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The British Journal of Psychiatry



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Cover picture

Front cover illustration of *Lanark. A Life in Four Books* (1985 Edition). By Alasdair Gray.

Alasdair Gray (1934–2019) is one of Scotland's greatest polymaths. A novelist, short story writer, a playwright, a poet, an artist, illustrator and painter of murals, his novel *Lanark* (1981) had a major impact on Scottish culture and beyond, initiating a literary renaissance in Scotland, and inspiring many younger writers, such as Iain Banks, Janice Galloway and Irvine Welsh. Gray's magnum opus is divided into two narratives, one which tells the story in a realistic fashion of Duncan Thaw, and a second fantastic story which relates the adventures of Lanark and which mirrors Thaw's narrative. In the parallel story, Thaw appears as a character called Lanark, who lives in a hellish city called Unthank. Lanark's fantasy journey can be read as a metaphorical commentary on Thaw's life.

The Thaw narrative recounts the early life of Duncan. He is portrayed as an imaginative young boy, kicking against the limitations of a school system seemingly designed to crush originality and creativity. We follow him to Glasgow Art School and his attempts to become a great artist in the face of the conforming nature of the institution, which is more interested in making him employable than encouraging his talent. Along the way, we see his unsuccessful attempts to find love. The narrative ends with his failed endeavour to paint a giant mural in a local church, and his subsequent mental and emotional breakdown, culminating in psychosis. Gray, like Thaw, suffered from asthma and eczema, and the novel explores the psychosexual aspects of these conditions. Duncan's skin problems have parallels with the Lanark narrative, in which characters develop a scaly skin condition called 'dragon-hide'. In an interview, Gray was asked if diseases in *Lanark* are 'creative maladies'. He agreed, adding they were 'metaphors for bad mental states, like the tortures in Dante's *Inferno*'.

This picture by Gray was used on the cover of the 1985 edition of *Lanark*. Gray has provided marvellous illustrations for all his books and he saw them as an integral aspect of the presentation of his work. In his *A Life in Pictures* (2010), Gray wrote that, as a child, he was especially interested in authors who illustrated their own work, and he cited Kipling's *Just So Stories*, Lofting's *Dr Dolittle* tales, Thackeray's *Rose and the Ring*, and Edward Lear's *Nonsense Rhymes*.

Text by Allan Beveridge

Acknowledgments

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Thanks also to Sorcha Dallas, Custodian, The Alasdair Gray Archive, for all her help with this feature.

We are always looking for interesting and visually appealing images for the cover of the Journal and would welcome suggestions or pictures, which should be sent to Dr Allan Beveridge, British Journal of Psychiatry, 21 Prescot Street, London, E1 8BB, UK or bjp@rcpsych.ac.uk.

