

Obituaries

Brian McArdle

One of the last to give his name to an eponymous disease

In a 1951 paper in the journal *Clinical Science* Brian McArdle described a 30 year old man experiencing pain followed by weakness and stiffness after exercise. These symptoms had been regarded as psychological, but McArdle noted that the man's muscles were electrically silent, unlike ordinary cramp, and that his venous lactate level failed to increase after ischaemic exercise. He realised that this was the same phenomenon that occurs when muscle is poisoned by iodoacetate, a substance that blocks the breakdown of glycogen into glucose, and thus McArdle's disease, or glycogen storage disease type 5, entered the literature.

Brian McArdle was born in Balham, the son of the *Scotsman's* parliamentary correspondent. He and his brother became medical students and then doctors at Guy's; Brian was known as "Black McArdle" and his neurologist brother as "Red McArdle" according to their hair colour. Brian did his house jobs at Guy's, Great Ormond Street,



and the Brompton, and then spent the three years from 1936 researching in Cambridge. The outbreak of war took him to the National Hospital for Neurology and Neurosurgery, Queen Square, where he worked for the

Medical Research Council. He researched seasickness—so that troops would be in top condition for D Day—by making an adult size baby bouncer in the lab, swallowing a balloon attached to a pressure gauge, and bouncing around nauseously. With the aid of army "volunteers" he found that scopolamine was an effective treatment. He also researched airsickness, and the effects of heat in the confined spaces of tanks and ships.

In 1947 his war work ended and he went back to the clinical research unit and then the chemical pathology department at Guy's, working on muscular and neuromuscular conditions. It was here that he did his work on glycogen storage disease. After his retirement in 1973 he took up painting and gardening, but in his later years developed the Parkinson's disease from which he died. He leaves a wife, Betty; and four children. [CAROLINE RICHMOND]

Brian McArdle, physician and neuroscientist Guy's Hospital (b 1911; q 1933; MD, FRCP, DCH), d 1 August 2002.

Richard Brian Johanson

Obstetrician whose evidence based approach was ahead of its time



Richard Johanson's contribution to the safe care of women and their babies during pregnancy and childbirth was exceptional. Early in his career he became hooked by the challenges of caring for women in both normal and complicated childbirth. He progressed from senior house officer in obstetrics to registrar, research fellow, senior registrar, lecturer, and senior lecturer/

consultant all in North Staffordshire Hospital. Along the way he spent time in Kwazulu, Kathmandu (where he undertook his work for his Cambridge MD) and in Cape Town, where he did a great deal of further valuable research. He was promoted to professor at Keele University in 2001 in recognition of his unquestionable academic contribution to the research of women in pregnancy and childbirth.

He predicted, by some 10 years, that research would ultimately return to being more clinically relevant—that the identification of a clinical problem and analysis of the research literature would lead to the establishment of local and then multicentre clinical trials. He then used that evidence to inform and educate students and specialists through nationally acclaimed obstetric skills and clinical scenario courses, innovative educational videos, and local and national Royal College

of Obstetricians and Gynaecologists guidelines. We now take his approach—one of intertwined research, teaching, audit and clinical practice—for granted in clinical governance. But he developed this approach well before the government was even remotely aware of such a philosophy.

Richard was a keen mountaineer, skier, walker, all round sportsman, and a talented player of the Scottish pipes. As a medical student he busked his way around Europe in full Scottish attire playing the bagpipes.

He leaves a wife, Charlotte; and three children. [PETER YOUNG, SHAUGHN O'BRIEN]

Richard Brian Johanson, professor of obstetrics Keele University School of Medicine and consultant obstetrician and gynaecologist North Staffordshire Hospital (b Estcourt, South Africa, 1957; q Cambridge 1982; MD, MRCOG), died from malignant melanoma on 21 February 2002.

Malcolm Arthur Holmes Graham

General practitioner Potters Bar 1958-95 (b Farnborough 1931; q St Bartholomew's Hospital, London, 1955; DOBstRCOG), d 2 July 2002.

In his early years in practice, Malcolm attended some 50 home confinements a year. He always had a special interest in heart disease, and, unusually for those times, had his own electrocardiograph. He worked in the diabetes clinic at Barnet General Hospital and set up a diabetes clinic in the practice. Malcolm was a keen sportsman, and played rugby until he arrived in Potters Bar—rugby was considered too dangerous a game for a partner! He played tennis until 2000, despite a hip replacement. He wrote regularly for *Hertfordshire Countryside* magazine. Divorced from his first wife, Christine, with whom he had four children, he leaves his second wife, Brenda. [DAVID ALMOND]



Misheck obtained his DA in 1998 and moved to the United Kingdom to continue his training. He worked at Poole and Royal Bournemouth hospitals for 18 months before gaining a specialist registrar post at Southampton in 2001. Misheck produced a large number of publications in his short anaesthetic career, related to his interest in information technology and obstetric anaesthesia. He liked to read African literature and swim with his son. He leaves a wife, Ulla; and a son. [SUMIT DAS]

Christopher Pennington was appointed consultant physician in Dundee in 1979. During the next 20 years he became an international figure in clinical nutrition and established Dundee as a referral centre for patients with intestinal failure. Chris led the way as patient nutrition evolved from an often overlooked aspect to a specialised clinical and scientific discipline. His and Janet McWhirter's *BMJ* paper (*BMJ* 1994;308: 945-8) revealed the incidence of malnutrition in hospital practice and gave the medical establishment a timely reminder that clinicians were ignoring such fundamental aspects of patient care. Chris contributed widely to postgraduate courses in clinical nutrition throughout Europe. In recognition of his academic achievements the University of Dundee appointed him honorary professor of clinical nutrition. He leaves a wife, Jane; and a daughter. [NIGEL REYNOLDS, DAVID A JOHNSTON, JOHN F DILLON]

Edward Charles Hutchinson



Former consultant neurologist North Staffordshire Infirmary (b Manchester 1921; q Manchester 1945; MD, DSc, FRCP), died from ischaemic heart disease on 14 May 2002.

Appointed consultant neurologist at the North Staffordshire Royal Infirmary in 1956, he established a nationally acclaimed department, which offered extensive clinical and research training. "Hutch" argued that it was important to provide a formal infrastructure for postgraduate medical education and research, not only for hospital based medical graduates and medical practitioners, but also for scientists wishing to pursue a career in medicine. This idea resulted in the introduction of rotational clinical training programmes at the North Staffordshire Hospital Centre, which became a model for most other progressive national hospital centres. In 1979 "Hutch" became the first head of a department of postgraduate medicine at the University of Keele. He leaves a wife, Bridget; four children; and 16 grandchildren. [G A ABER, C E HUTCHINSON]

Arthur James O'Friel

Former general practitioner Ellesmere Port (b Ireland 1914; q Queen's University, Belfast, 1938; MBE), d 28 July 2002.

During the second world war, Arthur served on destroyers and did Atlantic and Arctic convoy work, ending up running naval hospitals on Merseyside. The purchase of a practice in Ellesmere Port in 1945 was the beginning of 40 years' service he gave to the town. He quickly built up a large thriving group practice. An innovator, he developed early links with the commercial and industrial firms in the town, at one time providing medical services to the Vauxhall car company. In the 1950s he was doctor and chairman of the town football club. He was a founder member of the Ellesmere Port Rotary Club. Predeceased by his wife, he leaves a son and five grandchildren. [BRENDAN O'FRIEL]

John Bryce Stafford

Former medical officer of health and general practitioner (b 1911; q Edinburgh 1940; DPH), d 29 June 2002.

Jack served in Burma in the second world war. In 1946 he became a medical missionary in India. He returned to general practice in Barking before leaving for Nigeria and Ghana as medical officer of health. In the early 1960s he returned to Peterborough as medical officer of health and later specialised in mental health at Brockhall Hospital in Blackburn, where he designed a chair for disabled people (still used commercially). He moved to Thorne near Doncaster in the mid-1970s as a GP and retired to Looe in Cornwall, where he assisted in the local practice. He leaves a wife, Jeanie; and four children. [JOHN C GATES]

Christopher Royston Pennington



Professor of clinical nutrition, and consultant gastroenterologist and physician Ninewells Hospital and Medical School, Dundee (b 1946; q Manchester 1970; MD, FRCP Ed, FRCP), died from a brain tumour on 20 May 2002.

Judith Ann Stewart (née Emerson)

Specialist registrar in neurology Atkinson Morley's Hospital, London (b 1963; q Oxford/St Thomas's Hospital, London, 1987), died from breast cancer on 28 January 2002.

Judy worked in Oxford and Bristol before choosing her specialty—neurology. Her research at St Thomas's resulted in what is now the largest and longest running stroke registry in Europe. She was diagnosed with breast cancer in October 1997. She returned to work but required more treatment for recurrence in 1999. Despite this she continued to make efforts to return to work. She leaves a husband, Jim. [NATALIE DIREKZE]

Misheck Garikai Nyabadza

Specialist registrar in anaesthesia Shackleton Department of Anaesthetics, Southampton General Hospital (b 1971; q University of Zimbabwe 1995; DA, Primary FRCA), d 17 May 2002.

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