



The ROYAL  
SOCIETY of  
MEDICINE

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Newsletter Issue No.70

April 2021

# RFS

Retired Fellows Newsletter



Deserted, locked down London. An eerily quiet Millennium Bridge.

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**Cover:** Deserted, locked down London. Eerily quiet Millennium Bridge. *Photo by Henry Trickey*

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# Editorial:

Catherine Sarraf



With fingers crossed, I mention that hopefully, this will be *IT!* That lockdowns will be over. How have we all kept our minds and bodies sharp over 2020 and the beginning of 2021? What previous or new experiences have interested us? Speaking personally, one of the best discoveries was that Borough Market remained open through the whole period. Living in South East London, last spring the streets were deserted, but happening by chance on Borough Market, heaven was there for all to enjoy. Very many stalls and shops remained open, although there seemed to be more vendors than customers. I commiserate with the vendors, but for the first time we were able to wander through the market at our leisure, to actually find our way between one place and another and to spend time chatting to the merchants and experts about their produce. What happiness! Oysters for example were eaten at least once a week. But thrills were not only to be had at the market, even visits to Tesco were something to look forward to and enjoy. Queuing up outside, in the glorious spring sunshine was pure pleasure. At my home a further delight

was on-line shopping. Looking for something awkward? No problem – Amazon has it. It arrives next day. Deliveries have been like Christmas! Father Christmas comes (aka the Yodel delivery man), and everything he brings is EXACTLY what you actually want! I am now the proud owner of a set of a dozen batteries for my bathroom scales. Sadly, throughout the lockdowns I've noticed something has been wrong with the scales. Maybe putting in a new battery will solve it? Strangely, simultaneously, all my clothes seem to have shrunk!

During the coming spring and summer away-from-home visits might be permitted. Distant children and grandchildren first, of course, but also staycations. For the immediate future, we have Cornwall, Ely, Bath and Chester planned. The latter is an Apothecaries Livery Committee trip (for more information and booking, either see the Apothecaries web-site, or email me at [alison.catherine872@gmail.com](mailto:alison.catherine872@gmail.com) for more information). Further travel, to Greece and Cyprus at least are looking possible soon, with a trip to Armenia booked (already having been cancelled from last year). From the perspective of family and household though, in general we'll want the dust to have settled a bit more before we venture greatly overseas.

As ever Fellows, I invite you all to submit a few paragraphs to this, our *Newsletter*. What have you been doing to keep yourselves amused over these lockdowns? Or at other times? Everyone has a story in them, and the rest of us are fascinated by the experiences of others. There is no peer review for publication here! Your revelations will look well on the printed page!



Charming message of thanks spotted in London.  
Richard Lansdown

# FORTHCOMING MEETINGS

## Intramural meetings

As ever, planned for the spring are wonderful speakers with excellent flyers from the RFS administration. I'm still hoping that we might reallocate the speaker from the RHS to the one remaining slot next year when in all probability lectures can be in-house, with the previously aborted display of botanical art in the library.

Your committee, officers and our administrators are still on the ball to preserve the 2021 programme. Fortunately, over the next few weeks we have retained the stellar group of speakers who have readily agreed to webinar presentations. Our speakers are all leaders in their respective fields and sought after both at a national and international level. Their presentations should not be missed, so please diarise the dates now! Please also visit the RSM website and note e-alerts for future events.

On the 18th of March, Dr Jelena Bekvalac spoke on what we learn from ancient skeletons; 15 April, Professor James Marshall on his research on bees and human brain function; 20 May, Professor Chris Rapley on climate issues; 17 June, Sir Lawrence Freedman on the future of warfare. I can recommend Google for easy access to even more full and fascinating biographies of our speakers.

**Jeffrey Rosenberg**

**Intramural Events Organiser**



From left to right; Dr Jelena Bekvalac, Professor James Marshall, Professor Chris Rapley, Sir Lawrence Freedman

## Extramural events

Now there is more hope concerning lifting restrictions it's exciting to start discovering what will be available to us in the autumn. Also people, especially in RFS, will be feeling confident about travelling on the tube and buses. For spring, we remain in our homes. We plan for events to start again in the late spring or early summer, depending on progress with managing the pandemic and vaccinations, and things are looking good!

While some possible venues will re-open, restrictions in tour numbers may be small. Top of the potential list at the moment is a visit and tour of the Royal Opera House, which finished refurbishing just before the onset of Covid-19. We'd also like to repeat the popular tour and afternoon tea at the London Palladium theatre. A trip to Cambridge to visit the Fitzwilliam Museum and have lunch at a college is another possibility for the late summer/early autumn. Walking tours will also recommence as soon as group size permits. As always, if you have a particular connection with a venue that could offer a special tour to us, do get in touch. Ideally any suggested venue should be easily accessible by public transport. Meanwhile, I know we're all looking forward to getting out and about again in 2021!

**Rosalind Stanwell-Smith**

**External Events organizer**

# Extramural excursions

## May Cruise

The cruise planned for 2021 has had to be cancelled, but here is the new information for May 2022.

The new dates for your special holiday on the River Seine aboard the luxury AMA Lyra are Thursday 5th May - Thursday 12th May 2022. We will travel by Eurostar to Paris for a relaxing cruise with visits to the pretty harbour at Honfleur, the British & Canadian Normandy Landing Beaches, medieval Rouen and Monet's gardens at Giverny, & other sites of interest. All visits are included in the cost plus standard class rail journey, transfers, wine, beer & soft drinks at lunch & dinner, complimentary pre-dinner cocktails and free wifi.

Prices are from: £3192 per person for Riverview cabins, £4037 per person for French Balcony cabins. Single prices on request. Contact: [sally.collicott@fredholidays.co.uk](mailto:sally.collicott@fredholidays.co.uk) or do speak to me, Sue Weir as I will be your 'mother hen', tel: 01252 783265 email: [sue.weir@btinternet.com](mailto:sue.weir@btinternet.com)

## London walks

Hopefully, all vaccinated and Covid-19 restrictions permitting, come with me and enjoy exploring different areas of London; north of the RSM to Regent's Park and its hidden secrets (1.7.21), stretch your legs in Chelsea and find some small exciting smart streets (20.7.21), and finally a blast of fresh air along the river Thames going east from Wapping to Canary Wharf (1.9.21). Which areas would you like to discover? All of them great fun!

**Sue Weir**  
Organiser



## Camera club

Would you like help with using your digital camera?

Or with ways of enhancing photographs on a computer?

Or would you like to learn more about photography generally?

We welcome anyone with an interest in photography of whatever level of experience. For those new to digital work we offer one-to-one help with the use of a camera and with programs such as Lightroom and Photoshop.

The Club currently holds hour long Zoom meetings every month, starting at 11.00. Some allow people to share their photos, some introduce a particular photographic technique, in others we invite a speaker, often a distinguished photographer from outside the RSM.

All meetings are free to members of the RFS.

Forthcoming dates are Monday 25 April when two or more people will be showing some of their work and Friday 18 May when we will welcome a visiting speaker.

Anyone who would like full information on our activities should contact me so that they may be added to our mailing list.

**Richard Lansdown**

Email: [rglansdown@yahoo.co.uk](mailto:rglansdown@yahoo.co.uk)

Tel: 0207 267 6982

## Spring programme

- Thursday 18 March 2021** Dr Jelena Bekvalak: Archaeological remains and industrialisation: impact of it on London health from skeletal remains.  
**Chair: Ian Stephen**
- Thursday 15 April 2021** Professor James Marshall. Go to the bee and be wise: how AI can learn from the honey bee brain.  
**Chair: Catherine Sarraf**
- Thursday 20 May 2021** Professor Chris Rapley. Together we can. Aspects of climate change.  
**Chair: Linda Luxon**
- Thursday 17 June 2021** Professor Sir Lawrence Freedman. Strategy for pandemic: learning from Covid.  
**Chair: Richard Lansdown**

## Biographies of spring speakers

### Archaeological skeletal remains and industrialisation: impact of it on London health, as revealed from skeletal remains

**Jelena Bekvalak, Curator of Human Osteology, Museum of London**

**Thursday 18 March 2021**

#### *Biography*

Jelena Bekvalac, BA Hons, MSc, FSA is a curator of Human Osteology at the Centre for Human Bioarchaeology, Museum of London, and has been at the Centre since its establishment with funding from the Wellcome Trust in 2003. Prior to becoming a Curator in 2008, she was a research osteologist within the osteological team based at the Centre. Before being fortunate enough to work at the Museum of London with such an outstanding skeletal collection, she worked on archaeological excavations in England and was lucky to have had the opportunity to work on excavations and projects with skeletal remains in Jordan, Russia and the Czech Republic as well as the extraordinary Spitalfields Market excavation. As a curator at the Centre for Human Bioarchaeology, her role is varied and interesting, caring for the extensive archaeologically derived skeletal assemblages; recording & analysing the osteological data; assisting & supporting researchers; working with volunteers; teaching; presenting talks; collaborative research projects and participating in outreach events. Jelena enjoys being involved in outreach events for schools and students to share with them the wonderful array of information that can be learnt from skeletal remains. Areas of particular interest include palaeopathology, radiography and post-medieval bioarchaeology.

#### *Abstract*

The Museum of London curates archaeologically derived human skeletal collections, and provides an exceptional opportunity for learning about the past directly from the people who lived and died in London spanning over 2,000 years. From our natural inquisitiveness, there is always a desire to want to know more and to ask questions about the people at an individual and collective level. With the skeletal remains all being archaeologically derived, this provides a rich and invaluable source of contextual information, which enhances the variety and sources of information possible to extract from their analysis. London has experienced significant changes over the course of time. One such momentous period was the Industrial Revolution and the concomitant effects of the industrial era, still evident in our working and living environments. A funded research project, with the Rosemary Green Grant awarded by the City of London Archaeological Trust (CoLAT) provided the opportunity to ask the question of how industrialisation had affected the health of London by investigating large numbers of adult

skeletal remains, from the pre-Industrial and Industrial period, focusing on five themes pertinent to the population today. The legacy of industrialisation continues today and skeletal remains of people from the past provide a fascinating insight into its effects and the impact it has had in shaping our health and lives.

## **Go to the bee and be wise: how AI can learn from the honeybee brain**

**Professor James Marshall**

**Thursday 15 April 2021**

### *Biography*

James Marshall is Professor of Theoretical and Computational Biology at the University of Sheffield, and Chief Scientific Officer at Opteran Technologies Ltd. He leads the EPSRC 'Brains on Board' project, a 5-year collaboration between three universities to reverse-engineer the honeybee brain, and apply the lessons learned to artificial intelligence and robotics. These discoveries are being brought to market by Opteran, a University of Sheffield spinout company.

### *Abstract*

Understanding the brain has held tremendous promise for artificial intelligence since Alan Turing's pioneering work, but the focus is usually on big-brained animals, including primates such as ourselves. Prof Marshall will reveal how, by studying the much smaller brain of the honeybee, rapid advances are being made in understanding how to build truly autonomous systems, that 'think' the way an insect does. He will present a mixture of biological experiments, computational models, and real-world robots.

## **Together we can. Aspects of climate change**

**Professor Chris Rapley CBE**

**Thursday 20 May 2021**

### *Biography*

Professor Chris Rapley CBE is Professor of Climate Science at University College London. He is a Fellow of UCL and of St Edmund's College Cambridge, a member of the Academia Europaea, Chair-elect of the European Science Foundation's European Space Sciences Committee, Member of the Advisory Board of the UK government's Clean Growth Fund, Patron of the Surrey Climate Commission, and a member of the UK Science Museum Group's Science Advisory Board. His previous posts include Director of the Science Museum, Director of the British Antarctic Survey, Chairman of the London Climate Change Partnership, President of the Scientific Committee on Antarctic Research, Executive Director of the International Geosphere-Biosphere Programme and Distinguished Visiting Scientist at NASA's Jet Propulsion Laboratory. He was founder and Head of UCL MSSL's Earth Remote Sensing Group. He was Chair of the International Planning Group for the International Polar Year 2007-2008 and Chair of the European Space Agency Director General's High-Level Science Policy Advisory Committee. More recently he has focused on the role of climate scientists in delivering value to society through decision making, public policy and more effective communication. He is Chair of the UCL Policy Commission on Communicating Climate Science. In 2014 Prof Rapley and the playwright Duncan Macmillan wrote the acclaimed play '2071' which Prof Rapley performed at the Royal Court theatre and in Hamburg and Brussels. The script is available in paperback published by John Murray. More recently Prof Rapley was the Science Consultant on BBC1's 'Climate Change – The Facts' presented by Sir David Attenborough. In 2003 Prof Rapley was appointed CBE by Her Majesty the Queen. In 2008 he was awarded the Edinburgh Science Medal for having made 'a significant contribution to the understanding and wellbeing of humanity'.

*Abstract*

Actions to address climate change at the scale and pace necessary are proving elusive. This should not surprise, as they require fundamental transformations of the way we power, finance and run the modern world. Science tells us the nature of the problem, but no amount of factual information will tell us what we ought to do. That requires a realistic and constructive discussion. Every day wasted and every decision delayed commits us to greater problems and future hardships. With a sufficient critical mass of commitment, together we can seek to 'avoid the unmanageable and manage the unavoidable'.

## Strategy for pandemic: learning from Covid

**Professor Sir Lawrence Freedman, Emeritus Professor of War Studies, King's College London**

Thursday 17 June 2021

*Biography*

Sir Lawrence Freedman is Emeritus Professor of War Studies at King's College London. He was Professor of War Studies from 1982 to 2014 and Vice-Principal of the College from 2003 to 2013. He was the Official Historian of the Falklands War and a member of the Chilcot Inquiry into the Iraq War.

*Abstract*

In the aftermath (hopefully) of Covid-19, the talk will consider the extent to which the varied experiences of different countries were the result of strategic choices (and if so which ones) or other factors, such as health systems, luck, social culture or geography.



Photos of the RSM's Library, from 1907 and present day.  
*John Mikels*







## Third Time Lucky? The V3 Weapon of World War 2

Mimoyecques eastern site. Reconstructed view of main workings.

**O**n 3rd December 2020 Professor Tony Davies, Emeritus Professor of King's College London, gave us the second lecture within a year - this time a webinar - on the highly sophisticated *V3 weapon of World War 2*.

It was becoming evident towards the end of 1942 that Nazi Germany was losing the Second World War and unlikely to achieve their aims of world domination because:

- The Luftwaffe was supposed to give air superiority in preparation for planned invasion (Operation Seelöwe), and failed.
- The Kriegsmarine U-boats were supposed to starve Britain of essential supplies, and eventually failed (because of the convoy method, and radar and sonar advances).
- The SS wanting to take control of the Luftwaffe, Army and Kriegsmarine.
- The combined military assets of the Allies (US, UK, Commonwealth countries and Russia), supplemented by soldiers and airmen who had escaped from Poland, Norway, Holland and other countries, were greater.

Hitler decided only weapons of terror would persuade the British to get rid of Churchill and ask for peace and in turn assist in his war efforts against Russia. Even though Germans were the 'Master Race', the British were 'acceptable' as opposed to the 'sub-human' Jews, Slavs and so on. His last hope was to increase the effectiveness of the V1 flying bomb, to introduce the V2 long-range vertically launched ballistic rocket and to develop the V3 supergun. There were also proposals for a V4 unguided multi-stage rocket, but these did not progress beyond the initial idea.

## The V1s made it to London. The V2s made it to London. Fortunately, the V3s did not.

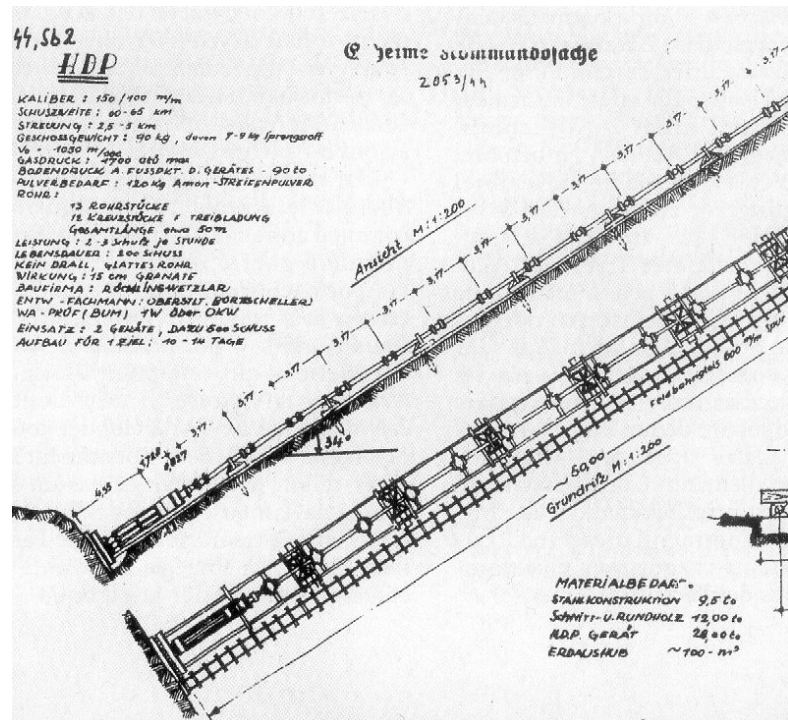
The rifle, such as the Lee Enfield (0.303 inch diameter barrel) designed in 1907 and in use until the mid-1950s, was a major technological advance and enabled more rapid firing. Rifle bullets are propelled along the barrel by cordite (slow burning explosive) ignited by a small amount of high-explosive activated by the firing-pin. The maximum range is about 3,000m. For greater range artillery is needed, particularly for firing heavier warheads with high explosives, and for anti-aircraft purposes. The longer the barrel, the more acceleration can be achieved and greater muzzle velocity, therefore greater range. Range is also determined by elevation of the barrel, 45 degrees being optimal. However, even with a longer barrel, London was too great a range from France for conventional artillery at the time. Hence the supergun idea evolved.

The origin of the multi-chamber supergun dates back to 1857 when US inventor Azel Lyman was granted a patent on 'Improvement in accelerating fire-arms', proposing to increase muzzle velocity of a projectile by additional charges along the barrel of the gun. He worked on the project with James Haskell but their prototype proved unsuccessful. The French engineer Louis Guillaume Perreux – a pioneer of the motorcycle – was also granted a patent in 1864 for a multi-chamber gun. In 1942 this patent was noticed by August Conders, a German munitions expert, who tried to develop the concept to overcome wear-problems of existing high velocity guns. This led to the decision to construct the V3 supergun using multiple ignition propellants to boost firing a projectile - to be used to bombard London. The main target was Westminster bridge, neighbouring government buildings and Parliament - from Mimoyecques, the Pas-de-Calais region of northern France. The plan was to build two large bunkers, 3,000ft apart with five gun shafts, each shaft with five gun barrels. The 50 guns firing on average 2.5 shells per hour each (3,000 shells a day) would achieve a similar outcome for London as the subsequent bombing of Nagasaki and Hiroshima, but without the radioactivity (bearing in mind that the bombings of Hiroshima and Nagasaki didn't take place until 1945).

Construction started in September 1943 for the two parallel sites, but only the Eastern



US soldiers with a Sprenggranate 4481 projectile, the ammunition for the V-3.



German engineering drawing of the plans for the V-3 Supercannon

one was completed. A maze of underground tunnels 350ft below ground level was built for railway supplies, ammunition storage areas and accommodation for up to 1,000 troops. Construction was reminiscent of the underground Nazi Dora Concentration Camp (supplying slave labour from many Eastern countries occupied by Germany at the time), for manufacturing the V1s and V2s. About 180 died per day out of a workforce of 1,000 due to appalling working conditions.



German soldiers by the smaller prototype V-3

**“The Nazi regime showed that innovative science and advanced technology could be successfully achieved alongside dictatorship, brutal treatment and appalling working conditions, for many people”**

50 degree angle was chosen when air-drag analysis shows 45 degrees to be optimal taking into account velocity, altitude and range. A prototype was constructed on a hillside aimed at Antwerp and although only partially successful caused significant damage.

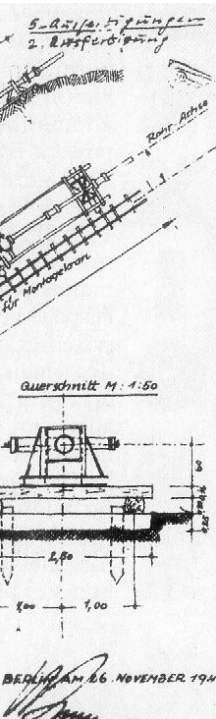
It was known from photo-reconnaissance and intelligence sources that something of importance was being built at Mimoyecques, but conventional bombing failed to destroy the site. In the end the installation was put out of commission on 6th July 1944 following bombing by RAF Bomber Command's 617 Squadron (of 'Dambusters' fame) using 12,000 lbs of deep-penetration bombs.

Professor Davies ended with an important message: 'The Nazi regime showed that innovative science and advanced technology could be successfully achieved alongside dictatorship, brutal treatment and appalling working conditions, for many people'.

There followed a number of questions concerning the Allies' plans for developing a long-range gun; intelligence sources for identifying launching sites; Nazi Germany's development of an atomic bomb; British development of a supergun; similarities with the Iraq supergun; sequencing arrangement of side arm boosters; whether Nazi Germany had at the time bombers similar to the British Lancaster; and the issue of the 50 degree angle of the gun shafts.

Professor Davies' second lecture to the RFS was extremely enjoyable, well-illustrated, and very informative. It was hoped he would give another lecture in due course. The glass vase gift he received in appreciation for his first lecture in February could be seen on the screen behind him.

**Julian Axe**



Prototype of the V-3 in Laatzig, Germany (now Poland), 1942

The five main gun shafts were constructed on each site to hold a battery of five superguns with barrel length of 430ft, calibre 5.9inch, muzzle velocity 4,900ft/sec and angled at 50 degrees. The finned projectiles weighed just over 300lbs and were 10ft in length. Maximum firing range was about 100 miles and could be varied by altering muzzle velocity. Also, the area of bombardment could have been increased if the guns were aligned in very slightly different directions. There are questions why the fixed

# Will Britain

# go cashless?

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**O**n the 18th of February, by Zoom, Natalie Ceeney CBE gave us the excellent lecture on *Will Britain go cashless?* We have noticed that for the last year there has been much less use of cash, especially with some shops and cafés asking for card-only transactions, but it came as a surprise in this excellent talk that there is very little regulation in the field. With several banks announcing branch closures and the privately operated ATMs (automated teller machines) also under threat, there is an increasingly important question as to whether we are sleep-walking towards a cashless society. Natalie Ceeney is Chair of Access to Cash Review, after holding several senior managerial and financial roles in the public and private sectors. Using data from before and during the pandemic plus international comparisons, she guided us through the implications of the cashless trend.

A decade ago, 60% of transactions used cash and by the end of 2019 this had reduced to 23%. The first UK pandemic lockdown resulted in a 70% drop in cash use as well as much fewer cash withdrawals from ATMs. Use of contactless cards, already on the rise for the past few years, rose by 11% in the 12 months from October 2019 to 2020. Surveys suggest that online and other cashless transactions are popular, with reasons such as better updating of account information, feeling safe when carrying less cash and with wider shopping choice online. But for the 1.3 million adults with no bank account and 12 million adults with low financial resilience in the

**A decade ago, 60% of transactions used cash and by the end of 2019 this had reduced to 23%**

UK, loss of the ability to use and receive cash could exacerbate their problems. If the best deals are online, they face a 'poverty premium' at having to buy locally at higher cost, and for those with a bank account, there may be a charge to withdraw cash from the ATMs, since these require frequent use to be cost-effective to the providers. A cashless society needs universal and secure broadband: as has been highlighted during the pandemic, many households are not connected and in some rural areas the speed is slow and signal erratic. Furthermore, it has been estimated that 37% of the UK workforce lack the basic skills to stay safe online and may be particularly vulnerable to fraud, which is on the increase. For those on low or unfixed incomes, cash may be preferable for budgeting and also for independence, the latter affecting some of the elderly, those with a learning disability and the often overlooked group of those suffering domestic abuse. Abusers may increase their control if their victims cannot even save a little cash secretly.

Retailers have the right to refuse to accept cash, a right exerted for infection control reasons during the pandemic, despite the minimal risk of transferring infection *via* banknotes or coins. A *Which?* survey in 2020 reported that a third of

consumers found their cash refused, preventing them from buying groceries. The UK is ahead of some European countries, such as Italy, in moving away from cash, while Sweden is a few years in advance on the cashless trend. Swedish authorities recognised the problems only recently and have instituted a legal obligation for cash to be available at banks and the need to ensure acceptance of cash at retail outlets. In the USA, slower than us to take up contactless cards and with a higher 'unbanked' population, five states have required cash acceptance, with possibly more considering this step. At the other end of the scale in China, 90% of payments are cashless and developments include being able to pay just by smiling into a face recognition app.

There are solutions, even if it will require more creative action by banks and some statutory requirements. Dependent people who give cash to carers to do their shopping could have 'carer cards' with set limits to avoid fraud or theft, these have been introduced but are not yet widely available. Improving broadband

access, quality and education should make online transactions safer. About half of UK banks currently accept a scanned or photographed cheque as a deposit and obviously this should be all banks considering more branches are closing. Post offices could have better facilities to allow safe cash handling and other banking services. The independent Access to Cash Review report in 2019 ([www.accesstocash.org.uk](http://www.accesstocash.org.uk)) made several recommendations, including guaranteeing access, ensuring wide cash acceptance and also for everyone to have the option of digital payments. A strong recommendation was for joined-up oversight and regulation of cash - joined-up government has improved but is still a work in progress. Government has been advised that action is needed to prevent collapse of the cash infrastructure and to ensure that those most in need of cash can get it and use it. Decline in cash usage may be inevitable, but leaving the poor, vulnerable and unbanked behind is not.

**Rosalind Stanwell-Smith**



Above: Portrait of a surgeon - part of an outdoor exhibition by the South Bank Centre. *Richard Lansdown*



Right: Regent Street and Piccadilly Circus adorned with messages of thanks and encouragement during the summer of lockdown. *Richard Lansdown*



# ARTICLES

## Membership of the Retired Fellows Society committee

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**Catherine Sarraf**

As the years go by, so the composition of the Retired Fellows Society committee changes. It is composed of a Chair, an Honorary Secretary, an Honorary Treasurer, the Honorary Editor of this journal and further supporting members. Of these, the duty of one is to be in charge of the programme of intramural events, another to be in charge of the extramural events programme; a report is also received from the leader of the Camera Club and prospective holidays and London walks are described. At present there are sixteen members of the committee, thus there are members who have already served their turns as officers, plus those awaiting theirs. The composition of the committee and periods to be served are decided in our Constitution, but bearing lockdowns and restrictions in mind, this year thoughts on these issues might be somewhat relaxed. Below, the current members of the committee have each provided some details about him/herself. Enjoy!



**Richard Lansdown BA, PGCE, PhD, FBPsS. Chair of the Retired Fellows Society**

Richard started professional life as school teacher, having read Modern History at Oxford. After seven years working mainly in Special Schools, he trained as an Educational Psychologist at UCL. Four years as an EP were followed by an unusual move to clinical psychology, working at Great Ormond Street Hospital for 23 years. There he was, at various times, Head of the Department of Psychological Medicine and Clinical Director of the Neurosciences Directorate. Main research interests were the effects of lead on intelligence and behaviour and children's concepts of death. For some 20 years he advised the WHO on matters concerning child development and health education in primary schools. RSM activity has included being President of the Open Section, the first Chair of the Academic Board and previous editor of this *Newsletter*.



**David Murfin FRCGP, MPhil, DRCOG. Honorary Secretary of the Retired Fellows Society**

David is the Honorary Secretary of the RFS committee. A GP, he trained at King's College and St George's Hospital, London. He was awarded an M. Phil in 1996 for his thesis entitled *Patient Satisfaction, Service Quality and Medical Outcome. An Integrated Study in the General Practice Setting*. Since retirement he has continued to live in his practice area in Carmarthenshire. He is a former Vice - Chairman of the Royal College of General Practitioners.



**Ian BM Stephen FRCS. Honorary Treasurer of the Retired Fellows Society**

Ian is a retired Consultant Orthopaedic Surgeon with twenty years' experience in the National Health Service and in private practice in East Kent, in general trauma and orthopaedics. He qualified in medicine in 1968 from Cambridge University and St Bartholomew's Hospital in London, trained in General Surgery and then in Orthopaedic Surgery in Bristol, Exeter, Truro and Montreal. He was appointed as a consultant in Trauma and Orthopaedic Surgery in East Kent in 1983. Ian retired from the NHS in 2002 but continued in independent practice concentrating on problems with the foot and ankle until 2007 and medicolegal work until 2011.

Ian has been: President of the British Orthopaedic Foot and Ankle Society, of the Orthopaedic Section of the Royal Society of Medicine and of the Hunterian Society. Was Chairman of the Academic Board of the Royal Society of Medicine, a Member of the Claims Advisory Committee and Expert Assessor for the Medical Protection Society and Non-Executive Chairman of East Kent Medical Services Limited, which provides independent medical services in East Kent. He was also Governor of the Expert Witness Institute and Chairman of his Cambridge College Alumni Committee.

Presently Ian is Honorary Treasurer of both the History of Medicine Society and the Retired Fellows Society at the Royal Society of Medicine, Fellow of the Medical Society of London and the Hunterian Society, as well as acting as Honorary Archivist for the British Orthopaedic Association.



**Catherine Sarraf BSc PhD FRCPath, Honorary Editor of the RFS Newsletter**

At University College Cardiff, Catherine took a first class honours in Zoology, followed by her PhD on *Cell Proliferation and Cell Death in Malignant Tumours*. She spent the greater part of her career in the Department of Histopathology, Royal Postgraduate Medical School, at the Hammersmith Hospital, during which time the RPMS ceased to exist, melding into the newly formed Imperial College School of Medicine; whilst there, she became a Fellow of the Royal College of Pathologists. For fifteen years Catherine was Editor-in-Chief of the international journal *Cell Proliferation*, along with being a Reader in Experimental Pathology. Catherine is an active member of a number of Medical/Scientific Societies, having been President of the RSM History of Medicine Society and President of the Harveian Society of London. Looking forward to the Covid pandemic ending, she'll continue travelling over as much of the world as possible.



**Julian Axe BSc DPhil FRSA.**

Julian is a retired University Administrator and Manager having worked initially at Edinburgh University Medical School and then University of London, St George's Hospital Medical School, Institute of Neurology, the Medical College of St Bartholomew's Hospital, St Bartholomew's and the Royal London School of Medicine and Dentistry, Imperial College School of Medicine and the School of Pharmacy.

He has been a member of a number of national committees, Secretary to the Conference of Metropolitan Deans, Director of Universities and Colleges Admission Service (UCAS), Chairman of the London Universities' Purchasing Consortium (LUPC) and a Trustee of Superannuation Arrangements of University of London (SAUL). He is currently a member of three other medical related committees.



**James Carne MBE, MB, BS, FRCGP, FEWI, MCI Arb. Immediate past-Chair of the Retired Fellows Society**

To paraphrase Anthony Trollope, James sees himself as now well into the brown leaf period of his life, but during the green leaf period, he spent 3 years as a medical officer in the RAF followed by 42 years in the NHS as a GP partner in North East London and part time senior lecturer in the Department of General Practice at St. Bartholomew's Hospital, which he had helped set up, and Queen Mary College. Following age related retirement from the NHS, he acted as an Expert Witness in GP alleged negligence cases. During his professional career, he served on the Local Medical Committee and District Management Team, more recently as a Committee Member of the Retired Fellows Society, on which he was Chair for the period 2016 to 2019. He is a Fellow of the Expert Witness Institute and Member of the Chartered Institute of Arbitrators. Apart from medicine, he has a great love of the theatre, classical music, tennis and cricket, all of which he enjoys.



### **Jeffrey Rosenberg FRCP. Organiser, Intramural events**

Apart from a stint as a ship's doctor his career was a conventional one training in rheumatology at Guy's, Taplow and The London with appointment to Edgware General Hospital in 1978.

The 'excitement' came after his 65th birthday with appointments to the Tribunal Service, CQC and currently as a volunteer at the London Zoo!



### **Rosalind Stanwell-Smith MB BCH, MSc, FFPH, FRCOG, MITG, DHMSA. Organiser, extramural events**

Rosalind is an honorary Assistant Professor at the Centre for History in Public Health, London School of Hygiene and Tropical Medicine, an honorary Fellow of the Royal Society for Public Health and External Events organiser for the RFS committee. Rosalind's association with the RSM dates back to medical school and she is a past president of the Section for Epidemiology and Public Health. She holds degrees in medicine, public health, obstetrics and epidemiology and organizational behaviour and her dissertation on the history of public toilets was awarded the Maccabean Prize from the Worshipful Society of Apothecaries. After retirement from the NHS, she became a public health advisor to water companies, editor of *Perspectives in Public Health* and a London professional tourist guide. The latter made her especially suited to her role on the RFS committee and she is looking forward to when we can start having visits again as soon as possible!



### **Harvey White FRCS, DM, MCh**

Following preclinical Oxford, Harvey undertook his clinical training at Barts. After working as a registrar at a number of London Hospitals, he left Bart's as a senior registrar to take up a consultant surgical appointment at the Royal Marsden Hospital. He was a Founder Member of BASO and subsequently Vice-President and first editor of *Clinical Oncology*; also he was awarded the Ernest Miles Medal and a Hunterian Professorship. After taking early retirement from the NHS, Harvey worked as a consultant at the London Clinic and King Edward VII hospitals. For 28 years he held various appointments at the RSM including vice-President, and was founder of the RFS and first recipient of the RSM Medal. He was also President of various Medical Historical Societies and has published a number of books.



### **Robin Williamson MD MChir FRCS (Eng) FRCS (Ed)**

Robin Williamson cut his surgical teeth in Bristol as successively senior registrar, senior lecturer and professor, with one formative year at the Massachusetts General Hospital, Boston. In mid career he moved to the Hammersmith and the late-lamented Royal Postgraduate Medical School. In 2002 he started a parallel career at the RSM as Associate Dean, Dean and eventually President. In retirement from the NHS he misses the international travel and camaraderie more than the cut and thrust of surgery, but maintains an interest in the young with the regular teaching of surgical anatomy to trainees from London and the South-East. Judy and he have three sons and six grandsons plus one granddaughter, who is at least as smart as the boys. Two of his sons are sixth-generation doctors.





### **Memo Spathis MA, DM, FRCP, DPMSA, BA(Hons) OU**

Memo was educated at Exeter College, Oxford with his clinical training at Guy's Hospital. He was a registrar at Addenbrooke's and St Thomas' and senior registrar at the Middlesex Hospital. These positions were followed by being Consultant Physician St Helier Hospital, Carshalton and Honorary Consultant at the Royal Marsden Hospital, Sutton. Sub-Dean, St Georges Hospital Medical School came next. In addition, Memo was Secretary of the British Diabetic Association Medical Advisory Committee, founder member of the UK Diabetes Education Study Group and MRCP examiner (Visitor, Senior, and Host Examiner, member of Scoring and Question Groups). Also Memo was Member, Vice-Chairman, and acting Chairman, of the SW Thames Regional Health Authority and Member of the Council of NAHAT (and Chairman of various *ad hoc* committees, including Manpower and Education). Memo has the Diploma in the Philosophy of Medicine from the Society of Apothecaries (Medical Ethics DPMSA). Memo partially retired at 60, having given up in-patient beds before, and concentrated on Endocrine out-patients, and Diabetes in the community for the final four years.

Peri- and following retirement, Memo has been a JP and Magistrate, London Youth Court, and a Member of CICAP Criminal Injury Compensation Appeals Panel (part of the Tribunal system). In addition, Memo undertook a BA (Open University) in Humanities and Classical Studies and joined the Royal Photographic Society (and acquired the LRCP).

### **David Shanson MB BS FRCPATH**



David was born in London and is now aged 76. He qualified MB BS from Westminster Hospital Medical School in 1966, obtained his MRCPATH in 1973 and FRCPATH in 1986. Currently David is retired although remains as an Emeritus Consultant Clinical Microbiologist at the Chelsea & Westminster Hospital. Previously he held Consultant Microbiologist posts at St Stephen's & Westminster Hospitals and Great Ormond Street Hospital for Children. David is the author of the textbook *Microbiology in Clinical Practice* and Editor of the postgraduate book *Septicaemia and Infective Endocarditis*. David has also authored & co-authored over 160 journal publications.

David's society activities are: Previous Secretary then Chairman of the Healthcare Infection Society (awarded the Gold Medal of this Society in 2020), Past President of the Section of Pathology of The Royal Society of Medicine, Recent President of The Medical Society of London. Hobbies include tennis, music and playing the piano

### **Jane Reeback BSc, MB BS (Hons), MRCP**



Jane is a retired Rheumatologist and has been a member of the RSM Rheumatology section for over a good period of time. Her other long term relationship with the RSM is that her wedding reception was held at Chandos House some 43 years ago. Now, she finds it a pleasure to join the RFS committee. Jane has been determined to view retirement as a challenge, and has continued and expanded interests particularly involving art appreciation and history. She has been astonished and delighted with the lectures available on-line and has also been around a number of galleries on-line accompanied by a son. Different! She has also undertaken the challenge of learning the piano, but will neither be taking exams or giving a recital! Jane enjoys travelling but this is on hold for the present apart from some virtual city walks. In addition, there are the pleasure of grandchildren, husband, our three sons and extended family and friends to all of whom is now more time to devote. The garden is a pleasure and last summer saw her diligently tending tomatoes. Like many retired doctors although not practising she continues to take an interest in medical matters.



### **Michael J Kelly MChir (Cantab), FRCS (Eng), MRCS(UK)**

Michael's medical education was at Cambridge & St George's Hospital, London, he then became a rotating Surgical Registrar at Addenbrooke's, a rotating senior registrar in Bristol, and an RSO at St Mark's London. In 1975 he married his first ward sister, at St George's, Gill. From 1985-2009 Michael was Consultant General & Colorectal Surgeon in Leicester. At the RSM he was in the Council (President 2011-12) Coloproctology Section, on the ACPGBI Council, and founded the Clinical Governance Board in 2009. He was Joint National Lead Clinician for Bowel Cancer 2002 – 2012 under Sir Mike Richards. Currently Michael is on the Council of the HCSA, and is an IMRCS Examiner as well as being on the RFS Committee. Michael's interests are singing with Leicester Philharmonic Choir, which he has done for for 35 years, bookbinding (Council Soc Bookbinders), Chaining the local RC Congregation, being a keen trout fisherman & amateur cook. His son is the Head of Human Resources, Leicestershire Police and his daughter is a solicitor. Gill and Michael have two grandchildren, one of 5 and one of 2.

Michael and Gill have a British blue cat, Piper Heidsieck, and are interested in rambling. They live in a Queen Anne/Georgian/Victorian house in a lovely Leicestershire village 10 miles from Leicester General Hospital.

### **Michael O'Brien MD, FRCP, FRGS**

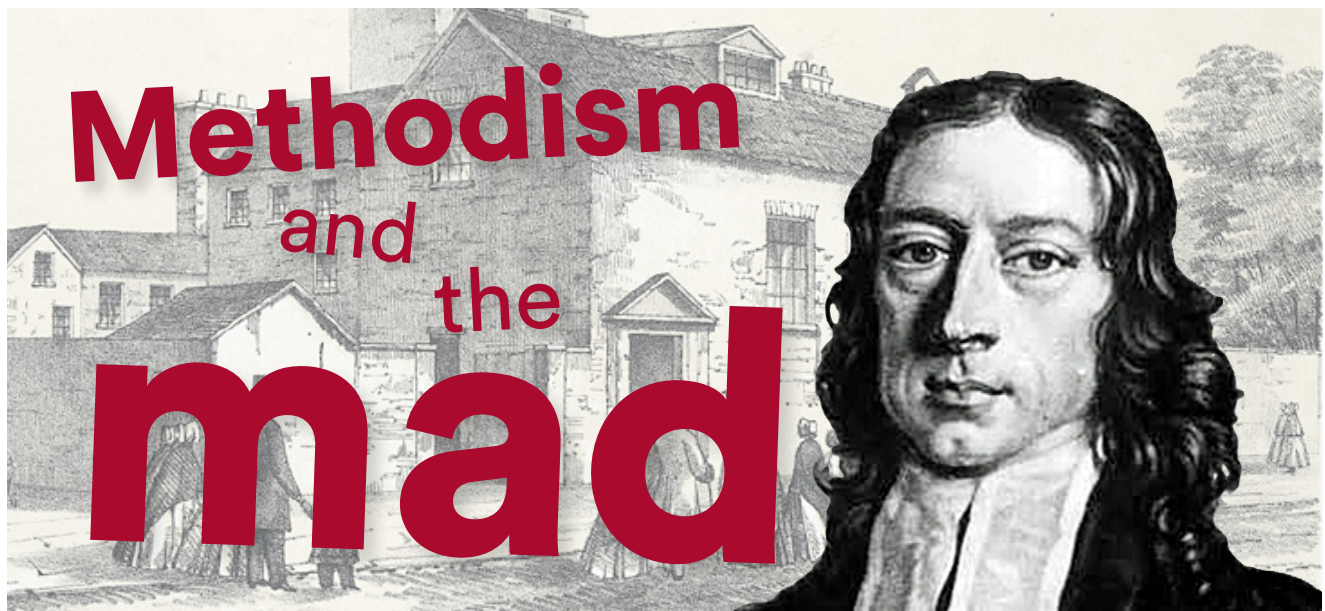
Michael trained at Guy's and spent the next five years in junior posts, including an MRC year for his MD and 18 months in neurology; then Queen's Square, Newcastle with John Walton, an MRC fellowship in the US and back to Guy's where he stayed to retirement. For the first two decades his research interest was in cerebral haemodynamics but when technology and molecular biology overtook him, he became interested in the problems of women with epilepsy. He has travelled extensively all over the world, initially with a particular interest in pre-Columbian cultures of Central America, mainly Mayan and then with the Khmer and Hindu cultures of South and South East Asia. He has given medical lectures at over 70 hospitals and universities overseas and numerous art and architecture lectures in the UK, US, France, Spain and Australia including at the British Museum, Victoria and Albert Museum and the School of Oriental and African Studies.



### **Linda Luxon CBE BSc FRCP**

Linda was delighted to be invited to join the committee of the Retired Fellows Society, following her election as Trustee to the RSM in 2018. The RSM has been part of her whole career, initially as a registrar, using the library for research and to write papers and, subsequently, to serve as a member of Council of the Section of Otology 1997- 2002, then as President of the Section of Clinical Neurosciences from 2007 to 2008. Shortly after her election as Trustee, she was invited to apply for the position of the Honorary Treasurer, as she had held this role at the RCP from 2010 to 2016. During this period, she had the privilege of being responsible for the Senior Physicians Society organising triannual conference days and an annual visit to a venue of general interest such as Bletchley Park, a tour of Epping Forest and a private tour of Dulwich Picture Gallery. At the end of March, Linda will take over from Jeffrey Rosenberg as the RFS member responsible for intramural lectures – a very daunting task reviewing the excellent programme Jeffrey has led. Linda trusts that all the members will provide helpful speaker suggestions to enable her to continue Jeffrey's good work. On a personal note Linda stepped down from her academic and NHS roles at UCL/UCLH at the end of 2016, but continues to undertake clinical work, enjoy medicine, the history of medicine, her church activities, the Athenaeum, cooking, friends and family and doting on grandchildren!





## Richard Lansdown

Two 18th century quotes:

**‘Wesley has invented a new trade, that of turning fools into madmen’.**

- William Warburton, Bishop of Gloucester

**‘Whitefield’s largest crop of proselytes lay among servant maids: and his warmest devotees went to Bedlam without going to war’**

- Horace Walpole

And one from the 19th century:

**‘I do not hesitate to express a conviction that the excitement of religious feelings, and the moroseness of the religious life favoured by some of the Dissenters, are habitually injurious to the character, and are sometimes a direct cause of insanity’**

- Henry Maudsley

A paper published in 1810 listed the causes of insanity of 863 Bethlehem Hospital patients, about one third of those admitted between 1772 and 1787. The most frequent causes were:

	Number	Percent
Misfortunes, Disappointments, Troubles, Grief	206	24
Family and Heredity	115	13
Fevers	110	13
Religion and Methodism	90	10
Childbed	79	9
Love	74	9
Drink and Intoxication	58	7

Misfortunes, troubles, disappointments and grief one can understand. That religion should be mentioned as a cause of madness among Bedlam inmates is no surprise, there is a well-established link between religious belief and mental illness and it is common for those diagnosed with schizophrenia to report some kind of religious delusion: they have talked directly to God, they are God, they are possessed by the Devil or his demons.

But why single out Methodism? The 17th century had seen a proliferation of religious sects characterised by their zeal. Among these Congregationalists, Presbyterians and Baptists, although persecuted, seem not to have behaved in a way that brought about charges of insanity. On the other hand, Quakers (so named for their shaking as they heard the spirit speaking to them), Fifth Monarchists (who saw Christ’s kingdom coming at any minute), and others of similar vein were frequently declared mad. Methodists were thus the latest in a long line.

When 18th century Methodists’ history is considered, the psychology behind construing them as mad is not difficult to discern. Universally used for disturbing behaviour for hundreds of years, mad was described by Toni Gomory as ‘a linguistic black hole that sucks in all peculiar human behaviour that society cannot digest or normalise, but still feels compelled to explain in order to respond to it or control it’.

Methodists were seen as crazy because what they said, what they stood for and what they did were seen as threats that had somehow to be explained. Wesley himself, with a frequency that makes one think of a self-fulfilling prophesy, told his followers that they were likely to be seen as having taken leave of their senses.

In the 17th century Methodist had been a slippery term, it could include evangelical groups, some Anglicans and even anyone who seemed to take religion seriously. In the 18th century it eventually came to describe only a group, becoming an organisation, becoming a denomination, slowly built up by John Wesley (1703 to 1791) his brother Charles, George Whitefield and others. An evangelical movement within the Anglican Church, it was based firmly on the born again principle that Christ had been sent to save us from sin, not just our sins but those we were born with. The emphasis was on personal belief, personal responsibility for saving oneself.

Wesley, an ordained Anglican, never formally severed his connection with the Church of England. The year before he died he wrote 'I live and die a member of the Church of England. I never had any design of separating from the Church. I have no such design now. In flat opposition to those (who wish to separate) I declare once more that I live and die a member of the Church of England and that none who regard my judgement or advice, will ever separate from it'. But by the year of Wesley's death, there were 470 chapels with 300 full time itinerants and some 2,000 local preachers. In 1795 the split came and the Methodists, like the Baptists, the Congregationalists, the Presbyterians and the Quakers, became a separate, dissenting church.



John Wesley (1703 - 1791)

## Methodists' behaviour

From the outset there had been rumblings that Methodists were mad; the rumblings became a torrent.

As undergraduates, Wesley and his followers attracted ridicule, behaviour of a small group of undergraduates beginning it. Although not yet 'born again' John declared in 1727 that 'Leisure and I have now taken leave of one another'. Some years later the two brothers were the centre of a small group at Oxford, set up originally by Charles. They lived by set rules for right living and apportioned their time carefully to study and religious duties, allowing as little as they could to sleeping and eating. It is hardly surprising that their fellow undergraduates thought this odd, they gave its members a number of names, including the derisory 'The Holy Club'.

They also made up a rhyme:

***By rule they eat, by rule they drink,  
By rule do all things but think  
Accuse the priests of loose behaviour,  
To get more in the layman's favour.  
Method alone must guide 'em all  
When themselves Methodists they call.***

Critics' conviction that Club members were making excessive demands on each other, and were possibly really mad, was confirmed when one member of the group, William Morgan, went mad and died tragically in 1732. (These critics appear to have ignored the fact that Holy Club members visited lonely people in prison, took food to poor families and taught orphan children to read).

Accusations of madness came later from the behaviour of early congregations, there was much shouting and screaming, crying and swooning. People could at various times and in various places convulse. On one occasion a woman 'cried out aloud as in the agonies of death', two others 'were seized with strong pain and roared with disquiet of heart'. Wesley himself reported scenes of the Acts of the Apostles reproduced with demon-possession, visions and healing. Imagine the sedate Anglican observing such behaviour and thinking that surely these people were deranged. In Oxford and London troubled spirits were perceived by Wesley as being in the throes of the struggle for salvation, but were written off as mad by physicians.

Claims and beliefs of some of Wesley's followers did not help. George Bell, for example, said in 1761 that he had been converted following a vision of Christ, he went on to say that he had cured a woman with painful lumps in her breast by prayer, a claim supported by Wesley. Bell and

others around him went on to declare that they were exempt from death and that they could give sight to the blind. In 1763 he took a step too far when he predicted the end of the world on the 28th of February; he was then disowned as a Methodist. As Wesley's biographer HD Rack concluded that the whole George Bell episode showed how difficult it was to distinguish religious zeal and visionary spiritual gifts from 'pretending to special revelations' and insanity, in early Methodism.

## Enthusiasm

The 18th century Establishment, the educated élite, abhorred any moves towards a return to the dreadful days of revolution so evident in the 17th century; one king beheaded and another deposed, with Cromwell's New Model Army, coming in between, intent on saving the world from evil in order to welcome the reign of God on earth, closing many inns and all theatres, banning most sports, punishing swearing and even going for a Sunday walk (unless it was to

church). They abhorred also what they saw as the primitive beliefs in astrology, witchcraft and demons that had been common hitherto, turning instead to cooler, rational thought that had been exemplified with the founding of the Royal Society which first met in 1660.

Above all, the Establishment loathed and feared Enthusiasm.

This pejorative term was coined to cover extreme emotion, characteristic of many of 17th and 18th century dissenters, essential to them as both a confirmation and a demonstration of religious experience. These were people who would interrupt a service to inform the preacher and his congregation of the error of their ways. These were people who would cure illness, not with medicine but with prayer. They preached that God had done all and left nothing for humanity to do but believe, without faith good works are of no avail.

It is no accident that the standard biography of Wesley is entitled *Reasonable Enthusiast*.

Alexander Knox, who knew Wesley well, commented 'He would have been an enthusiast if he could'. As Wesley put it, 'Whatever is spoken of the religion of the heart, and by the inward change by the Spirit of God, must appear enthusiastic to those who have not felt them'. Hogarth, with his 1762 *Credulity, Superstition and Fanaticism*, poured scorn on the Methodist preacher (possibly George Whitefield) rousing his congregation to paroxysms of religious fervour. The print was originally engraved in 1761, with the title *Enthusiasm Delineated*. Presiding from a great height a preacher-performer terrorizes his congregation with a pair of puppets representing the devil and a witch. The text beside him has opened to a page reading, 'I speak as a fool'. Hogarth's was one way of coping with Enthusiasts, another was to decide that they were suffering from melancholic vapours. As Bishop Lavington, almost to the end of his life a committed enemy of Methodism, put it 'Enthusiasm and madness are but the same thing in different words'.



*Credulity, Superstition and Fanaticism* (1762), a satirical print by William Hogarth, ridiculing religious 'enthusiasm' (as excessive emotion, not keenness) of the Methodist movement.

Wesley actually defended against the charge of Enthusiasm by pointing out that he and his followers were simply abiding by scripture. He was scathing about the word itself, arguing in one of his sermons that it was ill defined, little understood and often used in contradictory ways. He preferred fanaticism and for the rest of the sermon that is the word he uses. Fanaticism to him was indeed a disorder of the mind, a sort of madness, not part of religion ‘...quite the reverse. Religion is the spirit of a sound mind and so it is the very opposite of madness’.

But there was more to Enthusiasts than religious zeal, they were perceived as agents of political and social upheaval as well, arguing for the need for individuals to change and by extension for social change. Loyalty to the King and support for the *status quo* were tempered among those who saw their loyalty to God as paramount.

### **Methodists’ Enthusiasm as a political and social threat**

EP Thompson, in his 1963 *The Making of the English Working Class*, sees Methodism as anything but a threat. He writes of a reactionary religious terrorism, suppressing progressive political activity. ‘Nothing was more often remarked by contemporaries of the workaday Methodist character, or of Methodist home-life, than its methodical, disciplined and repressed disposition.... Energies and emotions which were dangerous to social order, or which were merely unproductive .... were released in the harmless form of sporadic love-feasts, watch-nights, band-meetings or revivalist campaigns’. Thompson, however, was describing the Methodism of the very late 18th and 19th centuries, the picture from earlier times was different.

Although John was at least outwardly loyal to the *status quo*, Methodism became tarred with the Jacobite brush. The Jacobites, traditionally understood to be those who saw William and Mary as interlopers and wished a Stuart to return to the throne, included also those who believed firmly in the sanctity of hereditary kingship. Many Tories saw themselves as heirs to the Cavaliers and were natural Jacobites (supporters displayed pictures of both Cavalier and Jacobite heroes in their homes). The Jacobite risings, beginning in 1688 and not ending until 1746, were ample evidence of the power of this movement.

Both Wesley’s mother, the formidable Susanna, and Charles demonstrated more than a hint of

Jacobitism. The latter was at one point taken before the Yorkshire magistrates for praying for ‘the Lord’s absent ones’. John distanced himself from such criticism by proposing a somewhat equivocal oath of allegiance to the King, in which he stated ‘... we are ready to obey your Majesty to the uttermost in all things which we conceive to be agreeable thereto’.

A further political threat came from America at the time of the War of Independence (1775 to 1785). Division between earthly and divine realms was not totally observed, most Methodist preachers there supported the King, but others openly despised oppression. Thomas Ware was one, believing that colonists were ‘justified in resisting (the British government) and throwing off the yoke’.

In Britain, Methodism flourished selectively in terms of occupation and social status, attracting especially craftsmen and urban industrial workers, by the 1790s some 62% of male members were artisans. These were people more likely than others to be less deferential and less bound to their employers, pastors and masters than labourers. The desire among Methodists for social change was evident; Wesley and his followers violently opposed slavery and they even had women preachers. Philip Embury, a Methodist preacher who emigrated to America was notorious there for the strange goings on in his house ‘Women often prayed and even stood up and made speeches just like the men’.

Ale house keepers, fiddlers, actors, anyone involved in the entertainments that the new religion frowned upon were also threatened. ‘Methodists make people go mad and we cannot get drunk or swear, but every fool must correct us’. Methodists were, at times in the 18th century, described as Mad Dogs, as though their beliefs were a kind of rabies, bringing madness to all who were affected. ‘The former friends of James Rogers gaped and stared at him as a monster.... swearing that.. if they did not keep from him he would convert them all, and make them as mad as himself’.

The more conservative members of the Anglican Church found, in some areas, their congregations diminishing, as indeed did the Baptists. As one commentator put it, Wesley had made a take-over bid for growing religious groups, catering for peoples’ need for a religion of the heart. Similarly, if not more significantly, was the way that Methodism split families, one member within the fold, others out of it.

Evidence that Methodists were perceived as a threat comes from the extent to which they were attacked physically, mob fury being particularly evident in the 1740s and 1750s. Sometimes the attackers were no more than bands of a few rowdies breaking up meetings, frightening women and occasionally throwing the preacher into a duck pond. One can imagine that for the perpetrators this would have been construed as having a bit of fun. But there were other examples of more organised mobs egged on, sometimes with free ale and money, by the local clergy and landowners, seemingly designed to deter would be Methodists from joining the movement. John Trelford gave a graphic account of one of the more aggressive mob assaults. 'On 25 January 1742.... the rabble made all the noise they could and pushed violently against the hearers (of Wesley). They struck some of them and broke down part of the house. (They) began to throw large stones, which forced their way through the roof and fell with the tiles among the people. Wesley saw that the people were really in peril of their lives'.

Wesley offered a simple response to such attacks. In one of his sermons he preached that holiness brings persecution.

**“If you haven’t experienced this kind of persecution, ask yourself whether you are truly a Christian..... Meek, serious, humble believers enjoy a good reputation among their fellow Christians but the world thinks badly of them and treats them like dirt”**

### **Hell fire preaching: mania and melancholia**

Religious mania and melancholia were recognised well before the 18th century. Timothie Bright had written in 1586 of 'that heavy hande of God upon the afflicted conscience, tormented with remorse of sinne, & feare of his judgement'. Richard Burton, in his 1621 *Anatomy of Melancholy*, wrote of 'an anguish of the mind', mostly with fear and sorrow as inseparable companions. He coined the phrase 'religious melancholy', which he saw as resulting from the Devil working through 'superstitious Idoloters, Ethnickes, Mahometans,



The 'cross and flame' logo of the United Methodist Church.

The flame is a reminder of the Christian holiday of Pentecost, when witnesses were unified by the power of the Holy Spirit and saw 'tongues, as of fire'

Jewes, Heretickes, Enthusiasts, Divinators, Prophets, Sectaries, and Scismatickes' all of whom are 'miserably out, perplexed, doting, and beside themselves for religion's sake'. He lists 'too much devotion, blind zeal, fear of eternal punishment, and that last judgement, for a cause of those Enthusiaticks and desperate persons'.

Cotton Mather's 1702 *Magnalia Christi Americana* described the heart of practical divinity in Puritan New England as inextricably tied to the experience of religious melancholy, what has been described as 'the apprehension of indwelling sin, the loss of God's love, a holy terror and despair of the promise of salvation'. Sensations of losing one's mind from a failure of faith is not, of course, a phenomenon of the past. In 2012 Megan Phelps-Roper, a member of an extreme fundamentalist church in the US confronted her doubts. Either her long held beliefs were wrong or she was being tested by God. In her words she 'felt insane'.

Justification by faith was the fundamental notion of Methodism; no matter what good work one has done, if one is not born again in the realisation that Christ died to save one from sin, then one would be taken by the devil and spend eternity in hell. If I fall from grace it is my fault, my weakness and it will be my hell. And I will be distraught. But if I truly believe I will rejoice and tell the world'.

The most cursory reading of Wesley's sermons offers explanations of why those of his followers susceptible to depression or mania could well have been tipped over the edge, why they, too, suffered 'a holy terror and despair of the promise of salvation'.

'How can we enjoy life, either here or in the hereafter, while we are afraid of God's anger towards us?'

'This righteousness of the law requires obedience in a perfect degree.... That is, it allows nothing less than the full measure of obedience. This is a strict requirement'.

'I ask you, who can appear before such a judge as God, who is quick to spot the smallest divergence from the fullest obedience to the law? ..... one single breach of the law utterly destroys our whole claim to life. If we have ever offended in a single point, this righteousness is at an end'.

'I wonder if you truly realise that the consequence of sin is death, death on earth and eternal death in the hereafter... What are you going to do to appease God's anger, to make amends for all your sins? .... In fact there is nothing you can do... How stupid, then, to imagine that you can put your own sins right by your own efforts... Are you filled with remorse and self-condemnation? Are you afraid of the anger of God towards all who forget him and disobey Jesus? Then I say to you in the name of the Lord, you are not far from the kingdom of God.... Christ Jesus came into the world to save sinners... Believe this and the kingdom of God is yours'.

'Do you believe...? Then the peace of God is in your heart and sorrow is banished... You will want to tell everyone you meet, from the oldest to the youngest...'

Listening to such sermons must have led many to the conviction that they were, indeed, bound

for hell. Or they rejoiced that they had been born again and wanted to tell everyone they met of this joyous news, in what we would now see as a manic phase. Sarah Jones, an 18th century American Methodist, summed it up in a letter to a friend describing her thoughts on a typical day: during an hour of prayer she suffered 'acute agony' she 'plunged into a sea of self-abasement and self-abhorrence and groan[ed] ... for the deepest measure of profound humility'. But later when recalling that Christ was 'ointment for every sore' she became 'buried in wonder, swallowed up in extatic (*sic*) joy and gladness'.

To quote Wesley again 'But if you aim at the religion of the heart... it won't be long before somebody will say that you are beside yourself... these people think it obvious beyond argument that you are suffering from religious mania'.

He was right.

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In various ways, the Rev. Leão Neto and Gillian Tindall kindly contributed to the writing of this article which originally appeared in *History Today*. It is reproduced here with the kind permission of the publishers of that journal.



Left: Atlas moths in the forests of Asia  
Above: A relaxed Komodo Dragon  
Jeffrey Rosenberg



# The lockdown discovery of Victorian garden cemeteries

Rosalind Stanwell-Smith

Of the many inventions and matters of progress during the 19th century, the garden cemetery is possibly one of the least celebrated. Devised out of necessity as city populations escalated, the best landscape designers of the day were involved in planning them, with the aim of making them suitable for reflective recreation and fresh air, as well as an Arcadian environment for the deceased. Britain lagged behind several other countries in their conception, the dominant influence being the Père-Lachaise cemetery in Paris (1804). Until late in the Victorian age these British cemeteries were privately funded, a mixed benefit that provided splendid designs and gardens, but with the constant need for the wealthy to buy and maintain the plots. Most large British cities boast an elegant example, one of the first being the St James's Cemetery in Liverpool (1829), opened as a commercial venture: architecture writer Nikolaus Pevsner described it as the most romantic in England. Despite London's great need as the largest city in the world, London's first garden cemetery was not established until 1833 at Kensal Green. This forms one of the 'Magnificent Seven', the others being West Norwood (1836), Highgate (1839), Nunhead (1840), Abney Park (1840), Brompton (1840) and Tower Hamlets (1841). Dates give a clue to



Memorial to Ardath de Sales Stean, a young dancer who died after surgery on a ship crossing the Atlantic in 1928



Cedar of Lebanon tree: the garden cemeteries have many rare and magnificent trees

the driving force behind them and an Act of Parliament in 1832 facilitated these ambitious developments: fear of cholera. At that time, the prevailing miasma theory of infection linked cholera to supposed emanations from crowded city burial grounds. Early designs allowed for much more space between graves than in a modern cemetery and careful 'sanitary' construction: Scottish botanist and garden designer John Claudius Loudon was a major influence and his book on the subject in 1843 was consulted for the rest of the century. We can thank him for the variety of trees and other planting, as well as the often impressive gates, lodges and chapels within. But maintenance of the privately run cemeteries became an

increasing problem, so that Burial Boards and later Councils took over, you may recall the scandal of the three burial grounds sold off by Westminster Council for 15 pence each in 1986. The developers neglected the grounds, causing public outcry, and the Council was forced to rebuy them. Deterioration of monuments and buildings in even the grandest cemeteries remains a major concern, with relatively few granted preservation orders.

Cemetery tourism is surprisingly popular – I went on a tour of war memorials in France and Belgium a few years ago, which although in weather reminiscent of the worst endured in trench warfare, left an indelible impression of WWI that no history book or film could provide. Also as a Blue Badge guide, I've been asked to tour church grave yards looking for ancestors as well as to lead tours of a couple of London's 'Magnificent Seven' and some more ancient burial sites. The pandemic has stopped such tours of course, but many of you may have found a local cemetery a good place for that recommended daily exercise. During lockdown I rediscovered the nearby Hampstead Cemetery, opened in 1876, elegantly landscaped and with attractive Victorian Gothic architecture. By this date a combination of recreational garden with more crowded plots for the poor was well established, a large green field with a wild flower reserve in the north of the cemetery shows where paupers were buried, with long lost wooden markers. The central avenue and meandering paths on either side allow one to still see the Victorian vision of a park



This Muse of Music (1886) commemorates opera singer Joseph Maas, his portrait gazing up at her



Book of life for the author James Wellard (1987) has an unusual disembodied hand

with widely spaced memorials. The continuing rise in London's population, along with ravages of two world wars and the influenza pandemic of 1918-19, has led to more crowded burials as well as less decoration, but the earlier angels, statues, symbols and ornate structures give plenty of variety to view on a walk. In addition to an elaborate model of a church organ, there is evidence of the fad for Egyptian design and symbols and the lingering classical influences in pillars, arches and urns. One of the best collections of beautifully sculpted Celtic crosses in London, reflects our local Welsh and Scottish populations. That was a time of great confidence in using symbolism from many cultures and world religions. This golden age of design and decoration has been dubbed the Victorian 'cult of death' and one sad irony is that it is often easier to make out the expensively engraved quotations from Tennyson, Longfellow and the like, than the identity of the one intended to be remembered. By the late Victorian period, and certainly in the early decades of the 20th century, there was growing use of decoration for its own sake. While every symbol has a traditional meaning, such as an hour glass representing the transience of life, frequent rich mixes of symbols suggest that as much as possible has been crammed in, clusters of flowers, doves and torches almost fighting for space. Inscriptions, too, show the pride in occupying a prime site beside the main or other paths and often include the full address to underline the occupant's affluent life, such as grand homes in Regents Park or the best streets of Hampstead. Stonemasons of the day had catalogues of appropriate carvings and words, with all too few inscriptions that tell us about the person. The relatively recent headstone for Alan Coren (2007), the humourist and writer, is an exception with its image of Punch to represent his editorship and the inscription that he has gone to explore 'crickles new', the cemetery borders

Cricklewood, which he knew well. Visits to the cemetery inspired Coren to write short pieces on curious names, such as a renowned gas engineer with the unsuitable middle name of 'Careless', as well as other memorials, for example to the music hall star Marie Lloyd, who collapsed and died after performing her song 'One of the ruins that Cromwell knocked about a bit'.

My sister Juliet, an illustrator, accompanied me on these lockdown strolls and we became less interested in the famous names, often with disappointingly dull headstones, than in the many stone angels and allegorical figures, there are well over a hundred and so far we've found only two with exactly the same design. Almost none denote someone famous and all too many, particularly cherubs, indicate the loss of a child or young person. The carefully engraved Teletubby on one child's headstone is a rare example of more modern memorial. One little cherub stands alone in the green field I mentioned, evidence that however poor, the bereaved parents wanted angelic protection for the lost child. With the gloom of the pandemic hanging about us, it was strangely comforting to reflect on how London citizens have survived so much disaster, war and epidemics. The angels are sometimes modelled on Archangel Gabriel, with a trumpet, or Michael, with his sword; many are just serene figures pointing up or down. While hand position was carefully chosen, pointing down does not imply an ignominious outcome, rather a sign of protection or a call from above. To avoid ambiguity, perhaps, the majority of arms and hands lift upwards. The grandest angel and one often chosen to illustrate the cemetery is on the Art Deco Bianchi monument (1936),

dedicated to a woman who died in childbirth. Not all the angels have wings and some figures may represent grieving nymphs or 'virtues' such as Charity and Hope. To contemporaries the symbolism and its placing may have been obvious, we can recognise probably that an anchor buried in a rock indicates faith, or a broken chain the cutting too soon of a life, but we have lost much of the particular meanings just as we are no longer fluent in the language of flowers. Scrolls can be poignant, shown as unrolled for a long, successful life but mostly rolled or devoid of inscription for a life cut short.

It seems surreal now that we've had a year of these explorations. Doubling as the only large park nearby, it was often crowded on warmer days, with children running or cycling around, picnicking couples and scantily clad sunbathers in the more remote areas. Although it is not ranked with the 'Magnificent Seven' it has proved its worth in lockdown and it is a valuable reserve for wildlife and flowers. There are several books about cemeteries, but only one on Hampstead Cemetery and that comprises a list of notable residents, sadly many already faded from current memory. The angels, unconnected with fame or in some cases even a name, add grace and dignity to this as to other Victorian cemeteries. Meanwhile, Juliet and I have nearly completed a set of small watercolours, we are currently putting these into a slim volume of angels and symbols, calling it 'Angels lost and found' as several were overgrown or difficult to locate. With its self-guided walking tours we hope it will help others to discover this beautiful London location. Enjoy!

(Photographs of Hampstead Cemetery by the author)



Left: The Bianchi angel, 1936

Above: An angel at sunset: the block of flats to the left seems to have been designed to have cemetery views



# Memories of Moscow

**Harald Lipman**

2021 marks the 30th anniversary of the demise of the USSR.

My wife Nahid and I, as Medical Attaché, were posted to the British Embassy Moscow on three occasions in the 1980s, in the run up to the end of the Communist State. At the time we didn't appreciate that history was being made around us, but in retrospect, there were many 'straws in the wind,' showing the end was approaching. Prior to our first posting in 1983, we had made a private visit to Moscow and Leningrad to help us decide whether to accept the post. An ailing Andropov was in power.

Our first experience of the working of the KGB occurred on leaving Pulkovo airport in Leningrad. We were accused of trying to take antiques out of the country and each separately taken into small rooms for partial strip-searches. My pocket diary was taken from me and several pages torn out, which the FSB (successor to the KGB), are doubtless still trying to decode, as doctor's writing as I'm sure you know, is well recognised as being illegible.

Shortly after our arrival at post, a Soviet fighter plane shot down a KAL commercial airliner, which inadvertently was flying in Soviet airspace. This caused a serious breakdown in relationships with our Russian staff and all foreign airlines ceased flights to Moscow. Many weeks passed before normality was restored. Arguably, the most interesting and testing medical problem I was faced with was the unexpected fall, from the third floor of the Lebanese Embassy, by the Lebanese Ambassador, seriously injuring his brain on striking the marble floor. At his funeral in Archimandrite Niphon's Greek Orthodox Church the service was conducted in Russian, Greek, Arabic and French. Did he jump or was he pushed?

In a lighter vein, our Ambassador's departure at the end of his tenure in Moscow was enriched by the procession along the railway terminal platform, led by Donald McLaren, the Chieftain of the clan McLaren, then Press Attaché, playing the Lament on his bagpipes. During the next Ambassador's tenure there was a truly memorable visit in 1988 by Yehudi Menuhin. Crowds of Russians lined the street outside the Conservatoire, where he was due to give a recital, chanting 'Yehudi', 'Yehudi'. His successor as Ambassador and his wife, arranged an outstanding professional production of the Marriage of Figaro, in the magnificent White and Gold room in the Embassy, attended by many high ranking Russians.

Misha Litvinov, son of Maxim, the second Soviet Foreign Minister, was introduced to us by his niece, Vera, who had taught us Russian in London. In 1988 he asked me to help with forwarding to the BBC a tape prepared by friends of his son Pavel, who had been sent to internal exile, after demonstrating in Red Square in 1968, at the time of the Russian invasion of Czechoslovakia.

Nahid and I had long wished to 'have a ball' and organised a most enjoyable and successful Masked Ball in the Embassy dacha to raise funds for Great Ormond Street Hospital, GOSH. Healthcare in the Soviet Union, in general, was at the level of UK healthcare when I was a medical student in UCHMS, thirty years previously. In some fields, however, such as eye surgery, trauma surgery and space medicine, they surpassed the rest of the world.

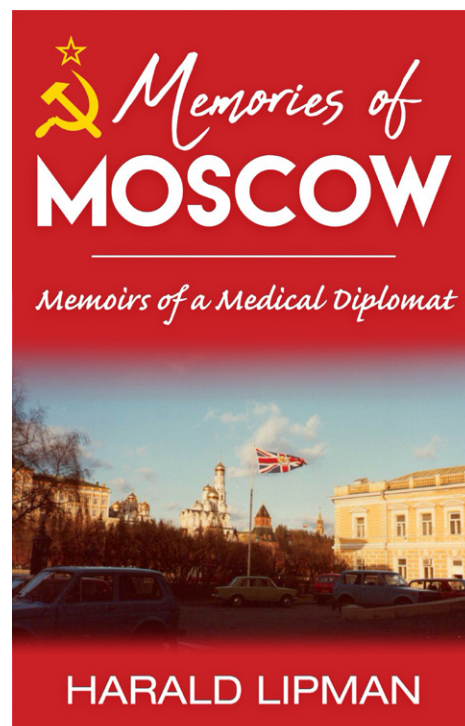
The Armenian earthquake, in December 1988, in many ways determined much of Nahid's and my life for the next thirty years. Injured children were brought for treatment to a Moscow Childrens' Hospital and we established a Charitable Trust to assist the hospital - the Tushinskaya Trust. Some years later, we opened the first School of Paediatric Nursing in Russia. Following the tragic death of our Patron, Princess Diana, we set up scholarships for young Russian and Kazakh paediatricians to attend GOSH as Clinical Observers for 3 months. In all we awarded a total of 56 scholarships.

Meanwhile the Soviet Union was starting to crumble. Gorbachev wishing to liberalise the society and the economy, within the confines of the Communist ideals, sadly for him, couldn't ensure that his political base was strong and secure enough to succeed. We saw many changes in permitted cultural life during our three postings to Moscow. By the late 1980s, no longer did compulsory State-sponsored Socialist Realism determine art, theatre, opera, ballet and films the Russian people could view. Radio and television programmes could discuss and show previously forbidden topics, such as prostitution, political dissent, religion and the economy, to mention just a few. I saw much evidence of this on my regional medical visits to Sofia and Bucharest and when Nahid and I, by chance, were visiting Berlin shortly before the Wall came down. We had flown from Moscow to East Berlin with Aeroflot. Security at Schoenfeld airport, on arrival, was remarkably lax.

In our later postings, opportunities increased to befriend Russians and we gradually began to understand their psyches and ways of thought. Not uncommonly, however as we discovered, with those we worked with in our Charity - at times when we felt we had successfully achieved an objective, they were not at all impressed. At other times when we thought that we had been unsuccessful with a specific task, they seemed very pleased, and thanked us for our efforts.

By the time of our final departure from post at the end of 1990, we had many close Russian friends, who we still correspond with or see up to this day. Nowadays, sadly, there is little understanding of Russian views by the West and of Western views by Russia. Certainly, there is a complete lack of trust by both parties. At a micro level, we feel that organisations, such as Tushinskaya Trust, have played a part in establishing an understanding and trust by the UK, of Russia and the Russians, and of Britain and the British, by Russia. The big question remains 'How can this trust and understanding be achieved by nations at a macro level?'

Those of you who are interested can read much more of our experiences in Moscow in Soviet days in *Memories of Moscow - Memoirs of a Medical Diplomat* - available on Kindle and in paperback from Amazon. 50% of royalties will be donated to The BEARR Trust, which assists with the care of deprived adults and children in the former Soviet republics.



Harald Lipman's *Memories of Moscow* is a charming account of the trials and tribulations of life as a diplomatic doctor in Moscow at the height of the Cold War.

Copies are available for purchase on [Amazon.co.uk](https://www.amazon.co.uk)

# Specialist decluttering

Jeffrey Rosenberg

**A**uction houses as a rule of thumb rely upon the 5 Ds (death, divorce, debt, decluttering and downsizing) for their consignments. As RFS members we undoubtedly all have items for disposal which are vintage (over 50 years old) or antique (over 100 years old). In most cases it is also straightforward regarding disposal: family, charity shop, auction rooms, personal trading (stall, car boot sale, eBay for example) recycling centre or skip, possibly for one's many defunct club and society ties or scarves!! I've also recently learnt of Langdon ([Langdonuk.org](http://Langdonuk.org)) a charity which supports young people with learning disabilities and autism. Their volunteers collect unwanted books, cassettes and CDs from one's home for their young people to sell both to raise funds and provide employment.

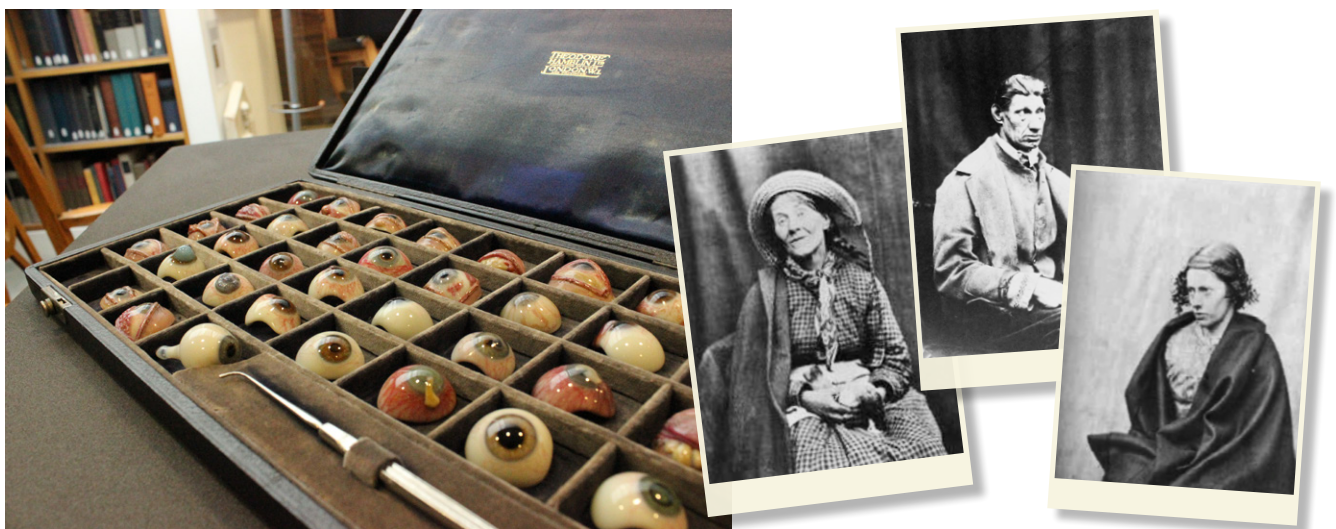
Some years ago, whilst visiting a local auction room I sadly came across the RAMC uniform and some textbooks of Guy Blackburn (1911-1995; see [livesonline.rcseng.ac.uk](http://livesonline.rcseng.ac.uk) - a kind perspective on his role in Sir Anthony Eden's cholecystectomy). Guy Blackburn was a senior surgeon at Guy's when I was a student there and a visiting consultant at Finchley Memorial Hospital as was I in due course. On a happier note, a couple of years ago whilst bantering with the Judge with whom I was sitting on a tribunal, I discovered to our mutual delight that she was Guy's daughter, Ann!

The point about auction rooms is that these days the costs may well outweigh the benefit for lots of low value (say £25 - £50) whereas if offered to a charity shop the value can be enhanced by gift aid in most cases.

The main reason for this brief essay is to consider what we should do with our vintage and antique medical and scientific acquisitions over a professional lifetime. I have a unique clinical slide collection dating from the 1960s, medical prints, numerous antiquarian and vintage textbooks, many signed by their distinguished authors. The Royal Colleges, RSM, Wellcome library, overseas medical schools and specialist auctioneers are all potential routes of disposal.

My current personal contact list is rather limited and I believe that many of us would be interested to learn of the experiences and plans of others which we could disseminate *via* our wonderful *Newsletter*.

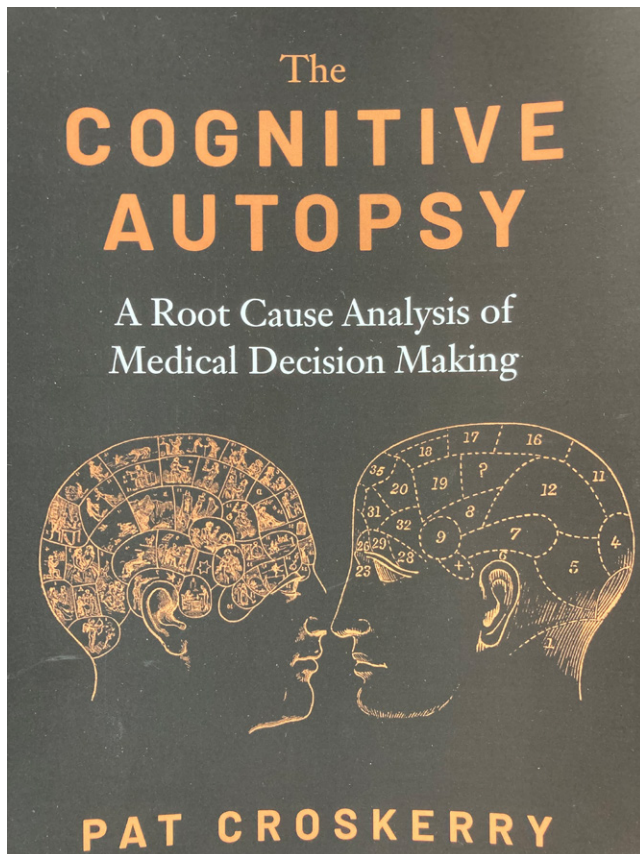
Finally, I'm also sure that we'd all be very pleased to learn about others' approaches to the 'mountains' of family photos passed from one generation's attic to the next!



The RSM's Library also hosts a large number of antique and rare items in relation to medical history. Pictured above; a selection of diseased glass eyes used to train doctors in identifying maladies, and photographs by Hugh Welch Diamond of patients at insane asylums, dating from 1850.

# The Cognitive Autopsy: A Root Cause Analysis of Medical Decision Making

Book review by Elizabeth Stockdale



In our medical careers, did we often stop to consider why and how we made decisions? We learned clinical facts about illness but may have given little thought to the processes by which decisions regarding diagnosis and treatment were made, or of those factors that might interfere with their accuracy. Today, thanks to the work of Pat Croskerry and like-minded colleagues, there is much greater understanding of decision making processes and biases that influence them.

Sadly, diagnostic error has been shown to be a significant cause of death of patients. This important, thought-provoking book aims to show how clinical decision-making can be improved, and strategies for minimising systems error can be used to reduce diagnostic failure.

Professor Pat Croskerry, is an Emergency

Physician with an extensive background in psychology and education. He has over 100 publications mainly on patient safety, clinical decision making, diagnostic failure, and the role of cognitive and affective bias in decision making, and is currently Director of the Critical Thinking Program in the Division of Medical Education, Dalhousie University. He has worked in patient safety for the past 15 years, has given over 500 talks locally, nationally and internationally and has established the first Canadian Symposium on Patient Safety.

In the introduction, Prof. Croskerry says that one of the most important drivers of the book is to 'focus on diagnosis in clinical reasoning and the ambient conditions that enable them'. The point is made that diagnosis is about prediction: how accurately can a clinician predict the identity of one or more of the approximately 12,000 diseases that may underlie a patient's symptoms and signs? Accurate prediction and therefore accurate diagnosis is thus vitally important. The so-called 'dual process theory' and the way we use it is discussed in practical detail. This is the concept of two types of decision making, that is, type 1: heuristic and intuitive, and type 2: systematic and analytical. Six clusters of factors that influence the diagnostic process are clearly laid out. For example, the factors in cluster 'C' are: stress, sleep deprivation, affective state, fatigue, cognitive load and sleep debt, and in 'D': system design, communication, ergonomic factors, resource allocation, team factors IT and scheduling. There is an excellent glossary describing different types of bias and other cognitive features, which I as a non-psychologist found very useful. Examples of the many types of potential bias are: the 'authority gradient effect', modification of one's opinion in deference to senior authority, or the 'ascertainment bias', when 'thinking is preshaped by general expectations or by what people specifically expect to find. We see what we expect to see.'

For me, the most interesting part of the book was the presentation of 42 real life Emergency Room cases. In each scenario, the reasons for diagnostic failure are dissected out, and probable biases and other error-producing conditions are identified. Relevant and memorable clinical information is provided. Each scenario is examined for the frequency and timing of the biases and for potential error-producing conditions. Also, there is an analysis of the knowledge-based errors. I found myself engaged with the cases: how would I have managed them, had I come up against similar adverse factors and biases in the past?

The Conclusion importantly provides detailed strategies for improving clinical decision making, and stresses that these factors and the processes underlying them should be part of the Undergraduate Medical curriculum.

The Cognitive Biopsy clearly lays out the factors leading to error. Understanding these and thus guarding against them is vital to accurate decision making and of course patient safety. Although the scenarios are based on the Emergency Department, the concepts are applicable to all branches of medicine. I believe that this book is essential and interesting reading!

*The Cognitive Autopsy: A Root Cause Analysis of Medical Decision Making* by Pat Croskerry 2020 pp 325 Oxford University Press ISBN 9780190088743



The lamp posts at the entrance of the RSM feature entwined snakes and rams, symbols for rejuvenation and stubborn determination respectively, dating back as far as the ancient Greeks. *John Mikels*

## INFORMATION FOR AUTHORS

There are three issues per year of the Retired Fellows Society *Newsletter*, which appear in April, August and December. Articles may be submitted at any time, and accepted ones are compiled into the next available issue space.

Each manuscript should bear the title of the article, name, address and email address of the author. Please write in Arial Narrow, 12 point, 1.5 spaced and do not justify the text. Spelling needs to conform to the Oxford English Dictionary.

Text **MUST** be submitted electronically, as a fully editable Word document.

### Accepted articles for the newsletter:

- Solicited articles, on a topic agreed with the editor, and should be 1,500 to 2,000 words in length.
- Articles submitted by readers - 500 to 1,500 words.
- Reports of presentations at meetings of the Retired Fellows Society - 500 to 1,500 words, the author invited by the Chair of the corresponding day.
- Reports of extramural events of the Retired Fellows Society - 500 to 1,000 words, the author invited by the leader of the event.
- Reports of Retired Fellows Society tours - 1,000 to 2,000 words, the author invited by the leader of the tour.
- Short 'fillers', text and/or photographs. Poems, quotes, amusing items, brief - under 200 words.

### Illustrations:

With reference to submission of images (which is very much encouraged), it is **ESSENTIAL** that each image is accompanied with a title of what it is, and the name of the photographer.

Photographs should be uploaded electronically and be as high resolution as possible (ideally 300 DPI).