry (GAP) by activists within the APA; many of these were psychiatrists returned from the war who advocated new directions for APA.
1946  Passage of the National Mental Health Act, which led to the creation of the National Institute for Mental Health in 1949.
1947  Bruno Bettelheim and Emmy Sylvester of the University of Chicago popularize the concept of "milieu therapy."
1948  D. Ewen Cameron introduces the "day hospital."
1948  Formation of the World Federation for Mental Health in London.
1949  Publication of Albert Deutsch's *Shame of the States*, a book which would generate reforms in state mental hospitals.
1949  Mike Gorman begins his series of critical articles on Oklahoma's state hospitals.
1949  Convocation of the first annual Mental Hospital Institute, sponsored by the APA (now known as the Institute on Hospital and Community Psychiatry).
1950  Consolidation of citizen's organizations into the National Association or Mental Health.
1953  Formation of the National Association for Retarded Children.
1954  U.S. Judge David Bazelon issues Durham decision, a major revision of the M'Naughton Rule on criminal responsibility (reversed in 1975).
1954  National Vocational Rehabilitation Amendments include provisions for special services for the retarded and mentally ill.
1955  New York State passes the first state law aiding counties in establishing mental health programs; followed in California in 1957 by the Short-Doyle Act. Many other states later joined the effort.
1955  Greatest number of mental patients residing in state hospitals in American history reported by NIMH—558,922; the first reduction would come in 1956.
1961  Passage of the National Mental Health Study Act establishes the Joint Commission on Mental Illness and Health.
1963  President Kennedy delivers first White House speech on mental health and mental retardation. At President Kennedy's urging the Retardation Facilities and Community Mental Health Centers Construction Act is passed one month before his death; funds for staffing the centers are provided in 1965.
1968  For the first time more psychiatric patients were admitted to psychiatric wards in general hospitals than to public mental hospitals.
1965  Passage of Medicare and Medicaid legislation, in which state hospital patients were finally given partial benefits.
1968  First indication of slow down in federal support of mental health in an attempt to weaken a reorganized NIMH.
1970  Passage of the National Developmental Disabilities Act, which brings retarded, crippled, and neurologically handicapped children into one program.
1974  The population of state mental hospitals had declined from 559,000 in 1956 to 454,000 in 1966 to 216,000 in 1974.