

THE COLLEGE

THE EIGHTH ANNUAL MEETING 1979

The Eighth Annual Meeting was held in Exeter from 9 to 12 July 1979, under the Presidency of Professor Desmond Pond.

SCIENTIFIC MEETINGS

The scientific meetings were held at Exe Vale Hospital, Exminster, and Exe Vale Hospital, Wonford, and at the University of Exeter. During the course of the Meeting parallel sessions were held. The following papers were presented:

Monday 9 July: Opening Session

Sir John Charles Bucknill: Citizen, Soldier and Psychologist – Dr G. E. Langley

Victorian Psychiatry in Exminster – Dr Ian A. Horton

An Exhibition of items relating to the history of Exminster Hospital and of mental nursing was open during the afternoon.

Tuesday 10 July: Morning Sessions

The Genetic Study of Affective Disorders – Professor Carlo Perris

Patterns of Suicide in Sheffield: Britain in Miniature – Dr C. P. Seager

A Comparison of Suicide Methods in England, Wales and Australia – Dr J. Snowdon

The Psychiatrist and Primary Health Care – Dr H. G. Morgan

Psychiatry in General Practice – Dr D. J. Pereira Gray

A New Mobile Psychiatric Day Hospital Service – Dr R. C. S. Moss

Community Services for the Mentally Handicapped – Dr L. F. Rowe

Psychiatry: Cinderella or Princess? – Dr J. Lyons

Tuesday 10 July: Afternoon Sessions

The Male-Female Balance of Power in Western Mythology, Religion and Tradition – Professor R. W. Medlicott

Psychosocial Aspects of Premenstrual Complaints – Dr A. Clare

A Physician's Approach to Anorexia Nervosa – Professor D. Mattingly

Should Anorexia Nervosa be treated by Physicians or Psychiatrists? – Dr S. Bhanji

Research Papers by Trainees

Investigation of the Pineal Gland – Dr Janet Parrott

Met-enkephalin in Man – Dr M. Shanks

Clonidine as a Probe of the Andrenoceptor in Depressive Illness – Dr S. A. Checkley and Dr A. P. Slade

Measurement of Neuroleptics – Dr Ilana Glass

Social and Clinical Outcome of Acute Schizophrenic Episodes after Two Years – Dr J. Fiona Macmillan

Environmental Effects on Ward Disturbed Behaviour – Dr N. Bouras

The Assessment of Patients following Self-poisoning: a Comparison of Doctors and Nurses – Dr J. Catalan

Parents' Understanding of Referral to a Child Psychiatry Department – Dr Carol Fitzpatrick

The Children of Huntington's Chorea Victims – Dr B. V. Martindale

Social Skills Training for Children – Dr P. J. Hardwick

Mood Change and Tryptophan in the Puerperium – Dr Gillian Waldron

Psychiatric Morbidity in Adult Cancer Patients admitted to a Medical Oncology Unit – Dr Anthony Hardman

Psychosis Associated with Thyroid Disease – Dr Mary McInerney

Hysterical Stupor: Rehearsal for Death? – Dr Joan Gomez

The Alcohol Dependence Syndrome and the Society for the Prevention of Cruelty to Dead Horses – Dr J. Chick

Alcoholism in the Army – Dr P. J. W. Wood

Thursday 12 July: Morning Sessions

A Co-ordinated Approach to the Care of Families with a Young Handicapped Child: Its Contribution to Preventive Psychiatry – Professor F. W. S. Brimblecombe and Drs M. J. Carlyle and R. Burden

The Use of Groups in an In-Patient Setting – Dr C. J. Wardle

Setting up an Adolescent Unit – Dr P. R. Doherty

The Sins of the Fathers?: The Recurrence of Family Problems in the Next Generation – Dr S. Hollins

Screening the Elderly – Dr K. Bergmann

The Balance of Care Model: an Operational Research Study into the Care of the Elderly in Devon – Mr R. W. Canvin

A Study of Factors Influencing the Readmission of Elderly Demented Patients to Hospital – Dr J. Fisk

The Clinical Significance of Varying Plasma Levels of Antidepressant Drugs in the Elderly – Dr I. C. A. Moyes

Thursday 12 July: Afternoon Sessions

Renal Effects of Lithium – Professor B. Davies
Lithium and the Kidney – Dr Roy Hullin
Aspects of Rubidium – Professor F. A. Jenner
Physical Illness among Psychiatric Patients – Dr J. Simpson
A Virus-like Agent Detected in Schizophrenia and some Neurological Conditions – Drs T. J. Crow and D. Tyrrell
Acute Organic Reactions – Dr J. Cutting
Aspects of Endocrine Rhythm and the Sleep-Wake Cycle – Dr P. Mullen
Psychiatric Aspects of Hysterectomy – Dr M. Barker

Other Sessions

The *Dependence/Addiction Group* met on Monday 9 July when two papers were read, 'Services for Alcoholics in Devonshire' by Dr A. R. Foster and 'Role of the Nurse in Alcoholism Treatment' by Dr T. A. Spratley.

At the meeting of the *Psychotherapy Section* on 10 July Drs P. M. Ashurst and Z. Hall presented a paper entitled 'Experience of a Provincial Psychotherapy Department: Privileges, Problems and Priorities'.

Following the Business Meeting on 11 July there was a session under the title 'Remember, Remember: Performance and Visual Aids to Reminiscing for the Elderly'. Dr G. E. Langley presented the subject and the following papers were read:

Audio Visual Aids and the Mentally Infirm—Mr M. Kemp, Principal Architect, DHSS.
Reminiscence Theatre in Hospitals and Homes—Miss P. M. Corder, Medium Fair Charitable Trust.

BUSINESS MEETING

The Business Meeting was held on Wednesday 11 July.

Minutes

The Minutes of the previous meeting held in London from 4–6 July 1978, having been published in the *Bulletin* (June 1979) were approved as a correct record and signed.

Obituary

The Registrar announced with regret the death of the following members:

JOHN ALOYSIUS DOCHERTY, formerly of Anoka State Hospital, Minnesota, USA.
ZYGMUNT FENTON, Consultant Psychiatrist, Mapperley Hospital, Nottingham.

ALISTAIR DOUGLAS FORREST, Professor, University of Saskatchewan, Saskatoon, Saskatchewan, Canada.

NALLATHAMBY KANDASAMY, *Capt. RAMC*, Kingston, Ontario, Canada.

KENNETH CHARLES KING, Medical Assistant, Coney Hill Hospital, Gloucester.

ARTHUR MORGAN SPENCER, formerly Medical Superintendent, Powick Hospital, Worcester.

ALASTAIR SUTHERLAND, Medical Officer, HM Prison, Leicester.

GILBERT TOTHILL, Private practice, Auckland, New Zealand.

Annual Report of Council and Registrar's Supplementary Report

The Annual Report of Council had been circulated with the papers for the meeting. DR TIMBURY introduced the Report and gave the following summary of matters which had occurred since it had gone to press:

'The Executive and Finance Committee met on 11 May and 8 June. The Court of Electors met on 11 June and Council on 20 June.

'At the last sitting of the Membership Examination there were 218 candidates of whom 115 passed.

'Because of the postal strike in Ireland Council agreed to postpone the elections to vacancies on Council and the Court of Electors. These will now be held in good time for the first meeting of these bodies in the next College year.

'Two nominations have been received and a postal ballot of Council members is in hand to select our Appointed Representative on the new GMC.

'Elections to the new Collegiate Trainees' Committee have been concluded and an informal meeting of the Committee will be held later today.

'The Report of our Special Committee on Normansfield Hospital will be published in a summary form shortly. [Published in the October *Bulletin*.]

'Our Annual discussion meeting with representatives of the DHSS will be held later this month and the items to be considered will include Normansfield and its implications; allegations made in a recent TV programme on Rampton Hospital; possible amendments to the Mental Health Act; alcohol detoxification units; and the formal recognition of Geriatric Psychiatry as a subspecialty of psychiatry.

'Council has agreed to the creation of a new Group for Biological Psychiatry.

'A request from the Irish Division regarding the arrangements for co-ordinating postgraduate

education in the Republic of Ireland was agreed.

'Council was addressed by Mr Thistlethwaite, the Public Relations Officer of the BMA, and discussed ways of improving the College's links with the media and of presenting an improved public image of psychiatry. This matter is still under review.

'Finally, I wish to express the College's thanks to all those who have contributed to the success of this meeting, particularly our colleagues in Exeter who have worked untiringly to make the scientific and social occasions both rewarding and enjoyable.'

Annual Report of the Treasurer 1978-9 and Accounts for Year Ended 31 December 1978

DR WILFRID WARREN, Treasurer, presented the Report and Accounts:

Accounts

The Accounts for the year 31 December 1978 show a further improvement in the financial state of the College. No overdraft was incurred during the year from the bank except temporarily in late December until it was covered by the arrival of members' subscriptions from 1 January 1979. During the year up to £250,000 of College funds was kept on short term deposit at interest rates varying from 5½% to 12¼% to bring in a further £18,464 (£8,902) of income. Finally, a surplus of £99,156 for 1978 was added to the General Fund. The market value of investments at the end of 1978 was £184,947 (£186,571).

No large capital works were carried out at the College Headquarters in 1978, although alterations to the caretakers' flat were made. The outside of the building was redecorated as required every three years by our lease. There are further large capital works waiting to be done, notably the upgrading of the basement for use by the members and staff. It will shortly be decided if the College can now afford to do this out of the net 'current' assets of the College, which have been built up to £206,205.

The total income of the College, apart from that gained from publications, was £206,467 (£180,271) of which that from subscriptions rose to £159,464 (£147,734). With further inflation there was another rise in expenditure on staff costs to £114,184 (£97,811). Other running expenses showed little change from 1977, a tribute to the care taken by all staff to keep them down (see Note 1, Establishment and administration expenses, page 186). The grant from the Department of Health and Social Security towards expenses arising from the assessment of general professional training was £9,843 (£6,641).

The publications operations of the College, including the *British Journal of Psychiatry*, Schedule III (page 185) had a particularly satisfactory year with a big

increase in the surplus; £91,578 (£49,824). This result was mainly due to another rise in the price of the *Journal* charged to outside subscribers and from sale of advertisements. The cost of the *Journal* distributed to members of the College is written off. It should be pointed out that the *Journal* has now become an important source of revenue to the College.

The Examination Account (page 186, Note 3) again showed a deficit of £3,221 (£6,958), and this has confirmed the need to increase examination fees in 1979.

Appeal Fund

Further progress has been made during 1978, although donations have again slowed down to £81,794 (£95,355), £75,753 from generous benefactors from outside the College and £6,041 from members of the College. The College is now within sight of paying off the cost of the lease of 17 Belgrave Square, but the building still needs to be developed and furnished to allow its full use by the College membership for social and scientific activities, committee meetings, etc. The future form that the Appeal will take is therefore now under active consideration.

The Future

It can be considered that the capital generated over the last four years has much improved the financial state of the College. On the other hand, the day-to-day running expenses of the College steadily increase each year with inflation, and as College activities expand.

Resolution

The following Resolution, proposed by Dr S. Levine and seconded by Dr K. Bergmann, was introduced by Dr Levine and was carried unanimously:

'That the Executive Committee of the World Psychiatric Association be asked to extend the Resolution passed in Honolulu in August 1977 to include not only those suffering an abuse of psychiatry but also people being persecuted for bringing this abuse to the attention of the world.'

Social and Community Psychiatry Section

The meeting approved the transformation of the Social and Community Psychiatry Group into a Section forthwith (as recommended by Council, June 1979). The Resolution was proposed by Dr A. C. Brown, seconded by Dr Jefferys and carried unanimously.

Subscription Rates

At the request of some of the College's overseas

members consideration was given to the possibility of introducing lower subscription rates for members resident outside the United Kingdom. The Treasurer reminded the meeting that the current subscription rates had been approved by the previous Annual Meeting and that there were some 1,200 members resident abroad. One of the difficulties inherent in differential subscription rates would be to distinguish between the poorer and more affluent parts of the world; also that other groups might consider they had a special case for lower subscription rates. Following a general discussion—in which overseas visitors attending the meeting took part—it was agreed to take no action at the present time, but to ask Council to take the position of overseas members into consideration next time subscription rates were due for revision.

Auditors

It was noted that Turquands, Barton Mayhew and Co. had merged with Whinney Murray and Co. and were now practising in the name of Ernst and Whinney.

Messrs Ernst and Whinney were accordingly appointed Auditors to the College for 1979-80. (Proposed by Dr W. Warren, seconded by Dr B. Davis and carried unanimously.)

Election of Honorary Fellows

The following were unanimously elected to the Honorary Fellowship:

PROFESSOR SIR DENIS HILL, Institute of Psychiatry, London.

PROFESSOR T. A. LAMBO, Deputy Director-General, World Health Organization.

LORD RICHARDSON, Chairman of the General Medical Council.

DR WILFRID WARREN, retiring Honorary Treasurer, Royal College of Psychiatrists.

BARONESS WOOTTON OF ABINGER, House of Lords.

Presentation of Prizes

The *Gaskell Medal and Prize* was presented to Dr C. P. L. Freeman, Royal Edinburgh Hospital.

The *Research Prize* was presented to Dr J. Chick, Royal Edinburgh Hospital.

The *Laughlin Prize* was awarded to Dr M. J. D. Hobbs, Research Fellow, Lewisham Hospital.

Overseas Delegates

The following delegates were presented to the President:

DR R. A. PARGITER, Royal Australian and New Zealand College of Psychiatrists; DR AND MRS R. W. MEDLICOTT, Royal Australian and New Zealand

College of Psychiatrists; DR AND MRS NEHLIL, Société Médico-Psychologique; DR A. ZARRABI, Vice-President, Iranian Psychiatric Association; PROFESSOR DAVID DAVIS AND MRS DAVIS, American Psychiatric Association. Many other members and guests from various parts of the world were welcomed to the meeting.

Introduction of Honorary Fellows

The new Honorary Fellows were introduced and presented to the President.

Dr John Crammer paid tribute to PROFESSOR HILL's immense contribution to the spread of knowledge and his wide experience of undergraduate and post-graduate education. He mentioned that he was a pioneer of clinical electroencephalography and of the study of the psychiatric aspects of epilepsy and a distinguished adviser of Governments. Though not a performer or a publicist he was a power in committee and in the creation of administrative policies. Professor Hill had served the College in various capacities, not least as a co-editor of the *Journal*.

In presenting PROFESSOR LAMBO, Dr Peter Sainsbury mentioned his distinguished role as Deputy Director-General of WHO and how the influence of his thinking had been of great significance in the shaping of WHO's comparative international diagnostic studies. He mentioned his compassion and his understanding that it was in concern that the crucial element in healing lies. But, he added, 'besides celebrating accomplishments, the Honorary Fellowship is bestowed on 'those for whom we have particular affection, and all who know Thomas Lambo have a specially tender regard for him'.

Sir Martin Roth cited LORD RICHARDSON, referring to the force of his skilful and humane clinical practice and the memorable lucidity of his teaching. He paid tribute to his strength of purpose, his level-headed sagacity, his insight and judgement and unfailing integrity. He particularly mentioned Lord Richardson's ability to 'extract crisp and cogent conclusions out of the haggis of committee opinions'. In 1971 he was our Maudsley Lecturer taking the subject of morale in clinical medicine. He had been a good friend to psychiatry.

Dr John Harrington spoke of DR WILFRID WARREN's supreme ability in handling money matters, not least of all his resolution to stand firm on the decision to buy 17 Belgrave Square. He mentioned Dr Warren's great distinction as a child psychiatrist and that he himself was personally proud to be able to count himself as a one-time student of Dr Warren's.

Dr Thomas Bewley presented BARONESS WOOTTON OF ABINGER and referred to her many achievements in the fields of economics and social science; as a JP and

for the last 21 years as a member of the House of Lords. She had been one of the first women to be admitted to that House and the first to sit on the Woolsack as a Deputy Speaker. She was especially known for her studies and experience of the borderland of delinquency and mental abnormality. Her 'Social Science and Social Pathology' was a masterly review of what the social sciences had to say about those whose conduct—from whatever cause—became socially unacceptable. This year she would be delivering the College's Maudsley Lecture on the relation of law, medicine and deviance. While sometimes expressing doubts as to the 'scientific pretensions' of psychiatry, she had never lost sight of one aspect which she had summed up in a memorable sentence, ' . . . there can be no question of its humanizing effect upon the treatment of socially refractory persons . . . this humanizing influence is a good in itself, never to be discounted'.

Presidential Address and Distinguished Guest Lecture

Professor Pond then gave a talk entitled 'Responsibility', (to be published in a forthcoming issue of the *Bulletin*.)

The Distinguished Guest Lecture, entitled 'Ibsen on Breaking Free from Ghosts, White Horses and Strangers of the Past' was given by Professor Russell Davis.

SOCIAL EVENTS

On 9 July members and guests were invited to a buffet supper at Exe Vale Hospital, Exminster, by the Regional and Area Health Authorities.

On 10 July a Reception was held in St George's Hall at the kind invitation of the Mayor and City of Exeter. This was followed by the Annual Dinner, at which Dr Gerald Timbury proposed the toast of 'The Guest' responded to by Professor D. Mattingly who then proposed the toast 'The Royal College of Psychiatrists'. The President replied on behalf of the College.

On 11 July the South Western Division of the College invited members and their wives/husbands to visit the Maritime Museum, Exeter and to a buffet supper. Earlier in the day members and guests had been invited on a coach trip to Powderham Castle.

On 12 July Mrs Pond received guests at home for tea.

ANNUAL SUBSCRIPTION 1980

This notice is to remind members who do not pay their annual subscriptions by Standing Order that they are due and payable on 1 January, and it would be helpful if you could let us have a remittance as quickly as possible. A subscription arrears notice will be prepared by the new computer early in 1980 and sent to members who have not paid by that time.

We are grateful to the many members who already pay their subscription by bank giro and hope that more members will consider payment in this way. I will be happy to supply the appropriate form.

Members whose remittance takes the form of drafts or cheques in currencies other than sterling must ensure that the College receives the FULL subscription and should add 50p to the amount due to cover the charges or bank costs which the College will have to meet on realization.

The annual subscriptions for 1980 are:

Fellows and Foundation Fellows	£60.00
Members and Foundation Members	£40.00
Affiliates	£25.00
Inceptors	£10.00
Corresponding Associates	£15.00
Joint Membership:	
Total of two subscriptions minus £10.00 (receive one <i>Journal</i>)	
Retired (Fellows/Members/Affiliates/ Corresponding Associates):	
Retired before 1 January 1976	£4.00
Retired after 1 January 1976	£12.00
Over 40 years' membership	Nil
	C. M. B. PARE
	<i>Honorary Treasurer</i>

CURT P. RICHTER PRIZE

Through the generosity of the Irish Foundation for Human Development, an Annual Prize has been established for research in psychoneuroendocrinology. The aim is to encourage research by younger scientists, and the sum of \$1,000 will be awarded annually for the best manuscript or essay submitted by a scientist under 35 years of age. The

winning paper will be published in *Psychoneuroendocrinology*. Entries should be submitted in triplicate no later than 1 April 1980 to Dr Fleur L. Strand, Secretary, International Society of Psychoneuroendocrinology, Biology Department, New York University, Washington Square, NY 10003, U.S.A.