

THE BULLETIN

OF THE

ROYAL COLLEGE OF PSYCHIATRISTS

COLLEGE NEWS

THE SEVENTH ANNUAL MEETING, 1978

The Seventh Annual Meeting was held in London on 4, 5 and 6 July 1978. The earlier part of the proceedings was under the Presidency of Professor W. LINFORD REES, and following the Business Meeting on 5 July Professor DESMOND POND was inducted as President.

Scientific Meetings

The meetings on Tuesday 4 July were held at the Institute of Psychiatry.

Professor LINFORD REES chaired sessions on *Treatment* and *Bereavement* at which the following papers were presented: *Treatment*: 'Drug holidays—how long should they last?', Dr A. C. Gibson; 'Drug-induced extra-pyramidal reactions' (a film), Dr Frank

Ayd; 'A double-blind comparison of fluphenazine and flupenthixol decanoate in the maintenance treatment of out-patient schizophrenics', Dr Angela Knights; 'Where are the untreated depressives?—a new problem for clinical research', Dr J. C. Little; 'The effect of anticonvulsant drugs on behaviour', Dr Michael Trimble; and *Bereavement*: 'Bereavement and sudden unexpected death in infancy (Sudden infant death syndrome)', Dr Kerry Bluglass; 'Psychotherapy of the dying patient', Dr Averil Stedeford; 'Befriending in widowhood—an evaluation of efficiency', Dr T. L. Dunn.

Professor POND chaired a session of *miscellaneous papers*: 'Voice speed in depression', Dr Peter Hall; 'Socialization scheme with a high staff-patient ratio—a

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The views expressed in articles published in the *Bulletin* (except official College material) are the authors' own and do not necessarily represent College Policy.

controlled study', Dr Doris Hollander; 'Shortening the period of in-patient care—a randomized study', Professor S. R. Hirsch; 'Accidents—cause and effect', Dr A. C. White; and a session on *Rehabilitation* organized by the Social and Community Psychiatry Group: 'The role of the consultant in rehabilitation', Dr Brenda Morris; 'Alternatives to living in psychiatric hospitals', Dr Sheila Hewett; 'Domestic resettlement—whose responsibility?', Dr Donal Early. At the end of the afternoon Professor REES chaired a joint session at which Dr John L. Cox discussed 'The first year examinations and the overseas psychiatrist'.

The Distinguished Guest Lecture on 5 July was delivered by Professor PAUL R. McHUGH, Johns Hopkins Medical Institution, and was entitled 'Aspects of regulation found in feeding'.

On 6 July there were parallel sessions.

In the morning Professor POND chaired a session at which Dr A. A. Campbell, Dr J. Higgins and Dr M. Faulk presented papers on *Interim Secure Units in Practice*, and Dr J. D. Earp discussed 'The assessment and release of mentally disordered offenders in Alberta'. In the afternoon Dr Peter Hill presented a paper entitled 'Frames of reference and the family in the work of a children's in-patient psychiatric unit'; Dr Caroline Lindsey, 'The family and the crisis of reception into care'; Dr C. Dare, 'Residential care as family replacement therapy'.

Professor RAWNSLEY chaired a session at which the following papers were presented: 'The comparative value of rating scales in the affective disorders', Dr J. A. Mullaney; 'Is schizophrenia an HLA-associated disease?', Dr P. McGuffin; 'Body weight and mental symptoms after childbirth', Dr G. Stein; 'Cushing's syndrome: a psychiatric study of 29 patients with observations on the aetiology of the depressive symptoms', Dr S. I. Cohen; and in the afternoon, papers on *Electro-convulsive therapy*: 'Biochemical aspects of depression', Dr P. K. Bridges; 'The indications for ECT—a profile of its use', Dr D. Gill; 'How does ECT work?', Dr J. Lambourn; 'A double-blind controlled trial of ECT versus simulated ECT', Dr C. P. L. Freeman; 'A randomised double-blind trial of ECT', Dr E. D. West.

At the meeting of the *Psychotherapy Section* Professor Hana Segal presented a paper on 'Transference and countertransference'.

At the meeting of the *Dependence-Addiction Group*, with Professor H. J. WALTON in the chair, the following papers were read: 'Detoxification centres—an alternative to the revolving door', Dr B. Hore; 'Alcoholics Anonymous and how it works', Dr D. Robinson; 'Current treatment of opiate abusers', Dr Martin Mitcheson.

Business Meeting

The President, Professor W. LINFORD REES, in the Chair.

MINUTES

The Minutes of the previous meeting held in London on 5, 6 and 7 July 1977 having been published in the *Bulletin* (May 1977) were approved as a correct record and signed.

OBITUARY

The Registrar, Dr MORRIS MARKOWE, announced with regret the death of the following members:

CLIFFORD EDWARD ALLEN, Honorary Consultant Psychiatrist, Seamen's Hospitals.

ALICE COX, MBE, Johannesburg, South Africa.

HENRI EY, Professor, Centre Psychiatrique Sainte-Anne, Paris; Honorary Fellow.

— GÉNIL-PERRIN, Dr, Honorary Chief Physician, Seine Department Mental Hospitals; Corresponding Fellow.

BERNARD FRANCIS HONAN, Formerly Medical Superintendent, Mental Hospital, Cork; (*Chairman, Irish Division, 1950-52*).

DAVID WARING LAURIE, Queen Alexandra Hospital, London.

THOMAS JAMES McGRATH, Senior Assistant Medical Officer, Our Lady's Hospital, Cork.

JOHN VINCENT MORRIS, OBE, late Medical Superintendent, Little Plumstead Hall, Norfolk; (*Chairman, Mental Deficiency Section, 1957-60*).

ALAN BENTLEY MONRO, Lord Chancellor's Medical Visitor; Formerly Physician Superintendent, Long Grove Hospital, Epsom; *General Secretary RMPA/RCPsych., 1957-72*; Honorary Fellow.

THOMAS FERGUSON RODGER, CBE, Formerly Professor of Psychological Medicine, Glasgow University; *Chairman, Scottish Division, 1961-64*; *Chairman, Education Committee, 1966-71*; *President, 1965-66*; Honorary Fellow.

ANNUAL REPORT OF COUNCIL AND SUPPLEMENTARY REPORT

Dr MORRIS MARKOWE introduced the Annual Report by briefly commenting upon matters which had occurred since the Report went to press.

'Council has reluctantly agreed to increased examination entry fees and also to increased payments to examiners, invigilators, etc., to take effect from January 1979. The Examination Account has begun to show a small, but growing, deficit, and we have fallen behind in payments to some of the people who help us with the examinations.

'Proposals for increased annual subscriptions and registration fees are before you today.

'Reference is made in the Annual Report to the

meeting with the DHSS which takes place annually, and to the subjects discussed. The President and eight other officers and Fellows met Dr Elizabeth Shore and other representatives of the Department in what was felt to be a very friendly and helpful meeting.

'Much time has been spent by the Executive and Finance Committee discussing matters relating to political dissent and the abuse of psychiatry, and a new Special Committee, under the chairmanship of Dr Peter Sainsbury, has just been set up to consider all reports of the political abuse of psychiatry wherever it may occur, to advise Council, or the Executive and Finance Committee, and to recommend what action the College might take. Other members of the Committee are Professor Pond, Professor Rawnsley, Dr Low-Beer (who will speak to us later this morning on his recent visit to Russia) and representatives of the Public Policy Committee.

'In common with many other bodies and individuals the College has expressed concern at the recent arrest in Russia of Mr Alexander Podrabinek, for slandering the Soviet State, and the President has written to President Brezhnev. (*The text of this letter will be found on p. 156 of the September 1978 issue.*) The President also received a letter from Academician J. R. Shaferevitch in which he expressed "appreciation and gratitude for the activity of the Group (College). This activity encourages me to send you the enclosed letter and to ask your help to bring it to public attention". (*A translation of this letter was published in the September 1978 issue, p. 155.*)

'Also in connection with this case the College has been informed of a mock trial, to be conducted by Mr Louis Blom-Cooper, QC, to coincide with the trial in Russia of Mr Podrabinek. This was considered at an emergency meeting of the Executive and Finance Committee last week and it was agreed that Dr Peter Sainsbury would represent the College, but that permission should not be given to hold the mock trial at the College headquarters. It was also felt that it would not be appropriate for a President of the College to participate personally.

'The Annual Report refers to our pleasure at Professor Desmond Pond's election as President to succeed Professor Linford Rees who retires from this Office today. Following another ballot, I am pleased to announce the election of Dr Gerald Timbury as my successor as Registrar. I would like to take this opportunity of wishing Dr Timbury a happy and successful term of office and also of thanking all those of my colleagues in the College who have made my own term of office so smooth and so pleasurable.'

The Annual Report, which had previously been circulated to all members, was adopted.

ANNUAL REPORT OF THE TREASURER 1977-78 AND ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 1977

Dr WILFRED WARREN, Treasurer, presented the Report and Accounts:

Accounts

The Accounts for the year to 31 December 1977 show a further building up and consolidation of the financial stat of the College. An important feature has been the liquidation of the loan on the building from Guinness Mahon & Co. Ltd., on 25 March 1977, and a switch to Barclays Bank with an overdraft facility of up to £300,000 during 1977. All available College moneys were then placed in this Barclays account, so that in practice no overdraft was incurred before 13 December, and then only until the end of 1977, as 1978 subscriptions came in from 1 January 1978. This manoeuvre saved the College having to pay further large sums of interest on the loan from Guinness Mahon, the cost in 1977 being £8,656 (£44,660), and later £830 to Barclays for the overdraft. This drop in interest payable more than compensated for the loss of interest (£9,897 in 1976) from College moneys previously deposited elsewhere.

The surplus of £72,061 in 1976 allowed some capital spending on the College in 1977. The floor of the room allocated for the Library was strengthened and the library books were brought back from store, the first steps necessary to restore the facility of the College Library. At the same time the College Council Chamber was further refurbished and the electrical rewiring of further areas carried out (in all, these cost £11,323). A Computer was bought (cost £26,674), now a necessity to help cope with the greatly expanded College administration affairs. These special costs are included in the 1977 accounts. Thus these operations, both in banking and from capital works in the College, have meant a fall in 1977 of £148,682 in the 'current' assets of the College, but with a gain in 'fixed' assets. These, allowing for depreciation, stood at £784,220 on 31 December 1977. In all, on 31 December 1977, the net asset position stood at £959,511 (£822,153).

The income from subscriptions was almost identical with that in 1976, that from deposit interest fell, so that the income of the College apart from that gained by the *Journal* was £180,680 (£191,576). With continuing inflation, there was a rise in staff costs to £97,811 (£88,963). Printing costs also rose. However, the comparatively small rises in the other Establishment and Administration expenses are a reflection of the care taken by all staff to keep them down. This prudence needs to be continued in order to keep pace with rising costs from continuing

inflation (Note 1 Establishment and Administration Expenses p. 101. The grant from the Department of Health and Social Security towards expenses arising from the assessment of general professional training fell to £6,641 (£8,546).

The publications operations of the College, including the *British Journal of Psychiatry*, (p. 100) again had a very satisfactory year with a surplus of £49,824 (£31,309). This was mainly due to the rise in the price charged for the *Journal* to outside subscribers and from the sale of advertisements. The cost of *Journals* distributed to members of the College is written off.

The Examination Account (p. 101, Note 3) showed a higher deficit of £6,958 (£4,608). This income loss on the Examination will therefore require careful consideration by the appropriate committee to decide what measures may be necessary in future.

The market value of investments at the end of 1977 was £186,571 (£146,601). There had been no buying of stocks during the year.

Appeal Fund

For the 1977 accounts a separate Revenue Account has been introduced in respect of the Appeal Fund, thus making clearer the progress of the Appeal. Further donations to the Appeal Fund have slowed down to £95,355 (£176,917), £86,909 from generous benefactors from outside the College and £8,446 from members of the College. Efforts continued throughout the year to raise further capital to pay off the cost of 17 Belgrave Square, and then to provide for a fuller use of the College headquarters. These efforts will need to continue in future years to allow further activities in the College to be developed.

Approval of the Treasurer's Report and Accounts was proposed by Dr P. G. McGrath, seconded by Professor K. Rawnsley and carried *nem con*.

Subscriptions

Acceptance of increased subscription rates commencing 1 January 1979 and approved by Council on 14 June 1978 was proposed by Professor K. Rawnsley, seconded by Dr C. M. B. Pare and carried *nem con* as follows:

	Registration Fee	Annual Subscription
<i>Fellows</i>	£60	£60
<i>Members</i> by examination and		
Foundation Members	£20	£40
Under Bye-law III, 2(ii)	£40	
<i>Affiliates</i>		£25
<i>Inceptors</i>	£10	£10*

Corresponding Associates £15
(Former Associate Members RMPA)

Over 40 Years Membership Nil
(as members of RMPA/College)
Fellows/Members/
Affiliates/Associates

Retired
Fellows/Members
Affiliates/Associates
Retired before 1 January 1976 £4
Retired after 1 January 1976 £12

Joint Membership
Total of two subscriptions, minus £10
(To receive one *Journal*)

Half-Year
If taken up after 1 July Registration fee and half annual subscription.

* Inceptors pay £10 Registration fee only on enrolment: they pay a £10 annual subscription in subsequent years.

Overseas members will receive programmes (not *Journals*) by air mail from 1 January 1979.

SECTION FOR THE PSYCHIATRY OF OLD AGE

The meeting approved the transformation of the Group for the Psychiatry of Old Age into a Section forthwith (approved by Council October 1977). The Resolution was proposed by Dr Felix Post, seconded by Professor T. Arie and carried unanimously. In responding on behalf of the Section Professor Arie expressed gratitude to the Officers, particularly to the President, and staff who had supported and helped the Group in achieving its new status, and referred also to the great debt of gratitude the Section owed to its 'Father', Dr Felix Post, under whose wise and distinguished chairmanship the Group had evolved.

AUDITORS

Messrs Turquands Barton Mayhew and Co. were re-appointed as the College's auditors for 1978-79 (Proposed by Professor K. Rawnsley, seconded by Dr P. G. McGrath and carried *nem con*).

ELECTION OF HONORARY FELLOWS

The following were unanimously elected to Honorary Fellowship:
Professor T. C. N. GIBBENS, Professor of Forensic Psychiatry, Institute of Psychiatry, London.
Dr E. H. HARE, Physician, Bethlem Royal and Maudsley Hospitals, London; Editor of the *British Journal of Psychiatry*, 1973-77.

Dr NATHAN KLINE, Head of the Division of Research, Rockland State Hospital, New York, USA.

Dr MORRIS MARKOWE, Medical Administrator, Springfield Hospital, London; Registrar, 1971-78.

Professor W. LINFORD REES, Professor of Psychiatry, St Bartholomew's Hospital, London; President, 1975-78.

A VISIT TO RUSSIA

Dr G. A. Low-Beer reported on a recent visit to Russia.

INDUCTION OF NEW PRESIDENT

Professor Linford Rees presented Professor Desmond Pond, the new President, to the meeting. Professor Pond, having taken the Chair, presented the Past-Presidential badge to Professor Linford Rees.

PRESENTATION OF PRIZES

The Gaskell Medal and Prize was presented to Dr Pamela J. Taylor, Guy's Hospital.

The Bronze Medal and Prize was awarded to Dr Stuart A. Checkley, Institute of Psychiatry.

INTRODUCTION OF HONORARY FELLOWS

The new Honorary Fellows were introduced and presented to the President. The citation speeches were made by Dr W. A. Heaton-Ward for Professor Linford Rees; Dr Wilfrid Warren for Dr Morris Markowe; Dr P. G. McGrath for Professor T. C. N. Gibbens; and by Professor Linford Rees for Dr E. H. Hare and Dr Nathan Kline. (Summaries of the speeches will be found on pp. 154-55 of the September 1978 issue.)

PRESENTATION TO DR ALEXANDER WALK

Professor POND offered the College's congratulations to Dr Alexander Walk on his fifty years of outstanding service to the Royal Medico-Psychological Association and the College, and presented him with a glass bowl engraved with the Arms of the College together with a cheque from his colleagues. He announced that Council had conferred on Dr Walk the title of Emeritus Librarian. In replying

to the President Dr Walk expressed his gratitude for the great happiness that his connexion with the RMPA and the College had given to him. He presented to the College two plaques bearing the College's Coat of Arms for display at the College headquarters.

OVERSEAS DELEGATES

The following delegates were presented to the President:

Professor LESLIE KILOH, Royal Australian and New Zealand College of Psychiatrists; Dr JEAN TITECA, General Secretary and Past President of the Société Royale de Médecine Mentale de Belgique; Dr R. C. R. CHALKE, Past President of the Canadian Psychiatric Association; Dr F. LOZA, Egyptian Psychiatric Association; Dr Jacques NEHLIL, Société Médico Psychologique de France; Dr C. M. CHUNG, President, Hong Kong Psychiatric Association; Dr P. PARTOVE, Psychiatric Society of Iran; Professor E. EDELSTEIN, President, Israel Psychiatric Association; Dr OLE HERMAN ROBAK, Chairman, Norsk Psykiatrisk Forening; Dr G. A. ASGHAR, Pakistan Psychiatric Society; Professor Dr SCHIMMELPENNING, Deutsche Gesellschaft für Psychiatrie und Nervenheilkunde, West Germany; Dr G. USDIN, American College of Psychiatrists; Dr HENRY LAUGHLIN, American Psychiatric Association. Many other Members and guests from various parts of the world were welcomed to the meeting.

Social Events

The Annual Dinner was held at the Royal College of Obstetricians and Gynaecologists on Wednesday 5 July. Professor Kenneth Rawsley proposed the Toast of 'The Guests' and Dr J. J. A. Reid replied. The Toast 'The Royal College of Psychiatrists' was proposed by Sir Douglas Black and the President replied.

On Tuesday 4 July members and their guests attended a Reception at the College headquarters. In the afternoon members' wives/husbands attended a 'Cello Recital given by Miss Celia Pond and Mr Donald Runnicles including works by Brahms, Schumann and Kodaly.

ERRATUM

It is regretted that on p 56 of the April *Bulletin* the late Dr Alan Mawson was described as a Registrar at the Bethlem Royal and Maudsley Hospitals. Dr

Mawson was a Consultant Psychiatrist at the Marlborough Day Hospital and the Tavistock Clinic.