



IN MEMORIAM

Lucy Wagstaff (1930 - 2009)

Lucy Wagstaff was a most remarkable doctor, teacher and researcher at Baragwanath Hospital and the University of the Witwatersrand, during the apartheid years and subsequently.

When I joined the Department of Paediatrics and Child Health at Wits in 1971, I immediately became aware of Lucy as a very caring and competent paediatrician.



She had a special interest in the follow-up of patients after discharge from hospital, at the outpatients department or at community clinics, and in the process got to know, teach and encourage the nursing sisters involved. She often spent weekends assisting at mission hospitals, such as Jane Furse in the then homeland of Lebowa.

The first black social worker in paediatrics at Baragwanath Hospital, Mrs Eslie Shuenyane, together with Mrs Avis Schreier of Johannesburg Hospital Paediatrics, worked with Lucy to expose medical students to home-care of paediatric patients. Medical students were designated patients to follow up at home and to report back at tutorials for discussion. The programme worked very well and was one of the first to introduce students to community health care.

Crisis came with the 1976 Soweto riots, with the closing of community clinics and the flight of their doctors. Baragwanath Hospital was thus overburdened with outpatients.

Lucy Wagstaff put forward the idea that competent senior nurses from the hospital, after a short course of instruction on diagnosis and treatment, might be able to run the clinics without doctors. The administration gladly supported this idea and training courses, co-ordinated by Lucy, were set up by medical and surgical staff. Within 3 months clinics began to function again. Lucy's innovative measure of nurse-led primary health care service became a model replicated countrywide. Lucy played an important part by frequently visiting clinics (driving alone) to encourage and guide where necessary.

A survey, sometime later, revealed that the sisters were as competent as doctors had been in coping with 80% of the patients; the rest were referred to the hospital.

In 1976 the Loewenstein Trust established a Chair of Community Paediatrics at Wits, to which Professor Wagstaff was appointed. She held this Chair with distinction until her

retirement from academic paediatrics in 1997. Among her local achievements, apart from teaching under- and postgraduate students, was the creation of day-care centres for children of working parents, in the homes of non-working mothers. She was the organiser and took part in doctor schedules for weekend visits to Swaziland and elsewhere in Anglo's *Harry's Angels* project, for over a decade.

Many publications included diverse fields, such as infant growth and nutrition, school health and medical education. Lucy Wagstaff was the co-editor with Professor M A Kibel of a textbook *Child Health for All*, a manual for southern Africa, for the first two editions in 1991 and 1995. She was convenor and examiner of the Diploma of Child Health (DCH) of the College of Medicine, South Africa. She was also a Fellow and Examiner of the Royal College of Paediatrics and Child Health, UK.

As a person, Lucy Wagstaff was humble but compelling, always of a caring nature for patients and staff. She warmly entertained colleagues and overseas visitors at her home. Her retirement years were marred by a head-on collision with another vehicle in Soweto, resulting in severe injury from which she only partly recovered.

Lucy Wagstaff can be regarded as an example of what a caring and dedicated doctor can achieve in a developing country such as ours, during changing and often very difficult times.

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Hendrik (Henk) Kayser (25/09/1925 - 7/09/2009)

Henk was a man of many facets, but apart from his dedication to his extensive family, his over-riding ethos was his unsparing dedication towards helping those in need, both as a medical man and as a Rotarian. In the fullest sense, he was a humanitarian, who to the end of his life devoted many hours each day to his goal of helping the lot of underprivileged patients.

His medical career began with his graduation in Leiden, Holland in 1952. In 1957 he moved to South Africa, where he initially set up practice in Durban. In 1964 he commenced private practice in East London. For many years he was active





in several Departments of Frere Hospital as an Honorary Consultant. One of his particular interests was in hydatid disease, and he published a paper based on his research, which was widely recognised and applauded.

He early on became actively involved with the Border Branch of the South African Medical Association, and from 1962 to 1998 served as a Branch Councillor. He was Branch President in 1978, 1979 and 1994 and served also as Chairman in 1994. From 1978 to 1991 he, in addition, served as Federal Councillor of the Branch. In 1989 he was the national SAMA President. From 1996 to 1998 he was Chairman of the SAMA Provincial Council for the Eastern Cape Province. He was honoured with the SAMA Branch Award in 1975 and the Bronze Medal in 1997. He was the Ciskei Minister of Health from 1990 to 1993.

He joined the Rotary Club of Arcadia in 1984, and apart from an enforced break during his ministerial years, remained a member until his death. His input and energy were beyond compare, and his Rotarian achievements were recognised with the highest awards both locally and internationally. In 1997 he travelled extensively in Europe and North America, establishing personal links with Rotarians in the USA, Canada and Holland. He set up a system whereby redundant, but

still highly useful, medical equipment would be collected, packed in containers and shipped to East London. In May 1998, the Rotary Medical Equipment Exchange, or ROMEX, was founded. To date, some 90 containers have arrived, with equipment valued at an estimated R160 million.

Through 'wish lists' received from hospitals and clinics throughout the Rotary District (and even from Cape Town, Pretoria and Durban), Henk meticulously compiled consignments of equipment for distribution. I spent many a Saturday morning in the warehouse helping with the sorting and packing. It is hard to believe how many boxes, beds and wheelchairs (not to mention the rest) will be disgorged by a single 40-foot container!

Throughout the years I knew Henk via Branch Council, Rotary and as a friend, I never heard him utter a boastful remark: he did indeed hide his lamp beneath a bushel. Long may his inspiration survive among those whose lives he touched.

Our sincerest condolences are offered to Sue, Henk's seven children and twelve grandchildren, and all the rest of the family.

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BOOK REVIEWS

Thomas Willis 1621 - 1675: His Life and Work

By JT Hughes. Pp. +143. Illustrated. £20.00. Rimes House. Oxford. 2009. ISBN 978-1-874317-03-6.

This work was first published in 1991 by the Royal Society of Medicine in its series *Eponymists in Medicine* and this new impression appearing 18 years later is a fitting tribute to this outstanding biography of a remarkable, but forgotten, man. Dr Trevor Hughes considers each period of Willis' eventful life to present the reader with a comprehensive picture of an astute clinician who lived in a time of great change and discovery to which he contributed significantly. He also belonged to a circle of very gifted men whose legacy to medicine and science has endured for more than three centuries.

Thomas Willis was born in Oxford in 1621, at the commencement of the struggle between King and Parliament. He experienced the Civil War as it manifested in Oxford, lived through the Commonwealth and Protectorate from 1649 to 1660 and saw the restoration of Charles the Second. The latter event was a turning point in Willis's fortune as a Royalist.

In these troubled times in Oxford, Willis attended medical school but was not a student of Harvey, who in 1628 had

published his work on the movement of the heart and the circulation of the blood, probably the most significant medical publication of all time. Harvey's influence and books were alive in Oxford and Willis must have absorbed some of this in his student days, brief as they were. This is mentioned because Willis has been called 'the Harvey of the nervous system'.

Willis was particularly interested in the anatomy of the nervous system, the field in which he made his most significant contributions, and it would be difficult to overrate his contributions to the understanding of the structure and function of the nervous system. His *Cerebri Anatome* not only demonstrated neuroanatomical structures but also provided a nomenclature which included the concept of neurology.

A fascinating chapter in this biography deals with people with whom Willis had had close contact: friends, teachers, colleagues and pupils. Of the friends Robert Boyle, Richard Lower, John Locke may be singled out but Christopher Wren, who drew some of the pictures for the *Cerebri Anatome*, deserves special mention.

This thoroughly researched and most readable book about a remarkable doctor and scientist who has almost been forgotten, should be read by anyone with an interest in medical history, and the history of science, particularly of 16th century England.

J C de Villiers

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