

COLLEGE OF SPEECH THERAPISTS.

No. 2.

NEWS BULLETIN.

June, 1945

EDITORIAL

Dear Fellow Members,

After such a successful annual Conference and dinner for which we offer thanks and congratulations to the organisers, we must all realize the great value of personal contact and discussion among our members. Here then, in the second edition of the Bulletin, we have the instrument whereby this interchange of ideas may be continued throughout the year; and as Editor, I must appeal once again for the type of material that will keep this a live and valuable issue.

With this in view, I wish to bring the following points to your notice:

1. We should appreciate letters to the Editor, especially if they provoke continued discussion.
2. We should like to hear constructive criticism of method and matter.
3. Any change of address should be notified immediately to Mrs. Harris.
4. Eight sides of foolscap are allowed for the Bulletin now, so please give us the material to fill it to this extent.
5. An official report on the Conference is being published costing two shillings, post free. For those members who were unable to attend, however, I have included a short informal summary in this Bulletin, describing the most outstanding items.
6. Books that are recommended for our published list should be accompanied by details of the price, name of publisher and a short review (about two lines or so.)
7. As the "Speech Forum" always proves so popular at the Conference, I have included various questions and items for discussion in this issue, hoping that by this means a valuable interchange of ideas may be continued on paper.

I conclude by voicing once more the urgent need for more articles, letters and suggestions, in the hope that we shall be so "flooded" with excellent material that it will be essential to publish this Bulletin monthly and so keep us constantly in touch with the profession as a whole.

(Signed) Mary Topping, Editor.

-0-

ANNUAL CONFERENCE - Brief Summary.

The 1st Annual Conference of the College of Speech Therapists was held from April 4th to April 7th 1945 at the Royal Society of Medicine.

The Conference was opened by the Chairman of the College, Miss Macleod, who drew attention to the honour of holding it for the first time in such a renowned building, with so many members of the medical profession present, and as a united body.

Sir Farquhar Buzzard, in his opening address for the first morning session, mentioned his great personal interest in Rehabilitation and stressed the fact that Medical Auxiliaries would play a large part in the medical service of the future, helping to supplement the present shortage of doctors. He went on to say that he did not agree with too much scientific teaching during training, but stressed rather the great value of the effect of one personality on another in our work, and that our aim during training should be to perfect this.

Miss Van Thal then outlined the early history of Speech Therapy and mentioned facilities for training and the type of service given in European countries before the war. She concluded with the suggestion for an International Conference after hostilities cease. Miss Macleod then continued and described the more recent history of our profession, stating that the first hospital clinic was opened at St. Thomas' Hospital in 1913, under the direction of Miss Elsie Fogerty. She also outlined the Speech Therapy services in the British Empire and America.

Dr. Zachary Cope, in an excellent address, quoted the description of speech as "a perpetual miracle, the window of the soul," and "mirror of the mind," - being the distinguishing feature between man and brute. He went on to stress the need for the expansion of our work, mentioning that even now only one third of the Education Authorities in Great Britain employed Speech Therapists. He thought lecturers in Speech Therapy should be appointed to the Universities and the general ignorance of the service among members of the medical profession should be alleviated by lectures and personal propaganda. He urged the need for more students, more training schools, increased interest in research and the need for more frequent publication of the Speech Journal.

Discussion followed and points put forward were the urgent need for more money to carry out the proposed schemes and Dr. Boome, after re-calling the recommendations in the recent White Paper on the Medical services, put in a plea for bursarships for deserving candidates.

The Annual Dinner was held the same evening. It was well attended and the guests included many members of the medical profession. Several entertaining speeches were made and subsequently members moved away from the tables and were soon deep in conversation.

The following day was marked as a great occasion when Miss Macleod announced that she had just received a telegram of good wishes from His Majesty the King, also asking if he could be sent copies of the Speech Journal as it was published.

An interesting paper was then given by Professor Sampson Wright on the physiology of the voice, illustrated by lantern slides. It was followed by a paper on Applied Speech Physiology by Miss Badcock, outlining several interesting cases. Members' papers were given in the afternoon and discussion followed.

Dr. Gaylor, Visiting Neurologist, The Department of Health for Scotland, opened the Friday morning session on the treatment of Aphasia and Dysarthria, and gave a most instructive and entertaining address. Referring to the condition of Post-encephalitic Parkinsonism, he compared the clinical picture with that of a "mourner following a hearse," in direct contrast to the facial grimacings present in choreic states, comparable to a "person following a gala."

During the lunch-time recess the bookstall proved to be very popular among members and they were delighted to find several copies of our favourite "Look and Learn" on sale. Other books displayed or mentioned during the various lectures have been included in the book list of this issue.

Mr. Terence Cawthorne then took the chair, and Dr. Mary Sheridan gave a paper on Hearing and Speech, outlining some experiments in this field.

Dr. Lewis, Vice-Principal of Goldsmith's College, gave a talk on the Development of Speech, in the afternoon, and some discussion followed, though very few members participated and one felt that all members could increase their knowledge and show more interest in this subject.

The Saturday morning session, though not so well attended, was most interesting and commenced with a film at the Academy Cinema on the movement of the tongue. Miss Butfiel gave an account of the work of the Head Injury Unit at Bangour E.M.S. Hospital, Near Edinburgh, and mentioned the service of "after care" available for discharged cases and emphasized its value. In the ensuing discussion, Miss Macleod said she hoped members would refer to the College any patients with dysphasic symptoms unable to return to their previous environment after Rehabilitation. Miss Kingdon-Ward also stated that the Maida Vale Hospital for Nervous Diseases accepts outside cases for occupational therapy on a residential basis.

As the Conference drew to its close and the final speeches of thanks and congratulations to the organisers were given, one felt that here we had laid a firm foundation on which to base the future work of the College of Speech Therapists. Everyone had listened with interest throughout, more and more members had been drawn into the valuable discussions and they had all enjoyed the chance of meeting and talking with other members from all parts of Great Britain.

COLLEGE NEWS.

Provisional arrangements have been made to hold the Ordinary General Meeting of the College of Speech Therapists at the Y.W.C.A., Great Russell Street, London, W.C. 1. on the morning of Saturday, 15th September, 1945. It is hoped that members will keep this date in mind and that as many as possible will be present.

Northern Area. The second Area meeting for the year 1944-1945 took place at the College of Technology, Leeds, on March 10th. Eighteen members were present at the business meeting preceding the Lantern Lecture given by Miss Morley, F.C.S.T., on "The History of Cleft-palate operation, with particular reference to the technique perfected by Mr. Wardill." Ten visitors were present, including Mrs. Pollack, Southern Area Representative, and several students from the Leeds School of Dentistry.

The third and last Area meeting for the current year will be held at the University, Manchester, on June 30th, when Dr. Franz Greenbaum, M.D. (Berlin), Jungian Analytical Psychiatrist, will speak on "The Psychology of the Stammerer." There will be a business meeting prior to this, then the meeting will be open to visitors. Members are contributing 7/6 per head to Area funds during the present year.

District News.

Lancashire. The second of the three Lancashire District meetings for the year took place at the Education Offices, Salford, on May 5th. Discussion took place on the subject of Cleft-palate, stimulated by Miss Morley's book, and on certain aspects of the treatment of stammering. Miss Bleakley also gave an account of her work with aphasic patients at an E.M.S. hospital. The next meeting will be held at Wigan on September 15th and the subject for discussion will be "Some different methods of stammering treatment." Miss Ashworth has been elected District Secretary.

Yorkshire. The first District meeting was held in Rotherham on 14th February. A business meeting preceded a business talk given by Dr. Watt, Medical Officer of Health. The next meeting will be held in Wakefield on May 16th, when Mr. Townend, Senior Dental Officer for the West Riding of Yorkshire, will speak. Miss Wallace has been elected District Secretary.

Midland Area. The first Area meeting is to take place on Saturday, June 16th at the Birmingham Chamber of Commerce. A short business meeting will be followed by a talk on Terminology by Miss Van Thal.

District News.

Nottingham. The first meeting was held on February 27th in Leicester. After the election of Miss Perkins as Minutes Secretary, arrangements were made regarding the future policy of the district, and there was an animated discussion on the equipment and premises necessary to run an efficient Speech Clinic. Miss Fleming has been asked to give a talk on Speech Therapy to the local branch of the Townswomen's Guild on July 19th. The next meeting will be held on Tuesday, September 11th. There will be a business meeting at 2 p.m., followed by an open session at 3 p.m. We hope the speaker will be Dr. Agatha Bowley, Ph.D., and that she will lead a discussion on "The Aetiology of Stammering."

Southern Area. An Area Meeting will be held on June 23rd in London. Miss Kingdon-Ward will give a talk on "Dysarthria." As yet, no District meetings have been held.

NEWS OF INDIVIDUAL MEMBERS.

Mrs. Perkins lectured to Bedford students, who came to observe spastic cases, she also spoke to the local Mother's Guild, through the Head Teachers' Association. Miss Cullen has opened a new clinic at Dunstable. Miss Bingley has joined the W.R.N.S. Mrs. Batchelor is now at Taunton. Miss Cooke has taken up an appointment under Bristol Education Committee. Queen's nurses attending a public health course visit the Brighton Speech Clinic weekly.

You will be interested to know that I have met Miss Ruth Lewis recently and hope to see her again soon.

There is a big demand for Speech Therapy out here, from what I can see, particularly in private practice. I had only been here a few days when I was asked to see private cases. My work at Christie Street Hospital is solely with disabled servicemen, being cases from the Neurological Clinic. I have ten cases under treatment - all aphasics - and am frequently called upon to test and assess cases where there is a history of transient aphasia, or aphasic symptoms are suspected.

I find a little difficulty arises due to difference between my pronunciation and that of the Canadians, particularly the vowels - but will soon be able to produce them as well as any Canadian born!

-0-

BOOKS HELD.

- An Introduction to Child Guidance - Burbury, Balint & Yapp. Macmillan 7/8
The Growing Child and its Problems - Emmanuel Milier. Kegan Paul 7/6
Release From Nervous Tension - D.H. Fink. George Allen & Unwin 8/6
Book of Words - H.G. Wood (4 parts). James Nisbet & Sons 1/8 each

Review. The Book of Words series is worth owning by a Speech Therapist if it were only for the jingles and rhymes, covering the sounds and combinations of sounds used in spoken English.

The gradation from Book 1, suitable for the six year old, to the practical, common-sense matters used in Book 4 to illustrate speech sounds, is well planned and an efficient indexing system enables one to pick out the exercises and jingles in each series, which refer to the sound being corrected.

A certain amount of the dictation and grammar work will not appeal to our colleagues, but with a little adaptation this can be made useful in the re-training of auditory memory and similar work.

The series has been tried with patients up to the age of 16 years, and in cases of partial deafness, each exercise can be used as a foundation for drills and stories in sounds being visually taught.

E.T. Jordan, M.R.S.T., L.C.S.T., M.B.P.S.

-0-

MEMBERS' CONTRIBUTIONS.

Notes on the Treatment of Speech Defects in Young Children.

The question as to how the best results may be obtained with Speech Therapy for young children is ever present in the minds of those working under Educational or Medical authorities. For it is during these first years, before habit and emotional factors have become too firmly set, that we can hope to do the greatest amount of good by preventive and curative methods.

The number of cases of speech defect referred among children of 3 - 7 years seems to have increased during the war. Some reasons for this may be:

1. The general sense of insecurity in the home.
2. The evacuation of children to an entirely new environment.
3. The institution of wartime nurseries and the increase in the number of nursery schools.

It is disputable whether such cases are noted earlier by those in charge and consequently appear to be more numerous to the therapist, or if war-time conditions have brought about a real increase in the number of defects.

Children attending War Nurseries or Nursery Schools have less opportunity of hearing adult speech and so their mimetic powers remain latent over a longer period. The child who stays at home receives constant stimulation from his parents to develop speech, but the child at the nursery is listening to speech at or below his own level of development for the main part of the day, and consequently this process is retarded. Such retarding naturally brings a relative degree of emotional reaction, and Speech Therapists should take every opportunity of pointing this out to mothers and wardens, so that such defects may be referred and counteracted as soon as possible.

Many members of the medical profession, when asked to give advice on this subject, will encourage the parent with the theory of "He'll grow out of it." In many cases the child probably does improve as he progresses in school and attains a visual symbolism for speech in his reading, but, owing to the large numbers in the classes and the shortage of teachers, many children remain in the Infant class until the age of six, and do not begin to learn letters and manual dexterity until a later stage. Also, in the intelligent child this frustration often gives rise to severe psychological problems accompanying the speech defect.

An increase in the number of children of this age referred for stammering treatment has also been noted. This is probably due to the stress of war-time conditions both at home and at school. The absence of the father on active service, constant change of environment and a general sense of insecurity are contributory factors in nearly every case.

A question often raised in connection with the methods of dealing with children of pre-school and infant-school age is "To treat or not to treat?" Many Speech Therapists are against treating a child by any direct methods until after seven years of age. Advice to the parent in the handling of the matter, such as is given in the National Baby Welfare Council leaflet No. 91, issued some while ago, is indispensable. However, one feels strongly that this is not enough to achieve success, and a more direct approach is necessary. Rhythmic exercises, with or without musical accompaniment, relaxation with conscious application and play therapy are all essential and valuable aids in therapeutic treatment. In each individual case, the therapist is searching, as it were, for the right combination to open the safe.

Successful treatment depends largely on the approach and manner of the therapist, coupled with sufficient perseverance and determination to remedy the defect. Direct suggestion given through symbolism in play; and in the intelligent child, conscious reasoning often achieves a good result. Change or adjustment of the environment must be carried out concurrently with any remedial work, to be successful.

Since the recent increase in Cerebro-Spinal fever, many more children are referred to the clinics suffering from deafness or general retardation of speech development. When they are under the age of 5, it is difficult to gain admission for them at a residential Deaf School, and parental opposition is also very strong. However, when the behaviour problem is severe, as it so often is, this seems to be the best course, and one hopes that such facilities will be increased in the near future. Failing this, children below the age of three, who had not spoken prior to their illness, or had only just begun to make sounds perhaps, have to learn regular individual treatment. Speech Therapists should aim to keep such cases under their care until the patients are fit to enter either an ordinary or Deaf school, according to their progress. If these boys and girls have to wait until seven years of age for admission to a Deaf School, the psychological trauma is then so great as to cause lifelong unhappiness.

During recent months, five children under the Educational Authority for which I work, have been referred to the Speech Clinic because they do not speak in school. On investigation it has been found that although three of them speak at home, their speech is defective. The other two have normal speech, but have never spoken one word during eight months in school, and have been referred for treatment by the Head Mistress, who is, of course, unable to estimate their amount of progress or intelligence. These cases have all come from country schools and the children live in isolated farmhouses - although mixing with their brothers and sisters daily. The cases are being kept under observation in conjunction with the Child Guidance Unit, and some progress has been made. It would be interesting to have other members' observations on this, and to know if similar cases have come within their experience.

The points I have mentioned are of vital interest to us all, and if we are to prevent an increase in the number of speech defectives, we must all work for better public knowledge of the facilities and methods of our work. Thus we can do by:

1. Personal contact.
2. Demonstration clinics.
3. Circulars to be sent to all teachers and medical workers.
4. Lectures on relevant subjects to Nursery Organisers and Mental Health Groups; to be given regularly in each district.

A week of Demonstration Clinics was held in Cambridgeshire last June, open to all medical and educational workers, and the attendance was excellent, with great interest shown.

There are many other defects which might have been dealt with in these few notes, but I have put this forward to encourage further discussion on these problems and hope that through the medium of this Bulletin it will be possible.

(signed) MARY TOPPING
Second Speech Therapist to Cambridge Borough and Shire.
May, 1944.

-0-

Dear Fellow Members,

I want to support the Editor's appeal for a better response from all of you to the request for suitable material for our Bulletin. Let me remind you that a steady supply of first-class writing will be wanted for "Speech," and the Bulletin provides a useful trial ground for those whose ability in this field is less familiar to the Editors of our more important publication. I know you are all working at great pressure, and it is true that College activities make considerable demands upon our time and energy, but it must be realised that we are building for the future and are struggling, with a comparatively small team of pioneers, to establish an organisation which will be able to satisfy the needs and protect the well-being of the much larger body which we shall undoubtedly become in the future. At all costs, don't let modesty hold you back; send in all kinds of contributions, without waiting to be asked, and make the Bulletin the vehicle of really democratic expression of opinion and of a valuable exchange of knowledge and ideas.

(signed) HESTER ROSSER,

Chairman, Editorial Committee.

-0-

EDITOR FOR THE NEXT ISSUE.

All contributions for the third Bulletin should be sent by 1st August, 1945, to:

Mrs. T. Smith, L.C.S.T.
26, Hamilton Park Avenue,
Glasgow, W.2.