

- care of the mentally handicapped in all mental handicap hospitals and units.
- (3) That nurses already working in this area or intending to do so, should be encouraged and enabled to gain further experience or the RMN qualification through secondment to psychiatric hospitals and established courses.
- (4) That the ENB promote *post-basic training courses* in psychiatric aspects of the care of the mentally handicapped.

In the long term we consider that there needs to be a major review of nurse training in mental handicap which takes account of the different roles which will be played by mental handicap nurses as new patterns of care evolve and the possibility that different courses will be required for nurses wishing to pursue careers in different aspects of the service.

Dr Anatoly Koryagin

Dr Anatoly Koryagin, the Russian psychiatrist distinguished for his struggles against the political abuse of psychiatry in the USSR is, following his release, at present domiciled in Switzerland. He has agreed to speak to the title "The involvement of Soviet Psychiatry in the persecution of

dissenters" at the College's Autumn Quarterly Meeting at Kensington Town Hall, on Thursday, 29 October 1987 at 11.45 a.m. He will, on that occasion, be presented with his certificate of Fellowship of this College.

Obituary

Editor: Henry R. Rollin

FERNANDO ARROYAVE-PORTELLA, Consultant Psychiatrist, Alcoholic Unit, Warneford Hospital, Oxford.

Fernando Arroyave died aged 53 years on 11 April 1987. He did so in the same way he had lived: with flair and a sense of the dramatic. The first Fellow of the Royal College of Psychiatrists to have a heart transplant (at Harefields Hospital) he whispered, as he was being wheeled into theatre: "I am not going without putting up a good fight". And fight he did; alas this last battle he was unable to win. And he should have, because he was a generous, warm, thoroughly professional and fiercely independent man. He never ceased to be a Colombian. Gone with him are his *bonhomie*, the impish quality of his laughter and the teasing and forthright delivery of his usually well-timed profanities.

From a medical family, Columbian in origin and trained in medicine at Salamanca University, Fernando Arroyave was one of that selected band of young Spanish-speaking doctors who came to work under Felix Letemendia, that *Mecenas* of psychiatry, in the memorable Littlemore Hospital of the early and middle 1960s, where it was not uncommon to see Gilbert Ryle, Carolus Oldfield, Richtie Russell, or May Davison quietly walking towards the Old Library to deliver a lecture to the trainees.

With a solid background in biological psychiatry and in electro-encephalography Fernando Arroyave came to choose, as his metier, one of the toughest of psychiatric

disorders: alcoholism. Aware of the psychodynamic dimensions of the problem he decided to train as a psychoanalyst. He threw himself into his new field with his usual panache and determination, and after hundreds of training hours and thousands of miles down the M40 he emerged, at the other end, still Latinoamerican and still mercurial, perhaps greyer at the temples, but fully trained in both Jungian and group psychoanalysis.

His research into alcoholism was practical and full of common sense. He demonstrated, for example, that shorter admissions for assessment and drying out were as successful as longer ones. In the euphemistic world of the 1970s, when alcoholic units became 'Drink Problem Clinics' and 'Controlled Drinking' the new fashion, his sense of clinical balance and realism prevailed, and he wrote vigorously in favour of total abstinence.

He did not think much of those colleagues who made it easy for themselves by accepting for treatment only the few 'clients' that complied with overselective criteria. He believed that alcoholic units must offer the full range of services including acute medical and psychiatric care. Using this flexible admission policy he managed to collect one of the largest cohorts of alcoholic patients in the country. He was actively analysing this rich source of clinical information when he was finally smitten by disease. He was fond of saying that he who forgets his general psychiatry is no longer of any use even to alcoholism.

So it is an awful waste that he had to go so early. His book on the group psychotherapy of alcoholism will never be completed nor the promise will come to fruition of exciting clinical research in the context of his new partnership with the Oxford Academic Department of Psychiatry. Equally truncated are his training activities abroad, to where he took the balanced gospel of British Psychiatry.

Soon after his death Professor Guimon, from the Academic Department of Psychiatry at Bilbao University, organised a meeting in his memory. Fellow psychoanalysts, students and ex-patients from all Spain came to pay their respects. This impressive gathering is a fitting memorial to his untiring academic and clinical labours.

Towards the end, and whilst fighting for his life, we talked and reminisced together. As his cardiac condition deteriorated he had to struggle to maintain his concentration and with increasing frequency his mind wandered off into uncharted territories. It was then that I was asked to assess his mental state. The day of the operation he miraculously regained the use of his senses. With a twinkle in his eye he told Doris, his wife, of my efforts to examine him, and proceeded to repeat, in embarrassing detail, the "silly" tests I had put him through!

I still wonder, who examined whom on that sad day. I shall never know. But the memory of the many things I learn from him will linger on with the persistent quality of good perfumes. May the same and many other memories live on in his family and in all the colleagues and students he came into contact with in the earnest journey of his life.

GEB

EDWARD JOHN CAMPBELL HEWITT, TD, formerly Senior Medical Commissioner, The Mental Welfare Commission for Scotland.

Dr John Hewitt died on 10 February 1987, at the age of 84. His schooling was at Worksop College and he graduated in medicine at the University of Edinburgh in 1925. He started his psychiatric work at Bethlem Royal Hospital and later was at Napsbury and Shenley Hospitals being Deputy Medical Superintendent of the latter before World War II. He served with distinction in the RAMC as a major at Scottish Command and later attained the eminence of Adviser in Psychiatry MEF in Cairo.

When hostilities ceased he became Physician Superintendent of Roslynlee Mental Hospital from 1946–1955. He then served as a Medical Commissioner with the General Board of Control for Scotland before moving to the newly formed Mental Welfare Commission in 1967. He was its Senior Medical Commissioner for five years until he retired in 1972. Secretary of the Scottish Division of the RMPA from 1946–1955, he became its Chairman for the next three years. He was elected a Foundation Fellow of the College in 1971.

John Hewitt's psychiatric pilgrimage was thus ahead of the vast majority of those who will read these words. Of gifted and amiable disposition, he was always the courteous gentleman and an example to his vocation. He was also imbued with a quickness of perception and a quietly firm

opinion which evoked great respect. His varied and valuable experience in peace and in war enabled him to view the full impact of the introduction of ECT and the subsequent transformation in the treatment of depression. He also experienced the era prior to and during the introduction of the psychotropic drugs and was wont to raise the question of how far they would in practice fulfil the high hopes of those days. He was a true eclectic in outlook. Mental hospitals were, in his time, regarded as therapeutic communities and in Scotland, were and are, largely situated in conurbations or county towns. They were regarded as part of the community. Many distinguished mental hospitals were then in fact fulfilling the role of mini-universities dealing as they did with many ramifications of the practical and theoretical aspects of the eternal vagaries of the human mind in sickness and in health. Some aspects of the latter-day Procrustean psychiatric approach such, perhaps, as manipulatively making the patient fit the bed (or the community) according to the complexities of multi-disciplinary opinion is a concept which John Hewitt might not have found easy to accept, despite his innate capacity of handling almost everyone and everything with the greatest of aplomb and appreciation. He was therefore a man for and of his day and generation – a man who indeed gave of himself for others very humbly. John Hewitt helped to mould the widely acceptable concepts and workings of the Mental Welfare Commission in Scotland by friendly and yet dignified advice, wisdom and guidance. He had the great gift of being a good listener to patients, to relatives and to staff. Yet, his unfailing courtesy cloaked but did not in any way diminish his astute and discerning awareness of reality.

Outside the sphere of psychiatry he had wide ranging interests which included cricket and motor racing and he was one of the early 'radio hams'. His family life was felicitous. Three generations lived happily together in the flats of a large Edinburgh dwelling.

He is survived by his wife Joan, a son and daughter and grandchildren.

MMW

MORRIS MARKOWE, formerly Consultant Psychiatrist, Springfield Hospital, London SW17

Morris Markowe, who died on 19 April 1987 after a long illness, had been a Consultant at Springfield and St George's Hospitals, and for many years Registrar of the College.

After graduating at Charing Cross in 1936, he started a career in public health in Ipswich which continued after he joined the RAMC in 1940. He established a School of Military Hygiene at Winchester, where he taught for several years, later serving abroad (in the battle for Tunis, in Italy and Normandy). Later he administered the Rhine Barrier Zone, which controlled the many hygiene problems of the thousands of refugees travelling westward after the collapse of Germany. Returning to Ipswich after the war, he soon moved into psychiatry, taking the DPM in 1948, and was called to the Bar in Lincoln's Inn.