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The University Department of Psychiatry in Munich

From Kraepelin and his predecessors to molecular psychiatry

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With 219 figures

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ISBN 978-3-540-74016-2 Springer Medizin Verlag Heidelberg

Bibliografische Information der Deutschen Bibliothek
The Deutsche Bibliothek lists this publication in Deutsche Nationalbibliographie;
detailed bibliographic data is available in the internet at <http://dnb.ddb.de>.

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Planning: Hanna Hensler-Fritton, Heidelberg
Project management: Barbara Knüchel, Heidelberg
Typesetting: TypoStudio Tobias Schaedla, Heidelberg
Printing: Stürtz GmbH, Würzburg

SPIN 12067718

18/5135/BK – 5 4 3 2 1 0

Preface

This book first appeared in Germany in 2004. In response to the great amount of interest in the book expressed by colleagues from all over the world, we subsequently decided to produce this English version. We have also taken this opportunity to update the information on the Department of Psychiatry since 1994 to include further developments up to the present day (see Chapter 15). One can look at a hospital from all kinds of different perspectives. For psychiatrists with the daily medical task of dealing with the life histories of their patients, it is understandable that they are interested in the development of their hospital from a **historical perspective**.

To do this for the University Department of Psychiatry of Munich an introduction can be made by reminding the reader of a date: just over 100 years ago, on November 7, 1904, the newly constructed »Royal Psychiatric Hospital of the University of Munich« was inaugurated with a ceremonial act and handed over to the public. Emil Kraepelin gave a ceremonial speech on the occasion.

Our book was first published for the 100-year celebration of the hospital. To begin with it was intended to give the history with emphasis on the **building history** of the hospital (most people from Munich and abroad refer to the hospital as the »Nervenlinik« (»hospital for nervous disorders«)). This would have been justified, since every hospital exists first as a building followed by the history; and the building history of the Munich hospital reflects the changes and metamorphoses in the concept of clinical psychiatry.

The hospital building was planned at the beginning of the 20th century by Kraepelin's predecessor, Anton Bumm, together with the architect, Max Littmann. The building was erected right next to the old hospital »Links der Isar« (on the left bank of the river Isar) and was designed as a **psychiatric hospital**, which should not only offer patient care and student training, but also put an emphasis on scientific research. In the 1920s Oswald Bumke changed the hospital into a **hospital for nervous disorders** (psychiatric and neurological hospital); after the 2nd World War Georg Stertz and then Kurt Kolle managed it again as a hospital for nervous disorders.

In 1971 the hospital was subdivided into a psychiatric and a neurological department. Instead of the previous chair for »psychiatry and neurology« two separate chairs for »psychiatry« and »neurology« each were established.

The neurological department was opened at the Hospital Grosshadern. The hospital for nervous disorders became once again a **psychiatric department**.

From 1969 onwards plans were developed for considerable rebuilding and extension, which were slowly carried out, once the neurological department had moved out. On completion of all construction work in 1998 the new hospital kept its historical core, but had all the equipment for modern, psychiatric in- and out-patient care, rooms for student training and other training activities and considerable research facilities.

The hospital was built as a university hospital, the professorship of the university department and the directorship of the hospital both were and still are today owned by the same person. Therefore the terms ‚department of psychiatry‘, ‚psychiatric hospital‘, and ‚psychiatric clinic‘ (according to the German tradition) are more or less used identically. The term ‚hospital‘ is more related to the building, ‚department‘ to the academic, and ‚clinic‘ to the medical aspects.

Due to their merits in the field of psychiatry, two heads of the department, August Solbrig and Bernhard Gudden were ennobled by the Bavarian King. After the ennoblement, in the respective chapters Solbrig and Gudden are named von Solbrig and von Gudden.

The **building history** of the Munich hospital substantiates the developments in psychiatry during the past 100 years, but an illustration of the constructional aspects alone would be dull and impersonal. The development of a hospital should be understood as a **life story**, in which not only the building and organisation structure itself, but also the patients treated in the hospital and the people working there should be taken into consideration: Doctors from the Munich hospital have always enhanced the development of clinical psychiatry and psychiatric science decisively. As such, the names of Emil Kraepelin and Alois Alzheimer are known to all psychiatrists all over the world nowadays – even to those who do not realize that the scientific work of these names is closely linked to the Munich hospital. Many of the names of doctors from the Munich hospital have been long forgotten and a book about the hospital will remind us of some of them. This was our aim, but we realize that we have not achieved this entirely and it is even less possible to mention all the names and give credit to the many staff, who have supported the doctors right from the beginning and who as such have contributed considerably to the reputation of the hospital; in particular to be mentioned here are the nursing staff. Of course, not only does the workforce belong to a hospital, but most importantly the patients! The work and atmosphere of a hospital is reflected in the patients' lives and their opinion of the hospital. Obviously it is not possible to give details on patients' lives, but we have tried to show this side of hospital life with a few examples.

In our portrayal of the many faceted developments of the Munich hospital we have not only covered the period as of 1904. The **hospital's roots** stem from the beginning of the 19th century, when the first in-patient facilities for psychiatric patients were created. In the middle of the 19th century efforts were made to turn psychiatry – within the medical faculty – into a clinical subject with equal rights like the other clinical disciplines. These developments also belong to the history of the hospital.

When taking a look at the early history of the hospital, it is necessary to also illuminate the role and the importance of the hospital for the psychiatric **care** of the citizens of Munich and its surroundings.

Of course the **research activities** of the hospital need to be shown in detail and given proper appreciation. However, in most of the chapters these are only referred to in a more general sense.

In order to give a completely satisfactory and detailed account of the above points, it would have been necessary to write a real opus on the history of psychiatry, which was not possible.

All the same we hope that the book will find interested and appreciative readers in present and past hospital staff, colleagues and doctors, the historically interested and also the one or other patient who has been treated at the hospital.

Kurt Kolle, one of the previous directors of the Munich hospital, once complained that historical interest and historical conscience has disappeared nowadays, but this seems to have changed during the past decades. We therefore hope that our cursory account of the history of the »University Department of Psychiatry in Munich« may animate others to follow up on life or work histories of past researchers at the hospital and to systematically study the effect they may have had on the hospital.

But before thinking of a future with potentially rich contributions to psychiatric-historical research, we would like to thank all those, who contributed to the compilation and publishing of this book!

With Professor Dr. Norbert Müller and Dr. Gabriele Neundörfer-Kohl we wrote the text for chapters 1 to 14 of the book and compiled the illustrations. The manuscripts (and the corrections) were taken care of by Mrs Karin Koelbert in an immaculate fashion.

Furthermore, we owe special thanks to certain persons:

Mrs Alma Kreuter, who worked as secretary from 1924–1970, the librarians, Mrs E. Wolf and Mrs E. Sund, as well as Mrs F. Hostalka, who compiled the various illustrative material. There were also many former staff of the hospital as well as relations and friends of former staff, who let us have their documents and photos.

We are greatly indebted to Ms Cheryl Wooding-Deane, who took on the enormous task of translating the whole book. Without her professional and highly motivated work, this book would never have been realised. Our thanks also go to Ms Mije Hartmann, Ms Jacqueline Klesing and Ms Sindy Lehwald for their assistance with various preparatory, administrative and editorial tasks.

Last but not least we would like to mention the publisher »Springer« in Heidelberg (Mrs. H. Hensler-Fritton), who proved to be most competent and reliable partner.

Munich, September 2007

H. Hippus

H.-J. Möller

Materials – Sources – Literature

The book follows the brochure by H. Hippius and P. Hoff on the »Psychiatric Hospital of the Ludwig-Maximilians University of Munich – Documents of a Building History«, which was published on the occasion of the celebration of the first section of the rebuilding and extension of the hospital.

For the hospital's »Psychiatry-History Workgroup« Dr. Gabriele Neundörfer-Kohl, as of 1997, supported by Mrs E. Sund, compiled and filed all documents and material. This »Psychiatry-Historical Collection of the Psychiatric Hospital of the Ludwig-Maximilians University of Munich« is not yet published, but is available as a collection in the Psychiatry-Historical Museum in the Alzheimer hall.

On various occasions since 1976, psychiatry-historical exhibitions have taken place (1976: 50th anniversary of the day of death of E. Kraepelin; 1986: 100th anniversary of the day of death of B. von Gudden; 1988: International Congress for Neuropsychopharmacology (CINP); 1989: celebration of the first section of the rebuilding and extension of the hospital).

The opening (1998) of the restored, historical Emil Kraepelin-building was celebrated by a first exhibition in the Alois Alzheimer hall, in which particularly interesting parts of the psychiatry-historical collection can be seen in 11 display cabinets. Dr. Gabriele Neundörfer-Kohl prepared a catalogue for this exhibition, which is now available in a re-worked and graphically newly designed edition prepared by Mr Josef Christan and Mrs Karin Koelbert.

Mrs Alma Kreuter (born 1906) is to be given special thanks for the existence of the psychiatry-historical collection; she started work as a secretary at the hospital during Kraepelin's lifetime and later became executive secretary to O. Bumke, G. Stertz and K. Kolle. Mrs Kreuter edited the manuscripts of the three volumes published by K. Kolle on »Famous Psychiatrists«. In connection with this work she systematically collected biographies and bibliographies of German-speaking psychiatrists and neurologists. She used this material as a basis for a 3-volume lexicon she published in 1996 on »German-Speaking Neurologists and Psychiatrists – from the Forerunners to the Middle of the 20th Century« (Saur, Munich, 1996).

Mrs Kreuter's lexicon assisted us when we wrote this book and proved to be an exceptionally informative and important source of information. Furthermore, Mrs Kreuter brought us into contact with numerous, previous staff of the hospital and other persons, who gave us further information.

Many documents were put at our disposal by the Bavarian State Archive, the City of Munich Archive and the Archive of the Ludwig-Maximilians University, the Archive of the Max-Planck Institute and the Historical Krupp Archive (Alfried Krupp von Bohlen and Halbach Foundation). We thank the very helpful staff of these archives and everyone else, who gave us details on former times.

However, most of the documents and photos published in this book stem from the psychiatry-historical inventory of the hospital; for this material we did not mention the origin in the texts and legends.

When looking through the material in the hospital, we located originals and copies of letters, manuscripts, draft lectures and newspaper articles, as well as a lot of photos. These include the entire estate of M. Mikorey. In particular to be mentioned amongst the correspondence are the letters from E. Kraepelin to his brother Karl, to Gustav Krupp von Bohlen and Halbach, to Wilhelm Wundt, as well as correspondence between Oswald Bumke and Alfred Hoche,

and between Georg Stertz and Alfred Hoche, between Heinrich Laehr and Fritz Siemens. In the collection we located many handwritten documents, which reflect E. Kraepelin's methods (including detailed, handwritten records on James Loeb's illness).

Some of the sources are mentioned at the end of each chapter but detailed literature references have not been included.

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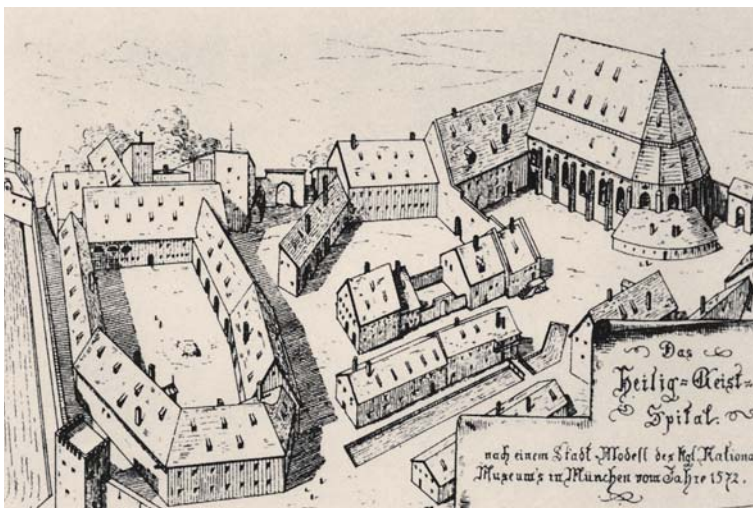
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Early Psychiatric Institutions in Munich

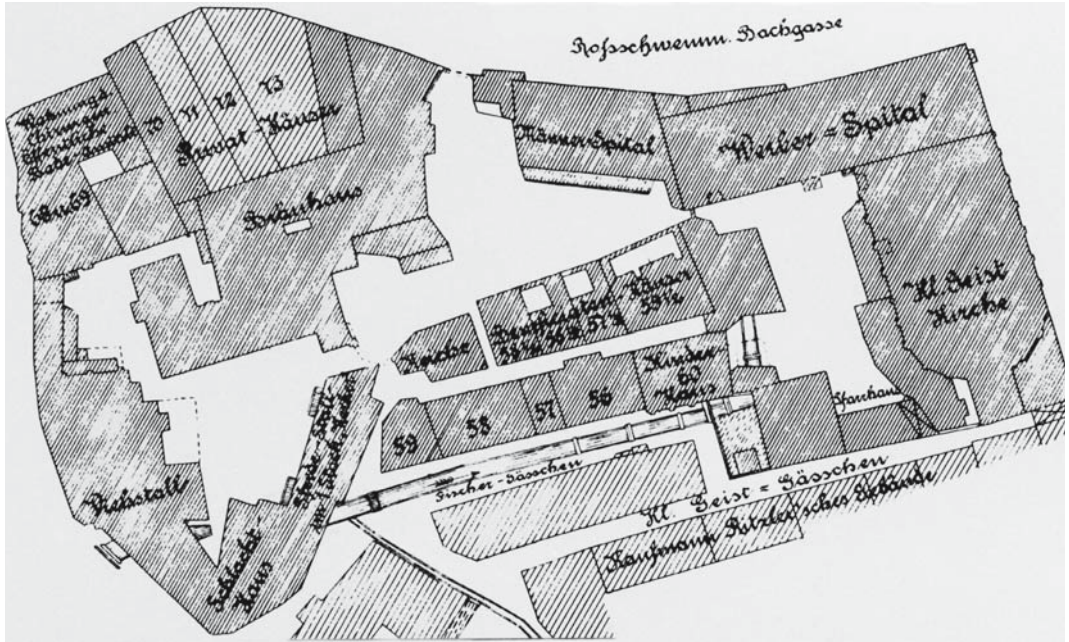
Psychiatry did not become a **medical discipline** until the end of the 18th century and before this time the mentally ill, if at all, were isolated as »mentally disturbed« in prison-like asylums and mad houses. They were even kept in penitentiaries and mad houses together with common criminals where no medical attention was available. There were, however, a few exceptions to the usual practise of isolation and discrimination of the »mentally disturbed« in Germany, such as at the Julius Hospital in Wurzburg and, understandably, the Julius Hospital was considered one of the first medical institutions in the Free State of Bavaria, where the mentally ill were given medical care. The Julius Hospital was built in 1576 during the reign of

the prince bishop Julius Echter von Mespelbrunn. Right from the beginning of its existence, 30 to 40 psychiatric patients were admitted for care.

Nothing similar existed in Munich until the beginning of the 19th century, although with respect to medical institutions there had been some attempts to set up something prior to the opening of the first independent psychiatric hospital in 1803. Some psychiatric patients were admitted for care to the existing hospitals for internal medicine and infectious diseases. At the city gates (near the fruit and vegetable market) the Hospital of the Holy Ghost (■ Fig. 1.1–1.3) had already been founded in the 13th century with a couple of separate cells for the mentally disturbed (so-called »pits for fools



■ Fig. 1.1. Hospital of the Holy Ghost in Munich, 1572 (from H. Kerscheneister, 1913)



■ Fig. 1.2. Overview plan of the Hospital of the Holy Ghost (re-sketched and amended according to the plan of Huhn) from H. Kerschensteiner (1913)



■ Fig. 1.3. View of the Hospital of the Holy Ghost in Munich (from H. Kerschensteiner, 1913). On the right-hand side of the picture: end of the nave of the Holy Ghost Church; the view over today's fruit and vegetable market shows the tower of the old town hall and the old St. Peter's church. In front were the units for men and for women. Approx. at the position of the observer were the »idiot pits«.

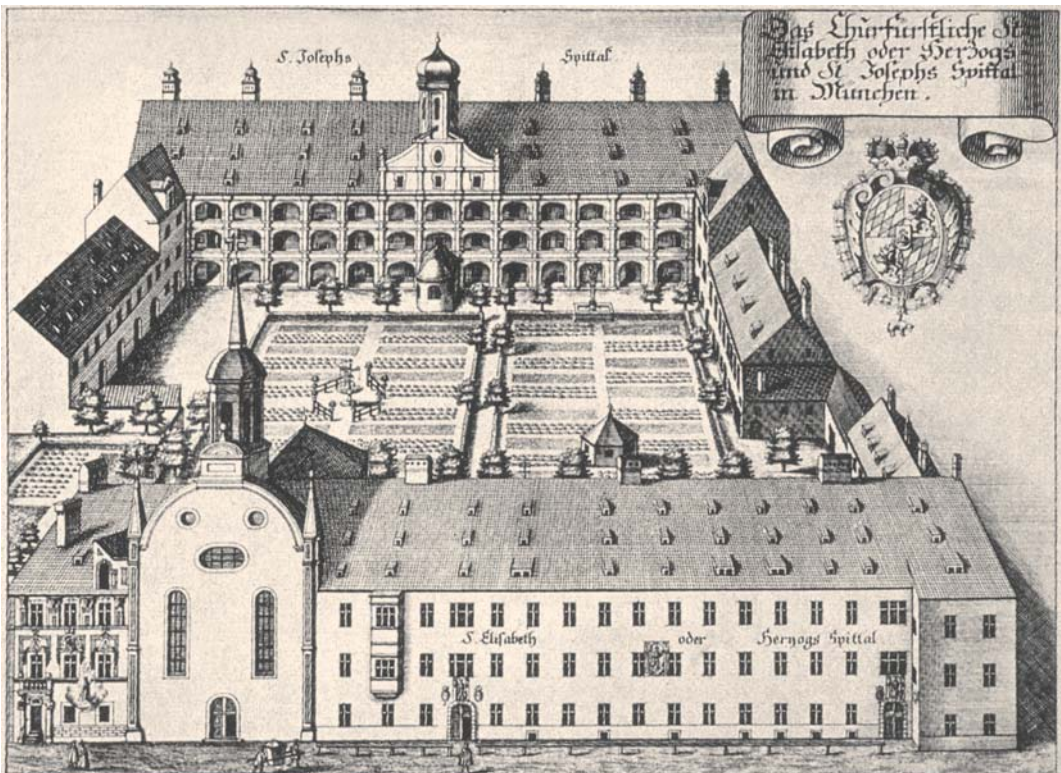
and idiots«). For a long time (until 1822) the Hospital of the Holy Ghost was a care establishment for the poor and aged as well as an institute for parturition; between 1498 and 1783 it also functioned as a foundling house and from 1664 as »fumigation chamber« for contagious diseases. Single cells for psychiatric patients and later even a special »house for madmen« made up the fifth part of the Hospital of the Holy Ghost. Rooms for 30 »madmen« were available. In 1803, the »house for madmen« actually had 64 in-patients.

Apart from the Hospital of the Holy Ghost, the mentally ill were also admitted to the Herzogsspital, which opened in 1601, and the St. Josephs-Spital (■ Fig. 1.4).

However, the conditions for the mentally ill in the Hospital of the Holy Ghost were inhumane. One visitor in 1786 even mentioned the »awful accommodation for madmen«. Around 1800, chains were to be seen on the walls of the so-

called pits for fools. On June 9, 1802 a report was made in a Munich newspaper, the Tageblatt, about a visit to the Hospital of the Holy Ghost. With the title »Something about the public institution for the mentally ill« it describes his impressions: ».... in the hope of seeing wide, light rooms, I entered the cellar; instead of fresh, healthy air a repugnant vapour hit me and instead of dry cleanliness I met damp dirtiness. No separate and free-standing beds, but human stalls made of wooden slats were to be seen. These areas were the pits.« The overseers of the fools' pits were called the »strikers«.

In his famous book, written in 1917 »A Hundred Years of Psychiatry«, Kraepelin included a picture originating from Kaulbach (■ Fig. 1.5) at the beginning of the 19th century, which showed why he found »the situation of the mentally ill« at this time to be »appalling«. In this picture, standing behind the patients is a guard who rightfully



■ Fig. 1.4. The »Elector's St. Elisabeth's or Duke's and St. Joseph's Hospital in Munich« (from H. Kerschensteiner, 1913)



■ Fig. 1.5. W. v. Kaulbach (1805 –1874): »The Mad House«

looks exactly like what at that time was considered a »striker«.

All together in Munich – as in the rest of Bavaria – the care facilities for the mentally ill, annexed to hospitals, were completely insufficient. As described in the report to the Munich newspaper, »Tageblatt«, in 1802 about a visit to the Hospital of the Holy Ghost, the public conscience was gradually becoming aware of the situation.

Furthermore, not only was a critical report on the conditions in the hospital printed in the Munich »Tageblatt«, but it was clearly and distinctly – although, with care and diplomatic skill – printed that improvements must be made: ».... Bavaria can be proud to have made good progress with all kinds of public institutions and although they are not all together perfect, they cover the most important needs. The present government, which is so aware of the public well-being, tries every now and then to introduce improvements in spite of the costs and to complete its institutions to perfection. All kinds

of unlucky souls find help and support in Bavaria. Only the most unfortunate class of humans, the mentally ill, has been comparatively neglected until now..... After being given an anonymous draft, for which he is grateful, His Electoral Highness has given the general government orders to check the proposal and to ensure the building of a good mental institution as soon as possible.«

This public demand was fulfilled in 1803: The Giesing »Madhouse« (also known as the »Mental Aylum of Giesing«, ■ Fig. 1.6) was opened as the Royal Hospital in 1901 »half an hour away from Munich«. The Royal Hospital had been opened in 1746 in Giesing on the Auermühlbach (Auermühl stream), which is today known as Kolombus Square (Kolumbusplatz) for the treatment of »high fevers«, originally intended for ill officials, servants and pages from the electoral court. After the opening of the two-storied building the windows on the ground floor were walled up and on the first floor they were barred. On the ground floor there were



■ Fig. 1.6. Munich-Giesing, »Mad House«; opened 1803 in the former Royal Hospital; water-colour and pencil drawing from Ch. Steinicken 1880 (owned by the Munich Municipal Museum)

13 cells for the »really mad« and a room for a guard; on the upper floor there were 9 further cells for the calmer »madmen« who were also monitored by a guard. »..... The duties of the guards were not only surveillance and cleanliness of the madmen, since the humane treatment of the institution meant that the inhabitants were not treated with means of coercion, except perhaps with a strait jacket each room had a toilet, which could be emptied from the corridor. The heating and lighting were indirect from the central corridor. The ventilation system (although useless) developed by Franz Xaver von Häberl at the General Hospital in Munich was installed. In the bathroom two wooden tubs were ready for use, although the patients were washed in the courtyard in the summer.«

The »Giesing Mental Asylum« had room for 25 patients, but often there were more than 50 patients, since all patients, who would have been admitted previously to the Hospital of the Holy Ghost, were now admitted here. Since the »Giesing Mental Asylum« also had to serve right from the start as a care institution for the »incurable«, its over-occupancy grew from year to year. Furthermore, the rapid increase in Munich's population during the first decade of the 19th century contrib-

uted to the continuous lack of space, which also meant that female and male patients could not be given separate accommodation.

At the »Giesing Mental Asylum« only one doctor was responsible for all patients; and this doctor had other jobs apart from his work at the hospital. For example Dr. Christlmüller, who worked at the »Asylum« from 1837 to 1859, also had his own practice in Giesing. Soon after starting to work there, Dr. Christlmüller considered the conditions at the »Giesing Mental Asylum« to be unbearable for the patients and therefore suggested in 1839 that Munich urgently needed a »larger mental asylum«. And, although means of coercion had been applied less at the »Giesing Mental Asylum« than in the past, the overcrowding was »dreadful« and led to such means of coercion being used more often.

Christlmüller made his demands public and a law laid down during the reign of King Ludwig the First (on initiative of Johann Nepomuk Ringseis) (see Chapter 2) became the basis of a development, which first led to the building of an »Upper Bavarian District Mental Asylum« in the middle of the century and then the building of the Royal Psychiatric Clinic in Munich on the Nussbaumstrasse at the beginning of the 20th century.

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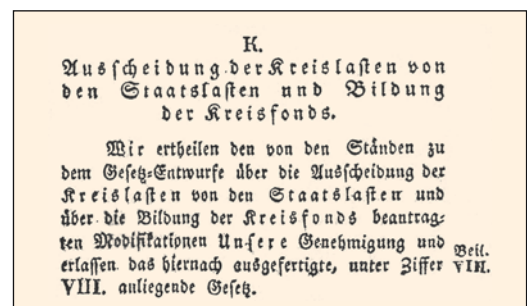
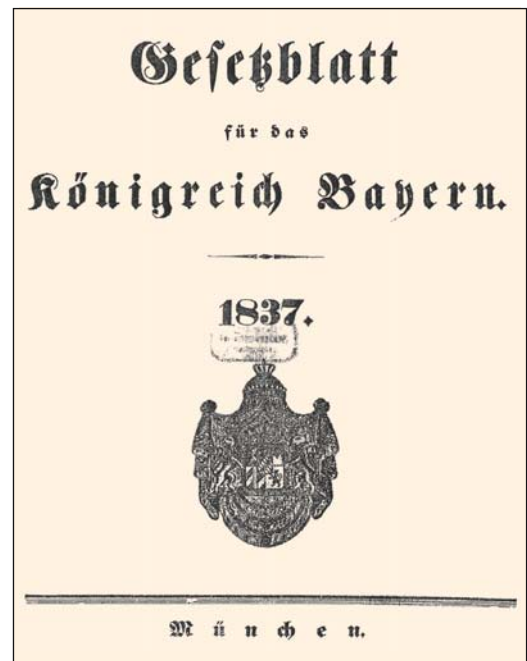
Psychiatric Care in Bavaria in the 19th Century

In 1837, a law was made in Bavaria with a title difficult to understand nowadays: »The elimination of district encumbrances from the state encumbrances and formation of district funds« (November 17, 1837; revised May 23, 1846) (■ Fig. 2.1a,b). From the title of the law it is not possible to realise what an important role it would play in psychiatric care.

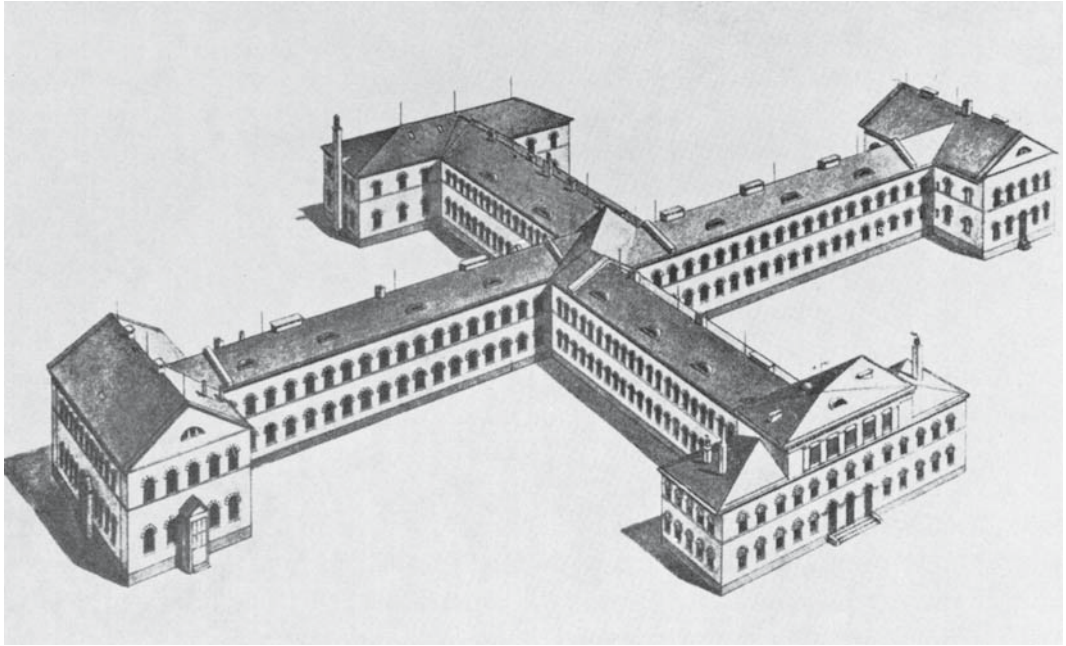
Based on this law the »districts« (nowadays known under a different term in German) of the kingdom of Bavaria formed »district funds«; and one of the tasks to be financed by the district fund was the duty to build »mental asylums«. At the time the law was very progressive, compared to the situation in other German states. In German-speaking territories in Austria and later on Prussia there were similar processes, which could be considered key.

When the law was made in 1837, there were only few independent institutions where the mentally ill could be admitted and which could be considered a real, or at least conceptual basis for the building of a »district mental asylum«. In the district of Upper Bavaria the »Giesing Mental Asylum«, opened in 1803, was one of them (► Chapter 1).

Once the law had been made, developments in Bavaria, however, were very slow and it was for this reason that Heinrich Damerow (1798–1866) declared in 1844 that »the public handling of the mentally ill in Bavaria is still notoriously backwards«. At that time, Damerow's opinion was quite important because, as together with Chr. F. W. Roller (1802–1878), they were the most prominent and influential psychiatrists of their time the idea



■ Fig. 2.1a,b. Title page and paragraph K of the law from 1837



■ Fig. 2.2. Panoptical building style of the Middle Franconian District Mental Hospital in Erlangen, 1846

of combined cure and care institutions for the mentally ill.

With this form of organisation it was intended to avoid the stark separation of the so-called »cure institutions« (for the mentally ill with potential for recovery) and »care institutions« (for the incurably ill).

In Bavaria it took a further 9 years after the law had been made in 1837 before finally in Erlangen the first Bavarian district mental asylum could be opened in 1846 (■ Fig. 2.2) (for the district of Middle Franconia). Nothing was built in any of the other districts, although already existing buildings (e.g. monasteries during the secularization) were adapted as district mental asylums. In this manner the previous monastery, Irsee, was opened in Swabia as a district mental asylum in 1849. In 1852 it was followed by Karthaus/Prull, near Regensburg, for the district of Upper Palatinate; Upper Franconia had its district mental asylum in 1855 at Werneck Castle (■ Fig. 2.3). Following the opening in Erlangen, the next **new building** to be constructed was that in Klingenstein in 1857; at that time the Palatinate belonged to Bavaria. In

Munich it took longer, in spite of public demand during the first decades of the century, following the law of 1837 and Christmüller's urgent requests from his daily experience at the Giesing Mental Asylum. Finally in 1859, the **new building of the District Mental Asylum for Upper Bavaria** took shape, whilst the district mental asylum for Upper Franconia was built in Bayreuth in 1870 and for Lower Bavaria in Deggendorf in 1869.

The plans for the first, **new institution** building in Bavaria (Erlangen) came from Johann Michael Leupoldt (1794–1874), who had studied medicine, graduated and qualified as a university lecturer in 1818 in Erlangen. He gave lectures on anatomy and physiology and, as one of the first German universities to do so, also lectured on mental diseases. In 1820 the Bavarian government gave him a grant to travel, which he used to visit Berlin and see the department for the mentally ill at the Charité. On his return to Erlangen and his promotion to extraordinary professor (1821), he presented then (and again in 1825) his initiatives to the Bavarian provincial diet to reform the treatment of the mentally ill. In 1825 he proposed an autonomous institution, cut off



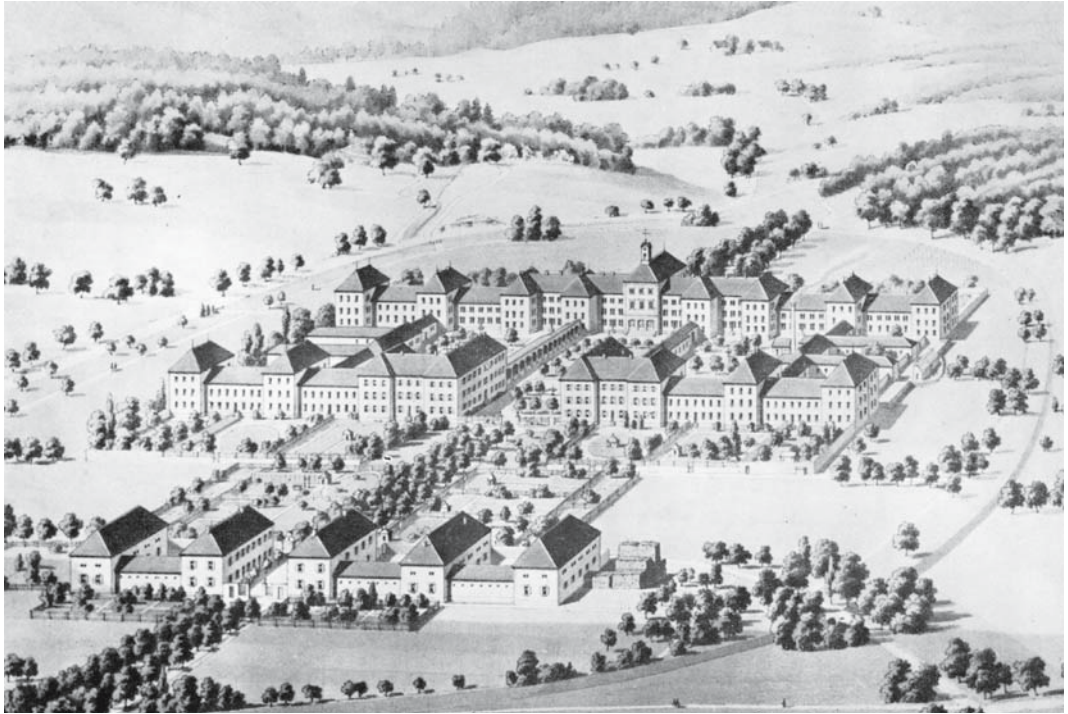
■ **Fig. 2.3.** Werneck Castle (built by Balthasar Neumann); as of 1885 District Mental Hospital for Lower Franconia (from: Bresler, J. (1910). *Dtsch. Heil- und Pflegeanstalten für Psychisch Kranke*. C. Marhold-Verlag; Halle a.S.)

from the outside world. This »colonial institution« should be a type of »small state, or, if one would prefer, a colony with its own rules« with a doctor at the head, who »must live at the institution«. Leupoldt favoured the architectural construction style of a »panoptical institution« as developed in Great Britain and, following long and complicated negotiations with the medical faculty, the city of Erlangen and the Bavarian government about the location and financing of the project, excavation work finally began in 1834 on the outskirts of the city. In keeping with the law on the »district encumbrances«, as of 1837 Middle Franconia was also involved in the financing of the project. By 1839, the construction had reached a point, where the internal construction could be completed, but unfortunately the financial means from various sources had dried up. So it took another 7 years, until finally in 1846 the institution could be opened. Not Leupoldt himself, but one of his students, Karl August Solbrig, became the first

director of the district mental hospital in Erlangen. And it was Solbrig, who was later consulted on the building of the district mental hospital for Upper Bavaria in Munich (► Chapter 3).

Originally, Upper Bavaria had not intended to build a new hospital, but, like in other locations, had intended to set up a »mental hospital« at an abandoned monastery (Indersdorf). The provincial powers there were against the plans; but all the same construction work commenced as ordered by the Bavarian government. When an expertise elaborated the disadvantages of the future mental hospital in Indersdorf, the project was abandoned in 1847 and new plans were taken into consideration. The new plans were accepted and Karl August Solbrig was put in charge.

Solbrig's plans for Munich were similar to those for the institution in Illenau (■ Fig. 2.4) which were designed as a »relatively combined cure and care institution«.



■ Fig. 2.4. Overview of the building complex »Cure and Care Institution Illenau « (after a lithography by J. Vollweider/C. Kiefer from 1865)

These were the principles developed by Christian Friedrich Wilhelm Roller, which then materialized in the Grand Duchy of Baden with the building of the institution for cure and care at Illenau on the northern edge of the Black Forest. In 1842, Illenau had opened its doors and became an organizational, architectural, but also therapeutic model for most of the mental institutions constructed in the middle of the 19th century in Germany. The institutions were to be constructed as far away from cities as possible, so that the patients would be isolated from areas which unfavourably influence the development and course of the illness. The »curing forces of isolation« should be encouraged by being in quiet and beautiful nature and by occupation in fresh air.

Principles for construction were: to have the front of the building as large as possible, but closed, with wards for females and males in two wings, separated by a middle tract. In this manner, there was a »women's« and a »men's side« with their own

courtyards and gardens. Within the female and male sectors there were sectors for

- Acutely ill patients with good chance for recovery and
- Chronically ill patients, who would not improve and who were mainly long-term, care patients.

Although Roller, Damerov and many of their contemporaries emphatically demanded the strict separation of the cure and healing parts of the institution from the caring side, and that both areas should have their own »building«, the entire institution was to be managed by one director. This was the organization principle of the »relatively combined cure and care institution«.

Solbrig had been put in charge of the planning of the Upper Bavarian district mental hospital in 1852 (■ Fig. 2.5) and in 1859 it was opened; a single building complex, which was located well away from the city »Auf der Auer Lüften« (■ Fig 2.6–2.10).

I. Jahrgang.

№ 10.

den 31. Mai 1857.

CORRESPONDENZ-BLATT

der

DEUTSCHEN GESELLSCHAFT FÜR PSYCHIATRIE UND GERICHTLICHE PSYCHOLOGIE.

Herausgegeben

von deren Vorstand

Ober-Med.-Rath Dr. BERGMANN, Med.-Rath Dr. MAYSFELD, Dr. ERLBYMEYER, Med.-Rath Dr. EULENBERG.

Diese Zeitschrift für die Krankheiten des Gesammt-Nervensystemserscheint am 15. u. letzten jedes Monats in 4—1^o, Bogen gr. Quart und kostet jährlich 2 Thlr. pruss. Ct. incl. Postaufschlag. Man kannirt bei allen Buchhändl. u. Postanstalten in u. ausser Deutschland. Zusendungen franco an die Red. oder die Verlagshandlung.

Inhalt: Angelegenheiten der Gesellschaft. Originalien: Ferger. Die neue Irren-Anstalt bei Wieu. Eulenberg und Marfels. Zur patholog. Anatomie des Cretinismus. Literatur A. Tittmann. Leben und Stoff. B. Asylum Journal. Correspondenzen, aus Lübeck, Holland. Personalien.

I. Angelegenheiten der Gesellschaft.

Durch einstimmigen Beschluss des Vorstandes und Ausschusses sind die folgenden Herren Collegen auf ihre Annahme als Mitglieder unserer Gesellschaft aufgenommen worden:

1. Dr. Pagenstecher, Director der Augenheil-Anstalt zu Wiesbaden.
2. Dr. Frickhöffer, Herzogl. Nass. Medicinal-Accessist in Idstein.

Der Secretair.

II. Originalien.

Die neue Irren-Anstalt für Oberbayern bei München.

Von Dr. Gustav Ferger.

Es ist gewiss für viele Leser unseres Blattes nicht anz uninteressant, die Geschichte einer Irren-Anstalt or ihrer Erbauung kennen zu lernen. Man erfährt dar erst die grossen Schwierigkeiten, welche die Vorarbeiten eines solchen grossen Unternehmens bereiten, on den statistischen Ermittlungen zur Feststellung des Bedürfnisses an durch alle die Terrainforschungen, rogramme, Pläne, Geldbewilligung etc. hindurch bis zur ndlichen definitiven Feststellung des Planes und der ealisierung des Ganzen durch die schliessliche Grundsteinung. Diese Periode umfasst bei manchen Anstalten viele ahre, Jahrzehnte, und man erzählt sogar von einzelnen, ass die Geburtsperiode einem vollen Jahrhundert nahegeommen sei. Die Mittheilung dieser Geschichte der Analt vor ihrer Entstehung hat aber auch noch einen andern orthel, dass Denjenigen, welche sich in der ähnlichen arigen Lage befinden, unter schwierigen, vielleicht önungslosen Verhältnissen Pläne und Programme zu en Irren-Anstalten auszuarbeiten, irgend ein Wink und ingerzeit daraus erwächst, wie vielleicht auch bei ihnen s Werk, an dem sie schon lange vorbereitet, einer raschen Vollendung entgegengeführt werden könne. Wie der inzelne vom Einzelu lernt, so muss auch oft ein Staat

vom andern lernen, besonders wenn es gilt, die grossen Summen zu beschaffen, welche nöthig sind zum Bau und der Einrichtung einer neuen Anstalt und ganz besonders auch zu ihrer Unterhaltung. Es hat diese Mittheilung aber noch den ganz besondern Zweck, zu beweisen, wie vieles die Regierungen in kurzer Zeit vollbringen können, wenn sie den erten Willen haben, dass wirklich für die Humanitäts-Anstalten Etwas geschehe — und endlich auch anderen Regierungen als leuchtendes Vorbild die Bairische vorzuhalten, welche unter dem Scepter des jetzigen Königs in Irren-Angelegenheiten, wie überhaupt in Sachen der Wissenschaft schon so Grosses vollbracht hat.

Ueber die Anlage einer Anstalt für den Kreis Oberbayern wird schon seit 1829 bei jeder Landraths-Versammlung debattirt, da sich das Bedürfniss in einem so grossen Kreise mit $\frac{1}{2}$ Million Einwohner, in welchem die Residenz und andere Städte liegen, die das Irresein fördern, längst als dringend dargestellt hatte.

Bei der zunehmenden Ueberfüllung der übrigen Kreis-Irren-Anstalten durch ihre eigenen Kreisangehörigen konnte die Anstalt Giesing bei München, die ohnehin nur 50 Kranke aufnehmen kann, längst nicht mehr genügen. Die statistischen Erhebungen hatten für den Kreis Oberbayern eine Irrenzahl von 800 ergeben: ein Resultat, das, wenn es richtig wäre, als ein sehr günstiges bezeichnet werden müsste im Verhältnis zu den übrigen Deutschland, wo man überall mehr zu der Ueberzeugung gelangt, dass auf 500 Einw. ein Irreer zu rechnen ist. Von diesen 800 betrachtet man 200 als heilbar oder für sich und Andere so gefährlich, dass man ihre Aufnahme in eine Irren-Anstalt für nöthig erachtet, wonach also die Grösse der Anstalt berechnet und festgestellt wäre.

Es wurde also schon in frühern Jahren eine Anstalt für 200 Kranke projectirt unter Zuziehung des Prof. Solbrig in Erlangen, eines praktischen und erfahrenen Irrenarztes, ein Programm ausgearbeitet und dann durch den Privatarchitecten Reuter die Pläne entworfen, welche mir dieser selbst im Jahre 1854 zu zeigen die Güte hatte. Am 18. October 1852 beschloss der Landrath, eine Anstalt in der Nähe von München zu erbauen und am 11. Mai 1854 genehmigte er die Pläne. Die nächste Frage war nun der Kostenpunkt. Die Anstalt war im Ganzen auf 50000 Fl. veranschlagt, nämlich 27,600 Fl. für den Grund und Boden, 388,400 Fl. für die Hauptgebäude mit der Kapelle, 13,200 Fl. für Nebengebäude u. 30000 Fl. für die innere Einrichtung, so dass also auf das Haupt-

■ Fig. 2.5. Excerpt from the journal »Correspondenzblatt« of the German Association for Psychiatry and Forensic Psychology, May 31, 1857

»II. News

The new mental hospital for Upper Bavaria in Munich. By Dr. Gustav Ferger

Ever since 1829 there have been debates at the district administrator assemblies about the site for an asylum, as the need in such a large district with $\frac{3}{4}$ million inhabitants, which promotes mental diseases, has long become an urgent matter. With the increasing over-crowding in existing district mental asylums, filled with local inhabitants, the asylum in Giesing, which only caters for 50 patients, has not been able to keep up with demand for a long time now.«



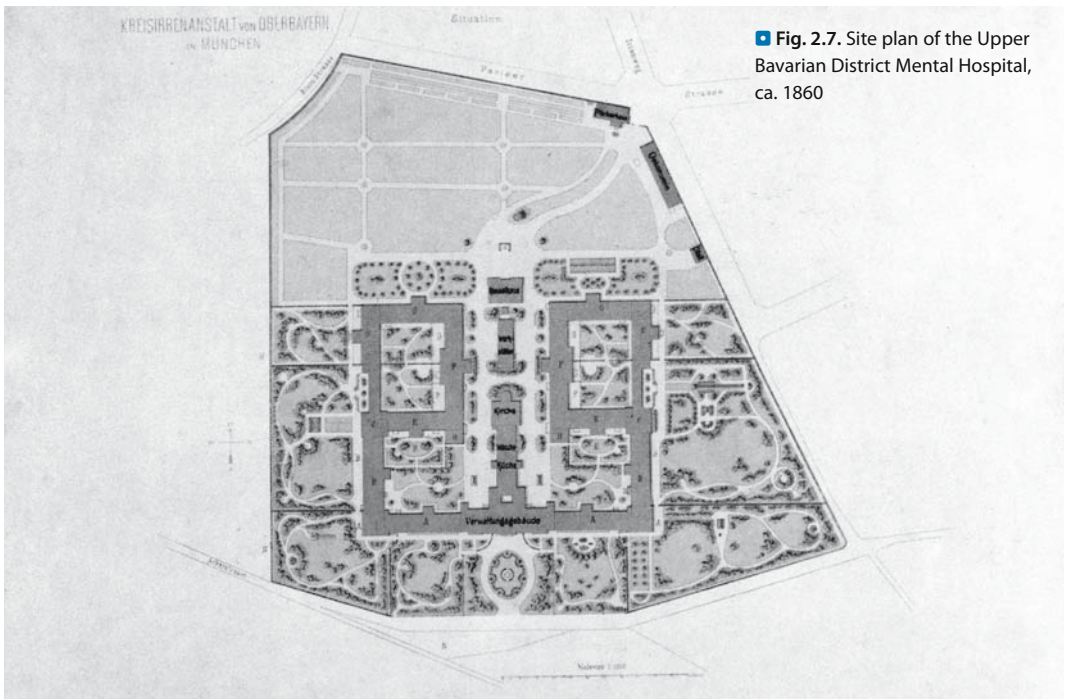
■ Fig. 2.6. Site plan of the Upper Bavarian District Mental Hospital, ca. 1860

At that time, the most important German scientific journal, published by Damerow and Roller together with Flemming, »The General Journal for Psychiatry« printed an article in 1958 praising the »fast construction of the Munich mental hospital. Half of the building already stands. Three quarters of the walls surrounding the building are complete. All this is the work of the past year. As long as money is available, the entire project will be finished in autumn 1959 and Bavaria will be an institute richer. Bavaria is the most innovative state for mental hospitals in Germany.«

Solbrig did not become director of the new Munich institute immediately. Bernhard Gudden, at that time director of the Lower Franconian district mental hospital, Werneck, (► Chapter 4), was chosen. However, Gudden did not accept the position offered to him and the job was offered to Solbrig.

Solbrig accepted the offer and on November 1, 1859, the institute was opened with great celebrations and with Solbrig as its director.

When it opened its doors in 1859, the institute had room for 280 patients (»curable« and »incurable«) and soon it became necessary to extend the



■ Fig. 2.7. Site plan of the Upper Bavarian District Mental Hospital, ca. 1860



■ **Fig. 2.10.** View of the façade of the Upper Bavarian District Mental Hospital, Aufeldstrasse, from 1907 (from the municipal archives in Munich)

pital »In der Au«, which, in spite of extensions and reconstruction, was over-flowing, and to build a new district mental hospital outside Munich in Eglfing. The building was opened in 1905 and soon was over-flowing, too; as a result the next step was planned and directly next to Eglfing the asylum Haar was opened in 1912.

Solbrig did not live to experience these developments, he died in 1872.

However, he had started the proceedings leading to a totally new goal 30 years after his death: During his time in Munich he had not remained a staunch supporter of Roller's concept of the »partly combined cure and care institution«: Roller vehemently maintained this from his position in Illenau. He saw it as an affront to the medical faculty and with it to the psychiatry taught at the university.

Solbrig's importance for psychiatry in Munich was that – compared to many of the other directors – he sought contact to the medical faculty. Solbrig made a considerable contribution to turning psychiatry into a clinical discipline at the Munich medical faculty. His personal engagement in set-

ting up the chair for psychiatry at the medical faculty and in having it included as a subject in clinical tuition was enterprising and exemplary. In the Munich district mental hospital, planned and managed by him from 1859 to 1872, Solbrig started the developments, which finally led to the building of an independent, psychiatric clinic of the university in Munich.

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The Chair for Psychiatry at the Medical Faculty of the University of Munich

Karl August Solbrig is not only to be merited for developing psychiatry in Munich as well as planning, building and finally managing the Upper Bavarian district mental hospital; Solbrig also achieved the inclusion of psychiatry as a medical discipline at the Munich medical faculty.

Karl August Solbrig (■ Fig. 3.1) was born in Furth on September 17, 1809, as the son of a »royal forensic doctor« and later »city doctor to Nuremberg«. On leaving school at Ansbach, he studied medicine in Munich and Erlangen and visited the lectures of J.M. Leupoldt (► Chapter 2) on »mental diseases«. In 1831 Solbrig received his doctor title in Erlangen and worked for A.Chr. H. Henke (1775–1843), the full professor in Erlangen for »physiology, pathology and state pharmacy«. From Henke's title doesn't make clear that his position meant that he was primarily occupied with the »forensic judgement of mental disorders for legal reasons«. Under Leupoldt and Henke's influence Solbrig used a travel grant to make a journey in 1834 to psychiatric institutions in Germany, France and Belgium.

At that time many young scientists were given grants to travel with the intention that on their travels they would have personal contact with well-known researchers and clinicians and would learn from them and be encouraged by them. On return from their journeys the gathered information often prompted them to decide on their future career direction.

Solbrig wrote a report on his »study travel«, which contained proposals on »public mental care« in

Bavaria and the inclusion of psychiatry in the medical curriculum.

Further following his apparently ever increasing interest in psychiatry and after completing his studies in Erlangen (1836), Solbrig spent several months with C.W. Ideler (1795–1860) at the mental health department of the Charité in Berlin. He did not remain in psychiatry, but became a general



■ Fig. 3.1. August von Solbrig (1809–1872)

practitioner at his home town of Furth and stayed there for 10 years. In 1845 he applied for the position of director of the district mental hospital in Erlangen. He was accepted and became the first director at Erlangen in August 1846. As well as managing the district mental hospital, he also planned to become professor at the medical faculty of Erlangen.

At this time only few German universities had members of the medical faculty who worked as clinical psychiatrists. Should a university at that time even have a chair for what one would call »psychiatry« nowadays, then the position was usually held by academics trained in philosophy rather than medicine and with almost no understanding of the practice as seen in the cure and care psychiatric institutions.

After complicated negotiations with the medical faculty, Solbrig became »honorary professor« in Erlangen in 1849. He had actually wanted a professorship of psychiatry and was therefore not satisfied with the title »honorary professor«. In his opinion the honorary professorship was attached to him as a person and as such did not do justice to the importance of psychiatry within the medical faculty.

Unlike Solbrig, most of the mental hospital directors at that time were of the opinion that the inclusion of the »mental asylums« into the medical faculty would be detrimental for the further development of psychiatry. In particular, the promoter of the »relatively combined cure and care institutions«, Chr. F. W. Roller strongly defended (until his death in 1878) the opinion that psychiatric clinics should not be connected to universities.

On the other hand, voices demanding chairs for psychiatry and psychiatric training at universities were becoming louder and Solbrig did not let himself be distracted from his goal to establish psychiatry decisively as a discipline at the medical faculty. Because he did not succeed with his intentions in Erlangen, he left and was offered (following the refusal by B. Gudden) the option of taking over the district mental hospital in Munich in 1859, as its first director. However, shortly after taking up office in Munich he was only given an »honorary professor« title and it was not until he turned down

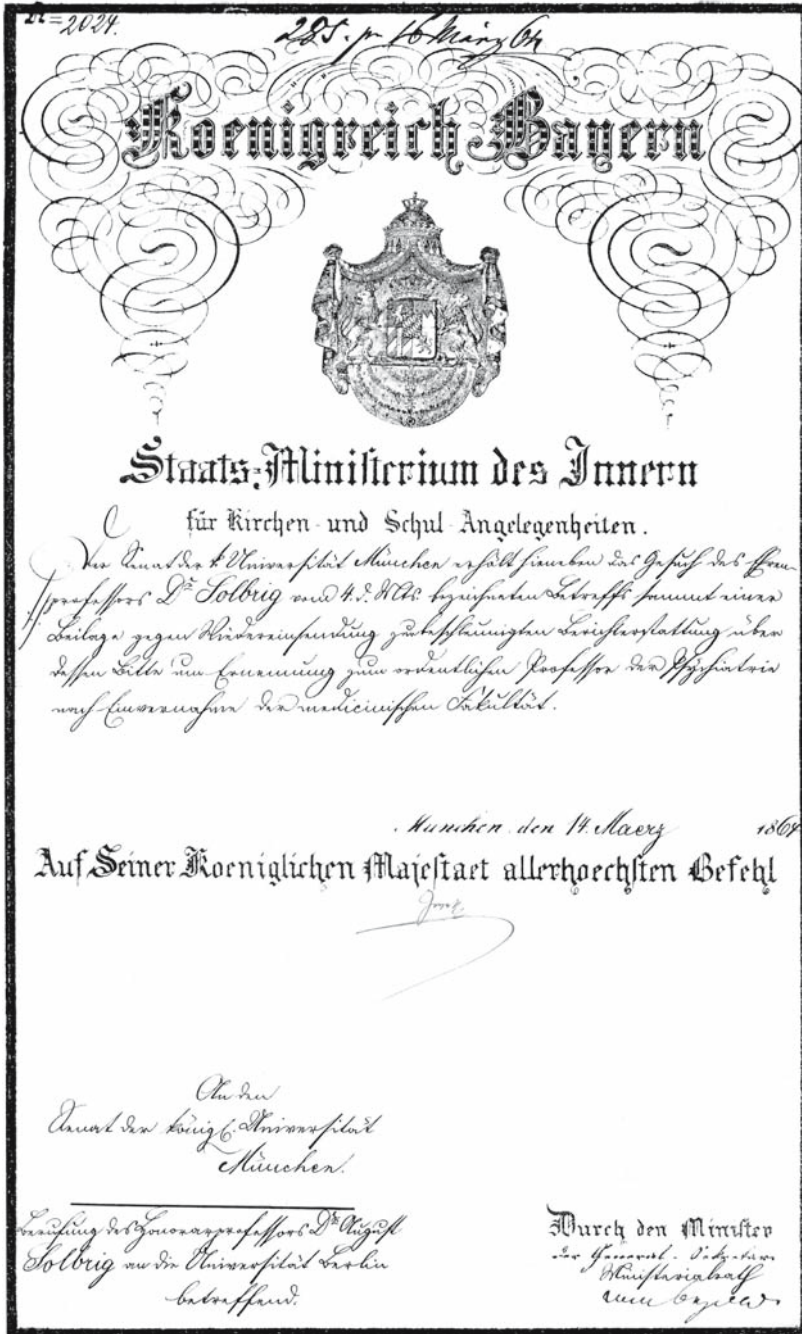
the offer to go to Berlin in 1864 that his demand was fulfilled and he was given the title of »professor of psychiatry« (■ Fig. 3.2)! He was also given the title of »Privy Councillor« and was raised to the peerage (■ Fig. 3.3). Solbrig had finally achieved in Munich what had been impossible in Erlangen: With the formation of a full chair for psychiatry it had been put on the same footing as the other clinical disciplines.

As well as being director of the clinic, Solbrig also had extensive responsibilities as forensic doctor and consultant at many of the Munich clinics. Whenever new psychiatric institutions were in planning, he was asked to give his expert advice.

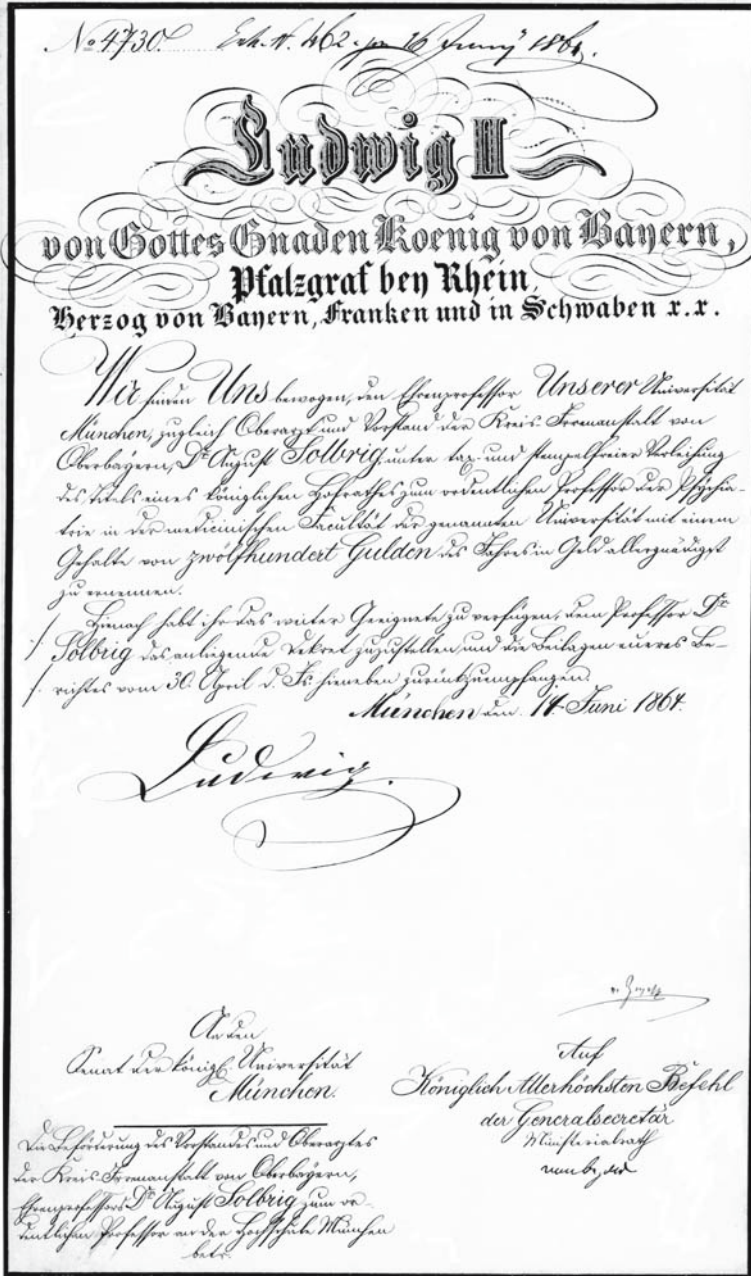
In particular with public lectures, Solbrig tried to give the general public an understanding of the mentally ill and the problems of psychiatry. In 1861, on behalf of the »Association of German Psychiatrists«, Solbrig gave a lecture at the »Assembly of German Scientists« in Speyer on the subject of »psychiatric clinics«. The lecture was one of the main contributing factors why shortly afterwards – based on developments in Bavaria – some other German countries established psychiatry as an academic discipline at the medical faculty.

Shortly before Solbrig took over the district mental hospital in Munich, the academic Senate of the University of Munich had received orders from the Bavarian Ministry of the Interior that psychiatry was to become a subject to be taught. As Solbrig was *only* an honorary professor of the medical faculty at this time, an assistant of the Munich polyclinic, A. von Franque, was given the job to give lectures on psychiatry. A. von Franque had qualified as professor with a thesis on delirium tremens and received the »venia legendi« for psychiatry. At that time von Franque gave lectures to the public on »Disorders of Mental Activity« and to medical students on »Special Pathology and Therapy of Mental Illnesses«. When psychiatry became recognized as an academic subject, Solbrig also began to lecture. From the summer term 1861 onwards, he lectured on the »Psychiatric Clinic«; and only a year later (as of 1862) this student training was also given at the District Hospital for Mental Diseases.

Due to the tradition, initiated by von Solbrig, of giving lectures with the presentation of patients



■ Fig. 3.2. Certificate issued on March 14, 1864 (on the occasion of the appointment of the Honorary Professor Dr. August Solbrig to the University of Berlin): Kingdom of Bavaria. State Ministry for Church and School Matters. The senate of the Royal University receives hereby the request of the Honorary Professor Dr. Solbrig on the 4th of the month (together with an enclosure) to accelerate the handling of his request on the appointment as ordinary professor of psychiatry on the examination by the medical faculty. Munich, March 14, 1864, by the order of His Royal Majesty. (from the university archives Munich, signed E-II-526)



■ Fig. 3.3. Certificate of June 14, 1864, from King Ludwig the Second (to the Senate of the University): Ludwig, the Second by God's grace King of Bavaria, Palatinate Count of Rhine, Duke of Bavaria, Franconia and Schwabia. xx We find ourselves disposed to graciously appoint the Honorary Professor of our University in Munich, at the same time Senior Consultant and Head of the District Mental Asylum of Upper Bavaria, Dr. August Solbrig, free from tax and stamp duty the award of the title of Royal Court Councillor to Ordinary Professor of Psychiatry in the medical faculty of the same university with a salary of twelve hundred guilders p.a. in gold. Accordingly, all necessary should be done that the decree is delivered to Professor Dr. Solbrig and that we receive the enclosures to our report of April 30 of the year. (from the university archives Munich, signed E-II-526)

themselves (although occasionally administrative difficulties occurred regarding the financing of the tuition (■ Fig. 3.4)) a lecture theatre was made available in the newly built clinic as of 1904.

Apart from his own specialist subjects von Solbrig was also scientifically interested in »public diseases« and questions of hygiene. In a publication on »Contradictions in Medicine« von Solbrig pointed out the role of mental influences on the development of public diseases and the psychological side of hygiene in the treatment and prophylaxis of these diseases. Under von Solbrig's influence the frequently used »blood-letting« was restricted at the Munich district mental hospital, as he was of the opinion that blood and sufficient circulation of blood was very important for brain function. For von Solbrig good and sufficient food was more important than diets and fasting. In the asylum long, luke-warm, but also cold head baths were performed; for younger, agitated patients cold hip baths were prescribed. Von Solbrig only referred to the effects of medication in very cautious terms; he had not achieved any remarkable results with either opium or ether. In cases of »periodical raving madness« cannabis extracts were administered; chloroform was considered to be effective for »fits of rage«. Straits jackets and fixtures to the beds were seldom used at the Munich district mental hospital. Von Solbrig considered the »caring, always giving and always devotional love« to be the most important basis for dealing with psychiatric patients.

Contemporaries and staff both praised von Solbrig's organizational talent and diplomatic skills. In all matters he gave his opinion with self-confidence, convincingly and kindly, and in this manner achieved a lot for the reputation and position of psychiatry.

Von Solbrig was also a convivial person, who appreciated art and music. He was father of two sons and three daughters.

In the spring of 1872 a typhus epidemic hit Munich; von Solbrig became infected. On May 31, 1872 he died of a typhus pneumonia.

August von Solbrig was responsible for the development of psychiatry in Munich in many ways:

- He planned, built and finally managed the District Mental Hospital for Upper Bavaria in Munich for 13 years (1859–1872).

- As reported by his contemporaries, he was an enthusiastic teacher, who made a considerable contribution by ensuring that as of 1862 the psychiatric training for medical students no longer took place far away from the psychiatric patients themselves, but that it was given in a psychiatric clinic.
- It is the greatest achievement of K. a. von Solbrig that a chair for psychiatry was founded in Munich in 1864, thus giving it equal footing with the other clinical subjects.

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