

IN MEMORIAM

**John F Viljoen
(27 March 1935 - 27 November 2010)**

John sadly passed away in Cape Town after a major joint operation. He was born in Cape Town on 27 March 1935. His father was a respected, true family GP in Sea Point, fondly remembered by former patients, including Stuart Saunders, former UCT Vice-Chancellor. John's friends remember his mother's charming hospitality. John adored her and visited her frequently from the USA.

John excelled at St George's Grammar School, where he was head boy. He was an outstanding scholar and sportsman. He represented UCT in the 1st 15, and in the UK he played in the Combined London Hospitals rugby teams.

I (JT) met John on the first day of 'Fresher's week' at UCT in 1953. We remained special close friends thereafter, despite spending much of our professional lives on different continents. John loved and would do anything for his friends and had an enviable and very personal way of making and retaining close friendships. John never said a harsh word about anybody. He was so much larger than life, which he lived to the full. We retain the varied, cherished and wonderful memories of fun times we had with this very special person. Many will remember the glint in his eye when he was about to lead us into scrapes. John was full of humour and great fun to be with. 'Girls' were a special part of his life. When young, he charmed not only the girl he fancied, but also her parents, especially her mother! He was briefly married in his early years in the UK and more recently very happily married to his beloved Noreen.

Many messages from around the world from friends (former co-students and colleagues) include those from Brian Kennelly from California, Robin Macdonald in the USA, Jill Key from Durban, Mick Leary from Bristol, and David Paton from Norfolk. They spoke of a character who will be sorely missed by all who knew and loved him and of fond memories of their days at Medical Residence – not all repeatable! Ralph Vaughan, prominent in the anaesthesia community, recalls John with great respect for his clinical skills and with affection for the escapades on rugby tours, echoing that 'glint in the eye' when embarking on an evening's fun. Noreen Viljoen's son, Jon O'Brien's, on behalf of his brothers Keith and Denis, from the USA, thanked those who honoured and paid tribute to John. He noted that he was a talented anaesthesiologist and a loving man who openly welcomed them when he married their mother. John provided sound advice and brought them down to earth when their ideas got too wild. His counsel and companionship were inspiring and will truly be missed.

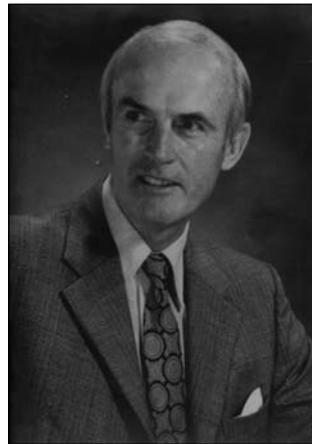
John was an outstanding doctor and an internationally recognised anaesthetist. He did his internship at Groote Schuur Hospital, and trained in anaesthetics in London. Following a Graduate Fellowship at the famous Cleveland Clinic in the USA in 1966, he was appointed to their staff and became director of cardiac anaesthesia in 1968 and Chairman of Anaesthetics from 1973 to 1976. He moved to Los Angeles, firstly as Chief of Anaesthetics at the VA Department linked to the University of California, LA. He was recruited to the University of Southern California as Professor and Chairman of Anaesthetics in 1981, an appointment which he held until he retired in 1993. He was the first incumbent of the second chair of Anaesthetics at UCT, which he held until his final retirement in 2000. He was internationally recognised for pioneering work on anaesthesia in coronary bypass

surgery at the Cleveland Clinic. His other interest was chronic pain management. He had over 50 peer-reviewed publications and was an invited visiting professor to most major countries in the world.

At UCT he contributed to all aspects of departmental life, including the administrative expertise from his experiences in the USA and valuable ideas for departmental research. He developed several innovative devices, particularly in thoracic anaesthesia. He was a valued teacher, bringing his wealth of expertise in cardiac anaesthesia into our clinical arena. When the Pain Clinic had a staffing crisis he willingly maintained this important clinical service for many years. On retiring officially, he maintained a keen interest in the Department via sessions and locums. When no longer clinically involved, he regularly participated in the departmental grand rounds, contributing valuable insights. His friendship and good humour remain the abiding memory of his immense contributions.

Farewell special friend. Dear John, we will all miss you.

John Terblanche
Mike James

**Edward Barry Adams
(2 January 1918 - 18 November 2010)
(BSc (Oxon), MD (Wits), FRCP (Lond))**

Barry Adams, Emeritus Professor of Medicine at the Nelson R Mandela School of Medicine, University of Natal, Durban, was a highly esteemed clinician and teacher. He is best remembered for instilling in his students an enduring recognition that acquisition of skills in eliciting and interpreting signs and symptoms was fundamental to good clinical practice. He began his postgraduate training at Oxford University, where the subject of his interest was aplastic anaemia. He was Foundation Professor of Medicine at the University of Natal from 1954 to 1978.

Although his declared interest was haematology, characterised by seminal publications on iron deficiency, megaloblastic and protein deficiency, he was equally at home exercising his clinical acumen and even co-authoring. Testimony to his considerable experience in the recognition and management of life-threatening disease prevalent in developing countries, was his involvement in research into the treatment of neonatal tetanus, a special unit being dedicated to its management within his own department.

An essential ingredient of his teaching was to question received wisdom and to offer new insights, both qualities being the ones he also instilled into members of his department who embarked on careers in medical research. Above all, he firmly believed that respect for colleagues and compassion for patients should underpin all aspects of the day-to-day practice of medicine. While he supported specialisation in medicine he was against the principle of the fragmentation of internal medicine into separate disciplines, as he believed that medicine should be practised and taught in a holistic manner. Behind the scenes his contribution during the apartheid era was to make a principled and unwavering stand against hostile

and malignant forces threatening to undermine the high ideals that his department was determined to uphold. The medical school honoured him by naming the main lecture room in the Department of Medicine after him.

He was the author of three books, the first being *A Companion to Clinical Medicine in the Tropic and Subtropics*. This book describes his clinical experiences in medicine in his unit over 25 years. The second book was on tetanus, and the third was a biography of Dr Anthony Barker, a medical missionary who provided invaluable service in caring for Zulu patients in a rural hospital at Nqutu in Zululand.

Sybil, his wife of 67 years, was a kindred spirit and a much valued mother figure to generations of junior staff whom she made welcome in their home, first in Durban and later in Long Melford, Suffolk. Barry and Sybil were blessed with a happy family life, graced by their two sons and two daughters (one of the latter also pursued a medical career) who have maintained their links with Barry's former colleagues and students. The precipitating cause of death was a fracture of the femur.

Dr Oscar Jolobe
Professor Y K Seedat

Derek Dickson (1926 - 2010)

Derek was born in Pretoria on 14 February 1926. He was educated at Pretoria Boys High, where he matriculated in 1944. After serving in the artillery in 1945, he started his medical training at Wits in 1946, graduating in 1951.

He practised in Vereeniging for a short period and then returned to Wits to specialise in anaesthetics.

In 1958 Derek went to East London and joined Drs Hankins and Haddad in specialist anaesthetic practice. He made his mark in his speciality and continued until 1979, when he moved out of

anaesthesia to the South African Blood Transfusion Services where he took over the medical responsibilities.

Derek was dedicated to the Border Blood Transfusion Service, which was his pride and joy. It gave me particular pleasure, with each new intake of interns and medical officers, to invite him to give a talk on the correct and appropriate use of blood products -- a topic on which they were woefully ignorant. He produced, and revised each year, a booklet, a copy of which remained in each department for ready reference: those who did not follow his rules got the length of my tongue. On one occasion Professor Don Jeffries of London University (Head of the Department of Virology), who had a keen interest in blood transfusion, visited East London. I arranged a visit to Derek's unit and laboratory, and the two got on famously. Don remarked to me afterwards that it was one of the finest units he had seen.

In 1999 Derek retired from the South African Blood Transfusion Services, and continued his interest in medicine by running haematology and diabetic sessions at Frere Hospital.

Derek was a quiet man and a little reluctant to tell us stories of his anaesthetic experiences in the early days, when several of us met monthly for lunch. I did, however, as long-time editor of the SAMA Border Branch Newsletter, prevail on him to write down some of the highlights (and terrifying experiences) which had befallen him. He turned in 6 pages, which I published in full and which are now before me as I write. I can only say that he had a gift of drawing one totally into the scene. It is a great pity that he did not record his memoirs.

In 2009 he and Eileen retired to Paarl, where he passed away on 28 September 2010 after a brief illness.

We of ROFS Club miss you deeply, Derek, and send sincere condolences to Eileen and the family.

D Smyth
Bjorn Uys

BOOK REVIEW

Bioethics, Human Rights and Health Law. Principles and Practice

By Ames Dhali and David McQuoid-Mason. Pp. xiv + 194. R245.99. Juta and Company. 2011. ISBN 978-0-70218-052-1.

Given its title this slim volume, running to just 200 pages, is deceptive. With elegance, accessibility and easy readability, it deals with complex, and it must be said potentially dry, matters of great importance to health practitioners in the South African health delivery environment. The authors (and contributing authors) are authorities and the text is thoroughly referenced ... not just with the South African Constitution, National Health Act, and the myriad other health Acts, the key founding documents of modern medical ethics deriving from the Nuremberg Code and the World Medical Association Declarations, the excellent series of guidelines provided by the Health Professions Council of SA (all web addresses supplied), but also with pertinent articles from the medical and legal literature.

The book is aimed at the self-directed learner (of which more later) in all of the health professions and is arranged into two main sections: Introduction to Bioethics, Human Rights and Health Law, which provides the background to (the second section) Specific

Topics. This latter deals with issues of professionalism within the practitioner-patient relationship and opens with a superb chapter titled 'The cornerstone of healthcare practice'. The rest of this section is right up to date, dealing with HIV and AIDS, resource allocation, human health and the environment, research ethics and other topics, importantly all from the South African perspective.

In relation to the self-directed learner, each chapter begins with a list of the reader's expected knowledge outcomes, following absorption of the facts contained within, and ends with a series of questions relating to that reading. Here I have a suggestion: the content is complex and I should have liked an appendix at the end of the book offering brief answers to the questions posed, against which to test the reader's own answers. (Perhaps the authors might consider this suggestion for a future edition).

In their preface the authors state that the book is intended as an introductory guide for health care and law students and also for medical and legal practitioners; their ambition is fully realised. However, given the complexity of the information provided, albeit, as said, in an easy-to-read style, my recommendation would be that **all** practitioners hold this excellent book in their personal libraries for easy reference whenever faced, as we all are from time to time, with an ethical dilemma.

Janet Seggie, MD, FRCP (Lond), FCP (SA)
Specialist Physician