

Historical Views of Abnormal Behavior

From Antiquity to the Present Day

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Under Construction

Early Greek and Roman Thought

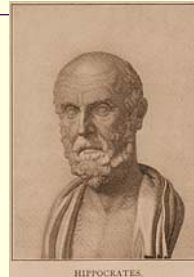


- Temple "Medicine" in Ancient Greece
 - During the 1000 years before Christ, the Greeks did have a form of medicine.
 - However, most Greeks preferred to use the temples erected to gods such as **Aesculapius** and **Apollo** when they were ill.
 - Citizens would bathe, sleep, and meditate in these temples, especially those built to honor **Aesculapius**.
 - If **Aesculapius** and his daughters **Panacea** and **Hygieia** visited a person during sleep, a cure was expected.
 - Those who were not cured could stay at the temples as long as needed attended to by temple priests.
 - Written accounts of cures have survived.

Epilepsy ~ The Sacred Disease

- Epilepsy, the "falling sickness," is a disease with a long & sad history.
- Throughout history, persons with this disorder have been believed to be either possessed by demons during their seizures or engaged in some sort of religious visionary experience.
- The ancient Greeks, furthermore, believed that any "visions" epileptics reported upon regaining consciousness after a seizure were messages from the gods.
- They believed, that is, that the disease was "sacred."
- In the Salpêtrière, the birthplace of modern neurology in the late 19th century, Charcot still found people with epilepsy side-by-side with the mentally retarded, chronic syphilitics, and the criminally insane.

Hippocrates(c.460-377 B.C.)



- Hippocrates, the "father of modern medicine," is revered historically for many contributions.
- Among these were his belief that diseases were not supernaturally caused or cured and that they were, therefore, treatable by **NATURAL** medical methods.
- The *Corpus hippocraticum*, or "Hippocratic writings," believed to have been produced by several different writers, rejected the superstition and magic of temple "medicine" and laid the foundations for medicine as a natural science.
- In the work entitled *On the Sacred Disease*, for example, he then prevalent belief that epilepsy was "sacred" is debunked.
- It is argued that it is quite the contrary a physical disorder that is treatable by natural methods.
- This idea that all diseases were **NATURAL**, including mental diseases, would retain its merit for centuries to come.

Hippocrates(c.460-377 B.C.)



- The Greeks of Hippocrates' day believed the macrocosm, the universe, to be precisely, almost mathematically, ordered and that the human body was a microcosmic miniature version of it.
- Even the number 4 seemed magical.
- Connections were made between:
 - the **elements** – earth, water, fire and air out of which all material things were composed and the...
 - the **qualities** – dry, cold, hot, and moist and the...
 - the **seasons** – autumn, winter, summer, and spring and the...
 - the **winds** – north, south, east, and west.
- To this list Hippocrates added the four humors or bodily fluids, **black bile**, **phlegm**, **yellow bile**, and **blood**.
- In Hippocrates system, each of us is born with a tendency to have one of these humors in excess; and,
 - a humor could also become excessive through disease.
- Thus, his medical treatments were often directed toward bringing them back into balance, e.g., through diet, a change of scenery, bleeding, or through the use of purgatives and emetics.
- His methods persevered well into the last century!

Hippocrates' Psychology



- Hippocrates believed the brain was responsible for intellectual activity and that mental disorders were due to brain pathology.
- He also emphasized the importance of heredity and predisposition and that injuries to the head could cause sensory or motor disorders.
- He classified mental disorders into three categories:
 - Mania
 - Melancholia
 - Phrenitis
- He also considered dreams to be important, an idea pre-dating Freud considerably.
- Precise prescriptions as to how to treat mental disorders were also discussed, e.g.,
 - For **MELANCHOLIA** – a regular and tranquil life, sobriety, a vegetable diet, abstinence from all excesses, celibacy, exercise short of fatigue, and drawing off a bit of blood if needed.
- Curiously he held to the belief that hysteria had a uterine origin and was not a mental disorder.

Humoral Theory & Personality



- Claudius Galenus (A.D. 129-199), Galen, was single-handedly responsible for keeping Hippocrates medical theories alive for 1400 years.
- In his physiological works, moreover, Galen followed Hippocrates in believing that equilibrium of the "four humors" was essential for good health.
- He also supported the idea that each of us would, by nature, have one of the four humors dominant in our physiology and...
- that this happenstance would be associated with a unique **temperament** AND identifiable behavioral, specifically, personality, traits.

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Temperament and Personality

Manuscript Illustration, 14th Century

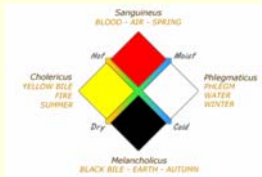


- **PHLEGMATIC TEMPERAMENT** – persons with the humor **phlegm** dominant would have a **phlegmatic temperament**.
 - Such persons would tend to be emotionally calm, cold, uncommunicative, and apathetic and, prone to develop **dementia**.
- **SANGUINE TEMPERAMENT** – persons with **blood** dominant would have a **sanguine temperament**.
 - Such persons would tend to be emotionally cheerful, hopeful, naïve, trusting, and amorous and prone to develop **hysteria**.
- **CHOLERIC TEMPERAMENT** – persons with the humor **yellow bile** dominant would have the **choleric temperament**.
 - Such persons would tend to be emotionally volatile, hostile, cranky, easily angered, bad tempered and prone to manic rage.
- **MELANCHOLIC TEMPERAMENT** – persons with the humor **black bile** dominant would have the **melancholic temperament**.
 - Such persons would tend to be emotionally despondent, sorrowful, gloomy, morose and prone to **depression**.

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The System Complete



- Blood possessed the "qualities" of being **Hot and Moist**.
- Phlegm the qualities of being **Cold and Moist**.
- Yellow Bile the qualities of being **Hot and Dry**.
- Black Bile the qualities of being **Cold and Dry**.

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Physiognomy of the Temperaments in the 18th Century

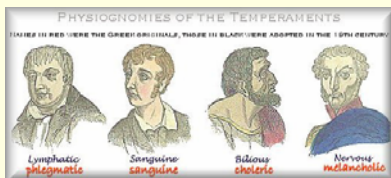


Johann Casper Lavater(1741-1801)

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Physiognomy of the Temperaments in the 19th Century



Phrenologists in the 19th and early 20th centuries included an analysis of a person's temperament in their phrenological assessment reports.

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Treatment of the Mentally Ill Before Humanitarian Reform



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Treatment of the Mentally Ill Before Humanitarian Reform



The Jews' Home, (Kneibitz).



"Fools' Tower" in old Vienna.

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St. Mary of Bethlehem Asylum Better Known as "Bedlam"



Ward in Bethlehem Hospital about 1745. D. H. Yale, *Chapters in the History of the Insane in the British Isles*, London, 1882.



St. Mary of Bethlehem was officially made an asylum in 1547 by Henry VIII and became infamous for its deplorable conditions. Patients were starved, purged, confined alone, subjected to ice cold baths and put on public display.

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St. Mary of Bethlehem Asylum Better Known as "Bedlam"



Hogarth, William
The rake's progress:
the rake in Bedlam
1735
Oil on canvas
62.5 x 75 cm (24 5/8 x
29 1/2 in)
Sir John Soane's
Museum, London

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America's First Hospitals for the Mentally Ill



Sketch of the Pennsylvania Hospital, 1793—the first hospital in this country to admit mental patients for curative treatment.



An early print of the Eastern Lunatic Hospital at Williamsburg, Virginia—the first public hospital in America exclusively for the treatment of the mentally ill.

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Eastern Lunatic Hospital at Williamsburg, VA Today



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Eastern Lunatic Hospital Model Patient Room and Restraint Device



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Philippe Pinel(1745-1826) Unchains the Insane at *La Bicêtre*



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Philippe Pinel(1745-1826) Unchains the Insane at *La Bicêtre*



DR. PHILIPPE PINEL AT THE SALPÊTRIÈRE, 1795
The great pioneer of humanitarian reform unchains the chains removed from patients at the Paris asylum for insane women.

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Philippe Pinel(1745-1826) Unchains the Insane at *La Bicêtre* & *What he Found.*

"The asylum looked like a circle of the Inferno when Pinel entered upon his duties. The lunatics lay all about, raving, riveted with chains and irons. They were regarded as desperate, dangerous animals* on a lower plane than criminals, for the latter were not stripped of all their human attributes as the insane were supposed to be. And in truth, the inmates of the Bicêtre had the appearance of wild animals—beards and hair were matted with straw and infested with lice; their clothes were tattered, their nails grown long like claws, their bodies encrusted with dirt and filth. They presented pictures of complete neglect. Their cries of anger, agony and frustration induced by intolerable confinement, mingled with the endless clanging of chains and the crack of keepers' whips.

Pinel proposed a radical change. He planned to strike off the chains from these miserable creatures and to inaugurate a regimen based on kindness and sympathy."¹

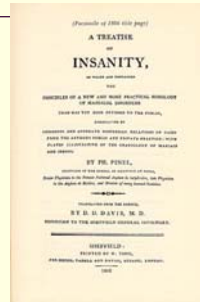
* "This conception was heightened by the occasional murders of keepers by patients within the Bicêtre's walls. Maddened by the tortures inflicted by brutal attendants, inmates were sometimes driven to kill as a means of revenge."

¹ Albert Deutsch. *The Mentally Ill in America*. 2nd Edition. New York: Columbia University Press, 1967, pp. 89-90.

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Pinel's Views on Insanity



CAUSES

- Among the causes were "affections of the mind," the passions, such as "ungovernable ambition, religious fanaticism, profound chagrin, and unfortunate love."
- Certain occupations that "excite the imagination" cause more than their share of the insane, e.g., priests, monks, artists, painters, poets, and others.

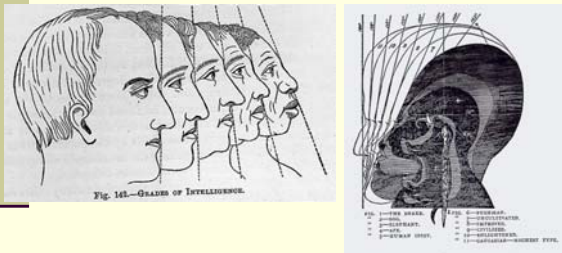
HIS CLASSIFICATION SYSTEM (one of the first)

- melancholia – severe depression
- mania – marked agitation, grandiose thinking, and elation without delirium (loss of awareness of time and place)
- mania with delirium
- dementia – a chronic disabling disorder marked by memory loss, personality change and deterioration in judgment and personal habits
- idiotism – mental retardation

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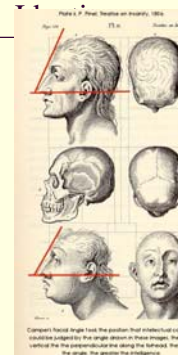
Pinel, Camper's Facial Angle & Idiotism



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Pinel, Camper's Facial Angle &



- "49. ON a first view of this idiot, figure, 5, plate II, what appears most striking is the extremely disproportionate extent of the face, compared with the diminutive size of the cranium. No traits of animation are visible in his physiognomy. Every line indicates the most absolute stupidity. Between the height of the head and that of the whole stature, there is a very great disproportion. The cranium is greatly depressed both at the crown and at the temples. His looks are heavy and his mouth wide open. The whole extent of his knowledge is confined to three or four confused ideas, and that of his speech to as many inarticulate sounds. His Capacity is so defective, that he can scarcely guide the food to his mouth, and his insensibility so great, that he is incapable of attending to the common calls of nature. His step is feeble, heavy and tottering. His disinclination to motion is excessive. He is totally insensible to the natural propensity for reproduction,—a passion so strong even in the Cretin, and which gives him a deep consciousness of his existence. This equivocal being, who seems to have been placed by nature on the very confines of humanity, is the son of a farmer, and was brought to the hospital of Bicêtre about two years ago. He appears to have been impressed from his infancy with the above characters of fatuity."

Philippe Pinel. *A treatise on insanity*. New York: Hafner, 1962(1806), pp. 126-126.

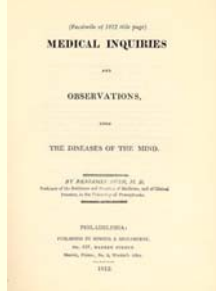
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Benjamin Rush(1745-1813) ~ Father of American Psychiatry



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Rush on the Causes of Insanity

- Rush rejected the prevalent theories of his time that held that insanity's immediate cause (*i.e.*, most important etiologically) was in either in the liver, the spleen, the intestines, the nerves or the immaterial mind.
- Instead, he wrote, my opinion, which I have "...long believed and taught in my lectures...is, that the cause of **madness is seated primarily in the blood-vessels of the brain...**"
- He differentiated between the causes of insanity which "act directly upon the brain" (which are largely physical) from those which induce "...derangement ...by acting upon the body through the...mind."
 - ...in the first group are included **brain lesions** or disease, *e.g.*, **epilepsy, tumors or abscesses, lead poisoning...** and **animal to human blood transfusions** to name a few;
 - ...in the second group are included **intense study**, the rapid transition of mind from one subject to another, and the **emotions associated with joy, terror, love, fear, grief, ridicule, and nostalgia** to name a few. **Unexpected money losses or gains** can also cause madness.

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Rush on Treatment

- Consistent with his belief in the arterial cause of insanity, Rush employed the procedure of bleeding his patients to calm them down.
- Unfortunately he was misinformed about the total volume of blood in the human body and therefore undoubtedly may have frequently bled patients too much.
- His "tranquilizer chair" was supposed to control the flow of blood toward the brain and, by lessening muscular action or reducing motor activity, reduced the force and frequency of the pulse.



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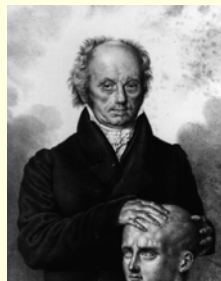
Moral Management of the Insane in the 19th Century

- The basic approach of moral management which began with Pinel and continued in this country with Rush and others focused on:
 - ...treating the insane as normal people who, as a result of severe psychological or social stresses, lost their reason;
 - ...these stresses were seen as the moral causes of insanity and moral treatment aimed at providing the patient with some relief by providing a calming home-like atmosphere, with good food, kind treatment, daily activities, ...
 - ... in practice, a mixture of social, occupational, and individual therapy.
 - Much success was achieved and state hospitals such as Worcester State Hospital in Massachusetts experienced very high discharge rates.
 - Moral management's demise late in the 19th century was due to many reasons including **advances in biomedical science** and the **mental hygiene movement**.

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Phrenology & Insanity



Franz Joseph Gall (1858-1828)



Johann Gaspar Spurzheim(1776-1832)

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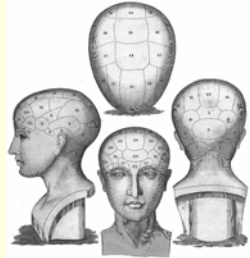
Phrenology & Insanity

- Phrenology's Tenets:
 - The brain is the organ of the mind;
 - ...it is composed of a collection of independent mental faculties (or powers) and that these in turn had precise locations anatomically within the brain as separate cerebral organs;
 - ...these cerebral organs varied in strength within individuals and between individuals;
 - ...education could change the activity of these organs such that the more desirable ones could be strengthened and the undesirable ones diminished;
 - ...injury or disease could alter an organ's function;
 - ...size, other things being equal, was an indicator of mental power; and,
 - ...phrenologists believed that the brain conformed to the shape of the skull so precisely, that a skilled phrenologist could make a determination of each organ's strength by means of an external examination of the skull alone.

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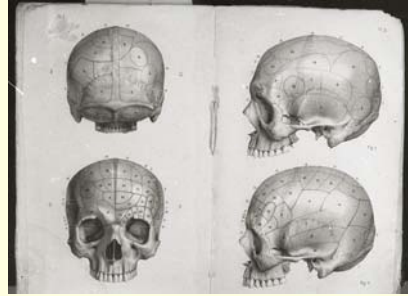
Phrenology & Insanity



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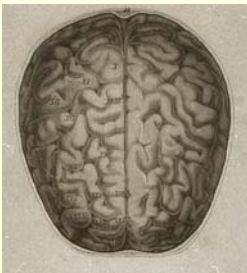
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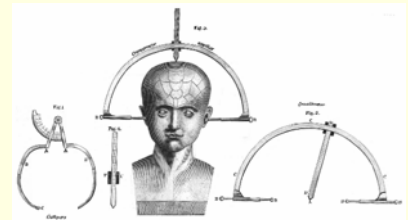
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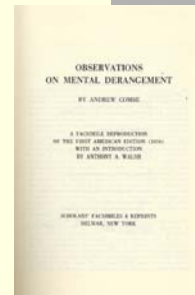
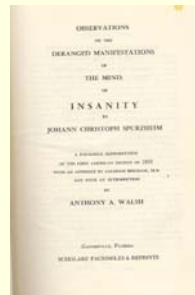
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Phrenologists on Insanity



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Major Mitchell, the
"Durham, ME boy(1834).

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