
Obituaries

Mark Hartman, formerly Consultant Psychiatrist St Brendan's Hospital and the Vergemount Clinic, Dublin

Mark Hartman died on 9 January 1994 after a year long illness. He had continued to work to the very end and in this he showed heroic and quite remarkable qualities which deeply impressed all those who knew him.

He was born in Chicago in 1942, the son of an eminent psychologist. After completing high school he obtained a BSc in mathematics and physics and then spent one year as a research fellow in embryology at the Carnegie Institute of Embryology in Baltimore. He came to Ireland in the early 1960s and studied medicine in Trinity College Dublin, qualifying in 1969. His undergraduate career at Trinity was brilliant and he was the recipient of many prizes and distinctions including being made a scholar of the university.

After an internship in Sir Patrick Duns Hospital he specialised in psychiatry, working initially in St Patrick's Hospital, then St Ita's, St Brendan's and St Vincent's Hospital, Fairview. After obtaining his psychiatric qualifications (he was elected MRCPsych in 1973) he worked for two years as a temporary consultant in St Mary's Hospital, Castlebar, returning to Dublin as a permanent consultant in 1978. In 1983 he took a three year career break in the USA, working initially in Boston where he was an associate Professor of Psychiatry in Boston University, then as medical director of Lakeshore Hospital, Manchester, New Hampshire. After his return to Ireland the rest of his professional life was based in Dublin, culminating in his last position which was at the Vergemount Psychiatric Clinic.

Mark's interests in psychiatry were diverse and ranged from psychoanalytical psychotherapy in his early years to a more biological approach later on. As a speciality psychotherapy tutor for the Dublin region he was an excellent and natural teacher and he was greatly admired by the many trainees with whom he came in contact. He was a major figure in Irish psychiatry and held many offices with distinction. But perhaps it was the founding of the *Irish Journal of Psychological Medicine* for which he will be best remembered. From humble beginnings in 1982 this journal now has a significant status in our speciality. It is published quarterly and enjoys a circulation which ranks it third of the psychiatric journals published in the British Isles. This is an impressive achievement for an Irish-based specialist journal and is largely the result of

Mark's great dedication, energy and enormous capacity for work.

As a friend and colleague he was always wonderful company. He was an accomplished pianist and had a great interest in philosophy, drama and history. He had the rare ability of being able to combine great erudition with a marvellous sense of fun, a quality which enabled him to face death with a certain degree of equanimity.

We tend to be rather insular in Ireland but Mark gave to us something of the universal. He was an intellectual in the true European sense and it was a privilege to have known him.

AIDAN MCGENNIS

William Kenneth Marshall, formerly Consultant Psychiatrist, Severalls Hospital, Colchester

Ken Marshall died on 7 March 1994 at Colchester General Hospital after an 18 month illness which he bore with great dignity.

Ken was born in 1923, received his secondary education in Hartlepool, and studied medicine at Kings College Hospital, qualifying MRCS, LRCP in 1949. He obtained the DPM in 1957. He held junior appointments at Kings College Hospital and at Bexley Hospital. He also served as junior specialist (Psychiatry) during his National Service.

In 1958 he joined Severalls Hospital, Colchester, as senior hospital medical officer, becoming consultant in 1972. He was elected to the Fellowship of the Royal College of Psychiatrists in 1985. Ken served as Chairman of the Psychiatric Division from 1974–1977 and again from 1981–1984. He was a long-serving member of the North East Thames Region Advisory Committee on Psychiatry and was Honorary Consultant to the Samaritans and Marriage Guidance Council in the Colchester and Chelmsford Districts.

Ken was held in high regard by his colleagues in the speciality and outside it, as a clinician, administrator and a man of the highest personal integrity. He did some pioneering work in the treatment of neuroses in the 1960s and 1970s, particularly in the field of phobic and obsessional states.

Ken had a sharp sense of humour which he retained until his last days. He had a keen interest in music and reading. After his retirement in 1986 he kept in touch with Severalls Hospital by attending the weekly case conferences even during his long and painful illness.

Ken will be sadly missed by his colleagues, friends, family and numerous patients in the Colchester and Chelmsford area.

He is survived by his wife Beryl and his two sons and one daughter. His son, David, is a consultant psychiatrist in Somerset.

N. BALOCH

John Towers, formerly Consultant Psychiatrist Graylingwell Hospital, Sussex

John Towers was not only an exceptional man and outstanding physician, but also a pioneer in the care of the elderly mentally ill. His colleagues and contemporaries in Chichester all remember him with real affection and his achievements with gratitude.

John was born in 1922 and studied for his BM, BCh at Oxford and then at Kings College Hospital. It was here that he met Barbara, a fellow student. They married, working happily together and bringing up their family in Chichester. John qualified first, and in 1945 he was appointed house physician, and then house surgeon, at Kings.

A testing and influential experience at this time was his recruitment to a medical team which went to the concentration camp at Belsen soon after its liberation, an event that almost certainly enhanced his sensitivity to protracted human suffering and his awareness of the need to enact efficient and rapid measures to bring relief, attitudes and skills that remained evident throughout his career.

John moved to Chichester in 1946, first as RMO at the Royal West Sussex Hospital and then in 1950, having taken his DPM, as psychiatrist at Graylingwell, where he completed his prize-winning MD thesis on temporal lobe epilepsy and mental illness. In 1955 he was appointed consultant psychiatrist. He was elected a Fellow of the College in 1976.

John had a wide knowledge of general medicine as well as being a dedicated psychiatrist and, when to these assets are added his genuine sympathy and tolerance of patients with long-term illnesses, he was most aptly qualified for his chosen role of caring for the elderly. In particular, he had an awareness of the needs of those with Alzheimer's and other dementias and he knew the importance of providing them with medical as well as psychiatric understanding.

His intuitive feeling for the needs of the elderly patient led him to introduce new facilities for their systematic care, both in Graylingwell and in the district, and to this end he quickly launched an effective geriatric service at the hospital, one which benefited both the patients and their relatives. It was also a service to which not only his team of nurses and carers were proud to belong, but also one which general practitioners, who enjoyed his straightforward and practical

approach, supported enthusiastically. In this way John Towers became a psycho-geriatrician before this category of psychiatrist had been formally recognised.

John was an innovator in that he recognised the urgency of making provisions for the increasing proportion of the elderly population in West Sussex. Graylingwell in the late 1950s was already in the forefront in developing community services for the mentally ill, a process which John hastened. He pioneered one of the earliest schemes for providing effective community care for elderly patients. To achieve this he recruited a dedicated team, including the first community psychiatric nurse in this district. Furthermore, he promoted close liaison with the social services – another novel undertaking – and fostered collaboration with the general practitioners.

Home visiting was another feature of his community care service and at this he was especially skilled. He had the gift of being able to empathise with even the most awkward patient, always being sensitive to the problems facing both them and their carers. These qualities, combined with his innate kindness, humanity, and his lack of any pretentiousness made his domiciliary visits such a help. Moreover, he especially enjoyed this aspect of the work which gave him so much insight into the real problems facing both patient and family. He was undeterred by obstacles if he felt he was needed. It is surprising that no one called the police to arrest a big dark man climbing through the window of a house (sometimes it was the wrong house), but he was always welcome!

John retired from full-time work as a consultant in 1982, but he continued in a part-time role for another ten years so that he could help a heavily burdened department and because he wanted to continue assisting a group of patients to whose care he was committed.

The esteem in which he was held in our locality, and our gratitude for what he achieved in relieving the distressed, is marked today by naming the new accommodation for the use of relatives of dying patients 'The John Towers Suite'.

He bore his final illness with fortitude and his usual humour – an enduring quality we all enjoyed.

John Towers derived great happiness from his home. He is survived by his wife, Barbara, and their four children and they have all our sympathy.

PETER SAINSBURY

The deaths of the following have also been reported:

DENIS BARKER, consultant psychiatrist, Harley Chambers, 63 Palmer Place, North Adelaide, SA 5006, Australia.