

## Obituary

Editor: Henry R. Rollin

**ROBERT McDONALD, formerly Consultant Psychiatrist and Medical Director, High Royds Hospital, Menston, Nr Ilkley**

Bob McDonald died at his home in Ilkley on 7 October 1990 at the age of 75, after a long period of illness. He was born on 4 May 1915 in Aberdeen, where he later graduated MB, ChB in 1937 and after junior hospital appointments he eventually entered general practice in Manchester until 1946. He then returned to Aberdeen and took the DPH, followed by appointment as a registrar at High Royds Hospital, Menston, obtaining his DPM in 1949. After more senior posts at Hellingley Hospital and St James's, Portsmouth, he was appointed consultant psychiatrist at St George's, Morpeth in 1953: he took up his final appointment at High Royds Hospital some seven years later, retiring in 1979.

His time at High Royds was one of great change and considerable difficulty, with conflicting philosophies of care and corresponding conflicts among some of his colleagues. As medical director, it fell to his lot to plan and facilitate the changes necessary to transform a large institution with many long-stay patients to a more modern and dynamic hospital, and yet to pave the way for its eventual closure. Throughout, his clear sense of purpose, determination and his deep and genuine concern for the patients—especially the long-stay—enabled the necessary changes to occur without too much upheaval. In addition he played an active part in the setting-up and the clinical work of a metabolic research unit within the hospital for the study of recurrent affective disorders and their treatment by lithium salts, in which he was influenced by the work of Mogens Schou in Denmark, whom he knew well. He became a Senior Clinical Lecturer in the Leeds University Department of Psychiatry, a Mental Health Tribunal professional member and a member of the Home Office Panel of Psychiatrists for prison referrals, and was elected FRCPsych. in 1971.

An essentially very private man, Robert McDonald did not court popularity but always gave of his best, particularly where the welfare of his patients was involved, and they could always rely on his help and understanding. His last few years were marked by illness and major surgery and though often in pain, he bore it with the stoical fortitude

which always characterised his reaction to the vicissitudes of life.

He is survived by his Danish wife, Helen, a son and daughter and four grandchildren.

JMR

**WILFRED WARREN, Emeritus Consultant, Bethlem Royal and Maudsley Hospitals, London**

Wilfred Warren died in January 1991. He was born in Winchester in 1910, educated at Sherborne School and received his medical training at Sidney Sussex College in Cambridge and at St Bartholomew's Hospital. For two years (1937–1938) he held posts in paediatrics and general medicine. He was called up immediately after the outbreak of the war in 1939. He had with characteristic prescience and a quiet patriotism anticipated what was to come and had joined the RNVR Supplementary Reserve early in 1938. In his six and a half years of service he participated in the landings at Sicily and Salerno and worked with Desmond Curran at Chatham. This led him after demobilisation in January 1946 to the Maudsley.



His ascent up the ladder was exceptionally swift and appointments as physician-consultant to the Bethlem and Maudsley followed in 1948. He collaborated with Kenneth Cameron to create the adolescent unit there and the Brixton Child Guidance Clinic in 1951. The interplay of Wilfred's inner strength and gently deployed decisiveness with Cameron's more intuitive sensibility and imagination made for a fruitful and creative partnership and he was the natural successor as Head of the Children's Department on Cameron's death in 1963.

He was a green-fingered and empathic clinician and the force of his personal example was influential in shaping the character of the Children's Department at the Maudsley. His publications were few but they can still be read with benefit, the study of anorexia nervosa

in young girls (1968) in particular. His solidity, good sense and sagacity must have already been imprinted when he was *in utero*. Appointments as Chairman of the Maudsley Medical Committee Member of the Board of Governors, Presidencies and other offices to various organisations too numerous to be cited in detail followed in rapid succession. He served the College without interruption from his Secretaryship of the Child Psychiatry Section in 1954 until his Vice-Presidency in 1974–1976. Overlapping with them was his historically important post as Treasurer of the RMPA and Royal College from 1962–1979. He was made an Honorary Fellow of the College in 1979.

His was an unbeatable combination of rock-like solidity and well concealed subtlety of perception in financial matters. He would have made the fortunes of any Bank or business in the City. Although unflappable, he responded with a combination of grief and panic to potentially ruinous interest rates to which we were pledged under the terms of the huge loan (guaranteed) we were compelled to float in order to purchase 17 Belgrave Square. He suspected me in the first instance of having acted in a flight of elation. But his unswerving loyalty and trust kept our small group of officers together. When my insistence on a rescue operation to one of the influential guarantors of our loan resulted in an ingenious and highly favourable arrangement with an obscure and distant branch of Barclays Bank, Wilfred's equanimity was restored and his batteries recharged. The rest of the story is well known. The room named after him in the College is a well deserved tribute and an expression of the College's gratitude and admiration.

To round off the picture, there was a generosity of spirit, and a special kindness manifest in all sorts of minute particulars in his interactions at all levels in the College and elsewhere. He did such things by stealth. His delicate, impish sense of humour were invaluable to Council and other committees for deflating pretentiousness and ending long-winded eloquence but he rarely provoked anger and never made an enemy.

He was a very private man and glimpses into his inner life were rare. His was an unswerving loyalty to causes he espoused and we were fortunate that the purposes of the College were among them. I learnt, but not until we had worked together for two years, that his life had been enriched by a passion for the choral and instrumental music of Bach. He was a devoted family man and was survived by his wife Betty by only a month. They are mourned by their son Peter (a physician in Canada), their daughter Anne and their grandchildren. All those who had the privilege of his friendship and his cooperation in the life of the College are filled with a deep sense of loss at his passing.

MR

**JOHN DAVID YOUNG, retired Consultant Psychogeriatrician, ordained Minister of the Church of England and Director of The Churches Council of Health and Healing**

Dr Young died after a short illness on 5 February 1991, aged 59. He was educated at Bryanston School, Dorset and after two years National Service in the Royal Artillery, trained at University College, London, and graduated MBBS in 1958. After six years as a general practitioner in Norfolk and Suffolk he underwent



psychiatric training and took post as consultant psychiatric training and took post as consultant psychiatrist at St George's Hospital, Stafford in 1971. He went on to become the first psychogeriatrician in the West Midlands, setting up St Chad's EMI Unit at St George's Hospital. For many years he was Clinical Tutor, Honorary Senior Lecturer, University of Birmingham. He was elected a Fellow of the Royal College of Psychiatrists in 1984.

Throughout his career John had a particular interest in the role of personality in the lives of his patients and its effect on the way they cope with stress and illness. It was while working as a GP that he came to appreciate the significance of psychological factors in the aetiology and presentation of illness. This stimulated an increasing interest in psychiatry and lead to his undertaking psychiatric training. His background in general practice profoundly influenced his approach to psychiatry. He was just as concerned with his patients' physical as mental health.

At a time when it was unfashionable, he saw the need for a specialised service for the elderly and established St Chad's Unit which became a major centre for post graduate training in psychogeriatrics in the West Midlands region. John's zeal as a teacher and his enthusiasm for the elderly did much to promote the cause of psychogeriatrics.

He trained a steady stream of senior registrars who went on to become consultant psychogeriatricians who established their own services. His skill as a teacher was recognised with an Honorary Senior Lectureship at Birmingham University. Together with a few colleagues he helped to form the West Midlands Association of Psychogeriatricians. He was very active in the Royal College of Psychiatrists and was on the Executive Committee of the Section of Old Age.

John was a deeply committed Christian. His faith permeated his life, his work, his professional