



treatment and management of patients with an increase in staff at all levels. When Dr Comerford died, Hugh took his place as Deputy, and when Dr Cook retired in 1958, Hugh became Medical Superintendent. He enjoyed his new position, but due to his sometimes brutal frankness and his exacting disposition he became, on occasion a controversial figure.

Many clinical psychiatrists at this time had become dissatisfied with the existing management structure and there was much discussion about the possibility of changing the way mental hospitals were administered. There was a proposal that a Medical Advisory Committee be set up to advise the Hospital Management Committee. A transition of this nature did begin to take place about 1960 and it affected the position of the Medical Superintendent. Hugh was not pleased, but accepted the change, uttering gloomy prognostications about the future of clinical freedom. No doubt, in later years, he did have the satisfaction of being able to say "I told you so!". He continued to pursue the goals he had set himself and was responsible for planning and organising the opening of Castlewood Day Hospital and re-instate, an industrial unit for patients. Both these projects are alive and active to this day.

He decided to exercise the option to retire from his post at Bexley Hospital in 1968 and then held various locum posts as well as jobs with local authorities with the emphasis on children's care. He was also appointed for two consecutive terms of three years each to be a member of the Mental Health Review Tribunal, South-East Metropolitan Region, expiring October 1975. This work satisfied him immensely. Above all, he loved to have family and friends around him and would discuss and give advice on all manner of things. He was, in fact, very knowledgeable on many matters besides medicine.

He enjoyed good health and was able to follow his hobbies and pursuits fully until about 1982 when health problems arose. But with considerable ingenuity and resourcefulness he overcame most of his difficulties and was still able to enjoy motoring, watching car racing and holiday

travel. It was only in the last year or two of his life that he became more house-bound. He leaves a wife, two daughters, a son, nine grandchildren and six great-grandchildren.

Harbans Capooore

Major General Ishrat Husain

Formerly Consultant Psychiatrist, Karachi, Pakistan



Major General Ishrat Husain was born on 25 December 1928 in Gwalior, India and graduated in medicine from the King Edward Medical College, Punjab University in 1951. He entered the Armed Forces of Pakistan in 1952 and in 1957 specialised in Psychiatry.

He gained the DPM (Lon) in 1965 and became a Founder Member of the Royal College of Psychiatrists in 1971 and was elected to the Fellowship in 1984.

He was a major force in developing psychiatry in Pakistan and an eminent and leading psychiatrist in the Pakistan Armed Forces. The Pakistan Armed Forces recognised him as a true veteran by awarding him the *Sitara-e-Imtiaz* (Military) in 1978 and *Hilal-e-Imtiaz* (the highest award for meritorious services) in 1984. He was the Commandant, Armed Forces Medical College Rawalpindi, Pakistan from 1982–1986. As Commandant he arranged the first regional meeting outside the UK of the Royal College of Psychiatrists in Rawalpindi. He was also the Adviser in Psychiatry to the Armed Forces of Pakistan.

His influence in education was enormous, eventually becoming Dean of the Faculty of Medicine at the Quad-e-Azam University, Islamabad and Chairman of the Board of Studies for the MHSc (Medical Administration) in 1985. He took an active part in teaching psychiatry to medical students, junior doctors and postgraduate students. He was an inspiration and a role

model to a number of his students who are now practising as consultants in psychiatry. Some of the key appointments he held were Chief Instructor in Psychiatry at Armed Forces Medical College, Professor in Psychiatry and Honorary Consultant at Agha Khan University.

His key research was into the psychological factors in military aviation and the use of psychotherapy. He was involved in the rehabilitation and psychological well-being of prisoners of war in 1971 on their return to Pakistan. He was instrumental in ensuring that the prisoners of war were allowed to continue their armed forces careers and, in addition, he conducted a study of their psychological and mental state.

In recent years he had been involved in developing Pakistan Institute of Learning and Living, an institution created with the object of promoting the state of mental well being with special emphasis on people with low income. This work reflects Ishrat Husain's qualities as a person and his passionate, enthusiastic approach. He was a deeply religious person who found great solace and wisdom in all religions.

On a personal level, he was noted for his gentle demeanour and his soft-spoken manner. He was a guide, a mentor and a great physical and emotional support to his children and grandchildren.

I. B. Chaudhry

book reviews

A Beautiful Mind: The Life of John Nash

By Sylvia Nasar. London: Faber & Faber. 1998. 459 pp. £17.99 (hb). ISBN 0-571-17794-8

The story of John Nash offers interest and encouragement to patients, relatives and psychiatrists. He is a highly respected mathe-

matician who as a young man published from Princeton an analysis that is relevant to economic bargaining, to governments, nuclear strategy, interpersonal relations and animal behaviour. Subsequently he developed schizophrenia and was disabled by his illness. His slow and impressive improvement enabled him to travel to Stockholm in 1994 to receive, in honour of his youthful work, the Nobel Prize for Economics. Some readers may

recall that later he addressed a plenary session at the World Congress of Psychiatry in Madrid.

Nash derives from a stable American home with no history of schizophrenia. Yet at the age of 30 years he told colleagues that he was receiving encoded messages through newspapers. He noticed that men wearing red ties were signalling to him. Nash complained that his career was threatened by aliens from