

= Elmer Ernest Southard =

Elmer Ernest Southard (July 28 , 1876 ? February 8 , 1920) was an American neuropsychiatrist , neuropathologist , professor and author . Born in Boston , Massachusetts , Southard lived in the city for nearly his entire life . He attended Boston Latin School and completed his education at Harvard University . At Harvard , Southard distinguished himself as a chess player . After briefly studying in Germany , he returned to the United States as a pathologist at Danvers State Hospital . Southard held academic appointments at Harvard University and its medical school .

He headed the Boston Psychopathic Hospital when it opened in 1912 , pioneering the study of brain pathology with particular interests in shell shock and schizophrenia . Southard published several books , including *Shell Shock and Other Neuropsychiatric Problems* with nearly 1 @, @ 000 case histories . He was president of the American Medico @-@ Psychological Association and the Boston Society of Psychiatry and Neurology , and held advisory positions with the U.S. Chemical Warfare Service and the Eugenics Record Office .

An influential mentor , Southard guided several well @-@ known figures in medicine and psychology . He worked with neuropathologist Myrtelle Canavan early in her career , and used his influence to obtain a promotion for her in Boston . Southard introduced Karl Menninger to psychiatry , and Menninger later helped establish the foundation which bears his family name . Comparative psychologist Robert Yerkes called Southard " my master of psychopathology . "

Southard was married to physician and Wellesley College professor Mabel Fletcher Austin , and they had three children . His interest in chess continued throughout his life , and he enjoyed intellectual gatherings at the home of art collector and friend Walter Arensberg . At the age of 43 , Southard died of pneumonia in 1920 during a trip to New York City to deliver lectures to two medical societies .

= = Early life = =

Southard was born in Boston in 1876 to Martin Southard and Olive Wentworth Knowles . His paternal ancestors included Mayflower passenger and Plymouth Colony leader Myles Standish . Olive Southard was descended from early residents of New Hampshire and Maine . Frederick Parker Gay , one of E. E. Southard 's longtime friends and his posthumous biographer , wrote that Southard 's parents were only modestly successful academically . His mother was a schoolteacher for several years ; his father , who supervised a cotton @-@ waste factory and established a trucking business , earned enough money to ensure that Southard did not have to work during his undergraduate and graduate studies .

Southard 's mother said that once he learned to read , he took full responsibility for his education . He was influenced academically by a paternal aunt , a Greek scholar who had graduated from Oberlin College . One of his cousins was a prominent attorney in Bath , England . Southard attended Boston Latin School , where his father , aunt and headmaster Arthur Irving Fiske sparked a lifelong interest in language and the meaning of words . Despite a tall , solid build and walking about 4 miles (6 @. @ 4 km) a day to school , he was awkward at manual labor and athletics . Southard graduated from Boston Latin School in 1893 with awards for reading and essay @-@ writing .

He received a Bachelor of Arts degree from Harvard College in 1897 . As an undergraduate , Southard 's path was shaped by several notable faculty members . He learned about comparative anatomy and the nervous system from biologist George Howard Parker , studied psychology under William James , took a class in logic taught by Josiah Royce and graduated with a degree in philosophy . Southard then entered Harvard Medical School ; despite his previous academic success and aptitude for science he struggled in several courses focused on medicine , receiving C 's and a D. At Harvard Southard was a noted chess player , and was described as Harvard 's best player in an 1899 newspaper article on an Ivy League chess tournament : " It is probable that as long as he is engaged in the tournament , Harvard will win the cup . " Through the chess team he became lifelong friends with Walter Arensberg , who became a noted art collector .

Southard received his medical degree in 1901 . In 1902 , Southard went to Germany and studied

medicine at the Senckenberg Institute and Heidelberg University for six months .

= = Career = =

= = = Appointments = = =

After returning from Germany , Southard interned in pathology at Boston City Hospital and became an instructor at Harvard Medical School in 1904 . From 1906 to 1909 , he was an assistant pathologist at Danvers State Hospital . Southard was named assistant professor of psychology at Harvard University and Bullard Professor of Neuropathology at Harvard Medical School in 1909 , titles he held until his death . That year , he also became a pathologist for the Massachusetts Commission on Mental Diseases .

In 1911 Southard and his laboratory assistant , Emma Mooers , contracted a streptococcal infection during an autopsy . Mooers died and Southard developed lymphangitis in his arm , undergoing aggressive surgery and recovering over several months . Although he wrote an outline of his autobiography and traveled extensively in Europe during his convalescence , he felt unable to concentrate on research and referred to this period as " the wasted year " . Southard led the Boston Psychopathic Hospital , which had opened as a department of Boston State Hospital , from 1912 until his death .

He served in a strategic advisory role with the U.S. Army Chemical Warfare Service during World War I , attaining the rank of major . Southard was a past president of the American Medical Association , and was president of the Boston Society of Psychiatry and Neurology at his death . Other professional memberships included the American Genetic Association , the National Epilepsy Association , the American Association of Pathologists , the Massachusetts Medical Society and the Society of Experimental Biology . He served in an editorial capacity for several publications , including the Journal of Nervous and Mental Disease .

Southard was a member of the Board of Scientific Directors for the Eugenics Record Office (ERO) . Led by biologist Charles Davenport , the ERO lobbied for state sterilization laws and restrictions on U.S. immigration . Public approval of the office waned during the 1930s (when eugenics became associated with Nazism) , and the ERO closed in 1939 . Southard coined the word " cacogenics " for the study of racial decline .

= = = Professional contributions = = =

Southard studied the organic basis of mental illness at a time when two camps of professionals (known informally as " brain spot men " and " mind twist men ") debated the biological and behavioral manifestations of psychiatric disorders . His neuropathological perspective was eclipsed after his death by the " mind twist " hypothesis of mental illness promoted by the dynamic psychiatry (or psychobiology) of Adolf Meyer and the psychoanalytic perspectives of Sigmund Freud , Carl Jung and Alfred Adler . Although physiological theories of " autointoxication " were explored in U.S. psychiatry before 1940 , Southard had long ago rejected them .

During the World War I era , Southard conducted early studies of shell shock . He believed that shell shock resulted from the mind 's inability to align the sensory experiences of war with other life events . Southard said that this process , which could also have physical causes , resulted in disorientation and transformed the events of war into a mental condition . In Shell Shock and Other Neuropsychiatric Problems , he called the term " shell shock " advantageous because it " compared with the more acutely terrible and life @-@ in @-@ the @-@ balance thing we know as traumatic or surgical shock . " The condition initially captured public interest , at least in part because it was thought to result from a traumatic force to the head . When shell shock became known as not resulting from physical injuries , patients were stigmatized and arguments over its cause interfered with effective treatment .

At the end of the war , Southard returned to Boston State Hospital and it was reorganized . He was

relieved of his directorship at Boston Psychopathic and named director of the Massachusetts Psychiatric Institute , a unit of Boston Psychopathic . Free of his previous hospital administration duties , Southard was able to concentrate on research . Southard delineated several priorities for his scientific work and writing . He hoped to publish four books ; the first would cover observations from his research laboratory made between 1906 and 1919 . The second book , on clinical work he had done at Boston Psychopathic since 1912 , he hoped would increase enthusiasm for psychiatric hospitals . The third would report on the expansion of psychiatric social work , and the final work (a requirement for his academic post) would be an overview of neuropathology .

Although Southard expressed a great deal of interest in research , he was most inclined to work on the classification , nomenclature and definition of psychiatric and philosophical concepts . He said he realized that such work was ridiculed by many , but a " psychiatric dictionary (to include definitions of every near @-@ lying psychological and philosophical term also) would do more to push mental hygiene on than any other single thing I can think of . " Southard proposed an eleven @-@ category classification system for psychiatric diagnoses , which was not adopted .

He was particularly interested in dementia praecox (which he favored renaming schizophrenia) , and found diffuse anatomic differences in the brains of schizophrenic patients . These changes were ignored or dismissed as artifactual by other investigators for several decades . Serious attention to Southard 's findings did not reemerge in the medical literature until the 1990s , but changes in diagnostic criteria complicate the application of Southard 's findings to modern schizophrenic patients . Shortly before his death Southard wrote and presented Non @-@ dementia non @-@ praecox : note on the advantages to mental hygiene of extirpating a term , but did not live to see it published .

Southard and Mary Jarrett founded the field of psychiatric social work , applying psychiatry to industrial employees . The Kingdom of Evils , a book on psychiatric social work by Southard and Jarrett , was published after his death . In his introduction to the book , physician Richard Cabot wrote that it highlighted the collaboration between doctor and social worker ; the physician excels at diagnosis , and the social worker is better able to provide resources for treatment .

= = = Influence = = =

At Danvers State Hospital Southard met Myrtelle Canavan , with whom he worked and published in neuropathology for the next few years . When Canavan received a tempting job offer from the Pennsylvania Hospital for the Insane , in his capacity with the Massachusetts Commission on Mental Diseases , Southard petitioned the board to create a position for her as his assistant , and her salary was enough for her to refuse the Pennsylvania offer .

Southard also mentored Karl Menninger during Menninger 's internship at Boston Psychopathic Hospital . Menninger planned to join his father , general practitioner Charles Frederick Menninger , in practice . Southard steered Karl Menninger 's interests toward mental health ; the Menninger Foundation was later established with a focus on psychiatry , and Karl Menninger became president of the American Psychoanalytic Association . The Menninger family opened the Southard School , a teaching facility for mentally @-@ ill children , several years after Southard 's death .

Southard had considerable influence on the early career of comparative psychologist Robert Yerkes . Working in the philosophy department at Harvard , Yerkes was passed over for promotions because he had only studied animals . Southard asked him to design mental testing techniques applicable to patients at the psychopathic hospital , and Yerkes received a half @-@ time appointment at Boston Psychopathic with Southard from 1913 to 1917 . Shortly afterwards , Yerkes was elected president of the American Psychological Association and developed the U.S. Army 's mental testing program during World War I. In his autobiography , Yerkes called Southard " my master of psychopathology . "

= = Personal life = =

In 1906 Southard married Mabel Fletcher Austin , a Wellesley College mental @-@ hygiene

lecturer and Johns Hopkins University graduate . She was the daughter of former Minnesota governor Horace Austin . Southard wrote to Frederic Parker Gay about the limitations his professional responsibilities placed on his marriage : " Mabel is her own cook , maid and bath steward , as for her being a wife , I have little or no time to be a husband . "

Southard had three children : a daughter , Anne , and two sons . His younger son Ordway was an early writer of English @-@ language haiku and published under several names , including O. Mabson Southard , O.M.B. Southard and Mabelsson Norway . He was a Communist Party candidate in the 1942 Alabama gubernatorial election . Southard 's older son , Austin , developed schizophrenia and committed suicide several years after his father 's death .

The elder Southard 's life was often busy and sleepless . According to L. Vernon Briggs , a colleague at Boston Psychopathic Hospital , Southard considered himself hypomanic . " He himself said that most people fell within one of the classifications of mental disease , and he felt himself to be of the manic @-@ depressive type . We seldom saw the depressive side of him though it was undoubtedly there ; ordinarily he appeared carried away with enthusiasm about his latest interest ? and everything worthwhile interested him " , Briggs wrote .

Southard experienced chronic headaches and minor seizures (sometimes accompanied by partial vision loss for several hours) , which he attributed to mental strain . A 1901 episode kept him in Boston City Hospital for a week , and Southard said he was diagnosed with " acute brain tire " . A similar event several years later was diagnosed as vascular neurosis . According to Gay , a physical examination several months before Southard 's death may have indicated an endocrine gland problem , but no specific condition was diagnosed .

A member of two local chess clubs , Southard was described in his New York Times obituary as " one of the foremost amateur chess players in America " . He often arrived at his laboratory after spending the night playing chess . After his death , in " metaphors more appropriate for a comet than a man " , friends described the intellect which allowed Southard to play up to six blind chess matches simultaneously . At Danvers State Hospital , he introduced a move he called the Danvers Opening .

Southard frequently traveled from Boston to New York City to participate in Walter Arensberg 's salons , bringing scholarship to discussions of contemporary social @-@ science topics . Arensberg was also friends with artists such as Marcel Duchamp . Southard analyzed the dreams of Arensberg 's guests , and discussed the meaning of Duchamp 's work with the artist . Perhaps influenced by Arensberg and his friends , Southard began to write experimental poetry . He was a member of the Wicht Club , a social and intellectual group of young Harvard academics .

= = Death = =

Southard traveled to New York City on February 1 , 1920 to lecture to medical societies . He spoke to the Society of Neurology of New York on February 3 , and delivered a mental @-@ hygiene lecture at the New York Academy of Medicine the following day before developing pneumonia on February 5 . Despite care by three Presbyterian Hospital physicians at the Prince George Hotel , Southard died on February 8 , at the age of 43 .

Canavan became the acting laboratory director at Boston Psychopathic after his death . In 1925 she published Elmer Ernest Southard and His Parents : A Brain Study , following the postmortem dissections of Southard 's brain and those of his parents . Canavan undertook the study to examine hereditary links in brain structure . Southard had a prominent frontal lobe , which she associated with his planning ability . Canavan noted small olfactory tracts , and said that Southard had difficulty detecting certain smells . The arteries at the base of his brain were small , but the significance of this finding was unclear . The distinctive features of Southard 's brain did not appear in those of his mother or father .

Canavan later wrote that Southard had experienced " singular difficulties producing considerable mental discomfort " during the last year of his life . According to her , he sensed his impending death and felt pressure to complete his unfinished research tasks . Canavan quoted him as saying , " I shall not live long , I must hurry ; I must get lots of others busy . "

= = Works = =

Outline of Neuropathology (1906)

Neurosyphilis : Modern Systematic Diagnosis and Treatment , Presented in One Hundred and Thirty @-@ seven Case Histories (1917) ? with H.C. Solomon

Shell @-@ Shock and Other Neuropsychiatric Problems Presented in Five Hundred and Eighty @-@ nine Case Histories from the War Literature , 1914 ? 1918 (1919)

The Range of the General Practitioner in Psychiatric Diagnosis (1919)

The Kingdom Of Evils : Psychiatric Social Work Presented In 100 Case Histories (1922 , posthumous) ? with Mary Jarrett