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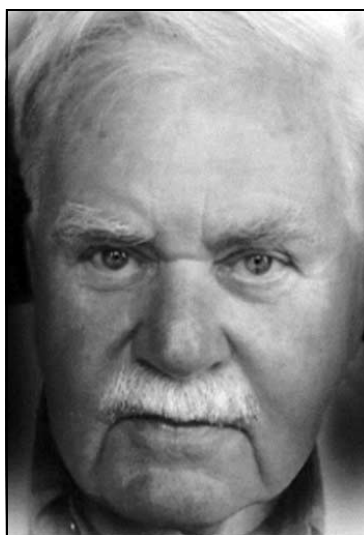
obituary

Lindsay Cameron Hurst

Formerly Consultant Psychiatrist, Plymouth and West Devon Psychiatric Service, Moorhaven and Plymouth General Hospitals

Lindsay Hurst was born in Kingston-upon-Hull on 17 June 1924, the son of a general practitioner. He was educated at Repton School and Emmanuel College, Cambridge, where he read for the Natural Sciences Tripos with part 2 in anatomy. His clinical studies were at University College Hospital, London. He graduated as BA (Cantab) in 1945, MA in 1947 and MB BChir in 1949. He obtained the DPM in 1958, MRCPsych in 1971 and was elected FRCPsych in 1979.

Lindsay held consultant posts at Mapperley and St Francis' Hospitals, Nottingham, before moving to Moorhaven and Plymouth General Hospitals in 1971 where he remained until his retirement in 1989. In 1973 he was appointed visiting Professor at Rochester State Hospital, N.Y. and in 1973 was accorded status of Clinical Teacher in



Mental Health at Bristol University. He served as 'second opinion approved doctor' to the Mental Health Act Commission and was a most respected medical member of the south-west mental health review tribunals for many years.

He published papers on a variety of subjects, including schizophrenia, senile

psychoses, porphyria, the care of the older adult with mental illness, neuroleptic treatment and the 'savant' state. Unusually for a psychiatrist, his last paper was on the comparative anatomy of the hand.

Lindsay had a lifelong interest in etymology and languages, particularly classical Greek and Latin. It is apropos to note that he had edited the Cambridge University Medical Society magazine and the University College Hospital magazine. He had an extensive library of rare books and colleagues may well remember his delight at having obtained a copy of *Holinshed's Chronicles*, from which, it is thought, Shakespeare drew his histories. His eyes would sparkle when offering an especially good burgundy and when, in committee, he would demolish a specious argument with a witty aphorism.

He had a warm and generous personality, was conscientious in the treatment of his patients and an inspiration to his trainees.

Lindsay died suddenly, as he would have wished, while tending his garden in Kingsbridge, South Devon, on 18 July 2005. He is survived by Margaret, whom he married in 1966, and their three sons of whom he was justly proud.

Alan Poole

reviews

So Young, So Sad, So Listen

Philip Graham & Carol Hughes
London: Gaskell, 2005, £7.50,
pp. 64.
ISBN 1904671233

An initial glance at this short text with plenty of illustrations, large font and clear headings suggested that it was written for young people with depression. In fact it is written for parents and teachers of children and teenagers with depression and includes lots of useful information and case histories about the child who has 'lost his/her sparkle'.

First there is a clear description of the symptoms, signs and prevalence rates of depression in childhood, including the risk of suicide. Possible trigger factors are discussed. Many helpful tips are offered

about what to do if you are in contact with a child with depression – how to respond to the child, when to seek professional help and how to get that help. Action sheets for parents and teachers are included; the latter may be a useful resource in the school staff room. The structure and role of child mental health teams are outlined, with a description of cognitive-behavioural therapy, family therapy, psychoanalytic therapy and the use of medication.

This textbook, with its clear guidelines on how to respond to the child or teenager with depression, is so practical. It offers hope and guidance on where to find more information. There are contact details for useful organisations, such as Parentline Plus and YoungMinds. This book is useful not only for parents and teachers

of children with depression but also for professionals working with children.

Aisling Mulligan Senior Registrar in Child and Adolescent Psychiatry, Department of Psychiatry, Trinity Centre for Health Sciences, StJames's Hospital, Dublin, e-mail: mulligan@tcd.ie

Applying Family Therapy – A Guide for the Caring Professionals in the Community

Steven Walker & Jane Akister
Lyme Regis: Russell House
Publishing, 2004, £15.95 pb,
pp. 123.
ISBN 1903855403

This book is a guide for the professional with an interest in family therapy to the