

## POEM

## A visit to Brookwood Asylum in the 19th century

During a visit to Surrey History museum, I reviewed a number of archived patient notes from the old Brookwood Asylum. Patient notes dating back to the late 19th century. Reading through these prompted considerable sadness as it became clear many patients were incarcerated for several years without contact from the outside world. Often these were patients who had nowhere else to go. One patient in particular stood out. A young boy admitted in his late teens, described as uncontrollable in behaviour, spent his life in the asylum. From reading the notes, he is likely to have had an intellectual disability and his parents were simply unable to cope or receive any support to help care for him, resulting in incarceration. The numbers of diagnoses were limited in the late 19th century and many were simply diagnosed with 'mania' or 'lunacy'. As a result, he spent his life living in isolation, behind the asylum walls. The patient notes outline his death a few years later, while still living at the asylum. This sad story, prompted me to reflect on his short and lonely life, writing the poem below. It is a conceptual poem, theorising how this patient might feel about his entrapment inside the asylum, with no family or friends, or the possibility of ever leaving.

Between these four walls I exist  
Alone silence echoes  
Yet I hear despite this  
Fear pounding through the walls,  
So loudly, it bellows

Between the throbbing I decay  
Delayed I pause, patient  
Expecting to leave soon, afraid  
That day will never come  
I wait, waste, mind vacant

Between the dark some clarity  
Explaining why Im here  
Lunacy apparently  
Justifies this treatment?  
To me this is un- clear

**Charlotte Cliffe**

**Correspondence to** Dr Charlotte Cliffe, Dickson Poon Law School, King's College London; [charlotte.cliffe@nhs.net](mailto:charlotte.cliffe@nhs.net)

**Acknowledgements** I would like to thank the Surrey History Museum for access to their archived notes.

**Competing interests** None declared.

**Provenance and peer review** Not commissioned; internally peer reviewed.

© Article author(s) (or their employer(s) unless otherwise stated in the text of the article) 2017. All rights reserved. No commercial use is permitted unless otherwise expressly granted.



CrossMark

**To cite** Cliffe C. *Med Humanit* Published Online First: [please include Day Month Year]. doi:10.1136/medhum-2017-011316

*Med Humanit* 2017;0:1. doi:10.1136/medhum-2017-011316



## A visit to Brookwood Asylum in the 19th century

Charlotte Cliffe

*Med Humanities* published online September 7, 2017

---

Updated information and services can be found at:

<http://mh.bmj.com/content/early/2017/09/07/medhum-2017-011316>

---

*These include:*

### **Email alerting service**

Receive free email alerts when new articles cite this article. Sign up in the box at the top right corner of the online article.

---

### **Notes**

---

To request permissions go to:

<http://group.bmj.com/group/rights-licensing/permissions>

To order reprints go to:

<http://journals.bmj.com/cgi/reprintform>

To subscribe to BMJ go to:

<http://group.bmj.com/subscribe/>