
Obituaries

Sinclair Stewart Sutherland, formerly Physician Superintendent, Hartwood Hospital, Lanarkshire

The death of Sinclair Sutherland on 25 March 1997 robbed Scottish psychiatry of one of its most colourful characters. Born in Carluke, Lanarkshire and educated at Wishaw High School, he graduated in medicine at Aberdeen in 1955. After working in orthopaedics and general practice, he decided on a career in psychiatry and trained in Aberdeen and in Boston, Massachusetts. In 1966 he became a consultant at Woodilee and Stoneyetts Hospital, near Glasgow, and was elected FRCPsych in 1983.

Throughout his career, psychotherapy was his major interest and he was a keen founder member of the Psychotherapy and Social Psychiatry Section of the Scottish Division. In hospital he fostered Occupational and Industrial therapy, but he most enjoyed his out-patient and domiciliary work. Eventually, he became Physician Superintendent at Hartwood Hospital in Lanarkshire which was a kind of home-coming although he retained his love for the North-East and enjoyed being mistaken for an Aberdonian. He retired at 65 but, reluctant to stop work, he took locum posts in Glasgow and Stranraer only fully retiring a short time before his death at the age of 67.

He developed diabetes at the age of 16 and, as a student, had to spend many months immobilised in a plaster-cast because of tuberculosis of the spine. Thereafter, his life involved a reluctant battle with illness. His cavalier attitude to insulin dependency led to some awkward moments and eventually to complications but he refused to be an invalid and led the life of a fit man. Even a below-knee amputation did not deter him, although it forced him to give up motor cycling.

He was intelligent, but not intellectual and living in haste – he thought he would not live beyond the age of 40 – he derived great pleasure from fast cars and his motor cycle: he broke several bones as a result including cervical vertebrae in a life-threatening incident which led to another period of immobility in traction. Not surprisingly, he had a horror of hospitalisation which complicated the treatment of his final illness. He tried to see the world on his bike but failed to get his last wish to visit Italy.

His private life was both happy and sad. He was married twice and divorced twice. Both marriages brought him joy and pain but he was lucky to find eventual consolation with a partner who nursed him through his last few years. He was convivial and preferred the company of others to his own; helping many people through their difficulties even while coping with his own. He was sometimes irascible because of poor health but he never lost his charm. He was kind and generous and a good friend. Late in life he joined the Baptist Church and he undoubtedly gained much from this.

His battle against illness was eventually lost and his last months involved several admissions to hospital for brief periods. With typical boldness he shrugged these off and managed, against the odds, to die at home. He was a proud Scot and he was laid to rest in Carluke to the sound of the bagpipes.

He will be missed, sadly by those close to him and fondly by many others.

BOB DAVIDSON

Alfred James Warren

James Warren was born in Brandon, Manitoba, Canada, on 16 July 1912, the son of English emigrants. He was educated at Brandon Collegiate Institute where he graduated in 1930 as the top high school student in Manitoba and was awarded The Governor General's Medal. With this award, and two scholarships, he entered the Medical School at the University of Manitoba in Winnipeg, where he was actively involved in a wide range of student activities. In addition to being elected – and re-elected – Class President, he was a Captain in the Royal Canadian Army University Medical Corps and a Captain in the Manitoba Medical School Rifle Team. He was awarded a gold medal for anatomy and taught this subject at the Winnipeg Art School, as well as being an instructor in histology at the University.

While he was a medical student he worked during his vacations at the Brandon Mental Hospital and became interested in psychiatry, so after he graduated MD in 1936 he accepted the position of staff psychiatrist at the Provincial Mental Hospital at Essondale, near Vancouver. He believed that to be a very good psychiatrist he must first be a very good physician so, in 1938, he went to London for one year to study at the

National Hospital for Nervous Diseases, Queen Square, and then at King's College Hospital and the London Hospital, whose teachers he appreciated enormously. In the evenings he looked after the practice of a general practitioner at the Elephant and Castle.

In September 1939, with war imminent, the War Office put out an urgent call for doctors and he joined the Royal Army Medical Corps (RAMC). He arrived in France with the British Expeditionary Force in September 1939 and was medical officer to the Corps of Engineers, stationed near Arras, as well as the civilian population. When the Battle for France began in 1940 the Engineers were among the first troops to move-up and they were also among the last in the retreat. At the Battle of Dunkirk he was mentioned in Despatches.

Back in England he was posted to Netley Hospital, Southampton and later transferred into the newly created speciality of psychiatry in the RAMC. In 1941 he attended the first course in psychiatry at the 41st Neuropathic Hospital at Bishop's Lydeard, Somerset, before being posted in this speciality to Belfast, Northern Ireland. During his first leave he passed the examination for the Diploma in Psychological Medicine. After Belfast he served at the Military Psychiatric Hospital at Northfield, Birmingham and then was posted to North Africa, attached to the Eighth Army. The Eighth Army moved on to Italy and he remained with it during the entire Italian campaign.

While in Italy he became interested in the country and all its treasures and while stationed near Rome he visited Professor Urgo Cerletti, the inventor of electrotherapy. As the Army slowly proceeded northward he was always heavily involved with the troops in his psychiatric care. He would regularly go up to the front line at night with a mule train to assess the morale of the troops in the trenches and, if necessary, to remove some soldiers for a day or two to rest. At one time, during an important battle, he served in the front line as the regimental medical officer to the 1st Battalion The Royal Fusiliers. This Unit was part of the 4th Indian Division, famous in the Eighth Army for pushing the Germans out of Italy. With the rank of Lieutenant Colonel he commanded a military psychiatric hospital at Barletta in the Adriatic. His army service came to an end at Villach in Austria, where he commanded No. 7 Base Psychiatric Centre.

After demobilisation, he was offered a place on the postgraduate course in Advanced Medicine at the London Hospital; where later he was appointed a Resident House Physician. He was Senior Registrar in the Department of Medicine at the Postgraduate Medical School at the Hammersmith Hospital, and from 1946–47 he

was a Senior Registrar at the Institute of Psychiatry at the Maudsley Hospital, working directly under Dr Aubrey Lewis.

After returning to Vancouver, he set up in private practice where he practised psychiatry for 37 years. He was on the attending staff of the Vancouver General Hospital as a Senior Physician in the Department of Psychiatry, where for more than 25 years he donated one morning a week to the Psychiatric Out-patient Department, and he was a Consultant Psychiatrist at Shaughnessy Military Hospital. In 1946 he was made a Fellow in Psychiatry of the Royal College of Physicians and Surgeons of Canada and in 1949 he was made a Fellow in Neurology (which he did not practise). He was Chairman of the Section of Psychiatry of the British Columbia Medical Association and a Director of the Canadian Psychiatric Association. He was also on the Executive of the North-Pacific Society of Neurology and Psychiatry and in 1957 he was made a Life Fellow of the American Psychiatric Association. In 1952 he became associated with the Department of Psychiatry when it was being set up in the Faculty of Medicine at the University of British Columbia and he became a Clinical Associate Professor in that Department. In 1971 he was elected to a Foundation Fellowship of the Royal College of Psychiatrists.

James Warren was imperturbable and calm, and his serenity concealed a passion for what he believed in – the pursuit of excellence. In his personal life, he was devoted to his family. He had many interests; he had been a sailor with his own sailboat, a skier, an expert ballroom dancer, a fly-fisherman, a birdwatcher and a grower of beautiful roses. For more than 50 years he was a member of the Vancouver Lawn Tennis and Badminton Club and played excellent tennis up to the age of 82. Above all, he was a serious hiker. Hiking with him in the Rocky Mountains was always a great joy. He also loved his many trips hiking throughout France, from the Auvergne to the French Alps, and in England and Wales. He was an excellent host, although he would always deny that he was a 'connoisseur' of wine, but he kept meticulous records in his cellar. He loved to listen to classical music and was a life-long subscriber to symphony and chamber music concerts. He read voraciously, mostly history and current world affairs and, to the end, in his own field.

He bore his final illness with the courage and patience he had exhibited throughout his life: he died on 8 February 1997. He was my beloved husband for 57 years (née Estelle Meyler) and he is survived by me and his devoted children and grandchildren.

ESTELLE H. WARREN