



The physician's tale

Travels with the Medical Pilgrims 1928–2011

Foreword

This is the third edition of accounts (Scribes' Reports) of the Medical Pilgrims since the first volume was published in 1997 by RCP Publications. That first volume was collated by Clifford Hawkins. Sadly he died before finishing the task, which was completed by Alasdair Geddes and Robert Mahler. Subsequently, a further volume of eight Pilgrimages 1996–2003, edited by Robert Mahler was published in 2003 (see Editor's note from that volume on page 159).

Rather than producing a further update, Pilgrims agreed to a full compilation from 1928–2010 in a single volume which could then be made available on the internet and updated regularly. This contains 75 Scribe's Reports (there were no meetings during the second World War and the first post war meeting was held at the London Hospital in 1948).

The original purpose of the Medical Pilgrims was to visit centres of medical excellence and get to know leading continental physicians. Eight of the first ten Pilgrimages were to centres outside Great Britain and Ireland, seven to Continental Europe and one to America. Only three of the ten post war Pilgrimages were to Europe. However, although the pre-war pattern was temporarily re-established in the late 50s and 60s, the subsequent three decades saw 25 of 30 Pilgrimages within the UK and Ireland. From 2000, a more eclectic approach of earlier Pilgrimages has become established with an informal commitment to one in three Pilgrimages being undertaken outside the UK.

The Medical Pilgrims are not an entity and there are no accounts to audit. An annual "Business Meeting" is held at the "Pilgrims' Lodgings" (a hotel) before the start of each Pilgrimage. All Pilgrimages are self-funded and there are no officers apart from the Honorary Secretary, although for each Pilgrimage the Secretary identifies a Leader to chair proceedings, and a Scribe to 'volunteer' to produce a record – refusal is not an option! In 83 years there have been only six Secretaries: FJ Natrass, R Bomford, J Butterfield, D Pyke, A Geddes and S Tomlinson. The longest serving Secretary was FJ Natrass (25 years), which puts the current Secretary's 15 years (so far!) in perspective.

As Robert Mahler remarked, the Medical Pilgrims preferred rate of change is the *status quo* (see his Editor's note from 2003, page 159). However, somewhat belatedly and long overdue some would argue, the first woman Pilgrim (Lesley Rees) was elected in 1993, Anne Tattersfield was the second woman to be elected and the first woman Pilgrim to attend a Pilgrimage in 1995. Partners and spouses joined Pilgrims for all Pilgrimages (not only for those overseas) in 2001 and digital photographs began to appear from about 2000 onwards. Now for the world wide web!

Finally, no Pilgrim would argue that this is an historical record. It is simply a collection of informal accounts reflecting the development of medicine as influenced by the enormous advances in science and the political, social and cultural changes in the world around us in the past 83 years.

Stephen Tomlinson *Hon. Secretary, Medical Pilgrims 1995–*

Acknowledgements

Thanks to all the Scribes who “volunteered” to write the records of Pilgrimages, especially those during my time as Honorary Secretary. It was a pleasure to read them all, whatever the style, whether serious, witty, erudite or all three.

This 2011 compilation of Scribes’ Reports would not have started without Clifford Hawkins, who was still alive in 1991 when I attended my first Pilgrimage in Dublin. He gave a “Pilgrims Paper” (a tradition after the Business Meeting) on photography and painting. He was a skilful painter and musician himself, but as Alex Paton said of him: “Perhaps his greatest gift was that he found the world and its way full of humour; meeting him invariably lifted the spirits”.

Without Robert Mahler (formerly Professor of Medicine at the Welsh National School of Medicine, opera lover, and great-nephew of Mahler, the composer) and his involvement with the RCP there would have been no update in 2003; and without his introduction I would not have met Suzanne Fuzzey, then responsible for the design of the RCP journal *Clinical Medicine*, now Senior Production Controller in the RCP Publications Unit. She has worked incredibly hard to ensure a uniform format (or as uniform as possible given the enormous variation in style and content of the Scribe’s Reports) and done a considerable amount of editing to facilitate continuity from volume to volume. Moreover, as Robert Mahler reminded us in 2003, it was Suzanne who suggested inclusion of the shell, the ancient symbol by which Pilgrims were recognised and given food and shelter. I have seen such shells still carried on the Pilgrims’ routes to Santiago de Compostela, for example, in Conques in France!

I would like also to thank Alasdair Geddes, my predecessor as Hon. Secretary and David London for advice and support while preparing the new volume, and John Walton for reading, correcting and amending early drafts of the manuscript.

Finally, my personal thanks to Lisa Pearson, my PA/Secretary for all her hard work and enthusiastic support for this “project” and for all things to do with the Medical Pilgrims (like herding cats!), and for keeping me in order!

Having had so much help and support in producing this final version of the third volume, nevertheless, like Robert Mahler for volume two in 2003: “I take full responsibility for any errors, mis-statements or infelicitous expressions”.

It’s been a pleasure!

Stephen Tomlinson



Pilgrimages

1928–1995

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1928–1995

Introduction

Founding of the Medical Pilgrims

The Medical Pilgrims, founded in 1928, is a travelling club of physicians from various centres in Great Britain and Ireland. Each year the Club pays a visit to a medical centre, either abroad or in the British Isles. The name, as Professor Leslie Witts explained at the 50th Anniversary Dinner, was taken from the Canterbury Pilgrims. “They” he remarked, “went on pilgrimage ‘the holy blissful martyr for to seek’ and also to take a Spring holiday. And we likewise go in search of learning on the one hand, and of fellowship and good company on the other”.

Raison d’être

Consultant medicine in the early twentieth century was largely confined to certain centres – in England, for example, to London – and provincial physicians were isolated. A change took place in 1906 when William Osler suggested to some medical friends the foundation of an Association of Physicians of Great Britain and Ireland, based upon the model of the successful Association of American Physicians which he had helped to start twenty-one years earlier. The object of the Association was to be “The advancement of internal medicine and the promotion of friendship amongst physicians”. This ended the isolation of provincial members.

The concept of the Medical Pilgrims originated at the 1927 meeting of the Association. Sir Arthur Hurst wrote that “Several physicians (WE Hume of Newcastle upon Tyne, FJ Nattrass, his successor in 1942 as professor of medicine at the University of Durham, and his old clinical assistant Will Johnson of Liverpool) decided to form a small travelling club of physicians. As they knew that I had been fortunate in having unusual opportunities of getting to know many of the leading continental clinicians, they invited me to join them. It was decided to call the club The Medical Pilgrims”. There were eleven other original members.

The medical scene in 1928

Few English physicians travelled abroad in 1928. If they did, it was to visit centres in Europe, especially Vienna – then the Mecca of medical progress. The scientific approach had hardly begun; investigations were not subjected to statistical analysis as Bradford Hills’ pioneering *Principles of Medical Statistics* was not published until 1937. Hence the medical stage was occupied by personalities whose reputations rested on *ex cathedra* statements unsupported by critical research. For example, the idea of septic foci causing various disorders was still current in the 1930 edition of Osler’s textbook of medicine and Sir Arbuthnot Lane, the surgeon, haunted the scene with

his theory of intestinal sepsis for which he performed futile operations such as removal of the colon.

Consultants were mostly general physicians or general surgeons, and specialties were limited to a handful compared with the total of about fifty in 1990. The consultant staff depended on private practice as hospital sessions were unpaid. As Pilgrim Max Rosenheim wrote, quoting from Abraham Flexner's Commission – "Clinical teaching in London remains an incident in the life of a busy consultant...

No certain reward stimulates the young physician to engage in original work. His cue is faithful routine. In consequence his preliminary scientific training goes largely to waste". Academic departments of medicine, where doctors could pursue research untrammelled by the necessity of earning their daily bread, had been developed only at St Bartholomew's and University College Hospitals, and there was none at Guy's until about twenty years later. Hence consultants descended from Harley Street to the hospital wards like gods. Deference was expected and even an experienced senior registrar, who did much of the teaching, dared not contradict the chief. The house officer would wait for the consultant to arrive and accompany him to the steps of the hospital when he left – a pity that this custom has gone because then a close rapport between the two became possible and they could share a confidence or joke. Patronage was a common pathway to a staff appointment and the "publish or perish" approach had not arisen. Indeed, the excesses of the past have been handed down in the folklore of a medical school:

The doors of fame are open wide
Its halls are always full
Some enter through the door marked push
And some the door marked pull.

The art of medicine consisted mainly of "amusing the patient while nature cures the disease" as Voltaire had cynically remarked in a previous century. No drugs were curative and only a handful had any beneficial effect. The approach to the patient was paternalistic and the idea of informed consent had not arisen; medical disasters were regarded as an act of god rather than a mishap or negligence on the part of the doctor. No doubt there were grumbles against hospitals, but people respected their local voluntary hospital and were inherently unwilling to institute legal proceedings against it.

Sir Arthur Hurst – the founder

Sir Arthur Hurst, physician at Guy's Hospital, was one of the few pioneers of investigative medicine at that time. According to a leading article in the *British Medical Journal* on the occasion of the centenary of his birth "He was a rebel in an age when *ex cathedra* statements were the rule". His writings make good reading. He worked in neurology and psychiatry, especially during the First World War (when he treated shell shock as an hysterical phenomenon and not an organic disease) but then gastroenterology became his dominant interest. He debunked many of the current ideas; for example, flatulence – showing that it was due to aerophagy and not to fermentation of food; adhesions – that they are symptomless except when causing mechanical obstruction; and visceroptosis – then a fashionable alibi for abdominal neurosis and lucrative for surgeons who fixed the dropped organs in their supposedly correct position. Other essays, with titles reminiscent

of Richard Asher's book *Talking Sense*, were "mythical maladies" and "sins and sorrows of the colon" – a protest against the popular belief in purgatives and intestinal lavage. This approach, together with physiological studies on the sensibility of the alimentary tract, and his classic work on its motility using the bismuth meal x-ray examination, put gastroenterology on the map as a scientific subject. Later important contributions concerned achalasia, hiatus hernia, psychological aspects of dyspepsia and megacolon.

Hurst had an international outlook and, at a time when medical travel was less common than today, visited many clinics abroad. His success in private practice was subordinated to hospital work, though this was then the consultant's sole income. He founded a gastroenterological club in 1935 – the birth of the British Society of Gastroenterology. Neither asthma nor deafness deterred him; indeed, if attacked by breathlessness during a teaching round he would inject himself with adrenalin in the ward sister's office. His conspicuous hearing aid (a large box held on the knee) was used intently in any lecture which he found interesting, but would otherwise be switched off (not realising that the audience could hear the click, he continued in the attitude of a listener with hand held behind the ear to avoid embarrassing the speaker). He was always ready to accept changing concepts. When asked for reprints of his papers, he once wrote that they always seemed to be out of date.

True or false is a formula that can be fairly applied to the work of anyone who has made original contributions; and, of course, Hurst was wrong in some things. So is everyone who produces new ideas. The way to avoid being wrong is to go through a medical career immune to progress, averse to original thought and hidebound with obsolete ideas learnt as a student.

According to one of Hurst's former junior physicians, Hurst did two ward rounds a week. The house physician met the master at the front lodge of Guy's Hospital and he would then go into the Superintendent's office to sign the attendance book an "immemorial and proud custom sadly now in abeyance". He writes that it is difficult to describe the intimacy of these rounds. The ward clerk (a student) always gave the history and Hurst's entire attention was directed to patient and student (he always took students' ideas seriously), referring to the house physician only for the result of this or that test or for any further elucidation of the symptoms or signs. He would sit on the bed, hand cupped round his better ear, often one leg cocked up over the other and no patient was unaware either of the attention he was receiving or of the stature of his physician. The registrar took no part in these rounds; indeed, the medical registrar in those days did not interpose himself at all between the physician and his house physician. The registrar registered, that is he kept the register of patients summarised and indexed the ward clerk's notes and taught students of the firm. He only gave an opinion about a patient if directly asked to do so by the physician or in his absence. Otherwise the registrar humbly occupied himself without patients and by writing papers.

The Medical Pilgrims as a club

Clubs, according to Anthony Sampson, are an "unchallenged English invention". Dr. Samuel Johnson defined the club as "an assembly of good fellows meeting under certain conditions" and drew up a list of rules when he founded the Essex Head Club in

the Strand. He coined the word “clubbable” and also invented the term “unclubbable” when it was decided not to admit the distinguished Sir John Hawkins into the club. This was, according to a letter written by his daughter, a fair decision; for Sir John, who wrote a boring biography of Johnson, was described as a somewhat awkward person with a rigid formality of manner though his knowledge of books and literary history certainly made him an appropriate member for the club.

The size of a club is critical. A club must remain small if it is to retain its special advantages for members. Medical societies, for example, have started as clubs where members knew each other and could easily talk; but, like Wyndham’s triffids, they grew bigger and bigger so that the club typical of the early days of the specialist society has been replaced by the impersonal congress. Hence, the Pilgrims’ numbers are restricted to a total of about 40, so that usually a manageable group of around 20 Pilgrims attends a Pilgrimage – if any Pilgrim can, according to a former Secretary (David Pyke), be considered manageable; Pilgrims have proved to be an independent lot and tend to wander away from the main group during Pilgrimages. Also, too large a number provides a problem for the hosts to handle. A small personal meeting where ideas can easily be exchanged is far better than the grand international jamboree.

Selection of members

Hurst’s definition of someone suitable to become a Pilgrim was that the person should have achieved a reputation in medicine and be clubbable; members should be territorially dispersed in the United Kingdom. Two factors have had to be added in recent years; the need to consider the special interest of the proposed member as specialism has grown so enormously since the Pilgrims were started, and the importance of choosing members as young as possible – though old enough to have acquired a reputation – otherwise the club would succumb. The age of those going on Pilgrimages has ranged from 45 to 80; elderly members have shown a remarkable facility for retaining their cerebral function and fitness. Only one person has not accepted an invitation to join. This was not for the good reason stated by Marx – Groucho, not Karl – “I’m not going to pay good money to join a club that lets in people like me”. And there is no entrance fee for the Pilgrims.

Rules and Constitution

There are no rules and no written constitution. Procedures are decided ad hoc at each meeting held during the annual Pilgrimage. There is no subscription; members pay the cost of the Pilgrimage later when the sum is notified by the Secretary. No-one has so far been expelled. New members are decided by postal ballot to all members. A different Leader is elected for each Pilgrimage but the Secretary who is responsible for all the organisation goes on – one hopes – for ever!

Format of a Pilgrimage

A medical centre of excellence is chosen. Usually a Pilgrim knows a physician there and contacts him or her with the expectation that the person will agree to host the Pilgrims and will arrange a programme.

Travel has, in the past, been by train and boat. This has had the advantage of a leisurely pace so that good fellowship has started at once and friendships were renewed. In recent years members have assembled at an airport, though some busy Pilgrims have tended to drop in later and may not attend the whole Pilgrimage, which is an unfortunate, though no doubt unavoidable, practice.

Medical programmes consist of communications concerning the latest research going on in the centre being presented. This provides unique updating and helps specialised Pilgrims to keep somewhat abreast of other medical topics. At least one Pilgrim is invariably able to display knowledge of the subject, however obscure, and to make intelligent comments during the discussion. At each meeting a Pilgrim is briefed by the Secretary to give a vote of thanks.

One or two afternoons may be given to visiting places of local or historic interest. Evenings are devoted to conviviality and social intercourse. The climax is the annual dinner where the debt to our hosts is repaid in small measure by inviting them to dinner. No speeches are allowed, though the Leader may expound on what he might have said if speeches were allowed. At the end of the dinner the Scribe's account of the previous Pilgrimage is read aloud to the assembly. The splendour of the dinners and their gastronomic excellence seem a far cry from the sackcloth and ashes expected of the penitent pilgrim. It is, however, possible to obtain kudos from going on such a holy enterprise as happened to one Pilgrim; he took his family on holiday to Austria and during it, left them to attend the Pilgrimage at Zurich. His daughter, on returning to school, wrote in her account of the holiday that "Daddy left us to go on a Pilgrimage". Her school mistress had not appreciated that she came from such a religious family.

Scribes' accounts of Pilgrimages

Archives of a club are usually of considerable historic interest. Unfortunately, many of the minute books of the early medical dining clubs have not survived. For example, the early records of the medical club, afterwards known as the Sydenham Club, are said to have been stolen by a footpad from one of the first secretaries walking home across Hyde Park but their account books date from 1796. Fortunately, the records of the Medical Pilgrims are kept safe in a locked metal deed box. They provide an account of the progress of medicine since the Pilgrims started in 1928 and include meetings with distinguished continental physicians. Social aspects include visits to historic places – particularly those of medical interest – such as Padua.

On a Pilgrimage, the appointed Scribe keeps notes of medical and all other aspects, and members pass to him anecdotes or witticisms. Sometimes conviviality is emphasised, giving a misleading impression of activities and a wrong idea of the ratio of academic and social activities. The usual format is to start by listing members attending the Pilgrimage and noting the Leader and Scribe for that year. Medical programmes are either woven into the text or put in an appendix at the end. The pages are often garnished with photographs; these display the history of photography from the miniature snaps to larger coloured photographs.

The Scribe's report, like the scriptorium of some medieval pilgrims, usually maintains a tradition of literary excellence with much wit and humour. Those from

1928 to 1939 were written in a leather bound exercise book; this must have been bought in Paris during the first Pilgrimage, for an expert on book-binding who was asked to look at it and advise about repair, noted that the covers were lined with sections of a French newspaper. Until 1965, exercise or note books were hand written – more personal than the typewriter or word processor though less legible. To know how to deal with this vast amount of literature has provided a dilemma for the archivist and the only practical way was to select extracts of interest to readers and to publish others in their entire form.

Editorial note

The Medical Pilgrims were conceived, not cloned, 70 years ago as a travelling club of physicians in Great Britain and Ireland. Their inaugural meeting, arranged by Dr Arthur Hurst of Guy's Hospital, took place in Paris in 1928. He also kept an account of this pilgrimage and so set the pattern for all subsequent meetings of the club. This collection of pilgrimages remembered is a compilation of lightly edited reports of the Medical Pilgrims' annual junkets from 1928 to 1996 to centres of medical excellence at home and abroad. Each visit had its own scribe, and this accounts for the variety of styles and standards of these reports. They were kept in a baked bean cardboard box together with memorabilia such as photographs of people and places visited, menus of gourmet meals enjoyed, and other trivia collected at the time. When the crumbling cardboard box finally disintegrated and was replaced by a utilitarian metal deedbox, the yellowing pages with their fading typescript evoked feelings for *Temps perdus* and a wish to make them more accessible.

Clifford Hawkins, the archetypal Medical Pilgrim – physician, painter, writer, raconteur – who sadly died before the task was completed, agreed to collate the reports into a lighthearted account of the changing medical and social scene of the 20th century as experienced by an eclectic group of physicians. He would have been delighted to think that this collection of reminiscences might give pleasure not only to his contemporaries but also to their successors, and that it might stimulate the kind of discursive discussions that are a hallmark of these medical pilgrimages.

Robert Mahler

Paris 1928

Hosts	Professor A Lemierre and Professor George Guillaín
Leader and Scribe	Hurst
Secretary	Natgrass (1928–1953)

The inaugural meeting of the Club took place in Paris under the presidency of Dr. Arthur F Hurst. Five of the seven members met at Croydon and proceeded to Paris by Imperial Airways. Weather conditions were bad and the Scribe reports that a strong headwind necessitated a descent at Lympe – 50 miles from Croydon – for petrol, Le Bourget being reached an hour and a half later and Paris at 5 o'clock. Hurst provided a written account of this Pilgrimage in his autobiography and this serves as a useful prototype for any Scribe to follow.

“Seven of us took part in the first Pilgrimage. I had arranged for visits to the clinics of hosts Professor A Lemierre who had represented Widal at the Bright centenary celebrations at Guy’s and Professor George Guillaín whom I had met at a BMA meeting in Edinburgh. The rest of our programme was organised by Jacques Forestier whom I had known for some years. He practised with his father in Aix where they had long had a large British clientele and he spent his winter doing research in the Clinic of Professor Sicard at the Necker Hospital in Paris. We spent the day after our arrival, a Sunday, at Fontainebleau lunching en route at Barbizon. We revisited our favourite galleries, spent a couple of evenings at music-halls and cabarets and lunched and dined at the most famous restaurants. My fellow Pilgrims regarded a lunch at Foyot as one of the highlights of our Pilgrimage. I had long looked upon it as the best of all restaurants and its crêpes Suzette, with the marvellous ritual of preparation by the maitre d’hotel and his attendant satellite, as the best of all sweets.

We visited most of the famous medical clinics and saw much of interest. On Monday, Professor Lemierre showed us his clinic at the Bichat, where he told us of the remarkable frequency of cirrhosis of the liver in Paris since the war of 1914–18. Later in the morning Professor Paul Carnot took us round his wards at the Hotel Dieu by the side of Notre Dame and we heard him lecture in the theatre made famous by Trousseau and Dieulefoy. At the Pitie, Professor Vaquez gave a cardiological demonstration. He was already known to us for having described polycythemia for the first time simultaneously with Sir William Osler, so that it is often known as the Osler-Vaquez disease, though we were surprised to find that his name was pronounced as if it were English and not ‘Vaque’ as we had always heard it before. Babinski was no longer on the active staff but still saw outpatients once a week. He demonstrated his famous reflex to us. He was very indignant that the names of various other neurologists were now commonly associated with variations of the sign, although they were all really included in his original observations. ‘This’ he said, as he carried out his demonstration, ‘they call Oppenheim’s sign, this von Bechterew’s, this Gordon’s. Absurd! They are all, all of them, last sign to Babinski!’. Our visit with

Forestier to Sicard at the Necker was most interesting. He made important radiological investigations with the aid of lipiodol injections. We paid two visits to Professor George Guillain at the Salpetriere where he showed us the laboratory and library of Charcot and a wonderful collection of neurological cases. Finally, we visited Professor Widal at the Cochin Hospital and were present at one of his daily clinical demonstrations. The patient's bed was moved to the centre of the ward, around which a great concourse of students and graduates stood. We sat on both sides of the Professor, who asked each of us in turn to stand up as he introduced us to his audience. The patient's story was told by a student, who was followed in succession by the French equivalent of House Physician, Registrar and Chief Assistant. Then for half an hour he gave a masterly review of the case, one of the finest clinical demonstrations I had ever heard. When Widal died in 1930 the obituary notice in one of the English medical journals mentioned only a single one of his many important discoveries – the Widal reaction for typhoid fever. He was, in fact, one of the finest physicians of his time – a great clinician, teacher and investigator. No-one who had ever sat with him at the Hopital Cochin and listened to his demonstration of an intricate case could have any doubts that many of the investigations he carried out with succeeding generations of assistants were of fundamental importance. Among the most valuable were those concerned with the biochemical causes of the dropsy and toxic symptoms of Bright's disease. We visited the Pasteur Institute and were taken round by the Assistant Director, Dr. Martin, who had been one of Pasteur's favourite pupils and had played a prominent part in the introduction of anti-diphtheritic serums. He showed us the museum and Pasteur's tomb. On our way to Versailles in the afternoon we called at the country branch of the Institute. This was situated in the Park of Villeneuve-l'Etang, an extension of Saint-Cloud, originally the residence of the Duchess d'Angouleme. The Chateau had been almost completely destroyed by the Prussians in 1870. The ruins were acquired eight years later by the Minister of Public Instruction for the use of Pasteur in his work on the prophylaxis of contagious diseases. The ancient stables were enlarged to take the hundred retired cavalry and race horses which provided the prophylactic and therapeutic sera sent by the Institut Pasteur to every part of the world. Extensive laboratories were erected with rooms for bottling and packing the sera. A corner of the Chateau was adapted as a residence for Pasteur, who spent many happy hours there when he could get away from the turmoil of Paris. We saw the plainly furnished little room opening onto the Park in which on September 28th, 1895, he had died.

Our last evening we entertained our hosts at the Bristol. We had already enjoyed the hospitality of several of them in their own homes. I think they enjoyed our visit too, as such visits by British physicians had become very rare since the days of Trousseau and Charcot more than half a century ago when Paris was the favourite city for postgraduate work by English doctors. Until the war of 1914–18 its place was taken by Vienna, but in the post-war period the European continent was largely forsaken for America”.

Heidelberg 1929

Hosts	Professors Morrow and Georgi
Leader	Hurst
Scribe	Not known
Secretary	Nattrass

The second annual Pilgrimage began on Saturday, June 22nd, 1929. Gibson, Hardy, Spence and Nattrass met at night on the steamer at Harwich and on the following day the long journey to Heidelberg was undertaken. On the Monday, by arrangements made by Spence, we visited the University Kinder Klinik, meeting there the Director, Professor Morow and Professor Giorgi. Language difficulties were much eased by the help of Morow's charming assistant, Fräulein Knoll, and a comprehensive tour of the wards and laboratories was made. We also attended a fine clinic by Morow in the clinical lecture theatre; the Professor was most considerate and spoke slowly enough for most of his discourse to be followed. Cases of tuberculous meningitis, pulmonary tuberculosis, other forms of meningitis and an obscure bone disease were demonstrated to a large audience of students. The afternoon was spent in visiting the castle, university students' dwelling house and other places of interest. In the evening we entertained to dinner at our own hotel, Professor Giorgi and his wife, and Fräulin Knoll. At 9pm we gathered at Professor Morow's house to meet an interesting party including Herr Michael, a lecturer in English at the University, and his wife, an English lady.

Next day the party visited the University Medical Clinic of Professor Krehl. Here we were fortunate in being handed over to Dr. Wennich, an enthusiastic chief assistant who had spent some time in America. Real insight was obtained into the organisation of the clinic and the work being done in the wards and laboratories, which were lavishly equipped. We attended the usual clinical lecture by Krehl who spoke mainly on Banti's disease and on a case of carcinoma of the prostate with metastases. We then took the train for Freiberg where Hurst was awaiting us. An approach was made to the pathological laboratories in the hope of meeting Professor Aschoff, but he was conspicuously absent. A note left by Hurst, however, resulted in a message from Aschoff inviting the Pilgrims to meet him at 4.30pm at the new students stadium, which was to be opened on that day.

Thursday and Friday were occupied by various visits to clinics and Pilgrims listened to accounts of the research projects in progress. The trip concluded on Saturday, June 28th, with a delightful weekend in the Black Forest.

Amsterdam 1930

Leader Arthur F Hurst

Scribe W Johnson

Secretary Natrass

Pilgrims arrived in Amsterdam on Saturday, March 30th, 1930, under the Presidency of Hurst. Johnson was elected Secretary to the meeting. Some Pilgrims had travelled by air, others met on the Harwich boat and arrived early on the Sunday morning.

Headquarters was at the Hotel de l'Europe. Professor Snapper arrived early on the Sunday morning and took us on a motor tour stopping at Brock in Waterland where, in a model farm, the whole process of the making of Dutch cheeses was seen. The next step was at Volendam where we were intrigued by the houses, inhabitants and their picturesque garb.

Monday morning was spent with Professor Snapper in the University Clinic. Considerable trouble had been taken in arranging and gathering clinical material. This included cases of glandular fever, Osler's disease, functional haemoglobinaemia with haemoglobinuria, Milroy's disease, fragilitas ossium and an especially interesting case of pseudo-osteomalacia or osteitis fibrosa which was shown improving after the removal of an adenoma of the parathyroid gland. In the afternoon Professor Laqueur showed us his pharmacological laboratory where of special interest was the work being done on the female hormone and the method of its preparation. Tuesday morning was spent at the neurological clinic; neurological cases included encephalomyelitis following vaccination, various cerebral tumours, cerebral arachnoiditis and many surgical cases under the charge of a pupil of Harvey Cushing's. Pilgrims relaxed in the afternoon at a visit to the Ryksmuseum. The consequent standing about which this involved led to the subsequent spectacle of the President with one or two members driving about Amsterdam in a one-horse sleigh. In the evening Professor Snapper invited Pilgrims to dinner at the Carlton Hotel to meet Professor Brouwer and his wife and also Professor de Lang – the lady Professor of Paediatrics who, by her exceptional ability and her clinic, had made a great impression on the Pilgrims. After dinner they went to Professor Brouwer's home and had the opportunity of seeing the interior of a splendid specimen of an old Amsterdam house.

Wednesday was spent at Utrecht where Professor Van der Burgh took us round his wards and demonstrated: calcinosis, tubercular caecum, xanthoma with diabetes and lipaemia, osteomalacia, myelogenous leukaemia and facial paralysis. In addition, a large glass chamber used as a basal metabolism apparatus was inspected and, finally, we saw an arrangement for class auscultation – a plug fixed in front of each student being connected to the central machine attached to the patient. Members divided in the afternoon, some going to the physiological department and some paying a visit to the paediatric clinic. Later the Pilgrims united and visited Professor Baumer in the neurological clinics, which will chiefly be remembered for the demonstration it afforded of certain hysterical symptoms in a girl.

Pilgrims journeyed to Leiden on the Thursday and visited the private asthma clinic of Professor Storm van Leewen. The afternoon seance consisted first of a visit to the medical wards of Professor Kenner, and then the inspection of a special childrens' disease block under the control of Professor Gorthier. Friday was a complete holiday and passed at the Hague. Pictures in the Art Gallery were seen and instruments of torture preserved in the local chambers of horrors were inspected. Natrass and Gibson left for home by train and boat in the evening. On Saturday, Pilgrims Hardy, Anderson and Johnson were led in a northward direction by Hurst, arriving in Copenhagen on Sunday. After three days spent there, Hurst conducted them further northward to Stockholm where another sojourn of three days was made. So much of interest was seen on this subsidiary tour that these Pilgrims resolved to press their brother Pilgrims to make it the scene of a Pilgrimage in the near future. The return journey by boat from Gothenberg to Tilbury, reached on Monday morning the 15th April, proved a real recuperative for a busy Pilgrimage.

Berlin 1931

Host	Professor Von Bergmann
Leader and Scribe	Hurst
Secretary	Natrass

This account is taken from Hurst's autobiography;

"Nine of us took part in our fourth Pilgrimage when, in May 1931, we flew to Berlin. We stayed at the Hotel Bristol in Unter den Linden, the 'Grand Hotel' of Vicki Baum's novel. Its decoration dated from the pre-war period of velveteen comfort. Berlin itself looked shabby and down at heel compared with what I remembered of it in 1906. We arrived on a Saturday, and on Sunday morning Professor von Bergmann called with two of his assistants. He gave us typed programmes of the visits and demonstrations he had arranged for us at the Charite Hospital. He had taken great trouble to make our visit enjoyable and had summoned from Edinburgh a young doctor who had recently worked in his clinic, so that an efficient interpreter should be available for those who could not talk German, as he himself knew no English. Von Bergmann's clinic had the reputation of being the best in Germany, corresponding with the reputation of von Muller's clinic during my stay in Munich 25 years earlier. It was well equipped and he had some half dozen keen and intelligent assistants, the more senior of whom had been with him for several years.

Von Bergmann was a good clinician with a very original mind. He made a charming host, and he and his wife entertained us royally both at their pleasant house in Luisenstrafle and the following Sunday at the farm, 30 miles from Berlin, which had belonged to his family for over a century.

Von Bergmann's clinic was one of the small number in Germany from which really good original work was published in the period between the wars. But after Hitler

came into power no further work of importance was produced even here, as the atmosphere of suspicion and unrest did not provide a satisfactory background for research. Moreover, no fewer than four of von Bergmann's assistants were of Jewish origin and were therefore compelled to resign their university appointments. They finally found refuge abroad, two in England and two in America. The former became naturalised British subjects and served in the RAMC. One of the latter was von Bergmann's radiologist, whose work had led to some of the most valuable contributions to medical knowledge which had come from Germany since 1918.

We spent an hour one day in the neurological outpatient department of von Bergmann's clinic. The physician in charge was one of his senior assistants, who held the title of Professor. He spoke of the value of 'cisternal puncture' in diagnosis. Looking round for a 'subject' on whom he could demonstrate, he seized an elderly woman who was sitting with a row of patients on a bench. Without washing his hands or sterilising her skin, he plunged a needle into her neck and drew off a few drops of cerebro-spinal fluid. All this was done without saying a word to the woman, who turned out to be not a patient at all but the mother of one. This did not appear to trouble the professor, who seemed surprised at our lack of appreciation of his demonstration of German ruthlessness.

One morning von Bergmann took us to the clinic of his surgical colleague, Sauerbruch, who had an international reputation as a chest surgeon. He operated in an enormous theatre containing four tables. At each table his assistants began and finished the operations, whilst he went successively from one to another to perform the main part of the operation. Although all his assistants wore gloves, he operated in bare hands, and although the spectators as well as his assistants wore masks and linen caps, he wore neither. He was the first surgeon I had seen for at least twenty-five years operating without gloves and mask. We were still more surprised to see him pass from one operation onto another without washing his hands, which were still wet with blood from the previous case. He was a very rough surgeon, and it was amazing to find what good results he obtained in his chest cases. At the dinner we gave our hosts at the Bristol I sat between von Bergmann and Sauerbruch.

Sauerbruch was the only German I met during this visit who was not friendly. He was an enthusiastic Nazi, and when Hitler came into power he sent me a long printed document translated into English, praising National Socialism and predicting how it would benefit science and medicine. We were all much impressed with the warmth of our welcome.

I found that medical education had not progressed in Germany since my stay in Munich and Strasbourg as a Radcliffe Fellow in 1905–6. Students attended an enormous number of lectures and gained a great deal of theoretical knowledge. But they had very little contact with patients, and there were no appointments for them corresponding with the ward-clerks and dressers of British medical schools. The result was that newly qualified doctors in Germany, like those in Switzerland, Holland and Scandinavia, might have more theoretical knowledge of disease and drugs than young British doctors, but they had few opportunities of applying their knowledge. This explains why the average British general practitioner is far superior to his Continental colleague. He examines his patients more thoroughly and his treatment is on much sounder lines."

London 1932

Host, Leader and Scribe not known

Secretary Natrass

The fifth Pilgrimage took place in London on the 19th April, a visit abroad had been considered inadvisable because of the fall in value of the pound! All fourteen Pilgrims turned out for this visit and three guests were invited; Sir Humphrey Rolleston, Sir Squire Sprigge and Sir William Haley. Case demonstrations and talks were given by Hurst, Geoffrey Marshall the chest physician, Leslie Witts (who later was elected a Pilgrim), Charles Symonds, the neurologist, and Gillespie the psychiatrist. Pilgrims thought that the combined round which Hurst had instituted in 1930, was an excellent method. An historical demonstration of books and specimens by Bright, Addison, Hodgkin and Wilkes was provided.

America 1933

Host, Leader and Scribe not known

Secretary Natrass

1–24 May. The Scribe wrote “The sixth Pilgrimage was spent in the United States though unfortunately only four of the illustrious band found it possible to leave the British Isles; Hurst, Anderson, Johnson and Hay. As this Pilgrimage covered a space of five weeks it is impossible and certainly unwise to attempt any detailed account of our deeds and misdeeds for neither the minute book nor the patience of the Pilgrims would tolerate it!

Hurst, his wife and his niece appeared at Southampton – the two ladies being co-opted Pilgrims *pro tem*. All were comfortably fixed up on the *Franconia*. A wonderful start, smooth sea, the gulls screaming and all as happy as Harry – for twenty-four hours at least – then the wind rose and it blew a whole gale, heavy seas and swell, overcast and rain.

The Chief Officer took us under his wing and made everything easy and pleasant and when our midribs had settled down, all was well. In fact, after a day or two we felt we owned the ship. On the 1st May we were, of course, ‘called early’ to see the Statue of Liberty, with its back well turned on New York. The glowing green of the statue shone out against a leaden grey sky. New York was like a furnace.”

Rome 1934

Host Professor Bastianelli
Leader Hurst
Scribe AP Thompson
Secretary Natrass

13–20 April. The Scribe wrote that “Hurst, Hay, Bramwell, Natrass, Spence, Anderson, Johnson and Thompson met at the airways terminal at Victoria and went to Croydon by bus; Stott joined the Pilgrimage there. The flight to Paris was uneventful. Stott lost his hat and while looking for it was distressed to learn that Johnson had distinctly heard it fall in the sea just as we crossed the English coastline.” Hurst gave an account of this visit in his autobiography but the Scribe’s report makes interesting reading of the visit both to Rome and Florence. On the 20th a sheaf of press notices appeared, telling the Pilgrims how important they were and how impressive they found the medical arrangements of Rome. Also a note goes that during the stay in Florence, Hunter and Stott had visited Banti’s laboratory. The director was absent on a Fascist parade but on inspecting the visitors’ book they found the signature of Hodgkin 1852. Banti’s original specimens (with sections) were preserved. Hurst does not mention that he had an attack of renal colic in the catacomb of Rome and the Scribe remarked that “The Pilgrimage was a successful one but the record of it must include a tribute to the courage of Hurst who refused to allow the pangs of renal colic (or those of an enema administered by Stott and Hay) either to quench his own enthusiasm or to depress the spirits of his followers.”

Hurst writes “I knew no Italian physician personally, but Gordon Holmes gave me an introduction to Professor G Bastianelli, who took a great deal of trouble in arranging an interesting visit for us. Rome was full of heat, noise, Alpini and excitement; its usual state on Sundays, we were told, under the new regime. On Monday morning Bastianelli came to the hotel with one of his assistants, who was to be our chief interpreter, and took us to the Policlinico to meet Cesare Frugoni, the Professor of Clinical Medicine, with whom we spent the morning. None of us had previously known anything about Italian medicine, partly because of unfamiliarity with the language, but mainly, I think, because little work of importance has been done in Italy during the present century. There are very few references to Italian papers, even in the most extensive bibliographies in the English, American, French and German medical literature. We saw nothing of great interest, and were surprised how much Frugoni believed in treatment by vaccines for all manner of diseases, although in England belief in their therapeutic value has steadily declined until now it has died out almost completely.

The equipment of Frugoni’s wards was very good, but we were struck by the complete absence of medical students from the only medical clinic of the university. We learnt that the course lasted six years, but that there was no official bedside teaching of any kind. It was quite possible for a student to qualify without ever touching a sick person before his examination, though a good many did a little work unofficially with some of the assistants in the clinic or even in private practice. We lunched with two of

Frugoni's assistants and spent the afternoon sight-seeing. In the evening we dined at the Grotto restaurant amidst much noise and in such a fug that we renamed it 'il Grotto asphyxio' – but the food was excellent.

Tuesday morning was spent with Bastianelli in his Institut di Semeiotica Medica. It was smaller and less lavishly equipped than Frugoni's clinic, but the level of the work and the ability of the workers seemed of a higher grade. After an interesting ward round Bastianelli gave us an interesting talk on malaria and other subjects and answered our many questions. AP Thompson summarised our opinion of Bastianelli in his minutes, when he described him as 'A lean distinguished figure, who impressed us as a fine physician, alert and interested in all things despite his 72 years'. He seemed sensitive to cold, for he wore a long black overcoat while walking briskly around his wards in the sweltering Roman heat. He was the only Italian physician I met who seemed to be an enthusiastic fascist. He had joined the movement in its earliest days and was body-physician to Mussolini, who suffered from chronic duodenal ulcer, for which he was on a permanently strict diet. That evening the paediatric clinic of Professor Splotverini was visited. He was an excitable man, who told us that he had recently made what he regarded as a remarkable observation – that healthy children, who were admitted to his wards because their mothers were unable to care for them, became ill and wasted rapidly in spite of energetic prophylactic vaccination!

On Wednesday morning we visited the gastroenterological clinic of Professors Paolo and Alessandrini at the ancient Ospedale Santo Spirito. We saw a good deal of interest, but could not agree that the passage of a gastroscope was painless when we watched the struggle between the screaming victim and her attendant nuns. The visit ended with a reception by the President of the Roman Hospital Service, who took us over the adjoining Polazzo di Santo Spirito, a magnificent building in which the offices of the hospital administration of Rome are housed. Some of the Pilgrims visited the university neurological clinic in the afternoon. They were not impressed. None of the cases had been thoroughly investigated, and an ophthalmoscope could not be found in the department. In the evening we dined with Bastianelli and met his brother, whose fame as a surgeon rivalled that of our host as a physician.

Our last day in Rome was devoted to a tour in a motor bus of the Pontine Marshes as guest of the government, with the Medical Officer of Health as our guide. We left Rome by the Appian Way and had an excellent lunch in the Town Hall of Littorio, where we were received in state by the Mayor. Before Mussolini had come into power the whole district was a swamp, in which mosquitos flourished in such abundance that the few inhabitants suffered, almost without exception, from chronic malaria. Mass emigration of unemployed labourers had been organised from the poorer parts of Venetia to the Pontine Marshes, where they were well housed and great care was taken to keep them free from malaria. The marsh land was rapidly reclaimed. Model farmhouses were erected. The men then fetched their wives and children from their old homes and began to cultivate the parcel of land which the government had given them. We were shown plans for a city with 50,000 inhabitants. After lunch we went to Sabaudia, another embryo city, even less developed than Littorio. On the return journey we left the Appian Way to visit Nettuno, where we had tea in a hotel on the sea front.

Though our visit was of course a private one and completely unofficial, we were frequently interviewed and often accompanied on our visits by reporters. *Il Messaggero* finished an account of our activities with the following imaginative sentence 'On the conclusion of their visit the English physicians expressed their unbounded admiration for the Miracolo Fascista, which had renovated the city of Rome and redeemed the Pontine Marshes'. *Il Popolo di Roma* described how greatly we had been impressed with the 'magnificent functioning and perfect organisation' of the hospitals we had visited.

On the last evening we entertained our hosts to dinner at the Villa de Valadier on the Pincio. From the terrace we had a glorious bird's eye view of Rome in the evening light. Professor Alessandrini told me that, like most men in Rome, he wore the Fascist badge though he hated Mussolini and all he stood for but he had not the courage of his convictions. He could do no good by opposing the regime and if he did not appear to be a fascist he would lose his official position and would have no further opportunity of developing his work in gastroenterology. In the few hours we spent in Florence on our return journey we saw Michelangelo's David in the Academia, and the masterpieces of Donatello, Verrocchio and the Della Robbia brothers in the Bargello and Spence found time to pay a hurried pilgrimage to the tomb of Keats".

France and Switzerland 1935

Host	Professor Bruch
Leader	Hurst
Scribe	Stott
Secretary	Natrass

18–29 May. Six Pilgrims set forth from Croydon and flew to Paris where they stayed the night although Lyons was our first objective. This was Hurst's idea for, he pointed out, the journey to Lyon would be too tiring without a break. It soon became apparent, however, that his real reason was a strong urge to dine at a restaurant of which he had recently read a glowing account by a young Guy's research worker in the Guy's Hospital Gazette. There is as yet no recorded instance of a Pilgrim objecting to spending a night in Paris and we had a magnificent dinner, admirably rounded off by Thompson's minutes relating to the seventh Pilgrimage to Rome and Florence.

On the Sunday they caught an early train to Lyons and arrived there at 2.30pm. They were met by Professor Bruch, a neurologist, who presented them with a detailed programme. He then took us for a short tour of Lyons which included a walk in the old town and a visit to the top of the hill of Fourviere where we had a magnificent view of the surrounding country. We were then taken to his hospital where he showed us:

- 1) Pictures of CNS preparations which, when viewed through spectacles containing a prism, should show as stereoscopically, but didn't.
- 2) Large numbers of pathological brains each of which he kept, not in the

usual expensive glass jar, but in a cheap enamel vessel of the type which is ordinarily found under the bed – an idea of which he was very proud.

- 3) A cine film of an operation for the removal of a brain tumour. The film was good but the antique projector was refractory, so that Hurst soon began to show his usual physical signs of restlessness.

In the evening Bruch proved an excellent host. He was an outstanding man who quickly won our hearts and we shall long remember his twinkling eye and his puckish humour. The programme included a visit to the new bars at Aix and demonstrations at the hospital where Forestier, father and son, and Francois Francon gave most interesting clinical demonstrations especially illustrating the various forms of arthritis.

On Thursday, 23rd May, the party, with their baggage, motored to Geneva at the expense of the Municipality of Aix. There the Pilgrims visited the recently completed university hospital which they considered to be one of the best hospitals they had seen. The scribe finishes, “In the afternoon Hurst and Stott flew back to Croydon, while Anderson, Thompson and Hardy went on to visit Dr. Hilary Arcke at Montana Sanatorium. And so ended one of the most enjoyable and successful of our Pilgrimages”.

London 1936

Leader and Scribe Hurst
Secretary Natrass

26–29 April. Certain of the provincial members forgathered at the Berners Hotel on Sunday, 26th April, and after lunch motored to New Lodge Clinic (this was Hurst's creation and catered for private patients from the UK and elsewhere in the world; this clinic helped to finance his research, much of which was carried out there) – the motors having been kindly provided by the London members Hurst, Stott, Patterson and Donald Hunter. The fourteen Pilgrims and their guests (Leslie Witts of Guy's, Professor Hollingren of Stockholm and Professor Snapper of Amsterdam) were welcomed by the President at New Lodge Clinic. Hurst then gave an account of the clinical and radiological aspects of hiatus hernia.

After the clinic the party took a walk through Windsor Forest and saw Windsor Castle illuminated by the afternoon sun. They then returned to Heath End where Hurst, assisted by his daughters and son in the absence of Mrs. Hurst through indisposition, entertained the Pilgrims to tea. On the Monday, MacDonald Critchley demonstrated an interesting series of cases of dystrophia myotonica. He showed from the family history that there is a slow decline in social and intellectual qualities. A case of Huntington's chorea was an occasion for a short dissertation on the genealogy of the first recorded American family, named Napp, who derive their origin from early immigrants from Suffolk in the persons of two illegitimate sons of a woman who could probably be identified as the village harlot. It was suggested that these mildly

defective persons might have been intentionally shipped off to preserve the quality of the village stock! AG Greenfield gave a demonstration with specimens and slides of cerebral sclerosis in children. Lunch was taken at the Russell Hotel together with Dr. Russell Reynolds, Hugh Davis Greenfield and Richardson of Toronto. The afternoon was spent at Great Ormond Street where Patterson demonstrated several interesting cases. Signey demonstrated specimens to show the probable virus body responsible for acute rheumatism. Payne gave us an account of the acute abdomen in diabetic children and Newns talked on the subject of pyelitis in children and its treatment.

The dinner was held at the Athenaeum whose excellent food and drink put everybody in a good humour. The 1912 port wine was much appreciated by those who understood what careful treatment it must have had. The guests were Sir Thomas Barlow, Dr. R Hutchinson, Dr. Gordon Holmes, Professor Hollingren and Professor Snapper. At the conclusion of the dinner Stott read the 1935 minutes. The humorous terms of Stott's description of our French colleagues so upset Professor Snapper that he demanded to have read out the minutes of the Amsterdam meeting. Johnson was therefore requested to do so but their tone was so correct that Professor Snapper – having drunk his liqueur brandy – was by this time appeased, and not only were these minutes not read to a conclusion but Professor Snapper extended an invitation to the Pilgrims to re-visit Amsterdam on an early occasion.

On the Wednesday, the Club assembled at the London Hospital where an interesting series of cases were shown by Hunter and Professor Ellis. Several cases of Hunter's historic series of idiopathic steatorrhoea were shown. Amongst the female cases was one of psoriatic arthropathy; then was heard the following dialogue "This is my problem – I will show it to you" whereupon a senior member of the party began to undress. "But not in a womens' ward" said another senior member. Short papers were given by Dr. William Evans on the screening of the oesophagus to determine the size and shape of the heart and by Dr. AC Cooke on the histology of the pituitary gland in basophilism.

The afternoon session was at Guy's Hospital. The first item on the programme, it might almost be called a turn, was a damsel in a bathing dress shown by Professor Grant and she had urticaria on exercise. Skipping for a few minutes brought it out. It was the opinion of some members that there appeared to be compensations for the restricted field of research the Professor had set himself to investigate. Hurst commented on a case of hour-glass stomach which is now much rarer than it used to be, and on a new disease – ileitis.

The next day the Club visited St. Bartholomew's Hospital where were demonstrated a man with angina who had no benefit from alcoholic blockage of the dorsal sympathetic nerves, a case of dermatomyositis, and one of Simmond's disease and aplastic anaemia. There was also a good demonstration of gastroscopy by Mr. Rogers. In the afternoon at the Royal Chest Hospital Dr. Kerley gave an interesting talk on various x-ray phenomena in the chest. Dr. Nora Schuster demonstrated the PM appearances in the case of telangiectasia which had aneurysms on the splenic artery and naevi of the duodenum.

Paris 1937

Hosts	Professors Lemierre and Vallery-Radot
Leader	Hurst
Scribe	not known
Secretary	Natrass

15–20 May. The following Pilgrims met at Croydon; Hurst, Hague, Anderson, Natrass, Witts, Patterson, Thompson, Spence and Hunter. On Sunday evening in glorious weather we crossed the Jardin de Tuilleries and the Seine, making our way to the restaurant Foyot for the Pilgrims' dinner. It was a good show; Hurst read the minutes, they were amended and as amended adopted. After an excellent shrimp soup, and chicken with a delightful mushroom sauce, AP Thompson was heard to express in a way never heard from any Pilgrim before – he declined, nay, refused to eat the famous crêpe Suzette. This mutinous behaviour escaped chastisement only because it was drowned in the splendour of an incident now to be related. John Hay rose to his feet and after a graceful reference to Anderson and Stott as custodians of the health of the Royal personages expressed the warmest congratulations of the Pilgrims to Hurst on his knighthood. Then, leaning forward, he crowned the father of the Pilgrims with all the dignity of an archbishop (King George VI had been crowned four days before). The crown was a beautiful circlet of golden privet stolen from a vase in the Hotel Continental and reinforced by une ficille obtained from the head waiter of the restaurant Foyot. Postcards conveying our greetings were sent to the following Pilgrims who were prevented from joining the Pilgrimage; Bramwell, Stott, Ferguson and WWD Thompson.

Next day we went to l'Hôpital Claude Bernard where cases had been prepared for demonstrations by Professor Lemierre. With the aid of Dr. Laporte he showed us cases of scarlet fever, diphtheria, measles and monocytic leukaemia. In one case of measles the rash had become purpuric on the 12th day though the illness was mild, in contrast to the haemorrhagic measles where there are both large ecchymoses and bleeding from mucus membranes. Other cases included a case of malignant staphylococcal septicaemia.

The following day saw an early start for l'Hôpital Vangirard where the concierge took one look at Hurst and gave him the ticket of l'Assistance Publique for treatment of the destitute. Unfortunately, Francois Moutier was ill and therefore unable to show us his work on gastroscopy but many interesting cases were demonstrated. The dinner to the hosts was held at the restaurant Douant. Anderson and Thompson took a whole afternoon to choose the wines but they left enough to enable the party to go with a bang. Guillain was unable to come but sent beautiful flowers. For the first time in the history of the Pilgrims, ladies were invited – Hurst having written to Lemierre in such bad French that he understood the invitation to include his wife. Hurst toasted the guests in French and Lemierre gracefully replied. Next day began with rain and we took taxis to the Salpetriere

where we were shown the library and rooms of Charcot, including his collection of pathological specimens. The only pictures in the room were portraits of Hughlings Jackson and Sir William Bowman. Guillain then showed us ward after ward full of incurables, including seven cases of syringomyelia and others of Parkinsonism, tabes and progressive muscular atrophy. Rather depressed, we dashed through Paris at a great rate in taxis to the Hopital Bichat where Pasteur Vallery-Radot entertained us. He is the son of Rane, and his mother was Pasteur's daughter. He talked of anaphylactic shock in rabbits and his other animal research. In an amusing interlude we met the governors of the hospital who regaled us with champagne and biscuits. A further taxi drive ended in lunch on the boulevard and a handful of Pilgrims went off to buy Lemierre's books, especially "les Infectieuses Maladies". Then to l'École de Medicine – but the stench of an animal house drove us to the Musée Dupuytren, dismal and out of date, when Donald Hunter told the porter on duty that an ancient specimen labelled rickets was a fine instance of hypoparathyroidism. A further stroll to the College de France brought us to a good view of the statue of Claude Bernard.

A small party then made for l'Hôpital de la Glaciere hoping to hear de Martel. Alas, he was away operating but his assistant met us with huge parcels of reprints and samples of ointment for piles which he urged us to try! After some discussion of radiographs of ulcers he dismissed us with introductions to Granville Barker who was entertaining the Anglo-French society at the Sorbonne. More champagne and cakes and a close-up view of the sacred halls of the Sorbonne, impressive with mural paintings. On Thursday, 20th May, at 11.45am the Pilgrims left Le Bourget in bright sunshine and arrived at Victoria in luxury at 3.30pm. So ended a Pilgrimage replete with good fellowship but devoid of really good clinical material, perhaps rather damped by contrast with the previous Pilgrimage to Paris – the first in 1928 – when Widal, Vaquez, Babinski and Sicard held forth. Widal died in 1929 of cerebral haemorrhage, and Vaquez in 1935 of pneumonia.

Pilgrims Dinner to Hurst



16th October 1937, London, United Universities Club

Those present were Hurst, Stott, Bramwell, Hardy, Natrass, WWD Thompson, Spence, Patterson, Hunter, Witts and Ferguson. There were no guests.

The idea of a dinner to Hurst in honour of his Knighthood originated with Bramwell and was transferred to Stott through Natrass. Stott gave us an amazing dinner, including red mullet cooked in paper, and the bone marrow of oxen dead of aplastic anaemia. Stott made a pretty speech in which he said that we admired Hurst for his character as much as for his work and that he was a worthy follower of Addison and Bright as senior physician to Guy's.

Hurst replied, thanking the Pilgrims and saying that the brainwave of Hume, Natrass and Johnson nine years ago had become a contribution to international peace. His wife had complained that Pilgrimages always did him more good than summer holidays, and he was more free from asthma with the Pilgrims than at other times, and certainly could always eat bigger dinners. The sonorous voice of Stott terminated the feast – “Do you play billiards, Hurst? Well then we'll go upstairs and all play Russian snooker” – which we did!

Copenhagen and Stockholm



1938

Hosts	Professor Meulengracht, Hagedorn, Svartz and Holmgren
Leader	Hurst
Scribe	not known
Secretary	Natrass

13–21 May. Pilgrims met at Liverpool Street Station accompanied by Mrs. Bramwell and the Chelsea Football Club. Tea and talk beguiled the time until arrival at Harwich at 1800 hours. Life on the Danish steamer *Jylland* was comfortable and a splendid crossing was spent in reading, strolling and lolling in deck chairs – while Hurst took advantage of the lethargic condition of Natrass, Hardy, Thompson and Hume to make their portraits. Lunch with the Captain gave a further opportunity of sampling the varieties of smorgasbord and fish. The crossing, whose wonderful calm had produced a drowsy contentment in the Pilgrims, terminated at 5pm on arrival at Esbjerg. Customs was an easy and quiet affair and an hour was spent on the quay awaiting the departure of the train for Copenhagen. Mrs. Bramwell then left us. We reached Copenhagen and were greeted by Professor Meulengracht and a considerable crowd – the former to welcome the Pilgrims and the latter to receive the Chelsea footballers who had passed the entire boat and train journey in strict training on beer and card playing. On descending from the train both teams were photographed, for the most part separately. We lay the night at the Palace Hotel.

On Sunday, May 15th, Professor Meulengracht and his friends took the Pilgrims on a sight-seeing tour and later met on the ramparts of Elsinore Castle in Kronborg where some broke into verse. He then entertained them to a magnificent lunch (Professor Meulengracht pioneered the regular feeding of patients with gastrointestinal bleeding instead of the starvation which previously had caused death from uraemia).

Professor Meulengracht provided an excellent medical component. This included his work on the histology of the gastric mucosa in pernicious anaemia and the possible explanations for the absence of the intrinsic factor in pernicious anaemia. He showed a slightly cyanosed woman who had been swallowing large quantities of Daisy powder (caffeine, phenacetin and antipyrine). The cyanosis was due to para-amido-phenol and there was no methaemoglobinaemia. The powders taken for headache produced headache – hence a vicious circle ensued. The unhappy lot of the colon was demonstrated in the case of a Swede aged 60 years, who for 35 years had taken Carlsbad salts in large doses each morning and had filled-in the intervals with visits to Carlsbad and Marienbad. He had suffered pains in the back, shrinkage in height by 10cm, had worn corsets and was extremely hypochondriacal. The bone changes were apparently due to osteoporosis and he had improved with a more varied diet, vitamin D and no laxatives. After seeing a case of renal rickets in a woman aged 22 years, Donald Hunter discussed the blood chemistry in these cases, in thyrotoxicosis and in those described by Ellis and Evans in the *Quarterly Journal of Medicine*. Dr. Alsted read a paper on the incidence of peptic ulcer in Copenhagen and pointed out the changing ratio between men and women, men now being more frequently affected than women (formerly gastric ulcer, probably acute, had caused the deaths of young ladies under 25 years and between 1850 and 1900 haemorrhage or perforation swept away beautiful and healthy creatures within a few hours). Towards the end of the morning the Pilgrims went to another hospital and were received by Professor and Mrs. Hagedorn where he showed a film and explained that the hospital was a business organisation and that the profits were spent upon research. He showed blood sugar curves following protamine insulin, and Dr. Krarup demonstrated the factors which controlled gastric acidity. Before lunch the Pilgrims met Mrs. Hagedorn in a beautiful room with a wonderful window electrically operated – the walls decorated by paintings of various seabirds. An excellent lunch was served on a tastefully decorated table and each guest received a nosegay. A visit to the laboratories where tea was served, brought a very pleasant visit to a close.

A comprehensive study of tuberculosis in Copenhagen and the way that it was dealt with was presented, as well as a survey of the treatment of pneumonia with rabbit serum which had reduced the mortality from 45% to 10%. A conjunctival test was always done and immediate shock was unknown. Serum sickness occurred in 26.8% of cases. The Scribe wrote that the importance of this work has been somewhat eclipsed by M&B 693. Later Hurst, Hague, Bramwell, Hunter and Gibson left by air for Stockholm. Natrass and Stott returned to England. The two Thompsons, WWD and AP, Hunter and Hardy wandered the streets of Copenhagen and Hume visited the clinic of Professor Warburg. The last five left by the 7.45pm sleeper for Stockholm.

The Pilgrims who had flown to Stockholm were met by Professor Nana Svartz and

Professor Holmgren. They attended a meeting of the Swedish Medical Society and Hurst read a paper on carcinoma of the stomach; he also undertook to send the Society photographs of Bright and Astley Cooper. After the meeting supper was served in an upper room from a running buffet. Hunter and Hay saw the sunrise with Professor Berglund. Those who had travelled to Stockholm by sleeper joined their brethren at the Grand Hotel for breakfast on the morning of May 18th. Professor Svartz and her colleagues gave a demonstration at the University Clinic at a hospital founded in 1752 and the list, which the Scribe attached, included experimental polyarthritis, problems of chronic colitis, pupillotomy, Menière's syndrome and otosclerosis, on the duration of stomach haemorrhages and pathologic preparations from various cerebral affections. A packed medical programme included visits to other clinics and communication on topics such as the fact that syphilis had almost completely disappeared and also that diphtheria and cerebrospinal fever had greatly diminished. Other matters concerned the feeding of diabetic children, the use of heparin in thrombophlebitis and a demonstration of the physiological and pathological changes in heart volume in heart disease.

After a light and somewhat rapid dinner we left Stockholm by sleeper for Copenhagen. Arriving in Copenhagen at 10am on Saturday morning we wandered the streets and bought souvenirs until we took train to Esbjerg. We were blessed with an excellent crossing and on Sunday morning Hurst completed more portraits. The journey from Harwich to London somewhat rudely reminded the Pilgrims of the malign influence of dictatorial aggression of which they had been singularly forgetful during the week spent in Scandinavia enjoying the eleventh Pilgrimage which had been an unqualified success.

The War Years (1939–1945)

A few months later war broke out and the archives contain nothing until 1942 where there is a brief note "The Pilgrims met at the Athenaeum after the meeting of the Association of Physicians at Cambridge. Half of the party dined at the Athenaeum, the rest at the Saville Club. Major General Sir Henry Tidy was the guest".

The Pilgrimage in 1943 also took place at the meeting of the Association of Physicians and was held at the Waldorf Hotel, London. Representatives of the medical services of various other nations were invited to the dinner as shown by the extract from *The Times* and the signatures of both Pilgrims and guests.

Sir Arthur Hurst died suddenly on the 17th August, 1944, and a copy of the obituary which appeared in the *British Medical Journal* on the 26th August (p292–3) is included in the Minute Book. No further meeting occurred until after the War.

London 1948

Leader WWD Johnson
Scribe not known
Secretary Natrass

The first post-war meeting was held in London on April 15th, 1948. The following Pilgrims were present: Johnson, Hardy, Ferguson, Witts, Bramwell, Stott, Hunter, AP Thompson and Natrass. In view of the loss by death of Hurst and Bennett, the resignation of Matthews, and the departure of Patterson for Canada, an assembly of this number after so long a suspension of activities was an encouraging sign of the interest still felt in the club.

The morning was spent at the London Hospital. Dr. RR Bomford demonstrated and discussed with modesty but skill a number of interesting cases. They included a man with megacolon and skeletal changes of longstanding, apparently due to idiopathic steatorrhoea plus a jejuno-colic fistula; a woman of 23 and her child, each with haemolytic anaemia and splenic enlargement but normal fragility; an acute haemolytic anaemia of unknown origin in a boy and a case of myxoedema associated with apparently recent thyroid enlargement.

Dr. May discussed chronic myeloid leukaemia and Dr. Lloyd leukaemia and Dr. Haggie spoke about the pathogenesis of cirrhosis of the liver in cases not due to alcohol and described his experience with puncture drainage of dropsical limbs under the protection of local and systemic penicillin.

Donald Hunter joined us at a delightful lunch in the committee room of the hospital, after which we were shown the Materia Medica garden. We then spent a fascinating hour in the museum with Hunter, and thereafter saw a film of a Greek tour in which some of the Pilgrims took part in 1939. Further films and slides were shown, of which the recorder cannot speak as he had to leave.

At 5pm the Pilgrims attended the second Lumleian lecture by Natrass. After the lecture the Pilgrims dined together at the United University Club. The arrangements were made by Hardy with his customary flare for making such occasions memorable. The Scribe received the impression that this evening was to others as it was to him, one of the happiest experiences of years, and one which it seemed wonderful to be able to enjoy after the weariness and anxieties of the war years.

A silent toast was drunk to the memory of Arthur Hurst, and thereafter Witts' obituary of Hurst and Ryle's address at the Memorial Service were read.

The future of the club was discussed and it was agreed that this happy association should continue in the form of a yearly meeting, probably of two days duration, to be held in the first instance in this country; the possibility of going abroad at some later date was not excluded. It was thought that late September would probably be suitable, thus avoiding the early summer meetings of the major associations.

Natrass undertook to inform the Pilgrims as a whole of these and other

suggestions and it was agreed to meet in Manchester in 1949. Finally it was agreed to suggest five new members; Coope of Liverpool, Morgan-Jones of Manchester, Bomford of the London, Lovibond of the Westminster, and Dunlop of Edinburgh.

To Johnson and Hardy, who planned and carried out this reunion, the Pilgrims are greatly indebted.

Manchester 1949

Hosts	Crichton Bramwell, Robert Platt, William Brockbar, Fergus Ferguson and Morgan-Jones
Leader and Scribe	not known
Secretary	Natrass

15th September. Fifteen Pilgrims assembled at the Manchester Royal Infirmary, thus dispelling doubts as to whether this happy association could be kept going after its revival last year. First visit was paid to the Cardiological Unit which, like the Professorial Unit, the Neurological Unit and the Haematological Department, has lately been housed in a new semipermanent building. The organisation of the unit was described by Bramwell; staff consist of professor, deputy director (Morgan-Jones), two senior registrars and one HP, also three technicians and three secretaries. Registrars serve for three years of which one is spent abroad. Teaching of undergraduates as clerks is done in conjunction with a general medical unit. The unit receives as inpatients about 50% of the cardiac cases admitted to the hospital. There are two adult OP clinics, a follow-up clinic, a pregnancy clinic, and a children's clinic. Liaison is maintained with some difficulty with peripheral clinics; these and other problems were discussed. Thereafter reference was made to Graham Steele and his murmur – an example of which was heard – and other cases were examined, including three of coarctation of the aorta and a child who had had the Blalock operation.

After tea Ferguson showed five neurological cases. These included a man of 51 with thyrotoxic myopathy, treatment of a girl of 7 with petit mal, two patients with paraplegia showing excellent results with rehabilitation and a patient who recovered from tuberculous meningitis after streptomycin – the lecturer in neurology giving an account of this treatment which then produced an 18% survival in meningitis. The dinner was held at the Union Club.

Next day, the first visit was to the department of medicine where demonstrations included microradiographs of the kidney by Barclay's method; photographs of the fundus oculi; clinical, radiological and biochemical records of six cases of myelomatosis; and a flame photometer and other instruments were on view.

Robert Platt opened a discussion about hypertension and reported the effect of the rice diet of Kempner. The diet consisted of rice, fruit and sugar and was very low in fat and protein and the sodium might be down to 200mg per diem, this being

possibly the main factor in reducing the blood pressure. His experience indicated a transient effect with relief of headache but most patients would not tolerate the diet for the months suggested by Kempner. JF Wilkinson showed the party round his department of haematology and informal discussions took place between him and his deputy director, Israels. The morning ended with a pleasant visit to the Medical Society's library and the party adjourned for lunch to the staff house at the university where the vice-chancellor, Sir John Stopford, accepted our hospitality. Returning to the Infirmary, an interesting account was given of byssinosis and a visit was paid to the photographic department where exhibits included a series of drawings and photographs of the Manchester Royal Infirmary since its foundation in 1752. After tea the party moved off by rail or road for Windermere; it was pouring with rain, but this only enhanced the beauty of the following morning, when we woke in the peace of the Lake District. Most members stayed at the Langdale Chase Hotel, some at the homes of Bramwell and Hay. An addendum to the Scribe's report describes in detail the sojourn in the Lake District. The Pilgrims went by motor launch across Windermere to the Bramwell's home where 'At dinner the cuisine, and especially the clarets, were superb'. Stimulated by the ladies, the Pilgrims maintained witty conversation at that high intellectual level which is so characteristic of all Pilgrimages. It was decided that Bertrand Russell, Julian Huxley and Lancelot Hogben were the outstanding minds of our time. AN Whitehead was commended for having said that one of the functions of the clinician is to hold up to the laboratories the reality of experience. AP Thompson told us an amusing story of an experience with students. In outpatients he had decided to make them not only write a summary of the case but also an answer to the doctor's letter. In despair at their bad English, he bought them the prayer book and made each student read the Collect for the day. He pointed out that this enshrines an idea in a few sentences of perfect English. After a while the following letter was produced. 'For as much as it hath pleased Almighty God to visit this our sister with divers maladies of which we know not the cause.' He signed the letter and sent it, but he has never had another case from that doctor.

John Hay told us stories of James Mackenzie and Thomas Lewis. About 1905, when he was physician to the chest hospital in Liverpool, a man from Port Sunlight was making monkey brand soap. He had dyspnoea at rest and related the story how all his mates were already dead. He had advanced silicosis and he shortly died.

Sunday was a day of beautiful sunshine, and the Pilgrims enjoyed walks in the lovely lake country. John Hay took some of us across the lake by the car ferry and as we drove along between the lakes and hills the views in the still morning air were superb. And so, on Sunday night for some, and on Monday morning for others, the Pilgrims, much refreshed, made their way home – reluctantly.

Dublin 1950

Hosts	Parsons and DK O'Donovan
Leader and Scribe	not known
Secretary	Natrass

14–17 September. Thirteen Pilgrims assembled in Dublin on the Thursday and some dined that night at the celebrated Jammet's, described in the guide book as "patronized by wealthy professional men, by racing enthusiasts and by foreign writers". It was uncertain to which category the Pilgrims belonged. The next morning was spent at St. Patrick Dun's (commonly known as the Baggott Street) Hospital and members of the staff such as Parsons, who was over 80 but still actively engaged in medicine, gave the Pilgrims various excellent clinical demonstrations with cases such as myelomatosis and polycythemia. One chest x-ray showed an enormous tumour that looked like a hydatid cyst but a hydatid disease was unknown in Ireland. Specimens of urine demonstrating alkaptonuria and melanoma were exhibited. Lunch was taken in the hall of Trinity College in the company of most of the hosts of the morning, and of Biggar, the well-known pharmacologist, who was about to vacate his Chair. Thereafter Pilgrims sat in the sun on the steps of the hall and admired the quadrangle before proceeding to the library. There the librarian showed many treasures including the fabulous Book of Kells. The Pilgrims were greatly impressed, if a little shocked at the familiar way their guide flicked over the pages of this venerated and unique 8th century illuminated manuscript of the gospel.

In the late afternoon Barry discussed the background of anti-tuberculous chemotherapy and guided the Pilgrims through complicated formulae with a clarity and assurance which bespoke a master of his subject. Sherry was taken with the Provost and his lady in their elegant house; from there the Pilgrims walked with their host across the quadrangle – "that wide expanse of cobblestones planted by some ancient humorist to torture the bunions of learned men" as HV Morton described it. To commons in the hall of the College of the Holy and Undivided Trinity of Queen Elizabeth (to give it its common name). Grace was said by a scholar of the house who is known as a waiter and is paid £10 a year for his services. Latin occupies ten lines of the Scribe's report. Enchanted by gracious hospitality, the friendly dignity of their surroundings and some excellent bourbon 1926, the Pilgrims decided they would be happy to eat many Irish commons if this was a fair example. After the Latin grace a move was made to the Fellows' common room for port, claret and intellectual, or not so intellectual, conversation.

On Saturday 16th, Pilgrims took their seats in the physiology theatre at University College to hear experiences with cortisone in seven cases of rheumatoid arthritis, five of which had at first been given intramuscular injections of 200mg of cortisone acetate, followed by 100mg daily for about one month. Improvement in movement of joints and so on was striking but there was always an immediate return of symptoms and of mental depression when the drug was stopped. Various complications were

demonstrated. This was followed by O'Connor who expounded his theory of the control of body temperature. After a sumptuous "elevenses" at St. Vincents Hospital provided by the Holy Sisters, O'Donovan and FitzGerald showed some fascinating cases that included a middle-aged woman with a peculiar atrophy of the peripheral bones of the hands and feet supervening on rheumatoid arthritis of 28 years duration. The results of various laboratory tests were discussed. Other cases were a girl of 23 with both coarctation of the aorta and an ectopic left kidney, a girl of 27 with two and a half years' history of recurrent carditis treated with cortisone, a woman with fibrocystic disease of bone, a girl of 18 with chronic tetany and moniliasis in whom the tetany was ascribed to selective destruction of the parathyroids by infection due to nail biting, dwarfism in a girl of 16 ascribed to chronic giardiasis and steatorrhoea, and a girl of 22 with a symptomless, possibly a dermoid or pericardial, cyst. Humbled by ignorance, but enriched by experience, Pilgrims next heard FitzGerald describe his results in treating 79 patients with peptic ulcer with large doses of urea given by mouth in 50% solution in cold water, with liquorice syrup in doses of 15g three hourly for six months. It was found to relieve the pain and to promote healing by increasing production of urease in the stomach and sometimes producing achlorhydria. Other topics included a demonstration of a new German electrocardiograph. In the evening Pilgrims entertained their host, including Synge, brother of the playwright, to dinner at the Shelbourne Hotel. On the Sunday, gales and storms were interrupted by bright intervals. The Pilgrims were taken on trips in County Wicklow and further afield by various kind friends; but of their adventures the Scribe could not tell for he had taken himself and his cold to London in order to be ready for the Conjoint examination on the Monday morning.

Birmingham 1951

Hosts	Melville Arnott, Hawkins and AP Thomson
Leader and Scribe	not known
Secretary	Natrass

20–23 September. It was rather a foggy night when our train pulled into the station, or so we thought until we discovered that the high carbon atmospheric content was, in fact, emanating from our own engine. Could this be some cryptic signal of welcome from our distinguished alchemist colleagues in Birmingham? The Pilgrims will recall that the word alchemy is derived from the Egyptian "al Khem" which means "art of the black country". This problem, however, remained unsolved until the following morning when we assembled at the fine Queen Elizabeth Hospital for a demonstration of clinical cases by members of the staff. Cases included heart disease by Dr. Paul Davison, who illustrated the value of modern techniques such as cardiac catheterisation in helping to diagnose between pulmonary heart disease and a congenital cardiac defect; a girl of 18, shown by Professor Cloake, who had a six

month history of Parkinsonism and a family history of Wilson's disease with the characteristic copper rings in the iris of her eyes, and liver disease. The aggressive approach to pulmonary tuberculosis was the subject of Dr. Brian Taylor's talk and the patient he showed had first undergone left upper thoracoplasty for an apical tuberculous cavity, later a left lung resection for residual bronchiectasis. She appeared then to be doing well. Dr. Donald then demonstrated a dyspnoeic woman of 60 with x-ray changes suggesting sarcoidosis although her age made this unlikely and he concluded that her condition was that of "diffuse fibrosis" and she was improving with ACTH therapy. Many of the Pilgrims by this time were somewhat spellbound and so were glad of an interlude of coffee and cream buns – as it were to regain their own breath. Then followed a personally conducted tour of Professor Melville Arnott's laboratory where we learned further details of how physiology and biochemistry can be applied to clinical problems. His bewildering apparatus filled us with envy, wonder and humble respect. Hardy next described the results of his four year studies with Brian Brooke and Clifford Hawkins on ulcerative colitis. The operation of ileostomy and subsequent colectomy had been most effective when response to medical treatment in a long initial attack failed, in relapsing cases or when complications had developed. The cheerful and healthy looking patients he had to show us bore excellent testimony to his remarks; they had become physically completely adjusted to wearing a permanent ileostomy bag, and their morale had obviously improved beyond all measure.

Lunch was taken in the board room in the company of the Secretary of the Board of the United Birmingham Hospitals and afterwards the Pilgrims went to the Medical School to study the theory of fat absorption outlined by Professor AC Frazer. Dr. JM French and Dr. Charlotte Anderson showed their work on intestinal absorption in coeliac disease. Pilgrims then visited the museum of odontology and listened delightedly to a most entertaining description of the exhibits by Professor HF Humphreys. He conducted the Pilgrims from case to case, elaborating on how the elephant got his trunk, on the evolution of mammalian teeth and the medical significance of the unicorn. He showed us some fine examples of early dentures (pre-Bevan era) and explained why the portraits of celebrities painted 150 years ago were so often lantern-jawed.

The Pilgrims, gravid with much learning, now made their way to the University Staff House for dinner where guests such as Professor Humphreys, Professor and Mrs Bodkin, Professors John Squire and Solly Zuckerman were entertained. The meal was a delight and the wine superb so that Professor Bodkin's mellow audience was in its most receptive mood to be shown around the Barber Institute of Fine Arts. A kaleidoscopic memory remains of a gyrating Rodin sculpture, of gems by Poussin, Corot and Rembrandt, of fascinating stories told by the Professor in his own inimitable way – how he had collected these treasures and what he had said to Queen Mary, and finally a genial decree that for once ashtrays were to be available for the use of the Pilgrims!

Next morning was spent in the Medical School where Professor John Squires opened with a talk on plasma protein and demonstrated various techniques for separating plasma proteins on filter papers so that quantitative analysis was possible (electrophoresis). Dextran could be used to promote diuresis in the nephrotic syndrome and fibrinogen appeared to be the protein responsible for changes in the ESR. After a

break for elevenses Professor Zuckerman took the floor to tell us about the “unutterable tangle of metabolic processes” concerned with pituitary function, six individual pituitary hormones having been isolated. He cited some interesting experiments on hibernating animals and the effect on the gland of the stimulus of light. Dr. MG Marson then gave us his results of treating 60 patients with chronic gout over long periods with salicylates in large doses and the effect on the urinary excretion on uric acid. The session ended by Bomford showing his cine film of the 1950 Dublin meeting in which the photogenic quality of the Pilgrims had to be seen to be believed. Many felt that the charming shots of WWD (Thompson) should be preserved and, if possible, a still reproduction prepared from the film for inclusion in the Minute Book.

Pilgrims retired to accept a welcome aperitif and the kind hospitality of the Dean, our own AP (Thomson) and to lunch at the University Staff House. Afterwards a pleasant stroll around the garden and a distant glimpse of Withering’s house in Edgbaston Park nearby and the Pilgrims returned to discuss formal business. Next it was tea-time and Pilgrims were invited to Hardy’s house for tea, after which came a visit to Stratford Memorial Theatre with the guests and a thrilling performance of Henry V which brought a memorable ending to the Birmingham Pilgrimage.

Oxford 1952

Hosts	Leslie Witts and Ritchie Russell
Scribe	Morgan-Jones
Secretary	Natrass

18–21 September. On the first morning the Pilgrims met at Osler House and listened to interesting papers on sarcoidosis by Robb-Smith, on experiences with cortisone and ACTH by Dr. PA Restall, and on the future care of the elderly sick by Dr. ZL Cosin. After coffee in the department of neurology, Ritchie Russell gave a fascinating talk on his approach to neurology, emphasising that modern developments in neurophysiology had not yet been applied to clinical neurology, and stressed the need for clinical research workers adequately trained in this field. He reviewed research going on in his department and included a follow up of 1,000 cases of brain wounds. He pointed out the disadvantages of large routine clinical units for tackling research problems and then demonstrated some simple recording dynamometers he had devised to compensate for what he alleged was his defective clinical memory. An interesting demonstration was given by Dr. Margaret Taylor on the reaction of the CSF cells and protein to intrathecal tuberculin in Mantoux-positive patients. There were two rises of cells and protein, and the CSF barrier to penicillin sharply decreased in the second phase one week after the injection, whereas the barrier to bromide decreased in the first phase of the reaction. Pilgrims were then entertained to lunch in

the board room of the Radcliffe Infirmary and in the afternoon went their way to favourite spots in Oxford, such as colleges or Blackwell's "generously loaded book shelves". At 4pm Pilgrims gathered for tea in Osler House garden and inspected a very impressive series of demonstrations in the Nuffield Institute for Medical Research. These included a demonstration of the changes in the circulation at birth, given by the Director, Dr. GN Dawes, and cine-radiographic apparatus by Dr. GM Ardran. Subsequently the latter and Dr. Kemp showed some short films of the act of swallowing and laryngeal closure in man, including one of the art of swallowing upside down. Dr. Widdicombe described a study of nerve endings in the trachea and bronchi and of the more slowly adapting endings at and below the carina.

At 7.30pm the Pilgrims assembled in the new room at Magdalen. Some initial confusion was created by the presence of Ferguson in the ladies' retiring room but he was exonerated when it transpired that this was considered appropriate for all the Pilgrims. The dinner will not soon be forgotten, for an initial crisp impression of good wine and paralysing culinary efficiency drifted imperceptibly into the rosy glow of an exquisite claret (Chateau Lafitte 1929).

Saturday morning was occupied by case demonstrations "which exceeded all expectations": Dr Paul Fourman showed three cases of adrenal insufficiency, Dr Sheila Callender demonstrated interesting cases of polycythemia treated with phosphorus 32 and Witts discussed what he called "fibrositis with a high ESR" (now known as polymyalgia rheumatica).

During the coffee interval Pilgrims inspected a series of demonstrations in RG Macfarlane's department which included a new haemorrhagic diathesis, an electronic cell counter with an almost intelligent capacity for discrimination, platelet agglutination in thrombocytopenia, marrow culture and electrophoresis. Slightly dazed by these buffets of science, Pilgrims returned to clinical medicine in the confident but misguided anticipation that they would understand it for, after the demonstration of a possible case of Simmond's disease by Dr. EM Buzzard, Hunter confidently asserted that this was really the "Pilgrims' syndrome?" A suggestion that the condition might be due to a subdural haematoma was neatly countered by Critchley with the assertion that it was really progeria. As the dust subsided, Dr. R Wigglesworth appeared to present two cases of Von Gierke's disease confirmed by liver biopsy.

In the afternoon your Scribe (Morgan-Jones) spared no effort to secure a seat in AP's Bentley for the visit to William Morris's house, Kelmscott Manor, where the warden, Dr. DC Wren, gave a most interesting account of the house and of William Morris and his work. The Pilgrims enjoyed the opportunity of inspecting some of the finest work of the Kelmscott press. Thence they were gently sucked along in the slip-stream of Critchley's Rolls to the pleasant village of Burford, where tea was prepared at the sign of the White Lamb. The church of St. John the Baptist was visited and amongst other features the monument to Edmond Harman, barber surgeon to Henry VIII, was inspected. His numerous progeny excited the admiration of Donald Hunter. The meeting concluded with a very enjoyable dinner at The Dorchester, Woodstock, and the Pilgrims subsequently scattered throughout the land, each carrying a warm memory of this meeting and of feeling a very real gratitude to Witts, whose arrangements were all so perfect and appropriate.

Oslo 1953

Hosts	Professors Salversan and Owren
Leader	not known
Scribe	DK O'Donovan
Hon Secretary	R Bomford (1953–1971)

25th–28th April. A baker's dozen of Pilgrims assembled on Newcastle Tyneside quay under the guidance of Nattrass to board the *SS Blenheim*. Witts was to join us by air in Oslo but the unlucky number was not considered of prophylactic importance. The ship's captain was intrigued by the presence of pious Pilgrims and issued an invitation to Stott, our Leader, and Nattrass to dine at his table with other distinguished and/or alluring passengers. He also invited us to cocktails when the Dark Lady of the Sonnet made her first impression. The first view of Norway came next day as we entered Christiansand fjord. We docked at Oslo at 7am. Robert Hunter donated 100 cigarettes to Norway as his blood rebelled against the payment of 20 kroners duty in excess.

We walked from the hotel to Professor Salversan's department at the Rikshospital. He first gave us a review of the sprue syndrome and its alterations in calcium metabolism. He recalled his earlier work on the parathyroids, reminding us that in 1922 he had shown that parathyroidectomy causes hypocalcaemia. His method of operation was of interest as he visualised the parathyroids in the thyroid gland by translumination. In the discussion which followed Donald Hunter enlivened the proceedings by his critical views on American calcium specialists. Other cases included one of moniliasis and sprue with the blood chemistry indicating hypoparathyroidism. He described sprue as elephantiasis of the small intestine with blockage of lymphatics and explained the low glucose tolerance curve by the increased utilisation. His assistant reviewed eight cases of adenoma of the islets of Langerhans and mentioned the diagnostic inadequacies of the glucose tolerance test. Salversan then took us on ward rounds and demonstrated a wide variety of patients. He dismissed the surgery of ulcerative colitis with the dictum *vita cum fistula non vita est*. He considered that the anaemia of chronic Bright's disease was a beneficial haemodilution devised by nature to increase the glomerular filtration. He had no doubt that blood transfusion was therefore a dangerous form of treatment and might even cause sudden death.

Lunch is sometimes referred to as a modest repast in Norwegian guide books. This was disproved for the first time in the Rikshospital where we were entertained by the medical superintendent. The afternoon was spent at the new City Hall remarkable for its tapestries and murals representing the activities of modern Norway. Many later adjourned to the Vigeland park where the life cycle of *homo sapiens* is recorded in sculptured figures. It is safe to conclude that parents in Oslo are not likely to be presented with the problem of when to tell the little ones the facts of life. That night the party was divided for dinner. One group was entertained by Professor and Mrs Salversan, the other by Professor and Mrs Owren. Reliable witnesses report that

at the home of the latter Fred Natrass presented flowers to the first beautiful lady who engaged his eye. She accepted and then admitted that she was just another guest. Natrass recovered the flowers and repeated his presentation to his hostess. Both parties agreed that our hosts and hostesses had exceeded all our expectations of hospitality. An evening punctuated by skol and in good company and excellent food was enjoyed by all.

Further medical sessions were held at the Rikshospital: Professor Owren, who was an expert on blood coagulation showed the results on about 500 patients of prolonged anticoagulant therapy using dicoumarol – the cases being mostly those of coronary thrombosis, angina or mitral stenosis. He and Robert Hunter then had a tête-à-tête on factors 5 and 7 which was incomprehensible to many of the Pilgrims. In thanking him, Hunter expressed his and our pleasure at hearing a first hand account of important work done under the most adverse conditions during the German occupation. Professor Waaler, Dean of the Medical Faculty, and acting for the University of Oslo, entertained the Pilgrims to lunch at Frognersteran where they looked down on Oslo and its fjord from 4,000 feet above sea. Perhaps it was to celebrate Synge's tenth visit to Norway that the Irish tricolour was placed in the centre of the table. The afternoon was spent visiting the folk museum, the Viking ships and the Kon-Tiki raft. We were given a learned discourse on the history and construction of the three ships. In the evening Pilgrims assembled for dinner with their guests in a club. Synge (who had Viking ancestors) welcomed the guests and, speaking in Norwegian, expressed the hope that they would avoid the pressures from the East of Communism and from the West of Americanism. Professor Salverson replied in a speech punctuated by poetry and song. There was some confusion as the Leader and Secretary of the Pilgrims could not agree on which year the Pilgrims were founded. This lack of position about much historical data seemed to have been appreciated by the guests who at least got the impression that the Pilgrims were founded before living memory.

At an early hour the next day, the press appeared and the Pilgrims visit was reported with photographs in the newspapers. Then followed a visit to a geriatric unit and papers from Professor Carl Muller's department: on the treatment of diabetes (25% of the patients had albuminuria – not surprising when it was observed that there was no outpatient department control); the fall in prothrombin time in congestive cardiac failure, the O₂/CO₂ relationships in respiratory failure; and the results of partial resection of the kidney for tuberculosis.

A business meeting was held in the evening and it was decided "to try to obtain reproductions of the previous Minutes so that each member should possess one" and to save the risk of the single copy being lost.

Pilgrims then went from Oslo to Bergen on the night train, being called at 4am when the first glimmer of daylight on the snow clad mountains was seen, and from then until 8am they watched the beautiful panorama of mountains and fjords. Breakfast on the train was memorable for the unexpected stoicism of Donald Hunter when presented with a boiled egg including chick. At Bergen the day was a free day spent in shops and at the famous fish market but in the evening Pilgrims met the

members of the Medical Faculty and were entertained to another lavish Norwegian dinner where they dined by twilight and candles as the main electric cable to the district had been cut. May 1st was a national holiday but the Pilgrims attended demonstrations of ventricular paroxysmal tachycardia notwithstanding digitalis and quinidine, a tragic case of colitis of over three years standing with the recent development of tetany. Hardy and Witts advised radical surgery but the immediate necessity of a temporary remission with cortisone was generally advised because of cachexia. Other cases included a patient with a small pulmonary neoplasm and the choice of antibiotics for pneumonia – Norwegian general practitioners seemed to favour sulpha drugs. Next came a tour of the new Children's Hospital, erected and equipped by the government of Sweden as a gift to the children of Norway to celebrate Norway's recovery of freedom in May 1945. The palatial unit looked out on the city with a large, neatly tended graveyard in the foreground. Lunch was served in the board room when details of the plans for a new medical school in Bergen were shown. It was being founded on an old traditional interest in medical investigation, as on the walls of the board room were the portraits of famous forerunners such as the brothers Hansen – one as famous in the annals of tuberculosis as the other was in leprosy. Guests invited to dinner in the evening included Sigvald Refsum, the neurologist, who departed at 2am.

On the Saturday morning we had the unique opportunity of visiting the local leprosy hospital within the city boundary where the superintendent told us of the history of leprosy in Norway and of Hansen's difficulties with his authorities. Nine patients still reside in comfort and with few restrictions on their activities. Later, Pilgrims boarded the luxurious SS *Sadar* and had an uneventful return to Newcastle upon Tyne. Thus ended a Pilgrimage which had revealed to us the dynamic resurgence of this small country in medicine as in all else after the tragic years of German occupation.

Edinburgh 1954

Host D Dunlop
Leader AP Thomson
Scribe R Coope
Secretary Bomford

23–26 September. Dunlop and his staff called for the Pilgrims on the Friday morning and listened to the following papers; Dr. AG McGregor talked about radioactive iodine in diagnosis and treatment, starting in the field of mathematical formulae and then dealing with a detailed practical exposition – two-thirds of his patients with thyrotoxicosis had improved after only one drink of the radioactive brew and one in ten were made myxoedematous. Retrosternal goitres could be made to shrink. Only 2% of patients with carcinoma of the thyroid were suitable for this treatment. As for the assessment of dosage, a most complicated technique for determining the exact size of the glands, with charts full of isobars and isotherms had been abandoned for the simple notion that small doses were the thing for small glands and large doses for large glands; Dr. CF Rolland spoke of “The therapeutics of panhypopituitarism”. Most of his patients had pituitary tumours but there were a few examples of pituitary disease after post-partum haemorrhage. Many were sent to hospital with a diagnosis of myxoedema but they did not respond to thyroid extracts. Dr. AWM Smith told the Pilgrims about “The electropotential changes in the duodenum of the dog”, an interesting paper neatly delivered. All of these Dunlop products were impressive in their delivery and presentation. After coffee Dr. John King talked of enemas and rats or rather “The tine-radiography of colonic movement”. Dr. WI Card gave us his views on ulcerative colitis and thought that the results of total colectomy were most impressive. Mr. John Bruce followed with comments on the surgical problems of ulcerative colitis, a talk given with great gusto and refreshing common sense. Ileostomy is a difficult operation, colectomy mere child’s play, but colectomy is the only surgical manoeuvre which really offered any hope. Mr. Bruce then showed a fascinating example of pain caused by stricture of the pancreatic duct, the patient being a woman in the thirties with calcification in the pancreas shown on the x-ray film.

A business meeting was held in the early evening with AP Thomson in the Chair. The guests of the Pilgrims were then met for sherry in the Royal College of Physicians of Edinburgh and Stanley Davidson, the President, was among the guests. Dinner was served at a round table lit by soft candlelight in one of the small rooms of the library, the customary toast to the memory of Arthur Hurst was drunk, and AP Thomson made a few happy remarks about the Edinburgh Medical School and its hospitality to the Pilgrims. O’Donovan was then asked to stand (which he did with ease) to read the record of the previous year’s Pilgrimage to Oslo. It was punctuated by frequent hilarity, in which the infectious laugh of John Bruce was much admired.

The Saturday morning was spent at the Department of Dr. Rae Gilchrist who introduced his three hearty young men who were there to guide the Pilgrims through

the mysteries of coronary disease. Dr. MF Oliver spoke of the endocrine aspects, the role of cholesterol and lipids, the relationship of pregnancy, and the oestrogens and the pituitary to these matters. Dr. RM Marquis showed a patient with dissociated cyanosis “Pale hands pink-tipped” and grey cyanosed feet. Six patients with this picture had been encountered and it was characteristic of coarctation of the aorta, together with patent ductus and pulmonary hypertension. Dr. J Tulloch described the clinic for long-term treatment by anticoagulant drugs of a series of fifty selected outpatients. At morning coffee the news came that Stanley Davidson, who had appeared so fit at dinner the previous evening, was unable to give his analysis of an impressive series of patients with macrocytic anaemia but Dr. John Richmond stepped into the breach at short notice with much ability. Dr. RH Girdwood reminded Pilgrims of the work on microbiological assay of haemopoietic factors which he had been pursuing for some years and finally Dr. James Innes spoke of the treatment of multiple myelomatosis and the idea of the synergistic action of nitrogen mustard and urethane. The scientific sessions were then ended and cars took the Pilgrims to Bavelaw Castle, Dunlop’s country stronghold.

Holland 1955

Hosts	JJ Groen and Formigne
Leader and Scribe	not known
Secretary	Bomford

Eleven Pilgrims alighted at Schipol Airport on 18th September and put up at the Hotel Holland. In the evening some dined with Dr. JJ Groen and others were entertained by Professor and Mrs Formigne. At 11pm the Pilgrims all strode home together. Dr. Groen explained that by his special request the Burgomaster of Amsterdam had consented to allow the lights on the bridges and canals to remain on longer than usual in honour of the Pilgrims. The Pilgrims duly appreciated this gesture, but perhaps they felt that the City Fathers really had some misgivings about having a band of foreigners wandering along the dark banks of the canals on a beautiful September evening. They were up early the next morning – Melville Arnott was up first as always and shortly after 9am they arrived at the Wilhelmina Gasthuis, where several interesting cases were shown. For example, a man of 77 who had been operated upon for kidney stones 20 years before. He was suffering from Paget’s disease and emphasis was laid on two important features:

- 1) If a man’s hat is blown once into the canal one usually attributes this to physiological causes, but if it is blown into the canal more than once one should suspect Paget’s disease.
- 2) On tapping the skull, a tympanitic sound suggests Paget’s disease.

Pilgrims anxiously percussed their own skulls but only a series of dull thuds was audible. Later, short communications were presented: nutrition after total gastrectomy;

subcutaneous injections of semen to produce temporary sterility; determination of insulin in the blood; liquorice for Addison's disease. Dr. Groen had two patients with Addison's disease who improved and were maintained satisfactorily on liquorice alone; in other cases very small doses of cortisone and liquorice gave good results. Lunch was served in the Nurses' Home. Dr. Groen said that the matron had considerable misgivings about allowing the Pilgrims to lunch in the nurses' quarters – the good lady must have been a strict disciplinarian, wrote the Scribe. Although the hospital had 1,800 beds, only about 1,200 were occupied owing to the shortage of nurses.

After lunch Dr. Groen conducted the Pilgrims over part of the old city where the old Jewish quarter was first visited, but Hitler had removed most of the large Jewish colony, and it only consisted of tumbled down houses. The Pilgrims then walked to the brothel area of the city, lying near the docks. On the way Dr. Groen took them into a chemist's shop where liquorice lozenges were presented to the Pilgrims. Dunlop insisted on the Pilgrims eating the liquorice, both on the grounds of its therapeutic value and to avoid appearing churlish to the kind hosts. The liquorice appeared to have a stimulating effect for Donald Hunter produced sweet music from a large hurdy-gurdy on wheels which was standing at a street corner. The Pilgrims scarcely glanced at the fat Dutch beauties in the parlour windows, or at the seamen hurrying in to pay their respects to them. Pilgrims dined at an Indonesian restaurant – the Bali – and had a meal of a quantity of boiled rice, later roast rice, condiments and chicken, everything highly spiced and washed down with good beer.

The next day was spent again at the Wilhelmina Gasthuis, this time at Professor Formigne's clinic where research was demonstrated including electrocardiographic investigations on a dog and the effect of various therapeutic compounds. In the evening Pilgrims entertained their hosts to dinner at the Carlton Hotel and the Minutes of the Edinburgh meeting were read by Coope. Professor Borst thanked the Pilgrims for "their wonderful stimulating spirit" and Donald Hunter replied.

The following day was spent at the Binnen Gasthuis. Professor Borst described the arrangement of his clinic, his staff and medical students. He was himself in charge of the biochemical laboratory before becoming Professor of Medicine and before several interesting communications were given he emphasized the need to "suppress the devil of unnecessary laboratory investigations and also unnecessary x-rays".

An afternoon was spent when the hosts drove the Pilgrims to the village of Volendam where a ship conveyed them to the little island of Marken, lying in what was left of the Zuider Zee. The inhabitants wore the picturesque old Dutch costumes – admittedly mainly for tourist purposes. The local doctor showed them over his small hospital and his charming and attractive wife gave them tea on the lawn. In the evening the Pilgrims were entertained to dinner by their Dutch hosts and the hosts spoke of the hardships of Pilgrims and Natrass responded suitably.

The Pilgrims then took the train for Leiden where they saw the famous old university with its "swatting room" for students and on the wall the inscription *Hic studavit sed non frustra* (here one studies but not in vain). On the stairs there was also allegorically depicted a stern-faced female representing Duty trying to pull the reluctant student back to his studies from the more attractive temptations of the flesh and the devil. But of course – the Scribe wrote – "that was a student of a bygone age".

At the Leiden Hospital Pilgrims were welcomed by Professors Mulder and Querido; the latter specialised in metabolic diseases and showed a series of interesting cases such as thyroid dysfunction, vitamin D-resistant osteomalacia and Von Recklinghausen's disease. An interesting discussion followed in which O'Donovan and Donald Hunter took part, Hunter forcibly maintaining that there was no such thing as Milkman's syndrome and that it was really Fanconi's syndrome. After a discussion of chronic mucopurulent bronchitis by Professor Mulder, the Pilgrims visited the science history museum and saw Eindhoven's galvanometer and Leeuwenhoek's original microscope – a tiny affair just three inches high. At 6pm the weary Pilgrims left Leiden and took the train back to Amsterdam.

On the Saturday the Groningen Hospital was visited. First in groups, Pilgrims saw demonstrations of cardiac catheterisation, gastroscopy and spirometry. After an interval for the consumption of Groningen cake (a sort of gingerbread) and coffee there were several interesting communications: arteriovenous aneurysm of the lung, photoplethysmography, rheumatic disease, and the dumping syndrome. The Pilgrims had to refuse the kind invitation of the board of the hospital to lunch as time was pressing and the bus was ready to take them back to Amsterdam.

Newcastle upon Tyne 1956

Host	Hume
Leader	Natrass
Scribe	Dunlop
Secretary	Bomford

Pilgrims assembled at the Grand Hotel on the evening of Thursday, September 13th. The next morning they gathered in the library of the Department of Child Life and Health in the Royal Victoria Infirmary – poignantly reminiscent of James Spence. The seats were delightfully comfortable but such was the excellence of the communications which followed that even Coope was not observed to snooze. Pilgrims suddenly became aware of their new member Boland who had slipped into a back seat from somewhere like a mouse, which was odd, for Boland had not been elected for his mouselike, but rather for his Elizabethan qualities. Professor Donald Court with his colleagues Drs. Hart-Mercer and LB Strang gave the first paper on 17 cases of histiocytosis. Like the ancient gods this condition seemed to present many faces and many aspects to medical men, including features of the Hand-Schüller-Christian syndrome and eosinophilic granuloma. Nevertheless, Professor Court said, it was not a lipid storage disease and probably not an infective nor neoplastic condition. Pilgrims hardly felt themselves in a position to contradict him on these matters and sighed for the presence of Witts. Dr. GA Smart – as he then still was – next told us of his experience of 40 cases of the nephrotic syndrome observed over four years.

Professor RC Browne, from the department of industrial medicine, then showed us a series of patients suffering from miners' nystagmus. Pilgrims were particularly impressed by their prosperous appearance – the first patient appearing in a suit which must have been built for him in Savile Row. Professor Browne discussed the question as to whether miners' nystagmus resulted from psychological causes or from darkness: he was strongly in favour of the latter view and stressed the dangers of believing that because a medical phenomenon was difficult to explain it must be psychological in origin. Since the introduction of efficient miners lamps, some of which were demonstrated, the condition was disappearing.

Finally, Professor Browne attempted to clinch his argument in favour of an organic basis by showing us a tom cat with marvellous nystagmus which had been kept in the dark for some months. This seemed, however, to be a non-sequitur as there appeared to be no reason why tom cats should be immune from hysteria any more than dogs or humans. Arnott had some obscure lucubrations to make about people kept in dungeons for long periods, with whom he seemed to have an extensive acquaintance. Other papers were by Natrass about myasthenia gravis and one by Dr. AG Ogilvy who showed that 36% of men and 17% of women in the Newcastle population surveyed suffered from persistent cough and sputum for two years or more. Visits were then paid to the departments of industrial medicine, photography, anaesthetics and medicine as a result of which Pilgrims were left in no doubt as to the activity and vitality of the Newcastle Medical School. The laboratory of the professor of industrial medicine struck a strange and modern note as it consisted of a garage complete with motor bus, the exhaust fumes of which were collected for analysis into a gargantuan sort of Douglas bag.

Tea in the library of the department of medicine was followed by a visit to one of the Pilgrim fathers – Professor Hume (father of Cardinal Basil Hume the Roman Catholic Archbishop) who received us with charming hospitality and cake and wine. Seated at a table laden with interesting ancient manuscripts he discoursed to us with an old world graciousness and erudition of Mark Akenside – the local medical poet – and of Sam Fenwick, Thomas Addison, Hodgkin and Sir Byron Bramwell – all of whom had some connection with these parts.

After a little rest, a bath and a change into tuxedos Pilgrims met for their annual pre-prandial business meeting in the medical school. After considerable discussion as to who should be elected a new member, it was pointed out that if the Club has a fault it lay in an undue preponderance of academic and professorial types. Hubble was therefore unanimously elected – presumably as a typical example of a plain, ordinary, downright, empirical, practising physician with no nonsense about him. It was decided also to visit Denmark next year, for Donald Hunter said that the Danes were charming people, which we all knew, and that they would *love* to have us – which seemed a little more doubtful. Our guests – Professors Court and Browne and Doctors Smart, Park, Ogilvy and Henry Miller now joined us. After some sherry Pilgrims and their guests milled around the door of the dining room in their hurry to begin; Natrass acting as scrum half soon got them broken up and seated in their respective places where the rising tide of conversation was temporarily drowned by the taking of soup. The guests

were suitably toasted and Professor Browne replied. Then we drank to the health of Nattrass – our host this year and our Leader for some years who had also been the Secretary of the Club from 1928 to 1953 and who had put up so patiently and efficiently with all our vagaries and idiosyncrasies. A silver tray with our signatures engraved on it was presented to him as a small memento and thankoffering from the Club – the prosaic and conventional nature of the gift was perhaps redeemed by the affection and respect which accompanied it. Nattrass replied and produced for each Pilgrim a volume which he had prepared in collaboration with the department of photography of extracts from the Club's Minute Book from 1928 to 1955.

Next day Dr. Henry Miller dilated with remarkable fluency on allergic diseases of the nervous system. Indeed the ease, lucidity and eloquence of all the Newcastle teachers was a feature of the meeting; but just as Ouida wrote – “where all rowed fast none rowed so fast as Stroke, so where all spoke fast none spoke so fast as Miller”. Then there was Dr. JN Walton on amyotonia congenita, Dr. RB Thompson on the treatment of leukaemia and Dr. John Anderson on the reabsorption of phosphate by the renal tubule on which alcohol seemed to have profound effects. Pilgrims were convinced that the variety of research going on at Newcastle was as diverse, exciting and singular as the constituents of a haggis. After another admirable luncheon in the hospital, Pilgrims progressed in a fleet of their hosts' little cars – twelve cylinder Lagondas, Bentleys and the like, an index of the miserable condition of doctors under the National Health Service – to Durham where a guide with a fine full-bellied voice and with the same eloquence which had distinguished our previous lecturers, conducted us over the splendours of the fortress and cathedral, a veritable expression of the church militant. Thereafter we visited the beautiful Cathedral close and the castle, where the university has its headquarters with its Norman gallery and exquisite little early Norman chapel. There was nothing redbrick about this university. And then tea at an old inn in Durham – and such a tea – not the sort of poor affair that passes for tea in the south, but a sit-down meal at a table groaning with buttered muffins and scones and jam and great plum cakes and shrimps and watercress. We then motored through fine country to Blanchland, a little village in the Dales, where Pilgrims took a little festinating walk to shake down their tea before dining sumptuously at the Lord Crew Arms where there was a very pretty receptionist. It was noticeable that Boland was no longer mouse-like but definitely Elizabethan. There was also a shooting party laden with grouse, addressing their dogs, keepers and each other in those loud confident voices so characteristic of the English privileged classes. Before driving back to Newcastle “we tired the sun with talking” or at least AP Thomson did, attacking the Hibernian Pilgrims most vehemently on their failure to reduce the number of teaching hospitals in Dublin and on the age of their medical staff; Moor, he claimed with post-prandial hyperbole, had done ward rounds at 93 and Parsons at 102 and registrars in Dublin were forcibly retired at 65. Synge and O'Donovan, however, were not entirely backward in replying and a good time was had by all.

Next morning there were only Nattrass, Hardy, Donald Hunter and Bomford left to continue the Pilgrimage to Lindisfarne and your Scribe is indebted for a full and spirited report of the proceedings to Donald Hunter.

It was a lovely day with blue sky and sunshine and the Pilgrims set off up the Great North Road in two cars past Alnwick and Howick to Seahouses where they were met by the Miller family. Embarking in a motorboat they chugged over smooth seas past Bamburgh to the holy island of Lindisfarne with an accompanying cloud of gulls, kittiwakes and young gannets. Landing on the rocks, they picnicked in glorious sunshine, rubbernecked round the historic abbey beautifully cared for by the Ministry of Works, climbed the basaltic rock to visit the castle which dates from 1500 and over which they were shown by the proprietor's daughter, sailed over to the Lindisfarne where kittiwakes and seals abounded and looked across to the Langstone lighthouse, the scene of the heroism of Grace Darling who died young from pulmonary tuberculosis. Then back to Newcastle again with the sunset over big Cheviot making it look like a mountain of live coals. So ended another truly delightful Pilgrimage for which we are indebted to Natrass and as always to our unobtrusively efficient Secretary – Bomford.

Denmark 1957

Host	Professors Lundbeck and Norrby
Leader	AP Thomson
Scribe	Melville Arnott
Secretary	Bomford

On Saturday, 14th September, a round dozen Pilgrims assembled on the flower-decked be-carpeted platform 10 of Liverpool Street Station. The unaffected joys of reunion were, as usual, tinged with sadness by fond thoughts of absent Pilgrims. In the case of Hay and Stott we know that it was infirmity of the flesh alone that prevented them from joining us while Hardy's and Bramwell's squirearchal duties in Severn Valley and Lakeland were compelling. Greig Anderson's responsibilities as a member of the Household precluded him leaving Deeside ("God save the Queen"). Robert Hunter and O'Donovan were engaged on missionary enterprises in the New World while Boland was understood to be on either "Greenland's icy mountains or India's coral strand" in the service of that colossus of Bloomsbury, the University of London, on whose far-flung empire as everyone knows, the sun never sets. Just as we were about to leave, a telegram brought the saddest news of all, because it was unexpected, that Coope had been laid low by the Asian flu. Thus we were denied the opportunity of challenging fate by setting sail thirteen strong. The band was in notably high spirits, at least your Scribe was, as he had just come from a sumptuous lunch which had concluded a two-day symposium of an international body whose name and objects he had forgotten but which he had attended as he thought it would be an appropriate libational prelude to a devout Pilgrimage.

The journey to Harwich passed pleasantly with never a dull moment, the conversation being principally therapeutic in tone, ranging from the prevention of

sea-sickness to the therapy of the male menopause and back to the prevention of sea-sickness. The high scurrying clouds, the bending trees and the ominous forecasts all boded stormy weather. Our fears were sharpened on arriving at Harwich to find that the SS *Kronprinz Frederick* had just berthed three and a half hours late due to storms. However, a late departure and a lee shore promoted a sense of false security and a hearty dinner was taken by all, followed by liqueurs and cigars, indulgence for which penance was paid ere the night was out. Early to bed was the rule. Pilgrim Hubble, a novice making his first Pilgrimage, had booked a single cabin because as he said he was “not quite sure what sort of chaps he was going to be with”. Your Scribe is happy to recall that he shared a cabin with the Chairman of the British Pharmacopoeia Commission (Dunlop) and was thus completely protected against all ills.

It should be noted at this point that our Pilgrim father, Natrass, gallant leader of many Pilgrimages, deputed the leadership of this, the 22nd Pilgrimage, to Pilgrim Thomson.

The following day Sunday dawned grey and tempestuous with the ship resounding to the thumps of the waves and the crash of crockery. Our Leader, according to his own unsupported statement, breakfasted heartily on bacon and eggs. However, as the hour at which the bar was due to open arrived, there mustered a skeleton representation of Pilgrims, many of them albeit at least “one degree under”. Appropriate doses of schnapps, however, worked wonders although our Leader had the misfortune to have his hand cut by glass during a particularly heavy sea which did much damage in the bar; he showed sound judgement in having it treated and bandaged by the First Officer rather than any of his brother apothecaries. An excellent lunch in which the delicious Danish hors-d’oeuvres served with rye bread and butter was a prominent feature, was washed down with iced Carlsberg and went a long way to restore the party to normal. The ship reached Esbjerg about five hours late but thanks to the skilful guidance of our Secretary and the excellent Danish train service we reached Aarhus about 10pm, having changed trains and dined well at Fredericia. In Aarhus we were comfortably lodged in the Royal Hotel which looked out on St. Clements cathedral and a fine equestrian statue of King Christian X.

Restored from the rigours of the journey, the Pilgrims assembled early on Monday morning, sober of garb, earnest of mind, notebook prepared and pencil in hand. We were warmly greeted by Professor Knud Lundbeck and his young men who conveyed us to the Kommune Hospital which is the main teaching hospital of the university medical school. The Pilgrims were then given an interesting account of the foundation and development of the University of Aarhus, from a modest start to a university with faculties of humanity, law, divinity, science and medicine staffed by 72 professors and 100 assistants. The medical side of the university hospital was explained: one of the principal aims of teaching was to avoid the fragmentation of medicine or what Professor Lundbeck graphically described as the “specialist in blinkers”. This struck a chord of approval in the Pilgrims. There followed a series of excellent short papers and demonstrations: these included 33 cases of atrioseptal defect demonstrating some very beautiful pressure tracings showing the abrupt diminution in amplitude as the catheter was withdrawn from left to right atrium;

studies on the blood levels of transaminase and aldolase after myocardial infarction and the fact that aldolase increased in proportion to the extent of necrosis; a fascinating case of fibrous dysplasia of bone with metabolic studies, and the Scribe states "it was at this point that the Pilgrims who had been pinned down by the previous two hours heavy bombardment, led by Donald Hunter, went over to the attack". The morning concluded with a prime example of the Pickwickian syndrome, obese, underventilated, polycythaemic, and somnolent. Dr. Patterson concluded his demonstration with a reading of the appropriate passage from the original edition of the Pickwick Papers. When the Pilgrims took coffee they had "their first experience of a phenomenon which was to dog the whole Pilgrimage". This was the extreme paucity of conveniences which seriously interfered with what our revered Leader calls the "Pilgrims progress from privy to privy".

The intellectual pace was maintained throughout the afternoon by the following communications: an excellent analysis of 100 cases of cerebral apoplexy from the department of neurosurgery; a 20 year follow-up of hypotension; the treatment of pernicious anaemia by oral hog B12; infective mononucleosis; and tests of respiratory function. From this, the Pilgrims were conducted on foot through the fascinating old town which is completely depopulated and is beautifully maintained as a life-size architectural museum. During the evening the Pilgrims were most hospitably entertained. But the Pilgrim reported a regrettable lapse on the way to the dinner by Dunlop and your Scribe who, wishing as they say in Scotland "to take refreshment"; repaired to "Peter's bar" hard by the cathedral and called for gin which, after much delay, was served with a flourish and a bill for 12 kroner. This drove home in a way particularly painful to Scots, the importance of confining one's libations to the wine of the land. After the delightful dinner given by Professor and Mrs Lundbeck, the evening was given over to music and song: Bomford, with the virtuosity he displayed in all things, presided at the piano while the professor played the fiddle – the tour de force of the evening was his spirited rendering of "Annie Laurie", holding the bow in his teeth and toes. The merriment concluded only when the occupants of the flat above thumped on the floor, an interruption which the professor said he would have ignored if his neighbours had not been also his landlord.

The morning of Tuesday 17th was devoted to Professor Lundbeck's clinic at the Kommune Hospital. Diabetes was the theme and in addition to the professor, contributions were made by his staff. We were all, of course, more or less familiar, through the medium of Professor Lundbeck's famous monograph, with the "Aarhus studies of the protean disturbances of long-term diabetes". Aarhus, with a comparatively stable population of about 100,000, is a particularly fruitful field in which to study the natural history of diabetes. The incidence of integumentary, vascular and neurological complications has been shown to rise steadily as the duration of diabetes lengthens. We were particularly interested to see examples of diabetic scleroderma of the hands. The Pilgrims were conducted over the university in the early afternoon and were impressed not only with the design but with the setting of parkland, trees and lake. The residences are very handsome, and a practical expression of the common sense of the Danes is the provision of accommodation for

married students and a creche in which junior is parked while mum and pop attend classes. The Danes are obviously building for tomorrow, unlike us who so often build for yesterday. In the late afternoon we drove to the Marselisburg Hospital, originally the city isolation hospital but now mainly general. Once again we were presented with a series of vignettes covering such subjects as tetanus, the estimation of corticoid activity, blood uric acid changes in myocardial infarction, etc.

Afterwards we were entertained to dinner by the city of Aarhus. Professor Norrby as host-in-chief in the absence of the Mayor, welcomed us in a gracious speech which, according to the Danish custom, was delivered with the soup. He had been at great pains to find out all about us; he had learned from the *Encyclopedia Britannica* that we were an ancient order founded by Richard I, that we had a stall in Westminster Abbey and that we visited places where the Deity exercised a special influence. Accordingly, the city of Aarhus was proud to welcome us and had provided a dinner with three wines as befitted our exalted station. Our Leader, Thompson, excelled himself in his reply. Accustomed as your Scribe is to hearing him, he had never felt so proud of him as on this occasion. Stimulated by nothing more than soup, he graciously accepted these glowing tributes and went on to inform our hosts that as well as having a stall in Westminster Abbey, we were all on our way to achieving the crowning ambition of an English man, a tomb in Westminster Abbey. An enjoyable meal merged into a delightful party at Professor Norrby's house whence we were delivered safely into the hands of the purser of the Copenhagen boat. Thus ended a memorable visit to Aarhus, its hospitable folk and its fine university.

Your Scribe, along with Dunlop and Synge, was up at first light to find a clear bright morning and the ship steaming (or should one say of a diesel ship, motoring) through the sound between Denmark and Sweden. The first rays of the sun bathed in rosy light the battlements of Kronborg Castle at Elsinore – a memorable sight to be followed by the interest and beauty of sailing into the heart of the sea-girt capital. Having installed ourselves at the Cosmopolit Hotel we made our way to the Bisbebjerg Hospital where Professor Krarup was waiting to receive us. He rightly divined that we were earnest seekers after truth, and thirsty for knowledge. So with little ado, he unleashed on us his pack of eloquent and erudite young men. Dr. Hilden convinced us that a reliably performed blood creatinine was only slightly inferior to a full creatinine clearance and was a valuable test of renal function. Other tests were studied on hypoalbuminuria using I^{131} -tagged albumin; the low serum potassium that returns to normal if the malignancy is cured and may be due to increased aldosterone production; the absorption of radioactive B12 in pernicious anaemia; the changing picture of chronic uraemia in 42 cases; and the fatal pulmonary complications of ganglion blocking agents in hypotension. After an excellent lunch the Pilgrims were taken round the department of psychiatry and the Scribe reported – “it was a great pleasure to find this large and thriving department situated where it ought to be, in a general hospital”. Their organisation for handling the steady stream of cases of barbiturate poisoning was excellent, but particularly their insistence on good ventilation by early tracheotomy and positive pressure respiration. We were then conveyed to the Town of the Old People which must be the world's finest practical expression of solicitude for the aged. There in Copenhagen is one place where it is

possible to grow old gracefully, although their phenomenally high suicide rate suggest that they are not so anxious to take advantage of this facility as one would expect.

In the evening we were entertained to dinner in two parties by Professor Krarup and Professor Brochner-Mortensen. Your Scribe is happy to report that at the latter party Donald Hunter's technique with the flowers was faultless, in fact he did not relinquish the bouquet until Madame Brochner-Mortensen proved her identity by production of her passport. It was a delightful evening. The company included Professor Iversen of hepatitis fame, Professor Bonnevie who graces the Chair of Social Medicine and last but not least Professor Warburg, now Vice-Chancellor of the University of Copenhagen, who is particularly dear to cardiologists for his work on the capacitance monitor.

Thursday 19th found the Pilgrims once more exposed to powerful educational influences, this time at the Rigshospitalet in the clinic of Professor Brochner-Mortensen and his young men. Of especial interest was an account of their work with the artificial kidney. As indications for its use they require a blood urea of over 400mg% and a potassium of over 7m.eq/L; this struck some of us as leaving it a trifle late. The afternoon was spent in divided parties at the Museum of Medical History, the departments of neurophysiology and industrial medicine. In the evening, those Pilgrims who did not have private engagements partook of a groaning platter of sea food at the Fiskehusets whose proud motto is "If it swims we have it".

On Friday the 20th we bade farewell to Pilgrim Hubble who had been granted a special dispensation to allow him to hurry home to Litchfield there to preside over the annual festival of the Johnsonian Society of which he is President. So great had been his happy influence that his loss took some of the sparkle out of life.

Our hosts conveyed us in their cars through the lovely pastoral countryside to Hillerod where we had a most pleasant and instructive morning in the county hospital. Dr. Torpon-Anderson gave us an account of the development of the communal hospital service which had encountered much the same difficulties as in Britain, such as vested surgical interest, etc. We gained the impression, however, that the Danish solutions showed more compromise than those in our country. Then followed short papers and clinical demonstrations such as of essential pulmonary sclerosis, the oral therapy of diabetes and the complications of dicoumarol therapy. After an excellent lunch, the Pilgrims were taken by car on a tour as far as Kronborg Castle at Elsinore and then back to Copenhagen along the coast and tea at Professor Krarup's home. The Scribe reports that this left the Pilgrims little enough time to climb into tuxedos and prepare for the Pilgrims dinner. Prior to dinner the annual general meeting was held at which was discussed first of all elections to the order. There was the usual discussion on necessary qualifications – piety, prudence, wisdom and above all "no pomposity". The age structure of the band was earnestly debated. The fact must be faced, purely on theoretical, but nevertheless good grounds, that we were getting older. It was pointed out that our Leader was still able to "out-walk, out-talk and out-drink" any of us and the point was raised that perhaps we were immortal; this could not be disproved without a follow-up study. Meanwhile it was considered prudent to "pick'em young" and who better than John Ellis whose election was carried with acclamation. After discussions of future Pilgrimages where flights of fancy included Africa, Ibadan,

Jerusalem, Jamaica and Mexico city, the Secretary agreed to explore and report back about a visit to St. Andrews. The guests were then welcomed, and after the dinner Dunlop read the Minutes of the 21st Pilgrimage to Newcastle – a report, whose elegance, accuracy and humour was unsurpassed and is likely to be equalled least of all by the rambling tedious and inconsequential epistle which your unworthy Scribe is now inflicting on you. Donald Hunter proposed the health of our guests in the most felicitous terms enlivened by anecdotes of earlier Pilgrimages. Krarup and Bochner-Mortensen replied most graciously.

We were saddened on arising the next morning to see the flags at half-mast because of the death of King Haakon of Norway, that heroic Viking and true friend of Britain. The return journey was calm, peaceful and accorded well with the mood of the Pilgrims who were replete with good fellowship, good cheer and happy memories of the excellent doctrine, sound science and warm hospitality of our Danish hosts.

St. Andrews 1958

Host	R Hunter
Leader	Dunlop
Scribe	not known
Secretary	Bomford

Sixteen Pilgrims assembled at Dean's Court on Thursday, 4th September. This was normally occupied by postgraduate students and their immense learning was evident from the books they left behind them; it proved a most adequate residence within whose ancient walls the Pilgrims settled easily. After supper there was a reception by the Principal and Mrs. Knox when the Pilgrims met Dr. Gerrard from Illinois and Professor and Mrs. Walmsley. Pilgrims left the Principal's house filled with champagne, peaches and good will and it seems that this really was an Aurora Borealis – the first of many indications of Bob Hunter's excellent arrangements for the meeting.

He and his assistants provided excellent papers on the following morning, especially about blood coagulation and its disorders, completed by a visit to a laboratory of marine biology where studies on comparative endocrinology were going on – made easier because some marine animals have their pituitary glands divided into more or less separate lobes. A hypophysectomised dogfish was shown which insisted on lying down curled up on its back, and a unique colony of newts from the neighbouring glen whose gorgeous condition could be attributed possibly to the large number of cabbages grown in the district; also xenopus toads of truly repulsive aspect, sea urchins, starfish and numerous other delights of the sea shore. Lunch in Dean's Court was followed by further papers.

Tea was taken with the Master of St. Salvator's College, Professor Robert Walmsley. After tea a majority elected to visit the botanical gardens of the university under the guidance of the curator Mr. Moat. Notable exhibits included a huge oak, allegedly 100 yards in circumference and another aged tree – that part still alive being nourished, said our guide, on the products of its own decay. "How like many of the Pilgrims" Critchley was heard to remark. A minority who chose to tour the Bute Medical Institute, was shown amongst other things, Mackenzie's heart in a museum pot (Sir James Mackenzie 1853–1922 qualified at the University of Edinburgh but performed his pioneering work in cardiology in London and then returned to continue as a GP in St. Andrews where he died). This the Pilgrims found slightly disconcerting – would Pilgrims of the future be shown AP's liver or Critchley's cerebrum or even the smouldering remains of Donald's fire-ridden belly (Donald Hunter often used the term "fire in the belly" meaning that research workers needed to be fired with enthusiasm).

The Pilgrims dinner, where they entertained their hosts, was held at the Atholl Hotel and Dunlop, claiming to be a lowland Scot and devoid of elegance of speech, proposed the health of the guests. How welcome, he said, was the dignity of St. Andrews and the charming hospitality of the Principal and others to a party of aging physicians intimidated by the complications of modern science and hag ridden by millequivalents. How fortunate, too, that the Principal had deserted the pride or gaggle of Vice-Chancellors that had recently gone to Canada and so was able to be present that night. The Principal, in reply, insisted that there was only one proper collective noun for himself and those Scottish colleagues – a lack of Principles. He was not in Canada because he had promised Bob Hunter two years ago that he would be in St. Andrews on this particular day. On Saturday, Bob Hunter successfully marshalled the whole party at Newport in time to catch the 9.30am ferry. The morning was occupied at Maryfield Hospital with some excellent clinical demonstrations, including some by Ian Hill and his staff; "Ian after our dinner got up at 4.30am to shoot duck". His new investigation unit, shortly to be opened officially by the Secretary of State, left us convinced that our Scottish colleagues managed to combine business ability with their scientific excellence and other attributes. After lunch the Pilgrims were guests of the Master of Queen's College who explained the plans for a new and modern university centre to be built on the site of the graceful house in which we were drinking sherry. Thus ended another memorable meeting and the Pilgrims dispersed on their various occasions – Donald Hunter to Geneva, Bob Hunter to Rome, and AP – it was understood – to weekend in Scarborough for no more plausible reason than that he had never done so before.

Padua 1959

Hosts	Professors de Niola and Sante Tura and Austoni
Leader and Scribe	not known
Secretary	Bomford

The Scribe for the 1959 Pilgrimage should have been Hubble who was unavoidably prevented at the eleventh hour from coming. It is as if the assistant, who carried the parchment and sharpened the quills for Chaucer, had suddenly found that owing to the defection of his master he would have to fudge some sort of an account of a Pilgrimage, of which he had the most muddled, if happy, recollection.

This journey was a more than usually pious Pilgrimage since we were to visit all the centres of Renaissance medicine in Italy – Pavia, Bologna and Padua. The Pilgrimage started in a secular way at Milan station where the Pilgrims foregathered, having reached Milan by devious routes. There we were introduced to the elegant wagon-lits vehicle with its genial but firm driver which was to carry us across Italy. We waited for the Pilgrims to assemble in the marble forecourt of the station in the unhuddled grandeur with which we were to become familiar in Italy. There was some slight delay owing to the fact that one of the Pilgrims had temporarily lost his valise containing all his indulgences and gold for which the Milanese police were diligently searching and eventually found. The waiting was allayed by periodic visits to the Trattoria in the station for glasses of chianti. The impression which remains of Milan station was one of expectant relaxation – an impression perhaps unusual in a station – but not in this one, since, although I suppose there are trains which depart and arrive, one is unconscious of them and they seem irrelevant in the general context.

At last we set off for Pavia and started our sight-seeing with a visit to the Charter House of Pavia, where those who were intimidated by the rather ornate splendours of the church and chapter house, were charmed by the simple beauty of the cloisters and the red brick cells which each monk had for himself. We were to stay the night at the Palace Hotel, Pavia, a brand new hotel overlooking the river. There we met Professor de Nicola who had arranged the whole trip for us, not only in Pavia but through his connections in Bologna and Padua. We owe a great debt to him and to Dr. Sante Tura at Bologna, and Professor Austoni at Padua, and where ever we went we were treated with a hospitality and generosity, unofficial and official, which were appropriate for a train of princes rather than the humble band of Pilgrims which we were. Next day we had a rather confused and confusing morning in the preclinical school of Pavia and then we visited the university buildings which were magnificent. We were taken to the medical museum associated with the name of Scarpa, and here we were reminded of the immense past which Italy played in the scientific development of the last seven hundred years. We were confronted by the names of so many men whose names had become so familiar that some of us at least had forgotten their provenance: Vesalius, Valsalva, Morgagni, Malpighi, Fabricius, Fracastoro, Spallanzani, Fallopius, Eustachio, Batallo, Pacchioni, Santorini, Caldei, Scarpa, Ramazzini, Volta, Galvani, Negri, Machetti and hosts of others recent and remote. I have mentioned my muddled state,

and I could not possibly remember which of the three universities each man was associated with but this is perhaps unimportant as they all belonged to what might be called the golden vein of Italian medicine.

At all events I can associate Spallazani, Scarpa and Volta with Pavia because we visited the most elegant anatomical theatre in the world – specially built for Scarpa in 1783, and also one built for or used by Volta. Our day ended with a reception given to us by the Rector of the university with several of his academic colleagues.

Next day we took off for Bologna where we were housed in the majestic Bagliari converted into an excellent hotel from a religious house. We were taken to the clinic of general medicine and our visit ended with some clinical demonstrations. In the afternoon we went to see the orthopaedic clinic of Francesco Razzoli. This must be the apotheosis of orthopaedic clinics standing in its own wooded hill overlooking the rest of the university, with the latest most modern buildings harmoniously blended with a magnificent ancient monastery. Such an assorted graft might appear incompatible but I particularly remember the photographic studio where the most modern photographic apparatus did not seem incongruously situated in an ancient room with medieval vaulting. There is a most beautiful library with its original decoration and hundreds of ancient books in their original bindings as well as modern books, and there is even an orthopaedic church, St. Michele in Bosco, where are the shrines of ex-directors, more authoritative and more glorious than those of the oblates who preceded them. If there is inspiration in surroundings, those who work here should be especially blessed and our visit gave us no reason to doubt. We then went to a reception in the central university building given by the rector and heads of the faculty where we were shown the historical museum of the university with its *camera nautica*. We concluded the official part of the visit by a dinner at the Papagallo to which we invited several of our hosts of the day.

The following day we left for Padua and, like good tourists, spent some time amongst the Basilicas and mosaics of Ravenna, a pleasant hour or so in the churches and cafes of red brick Ferrara and arrived for the night at the Hotel Storione immediately in front of the University of Padua.

Next morning we visited the newly opened Istituto di Medicina del Lavono and visited the Children's Clinic, constructed almost entirely of marble, and also paid a visit to the surgical clinic of Professor Pettinari who specialises in removing immense parts of the liver for various reasons. Here we saw in its most crowded form the system by which hosts of young and not-so-young men, mostly unpaid or nearly so, swarm around the professor like flies around a joint of beef. They arrive before the professor and apparently dare not leave before he does, not so much because they are afraid of missing something but because they are afraid of being missed. They make the problem of senior registrars at home trivial by comparison. Then followed a visit to the University of Pavia of which the historical highlights were the anatomical theatre of Fabricius (1594) in its unchanged original condition, and the coat of arms amongst other distinguished strangers of that most distinguished of Pilgrims – William Harvey. Our visit to the university closed with a reception by the Rector and in the evening the Pilgrims had their final dinner and entertained some of their hosts.

The following day we set out for Venice, no longer physicians but tourists. Our

wagon-lits were placed under the guidance of a distinguished gentleman in black who said he was the senior Venetian guide and was in the habit apparently of conducting mainly American generals. We decided to enter Venice on foot and shepherded by the guide we set off through the city. I am afraid the guide found the Pilgrims a rather recalcitrant and inattentive group, much below the American generals standard, but after lunch he marshalled us once more and conducted us through the Palace of the Doges, in something like order subdued by so much magnificence and luxury. The Pilgrims, by a majority, rejected a journey to Murano to see the glass factories but accepted a trip in a gondola and by a curious coincidence found themselves landing at a glass showroom after all – and were shown some of the ugliest glass in the world and very little of the most beautiful, and so home – proving a grave disappointment to our cicerone, I fear.

The Pilgrimage began to disperse at this point as Pilgrims Critchley and Ferguson were off to Yugoslavia, Bomford was staying in Venice and Hunter in Padova, and it was an attenuated band which rattled back to Milan for the final dispersal in the railway station. There we parted from our courier with mutual expressions of esteem: he had driven us several hundred miles without giving us a moment of anxiety, put up with our foreign vagaries without apparent disapproval, checked us in our bus with the same difficulty but efficiency as a housewife with hens, and took us in and out of streets which I dare swear no bus has ever been down before or since. So ended where it began, a memorable Pilgrimage of which I have given so inadequate a description but no-one could do justice to the superb architectural, artistic and historical background of this Pilgrimage in Italy. Rough justice to the Pilgrimage could perhaps be done by asking the Pilgrims to give their own tale and so we would have the knight's tale, the squire's tale, the physician's tale, the hunter's tale and so forth, with the Scribe's caddy paying a final tribute to the Secretary who organises with so much efficiency that no organisation is apparent and to the kindness of Professor di Nicola, of Dr. Santa Tura and Professor Austoni and hosts of Italian colleagues who were so kind to what they must have found rather a mysterious group!

Marseilles and Montpellier



1960

Hosts	Professors Gastaut and Laton
Leader	Critchley
Scribe	Hubble
Secretary	Bomford

The Pilgrims assembled at the Hotel Splendide, Marseilles, on September 11th – Rosenheim and Stokes, the new members, receiving a special welcome. The Pilgrims were already much travelled; the Leader Critchley arriving from a castle in Austria, Witts from Spain, Natrass from Arles, the Secretary from Beaune, Stokes from Majorca, Syngé from Dublin, Ferguson from Paris, the Scribe (Douglas Hubble) from the “English Riviera”. Four Pilgrims made a nostalgic journey via Newhaven and Dieppe, attempting to recover the impoverished glory of their student days.

The next morning Pilgrims were met at the hotel by Professor Gastaut – most mercurial of Frenchmen, professor of neuro-pathology (amongst several other appointments) in the Faculty of Medicine. Our celestial omnibus, driven by René of the ready hand and the steady eye, took us along the side of the old harbour filled with yachts, large and small. The coloured houses around the harbour, the massive stone gateway opening onto the sparkling sea, the distant chateau and Notre Dame on its commanding hill were bathed in a Venetian light. A scene of memorable beauty that changed forever the impression in the minds of some Pilgrims that Marseilles was a city of sordid squalor. We drove to the cardiological clinic along a terraced road lying between the rocky cliff and sea, and passed the home of the fortunate Gastaut. At the clinic we saw methods of epicardial electrocardiography and of assessing circulatory flow rates by Iodine¹³¹. The socio-medical centre for epileptic children was opened only in February 1960 but already was a place where promise is reaching fulfilment. Here there are beds for fifty children admitted for diagnosis and treatment together with one or more members of their families. Most impressive was the EEG room – completely silent, with a curving wall and a padded floor which stilled even the authoritative footsteps of the neurological Pilgrims. The room included a couch, various apparatus for photic stimulation, and two cine-cameras for photographing the fits, but the recording machine (fifteen channels) lay outside the large observation window. A lively discussion followed in the beautifully designed seminar room – the Pilgrims seated on coloured cushions placed on two tiers – half u-shaped round a table and blackboard. The yellow curtains, walls and domeshaped wall lights illustrated the gallic aptitude for colourful design. There was no time before lunch to listen to Gastaut on the differential diagnosis of syncopal attacks, but the Pilgrims were given a reprint for later and more prolonged assimilation. At lunch were M. and Madam Roger – of the lady it was rumoured that she was occupied during the war in the Resistance.

The new Medical Faculty building was the next morning's place of Pilgrimage. It impressed us by its vastness. Judging by the model which we were shown, its

architectural features are best appreciated from above whence it can be seen that the great hall and anatomy department, built out from the main structure, interrupt the dull rectangularity. We spent two hours in a tour of the building – its distances great, the corridors wide and lofty. Its fine qualities were best displayed in the conference hall – a room of splendid proportions and excellent acoustics with wooden panelled walls where details of light, heat, sound and projection were all controlled by a small panel on the lecturer's table, and in the faculty room where the great figures of world medicine were depicted in relief carving on the sycamore panels lining the walls – a beautiful and inspiring room. The Pilgrims then toured laboratories and the library and visited an adjacent hospital where both psychiatry and general medicine were practised. They were interested in the various methods used for identifying cerebral tumours such as EEG records obtained during the inhalation of CO₂ and the use of gammaglobulin labelled by Iodine¹³¹ selectively absorbed by the tumours; also inhalation of pure nitrogen for 40 seconds was used to disclose spike and wave records in the EEG – not elicited by overbreathing. Then the Pilgrims became tourists again and were taken to see new buildings and finally to Notre Dame, high up, with the city of Marseilles lying below, softened by the Mediterranean light. The day ended with lunch at a restaurant overlooking the old harbour. Professor Gastaur (Prince Gusto) joined us for this two hour ritual of gay devotion to the goddess appetite. The Pilgrims – Nordic obsessions forgotten – worshipped in the spirit of the Provencal prayer – freely translated “Who is not idle, who is not a gourmet, may the devil carry him off!” The service was fittingly concluded by the singing of Mistral's hymn – *Corpo Santo* – by Bomford and Stokes. Farewell then to Gastaur, generous host and gracious guest.

Montpellier was reached on the Thursday; although the most ancient of existing medical schools, it was a new place of Pilgrimage for all of us. Here we were under the direction of Professor Laton and his efficient assistant Dr. Minville – a serious-minded, kindly, unwearying young man. The medical school was founded on August 17th, 1220, Salerno being the only other medical school to have an older foundation. The medical faculty building is adjacent to the cathedral St. Pierre on the one side and the ruins of the monastery on the other. It occupies the ancient bishop's palace which was partially destroyed in the revolution. We were escorted round the splendid rooms of the faculty by Professor Girand himself and shown the magnificent collections of portraits, drawings, paintings and books. Due homage was paid to their great benefactors, from Urban V (1369) to Chaptal (1803) and Bouisson (1914) and to their famous men including Randeler (1558) and Rabelais who was a student of precocious intelligence and in two years of residential study during 1530–1537 proceeded to his doctor's degree. Donald Hunter was allowed to don the robe of Rabelais (said to contain a fragment of the original gown) which seemed to fit appropriately on his shoulders, and the elegance of Critchley was enhanced, if that were possible, by his transient appearance as a doctor of Montpellier.

A brief visit was paid to 1'Hôpital St. Charles. This hospital dates from the 17th century but was rebuilt during the early years of the last war. Here the Pilgrims were entertained to a *vin d'honneur* provided by the director general of the hospital and attended by the Mayor of Montpellier. Speeches were made and the Scribe wrote –

this little ceremony, in its convention and its elegance, was as French as the handshake and the bidet. Then we proceeded to enjoy the Moët Chandon. The Pilgrims who restrained their enjoyment (of which the Scribe was not one) lasted better in the afternoon at the Musée Fabre where the director took us rapidly round his large and often distinguished collection of sculptures and pictures. The Pilgrims accompanied the director on his prolonged ward round (“shifting dullness”) and listened with an almost gallic courtesy, as was shown by the fact that there were never less than five Pilgrims in his train, while the remainder fortified themselves on the two rare seats, ready to take the place of those falling out. We were then refreshed by a visit to the famous and ancient Jardin des Plantes where we were taken by the director round these beautiful gardens. We were given a fine historical monograph by Herve Havant with splendid illustrations, from which the horticulturally educated may learn more than the Scribe can tell them. He recalls only the tomb of Narcissa (1822) in which legend has stated that there lies the daughter of Arthur Young, author of “Night thoughts”. Legend too lies in other attributions and Narcissa, a girl of 15 or 16 years, still sleeps anonymously.

On the Friday most of the party went to l’Hôpital St. Elon but Rosenheim and the Scribe sauntered to the St. Charles – he to inspect the artificial kidney, the Scribe to study paediatrics. The party reunited at the centre de Notre Rouge, agreed that the present practice of medicine in Montpellier was as good as the medical history was famous. The blood transfusion centre was equally well conducted – a fact not surprising, when we met its director general. An ex-colonel, dwarfed, flat and splay-footed, angled beret, and a cigarette in corner of his mouth – a man of gay and inexhaustible energy.

The Pilgrims then travelled to Gignac where they lunched well in a small town restaurant whose food was cooked and served with gallic enthusiasm – the finest dish being a masterpiece of chicken, cream and truffles. They then departed for the great gathering at Aspiran where the sun did not shine but the grape cutters – men, women and girls – smilingly responded to the eccentric enthusiasm of the English invaders. Then back to the wine factory where the grape juice ran like sludge from the great drums through ducts and gutters. René, allowed one glass of wine, drove us safely through a magnificent gorge to a hillside village where we climbed the village street to the romanesque church of the 11th–12th century and its Benedictine abbey, now almost destroyed. Above us towered the remnant of a castle on a still loftier rock, now a castle in the air to be reinhabited only by the imaginative and the erudite; and below, the village boys playing boules, as perhaps they played when they feared Don Juan was master of the castle and the scourge of the countryside.

On the last day, Pilgrims went from Montpellier to the salt lakes and marshes of the Camargues where the trained eye of our senior member, Natrass, discerned some flamingos on the horizon. Lastly, the journey took the Pilgrims to Arles where they had half an hour to see the magnificent theatre and cloister, to Les Beaux, the famous medieval city built on a rock where Pilgrims lunched at the restaurant Baumaniere which provided a splendid panorama as well as good and interesting food. Finally to Marseilles by the coast road through the impressive BP oil refinery. Marseilles stretched out before us, beautiful in the western sunlight.

Ireland 1961

Hosts	GM Bull, Synge and O'Donnell
Leaders	Natgrass and Dunlop
Scribe	not known
Secretary	Bomford

A fine warm Belfast evening welcomed the Pilgrims as they assembled at the Grand Central Hotel on 18th May. Natgrass, Rosenheim and the Scribe had been greeted by the hares on Nutts Corner Airstrip and admired the broad gorse-slashed hills driving into the city, lying in a haze with harbour and estuary below. Coming down to earth, the panorama proved more attractive than the detail and an early and clearly indicated visit to the bar revealed the presence of Bomford, Dunlop, Hunter RB and Morgan-Jones, all airborne, and Synge and O'Donovan transported from Dublin by diesel on the front observation coach.

Arnott, Thomson, Witts, Hunter D, Ferguson, and Critchley, debonair as ever in a fleece-lined coat, materialised the next morning and the Pilgrims all embarked the red bus from Utility Street which was to take them to the university department of medicine.

The Belfast Transport Company has red vehicles, while those of the Galway Company are green; a friendly but presumably colour-blind Pilgrim enquiring of the driver whether he would be taking us for the whole of our tour to Ireland was assured somewhat forcibly that he wouldn't do so in this coloured bus but we set off amicably enough over the Belfast cobbles which gave senior Pilgrims comforting assurance on the preservation of vibration sense in their lower limbs. Professor GM Bull met us with his Reader, Dr. RA Womersley, and introduced us to Professor and Mrs. Balint who were on a visit from Budapest. The morning was occupied by a series of stimulating papers on iodide goitre in asthmatics, the validity of examination techniques, the auricle as a volume regulator and the assessment of lung function in the rat. Discussion on the second of these subjects ran high, and, when Witts and Thompson became locked in argument as to whether the psychological prejudice against multiple-choice questions came from their original use to isolate mental defectives, we adjourned for coffee, the great leveller. In the subsequent consideration of osmotic problems, Hunter RB sprawl his bench with all the confidence of youth, remarked that lying down induced diuresis. We were then shown clinical cases of analbuminaemia which put the neurologists to sleep, and of Refsum's syndrome which woke them in time for an excellent lunch at the Royal Victoria Hospital where Mr. Wheeler, ENT surgeon and Chairman of the medical staff, was our host. Dr. Lewis, the senior physician, welcomed us in a speech to which Natgrass replied, recalling the physical hazards of the initial Pilgrimage to Paris by plane in 1928. On the way out some Pilgrims admired Frank McKelvey's portrait of an original Pilgrim, Sir William Thompson, whose interest in the chronic sick had led to the establishment of the geriatric hospital Wakehurst House, which was our first stop in the afternoon. This is sited in the grounds of the Belfast City Hospital, an older and

uncompromising building of grey-black granite blocks, confined in an external iron lacework of plumbing and fire escapes. Dr. Adams is a dedicated man and the geriatric patients appeared to be enduring their years cheerfully. Poverty and unemployment make for readier labour and ease the task of providing physically for the old people, and the whole set-up contrasted favourably with Ferguson's French reminiscences of naked octogenarians in sawdust-strewn pens.

Our red bus then took us four miles out to Musgrove Park, an institution of uncertain direction, which had the distinction of housing Rosenheim as a lieutenant in the early part of the war. Feet flagging through the pastelshaded corridor we reached Nuffield House and were duly appreciative of the sterling worth and infinite gadgetry of the experimental wards and central sterile supply department. Later we dined in the old common room, being regaled on our leisurely way through the courts by romantic sidelights on the history of Queens University from Synge. We were received by the pro-chancellor, Sir Frank Montgomery, ex-radiologist and chairman of the hospital board who provided us with an evening which enabled Dunlop, replying to his welcome after salmon washed down by a fine Batard Montrachet, to invoke bountiful Jehovah with sparkling sincerity. The hall in which we dined contained two notable pictures, an early James Gunn portrait of Hunter, a secretary of the university who ran a circus on the side, and the only extant copy by Atkins of a Titian, destroyed in 1867, depicting the church of SS Giovanni e Paolo at Venice. A memorable night was crowned with brandy and mellow conversation sharpened by the presence of members of other faculties of the university.

Next the Pilgrims took a green bus to visit the superb National Trust gardens at Rowallane and saw many exotic plants, and the Scribe described the natural contours of the grassland which had been brought into relief by clumps of red, orange and yellow azaleas against banks of pink, purple and pale rhododendrons. They then returned to Belfast and set off later for the Giants Causeway, afterwards spending the night in the historical city of Derry. The Northern Counties Hotel provided a pleasant contrast to the Grand Central and an enjoyable and well-served dinner was followed by a walk round the city walls, which, in the failing light, evoked the spirit of the siege of 1689. Here was a city of character, enhanced by a lively quay looking onto the river Foyle and access to the open seas.

The Pilgrims crossed into the Republic of Ireland on the Sunday morning at Killea-Kildrum and passed on over the hills through the Barnesmore gap to Donegal. Exercise was taken after lunch and they set off for Ilea League itself, a precipice whose rocky face 1,975 feet sheer to the Atlantic. At the cliff edge they rested and the silence was broken only by the epileptic discharge of Rosenheim's camera. They then noted that two members were absent and found that an 84-year old crone and her grand-daughter had invited them to tea in their cottage. They seemed well satisfied as we rejoined the bus over this softer version of the Western Highlands, its meadows carpeted with dwarf bluebells.

After a long drive, punctuated by a visit to WB Yeats's grave at Drumcliffe under Ben Bulbin, Ireland's table mountain, we were glad to arrive at Sligo. The drive then took us through Westport, home of Grace Kelly's family, past Croagh Patrick, the holy mountain, to the Old Head Hotel at Louisburg, where a gastronomic peak was reached with home-baked brown bread and home-made butter to go with the salmon. Then

through Connemara, of which some of us had expected so much, but which engendered a sense of deep gloom in many Pilgrims; it was partly the overcast sky, no doubt, but the oppressive poverty of these stony lands and the pathetic spectacle of potato struggling ineffectually against rock made the Scribe glad to reach Galway. Our guests at dinner consisted of Dr. Martin Newell, mathematician and President of University College, Michael O'Donnell, professor of medicine, John Kennedy, professor of pathology, and Brian McNicholl, lecturer in paediatrics. The evening was notable for an inspired speech by Synge who provided a final solution to the Irish problem, though few Pilgrims could call it to mind the following morning, which saw the departure of Dunlop and Hunter RB.

Dark headlands and rising cloud gave Galway Bay an impressive air as we drove to the hospital in the early morning. Built in 1955 with the aid of a grant from the sweepstake fund, its 650 beds include 250 medical and cater for 40 students (10 non-Irish) a year at the medical school founded in 1845. The scientific session consisted of cases such as afibrinogenaemia, scleroderma and air-sampling techniques in the theatre and surgical wards. McNicholl's paediatric department was impressively organised. The Connemara hills were blue after all, and we could just see to Mayo. A stand-up cut-up lunch at the university sports ground with the host ended the Galway visit and we set off for Dublin.

An appendix to this Pilgrimage provides details of the scientific business at Belfast; for example, Dr. John Weaver discussed the iodide goitre which occurred frequently in Belfast as a result of the popularity of Felsol powder in the treatment of asthma. Five patients were described who had been taking about 50mg of Felsol a day, roughly equivalent to a year's normal dietary iodide intake. And he discussed the metabolism of iodide in the goitre. All the cases got bad asthma after stopping Felsol, and three of the five had ichthyosis. Professor Bull had given the fruits of his experience in the final medical examinations in Belfast and elsewhere between 1953 and 1956. In written papers, after correcting for variance in standard and in range of marking, he was left with 58% examiner variance and 42% student variance. Having long questions in the papers made for worse figures (four questions in three hours usually gave 80% examiner and 20% student variance), while multiple choice questions, of course, reduced examiner variance to 0%. There was no difference between ideal answer and impression methods of assessment. There was better agreement on interview, especially on short cases, and he concluded that the personality of the candidate played an overwhelming part in determining his mark. This was supported by the professor of logic's capacity for getting to within 7% agreement and 19/20 final marks in medicine after a preliminary non-medical interview; he valued highly the candidate's power of expression or, as more cynical Pilgrims were disposed to translate, the gift of the gab.

Another research paper by Dr. Rosenzweig showed how sustained positive pressure breathing induced water retention, while pulsatile pressure breathing resulted in diuresis and he explained the possible physiology of this and results in experiments on dogs were shown.

Dr. Owen Wade gave a lively account of the experimental methods he was

developing to assess lung function and lung volume in the rat. He had formed an isolated colony of rats delivered by caesarian section and fed sterile food so as to free them from the complications of viral “chronic pulmonary disease” and infection with pleuropneumonic-like organisms. He was attempting to measure the size of bullae and alveolar spaces in lung sections by analogy with the concrete studies on constructional engineers. He showed delicately coloured photographs of a pink rat in oxygen and the same rat, less pink, in air and supported the change in tint by oxygen saturation studies on tail samples of capillary blood from hot vasodilated animals. He noted that humans may get desaturated sitting at rest in an armchair and that this may account for the content of some club conversation.

Stockholm and Uppsala 1962

Host	Gunnar Biörck, Ask-Upmark, Lagerhof and Ihre
Leader	D Hunter
Scribe	Dunlop
Secretary	Bomford

The main body of the Pilgrims assembled at Tilbury in the early evening of September 8th, 1962, and took boat. The Leader (Hunter D) had formation under his command Thompson, Critchley and Ferguson, Synge and O'Donovan, Dunlop, Witts, Arnott and Hubble, Morgan-Jones, Boland, Rosenheim, Stokes and Hawkins. The Leader's naval experience compensated for the absence of Bomford (the Secretary) already in Scandinavia studying furniture; but the accommodation of the Swedish Lloyd vessel, unchanged since the last Pilgrimage to Sweden in 1938, conflicted with the Pilgrims enjoyment of each other's company. For the majority the passage proved pleasant enough and, through Stokes on the piano, the party were able to add to the enjoyment of their fellow passengers. A few were fascinated by the North Sea, and, deeply moved by the experience, preferred to be alone.

Dawn of Monday, September 10th, found them slipping quietly past the islands off the coast of Sweden and soon disembarked upon the quay at Gothenberg. Here a general eagerness to reach the capital and the determination of Morgan-Jones and Hubble to exchange their return berths for air tickets, lead the Leader to take an earlier train to Stockholm than that arranged. Thus Bomford, visiting Central Station to ensure its preparedness to receive so important a party in the afternoon, found it already in the process of arrival, and with characteristic imperturbability transported it to lunch at the Palace Hotel. Here was Hunter R and so eighteen Pilgrims were mustered to meet their host-in-chief Professor Gunnar Biörck, 48-year-old head of the department of medicine in the Serafima Hospital. Professor Biörck took the Pilgrims for a tour of Stockholm in the afternoon and was an able and delightful guide. The party crossed and re-crossed the Mälär Lake, passing the ancient streets of

the Knight's Island, the royal castle, the great church and the House of the Nobles, comparing these with the huge blocks of modern buildings making obeisance to the statues of Gustav Vasa, Gustav Adolf and Charles XII; stopping before the imposing fronts of government offices and being invited to observe their "backsides" and even "shabby sides" while skirting through small streets, before being driven home through Slossan.

Then followed a brief interval for exercise before dinner at the Swedish Medical Society – a pleasant occasion with warm hospitality expressed in formal Swedish fashion, and it provided an opportunity to meet Mrs Biörck and many members of the Professor's department. The evening was concluded by a remarkable illustrated talk on the history of Sweden from "ancient to modern times" in which, with effortless grace and humour, Gunnar Biörck both informed and delighted the Pilgrims. Afterwards a few escorted Bomford through the northern twilight to the roof-top balconied flat of a young doctor whose attractions included Scottish ancestry and Swedish qualifications. Thereafter all repaired back to the Palace Hotel convinced that this best attended of Pilgrimages would also be the most enjoyable of recent years.

The next day Pilgrims went to Uppsala, where, fortified by coffee on the top floor of the newly-built medical clinic of the university hospital, and touched by the receipt of reprints carefully chosen for each, they collected in the new lecture theatre below. Here Professor Erik Ask-Upmark, expansive, exciting and impressive, with his white goatee imparting an additional quality of impishness, skilfully deployed his lesson. He began himself with a case of hypertension due to unilateral renal disease, and the Pilgrims then enjoyed a series of speakers on subjects ranging from hyperaldosteronism to agammaglobulinaemia. At this point the professor would have ended the meeting, assuring the company that the time needed for his own second paper would be better spent on the antiquities of Uppsala. At this our Leader spoke up forcibly on our behalf, assuring the professor that it was he himself that the Pilgrims had braved the North Sea to hear and hear him they would. Thus pressed, the professor talked to them of prostatitis and how it could be cured by repeated injections of pollen from heather, and of how the French had failed to achieve this by foolishly allowing the bees to enjoy the heather before collecting the pollen. The Pilgrims, a little disconcerted at finding that this chronic disease accounted for so much of what they had hitherto thought to be the signs of age in themselves, were encouraged if a little surprised, to hear that their symptoms could be relieved in so pleasant a fashion.

After this they set forth upon a lightning tour of Uppsala, looking out over the plain from the high windows of the castle, lingering for all too short a time over the glories of the university library. Pilgrims were entertained sumptuously by Ask-Upmark who also showed them the historical glories of Uppsala itself and a further medical session was spent in the radiological department of the hospital where Professor Kunstson and Viking Biörck presented films of rare quality. In the warm darkness the Pilgrims took turns to uphold the standard of British academic interest.

Back at Stockholm, Pilgrims were entertained in the Serafima Hospital with carefully chosen clinical problems. The Pilgrims were impressed by the relative youth of the medical staff. Sweden had almost doubled the number of her medical schools in less

than twenty years, hence good opportunities and much responsibility was given to the younger doctors. A tour of the wards then occurred and this was followed by a meeting of the press with the Pilgrims, consequently the Swedish people came to know much about British medicine which was hitherto unknown to them. In the afternoon a general discussion on medical education took place in which staff and students of the Serafima Hospital participated. This left the Pilgrims with much to discuss amongst themselves but not for long, for by 6.30pm they were on their way again in two groups, one to the home of Gunnar Biörck and the other to that of Hendrich Lagerhof.

Next morning at 9am the Pilgrims were in their places at the lecture theatre at the Karolinska Hospital for a series of excellent papers from members of Professor Lagerhof's department. Lunch was followed by a tour of the Gustav V Research Institute. Later the whole party was transported in cars to Drottningholm where Professor Bengt Ihre arranged for a private view of the court theatre – a rare and delightful experience, followed and equalled by a visit to Bengt Ihre's family home, a typical and charming Swedish manor house. The Pilgrims, warmly welcomed by the family, wandered the rooms and found a special pleasure in the library.

Next day the Pilgrims split into two groups – one going to the southern hospital and the other to Professor Ihre's unit at St. Erik's. Each fared well and came to wonder whether it was possible to exhaust the medical interest of Stockholm. Preferring not to put this to the test, however, the afternoon was given over to private pursuits – which for most included a visit to the battleship *Vasa*. On this, the last evening, the club dinner was held, all hoping that it would prove a worthy ending to a wonderful Pilgrimage and that we would be able to make our hosts realise how greatly we appreciated their great kindness to us. None was disappointed. A reception at the British Embassy to which the Ambassador and Lady Coulson had invited all our friends, was a fitting prelude to Bomford's choice of place – the Opera Kallaren – and of food and wine. Our principal guests were Biörck, Ask-Upmark, Lagerhof and Ihre. They proved that Swedes can speak as graciously in returning thanks as in bidding welcome, while the Leader and Dunlop rose to the new heights which the occasion demanded. Thus ended the 26th Pilgrimage.

Switzerland 1963

Hosts	Professor Paul Rossier (Zurich) and Professor Koller (Basle)
Leader	D Dunlop
Scribe	Rosenheim
Secretary	Bomford

The 28th Pilgrimage was to Switzerland, which had not been visited since 1935, and on Sunday, 1st September the Pilgrims assembled at the Schweizerhof Hotel in Zurich under the leadership of Derrick Dunlop. The main party flew from London and arrived late but cheerful; Melville Arnott and Clifford Hawkins came from Austria, John Stokes from Italy, while the Scribe (Max Rosenheim) emerged from behind the Iron Curtain, having been to Prague. While enjoying their first taste of Swiss beer, a message was received that “Dr. Butterfly” would arrive at 9pm, and, in due course, the latest Pilgrim John Butterfield, appeared after an apparently non-stop drive from La Rochelle. The party of sixteen was completed on Tuesday by the arrival of Critchley from America.

On Monday morning Pilgrims wended their way, aided by a funicular, to the Kantonspital, where they were received by the genial professor of medicine, Paul Rossier. The Kantonspital, with 1,550 beds, was built some twelve years previously and appeared excellently planned and equipped. We were taken on a tour by the professor and someone from the administrative department of the hospital, who, armed with a book that appeared to contain all the answers to our questions, dealt not only with the hospital and its statistics and finances, but also with medical education in Switzerland, the Cantonal system and Swiss democracy.

Pilgrims heard with interest that items costing less than 2,000 francs could be ordered by a professor; up to 5,000 francs by the director of the hospital; anything over 5,000 francs required approval by the Cantonal health directorate and anything over a million francs required a referendum amongst the citizens (male) of the Canton, and they had voted against having a new anatomy department built.

From the roof of the hospital we had a fine view not only over the city and the lake, but also over the beautiful hospital grounds and the new skyscraper nurses home, which Professor Rossier referred to as the “silo of the nurses”. We were then shown over the medical clinic, the professor apologising for the crowded laboratories and explaining that a new building was on its way. His own interests being mainly in endocrinology and carbohydrate metabolism, we were shown a steroid laboratory devoted largely to aldosterone and another where insulin assays were done. We also saw a large and efficient cardiological laboratory, a respiratory function laboratory and a haematology unit, while the clinic had its separate x-ray department.

The hospital gave an impression of endless corridors, for all the laboratories and wards were entered through solid doors leading off the corridor. The wards were small and though equipped with remarkable beds that could be altered in all directions, some by the patients themselves, there appeared to be a complete absence of screens and privacy.

After lunch we returned to the Cantonspital and attended the daily conference of the surgical and radiological department. The professor of surgery, Professor Senning, ran the clinic. After a review of patients who had been operated on that morning, those due for the table next day were discussed, the assistants presenting histories with full discussions of the x-rays. This was a very interesting afternoon and, in particular, we were struck by an account of mediastinoscopy. Some hundred patients had been examined during the past two years, with direct observation of the superior mediastinum and biopsy, and a film of the technique was shown to us. After a welcome cup of coffee, the Pilgrims looked at an excellent display of x-rays and remarkable pictures of barium enemata and of lymphangiography were especially admired.

Dinner at the hotel proved to be a long, drawn out affair, but provided plenty of time for discussion and gossip.

On the Tuesday the Pilgrims temporarily forsook medicine for an expedition to the Jungfrauoch and, guided by their intrepid leader, reached the height of 11,333 feet (3,454 metres) never before attained by the Medical Pilgrims. We spent an hour in Lauterbrunnen, in glorious sunshine, with a superb view of the mountains and then left, by train, for the two hour ascent with wonderful views of the north face of the Eiger. When we emerged from the long tunnel through the Eiger we found that clouds had beaten us to the Jungfrauoch, and we had to rely on pamphlets and post cards for the view from the top. However, Fred Natrass was rewarded by seeing alpine choughs and snow finches, two new species for his collection, while the more physiologically minded Pilgrims noted their own dyspnoea on exertion and the cyanosis of their colleagues, debating the probable levels of pO_2 and pCO_2 .

Back at Zurich, Pilgrims attended the university department of pathology where 2,500 autopsies were done in the institute each year, then Dr. Pietra discussed renal papillary necrosis and its relation to phenacetin addiction. This renal condition was especially common in areas where the watch industry was concentrated: the drug being used by watch makers to control tremor and increase output. The addict took half to 10g a day for many years, and some 45,000kg were consumed in 1956. Donald Hunter was roused to vigorous protest against the drug firms who still maintained that the connection between the drug and renal damage was unproven. Other subjects discussed were anorexia nervosa, five cases of which had been studied at autopsy, cerebral changes in hypernatraemia and the adreno-genital syndrome. Pilgrims were also shown the remarkable bone museum. This contained full skeletons of all common bone diseases such as those of cretins, of polyostotic fibrous dysplasia and of osteomalacia complicating neurofibromatosis. Pilgrims returned to their base for lunch, stimulated but saturated. In the afternoon they visited the famous Kinderspital, where Professor Prader, who had succeeded Professor Fanconi in 1962, welcomed them. The Scribe reported that, once again, great trouble had been taken to provide them with an interesting programme and they settled in the lecture theatre for a series of very good talks and clinical demonstrations, varying from Wilson's disease in three siblings to immuno-chemical diagnosis of paraproteins. This stimulated much discussion led by Douglas Hubble, who was clearly well known to, and much liked by, all at the Kinderspital.

The evening was spent at the lovely house of Professor and Madam Rossier, who entertained them regally. Many of his assistants had been invited to meet them. The Scribe remembered only certain highlights: the head of a tiger, shot in Bhopal by our hostess while on a visit to the Maharajah; the butler who hailed from Harrow (not the school) and the welcome given by Professor Rossier to Critchley – “I have known you a long time, you have all the virtues”. This seemed a truly delightful evening.

The Thursday was spent in Basle. A very fast train took less than an hour and some surprise was expressed that Melville Arnott should be willing to travel on a party ticket. Pilgrims were met by Madam Koller, an old chum of Bob Hunter, and taken through the city to the Bürgerspital. Professor Koller, the professor of medicine, was their host and after a brief tour of the hospital – during which some of the Pilgrims got stuck in a lift – they settled again in a lecture theatre for a series of talks and demonstrations. He was especially interested in blood coagulation and the Scribe reported that he understood why heparin might be life-saving in certain haemorrhagic syndromes associated with fibrinolysis and a tendency to intravascular clotting, but found the argument difficult to record. Demonstrations were also given of, for example, obstructive emphysema associated with prolapse of the membranous part of the trachea and a curious treatment by the dorsal application of thin bone grafts and also stereotactic coagulation by a neurosurgeon, kineo-cardiography in coronary heart disease which records the movement of the chest wall by an externally applied instrument, the record often being abnormal in coronary disease, and a talk about synthetic polypeptides. After this intellectual feast, the Pilgrims were ready for lunch, but were unprepared for the lavish hospitality afforded to them by Messrs. Hoffman la Roche in the lovely old “schutzhäus”. An excellent meal washed down by first class Swiss wine was much appreciated by all, though Donald Hunter felt that his conscience should be troubled because of the phenacetin story but this did not disturb his appetite. After lunch, Professor Koller made a charming speech, toasting the friendship of Great Britain and Switzerland, and our Leader made a characteristic Dunlopian reply.

Professor Nissen, the professor of surgery and a pupil of Sauerbruch, then talked about the surgical correction of functional disorders of the cardiac end of the stomach, supported by his secretary and by a young assistant, who prompted him and pursued him with a chair. He gave the Pilgrims a much appreciated demonstration of how a professor should lecture.

The Scribe then reported seminars and discussions on various other topics: a bacteriologist talked about the typhoid epidemic in Zermatt; other subjects were the production, secretion and clearance of aldosterone, the haemodynamics of the failing heart, studies on zinc metabolism in diabetes mellitus (when Dr. G Constam drew attention to increased plasma zinc levels in diabetes but Pilgrims did not appear to be convinced of the importance of this), studies on creatine phosphokinase in the blood as a possible specific enzyme test for muscular disease, including disease of the myocardium, and some problems concerned with the correction by surgery of atrial septal defect. Not surprisingly, Pilgrims were all impressed by the high standard of Swiss medicine and by the evidence of active research in each department that they had visited.

The Pilgrim's dinner, where they entertained their hosts was held at the lovely Hotel Stoicken by the side of the river. The Scribe reported that, as usual, our Secretary had organised a first class meal and had selected two excellent wines. After toasting the Swiss people and Her Majesty, The Queen, Derrick made a short speech and then made way for Donald Hunter who, in true Hunterian vein, described how his children were related to Professor Rossier (his wife was Swiss) and managed to discuss cuckoo clocks, the Aswâm dam, Technische Hochschule and electrical engineers, not forgetting to stress what we thought of the Swiss. Professor Rossier, in a charming reply corrected a few errors in Donald's speech and the party then broke up.

London 1964

Hosts	Max Rosenheim, John Stokes and McDonald Critchley
Leader	Ferguson
Scribe	Clifford Hawkins
Secretary	Bomford

Twenty-two Pilgrims met in London on the 23rd September with Ferguson Leader and Hawkins Scribe. Meeting in London gave an opportunity for some of the older members to come – Coope, Hardy and Natrass. Furthermore, it provided an opportunity to invite foreign hosts and five joined the Pilgrims – Ask-Upmark (Uppsala), Biörck (Stockholm), Brockner-Mortensen (Copenhagen), Holten (Aarhus), Krarup (Copenhagen) and Rossier (Zurich).

The place of assembly, fellowship and rest was the Bedford Hotel, Southampton Row. Costumes were, in the language of modern jargon, unremarkable; Bomford's beret and Boland's cravat were no longer seen. The cell of each Pilgrim contained not only the simple requisites of life such as television and multi-channel radio with dual speaker, stereophonic controlled sound system, telephone, electric shaver socket and personal weighing machine, but also running water and a comfortable bed – and when the panel of switches was turned off, the chant of vehicles continued outside. Pilgrims met informally downstairs, either on the garden terrace, in the carousel bar or lounge, uncertain where to put their key labels – light aluminium rods one foot long. Their best function, whether as batons or boogies, was never decided.

In the morning Pilgrims were welcomed to University College Hospital (UCH) by Max Rosenheim. The clinical lecture theatre, third floor, originally an operating theatre, had an intimacy suitable for teaching and sometimes lacking in the vast theatres of modern design; some of the audience found, after a time, that the firm seats became too intimate. The day's programme, so helpfully given in the printed brochure which covered the entire Pilgrimage, then proceeded to cover subjects such as the spleen and anaemia (Dr. TAJ Pranker), calcium metabolism and carcinoma (Dr. Lyal Watson), curious hypertensive cases (Professor ML Rosenheim), angiotensin (Dr. CJ Dickinson) and ileal stricture (Drs. JF Stokes and AW Edwards). Lunch was

taken in the board room at the invitation of the board of governors and tea in the medical school by invitation of the school council.

The visit to Professor CE Dent's metabolic ward was of particular interest to those Pilgrims whose specialty concerned the accurate collection of excreta. Its architecture, simple and compact – as no Pilgrim could fail to notice as he stood wedged in the crowded corridor – was an important factor in encouraging efficiency and made easy and immediate communication between nurses, biochemists and dieticians difficult to avoid. Dent showed an example of severe osteoporosis in rheumatoid arthritis unconnected with steroid therapy, but Donald Hunter apparently knew this fact before Dent was on the breast. Another patient was a man of 38 accustomed to drinking 24 pints of beer daily. It seemed possible that the osteoporosis from which he also suffered might be due to this. He was therefore invited to stay in the ward and drink the same amount of beer daily, allowing metabolic studies to be carried out – an invitation enthusiastically accepted. However, drinking beer from litre flasks with the dregs washed out with distilled water and without the company and atmosphere of a pub was an anticlimax – he could only manage ten pints daily.

In the evening before dinner, Pilgrims and their guests gazed at the new College of Physicians. The architecture of Denys Lasdun, set amidst the classical elegance of Nash's terraces, caused perplexity and pleasure "It certainly has a modern touch" whispered Synge with masterly understatement. The lecture theatre was regarded with displeasure and likened to Lenin's tomb or partially submerged whales. Reactions, as with any new art form, were intense but tension was broken by the sudden view of Ask-Upmark's suspenders (braces), revealed as he lent back with hands on lapels to see the roof of the college; these were white and decorated with brightly coloured pictures of Japanese women, not lewd but so obviously symbolic of something. Praise for the interior of the college was unanimous; its stately and spacious beauty, its tasteful and luxurious decoration such as the mosaic covering of the walls, the flying processional staircase leading up to the great library and the galleries where the old portraits of physicians showed so splendidly against modern materials. Then the eerie silence of this unopened building, still containing bits of scaffolding and sacks lying around, was broken by the sound of Pilgrims as they dined on smoked eel and grouse washed down by fine burgundy.

Next morning to the National Hospital, Queen Square, to listen to an excellent programme. Communications ranged from gamma encephalography (Dr. James Bull) and xanthomatous neuropathy (Dr. P K Thomas) to observations on the internal capsule derived from stereotactic operations for Parkinsonism (Dr. Marion Smith). The importance of following-up patients and correlating anatomical effects with neurosurgical operations was ably demonstrated by Dr. Marion Smith and Pilgrims admired her capacity to obtain necropsy material. She had travelled far for this and had imported the brain of one of her patients from Holland, bringing it through the customs disguised as "one of the Old Masters", so she said. The fact that new advances in medicine depend upon new techniques was demonstrated by Dr. Ross Russell in his investigation of factors causing clot formation by studying the mesenteric blood vessels of the rabbit – a beautiful series of coloured pictures taken by cinematograph

and greatly enlarged so that minute details were seen at close-up. The talk that will remain in the memory of Pilgrims was the clinical demonstration of patients who had suffered brain damage from some thiazine drugs used as a chemical “straight jacket” for mental patients. The sight of these elderly women with their uncontrollable chewing and grimacing and tongue movements was horrifying. Pilgrims, appalled by the sight, were pleased to take a glass of sherry before the sumptuous lunch in the board room.

In the afternoon, Pilgrims gathered outside the Courtauld Gallery, Woburn Square, talking of Virginia Woolf and the writers of Bloomsbury and wondering how Lionel Hardy was thrown out of his digs here as a student. They were shown the gallery by the curator – and by Pilgrim Witts who, in discussing medieval paintings, pointed out that the men were always painted red and the women white and suggested that this might be because the women were anaemic. Afterwards a short walk took the Pilgrims to the Percival David Foundation of Chinese Art, Gordon Square, which was demonstrated by Professor Howard Hansford. This is a unique collection of porcelain, China’s gift to the world. Here was a surfeit of beauty in colour, blue and white; monochromes in delicate green, blue or peach, and attractive enamelling of later date and Chinese dragons in all their glory; these were, we were told, not miserable dragons kept locked up in castles but auspicious creatures which brought fructifying rain and also decorated the Emperor’s robe. Biörck, poor fellow, in spite of his clinical acumen, was unable to distinguish between a dragon and stylised lion. He had to be told that the latter was the long scraggy creature with a different number of claws from those of the dragon.

The annual meeting of Pilgrims occurred in a luxurious bedroom of the Bedford Hotel. Fergus Ferguson (Leader) took the rostrum and members sat or reclined on beds. Max Rosenheim read the minutes of the last Pilgrimage and apart from minor corrections from Hunter, these were unanimously received. The next meeting was discussed and suggestions ranged around Moscow (Melville Arnott never felt relaxed when he was there) or Helsinki, with or without Leningrad. A list of possible new members was discussed and the suggestion of using grey instead of black balls was welcomed.

Dinner in the Apothecaries Hall, with its historical associations and display of table silver, was a great occasion. The speeches too were splendid. Ferguson rose and gave a brilliant extempore speech from well-prepared notes, welcoming our five visitors from abroad who had so kindly joined us in “crucifying the flesh”. Critchley gave a vivid and fascinating account of the Apothecaries Hall, and Ask-Upmark thanked Pilgrims for their hospitality, kindness and friendliness; he described medicine as uniting natural science and the humanities and, in talking about the history of English medicine, said that no country had contributed more than Great Britain and that without Great Britain there would be a big scotoma in medicine. Lionel Hardy, the only member present who was on the original Pilgrimage in 1928, then spoke. He was pleased, he said, to have emerged from Worcestershire into gracious living, and Hurst would have been delighted with this Pilgrimage, for he agreed above all with the Harveian injunction of friendship amongst physicians. He described the original meeting and told of occasions when he met Vaquez, Guillain,

Widal and Sequard, and of sitting in reverent silence at the feet of a patient while the ancient Babinski demonstrated the up-going toes. It was revealing to hear about the night life of those Pilgrims, of their visit to the Follies Bergeres, and so on. The last speech was by Krarup who said that Ask-Upmark had forgotten the state of Denmark. He captured the spirit of the Pilgrims and talked of the advantages of small meetings where medicine was broad and not too specialised, rather than the grand international shows. He defined a Pilgrim as a “poor man with a sack on his back seeking places, holy places” and hoped that the idea of inviting him to London was to pave the way for another visit to Copenhagen.

That night a group of Pilgrims lingered late in the lounge of the Bedford Hotel – younger members being entertained by the enlightening conversation of their elders. Donald Hunter, bubbling with reminiscences of the Apothecaries, had become obsessed by the rhinoceros horn, the symbol of the Apothecaries, its other function being an antidote of poisoning and an aphrodisiac. He told the story of taking a group of Americans (with one woman) around the Apothecaries to show them the paintings and how the American woman kept on interrupting him about the rhinoceros horn and its aphrodisiac value. He told this story five times, each time so well that the Scribe would like to have heard it even more. AP Thompson then got going on his reminiscences of practice amongst the aristocracy and famous, most of them apparently being true. We listened spell-bound to his stories of Bernard Shaw, of Edward VII, and of his friendship with Elgar. Our contemplation as to whether he was one of the Enigma Variations was broken by Donald Hunter’s sudden revelation of a detailed diary which he considered publishing; some were alarmed so more drinks were ordered.

Saturday morning was spent again at UCH listening to an exciting range of subjects from automation in medicine (Dr. Peter Heaf) to genetics in thyroid disease (Dr. WR Trotter). The talk on automation covered the use of the computer. Although much time would be saved, particularly in the field of biochemistry, data fed into it needed much hard work for its clarification. Björck thought that more information about a patient could be obtained from a coded questionnaire than from free interrogation. Automation in the ward was demonstrated by a continuous recording machine for pulse, respiration, blood pressure, temperature and electrocardiogram. Recording devices were fitted into a garment made by the Spirella firm and respiration was recorded from stretching of the elastic at the back. Details were recorded in Sister’s office and an alarm could be set to go off if the systolic pressure fell below 100mm Hg or if the ECG showed irregularities or cardiac arrest. The topical subject of the significance of serum antibodies was dealt with by Dr. Trotter, son of a famous father. He considered that possessing an antibody against one’s own protein might not be a bad thing. There was probably a critical level, as with blood pressure, above which disease might occur. In discussing statistics, Butterfield mentioned his method – the gamblers ruin, which turned skewed figures into straight lines, but not all understood what he was talking about. Generally, discussion by other Pilgrims was also erudite. Indeed, several Pilgrims had arrived fresh from taking the new multiple choice examination as guinea pigs – being examiners for the MRCP; they were curiously reluctant to reveal results but some, judging by their comments, may well have passed.

Epilogue

The quest of the Pilgrims could not have been better fulfilled than in this Pilgrimage: Good fellowship was blended with a fine medical programme aimed at the growing points of medicine. Its success was mainly due to the efforts of Max Rosenheim, John Stokes, and McDonald Critchley. Important also was the fine autumn weather with sunshine, a temperature of 72°F and a warm breeze. And, of course, the choice of hotel by Dick Bomford. Its situation was perfect. Walking to our meeting place was a particular delight. Either the pleasant and brief walk through the gardens of Queen Square and past the bust of Queen Carolina to the National Hospital or the longer walk to UCH beside Russell Square garden, past the massive pile of London University, along the parking-meter lined, plane-tree domed terrace of Woburn Square (as Dylan Thomas might have put it), then a moment to linger at Dillons bookshop before reaching Gower Street and UCH.

USSR 1965

Hosts	Professors Sarkesov, Anokhin and Mikhev (Moscow); Professor Osadchi (Leningrad)
Leader	Critchley
Scribe	Butterfield
Secretary	Bomford

For a young Pilgrim, like me, who had been intent on seeking out (and if necessary tasting) the sweet waters of Bedford, many of the phrases from John Bunyon's "Pilgrims Progress" composed in 1675 in the gaol in the middle of the bridge over the Ouse, turn out to be extraordinarily apt for our Pilgrimage to Russia – the USSR – in September to October 1965.

For the Pilgrims Progress involves a straight and narrow path to the black river – over hill and over dale. What could be straighter or higher than the vapour trails of our plane from London airport to Copenhagen and from there to Moscow airport? And didn't Bunyon really provide the ladies' view of every Medical Pilgrim when he wrote, "A saint abroad, a devil at home". And as we walked through courtyards of the Kremlin past the great belfry of Ivan the Terrible, surely faint-hearted Pilgrims would have shuddered at the memory of that "castle called doubting castle, the owner whereof was giant despair" – a gloomy place with a courtyard strewn with skulls and bones of murdered prisoners.

But as the eleven intrepid western Pilgrims assembled at London airport on Sunday, September 26th, under the leadership of Macdonald Critchley, ready to pierce the Iron Curtain and snatch a glimpse of Soviet medicine, who could have penetrated their joint disguise – was this eleven a British football team going to play the Dynamos – with Boland in goal – or a portfolio of bonds (James Bond) hunting down a counter spy, or the Abbey Theatre cast of "Playboy of the Western World"

going on a British Council sponsored good-will tour, under the management of Synge – and as he is our Regius Professor it is certainly in order for the British Council to be sponsoring an Irish company and an Irish playwright. But no, in fact, the gathering was far more exotic and surprising, for as well as Critch (Critchley) and Bo and Synge, this happy band, who met while other Englishmen were still abed, included Donald Hunter – full of dreadful stories which later proved to have been published in that new American journal of mammalogy, gynaecology, surface anatomy and sex physiology – “Playboy”: Also present were Clifford Hawkins and Melville Arnott who had risen before the sun and driven down the M1 to join the flight; John Stokes musing on the fact that after the USSR he would be making another trip to the USA to collect more multiple choice questions for the membership exam; Dick Bomford, shepherding his unruly flock of Pilgrims away from the duty-free liquor counter towards the plane; and two new, almost inseparable Pilgrims – George Smart, in the Natrass tradition from the Tyne, armed with a mighty and noisy camera to whom the humble Scribe is duly grateful for many splendid photographic prints, and John Badenoch in old Rugbean tie, charming and perspicacious.

We settled down onto the Moscow runway and were greeted by Ninita, our Moscow guide and interpreter – slight and tall and proud and slightly whiskered – soon to become our helpful friend and exert a gentle charm over us. We had to wait a long and confused time at the Russian customs – and Synge observed that there were “certain similarities between Russia and Ireland as far as chaos is concerned”.

On the Monday, Pilgrims paraded, rather hungry, in the foyer of the very ornate assembly area of their hotel (the Leningradskaja) – all gold and claret. The only western newspaper, the Daily Worker, was already being perused. After a breakfast of black bread, butter, jam, eggs and coffee, we set off in bright sunshine by bus with Ninita to the Brain Institute, with a glimpse of the Kremlin on our way. We were welcomed there by Professor Sarkesov in his blue office and had our first taste of the Russian protocol, a dissertation by the professor describing the institute and its departments; anatomy, physiology, conditional reflexes, electro encephalography, electron microscopy and so on. In May 1965 they had a big symposium on system analysis of the special senses, and an atlas of the CNS, published by the department, was demonstrated by a pleasant, placid lady assistant while Sarkesov – short, dynamic and expansive – went on with his explosive Russian expletives and paused, immobile but smiling, while Ninita and the Leader interpreted each paragraph. Pleasantries were gracefully exchanged by our Leader, and we went on to see the museum. The air was laden with the smell of varnished wood and the museum contained a very large number of animal brains. We were then led to meet Dr. Bogslepov who showed us his electron microscope work and the effect of neuropharmacological drugs on neurons and nerve fibrils, but as the Pilgrims, vigilant as ever in their search for the truth, pressed for important facts about dose rates and times it became apparent that the work was rather hollow. This, and the historic photographs of Betz, Korsakoff, Pavlov on all sides, was a preview of Russian medicine in the main as we saw it. Rutherford has said “There are two sorts of science, stamp collecting and physics” and we were to

find only two or three “physicists” in our visit, but much tourist historical medicine and many investigators indulging in stamp collecting. So it was with the next laboratory we visited where the charming lady Professor Preotorazbraveska showed her studies of the psychoarchitecture of the brain. After a final visit to Sarkesov’s room for a few comments on the Academy of Medical Sciences with its 50-odd research institutes and a description of his staff of 60 scientists, mostly women, with men in bioengineering and cybernetics, we said goodbye.

Our return to the hotel involved a little trip to the British Embassy to sign the book. The porter was very officious and would not let us look at the portraits of early ambassadors in the hall and so we took photographs of the Kremlin across the river, which we then crossed by the stone bridge, past the Kremlin again in good light, past the Lenin library, the Bolshoi theatre, the childrens’ store, over the garden circuit (a wide road built over gardens) to the hotel – a route we were to walk at night quite soon.

The afternoon of the Monday was given up to a visit to Peter the Great, Peter Anokhin, Pavlov’s last pupil, now professor of physiology in the University of Moscow, former Cambridge research student of Lord Adrian’s and the hero of the Soviet Union, who got Gagarin into space. He greeted us, wavy hair, large, expansive with his guttural, halting but intelligible English – in his office which was rather untidy but with its proper portrait of Lenin. He passed rapidly over a variety of topics studied in his department. And then suddenly showed us large photographs of two sets of siamese twins – which were to blossom into perhaps the most memorable part of our Moscow visit. We assembled for a few photographs on the steps of his department and then drove to the Academy of Medical Sciences to see his film of the twins studied by him. Briefly, the first pair were joined at the chest, had separate stomachs but fused trunks, intestines, etc. They lived for 23 days. The second pair were the famous Masha and Dasha – now 15 years old. They had two heads, four arms, two stomachs, one intestine and two proper and two vestigial legs. They have different characters and may even fight over food. They have a considerable cross-circulation. They sleep separately and get hungry separately – or rather – the fed twin quietens on being fed while the other one goes on crying which only goes to show that gustatory sensation is an important factor in getting satisfaction from food, as every good French matron knows. The film showed the twins as infants nursed by buxom Russian midwives, gowned in white. The last sequence showed a recent birthday party with Anokhin very much in evidence as the father figure and doctor-protector, much loved by all. When the film was over we rushed through the Moscow afternoon traffic. “What about the girls having conflicts over the love of a boy?” we asked Anokhin because, in the modest way of modern Russia with its slightly puritanical air, there had been no discussion in the film about the girls genital developments; but Anokhin was up to this interrogation, with a smile he said “I am glad to inform you that they love only me”.

The Scribe wrote that on the Tuesday the Pilgrims joined the slowly moving column waiting to see Lenin’s tomb. He recalled the sharpness of the embossed sickle emblem near the entrance, how cold it was inside the tomb, how pale, yellow and iridescent and shrivelled Lenin’s corpse was, how his ears had shrunk and how well dressed he was. Avoiding the spivs seeking British currency near St. Basil’s, the Pilgrims set off for the

Institute of Neurology, a 185 bedded hospital attached to the first medical centre under Professor Mikhev. In the office we discussed recent developments: we were told that the rabies vaccine treatment for disseminated sclerosis was useless. Professor Irgur described his stereotactic operations for Parkinsonism, using liquid nitrogen to destroy the subcortical cells: 70% of cases did well. The clinic was also working on neuro-collagen diseases, vascular diseases of the cerebral and spinal vessels, on osteochondritis of the spine, spinal damage and on myopathies.

The Pilgrims were then taken to a ward where statistics about the origin of the patients and the activities in neurosurgery were given – at that time Synge astonished some Russian children by speaking their language. Then they hurried back for an official lunch to entertain their hosts; the menu was black caviare, smorgasbord, chicken Kiev and coffee with many toasts in vodka and a hock-like wine and cognac. The afternoon was spent gazing in a rather glazed fashion from Intourist bus number 41 – at successively, a south west housing estate, the friendship university buildings, the panoramic view from the Lenin hills including an intrepid ski jumper practising down a plastic slope, and the outside of the Tolstoy museum. But the tourist activities were only really working up to a visit to Swan Lake by the Bolshoi in the Kremlin Palace of Congresses that evening. It is difficult to convey properly the impression this rectangular glass and marble building makes among the red brick of the Kremlin's older walls and towers. It is large, modern, spacious and wonderfully organised, with high speed elevators which whipped the Pilgrims to the roof buffet for open sandwiches during the interval. An unforgettable auditorium, with 4,000 spectators, a stage as big as a football pitch, a superb ballet, with the added pleasure of Ninita there with her father – all very exhilarating and stimulating. The annual meeting took place in a crowded bedroom. The Leader organised food, Clifford Hawkins read his account of the London Pilgrimage and we decided to go to Paris in 1966, with Badenoch as Scribe. The meeting was adjourned at 00.15 hours.

The rest of the time in Moscow was spent in studying research on various neurological problems as our Leader Critchley (distinguished neurologist) had organised the Pilgrimage and had many contacts in Moscow. Investigation concerned electroencephalography, and interestingly, preaphasic symptoms discussed by Professor Luria. He said that early diagnosis is difficult in neurosurgical cases but is urgent. Difficulty springs from the fact that 25% of the cortex has no sensory or motor function to allow localisation. He discussed languages, pointing out that Chinese writing is related to ideas, not words, and therefore may escape effects of a temporal lobe tumour. In Japan, half the writing is syllabic, and for Europeans all syllabic writing can be upset by tumours. A surfeit of linguistic activity may precede aphasia – the patient may attempt to describe things and overcome his difficulties by using very many words. In support of this, Professor Luria demonstrated a 28-year-old geologist-poet with secondaries in his brain, a frontal lobe tumour without changes in behaviour but associated with specific difficulties with languages which had rapidly developed, starting with a tendency to talk too much, over-describing every event and beginning to suffer word contamination, calling an apple a tree, and so on. Impressed, the Pilgrims withdrew from the poor fellow's bedside, wondering what treatment would be given. The Pilgrims eleven then proceeded to a cocktail party at

the British Embassy kindly given by Dr. Oliver. They were “well watered and fed” and sent on their way to the night train to Leningrad with thoughts of Anna Karenina rustling through some Pilgrims’ minds.

On the Thursday, Pilgrims woke to see the woodlands of Russia passing their sleeping car window and drew into Leningrad station at 8.15 to be met by Elaina, dark haired, vivacious, short, attractive and married – something of a disciplinarian – who, it turned out, was really well-informed about the Hermitage art gallery. Of particular appeal about her was the fact that she had been in England recently and was dressed, she said, by Marks and Spencer and Regent Street. She took the Pilgrims to the Hotel Europa and then for a morning tour of Leningrad – the Admiralty building, the Winter Palace, long views across the Neva river to the Academy, the tall golden spire of St. Peter and St. Paul’s cathedral, past St. Isaac’s cathedral (black domed) and the SS *Crossa* still tethered to the river banks after firing the signal shot at 9.45 on October 25th (our November 7th) to start the October revolution. And presently they were whisked out into the country to see the municipal stadium (the city though, is proudest of Peter the Great). Back for lunch, Elaina conducted a lively conversation and finding Dick Bomford was a bachelor, recommended him to go to the marriage palace to register for a Russian wife (for roubles 1.50). The afternoon was taken up with more sightseeing but after dinner, several Pilgrims went to the local opera – “My Fair Lady” in Russian. The only way, they were told, one could have any class distinction was not by a particular accent but by loud brash talking – and Elisa, towards the end of the play, talked quietly and gently. The words were different but the music was the same. The audience was obviously delighted by the extraordinary clothes worn by the English aristocracy.

On the Friday the Pilgrims were taken to the second Pavlovian Institute which was 10 to 15 km out in the country and there was a splendid statue of Pavlov with his dog before the entrance. They visited Dr. Osadchi in the cardiovascular laboratory studying cerebral haemodynamics and reflexes conditioned by signals from the vascular bed, using the brains of cats and mice. Work going on in the nutrition laboratory concerned absorption by the small intestine by Dr. W G Love and also studies of the microvilli. The Pilgrims then proceeded to the Pavlovian Museum to see Pavlov’s study, his sun porch and sundry photographs of the only man who twice won the Nobel Prize. As they admired his possessions - they heard of his institutes, the first in Leningrad and then, as he moved into work on monkeys, the second institute built in 1933. Here Pavlov got interested in genetics and the inheritance of conditioned reflexes and began breeding experiments. Since his death, the institute has grown to include 27 laboratories and is directed by Academician Chevinovski.

Pilgrims returned for lunch at the Hotel Europa and prepared for the zenith of their tourism – the visit to the Hermitage. The Scribe wrote “It is really quite impossible for any Scribe to do justice to this subject, one can only refer those who haven’t been there to guide books for information and urge them to visit the Hermitage themselves as soon as possible”. Elaina, an intelligent and well-informed school teacher, took them on a guided tour to see certain parts of the collection as, for example, the French collection; 12 Gauguins, 14 Matisse, 6 Chagalls, 24 Picassos on

view and so on, and the 24 Rembrandts, the 30 Rubens, the 23 Van Dycks, a gallery full of Claude Lorraine – as well as the glass chandelier on which Peter the Great had himself worked, or Cox's 18th Century mechanical bird clock, a peacock with moving tail feathers, bells and so on. The Pilgrims reeled out into the afternoon sunshine and ambled back to their hotel, shopping here and there on the way, jostling with the crowd, fobbing off the spivs, to drink vodka, and dine among the young Russian élite and their girls dancing to loud western jazz music.

Saturday, the last day of the tour, was spent at the Leningrad Institute of Sanitary Hygiene. It offers a six-year training course in industrial hygiene, communal health, food, school health, teenage hygiene (a fascinating new subject!), epidemiology, microbiology and sanitation. The Pilgrims were then introduced to heads of departments who stood up and bowed to the Pilgrims in turn. In the discussions which followed the Pilgrims were, the Scribe reported, in sparkling form and fired volley after volley of questions at the Russians such as Arnott's "What are you doing to lower the prevalence of cardiovascular disease?"; answer; "We train students, rather than organise health". Hunter wanted to know about the laws of notification of industrial diseases, but as the workers were examined periodically "There wasn't any disease to notify"! Bomford asked about smoking and lung cancer "Doctors do not approve, but all smoke" was the answer. Stokes wanted to know about the care of the aged "There are special clinics studying these problems such as in Kiev – Moscow will follow suit". Hawkins wanted to know about noise "Galenina would show him the laboratory work, but there is a general noise disease, which can affect blood vessels": Critchley asked about boxing "Yes as a sport, not as a profession": All the answers were able and astute – it was a most interesting exchange.

At 13.00 hours, Pilgrims visited the Institute with its 2,500 beds and saw the noise laboratories, with Hunter being shaken by a vibrating chair – no wonder he didn't want to be a professor – and the toxicology laboratories, where work was going on about smog and about enzyme changes induced by fluorine. The rest of the Sunday was spent in shopping and walking about Leningrad in the sunshine. There was a final dinner after a vodka party – cold sturgeon and more vodka at the table, more jazz, meat and potatoes, cakes and coffee and brandy. The Pilgrims retired rather early to pack and prepare for their return flight. While waiting at the airport, Elaina recognised every Russian port in the Scribe's collection of portrait plates – a good spot test of her knowledge. The plane landed at 11.00 hours at Moscow and they lunched there with Ninita who had looked after her flock with a mother's care. The lunch was good, in bright sunshine with George Smart's camera firing off a good deal. Pilgrims were making their usual recordable wisecracks – Synge, seeing no take-offs, remarked "Moscow airport doesn't seem to be as busy as London" and later asked Melville Arnott "Was Birmingham a Roman foundation?" and the assembled company "What is bingo, exactly?". Thus ended an outstanding Pilgrimage.

Paris 1966

Hosts	Professors Lambling, Benhamou, Berthelet, Bernard, Binet and Bricarire
Leader	Witts.
Scribe	Badenoch
Secretary	Bomford

On Sunday, May 15th, fifteen Pilgrims assembled in the bar of the Hotel Lutetia to await the arrival of their Leader, Leslie Witts. To be in Paris in May is surely one of the dreams of civilised man, and Paris did not let us down. It was gay, warm and anticipation was in the air.

On Monday we set out for the Hôpital Bichat to meet Professor Lambling with his remarkable filing system of cards, each representing a symptom complex, that has taken thirty years to compile. Here we met Dr. Bomfils who was assaying gastrin-like material in the urine of patients with the ZollingerEllison syndrome using rats under restraint. The basement laboratory was hot and ill-ventilated, and before long Pilgrims began to feel like rats under restraint themselves. However, soon we came upstairs for a breather and champagne, only to encounter Dr. Gulien, an angry young man, who cornered the Pilgrim who (unknown to him) also happens to be the President of the Royal College of Physicians and told him how indifferent Britain was to the Common Market in general, and to continental medicine in particular. Several Pilgrims, including Pilgrim Max (PRCP), suggested that he should write to the President of the Royal College about it, and the incident passed off without bloodshed. After the champagne we went to see Dr. Tremolieres who was working on pancreatic fistulae. His studies gave the impression that French surgeons are rather more heavy-handed than their English cousins, but the discussion was left in the air because, although slides and a projector were produced, no screen was available. Soon it was lunchtime and we caught cabs to the flea market. After lunch we visited the vast Hôpital Beaujon where the enthusiastic doctors, Benhamou and Berthelet, held us fascinated in spite of the sultry afternoon, with their account of the ebb and flow of albumin slipping softly in and out of the Bisse space and the hepatic sinusoids.

In the evening, Pilgrims travelled to Versailles to see “Le Misanthrope”; and here but for extreme good fortune my narrative might have ended. Your humble Scribe (J Badenoch) turned his back for a second to buy a metro ticket and Pouff! with a sudden change of direction like cranes in flight, the Pilgrims had vanished. Vainly did your Scribe run hither and thither down echoing passages and catacombs, until sadly at last he set a solitary course for Versailles, comforting himself with the thought that even if “Le Misanthrope” was not for him, there must be a good dinner to be had somewhere in Paris. As luck would have it, he chose not only the right station for Versailles, but also the right train and the narrative continues. “Le Misanthrope” was acted with gallic fire but for me, and I suspect for some other Pilgrims also, the conversation flowed too swiftly and the threads were lost. We left early, faced with a strike of the public services and possibly a long walk home, but at length all except Pilgrim Butterfield made their way safely back to Paris – what happened to him I cannot tell.

The next day we were to meet Professor Jean Bernard at the Hôpital St. Louis. Professor Binet had promised that even if the strike was complete, transport would be provided for all. My driver was charming little Citronetta with blond hair; she hurled herself into the traffic while I cowered in the passenger seat. I need not have worried; golden curls are as good as disc brakes in Paris any day! The morning was spent in discussing interesting cases, mostly haematological, and how pleased we were to hear the great professor being teased by his junior staff. Later we heard Professor Hugues from Liège lecture on early factors in haemostasis and platelet function – a topic difficult enough for most of us, even in English. We had lunch in the canteen and spent the afternoon in the research laboratories of Professors Boiroh, Dausset and Binet, discussing their work on viruses, platelet immunology and the metabolism of lymphocytes. That evening at the end of a splendid day, we entertained our hosts at the restaurant La Parouse.

On Wednesday, we visited Professor Bricarire at the Hôpital Cochin, and were initiated into an outpatient clinic conducted in the grand manner. The professor, from his armchair, kept his guests, his patients, his assistants, nurses and secretary all fully employed for most of the morning. The Hôpital Cochin is an interesting place; the great Widal worked there, and it is closely associated with the ancient convent of Port Royale; de Gaulle has been a patient here, and I was told with pride that his prostate now reposes in the museum. Professor Bircaire showed us his wards and fondly kissed the sister in charge as he entered. Later as he and we were crossing the road to Port Royale, a passing bicyclist shouted “All honour and glory to the medical staff of the hospital”. How pleasant to be a Parisian professor – all you would get from an Oxford cyclist would be “Get out of my ... way!”:

Our Pilgrimage finished in the Old Chapter House of Port Royale, once the home of Pascal and the site of at least two miracles; built in 1655 by Louis XIV, it has been in turn, a revolutionary gaol, an orphanage, and a lying-in hospital. Beneath its leafy trees and old grey stones we said goodbye to our hosts and the delightful Pilgrimage of 1966 was over. Well, almost over, but not quite – for although the official work was done, that evening we attended a private view at the Orangerie. Here, once again, the Pilgrims showed their versatility, for the endocrinologist – or would it be those with an interest in the affairs of the heart – could be seen lost in admiration for the ripe sensuality of Renoir’s mistress while others gazed with equal ardour at geometrical design or the play of light on trees or mountain stream. When all were satisfied, we were entertained at a magnificent reception by Madame Binet senior in her beautiful home – and so at last, back to our Hotel Lutetia, filled with memories of three exciting and rewarding days.

Eire 1967

Host	O'Donovan
Leader	Synge
Scribe	Smart
Secretary	Bomford

Dawn on May 20th had just got into its stride when the Pilgrims began to assemble on the platform of the Great Northern Station, Belfast, in order to catch the 8am train to Dublin. The party consisted of Synge (Leader), Smart (Scribe) and thirteen others. All succeeded in passing unmolested through the Irish Customs when they arrived at Dublin. The Shelbourne coach was waiting there and the Pilgrims set off on a tour across Ireland. The drive was pleasant but the weather was variable and windy so that when they arrived at the Ormond Hotel, Nenagh, the wind was Force eight on Lough Derge so that it was too hazardous to venture on the launch as planned. On the tour, Pilgrims were shown the ruined church at Killinaboy with Sheilagh Nageigh, the fertility symbol, carved on the wall above the doorway and also the double-faced cross of St. Tola, a parish border mark. Lemaneagh Castle was passed on the journey through the fantastic limestone formation. The burren, the Scribe wrote, must be a paradise for man the naturalist, but for man the aggressor, the place has perhaps been best described by one of Cromwell's generals, "Not a tree whereon to hang a man, no water in which to drown him, no soil in which to bury him". They then descended to where the burren dropped swiftly down to meet the Atlantic on the south shore of Galway Bay and along the lighthouse just beyond Black Point.

In due course the party left for a keenly anticipated dinner, complete with minstrels, at Dunguaire Castle. On arrival, however, it appeared that dinner had not been arranged to start until 9pm, for a party of Americans who were at the moment somewhere over mid-Atlantic, were awaited. This disappointment was, according to the Scribe, somewhat diminished when, on going into the nearby village of Kinvara, Pilgrims met Olivia the harpist. She took them to Winkle's Hotel where gin was taken and arrangements were made for them to feed at the Hydro Hotel at Lisdoonvarna where the night was spent. The next day they visited the awesome cliffs of Moher in a howling gale and pouring rain; but when they reached Dunratty Castle the weather had improved and they enjoyed seeing this monument of past violence with its associated folk museum. They then returned to Dublin.

The scientific part of the meeting started by O'Donovan showing the group round the almost completed Elm Park Hospital of 450 beds and round the site of about 250 acres for University College, Dublin. The rest of the morning was spent in the house used temporarily for the medical unit and O'Donovan outlined the current relationship of the academic unit and the Dublin hospitals. The talk was followed by six excellent papers from people working in his unit and a look round some pre-fabricated laboratories. After lunching at Newman House as guests of the President of University

College, Dublin, Pilgrims heard more papers at St. Vincent's Hospital, including a detailed description of the deformity of the fifth finger associated with goitre – one of O'Donovan's hobbies – and several interesting case reports. In the evening the Pilgrims entertained to dinner Terence Chapman, Frank Muldaney, Oliver FitzGerald, Peter Gatenby and George Fegan.

On the Tuesday the Royal City of Dublin Hospital was visited where the bust and picture of Arthur Jacob, who was the first to describe rodent ulcer, were seen. After an outline of the history of Trinity College there were further papers and an excellent film on respiratory function. Then, in the clinical research department, an impressive series of demonstrations and talks on the general circulatory effects of varicose veins and on their treatment (by Fegan) were given. Lunch was at Trinity College where Pilgrims were the guests of the Vice-Provost and, after seeing the marvellous senior common room and the old library, Pilgrims went to the Moyne Institute and heard a further series of excellent papers.

Germany 1968

Hosts	Professors Schettler, Bickel, Jaeger and Linde (Heidleberg); Professors Boroviczen, Schirmeister and Beck (Freiburg)
Leader	DK O'Donovan
Scribe	Clifford Hawkins
Secretary	Bomford

Pilgrims gathered at the Zum Ritter, Heidelber, for the 33rd Pilgrimage. This hotel, the only Renaissance building in the town apart from the castle, provided a worthy setting for the group of nine Pilgrims lead by Denis O'Donovan. A former Pilgrimage to Heidelber and Freiburg had taken place in 1929 when the "long journey to Heidelber" and language difficulties were recorded. This time the journey was easy - a plane to Frankfurt and train from there to Heidelberg – and our hosts insisted on speaking English, apologising for their American accent acquired from the USA occupation.

The first day was spent socially and in looking around Heidelber, a fine city undamaged by the bombing of World War II. It lies astride the river Neckar in a gorge between two densely wooded hills, the castle on one side and philosopher's walk (the philosopher was Goethe) on the other. Professor Schettler, professor of medicine in the University Clinic Hospital, and his wife took us up river, not like Mark Twain on a raft, but on a handsome motor boat. We gossiped with his junior staff and students and enjoyed local food and wine at a riverside inn. Asparagus, then at its peak as lilac was in full bloom, was plentiful and continued so during the rest of our stay.

The evening was spent at the castle where the professor and his wife held a dinner in our honour. Its Apotheke museum is one of the finest in the world and portrays

the history of alchemy. Donald Hunter expounded and was amazed that Boland was unable to recognise *digitalis flore incarnato*, beautifully illustrated in a book of herbs, in spite of practising at Guys. Amongst the array of hand-painted jars in a medieval drug store was one for tea prescribed for “obstipation”. Wine drinking had been taken seriously in the castle, for there was the largest wine barrel in the world, capable of holding 55 gallons; two to three gallons of wine daily was a prescription advised for longevity though no controlled trial had confirmed this claim. Smart considered that 20 pints of beer daily was the maximal fluid intake, this being equivalent to the maximal urinary flow. The castle is now used for Mozart concerts and firework displays and wine flows less copiously.

Next day we visited the University Hospital at Heidelberg and enjoyed a display of the best of modern German medicine, which now has an American flavour. The intensive care unit for coronary cases was envied by Morgan Jones; patients were monitored from a central room and equipment was lavish, though shortage of nurses limited its use. There was a splendid prefabricated set of laboratories built by an Italian firm on a limited time contract as “no-one wants to work in Germany” – so we were told. A special “garage” for washing beds, like a five-minute car wash, saved nurses’ time. Renal transplant patients were demonstrated; speed was thought essential and the surgeon had sold his fine country home to live in a nearby flat. The adjacent autobahn, a very dangerous part for motorists, provided a ready supply of fresh kidneys and material for the flourishing and progressive accident department. The afternoon was spent at the University Kinder Klinik directed by Professor H Bickel who had worked in Birmingham after the war. He showed us children with inborn errors of metabolism. How many cases of mental deficiency, he asked, are due to inborn errors and why is the UK, which has done so much original work, so late in applying tests at birth to detect metabolic errors before the onset of liver disease or blindness? He showed us one child with phenyl ketonuria treated by diet for seven years and contrasted her normality with an untreated pathetic idiot. In the evening we were entertained at Waibels, a gasthaus at Rainbach, by the Dean – Professor Wolfgang Jaeger, whose grandfather, a zoologist, invented Jaeger woollen clothes. Before retiring, the Pilgrims drank beer at a students’ tavern, the Seppl, where Bismark, Bunsen and Brahms had drunk before. Students sang and did strange mimes but the clacking of steel as in the duels of the “Student Prince” was no longer heard.

Heidelberg is the oldest university in Germany; dating from the Middle Ages, and is equivalent to our Oxbridge. Our last day there provided a surfeit of science and began in the Chirurgische Klinik directed by Professor F Linder. The cancer institute housed a European network of cancer literature, developed in co-operation with the French, and was a computer centre for all Germany. Pilgrims watched a nuclear reactor sunk in 18 feet of water, and met Professor Klaus who was roughing it in a temporary building of the institute of experimental pathology costing 15 million marks. As they finished with a session on radioactive isotopes, the Pilgrims suffering from electronic dyspepsia, were pleased to relax before entertaining their generous hosts at the Hotel Europa where our Leader maintained the high standard of after-dinner speaking.

Then occurred a weekend interlude at Hinterzarten in the Black Forest. In perfect weather, the Pilgrims walked up hill and down dale, through woods and beside meadows carpeted with king cups – the distant skyline of black conifers speckled green by freshly budding deciduous trees. Topics of conversation covered everything under the sun. Older members with their astonishing cardio-respiratory reserve talked and climbed at the same time. The Scribe listened in wonder to the endless flow of spirited conversation from Donald Hunter which never faltered, whatever the gradient. Arriving in Freiburg on Sunday evening the Pilgrims were greeted at the hotel by the unforgettable, polysyllabic Dr. Boroviczeny, who had escaped from Hungary after the Russian invasion. He was a haematologist, a man with a great sense of humour who had an international outlook on medicine. He also had a charming and gifted wife who modestly apologised about her English as it was her seventh language. Next morning we were introduced to Professor Dr. Schirmeister, head of the medical clinic who described the hospital as “called the Mayo Clinic of Germany but I don’t think so”. It certainly provided a fitting ending to our travels. Famous men who had worked there were Romberg, Kussmaul, Aschoff, Eppinger and Heilmeyer. It was a large hospital with 2,200 beds, some of which could be adjusted to different positions by the patient, with a composite bed-table providing various facilities. Nursing was provided by nuns who used an intercom for communicating with patients; there were generally four patients in each room so that one could signal for the others when a nurse was required. Excellent side-rooms were provided for resident doctors, equipped with typewriter and viewing box for x-rays. Medical students were paid for doing nursing duties such as sitting up all night to supervise an ill patient, and they liked it. Laparoscopy was demonstrated by Dr. K Beck using a peritoneoscope. He did this examination on most hospital patients who complained of abdominal symptoms and so has become an authority on this investigation. We also watched cardiac catheterisation being done for practice as 50 must be performed by Common Market cardiologists before they are allowed to qualify. Freiburg has a tradition of sports medicine, and a department was devoted to the physiology of sports; Gordon Pirie and others had been investigated there. There is no way of judging fitness for short distances, but the maximum oxygen uptake is the best criterion for long distances.

In the afternoon we toured the cathedral and then the museum of church antiquities. Our guide was a woman who was well versed in medieval gossip and left no stone unturned in explaining the pictures on oil and tapestry, not realising that our synapses had already been filled by the morning’s programme. Then we went by coach to Staufen, a typical old German town of the 11th century, and were received at the Town Hall, an ancient building next to the home of Dr. Faust. On the last day we crossed the Rhine valley to Colmar in Alsace. Dr. D Boroviczeny and his wife were our hosts, and they not only acted as expert guides to the famous Colmar Museum but provided a splendid farewell meal at a tavern. The meal included ham and asparagus – and a seductive local wine provided in abundance. Then the Pilgrims, contented with good food, wine and learning, returned home.

Holland 1969

Hosts	Professors Gerbrandy, Groen, Graeff (Leiden); De Weid (Utrecht)
Leader	Witts
Scribe	VM Synge
Secretary	Bomford

Eleven Pilgrims assembled at the Hotel Central in Rotterdam on the evening of 21st September, being joined later by three others. The Leader was Witts. On the next morning the Pilgrims visited the new medical school. Dr. Gerbrandy, the professor of internal medicine, assisted by the architect, gave a very clear account of the medical school which was being erected in record time. The professor emphasised that the democratic axiom “one man one vote” was mainly responsible for the rapid progress of the building operations – the one man was the Dean and he had the one and only vote. The opening of the medical school brought the number of medical faculties in Holland up to a total of seven but it was anticipated that an eighth would be required before long. There were no obvious entry criteria for students but each successive examination eliminated 30% of the students who entered. The new Dijkzigt hospital was being built on a dyke – nothing but sand underneath – but the piles were being driven into it to a depth of 20 metres so that the building should be stable, because Holland is a land of strong winds. The afternoon was beautiful and sunny and Pilgrims wandered down to the river and saw some of the student quarters. There was still a housing shortage and many students of both sexes were housed in old ships moored at the quayside. Later the Pilgrims ascended the Euromast by lift. It was 392 feet high and from the top there was a wonderful view over the flat land of Holland and over the great port of Rotterdam with its huge shipbuilding yards. Next day a series of cases was presented by registrars and junior staff at the medical school – well worked up and followed by good critical discussion.

The visit to Leiden the following day was conducted by the Pilgrims’ old friend Dr. Groen who had entertained them well in 1955 in Amsterdam when he was professor of medicine there. In the intervening years he had been elected to the professorship of medicine in Israel, but after passing the fateful three score years and five, at which “the academic authorities of today have decreed that a man begins to dither”, Dr. Groen had returned to his native Holland and was now living just outside Leiden and carrying on with some medical work. Some months previously Leiden had been celebrating the tercentenary of the birth of Herman Boerhaave, who had done so much to make Leiden a world-renowned medical school. He was born in 1668 in a vicarage a few miles outside Leiden where his father was the parson. The Pilgrims motored out to Voorhout and saw the birthplace of the famous man and were hospitably entertained to tea by the parson there. Boerhaave was botanist and chemist as well as doctor, and initiated pre-clinical instruction in botany and mathematics for medical students. He started a medical museum and the professor of pathology showed the Pilgrims specimens of a child’s arm with injected blood vessels and also a specimen of injected choroidal vessels, all in an excellent state of

preservation, though they must have been about 250 years old. Boerhaave had a world-wide reputation as a clinician and his private practice did not appear to have been insignificant. When he died on 23rd September 1738 he was reported to have left 200,000 guineas. The historian did not mention death duties. The Pilgrims also saw the house in Leiden where the celebrated philosopher Spinoza lived from 1660 to 1663. Over the door was a quotation from his writings which, translated from the Dutch, went:

“Ah, were all people only wise
and wished each other well,
the earth would be a paradise,
now it is mostly hell”

The following day Professor Graeff and his staff of the department of medicine provided an interesting day at the academic hospital, amongst other things haemodialysis and renal transplantation being discussed. Fifty transplants had been done in the past two years. A Eurotransplant agreement allowed organs to be exchanged with adjacent countries. With cadaver transplants, survival after one year was about 45%, with related donors 85%. In the evening the Pilgrims entertained some of their hosts, with their wives, to dinner at the Holiday Inn.

On 26th September Melville Arnott saw that the Pilgrims got up early and the bus started at 8am for Utrecht where Professor De Weid, Chairman of the Rudolf Magnus Institute for Pharmacology, greeted the Pilgrims with the words “ye Pilgrims, you have reached Mecca!”. There was some truth in this, for Utrecht certainly seemed to be the centre for mechanisation in Dutch medicine. The Institute of Medical Physics showed the amazing part which mechanisation and electronics was playing in medical research. Afterwards, they set off to visit De Hoge Veluwe, Holland’s big public park, where one only sees the sandy soil and woods of pine and fir, which seemed to stretch away unendingly. It was a fitting setting for the art gallery with Van Gogh’s wonderful pictures. Finally Pilgrims bade farewell to Leiden and before flying home cooled their fevered brains by touring Amsterdam’s canals by boat.

Denmark 1970

Hosts	Professors Lundbeck, Posborg Petersen (Aarhus); Krarup, Warshaup (Copenhagen)
Leader	not known
Scribe	not known
Secretary	Bomford

Twelve Pilgrims met at Liverpool Street Station on 10th May – off to embark on the *Winston Churchill* for Esbjerg. The sea was calm and they arrived at Aarhus in the late afternoon and were joined by Professors Knut Lundbeck and Willy Posborg Petersen (who wished to be known by his middle name, as Petersen is so common in Denmark) for an informal dinner after which they adjourned to the Lundbecks' delightful home, pausing under the window to serenade his wife with an air from Don Giovanni. Conversation was most interesting and Pilgrims were intrigued by Lundbeck's library of books on Chinese history, and his Maoist sympathies.

Next morning there was a visit to the Commune Hospital (municipal hospital) and Willy Posborg told the Pilgrims about the arrangements in the hospital which was affiliated to the university. The interest in the department directed by Posborg concerned kidney and hypertension, and under the direction of Lundbeck the specialty was metabolic and endocrine function. There was also a department of cardiology interested in congenital and valvular disease, and a large outpatients. The first students graduated in medicine in 1954. The students had no formal classes because everyone in Denmark who passes the final school examination is entitled to study medicine. Approximately 400 enter each year at Aarhus and 700 in Copenhagen; they have tuition in anatomy, physiology and biochemistry, with an examination at the end which only 50% pass – at that time they had 100 students graduating twice a year and, interestingly enough, a lack of strict classes was opposed by the students who were asking for strict discipline. The medical course extended over three and a half years and was not really dissimilar to that in our own universities. However, after a year and a half of the clinical course they were able to act as doctors under supervision and frequently went abroad to Sweden and elsewhere to make money. Apparently there was a constant pool of approximately 300 such people rotating in and out of Denmark.

Posborg then told the Pilgrims about medullary cystic disease and Dr. Gunnar Gregerson described a patient with Wilson's disease; the morning sessions were concluded with a study of three cases of the nephrotic syndrome in Hodgkin's disease. There then followed a discussion about the treatment of terminal uraemia in Denmark and the provision of kidneys for transplants; due to the excellent tissue-typing, the long-term survival rate had been increased to about 75% from 35%.

The afternoon was occupied by a discussion on thyroid function by Lundbeck, and other papers related to diabetes, especially in children. Growth hormone levels in diabetics were three times those in the normal population and fluctuated very widely, such as after exercise the levels were very much greater in diabetics than in normal subjects. It was thought that the signal for the release of growth hormone might be

changes in the free fatty acid levels in the serum. Other topics discussed were studies of the glomerular basement membrane and its changes in diabetes, the canine pancreas and factors causing the release of insulin from it, and the response of plasma insulin in juvenile diabetics to oral glucose or tolbutamide intravenously.

Pilgrims flew to Copenhagen on 13th May and after lunch assembled at the Rikshospitalet in the Department of Clinical Biochemistry. Communications there concerned red cell metabolism and the effect of hypoxia and carboxyhaemoglobin concentration on endothelial permeability, allowing the passage of macro-molecules into vessel walls. Dr. Paul Astrup noted that cigarette smokers often had concentrations of 10–20% carboxyhaemoglobin. After this Pilgrims, were given dinner by Professors Krarup, Iversen and Warshaup in a lovely old inn about 12 miles north of Copenhagen.

Next day they continued at the Rikshospitalet talking about gastrointestinal problems and heard talks about immunoglobulin turnover in Crohn's disease and ulcerative colitis, and the treatment of cirrhosis with prednisone. On the Friday Pilgrims had an interesting journey by bus to Naestved where Dr. Christiansen discussed his experience with a coronary care unit, reporting a gratifying fall in the acute mortality rate to 17% as compared to 41% in control patients but, as elsewhere, the follow-up three years later showed no significant difference in the survival rate between those treated in the coronary care unit and those in the control group. On the return journey to Copenhagen we visited the Viking museum at Roskilde – the traditional burial place of the Danish kings. In the Viking museum there were the remains of five ships, dating from about 1000AD, dredged up from the harbour mouth. So concluded a most enjoyable Pilgrimage, the third to Denmark, and it was tinged only with regret that this would be Dick Bomford's last Pilgrimage for some time to come, unless of course the Pilgrims went with him to Teheran where, as he had retired, he had accepted the appointment of consultant physician.

Birmingham 1971

Hosts	Melville Arnott and Clifford Hawkins
Leader	Rosenheim
Scribe	not know
Secretary	Butterfield

Nineteen Pilgrims met at the University of Birmingham where Melville Arnott and Clifford Hawkins acted as hosts; the Pilgrimage lasted from 4th to 6th July. On the Monday morning in the department of clinical chemistry at the Queen Elizabeth Hospital Professor TP Whitehead described the computer developments in the Wolfson Laboratory concerned with 1) profile or screening, 2) engineering development, and 3) computer science. Pilgrims were impressed to learn that the IBM1130 computer was achieving a) data acquisition by being on-line to 13 auto-analyzers, b) data processing and handling with punch card requests and cumulative reports, c) quality control achieving a check on the quality of results obtained by the auto-analyzers, and d) national quality control by means of which it was possible to check the results achieved in 400 other laboratories throughout the United Kingdom. The auto-analyzers were conducting 2,000 tests per day, and many biochemical profiles carried out on specimens submitted by general practitioners had produced an interesting yield of diagnostic results.

The next communication by Dr. Rosemary Kendal and Professor JM Bishop was concerned with patient data, recording, analysis and display, and related to the use of a computer for recording the results of the physical examination. A statement to the effect that the IQ of the doctor is presumed to lie within a certain range provoked hollow laughter from Donald Hunter, echoed by other Pilgrims. The purpose of this computer analysis was said to be firstly to replace case notes, secondly to be available for research, and thirdly to act as a database for future systems. Dr. Beeley then demonstrated the use of the computer in drug-prescribing with two objects: a) to produce a uniform method of handling, prescribing, administration and recording of drugs and b) to devise a method of detecting and monitoring adverse drug reaction. A demonstration was given of the use of the computer in monitoring the drugs prescribed for a patient called Edward Elgar. We were then shown how prescribing methods had been programmed in detail for the PDP-9 computer, and how information could be made available on sideeffects, risks and hazardous drug interactions. Dr. A Pincock and Mr. Ford then discussed haemodynamic data handling and the use of a computer as a measuring device. A delightful lunch was served in the board room, where the Pilgrims were guests of the board of governors of the United Birmingham Hospitals, and a vote of thanks was proposed by Morgan Jones.

In the afternoon a series of cases included an unusual case of aspergillosis by Dr. K Prowse, a case of chronic active hepatitis and myasthenia gravis by Dr. M Kendal, a fascinating case of periodic hypothermia with ataxia and flapping tremors occurring in a patient who also had epilepsy – this syndrome by Dr. D Thomas and Dr. I Green was totally unexplained. Dr. N Dyer went on to demonstrate a case of systemic lupus

erythematosis, probably produced by quinidine, and the afternoon ended with a suitable eclat when Clifford Hawkins presented a case of ulcerative colitis with ileal infarction followed by extensive gut resection, in which marked reduction of the profuse ileal effluent was produced by glucose administration.

There followed a delightful bus journey through the green, sunlit Warwickshire countryside to Coughton Court, the lovely Elizabethan home of the Throckmorton family. After suitable (and delectable) liquid refreshment, Pilgrims looked at the superb collection of family portraits and at much more Throckmortoniana, including the windows showing the respective coats of arms of the various families involved in the gunpowder plot. They were fascinated to see the Throckmorton coat made and worn 24 hours after the skin of the sheep had been removed, and in the next room, above a small minstrels' gallery, was the shift in which Mary Queen of Scots had been executed. The party then tackled the steep stairs to the roof and to the manuscript room, and it was fascinating to see that the older Pilgrims, as always, were in the vanguard. Dinner was served in a delightfully appointed dining room with beautiful and unusual table silver; several courses were served on silver plate and the wine glasses with hollow stems also evoked interest.

Professor WH Trethowan, Dean of Medicine, University of Birmingham, was a guest of the Pilgrims at dinner, as was Pon d'Abreu, Professor of Surgery, who had married into the Throckmorton family. Clifford Hawkins had managed to unearth a Shakespearean wine delighting in the name of "the brown bastard" with which to enrich the early courses of the dinner, and we then had an excellent claret followed by malmsey, called appropriately "the Duke of Clarence": Rosenheim toasted the guests and Pon d'Abreu responded. After thanking Sir Robert Throckmorton for his hospitality there was an uneventful return to the hotel, save for the fact that the bus was driven in the wrong direction down a one-way street.

On the Tuesday morning in the clinical research centre at the Queen Elizabeth Hospital the Leader, Melville Arnott, deployed his heavy artillery and opened with the quote that "the first distemper of learning is when men study words and not matter". Dr. JD Blainey opened the batting by talking on facts and theories in nephritis and drew analogies between the various forms of human renal disease and suitable animal models. Dr. Gordon Cumming discussed "law and order in the lungs" with a fascinating account of the mechanics of branching systems drawing an analogy between the lungs on the one hand and an oak tree on the other. Dr. BL Pentecost went on to talk about the use of cardiac pacing in the absence of heart block with particular reference to the prevention and control of ventricular fibrillation in patients who had suffered cardiac infarction. Professor Owen Wade then discussed the Food and Drug Administration of the USA and the philosophy of drug regulation, and compared the work of that organisation with that of the Committee on the Safety of Medicine and the Medicines Commission in the UK. Professor John Edwards then gave an erudite talk on the genetic background of therapy with a historical introduction relating to some important members of past medical life in Birmingham including Priestly, Withering and Galton. The talk was fascinating, but the speaker's concept of simplicity was not exactly the same as the Scribe's. Professor John Malins then talked on ketones and showed a fascinating illustration of Richard

Mead who was said to have first described clearly the taste and smell of diabetic urine; he showed him resting on his laurels (though the latter were not visible in the picture). Finally, Professor Geoffrey Slaney said that he came as a surgical sacrificial goat, but then in discussing his findings in 250 cases of abdominal aortic aneurysms demonstrated that this was very far from being the case. He stressed that 98% of such aneurysms were infra-renal, angiography is only rarely indicated for diagnosis, and he pointed out that local discomfort, referred pain or local tenderness are indications for surgery as there is a real risk of early rupture in such cases. His talk was remarkable for its pragmatism and for the superb series of horror pictures which he showed, each of which deserved an X certificate. The morning was otherwise memorable for the remarkable activities of the Secretary, Butterfield, as projector troubleshooter.

The Pilgrims enjoyed lunch at the university staff club as the guests of Sir Arthur (AP) Thompson, himself a Pilgrim of many years standing. In his reply to a speech of thanks by Denis O'Donovan, AP quoted Marcel Proust and reminisced about past Pilgrimages. He went on to relate how Arthur Hurst had an attack of renal colic in the catacombs while on a Pilgrimage in Rome and that subsequently Hay and Stott gave an enema and the stone was eventually passed.

After lunch the Pilgrims repaired to the Barber Institute and were entertained first by a short organ recital, delightfully given on an early Johann Snetzer organ by Mr. Brookshaw, who had only recently graduated in music. This small English-style chamber organ without pedals is still often used in concerts as a background; built in 1755 it was one of only two or three similar organs remaining in the country. He played an air and gavotte by Samuel Westley, a fancy (English corruption of fantasia) by Thomas Tompkins, once organist of Worcester cathedral, and a voluntary without pedals by Louis Vivienne, one of 24 pieces written for limited organs. The instrument had an impressively sweet and quiet tone; the concert ended with a fugue in C major by Buxtehude, often called the jig fugue. Mr. Richard James then gave a short introductory talk about the Barber Institute and its fine collection of paintings both old and recently collected by the first director, Professor Thomas Bodkin. Pilgrims then separated into groups and inspected the paintings on display which included works ranging from Bellini, Van Dyck and Rembrandt to Van Gogh, Gauguin, Sickert, Whistler and Canaletto. The delightful visit to the Barber Institute was followed by the official Pilgrims Meeting. It was decided that next year's Pilgrimage should take the form of a visit to Vienna followed by a boat trip down the Danube to Budapest. Names of possible new members were then considered and Donald Hunter made the impassioned plea that some more be elected as "Hippocrates is dead, Osler is dead, and I am not feeling well myself".

The Pilgrims' dinner was held in the university staff club. Melville Arnott gave some fascinating reminiscences of earlier Pilgrimages. John Stokes delivered an exhaustive dissertation on Birmingham and its road system, and drew a number of analogies concerning patterns of flow in hollow organs. In a remarkable impromptu speech, Leslie Witts said that Bart's had always been a sticky hospital; if not a Barts man, one was always a marked man at Barts. He recalled the first Pilgrimage to France when the Pilgrims travelled by airplane at the magnificent speed of 90mph. He also recalled shopping in Paris with Arthur Hurst, whose deafness on occasions came in very useful. He also recalled the way in which Hurst worked incessantly in

London and how he kept himself going with adrenaline injections; but on a Pilgrimage, dressed in sports clothes, he seemed to be an entirely different person. In another memorable impromptu dissertation, Donald Hunter said that Leslie Witts had always looked young and he recalled the young nurse with her mother who spoke to Witts in the lift after he had been appointed to his Chair of Medicine and said to him “And now my young man, you feel important now you’re qualified, don’t you?”. Donald Hunter, too, recalled the formation of the Pilgrims with 14 members in 1928. The Society had first been conceived in the trenches during the 1914–18 War. He also recalled that on the occasion of the first Pilgrimage to Paris, Hurst spoke to the concierge at the entrance to the hospital and his French was so fluent that the concierge gave him a ticket for public assistance. He went on to say that the essential characteristic of the Pilgrim was that he must always have a sense of fun. In 1947, after the Second World War, when the remaining Pilgrims met together again, some were pessimistic and others optimistic about the future of the society, but he had always felt that it would survive and prosper, as time had proved. He then went on to define cerebral arteriosclerosis as being the disorder which caused one to forget not yesterday or 1066, but what one was saying in the middle of saying it. In thanking speakers for their contribution to the evening, the Leader, Melville Arnott, said that in 1933–4 when he himself was a medical registrar and felt in need of a more progressive environment, two important things happened; firstly, Leslie Witts came to Edinburgh as an external examiner, looking like a boy but acting like a giant; secondly, in 1934 Derrick Dunlop was appointed Professor of Therapeutics and within 24 hours had recruited Ian Hill, John McMichael and himself to establish a remarkable school. He also recalled some of the earlier Pilgrim activities of A P Thompson, who was shattered, in 1957, on a Danish Pilgrimage, to learn that it is the Danish custom to make one’s speech before the soup and the entrée – perhaps he was the first and only Pilgrim to produce a superb after-dinner speech with a blood alcohol of zero. Thus, the Scribe remarked, in a remarkable spirit of hilarity, good fellowship and good will, a most enjoyable Pilgrimage concluded.

Vienna and Budapest 1972

Hosts	Professor Seitelberger and Dr. Kainz (Austria) and Tamas Fenyvesi (Hungary)
Leader	Melville Arnott
Scribe	Stokes
Secretary	Butterfield

Thirteen Pilgrims converged on Heathrow Airport on the 23rd July under the leadership of Arnott. After an easy flight they landed at Flughafen Wien. Many of the Viennese taxis are Mercedes, and the Scribe (Stokes) and others travelled at terrifying speed in one of these to the Allgemeines Krankenhaus, where we entered the large garden yard so characteristic of the old European hospitals, to be faced with a monument to Bilroth. The Scribe got temporarily mislaid in the gardens in a vain search for Bilroth II, but the Pilgrims gradually coalesced, dappled by bright sunshine through the trees, with their Leader in the van.

We were received at the Grosse Festhalle by Professor Seitelberger and Tschabitscher, who were to look after us so well during our stay in Austria. This portrait-lined room contained a boudoir grand piano in one corner, and the sharp edges of the podium were bordered by a variety of shrubs, bays and laurels with a fringe of ferns. Professor Feller, the senior professor, told us how the Allgemeines Krankenhaus had been founded in 1790 by the Emperor Joseph to care for the poor, and had now become the University Hospital, taking 50 students a year. No-one can be refused entry to the university, but about one-third are rejected by the end of the second year on the grounds of poor performance in examinations. Following his talk, we had an interesting morning of communications over a wide field of topics at the end of which Ellis, in a vote of thanks, commented that the gay abandon of the Viennese taxi driver argued great confidence in the medical services. We were then taken in a bus by the kindness of the cultural department of the city of Vienna, guided by Herr Werner Stift, employed in the city magistrates office and whose extrovert personality leads him to do tours as a side-line. He pointed out the resemblance of the city police barracks to Windsor Castle, showed us where Sigmund Freud worked in the Ninth District, indicated the house in the Prater Strafe where Strauss wrote the Blue Danube, and safely brought us to lunch in the Prater Park (previously a private hunting ground of the Hapsburgs, given to the public for entertainment in 1766). Dr. Kainz who had arranged our visit, proved a mine of information, conversing in elegant English which he had learned in Kentucky, and in the course of a schnitzelstrudel lunch was not in the least put out by minor bickerings among Pilgrims (doubtless engendered by the great heat), as for instance when O'Donovan found similarities between Dublin and Vienna in the carefree approach to life, only to be rebuked by Ellis for failing to distinguish freedom from care from irresponsibility. We then re-embarked and were shown the various glories of Viennese architecture. Stopping for a while at the Palace of Schönbrunn, which in 1450 was a hunting castle renovated in its present form under Maria Theresa, and with a subsequent addition of the Gloriette on the hill, built to commemorate victory over

the Turks at Hottenberg. The gardens were marvellous and the cool of the fountains a blessing to perspiring Pilgrims.

Back past the Danube tower, 252m high, at the foot of which we drank beer except for Herr Stift who stuck to coke, “for” he said, at a stripped weight of 205 pounds, “beer makes you fat”. Indeed, the average Austrian silhouette is formidable, and by the time we had returned to the hotel, Walton had almost completed a plan for calculating the mean mammary mass of the Viennese matron. In the evening the Seitelbergers had arranged for the testing of the new wine (in beer mugs) at Grinzing on the lower slopes of the Viennese woods where there was a splendid buffet and the wine flowed free, drunk at wooden tables and benches in an enclosed garden studded with fruit trees and flower beds. The evening developed predictably, with music provided by Walton’s impromptu choir. O’Donovan tried to solicit a solo from Tschabitscher by addressing him as Richard Tauber, and in the end songs were sung in German (very sweetly by the wives), Welsh (with enthusiasm by Vallance-Owen), Irish and Esperanto.

Vienna was still waltzing the next morning, but to the surprise of all, there was a full count at breakfast. Back to the Krankenhaus for a morning largely devoted to various aspects of cerebro-arterial disease, flanked by contributions on the immunopathological diseases of the nervous system by Seitelberger whose quality shone out, and on the repair of large peripheral nerve defects by the enterprising Professor Millesi.

The Pilgrims visited the Institute fir Geschichte der Medizin (history of medicine). The Emperor Joseph II in 1785 had set up the museum so that surgeons, previously trained by apprenticeship alone, should have academic instruction so that they should not appear at a disadvantage vis-a-vis university professors; after a period as a military headquarters in the 1850s it has served its present purpose as a record of the history of Austrian medicine since 1920, when Max Neuberger was its first director. Pilgrims heard how the first cystoscopy had been carried out there in 1806 by the light of a candle reflected by a system of mirrors, and they viewed a fine collection of old books including Versalius on plague (1378) and gazed with a mixture of awe and nausea on the extensive collection of wax anatomical models commissioned from Felici Fontana and Paulo Mascheni who constructed their originals in Florence in the 18th Century. The rococo whole body models with hair brushed, guts exposed, necks bedecked with pearls, lying on white tasselled silk cloth and purple cushions was a bit much for the sensitive Scribe. There was something to stimulate everyone in this museum; Arnott remarked on the conjugation of absurdities provided by a physician having his tonsils removed under acupuncture. The whole occasion was presided over with firmness, erudition and great charm by Dr. Rohl, a generously built brunette historian standing six foot one in her socks, of whom breast-high Pilgrims took a reluctant farewell. They then went back to the hotel for a quick wash and change before drinks at the British Embassy followed by a most elegant dinner at a handsome moated castle in the foothills of the Vienna woods, Schloss Laudon.

Pilgrims then set sail in a hydrofoil down the Danube to Budapest; the journey was somewhat disappointing though there were points of interest – huts on stilts due to

the danger of flooding of the low-lying flat wooded banks, worrying high barbed wire enclosures, glimpsed through the forest, a brief impression of the edge of Bratislava as they passed through Czechoslovakia, and a low cloud over the Carpathian foothills. Spirits lifted when the Pilgrims were met at the quay in Budapest by Tamas Fenyvesi who took very good care of them throughout their stay in Hungary. His intelligent and fair smiling face made him a most welcome temporary local Pilgrim. Buda had been invitingly silhouetted against moving clouds on their arrival but they woke after a night of heavy rain to a uniformly leadened sky which persisted for most of their stay.

The Scribe reported that they visited the Second Medical Clinic on the next day and started the day with a Hungarian brandy which has an apricot base. We talked round a table for an hour, covering a wide range of educational and medical administrative topics. Arnott's open-ended question to a group of over-weight chain-smokers as to what they might do to prevent arterial hypertension brought argument to an end and we embarked on a tour of the clinic. The smooth progress through wards and laboratories was only held up by a posse of Pilgrims peering at an optical test board on the wall of the isotope department and after a break for lunch at the hotel we soon found ourselves at the Central Medical Research Institute of the Academy of Sciences. Much interesting work was being carried out but the weakness appeared to be the lack of contact with clinical colleagues which only occurred on random occasions. Earlier in the day, the first symptoms of Hawkins's confusional state had been insidiously declaring themselves. We found that he was continually changing money and ended up in the evening with Rumanian lei, the only Balkan currency which would be of no use to him. After drawing him into gentle conversation it appeared that he did not know whether he was in Sofia or Sarajevo, and we kept a special eye on him for the rest of the trip.

The following day Pilgrims set off in thick rain and drove past plantations of apricot, sunflower and maize to Lake Balaton, a vast land-locked mass of water which was originally cut off from the sea by volcanic eruption but then maintained only one tenuous connection with the Danube, negotiable by canoe or small boat. They were shown around the cardiac rehabilitation centre at Balatonfured and treated to some improbable statistics on relapse rates in ischaemic heart disease, and it appeared that the recovery programme was founded on permissive psychotherapy. Pilgrims distracted themselves by taking ungraded exercises on the fixed bicycles and with the medicine ball, thus demonstrating the British love of sport. Back at Budapest, the evening was spent at the sumptuously appointed Gellert Hotel where they were joined by their hosts including a Mr. Foldi, the man from the Ministry, a solemn fellow who never quite got the feel of the occasion and was preoccupied by the possibility of a minimal attendance at one of the city's polyclinics the next morning. Arnott made a speech of quite remarkable political content for a regular reader of the *Daily Telegraph*, O'Donovan followed in Gaelic but was soon forced to a gentler tongue, Hunter gave us the benefit of some of his more remarkable reminiscences and Mahler, as the youngest Pilgrim, showed that Hurst's ideals continued to be shared by those who will carry the Pilgrims forward into the 21st Century. The old man who had waited on our table was given a Havana cigar by Butterfield on the way out. "Communist" he said, "but not bad".

The rest of the visit was spent partly at the polyclinic Peterfy Korhaz where

discussion was slow as neither the lady doctor who ran the hospital, nor the aging man in charge of the polyclinic, spoke English – a deficiency which enabled them each to get through a pack of cigarettes in the fifty minutes that the Pilgrims spent with them. As Pilgrims flew back to Heathrow, they mused over the events of the crowded week – especially marked by the very real welcome given to them by both their Austrian and Hungarian hosts.

Scotland 1973

Hosts	Dunlop, Oliver (Edinburgh); Kennedy (Glasgow)
Leaders	Ellis (Edinburgh) and Donald Hunter (Glasgow)
Scribe	Badenoch
Secretary	Butterfield

Twenty-one Pilgrims assembled in the Braid Hills Hotel, Edinburgh, on Sunday, September 23rd, Ellis being the Leader for Edinburgh and Donald Hunter for Glasgow. Next morning the Pilgrims set off by bus to the Pfizer Institute where they were welcomed by Derrick Dunlop who set the stage with a glimpse of the history of Edinburgh, redolent of John Knox and filled with such giants of the past as Archibald Pitcairn – master of divinity, law and medicine, and Alexander Monroe – who had no difficulty in holding the Chairs of both medicine and surgery in distinguished plurality. Wonders were to follow as the stream of excellent papers poured across the morning. Professor BP Marmion on the tragic outbreak of hepatitis in the renal unit, Professor Horton on prostaglandins, “the in-thing” of endocrinology: How on earth or under the sea did anyone discover that the richest source of these amazing substances is the horny coral? After coffee, Dr. Short enthralled them with the biologist’s view of man or rather woman. They were startled to learn that menstruation was an abnormality induced by civilisation. He was persuasive, but those Pilgrims who were still reeling from the financial nightmare of educating several children could not subscribe to his view of the blessed state of perpetual pregnancy. After this it was an emotional relief to return to the aetiology of duodenal ulcer with Dr. W Sircus, or to hear Michael Oliver define so clearly the metabolic consequences of myocardial infarction.

After a delightful lunch at the University Staff Club, the Pilgrims visited Edinburgh Castle. At once fortress and place of refuge, treasury and royal palace, garrison, military hospital, and national shrine – “to a Scribe whose forbears, not long since, lay out in the hills with only a plaid to cover them, to visit it is always a strange and moving experience. I am not sure why it affects me so much, perhaps it is its situation, brooding over the city and its history; perhaps it is because it is the birthplace of James VI and I, and the still lingering doubt about his baptism in the old faith, or perhaps it is the dignity of the memorial to the dead of two world wars, built at a time when it was not shameful to be patriotic.” In groups of two or three

the Pilgrims left the castle and made their way down the hill to the National Gallery of Scotland. That evening they were entertained to dinner in the senate room of Edinburgh University.

The next day was to be a heavy one. By 9.30am the Pilgrims were in the train for Glasgow, where the day began with a visit to Professor Arthur Kennedy in the Tenovus kidney research unit in the Royal Infirmary. For those who are scared of the welter of tubes and pumps that are the hallmark of modern renal medicine it was a relief to hear about preventive nephrology, the pathogenesis of pyelonephritis, and the link between Scotland and the “Balkan nephropathy”. Later Dr. Boyle brought the visitors up-to-date on vitamin D, and Professor Lawrie, in discussing automation in electrocardiography, sparked off a lively argument between the professionals and the other Pilgrims who, in the matter of electrocardiography, are clearly committed “do-it-yourselfers”. In the afternoon there was a visit to the Hospital for Sick Children, as guest of Professor Hutchinson. As Pilgrims entered the hospital the head porter mounted the running board of the bus, and escorted them past the barriers and up to the main entrance, where the doors were flung open to receive them. Derrick Dunlop voiced the thoughts of all as he stepped down from the bus, “I like privilege” he said, and found an echo amongst those who nowadays all too often, even the senior physician, have to hunt for a parking place among the vans and bicycles at the back of the hospital. There was an interesting discussion on renin and hypertension with Professor Wilson and his colleagues, followed by tea in the staff restaurant overlooking the Clyde, then Pilgrims were off again by bus to the Institute of Neurological Sciences in the Southern General Hospital. Here the Pilgrims showed their stamina, for it was to be a long day.

They were introduced to the wonders of the EMI scanner, they heard of advances in the study of cerebral blood flow, and of the part played by ischaemic brain damage following head injury. They saw equipment for measuring autonomic responses and the metabolic response to exercise, and the results of studies of the function of motor endplates and the analysis of movement, and they heard about the aetiology and the clinical associations of myasthenia gravis. Professor Simpson, Professor Jennett and their colleagues could not have done more to interest the visitors in the work of the Unit, and in spite of the lateness of the hour the Pilgrims responded to their utmost – the scientific business finished at 6.40pm. At 7pm they assembled for a magnificent dinner in the University of Glasgow. After dinner they saw the collection of paintings by Whistler in the university gallery and looked at the relics of James Watt and others, whose energies and inventiveness were to make Britain the greatest nation in the world by the end of the 18th century – and so by train back to Edinburgh and the Braid Hills Hotel.

Next day was a holiday and the Pilgrims set off by bus heading north across the Forth Bridge for Culross, a delightful 17th century royal burgh, beautifully restored by the National Trust of Scotland. In the afternoon visits were planned to Kinross House and Loch Leven, and after lunch at the Green Hotel in Kinross, Derrick Dunlop reminded the Pilgrims of the far off happy days when Mary Queen of Scots was imprisoned in the castle on the island in the loch, under the watchful eye of Sir William Douglas, and of the dark intrigues that followed her wherever she went.

Standing on the shore it was hard to recall the dark night when a sad queen was rowed far out on the water, and a sudden flash of moonlight on a cloth of gold was the only memory of a stillborn child, as the little bundle slipped beneath the waters of the loch. Sir David Montgomery showed us his beautiful home with such kindness and attention that we could hardly believe that only minutes before we had arrived he had heard unexpectedly of the death of his father-in-law. We must have been intruders, but what could we do. We did not know what had happened until we were about to leave. In the evening, back at Edinburgh, the Pilgrims were entertained by Margaret and Michael Oliver to a cold buffet at their home – a unique experience to which no Scribe could do justice.

Next morning the Pilgrims set off to the cardiology department at the Royal Infirmary for a presentation of clinical cases such as Q fever endocarditis, the antenatal diagnosis of muscular dystrophy and the sick sinus syndrome. However, the chief honour went to Drs. Ross and McHardy of the department of respiratory disease in the City Hospital for their presentation of cases of shrinking lungs: cases of chronic chest disease are the hardest to present because piles of x-rays tend to fall on the floor and interminable lists of blood gases festoon the blackboard, but here was a demonstration of exactly how it should be done. After lunch in the Royal Infirmary, the Pilgrims were off again by bus through the lovely Tweeddale scenery to visit Traquair House, home of Mr. Peter Maxwell Stuart. This is probably the oldest inhabited building in Scotland and is certainly one of the most romantic. Its history is interwoven with the history of the Scottish Kings, with Mary Queen of Scots and later with the Jacobite cause, and the efforts to keep the old religion alive during the attacks of kirk and state. Each Pilgrim will have his own memories of this remarkable place – the gates, which, according to tradition, will not be opened again until a Stuart is crowned in London, or perhaps it would be the silk quilt worked by Mary Queen of Scots, or the library with its curious shelves, each indexed under the name of an ancient philosopher or poet. Soon, unhappily, it was the time to leave and then back to the Braid Hills Hotel to prepare for dinner in the College of Physicians. Each Pilgrim, a humble seeker after truth, his aesthetic hands folded across his breast, will wish to put behind him those memories of the salmon or was it the roast grouse, or perhaps even of the soufflé drambuie. Nevertheless, it was a dinner worth remembering, rounded off, if your Scribe's memory has not let him down, by Dick Bomford's account of his travels with a donkey, or was it his nights in a Persian garden (he had returned rather unexpectedly from acting as physician in Teheran). The speakers, for their part, spoke for all in thanking Derrick and Michael for a visit to Scotland that had delighted everybody and had given new meaning to the old Gaelic toast, "To you all a hundred thousand welcomes".

Belgium 1974

Hosts	Pieters (Bruges), Eyckmans (Antwerp), Haumont and Hoet (Brussels and Louvain),
Leader	John Stokes
Scribe	not known
Secretary	Butterfield

As the train approached Dover the almost apocalyptic character of the weather forecasts loomed ever larger, and even half tablets of Avomine were changing hands at high prices. The view over the harbour bar from the deck of *Princess Paola* was far from encouraging and phrases such as “Force 10 gale” and “awash with vomit” were being nervously exchanged; but after a rough beginning the waves were suddenly and apparently miraculously stilled. As the pilgrims disembarked at Ostend it became apparent that not only had our carefully booked transport failed to materialise but the station bar was closed in our faces with continental insults. Eventually we arrived by taxi at the delightful Hotel Europa in Bruges.

The next morning the weather relented and the Pilgrims were able to see Bruges at its best, cleansed of its fearful pong and glowing in the autumn sunshine. Our transport having arrived we repaired to the home of the convivial Dr Pieters for lunch. Confronted in the hall with what appeared to be an infinity of pork chops under a glass case, Pilgrims believed themselves to be in the presence of the raw material of their lunch, an impression rapidly dispelled by the realisation that nothing in this house was quite what it seemed. The delightful occasion rapidly assumed a dreamlike character. Surrounded by Pop Art, the Pilgrims mingled with seemingly uncountable Pieters offspring, an engaging donkey and other livestock, while being urged by Madame and Dr. Pieters to consume inexhaustible quantities of delicious food and wine.

The Pilgrims then began work at the Simon Stevin Institute. Named after a 17th-century polymath of Bruges, the Institute is devoted to the investigation of lipoproteins. Dr. Pieters explained the nature of the research which is supported by an admirable combination of public and private funds; and, on a Sunday afternoon, the entire staff of the department showed us their enviable equipment and spared no trouble in explaining its use.

After thanking the hospitable Dr. Pieters, family and staff, the Pilgrims drove to the pleasant little town of Damme for dinner and then on to Brussels. By an almost incredible feat of navigation John Stokes, our leader, deposited us on the steps of the Fondation Universitaire. Here we were met by an amiable Fernandel-like character who, with exaggerated gestures of caution and silence, insisted on leading us one by one through the creaking corridors to our very comfortable rooms.

The next morning, through the teeming rain and the no less teeming Brussels rush hour traffic that were to be our constant companions for the remainder of the Pilgrimage, we set out for Antwerp. The optimum method of convoy eventually adopted was for one Pilgrim to be in the car of the Belgian guide, (who when present,

continually urged moderation and restraint), followed by our banner, the Yellow Bus, driven with great panache and curiously sinuous motion either by Hawkins or Badenoch, with the Cortina, driven by Matthews or Butterfield attempting to thwart assaults from the rear.

In Antwerp we were welcomed by the friendly and efficient Professor Eyckmans and it was here that we first learnt something of the tensions underlying the Belgians' prosperity. The great city of Antwerp had no university until six years ago and the new foundation had to ensure a balance between Flemish and Walloon and between Roman Catholic and Protestant. The immediate problem confronting the new medical school was more familiar, the insertion of teachers and students into existing hospitals without antagonising the staff. We visited two hospitals already taking part in the medical school, the modern Middelheim and the more ancient St. Vincent. As a memorable interlude, the Pilgrims visited Antwerp Cathedral where a charming guide added meaning to the masterpieces of Rubens.

After visiting the Institute for Tropical Medicine it appeared likely that a cup of weak tea would be followed by a tour of the preclinical laboratories. Mercifully, the tea materialised as that equally British beverage gin & tonic and the laboratories receded into the distance in the genial conversation of two of the three (or possibly four) Rectors of Antwerp University, who, even with the aid of diagrams, were unable to convey how the university was run. The Pilgrims were left with an intense impression of difficulties being surmounted by determined men.

Back in Brussels, Matthews said he knew exactly which part of Brussels to dine in, if only he could find it, and Vallance-Owen that he knew exactly the right restaurant if only he could remember its name. After heroic telephoning both claims were entirely vindicated.

The following day was devoted to the medical school of the Free University of Brussels, including the Jules Bordet Cancer Institute in the morning and in the afternoon at the departments of Pathology and Biochemistry at the Hôpital St. Pierre.

On Wednesday we drove to the new University Hospital of Louvain which is, confusingly enough, in Brussels. Shaken by this, our leader took us to the wrong place after tramping in the inevitable pouring rain through Flanders mud. The only complete and functioning unit in the entire Medical School appeared to be a very cosy looking bar. The secretary who eventually tracked us down, was sensibly dressed in a pair of Wellington boots, in addition to more conventional apparel. The administrator, the Dean and the PR agent, then tried to explain why it was necessary to split the ancient University of Louvain entirely in two, producing a Flemish and a French university, at enormous cost and inconvenience.

Professor Haumont then described some of problems of admitting to the medical school all who applied, perhaps 1,000 a year. By the time they reached his histology department they had diminished to a still unmanageable 600. With great enthusiasm he demonstrated self-programmed audio-visual teaching and outlined the superior results achieved. Some Pilgrims were tempted to the heretical thought that Professor Haumont could have taught anybody virtually anything with the aid of two matchsticks and a piece of string.

Dr. Joseph Hoet, whose benign presence had hitherto been hovering in the wings,

now made a definitive appearance and led us to his delightful home for lunch where we had the pleasure of meeting Madame Hoet.

We then visited the Centre Imago where Professor Jones with modest but masterly skill expanded our knowledge of assessment and education by computer. After an apology that his computer spoke only French, we were able to watch students engaged in their undoubtedly educative but also exhausting tasks.

A brief return to Brussels was followed by a splendid cocktail party at the home of Madame Hoet senior and then by the Pilgrims' Dinner in the old Béguinage at Louvain where we were joined by members of the Hoet family and by a number of our new friends. With great self-sacrifice and alcoholic privation two Pilgrims, after losing the toss, drove us safely home.

On Thursday we left with a mixture of admiration and bewilderment – admiration at the Belgians' successful overcoming of almost insuperable difficulties, and bewilderment that they were deliberately creating new barriers of language and creed.

Nottingham and Oxford 1975

Hosts	Mitchell, Greenfield (Nottingham); Witts, Matthews, Badenoch, Walton (Oxford)
Leader	not known
Scribe	not known
Secretary	Butterfield

Fifteen Pilgrims arrived in Nottingham, later to be joined by three others in Oxford. They assembled at the Hugh Stewart Hall at Nottingham University on 19th September and spent the evening exchanging views and enjoying a buffet dinner. Next day a scientific meeting was held in the law and social sciences building adjacent to the hall. After introductory remarks by the Vice-Chancellor, topics discussed were models of urinary tract infection (frequent emptying of the bladder reduces infection) by Professor FW O'Grady, and early growth of adipose tissue by Professor D Hull. Other topics covered were developments in pregnancy hypertension, diseases predisposing to peptic ulcer, and a provocative and stimulating talk on "Why can't we prevent thrombosis?" by Professor JRA Mitchell (later to be elected a Pilgrim). The afternoon was spent in a visit to the new Medical School and a discussion with the Dean, Professor ADM Greenfield. In the evening, cocktails were taken at the Vice-Chancellor's residence and after dinner a short piano recital was given by the new warden of Hugh Stewart Hall, Dr. Donald Rees.

On the Sunday, Pilgrims left Nottingham in their own cars for John Stokes' home near Henley-on-Thames where they were provided with an excellent lunch. After a visit to Gray's Court in the afternoon and tea in a pub, Pilgrims drove to Oxford and took sherry in Merton College as guests of the Oxford Pilgrims, LJ Witts, WB Matthews and J Badenoch; this was followed by dinner.

Next day Pilgrims assembled in the Radcliffe Infirmary and after a welcome by

Professor Witts listened to scientific papers which ranged from echocardiography and the molecular basis of thalassaemia, to two unusual cases of poisoning. The afternoon session at the Nuffield Orthopaedic Centre was the setting for communications on topics such as the epidemiology of Creutzfeldt-Jacob disease by Professor WPB Matthews, collagen and inherited metabolic disease by Dr. R Smith, and voluntary control of autonomic functions and their possible clinical applications by Dr. T Pickering. A bus tour of places of local interest took place in the afternoon guided by Professor EB Ford and tea was taken at the Lamb Inn, Burford. Returning to Oxford, the Pilgrims dined at Magdalen College and afterwards Pilgrim John Walton showed slides from previous Pilgrimages.

Eire 1976

Hosts	O'Sullivan (Cork); Counihan, O'Donovan, FitzGerald (Dublin)
Leader	John Stokes
Scribe	John Butterfield
Secretary	Butterfield

On Sunday evening, 12th September, twelve Pilgrims gathered at the home of Denis O'Sullivan in Ballinghassig near Cork. After a very fine evening, they departed for their stay in Jury's Hotel. Next morning a series of interesting papers were presented at St. Finbarr's Hospital which began with an account by Denis O'Sullivan of the hospital and the Cork Medical School: St. Finbarr's was founded in 1839 to cope with the series of epidemics of cholera which had afflicted the area over the previous ten years. The capacity of the hospital, originally 2,000, was soon trebled by famine conditions in the mid-1840s. This expansion was achieved not by building nor by putting up extra beds, but by the simple and more economic expedient of sleeping up to five patients in the same bed. The admissions officer must have been sorely tried on one February day in 1847 when over 10,000 homeless and starving people entered Cork for admission.

On the academic scene things were better ordered and more leisurely. Among the original staff of the medical school was Benjamin Alcock, a Trinity graduate from Dublin, famed as being the first to describe, not entirely correctly, the canal which still bears his name. He held his anatomy chair for only a few years because he, like a number of Dublin graduates to follow, seemed to be a somewhat contentious figure. He had disputes concerning the workings of the Anatomy Act, brought a law suit against the College Bursar, was in constant dispute with the President and apparently gravely upset the Dean of the Faculty of Medicine. He was dismissed in 1855 for what was stated to have been "Conduct which was neither beneficial nor of good example" and the record states that "Being unmarried, he went to America and has not been heard of since".

A few years later a further unfortunate event appears to have shaken the

tranquillity of the school. A disastrous fire gutted part of the building which houses the department of chemistry where the professor, medically qualified, had been examining the exhumed remains of the wife of the Clerk of the Waterford Union, said to have been poisoned by her husband. Rumour spread that the fire had been started deliberately. When *The Lancet* reported from the House of Commons that one of the professors of the College had charged that the fire had been started by a College official, the fat was literally in the fire. The professor turned out to be a Dr. Pullen, professor of surgery, and he was deemed to have libelled the President and much nastiness ensued. After further historical details such as the annual meeting of the BMA in 1878 and the long period of gestation before plans for a new teaching hospital were adopted (due to open in mid-1978) several excellent papers were presented, topics covered being drug therapy in the aged and the geriatric syndrome of confusion often due to multiple and prolonged drug therapy in that age group, Dr. Hyland pointing out that in the elderly up to 50% failed to take what is prescribed and 60% make errors commonly of omission of some of the drugs. Other topics discussed were the need for blood sugar profiles rather than only testing the urine for brittle diabetics, the role of dialysis in uraemic encephalopathy, renal involvement in sarcoidosis and the sex incidence of diabetes mellitus in Ireland. A magnificent lunch at the hospital then took place when a senior Pilgrim was heard to murmur "What hope have we got for this afternoon!". In the event, only two Pilgrims fell asleep during the case presentations but neither snored. The presentations included one of the multiple problems of a 32-year-old girl who was 39 stone.

That evening the mini-bus took the Pilgrims to the Baltimore House Hotel which juts out into the sea. Next day, the Pilgrims woke relatively late and one had a pre-breakfast swim. It was a splendid morning with virtually no wind. However by 10 o'clock the wind was quite strong when Pilgrims set sail from the harbour in Teddy Brown's (the publican) 40 foot boat. On arrival at Cape Clear they all walked up to the headland overlooking the Fastnet rock and lighthouse where there is a small ruined castle. On the way down, they came upon a delightful little lake in which a donkey was eating the lilies and not long afterwards they arrived at Paddy Burke's bar where sandwiches were eaten. After the delightful lunch they set off for Scholl but not directly, for it soon became clear that the sea was rough and getting worse. The majority of Pilgrims sought shelter in or close to the wheelhouse, but Hawkins stayed out on deck with the Scribe, protected by a dilapidated umbrella. Later, Hawkins was seen standing still in the stern. On looking at the water concern came on his face and he approached Melville Arnott, saying "I wanted to relieve myself, but my instrument seems to have disappeared" but he was firmly reassured by Melville that all would be well when the sun came out and it got a little warmer. After the visit to Scholl, the boat returned to Baltimore and apart from trouble with the mini-bus, which had to be pushed through the streets of Cork to get it started again, Pilgrims eventually arrived at the station to catch the train back to Dublin.

Arriving at the Montrose Hotel in Dublin a reinforcement of three new Pilgrims occurred: Robert Mahler, Michael Oliver and, to be rated as the best-dressed new Pilgrim of 1976, Peter Ball.

Next, Pilgrims walked to the university and congregated in a steep amphitheatre for a succession of scintillating presentations after a warm welcome by Professor T B Counihan: Denis O'Donovan gave a superb historical review of the background of the present national university, from 1840 when Cardinal Newman was invited to give his views and became Provost, to the unification of the clinical schools with the College of Surgeons. There had been renovation of old buildings, new construction, and a new Faculty of Arts had been built alongside experimental medicine, microbiology, and biochemistry. Balding, greying, dark-suited, dapper Counihan paid tribute to Denis' own part in achieving the unified Dublin Clinical School – a shotgun wedding – and introduced the following papers: A talk on carotid artery surgery which made each Pilgrim pale, Vincent Keaveney spoke of some of the symptoms he had corrected by surgery – light-headedness, mild disturbances of consciousness, disorientation, confusion, dysarthria – thinking that they might all be candidates for surgery, but they cheered up on hearing that his operative results were so good. Other papers concerned medical scintillography used to explore coronary heart disease, and a paper by Martin which covered cases of coital cephalalgia. Pilgrims were then entertained sumptuously at a reception given in their honour by the Irish Tourist Bureau, after which the annual Pilgrim's meeting was held with the Leader, John Stokes, leading Pilgrims through their vague agenda with all the tact he always showed, made more difficult by the slowly rising blood-alcohol levels of his colleagues.

The next morning was overcast but most Pilgrims walked to St. Vincent's Hospital and all were in their places at 9.15am for a morning of splendid papers on topics such as treatment of Cushing's disease by cyproheptidine, mitral valve prolapse, Dr. K O'Donovan challenging ideas about the clinical features of thyroid disease in Ireland, a case of multi-system disease by Muiris FitzGerald, an erudite dissertation on knee joint replacement and finally an introduction to the interpretation of chest films in diffuse pulmonary disease by Muiris FitzGerald. After a warm reception by Dr. Thomas Murphy, President of University College, Dublin, Pilgrims sat down to a superb lunch, followed by splendid speeches by the President and our Leader. The President reflected on the schoolgirls reply to the kindly bishop who presented her with a prize with a bland "and what will you be doing after you leave school?", the reply being "well, I *was* thinking of going straight home". By 3pm Pilgrims were under the chairmanship of Professor Oliver FitzGerald and heard topics such as the natural history of goitre, the possible use of uricase enzymes by mouth in micropore capsules for the treatment of gout, a review of cases of acute pancreatitis and a theory that acetaldehyde which constricts the ampulla of Vater might be released by the action of alcohol dehydrogenase from excessive alcohol imbibing. In the evening, a feast occurred in wonderful surroundings at FitzPatrick's Castle Hotel, within sight of Dublin Bay. John Stokes the Leader paid tribute elegantly to their hosts and guests, and Derrick Dunlop rose to agree that Cork was "not too bad" and that Dublin, well "we wouldna mind if we came agin". Unfortunately, it seems the Secretary was too distracted by the use of flashes of Badenoch's photography, the pretty waitresses, Mahler's erudition, the candle light, and Michael Oliver's urbanity, to do more than concentrate on the delicious conversational gossip with our guests, Tom Murphy,

Graham Neale of Trinity College, Dublin (TCD), Oliver FitzGerald and Donald Weir of TCD and the Sir Patrick Dun's Hospital. Pilgrims broke up late.

Next day the academic session took place at Sir Patrick Dun's Hospital. John Kirker, senior physician, described the history of Sir Patrick, born in 1614 and trained in Aberdeen, Paris and elsewhere. The proceeds of Sir Patrick's estate for establishing Professorships resulted in the present hospital for them to practise in – in 1815. The original lectures were in Latin, and teachers included Graves and Stokes. Other papers were on osteomalacia in chronic liver disease, the Zollinger-Ellison syndrome and a masterly dissertation by Professor Bourke on acid-base metabolism. He took as his text, Graves' famous remark "I was the first, I believe, several years ago, to record the discovery of ammonia in the recently voided urine in metabolic acidosis": Bourke then described his experiments in rats and the biochemical effects of adding acid or alkali to their food or drink. Modestly, he ended with Graves' own remarks "My observation did not excite much attention": Michael Cullen spoke on thyroid hormones and Professor John Scott reviewed folate metabolism.

Pilgrims, delighted by the hard intellectual rigors of the morning, after enjoying a morning in Dublin began to split up: some for home, some by bus to Blessington where in a local inn two nuns were met – Phyllis O'Donovan and Joan Stokes (wives of Pilgrims) – who were to be smuggled in to Russborough, the country home of Sir Alfred and Lady Clementine Beit. There Pilgrims admired the treasures: Rembrandts, Hals, Bellotti, Gainsborough and others. Signing the visitors book, John Badenoch and Peter Ball agreed they would not dream of being reincarnated with any lesser responsibility than taking care of such exquisite treasures. Also, there were some blanks on the Russborough walls, due to Rose Dugdale's inspired revolutionary theft of pictures. They had been recovered, but were on display elsewhere. The Scribe (John Butterfield) concluded 'as we drove away in the bus, mindful that we were leaving the home of a Mitford in Ireland, our thoughts were cast back to the Mitford House which Professor EB Ford had pointed out to us a year before during our visit to churches in Oxfordshire. We knew that the wheel of another year would have to turn before we would enjoy again the unfathomable pleasures of each others' company – and the memories of old Pilgrimages and Pilgrims. We remembered how senior Pilgrim Donald Hunter would certainly have cried out as we drove back "Scribe, Scribe, get that down."

Cambridge 1977

Hosts	Butterfield, Chalmers
Leader	not known
Scribe	not known
Secretary	Butterfield

As dusk gathered on the evening of October 13th, so did the Pilgrims, joining together for their 49th Pilgrimage in the grounds of Downing College. They went to the Maitland room and there had sherry, a delicious buffet supper and afterwards a talk by Dr. TM Chalmers, Clinical Dean of the Medical School – described by John Butterfield in his introduction as the “watch spring” of the new developments. Chalmers briefly outlined the history of the school at Cambridge. After many tribulations, the clinical school began to function in 1976 with a two year clinical course and a target of 150 students per year. The teaching facilities were imbedded in the new Addenbrookes Hospital and consisted of 4,000 square feet on each of six floors; in addition, there was about 6,000 square feet of research space on each floor. The course consisted of three phases: the first lasting six months, consisted of a series of junior clinical appointments; the second, lasting one year, contained psychiatry, paediatrics, obstetrics and gynaecology, neurology and neurosurgery, general practice, eyes, ENT and orthopaedics, together with Cambridge-based electives – alas, there were only a few takers for the scientific opportunities which were offered; the third phase, of six months, consisted of two months of senior appointments in a number of disciplines – at the same time as these block appointments there were to be horizontally integrated courses containing a total of about 120 sessions of just over two hours. During the lively and wideranging discussion which followed Chalmers’ talk a strong plea was made by Arnott that they should aim at producing hard medical scientists.

On the next morning Pilgrims gathered at the new Addenbrooke’s Hospital to have a day in which they were overwhelmed by the erudition of the speakers. The programme was begun by RRA Coombs, Quick Professor of Biology and Head of the Division of Immunology. He showed how immunology straddled the whole of medicine and pointed out that, whereas in 1947 nothing was really known about lymphocytes, at the present time not only could they be divided into B and T lymphocytes, but these could be divided into separable sub-types and then returned to the fold. He went on to suggest that cot death might result from an anaphylactic reaction to cow’s milk – a child sensitised to cow’s milk regurgitates and inhales its stomach contents with an immediate anaphylactic reaction. A model could be produced in guineapigs which became naturally hypersensitised to cow’s milk if a milk bottle was used in place of the normal water bottle in the cage. His team had produced an experimental model in rabbits resembling rheumatoid arthritis but had failed at that time to produce chronic persistence of the lesions. He concluded by pointing out the three different types of immunologists: the academic, the clinical and the practising physician or surgeon with an interest in immunology.

John Walshe talked about the use of TETA (triethylene tetramine-2HCL), used in

industry as an araldite hardener, in Wilson's disease. There were encouraging results but TETA did not seem to shift the "stable copper pool". He played a striking tape illustrating marked speech improvement and showed "Eve" and her normal baby – she had been treated during the whole of her pregnancy with TETA. GA Gresham, Professor of Morbid Anatomy, talked about atherosclerosis and the way in which walls of the larger arteries were nourished. He was hoping to answer the question "Can atherosclerosis regress?" but he was beset by technical difficulties and found that this was virtually impossible in the living and was almost impossible in the dead! Dr. Carol Seymour talked on the study of intracellular organelle pathology in clinical medicine and mainly concentrated on lysosomes in liver disease.

The afternoon session was opened by Professor TJ Sherwood who showed an excellent video tape made by him at the Institute of Urology. It showed the normal mechanism of urination and urine flow and what happened when the passage of urine was abruptly and voluntarily stopped and also demonstrated the different types of bladder dysfunction. Next Professor CN Hales gave an outline of some new immuno-assay techniques, in particular those labelling antibodies as against antigens. Then Professor Ivor Mills told of the striking observation he had made on the effect of naloxone – a morphine antagonist – on diabetic ketoacidosis, and this was followed by a case demonstration by Drs. David Brown and David Evans: the patient had suffered from a subarachnoid haemorrhage from an aneurysm of the anterior communicating artery and had a dense hemiplegia; a ventriculo-atrial shunt had been inserted and there had been a considerable recovery of the paralysis. Charles Douglas, professor of obstetrics, who had recently arrived from the Royal Free Hospital discussed "Present considerations about induction of labour". He pointed out that the percentage of induced births in England and Wales had increased from 13.7% in 1963 to 37.2% and 32.5% in 1973 and 1975 respectively. Because of the need to maintain placental function, labour should not last for more than twelve hours. Thus, about 50% of labours in this country were accelerated. He outlined the measures used for this and pointed out that, whereas prostaglandins were very good for mid-trimester termination, they had been disappointing for the induction of labour. However, the use of prostaglandin E and E₂ as introduced at Queen Charlotte's for softening the cervix was a very good addendum. Professor Frank Hayhoe, professor of haematological medicine, a wonderful but objective enthusiast, outlined current methods of treating acute myeloid leukaemia. The final contribution was made by Dr. Sidney Brenner, head of the Division of Cell Biology in the MRC laboratory of molecular biology, who told us about the fundamental work being carried out and discussed a few avant-garde topics which might have relevance in the distant future. The laboratory, funded by the MRC, cost about two million pounds a year. There were about eighty (to be reduced to fifty) scientific posts, eighty technicians and about eighty research fellows from all over the world. The object of the work was to elucidate an explanation of cellular processes at molecular level – and hence there was a very wide range of disciplines.

After this concentrated day, Pilgrims returned to their hotels to rest and to prepare themselves for an evening reception and dinner at the university centre and to which they had invited the contributors to the programme. It was a very pleasant and civilised close to a memorable day.

Saturday started fine with an invigorating tang in the air which was subsequently matched by the scientific contributions of the morning. These included surgical grand rounds, under Professor Calne's guidance with Mr. Dunn presenting. Professor Calne gave a crystal-clear account of the present difficulties he faced in the field of liver transplantation, underlining the great awkwardness of having no temporary life-support system such as is available for the transplantation of kidney, heart or lung. Professor Peter Wildy told of his work in analysing the mechanism of transfection of normal cells by *Herpes simplex* DNA which had gone to ground in a ganglion after local inoculation into a guineapig's ear; Professor Peter Lachmann explained the functioning of the MRC trial established in Cambridge and gave a compelling account of the antigenic behaviour of the methylcholanthrene sarcomas 6A and 6B (briefly alluded to by Professor Brenner the previous evening) and of his efforts to enhance or evoke T-cell response by the development of "helper" antigen. After this intellectual excitement, Pilgrims were quite incapable of speculating on the possible reasons for the variability of the blood levels of fluphenazine in patients treated with a depot preparation for their schizophrenia; perhaps it was something to do with the local gluteal pressure plus muscular exercise as some of them cycled home.

Pilgrims adjourned gratefully for lunch at the Butterfields, a most agreeable interlude for which Mahler gave thanks and, not forgetting Jacky Crichton (Butterfield's secretary), said how grateful we were to her since "We all knew what was going to happen next". Pilgrims scattered in the afternoon, Butterfield to speak Latin to new MDs, many to bookshops and the Backs, Vallance-Owen to observe the discomfiture of CURFC by Cardiff, while the Scribe had a tutorial from Ball in the botanical gardens and Love entombed himself in the Egyptology section of the FitzWilliam museum. Tea in Downing College with irresistible plum cake doubtless paved the way for a less rowdy meeting than held the previous year in Dublin. A constructive discussion developed about four new Pilgrims and the Pilgrims then set their sights on China in 1979.

London 1978: The 50th Anniversary

Hosts	Black (RCP), Witts (Guys)
Leader	Butterfield
Scribes	David Pyke, Leaslie Witts and Robert Mahler
Secretary	Butterfield

Covent Garden, May 11th

The overture to the Marriage of Figaro was the overture to the 50th Pilgrimage. We saw the 257th performance at Covent Garden of this most enchanting of all operas. The present Scribe is fortunate at having first use of all the superlatives to describe the evening; his two successors will have to make do with what is left over for their account of the rest of this Pilgrimage.

If Butterfield has ever failed to organise an occasion to perfection, this was not it. Eighteen seats for the most popular opera which is invariably a sell out – no problem. Through his private mafia the tickets were produced. True, the seats were not very good, some unfortunates were as far back as the fourth row. Those in the second row – mysteriously labelled C – could see the whites of the conductor's eyes as well as other delectable features of the singers. Of course, there are disadvantages in being quite so close – we had a good view of the orchestra players stampeding for the last train to Streatham while we were still cheering the cast at their curtain calls; but this proximity had its advantage for Pilgrim Mitchell, well-known flautist (amateur he claims) who was able to satisfy himself that Miss Judith Hall did not make any mistakes in a tricky passage early in the overture.

The party met in the Crush bar before the performance to fortify themselves and to meet Ladies Clarke and Smart, as well as Butterfield's super secretary Jacky Crichton, and a priest who watched over our spiritual welfare. If he thought he could stop the Pilgrims losing their hearts to Susanna he is likely to have returned a sadder man.

Some Pilgrims may not have seen Figaro for a long time, even for those who know it well there were still secrets to be revealed or rediscovered. It seems extraordinary to us that this opera had a revolutionary impact in 1786. The idea that a servant might criticize his master, still more make a fool of him, was intolerable in the Vienna of three years before the French Revolution. If we think of Figaro as a senior registrar and the count as an irritable and slightly baffled consultant, the situation may be more familiar. Certainly Figaro has all the bustling efficiency of an ambitious junior, but he gets across his chief when he insists on keeping his bride for himself.

The plot seems simple, but is really absurdly complicated. The transformation of Figaro from indentured bridegroom to long-lost son is done before Susanna can slap his face, but the broad plot is clear enough for Cyril Clarke, not a devotee of opera, to claim that he was following the story. In the two intervals the Pilgrims had, at a private table in the Crush bar – and I record this for posterity so that future Pilgrims may know how we suffered – quiche lorraine and smoked salmon sandwiches with

red or white wine in the first, and creme bruleé or chocolate mousse and coffee in the second. The barman was charming. He said he did the job because he liked opera and thought that this was the best Susanna (Teresa Stratas) he had ever seen, so the Pilgrims were in good company. Kennedy and Hoffenberg, the two new Pilgrims who came to the opera, may have got the idea that all Pilgrimages started like this and I hope they will, but at the moment of writing the Scribe does not view the prospect of an opera in Peking on the glories of tractor-driving with quite the same relish. To conclude my song of praise I turn to the passionate Scots. I quote one of Dunlop's patients. After a lavish Christmas party in hospital, entirely paid for by Derrick personally, when, having said not a word she was pressed to utter, she said, "I have heard no complaints". (Scribe: David Pyke).

Dinner at the Royal College of Physicians, May 12th

"It is my privilege to thank the RCP and its President, Sir Douglas Black, for their hospitality in allowing us to dine here in such agreeable surroundings and on such excellent food and wine. It is also my privilege to thank our hosts at the London and Guy's Hospitals for contributing so much to our mental and physical refreshment.

Perhaps I should begin by discussing our credentials and aspirations. As befits a society that began in Southwark, our name is taken from the Canterbury Pilgrims. They went on pilgrimages "the holy blissful martyr for to see" and also to take a spring holiday. And we likewise go in search of learning on the one hand, and of fellowship and good company on the other. Hurst founded this group from his friends among the Association of Physicians 50 years ago and next year will be the centenary of Hurst's birth. Clifford Hawkins will be talking about Arthur Hurst tomorrow and I must certainly not steal his line. Hurst went up to Guy's in 1901. He was originally a neurologist and it was perhaps an early visit to the great French school of neurology in Paris that showed him the benefits of foreign travel and of what Osler called a periodic brain dusting. He wished to share these benefits with others and also to increase friendship and fellowship among selected physicians from all parts of Great Britain, and so he founded the Medical Pilgrims. A group like the Medical Pilgrims is a living organism. I am sure that many of you have known or belonged to medical clubs, dining clubs, philosophical societies and so forth, which like other organisations have undergone senescence and died, and we might, therefore, ask ourselves the reason for our survival: The club has successfully avoided elephantiasis; that is very important because the flock must be no larger than the Secretary can easily shepherd and transport. We have been lucky to have had a succession of wonderful secretaries from Natrass to John Butterfield. Also, each year we have had a Scribe – this anniversary year three who have recorded our proceedings with accuracy and wit, so that we are sustained by our history. As old members have retired or died, we have recruited new members, where possible a generation younger than the average membership and we have used the same criteria as Hurst – they should be territorially dispersed, as for example Synge of Dublin, they must have not only some reputation in this country, but where possible overseas, and they should be clubbable men. It is nice to have one or two who are idiosyncratic and we have had non-pareils like Hurst himself and Donald Hunter.

Fifty years ago medical travel was unusual. Few of my teachers had studied or visited abroad, it might have been thought that all that had changed nowadays. But not a bit of it. The vaster and more numerous the international congresses become, the more the journals and monographs proliferate, the greater the value of a group like this which can meet individuals in departments of our choice under conditions of close intimacy.

So much for our credentials. And now another word about our founder. Many, perhaps most of us, have had a teacher or perhaps a minister of religion who has profoundly influenced our lives. I was fortunate to be as it were, adopted by Arthur Hurst. His scientific achievements were great – in neurology, in psychiatry, in the physiology of diseases of the GI tract. But even greater was his courage in the face of the handicaps of deafness and severe asthma. He had the quality which Lord Chesterfield called charm, which nowadays is often called charisma, but which I would prefer to call personality. He radiated lines of magnetic force and he was so powerful a transmitter that the waves he set up in the ether persist to this day. I think he would have liked no better tribute to his memory than the survival and vigour of the Medical Pilgrims. I am sure that all those present who knew him will be thinking of him tonight.

Fellow Pilgrims – I am sure you do not want long speaking. Drink to the health of our hosts both in this College and in the hospitals.” (Scribe: Leslie Witts).

A day at Guy's

Imaginative as Arthur Hurst may have been, he could hardly have imagined the dark and heavy immensity of the new 30-storey tower block at Guy's that rears up so high that it overlooks London Bridge station and dwarfs the Guy's that Arthur Hurst had known. Its elegant 18th-century buildings with the statue of Thomas Guy in the courtyard, the cloistered colonnade, and the architecturally undistinguished buildings of Hunt's house, Shepherd's house and the medical school protectively enclosing the spring-green parks.

But once inside the tower its oppressiveness vanished. The entrance was spacious, colourful and quiet, the lifts moved efficiently and non-stop up to the 20th floor and deposited the Pilgrims finally on the 30th floor for the lecture theatres.

Leslie Witts opened the morning with reminiscences about his five years at Guy's, a friendly and relaxed place in contrast to that “other place” across the river from where he had come. At that time Hurst, about whom we were to hear more from Clifford Hawkins, was the doyen of medicine, while Arbuthnot Lane dominated the surgical scene. Lane was the pioneer of surgical non-touch technique and the instigator of the wholesale removal of the colon as a focus of intestinal sepsis which he thought was the cause of much ill-defined ill-health. Yet he was sufficiently far-seeing to support Marie Stopes in one of her several, though unsuccessful, libel actions. In gratitude for his support she offered to supply a bed for the continuous monitoring of body weight in persons “nigh unto death” so that at the moment the soul fled the body, the change in weight would be a measure of the soul's physical existence. Alas, the board of governors, who had little scientific curiosity and less sense of posterity, refused the offer of this unconventional form of terminal care.

Clifford Hawkins then set his alarm clock to ring precisely at the end of his tripartite talk on the history of Guy's, his own experiences there, and some vignettes of Arthur Hurst. Characteristically, he began his talk with a slide in Rumanian, but then quickly re-orientated himself in space and time to give us a sketch of how Thomas Guy bought his way into the ranks of the benefactors of the sick and poor of London (some of our American colleagues demonstrate this view of Thomas Guy by addressing their letters to St. Guy's Hospital). Thomas Guy used £18,000 of his triple fortune which he had made out of the as-yet unburst South Sea Bubble, the short-changing of sailors paid off in London docks after a long voyage, the selling of illegally imported bibles from Holland and cashing in on the speculative shares, to convert the annex of St. Thomas' Hospital into a hospital where the insane and incurables of Southwark and Bermondsey could be looked after. The first 60 patients were admitted in 1725, and by 1760 the wooden bedsteads were replaced by beds made of iron, and with this change the bug-catcher, employed for an annual salary of £40, became redundant.

As a student, Clifford Hawkins, too, was conscious of the warm friendliness of Guy's Hospital (and the George Inn) and remains sure that to this day everyone loves a Guy's man – and nurse. He recognised the value of the presence at Guy's of the chronic medical student – not only as a yardstick for others to measure their own progress, but as guides and advisers on exams and pubs and on coping with fears of ward sisters. Teaching was done mostly by the registrars; together with the students, they used to wait under the colonnade for their chiefs, who descended from Harley Street like unchallengeable gods. Anyone interested in research at that time was considered to be distinctly odd and eccentric, and RT Grant FRS was more or less confined to working in a converted latrine. Arthur Hurst brought into this reactionary environment a draught of fresh air. His dynamic personality and contagious enthusiasm inspired great devotion in those who worked for him and stimulated much original work in gastroenterology and psychiatry.

Hurst campaigned against Arbuthnot Lane's colectomies for intestinal stasis, disproving Lane's hypothesis by stuffing the rectum with cotton wool for five days to produce stasis without the appearance of any of the other "mythical maladies" such as liverishness, aerophagy and visceroptosis that Lane had attributed to it. Hurst died in 1944 after injecting himself with adrenalin during an attack of asthma. Among the many things he left behind is a series of sketches by his own hand of Pilgrims, among them Donald Hunter, Natrass and Lionel Hardy (who developed fibrillation while eating crêpe Suzette on the Paris Pilgrimage and lived until the age of 85).

The rest of the morning was devoted to the more serious and mindstretching papers given by Maurice Lessof on milk – and muscle-induced intestinal allergy, by Paul Polani on chromosome instability in relation to cancer, by Cedric Mims on the so-far irritatingly inconclusive virus aetiology of multiple sclerosis and by Sidney Cohen on the *in vitro* culture of merozoites and the development of a malaria vaccine.

With coffee came the long-awaited opportunity to look spellbound upon "the city that doth, like a garment, wear the beauty of the morning: silent, bare, ships, towers, domes, theatres and temples lie open unto the fields and to the sky. Dull indeed would he be of soul who could pass by a sight so touching in its majesty". With pleasure each

recognised his own favourite bit of London; on the south side of the river, Southwark and its cathedral, the Borough market and the George Inn; on the north, Christopher Wren's eternal memorial, clean and bright as though he had but recently built it, drawing the eye effortlessly away from the city's new tall building to its own classic lines and proportions. Lunch, in contrast to the modernity of the tower block, was taken in MacManus house, one of the elegant 18th century buildings, its front windows looking across the courtyard past Thomas Guy's statue to its equally elegant partner, Boland House. Emily MacManus had been one of *the* Guy's matrons, living in stylish comfort served by maids and cooks and other retainers, unknown and unobtainable by today's "number tens". Later that afternoon, now in the nurses' lecture theatre of Shepherd's house, Pilgrims watched John Walton's films of themselves on various pilgrimages, and relived some of the hot, cold, dry and wet occasions that had given so much pleasure at the time and gave fresh pleasure to recall. And so the time came to move back to 1978 and the cups of tea among the clatter and chatter of the nurses' cafeteria. An appropriate place, perhaps, to ponder over the next great leap forward – the Pilgrimage to China. (Scribe: Robert Mahler).

Newcastle 1979

Host	Walton
Leader	not known
Scribe	not known
Secretary	Butterfield

Saturday, September 1st, saw the Pilgrims return to the ancient and historic Anglo-Saxon kingdom of Northumbria. They were retracing steps to the University of Newcastle upon Tyne where, in 1956, the now Pilgrims – Smart and Walton – contributed to the education of the visitors. Perhaps another sign of the passing of time was the change of lodging from the Grand Hotel to the Henderson Halls of residence in the university.

The afternoon was fully occupied by visits to the Gulbenkian Museum and the cathedral in Durham. The museum of Durham University has the distinction of being the only museum in Britain devoted wholly to oriental arts: the Harding collection of Chinese carved jade, Tibetan paintings and sculpture, the Macdonald collection of Chinese pottery and porcelain, and Chinese paintings and textiles. The history and architecture of Durham cathedral was made to live for the Pilgrims by Canon Desmond Berryman on his conducted tour – a most impressive personage, being 6'5" tall. Entering the cathedral and standing by the font, described by the choir boys as the "bird bath", Pilgrims were immediately moved by the massive grandeur of the nave. Indeed, the cathedral demonstrated an architectural innovation of great importance, namely rib vaulting, where a wide space of roof was supported by arches between every two bays. Such developments were further exploited in the soaring

miracles of Amiens and Beauvais. Some Pilgrims appeared unhappy about their ancestry when informed that the Rood Screen and over thirty altars had been destroyed at the Reformation by a Scots army of occupation in 1640. Pilgrims delved further back in history at the tomb of the Venerable Bede – the greatest scholar of his day. He had spent his life in the nearby monasteries of St. Peter and St. Paul at Jarrow, where he died in 735. Pilgrims returned to their monastic abode via the Walton home at 9 Beechfield Road, Gosforth, where they were received most hospitably. Sunday morning dawned with exciting, if not dangerous, prospects for the day ahead. Arriving at Alnwick Castle at 11am they were entertained by the Duke of Northumberland, himself looking remarkably fit considering his attendance at a regimental dinner the previous evening. A tour of the apartments, home of the Percy family since 1309, followed – including a visit to the dungeon which the Duke claimed not to have personally used, but with all the Pilgrims inside the lights went out and there were a few moments of anxiety. The Duke told of the political adventures of his ancestors in the Middle Ages, nominally subjects of the English King and committed to defending the border against the Scots, but if the occasion suited them they often allied themselves with the Scottish Kings. Militaristic memories of a more recent age were recalled when the Duke and Melville Arnott recounted the tribulations of scurvy and dental disease in the desert campaign of World War II. A most agreeable visit ended with drinks in the family apartments and Kennedy suitably thanked the Duke for his kindness and hospitality.

John Walton showed another aspect of his life when he acted as host at lunch in Bamburgh Castle Golf Club – being one of their past club captains (indeed when he was knighted, the local newspapers referred to him as an eminent member of the golf club and paid little attention to the fact that he was a neurologist of international distinction). A walk on the course in bright sunshine was perhaps rather hazardous due to the combination of players' abilities and a strong sea breeze. Nevertheless, all survived, only to put their lives at even greater risk by a visit to the wild white cattle at Chillingham. The herd was the sole survivor of the species to remain purebred and uncrossed with any domestic cattle and has been at Chillingham for the past seven hundred years. The wild cattle probably originate from wild oxen; they have never been dispersed because their ferocity prohibited droving and this ferocity is directed not only towards man, but if any animal comes into contact with humans it is inevitably killed by the herd. Tea was enjoyed in another part of Pilgrim Walton's kingdom, the Old Piggery – his country cottage. Any resemblance to such an original structure had been skilfully removed. The Pilgrims dined at Henderson Hall and retired in preparation for a full programme of medical papers on the morrow.

The scientific programme began at the Regional Neurological Centre at Newcastle General Hospital. The first paper by Dr. NEF Cartlidge dealt with the causes, assessment and likely outcome of coma: hypoxic ischaemic disease, cerebrovascular accidents and hepatic coma were the commonest conditions and, from the experience of five hundred cases, certain prognostic features became evident – an event after the age of eighty years appeared hazardous. Present trends to more aggressive therapy increased the moral problems of terminating support systems. Professor FL

Mastaglia, holder of an endowed chair for experimental pathology, discussed drug-induced myopathies: drugs such as beta-blockers, chloroquine, penicillamine and amantadine could interfere with functions at various sites, and other actions related to immunologically determined myopathies in drug-induced lupus syndromes. The importance of recognition and treatment with corticosteroids was emphasized. Hawkins enquired about the value of plasmapheresis and Badenoch recounted experience of lithium myopathy. Dr. MF Scanlon discussed the dopamine control of anterior pituitary function and other aspects of hypothalamo-hypophyseal activity. After coffee, a paper on receptor antibodies in Graves disease, myasthenia gravis and insulin resistance was given by Dr. B Rees-Smith, and this was followed by Dr. MK Ward's experience of 262 dialysis patients who suffered after two years treatment from bone pains (70%) and pathological fractures (25%): a fascinating detective investigation led to the incrimination of aluminium as the toxic metabolite.

The afternoon session saw a change of venue to the teaching unit at the new Freeman Hospital. A masterly exposition of ventricular arrhythmia in myocardial infarction was given by Professor DG Julian; he suggested that since less than 50% of ventricular fibrillation are preceded by extrasystoles, prophylaxis should be given to all. Professor KGMM Alberti described high technology in the form of artificial systems in treating diabetes mellitus and argued that metabolic normality might reduce the problems of acute disorders and reduce long-term tissue damage. Other papers included the metabolism of foreign compounds in human skin – important in dealing with many environmental chemicals – and normal and psoriatic skin seemed different in this respect. Dr. R Wilkinson gave a re-look at renin and hypertension.

After tea in the Green Room of the Cardiothoracic Unit, Pilgrims were taken on a conducted tour of the unit and were most impressed when visiting the Pybus collection of ancient medical books in the university library; this included an original Harvey, prints, pictures and items such as bleedingbowls, and was the life work of Frederick Charles Pybus (1883–1975), Emeritus Professor of Surgery at the University.

The Pilgrims' dinner was most successfully held in the Alnwick Room of the University Refectory. As was customary, the food, the wine, the conversation and companionship were entirely in the time-honoured tradition of the Medical Pilgrims and the visiting members recorded their gratitude to John Walton for his excellent arrangements for the Pilgrimage.

China 1980

Hosts	Tu, Ku, U, Houang, Tung, Hu, Mou (Peking); Lin, Hong, Hsu (Shanghai); Li Chin (Hangchow); Pang, Honang, Lu
Leader	Butterfield
Scribe	not known
Secretary	Butterfield

The Pilgrims had never been on an expedition (from 28th April to 15th May) in the course of which they were so uncertain at the start of what might be expected of them, of what opportunities for learning might emerge, nor what potential hazards, political or otherwise, lay ahead. We made satisfactory contact with our passports at Heathrow and endured the sad BA recap of two hours delay on account of “cabin electrical fault” followed by “something wrong with one engine” and the consequent missing of two take-off “slots”. Permission then had to be obtained from Germany, Austria, Yugoslavia, Bulgaria, Turkey and Iraq for a new flight path which landed us in the dutyfree shop in Bahrain in the small hours. We flew over the Chittagong delta, across the Irrawaddy, so full of war-time memories for some, the central Burmese plain merging into the province of Canton, a batik pattern of rivers and tributary streams holding the low hills together, to reach Hong Kong only one and a half hours late, where we were met by an ebullient Butterfield and steered to the Merlin Hotel.

Canton

Next morning there was a keen sense of anticipation as we embarked for Canton, uncertain of any reception or of where we would be going, assuming that our connection would eventually take us to Peking. But Mr. Yang, of the Chinese Medical Association Travel Department, was there and organised us into a bus to the Tung Phang Hotel. The hotel was opposite the Trade Fair, through which we were duly conducted in high humidity after a good Chinese lunch washed down with the local beer with which we were to become so familiar. At the Fair there were “do-it-yourself” radio-immunoassay kits for cortisol and HCG, a “seven star” dermal acupuncture needle set alongside an orthodox electric suction apparatus – as well as bicycles £50 a time “but no so good as Raleighs”, harps, pianos, clocks, heavy machinery, lovely carpets and brilliant, diverse uses of bamboo. Their departure for Peking was delayed by a sudden storm with violent wind and rain and a four-hour wait at the airport where Stokes did his best to turn the time to profit by playing Mandarin language on the tape recorder: “wo bu dong” (I don’t understand) was much appreciated by those in earshot in the departure lounge and led to Pilgrims meeting Professors Lin and Ting, both teachers of English at Peking University.

Peking

Pilgrims were met at Peking by an endlessly patient Dr. Tu, Surgeon President of the Peking Branch of the Chinese Medical Association, and Mr. Ku of the Foreign Relations

Branch of the CMA, and driven to the massive complex of the Friendship Hotel. Pilgrims arrived there at 3.10am and tea and buns had to be taken with their host and drivers – more mandarin practice with the aid of the little blue phrase-book.

On 1st May a visit was paid to the pandas in the zoo which was a milling mass of dark-blue clad Chinese laced with the olive-green, red-patched military, only the children dressed in bright colours, everyone apparently happy and cheerful, a million bicycles parked around the entrance. The pandas looked rather grubby but fit enough – one had died in Japan and an autopsy showed “intestinal disease” but no details were available to help with the treatment of its London cousin's enteritis. The afternoon was spent in the Forbidden City (forbidden in the past to all save the Emperor, his family and his retinue) after wandering round Heavenly Peace Gate Square, which is squarer and bigger than the one in Moscow. Pilgrims were back at the Friendship Hotel in time to wash and change before being swept back into the centre of the city to be entertained over a Peking duck dinner by the Chinese Medical Association, hosted by Dr. U, Vice-President. He was head man of Chinese traditional medicine and stated that there were two million acres of land being cultivated for herbs quite apart from the wild ones on which most rural folk rely. Two Peking duck, force-fed, are enough for ten people, using gizzard and web feet early in the meal, more orthodox and acceptable meat in the middle, ending with the beak, which was easy to resist on grounds of satiety.

Up early on 2nd May (also a national holiday) to drive to the Great Wall, kept informed and under control by Mr. Fu (the man from the ministry), Mr. Ku and Mr Yang (interpreters and guides) and Mr. Zhou (also an interpreter but only fluent in Japanese). The road through the valley was dotted with small stone houses and the cracks and ridges in the hillside filled with apricot blossom on hundreds of small trees. The wall, well preserved in this section, was steeper than expected and by 11 o'clock it was getting crowded. We drove back and on to the Ming tombs which were full of tourist Chinese from other parts of the country. The Ming dynasty was ended by a peasant revolt led by Li, but the mongols came down from Manchuria, ousted Li and set up the Shing dynasty in about 1300. The tombs themselves did not compare with those in the Valley of Kings at Thebes though the gardens were pleasant and the approach road guarded by rows of carved elephants, camels and other large animals, being restored with polyfilla. We picnicked in the tombs' grounds then drove to the Summer Palace beneath the shadow of an impending rain storm. Chinese were in boats on the lake, wandering among the temples, buying herbal medicines from the pharmacy shops, chatting and goggling at the foreigners. The whole party was skilfully brought together at the end of a half-hour stroll through the crowd by Fu, Ku and Yang, who would win medals in any sheep dog trial, and bussed back to the hotel to make fruitless attempts to get some co-operation from the British Embassy.

On 3rd May our work programme started, but first we went and paid our respects to Mao in his mausoleum where long queues had already gathered by 9 o'clock. As visitors, we were fed into the stream from a side channel and even the most extrovert Pilgrims became silent as we mounted the steps to the entrance hall which is dominated by a four-times life-size simple statue of Mao seated quietly in a chair (not

mounted on a horse or brandishing a sword) against a big mural cloudscape. He was quite well preserved, surrounded by flowers, in the second chamber. Many, including a middleaged acromegalic lady, were in tears as they filed past.

The Academy of Medical Sciences is presided over by Dr. Houang and his number two is Dr. Den Gchia Tung, an ex-Harvard haematologist. Rockefeller built the Peking Institute where the Academy, founded in 1956, carries out its work which is chiefly to train postgraduates in research. It was joined in 1959 by the Chinese Medical College, whose affiliation added the responsibility of teaching undergraduates, who, it seemed largely for prestige purposes, endure an eight year curriculum instead of the usual five. Nineteen research institutes in various disciplines, including antibiotics, medical information and biomedical engineering, employ a staff of 8,000 and take care of 400 postgraduates per annum (the national annual output of graduates is 30,000 and of barefoot doctors 1,600,000). The eight year course includes time for research and electives, but some of the fifth year students go off into community hospitals in distant parts of the country, learning by practice without undergoing residency training. Community hospitals are run by “barefoot” doctors who are trained for about twelve months (with subsequent refresher courses) to deal with twenty common diseases and undertake distribution of medicines, preventive medicine programmes and control of water supply and sewage systems. There will also be barefoot doctors at each production brigade, while a health worker takes care of the production team. It appears that medical treatment is free for workers in the cities, but in rural areas farmers have to pay and funds are raised at the instigation of the barefoot doctors, maybe to send the patient to the community hospital.

We were received at the Medical College in the afternoon by a lady doctor Chen Hua, Vice-President, and Dr. Chung Huang Mou who is in charge of teaching. Marx, Engels, Lenin and Stalin listened from their places on the wall to our discussions, in the course of which we came to the conclusion that this was a bastion of rather rigid and traditional education. We found it rather depressing; so did one English speaking student who said that it was “a waste of time”; there were echoing nods from others and we suspected that a few bonuses were lost!

We were then taken in our bus to the wrong hospital, but had quite enough time when we did eventually reach the First Hospital of Peking Medical College. There was a dominant lady anaesthetist, Dr. Wang, who gives everyone epidurals (except thyroid adenomas for which acupuncture is still adequate). Life expectation in Peking is 68 years and they are getting more and more old patients.

The many cups of green tea we got through in the afternoon meant that practically everyone needed to use the loo in the old restaurant to which we were then taken. Hawkins and Read had no appetite after bumping into the cook on his way direct from loo to kitchen, but we had good carp and apple sugar sweet. Then we were whisked off to a colourful propaganda-ballet on how to keep Tibet happy, based on a 7th-century tale. Despite the vertical illuminated commentary in ideograms on either side of the stage, it wasn't easy to follow until the programme arrived, something over half way through. Driving back to the Friendship Hotel we reflected on the solid Russian structure of the city of Peking and on the absence of small birds. It transpired that three enemies had been declared – mosquitos, rats and sparrows (which ate 2% of the crops, enough to feed 5 million Chinese for a year). Sparrows

were eliminated in the course of an agreed week in which everyone banged a tin can when he saw one alight. It took only a few days for them all to die of exhaustion. Dogs were disposed of later, in a separate exercise, because of the risk of rabies.

The 4th May took us to the Capital Hospital, run by Dr. Oyang. After a comprehensive discussion on the workings of the hospital and its educational responsibilities, we split into groups: Hawkins, Read and Stokes were greeted in the gastroenterological department with a blackboard covered with beautifully designed flowers and ideograms in coloured chalk conveying a “warm welcome to the British medical delegation” and spent an interesting hour on the wards. Photographs on the steps of the splendid Rockefeller-built Chinese building with red pillars, lanterns and carved stone slab between twin flights of steps, followed by lunch before the afternoon lecture session. Ellis, Smart and Stokes started to build their later-to-be-celebrated triple act on medical education but the audience was shy, there was no interpreter and it was a somewhat exhausting and sticky hour and a half. Hawkins, Read and Kennedy did better with an interpreter and bravely left all their slides to be copied for posterity. Butterfield emerged from his diabetic session looking battered, but not so battered as at the end of the evening, when he was presented with a bill for yuan 1273 (£400 approx) for our party for our hosts. The Friendship Hotel certainly laid on a splendid buffet and it was diplomatically worth every penny, even though we were provided with a 400% excess of food and Chinese red wine, so that the hotel staff must have been cared for. Mr. George, the First Secretary at the Embassy, came along with his wife but did not seem at all put out by our footing a substantial bill and offered little apology for the lack of embassy hospitality (compare that of Moscow and Budapest).

Next morning we went by bus to the Temple of Heaven for our “leisure morning”. Our afternoon at the Plastic Surgery Hospital at Ba Da Chu was an emotional one for Dr. Song who was as excited as a child with fourteen new toys all at once. We were met by seven young nurses carrying bouquets of lilac and judas flowers for the ladies. There were great coloured messages of friendship and welcome on blackboards throughout the hospital. We met all our old surgical friends (who had visited us in England), chatted with patients and lots of photos were taken. Then to a big table for speeches of welcome, tea, biscuits, teacake, more tea and a Chinese film – roughly translatable as “Romeo and Juliet”. We ended with more tea and “Auld lang syne” on one of little Song’s tapes, but before we left we had the privilege of shaking hands with Mr. Chau Yun Ching who had been on the Long March at the age of 16.

Shanghai

Next morning saw us up early driving to the airport at 6.30am along roads lined with Chinese doing their morning stint of calisthenic exercises. A good breakfast with omelette at the airport restaurant followed by an easy flight to Shanghai where we were met by Mr. Cha Li Lin, regional representative of the CMA as well as the Secretary General of the CMA Shanghai Branch, the Chief of Gastroenterology at Rui Jin Hospital, the Physician to the Central Hospital, Jing Jan district, and Dr. Hong, Lecturer in Environmental Health at the First Medical College.

We were next whisked off to the industrial exhibition where we were not allowed to miss a trick in this enormous Russian-built, early 1920s hall. We began in the

machine-tool section and then proceeded to Chinese herbal medicines, many tonics, long sticks of something for stimulating the immune response, everyone flagging a bit by 4.15 and in need of Ginseng, but the real stuff is wild, not cultivated, very expensive and works best if compounded with a special fungus off a tree or with fur scrapings from the amputated antler of a young stag. The day came to an end with a superb acrobatic show.

We spent a successful morning the next day at the Rui Jin Hospital. After preliminary discussions, which followed the usual lines, we split into groups for a varied and most enjoyable morning on the wards. Back round the table again there was much tea in beautiful cups with lids, and the morning ended on an extremely friendly note, not before we had seen the celebrated film of survival from 98% surface burns with the help of cadaver skin. Lectures in the afternoon. Hong interpreted for our educational session, which went much better than it had done in Peking, largely due to vigorous discussion by a member of the Educational Department of the Second Medical College.

The 8th May took us to the First Medical College where we met gastroenterologists, a lady from CMA, and the Professor of Infectious Disease and Dean. They say that there are 500 research projects afoot, in acupuncture, hepatitis, liver cancer, kidney transplantation, cardiovascular disease, lasers, schistosomiasis and antibiotics. We moved shortly after tea to the adjacent Sun Yat Sen Hospital. Zuckerman had been here and filled them in on hepatitis, which is their most damaging infectious disease, worse than malaria or typhoid; 10% of the population are seropositive; the communal eating habits and non-sterilisation of acupuncture needles maybe held to blame. The afternoon was spent under grey cloud and some drizzle on the Huang Po river. We had a long talk with Hsu on the boat, with much discussion about India and Ireland, and he was delighted that we could so easily distinguish between Russian and Chinese communism. The Americans he said, see all communist systems as the same, but they are nevertheless rapidly establishing links in Shanghai; Harvard already has a special relationship with the First Medical College and Kansas will follow suit with the Second. It seems that the Pilgrims are very early in the British medical visiting field and, unless the Embassy takes a more positive line, we shall miss the bus again.

On 9th May we travelled to the Long Hua commune where we were received by Mr. Cha, who filled us up with production figures over tea. We visited the community hospital where we saw acupuncture. They had put on a display of herbal medicine for us on plates with nicely-arranged and colourful red shreds, slivers of wood, furry green fronds, bits of some white mineral, brown-yellow coils of rabbit umbilical cords. There were also trays of more expensive and potent raw materials in the shape of lizards, "scorpions" (which were actually large centipedes), wood lice, crickets and small snakes.

We then visited a clinic in which three barefoot doctors (two of them women, all wearing shoes) were keeping meticulous records of the contraceptive methods used by females in each production team.

By train to Hangchow

After lunch we drove to the station, whose fine entrance hall was filled with sweet-smelling azaleas, and mounted train 91 in an old fashioned sleeping coach with upper bunks, lace-backed seats, and a painted shade on a tiny electric lamp on a table with an immaculate white cloth. A very small uniformed Chinese lady brought us glasses with beer and ginger pop, which we sipped gratefully as an alternative to tea while watching the densely cultivated landscape slip by; wheat, all kinds of vegetables, clover in flower making a recurrent pattern only broken by canals in which people were fishing with big fine nets stretched between bamboo poles. In the course of the journey Mr. Fu – the man from the ministry – held a council meeting in his carriage, during which it came out that our visit was being a resounding success. Our Chinese hosts had found us a welcome relief from Americans, Japanese and Germans and felt that our minds worked the same way and that we were open to laughter and quick friendship in a way that warmed them towards us. Many of us had been mistrustful of Mr. Fu who seemed to understand a great deal more than he let on and had a disconcerting habit of appearing at the left elbow at the critical point of an indiscreet conversation. But from now on everything was smiles and he made a very touching speech at our farewell dinner in Canton, hoping that we had paved the way for many further visits from British doctors.

The long green train put us out at Hangchow and resumed its three-day journey to Chungking via Kweilin. Dr. Li Chin, the local CMA representative and a retired surgeon, met us and steered us to the Zhen Jiang Hotel, a chalet complex on the far side of the lake. Next morning we were joined by Li Chin and the professor who was the current head of surgery at Hangchow Medical College, for a memorable misty ride on the lake with delicate pale-grey mountain silhouettes and lots of small boats paddled by Chinese holiday makers. We stopped for a while on the island of “Three pools mirroring the moon” at the bottom end of west lake and walked around the “Lake within a lake” on a network of island walkways linking small pagodas, looking down on great golden carp 18" long swimming amongst the pads of water-lilies and, across to beds of petunias, sweet williams and geraniums against a background of wonderfully varied trees arranged as only the Chinese know how.

Back at the hotel we were fairly tired after seeing so much in one day, but next morning found us fresh enough on the road to the Hang Chow Chinese Medicine Plant Number 2. Mr. Feng, the superintendent, proved to be a highly organised man who was well up to steering four delegations round his factory without collision (the others were from Japan, Korea and Thailand). He spoke of the virtues of the various medicines handed around: Yimugao, a treacly mess for dysmenorrhoea; Lupigao, a haemostatic from donkey skin; Fu-fang for colds; and so on. Ginseng and royal jelly make young people grow and old people young, the original cybernetic medicine. We all drank some from phials through a plastic straw to a chorus of “Gan bei”. All the people in the surrounding communes raise bees and collect royal jelly which is quality tested by the factory. Herbal medicines, which go back for 2,000 years, are widely used for chronic diseases, though western treatment is preferred for acute conditions. We then toured great vats containing mixtures of herbs being boiled in

water for six hours, which reduces the volume by 50% and the impression was of a great load, highly organised, of 18th century rubbish and not too sterile at that. The Chinese philosophy is said by some to demand a high degree of uncertainty at the end of the road and we had it here. Nevertheless there is probably something active in many of the raw materials and if a serious effort were made to discover what they are and to refine them, there would be uncertain repercussions on the economy; who is not in need of a placebo, anyway?

By plane to Canton

Take-off was delayed by an electrical fault. We ate our picnic on board with some difficulty in the course of a bumpy journey through cloud with uncertain cabin lights, and a not very impressive landing was attributed to cross winds. The morning of 12th May found us at the Kwangtung Medical College where we were received by Dr. Pang, Vice-President, and Professor Houang, Internist and gastroenterologist. Over tea it emerged that each year the college takes ten overseas students, mostly from African and Middle Eastern countries, in addition to the 2,000 undergraduates normally on the campus. With 1,000 teaching doctors and 100 academic professional staff, the students, to some of whom we spoke, seemed to be getting a good deal. The wards were very similar to those in Accra, Colombo or New Delhi and the chief interest of the morning was provided by Dr. Chan Po Chew in the cardiology department and by the lady professor of acupuncture. Chan had two patients on couches being treated by “external counterpulsation”; a noninvasive substitute for an intra-aortic balloon for angina in an effort to increase their coronary blood flow. They looked as though they were convulsing, depressed ST segments were said to lift after 12 two-hour courses.

Acupuncture is used mostly for chronic diseases and the relief of pain. There is still a lot of mystique in the lines (the usual body map was on the wall), despite the exciting recent suggestion about locally-released endorphins (Hawkins suggested to the lady professor that an interesting research project would be to give a research fellow a chart with wrongly constructed lines and see what results he produced in a controlled trial; but she replied, somewhat superiorly, that there was no need of this as the treatment had been proved effective over several thousand years). There appear to be different indications for an “exciting” needle (slow in, fast out) and “inhibiting” needles (fast in, slow out); needles are sterilised by autoclave and kept in 75% alcohol before use and in a big centre like this with an established academic department, it seems unlikely that the treatment can be blamed for the high incidence of hepatitis. Though all students learn the basic elements of acupuncture (as well as of Chinese traditional herbal treatment) they later practise Western medicine.

After a fortifying lunch (some Pilgrims were flagging a little as they approached the end of the course) we did our lecturing stint. Hawkins and Read had an hilarious time with indifferent interpretation by Houang and a wrinkled old sheet pinned to the wall for slide projection, which made a map of Britain look as though it was about to subside as a result of a major earthquake. Smart, Ellis and Stokes did their

triple act on medical education with variations, Pang translated superbly and we had our most receptive audience yet, drawn from CMA Kwangtung Province from up to 50 miles away – about 100 for each of the two lecture theatres.

A farewell Cantonese dinner at the guest house hosted by Dr. Lu, President of Canton CMA, led to many happy warm speeches by Mr. Fu. Ku was at his felicitous best and Stokes was very ready to be late to bed having, at his request, written out both words and music of “For he’s a jolly good fellow” and “Auld lang syne”.

By train to Hong Kong

Next morning we caught the 11:10 train to an emotional and protracted sendoff. We left Fu with an upper respiratory tract infection (which had plagued many Pilgrims en route) together with half a bottle of whisky and instructions on how to concoct a Western medicine called hot toddy. At Hong Kong, Pilgrims were taken for a cruise around the west harbour through Aberdeen, Repulse Bay, Stanley Bay and back to a superb seafood lunch at the floating Jumbo Restaurant on the boat of a cousin of one of Stokes’ ex-house physicians. They went by bus to the airport at 6pm.

Epilogue

Chief memories consist of the great friendliness and capacity for fun of the Chinese we met, the complete honesty and apparent contentment of the people, the intense cultivation of every scrap of land even in the avenues in the cities and the feeling of excitement engendered by pictures of Szechwan and the west which emphasized the vast size and variety of this country, which some Pilgrims hoped to re-visit. This Pilgrimage was different from former ones in two respects. Firstly, Pilgrims themselves lectured, and secondly, they brought their wives who were provided with a separate programme and enjoyed the visit. Led by Butterfield, the Pilgrims were Stokes, Kennedy, Smart, Ellis, Read and Hawkins; Jacky Crighton, secretary to Butterfield, who had worked hard in organising the Pilgrimage, was also a member.

Bristol 1981

Hosts	Perry, Read
Leader	O'Donovan
Scribe	not known
Secretary	Butterfield

The formal proceedings began on the evening of May 15th under Alan Read's Chairmanship with an enthralling account by Professor Bruce Perry of the history of the Bristol Medical School. Apart from strictly provincial images of cyclists in morning coats, those Pilgrims unfamiliar with the city heard much that was readily recognisable to them in the political strife, the end of which had been mourned in fitting fashion by nailing their flag at half-mast on the advent of the Health Service. The overriding impression, though, was of the wealth of very able medical men in disparate fields whom the city had produced or the school sought to educate; from Dover, the quicksilver doctor and privateer, and WG Grace (the cricketer), with his hard-earned LMSSA, to the clinical giants such as Carey Coombs and Milnes Walker.

The scientific session on the Saturday morning comprised a fascinating series of papers covering a wide field, which had in common the now rare skill with which specialists simplified their subjects without distortion for our delight. Professor Clamp discussed modern knowledge of glycoproteins, and most memorably the relationship between the chemical and physical properties of mucus, in man, fish and the snail. Dr. Hall gave a new dimension to enteral feeding in the space age and its practical application to patients who could not or would not eat. Dr. Dieppe described the properties and clinical significance of crystals in joints. Professor Bourne reminded Pilgrims that human gastroenterologists have much to learn from their porcine colleagues. Next was a humane and inspiring account by Dr. R Langton Hewer of his management of stroke and the benefit which it brought to his fortunate patients. Dr. Juliet Rogers told of the diseases of "her" skeletons from Roman Britain to the 19th century: her diagnostic tours de force were undoubtedly the recognition of Reiter's disease and, incredibly, seronegative rheumatoid arthritis from Saxon skeletons in Taunton, and the case of Bishop Jezo (died 1088) in whom the diagnosis of Forrester's ankylosis was in danger of being lost to the world because he was improperly documented. Finally, Professor MA Epstein discussed the relationship between the Epstein-Barr virus and nasopharyngeal carcinoma.

After a most unprofessionally heavy lunch Pilgrims went to Bath where tradition still reigned, and much admiration was expressed at the china cups provided in contrast to the cardboard ones at Bristol Royal Infirmary. During a tour of the Royal National Hospital for Rheumatic Diseases the ingenuity in particular of the hydrotherapeutic hoist was admired. Pilgrims then became common tourists at the Roman Baths and realised that medical men can in fact lecture quite well.

Next day, May 17th, found the Pilgrims – all attentive and wonderfully respectful for Pilgrims on a jaunt – assembled before their host, Professor Emeritus Bruce Perry,

there being Leader O'Donovan, Matthews, Pyke, Mitchell, Arnott, Read, Hoffenberg, Smart, Stokes, Bouchier, Walton, Kennedy, Love and Butterfield – dear Clifford Hawkins joined them later at about 10.15am. Bruce Perry, the Scribe reported, “Gave us a fine talk, reminding us of Jenner’s birth in the Old Rectory nearby, of the young Jenner’s fascination with natural history, of his observation on hedgehogs, earthworms, and his famous (and contested but later vindicated) description of how the young cuckoo had a depression in its fledgling wings which permitted it to commit the avian equivalent of fenestration on the other birds in the nest”. Pilgrims heard of Jenner’s pupillage under John Hunter in London, of his work, at Banks’s invitation, arranging Captain Cook’s plant specimens, and listened attentively to John Hunter’s admonition “Not to think (about the west country belief that people who had had cowpox could not develop smallpox) but to experiment”. Under her picture we heard again of Sarah Nelmes giving lymph from her cowpoxed fingers in 1796 for inoculation into the brave James Phipps who did not contract smallpox. And after this initial study, we heard of the more extensive pilot trial of 22 further observations in 1798. The publication of his results brought overwhelming requests for lymph and turned Jenner into “the vaccine clerk of the world”.

All Pilgrims were delighted to hear subsequently that a grant had been generously donated by the Japanese philanthropist, Mr. Ryoichi Sasakawa, to secure the future of this remarkable museum – the favourite home of Edward Jenner.

Pilgrims were then led to the other side of Berkeley’s history and shown through Berkeley Castle. It was constructed between 1117 and 1153 on the site of a Saxon ditch, and the family – the Fitzhardings – became more and more influential until it was time that they could ride all the way from their Gloucestershire castle to Berkeley Square in Mayfair without leaving Berkeley property! A contrast to Jenner, but there are, of course, two other great ironies. Edward II was brought here in April 1327 from Kenilworth Castle, then Corfe Castle, and imprisoned for a few months in the narrow deep oubliettes. He survived the summer down there, despite gases of putrefication, and was put to death on 21st September by burning his bowels with a hot iron, carefully guided to avoid any outward signs of violence. The other irony is that a son of the house, Charles Berkeley, was in the navy and in command of HMS Tiger, but at the tender age of 20 he died – of smallpox. Pilgrims returned to the present with a splendid salmon sandwich lunch in the local inn at Berkeley – and another Pilgrimage concluded with a song of praise and a speech of thanks to our host, Professor Alan Read, and his wife.

Norway 1982

Hosts Refsum (Oslo), Aarli (Bergen)
Leader John Walton
Scribe Clifford Hawkins
Secretary David Pyke

Pilgrims Badenoch, Ellis, Mahler, O'Donovan, Pyke, Stokes and Hawkins, the Scribe, arriving in Oslo found, to their consternation, that there was no chance of crucifying the flesh as would behave their order. For they were booked into the Hotel Scandinavia – the largest and undoubtedly the most expensive in Norway. Our hosts had fixed this, having the erroneous idea that financial status correlated with distinction in medicine in Britain. Confusion occurred at the reception when Pilgrims were asked whether they wanted queen beds or not. Finally celibate members got separate ones whereas those with wives (one each) Badenoch, Ellis and Hawkins – voted for the queen or double bed.

The afternoon was a cultural feast: visiting the national gallery and then the Munch Museum. Our host Professor Sigvald Refsum took us, and no professional guide could have surpassed this personal tour; for his knowledge of art and of the painters seemed inexhaustible. The wealth of paintings was remarkable considering that the population of Norway is only five million. The first director, Jhiis, collected paintings of the impressionists when they were cheap. The range of subjects painted by Edvard Munch was wider than expected. He was certainly an odd character who probably suffered from paranoid depression and might have benefitted from Molipaxin, which his picture “The cry” is used to advertise. Death-love-jealousy were his favourite themes. Deathbed scenes, some colourful and others poignant, hung between happier pictures. Refsum knew Munch: he was a young arrogant fellow whose family mostly had tuberculosis and died from it – he painted 90 selfportraits.

Leader John Walton and his wife joined us, having flown from Newcastle, when we returned to the hotel. Later, Pilgrims strengthened themselves with Scottish physic dispensed in Stokes and O'Donovan's cells. O'Donovan was in fine form, reminiscing about early Pilgrimages and doing his best to explain that the Falkland Islands really belonged to Eire.

On the next day, 19th May, Pilgrims were escorted by David Russell, a senior registrar who had defected from Belfast when he married a Norwegian physiotherapist, to the National Hospital (Rikshospitalet). They were welcomed by Professor E Gjone who told of the history of the faculty, which started in 1814, and illustrated it by pointing to portraits of his predecessors which hung in ornate gilt frames around the room. Famous Professor Norck seemed a colourful character: he kept a gramophone on the back of his bicycle, suffered from kleptomania and stole a Christmas tree from the nurses. Professor Gjone also briefed us about medical education in Norway and explained that in primary health care the patient paid for items of service as it was a mixture of free enterprise and communal support; the hospital situation was similar to that in the UK and the same problem of surplus senior registrars exists.

He next told us about Niemann's disease (lecithin-cholesterol-acyltransferase deficiency). This rare inborn error of lipid metabolism is familial and usually presents as chronic nephritis. All the families had come from an area on the coast around Kriksjansen. Features were a marked arcus senilis, milky plasma, sea-blue histiocytes and foam cells in the bone marrow. Renal transplantation has been successful with only minor changes in the transplanted kidneys after more than eight years. In the discussion, Mahler mentioned the genetic and cultural link between Scotland and Norway. Vikings brought back Scottish women who, for example, carried abnormal phenylketonuria genes and also their Celtic crosses.

Next Professor Refsum (born 1907) lectured in his old department, surrounded also by portraits – one being of him as a young man, though far less handsome then. He first spotted Refsum's disease in the department of neurology in 1947. A patient was admitted with two diagnoses: hereditary ataxic polyneuropathy and retinitis pigmentosa. It is inherited and is due to the inability of these patients to alpha-oxidise ingested phytanic acid. Treatment consists of a chlorophyll-free diet as this excludes dietary phytols.

Finally, our Leader John Walton, at the invitation of Professor Rolf Nyberg-Hansen, who is the present head of the department, gave his guest lecture entitled "Changing concepts in neuromuscular disease". This was the first time – apart from Sir Arthur Hurst in the early days of the Pilgrims and the Pilgrims themselves in China – that a Pilgrim had undertaken to lecture and he was an outstanding success. It provided a worthy ending to a morning when Pilgrims had been privileged to hear about two eponymous diseases from their discoverers.

In the afternoon, Professor Refsum conducted us around the Viking ships museum and the exhibition of the Kon-Tiki raft. Then followed resuscitation at our host's luxurious home overlooking the fjord: champagne and other delicacies with thanks by Pilgrim O'Donovan who used the term para-Pilgrims when expressing the appreciation of the wives. In the evening, Pilgrims entertained their host at the Hotel Continental. A surprising feature of the dinner was an unexpected repetition of the entire main dish – boiled salmon with Norwegian sauce – whether accidental or planned no-one seemed to know.

The next day, Thursday, was mainly spent in the train from Oslo to Bergen via Geilo and the Hardanger plateau – a remarkable journey of outstanding views and changing scenery, from the summer of the lowlands to the winter of the high mountainous snow-covered regions before descending to Bergen. We found acolyte Pilgrim Alasdair Geddes awaiting us, having flown from the USA. Pilgrims had problems with their keys: John Ellis found it impossible to use his new key and three Pilgrims were trying to use keys that they had inadvertently purloined from the Hotel in Moscow.

The Friday began with the sad news that Butterfield who had only just been able to join the Pilgrims must, due to the Falklands crisis, return home to Cambridge (where he was Vice-Chancellor). Professor Johan Aarli (Department of Neurology) then entertained us at the Haukeland Hospital. The University of Bergen, he told us, was started in 1948. Then clinical cases were presented to us exploiting, we were told, the fact that we provided "brains from all over the fields". Pilgrims rose to the

occasion and, needless to say, gave a masterly demonstration of their clinical acumen. The first patient was a man of 26 who had developed the Budd-Chiari syndrome after being on holiday in Finland – apparently hygienic conditions were bad and, owing to poor harvesting techniques, wheat was contaminated with a weed which, like bush tea, caused hepatic vein thrombosis. Another patient was a man, aged 33, who presented as an odd neurological problem associated with infection. Geddes instantly diagnosed this as a focal schistosomiasis in the occipital cortex which surprisingly was correct. Then Dr. Hans Basso (Endocrinology) reported his study of 370 cases of anorexia nervosa which included one male. After lunching with the various heads of departments, Pilgrims toured the concrete shell of the new block, a maze of corridors and communication pipes. Mahler gave a vote of thanks in Norwegian.

The evening provided another new experience for the Medical Pilgrims. Professor Aarli had warned our Secretary that they felt so pleased to have such a “distinguished group of physicians” visiting them (Pilgrim Pyke was not responsible for the delusion) that their Faculty had decided to give a dinner to us – contrary to the usual practice by which we entertain our hosts. A sumptuous meal, which included avocado pear with roe of a newly discovered small fish, wild duck and coconut ice (separately) was eaten and at the end a gift was presented to our host as a token of our appreciation.

Saturday morning was spent in the leprosy museum at St. Jorgen’s Hospital, built in about 1750 – the old hospital erected in 1703 having been destroyed by fire. Leprosy was first noticed in Norway about 800AD and was attributed to raids of Vikings on the British Isles (no doubt then called the British disease just as the British called syphilis the French disease). It was a major public health problem in Norway in the last century. Control of the disease was brought about by the National Leprosy Registry, started in 1856, and by the discovery by Armauer Hansen of the leprosy bacillus in 1873. In a lecture, Dr. Lorentz Irgens (Preventive Medicine) told us of the theory of the spread of leprosy: acid-fast rods were common in bogs especially in sphagnum moss, and this could explain the frequency of leprosy in certain farm areas. Pilgrims were fascinated to see the museum: the clinic room, the pharmacy “wards” and especially the drawings and paintings of lepers beautifully executed before the days of the camera. The Pilgrims meeting took place in the afternoon and was unusual in that it occurred on board the ship *Epos* on the Hardanger fjord.

The Sunday morning was one of leisure. Pilgrims enjoyed the typical Norwegian breakfast – the Koldtbord (cold table) with its array of delicacies. Other features of Norwegian life were the frequency of public holidays – including the Gro holiday in honour of a prime minister – and the tendency of Norwegians to exhibit national flags on every possible occasion. The Pilgrimage was highly successful thanks to David Pyke, whose organisation was such that nothing seemed to go wrong, and to our Leader John Walton, who conducted affairs with the greatest aplomb.

Dundee 1983

Hosts	Bouchier
Leader	not known
Scribe	not known
Secretary	Pyke

Our hotel and our scientific business were not conspicuously Scottish, though there were reminders: the Bible on the hall mantelpiece with a new text daily, the marmalade on sale in reception and our visit to the distillery at Blair Atholl under torrential rain.

The scientific session was at Ninewells Hospital. There were three papers on social themes: Professor John Howie discussed lactation and fertility, leaving us with salutary doubts about whether the contraceptive pill might be lessening the interval between births where it most needed lengthening. Professor D Tunstall Pedoe discussed the epidemiology of heart disease in Scotland, with some puzzling internal discrepancies within the lowlands. The third paper, immediately before lunch, by Dr. Elderton, gave a chilling account of ageing and the teeth (fluoridation had not yet reached Scotland). There were two more strictly physiological papers: Dr. Rau described the research on gall stones in which Dundee – due to Professor Ian Bouchier – is a leader, and Dr. Jung gave a fascinating talk on brown fat.

The session on the Saturday was at St. Andrews, and was certainly demanding enough to refresh anyone. There were three papers concerned with the organisation of cells in the bone marrow: on kinetic properties of granulocytic leukaemic cells by Dr. Riches, cell biology of metastases by Dr. Evans, and “dissecting the haematological environment”; a study of stem cells, by Dr. Wright. They were all highly topical further education for general physicians. Dr. Cynthia Reid described the philosophy underlying the undergraduate course at St. Andrew’s University, one school that – perhaps thanks to its small size and physical separation from clinicians – has successfully guarded its individuality.

The Saturday afternoon was memorable, particularly for your Scribe, in the gentle melancholy of the herring fishing port at Anstruther and its fisheries museum, in the never-ending surprise at the versatility of Pilgrims – in this case at George Smart’s familiarity with lifeboats (he held high office in the Royal National Lifeboat Association) – and in the eider duck colony near the Royal and Ancient Golf Club at St. Andrews where golf is said to have been played in the 15th century.

On the Sunday a visit was paid to Scone, famous for the former abbey and palace, where all the early Scottish Kings had been crowned until the times of James I. Pilgrims were also told about travels of the stone of Scone which had been brought there from Ireland only to be carried away to England by Edward I in 1297. It was later placed under the seat of the Coronation Chair in Westminster Abbey, from which it was sensationally taken in December 1950 and rested in Scotland for a while

before being returned to England. Social events included dinner as guest of the Principal of the University of Dundee and the Pilgrims dinner at the Old Mansion House Hotel. Pilgrims greatly appreciated the hospitality of Ian Bouchier and his wife and the way the Pilgrimage was organised.

Birmingham 1984

Host	Geddes
Leader	Ellis
Scribe	Matthews
Secretary	Pyke

On the evening of Wednesday, 16th May, 18 Pilgrims assembled under our Leader, Pilgrim Ellis, at the Lucas Institute of the University of Birmingham, agreeably placed in surprisingly rural surroundings. Next morning those who had not already been awakened by the uproar of birds at about 4.30am were aroused for an early breakfast. We were then transported to Stoke-on-Trent in a coach of unparalled luxury evidently designed for a much higher social class than that of poor Pilgrims. At the North Staffs Medical Institute we were greeted by Professor G Aber and then provided with an intellectual banquet by members of the University of Keele. Dr. PF Naish described experiments to elucidate the mechanisms of endotoxic shock. Professor JB Elder gave a remarkable account of urogastrone, a potent peptide looking for a function. Professor JB Lloyd dissected the metabolic error present in nephropathic cystinosis. Perhaps most remarkably, Professor EF Evans spoke on animal models of deafness and tinnitus including relaying – greatly amplified – the noise caused by tinnitus emitted by his own right ear.

After being entertained to lunch the Pilgrims journeyed to Lichfield where we were met by an old friend, George Whitfield, who conducted a tour of some of the many sights of the beautiful city. Our guide's knowledge was so detailed and so well expounded that many characters and incidents, particularly those of the Civil War, were brought vividly to light. As we were led resolutely past the cathedral without a second glance some Pilgrims feared that we were not to be allowed inside, but we should have known George better. Then back to the Barber Institute of Birmingham University where the Professor of Music, Ivor Keyes, demonstrated the capabilities of an 18th century single organ and gave a brief recital of music contemporary with the instrument. Dinner was held in the University Staff House and was graced by the presence of the Vice-Chancellor and of Pilgrim Hunter, a long lost sheep. Pilgrim Arnott read extracts from his Report as Scribe on the Pilgrimage to Denmark in 1957, the medical topics discussed bringing nostalgic tears to the eyes of many senior Pilgrims.

On the morning of May 18th Pilgrims attended the weekly clinical meeting of the Department of Medicine at the Queen Elizabeth Hospital, where two cases were ably

presented by Dr. R Wilkinson and Dr. Deborah Symmonds. The first case, billed as “a bad headache”; was so complex that it appeared to the Scribe that the original symptom had been lost sight of in the overwhelming complications of multiple endocrine tumours. The “hobgoblins in the gut” of the second case were those of Whipple’s disease. Pilgrims then moved to the postgraduate centre, an unusual luxury in a teaching hospital. Dr. RN Clayton spoke on hormone receptors, with particular reference to the possibility of chemical castration, an unpleasant sounding but legitimate objective. Professor SV Perry’s subject was the present state of knowledge on muscle contraction. Professor TP Whitehead demonstrated the use of luminometry as a replacement for radioimmunoassay and also spoke on means of detecting the closet alcoholic by seeing the triangular erythrocytes. Professor Ian MacLennan spoke on selective defects in antibody production but the Scribe’s mind appears to have slipped into neutral at this point and no adequate notes have survived. After lunch in the board room there were further papers by Professor H Smith and Dr. MW Makgoba, the latter on heterogeneity in the HLA system.

Pilgrims then drove themselves to Stratford-upon-Avon, the level of organisation being such that not a single car was sucked into the vortex of Birmingham traffic. We booked into the Moat House Hotel and had time to stroll round such parts of Stratford that were not occupied by speeding cars, before repairing to the actors bar. Pilgrims then had an opportunity to thank all those who had organised so smoothly the admirably judged mixture of science and other less exacting forms of mental and physical stimulation. The Scribe was particularly impressed by the calm, benign efficiency of Pilgrim Geddes. We then enjoyed a memorable production of “The Merchant of Venice”; followed by dinner at the theatre – a superb evening.

On the morning of the 19th, the Scribe, being close to home (Bryan Matthews was the Professor of Neurology at Oxford), rose early and after, as an act of charity, rescuing Pilgrim Arnott from breakfasting with about 2,000 American women in grey hair and checked trousers, returned to work greatly refreshed and stimulated. If any matters later occurred other than pleasant sight-seeing at Charlecote Park and lunch at The Pheasant, your Scribe has not been informed.

London and Leeds Castle 1985

Hosts	Marsden, Pyke (King's College Hospital)
Leader	Badenoch
Scribe	not known
Secretary	Pyke

March 21st saw Pilgrims emerging out of a damp and cold London night, attracted like moths to a flame, by the warm and welcome facilities created by our College in St. Andrews Place, Regent's Park. Fortified by supper, they then divided into sheep and goats, according to their assignment to stay overnight in the White House Hotel or in College accommodation.

Next morning our Leader, Pilgrim Badenoch, managed to assemble the group of highly intelligent but individualistic characters onto a coach complete with their luggage, and we were taken to the Institute of Psychiatry adjoining King's College and the Maudsley Hospitals. Attempts to stop the bus at the Renoir Exhibition at the Haywood Gallery having failed, the bus was then brought to an unexpected halt by the asystole of a preceding car but not, fortunately, of its driver.

The scientific programme, hosted by Pilgrim Marsden, began with what was subsequently acclaimed as an excellent idea, whereby a Pilgrim talks to his colleagues about his area of expertise. Pilgrim Pyke having recently read Lewis Thomas "Late night thoughts on hearing Mahler" gave us all, including Pilgrim Mahler, his early morning thoughts on the nature of diabetes. The way in which twin studies (and twins were an "in" theme in many of the later papers), carried out at Kings College Hospital, had illuminated the relative contributions of heredity and environment, was lucidly outlined. In the lively discussion our speaker told the story of Lord Taylor, who married an identical triplet, and when asked how he knew whether he had got hold of the right one, replied "If not, she screams!". We were then introduced by Mr. Charles Rodeck to the new discipline of fetal or antenatal medicine whereby chorionic biopsy, ultrasound, amniocentesis and fetoscopy could not only build up a picture of the child and its problems in utero, but the latter technique could actually be used to operate on the fetus to relieve obstructive uropathy. Professor Lishman struck terror into Pilgrims hearts by talking about alcohol and the brain, but as his CT scan results only compared "alcoholics" with "normals"; Pilgrims relaxed because they clearly belonged to neither group. Poster demonstrations and lunch behind us, we were introduced to the problem of liver disease in childhood by Dr. Alex Mowat and in particular to the way in which biliary atresia is an inflammatory, not a congenital disease, and to the way in which a virulent, progressive liver disease in Indian children had led to detective work on the role of buffalo milk stored in copper vessels. Pilgrims were then treated to their first-ever (official) stripshow in which Professor Giles Brindley progressively took his trousers down but stopped at the pubis to show us how implantable electrodes and a radio receiver in his rectus muscle could respond to an external transmitted signal. He outlined the ways in which such systems had been used to control bowel, bladder and erectile activity and to offer the hope that electrodes in the spinal canal could be activated by impulses picked up

from the brain, thus allowing paraplegics to stand and hopefully to have a computer-controlled walking pattern. The excellent day concluded with Pilgrim Marsden reminding us of the history, pathology and misery of Parkinson's disease, which he suggested would afflict two of the assembled audience.

We then embussed and were joined by Pilgrim Hawkins, whose Chairman Mao hat and Irish duty-free bag made us wonder where he had been (actually chairing a conference at the RCP). A crawl through the rushhour traffic made out-of-town Pilgrims sick for their provincial bases but at the end of the journey the sudden descent into a peaceful valley with the story-book Leeds Castle floating on its rocks in the lake soon dispelled these thoughts. A warm welcome and an excellent dinner in the beautifully decorated dining room prepared Pilgrims for their next innovatory session on the hidden interests of three of our brethren: Pilgrim Bouchier told us of the story of whaling and used the scrimshaw of the seamen to illustrate their harsh and isolated life. By carving, polishing and decorating sperm whale teeth and walrus tusks they left a pictorial record of their work and of their longings for home and beauty. Pilgrim Ball then described how the crocus had been introduced into this country from Anatolia in the 1600s as the first-ever nurseryman's plant and how its variety of colour and form, intended to capitalise on short pre- and post-snow flowering seasons by ensuring pollination, had been extended by hybridisation. Finally, Pilgrim Hawkins told us how the competition between work and evening classes made for slow progress in painting, so he hired a private teacher whose criticisms were so harsh (trees like "asthmatic boa-constrictors") that he later "took a mistress"; Dorothy Lockwood, to guide him through oils, water colours and acrylics. Many Pilgrims would clearly have loved to own an original Hawkins.

After a Wodehouse-style country house breakfast on the Saturday, Pilgrims tackled the controversial topic of research on human embryos. Professor L Wolpert reminded his audience of the development of the embryo and indicated that the "fourteen day rule" in the Warnock Report was not just arbitrary but was the time at which the cells destined to be the embryo, as opposed to the placenta or amnion, could be identified, and was the latest time at which identical twinning could occur. Fourteen days is thus the earliest date at which the cells of one unique individual can be identified. The talk dispelled many of the science-fiction horrors quoted in the media by showing the impracticability of in vitro culture even as far as limb-bud stage and of cross-species experiment. The possibility of nuclear transplantation or cell implantation to create chimaeras did, however, raise fears in some Pilgrims minds. Professor Anne McLaren put the issue into clinical perspective by describing how embryo research could help in infertility, in developing new contraceptive strategies and above all, in detecting and perhaps modifying genetic defects. A lively discussion ensued on the definition of "The beginning of life" which Pilgrim Clarke said was "when the dog died and the children left home". Pilgrim Weatherall described the contribution of the "new genetics" to the diagnosis and prevention of single gene disorders, emphasising how many such diseases arose by mutation and if there was ever a way of controlling mutagenesis then the diversity inherent in the Pilgrims would never appear. Anne McLaren then described the conflicting advice given to the Warnock committee by pressure groups (from "Any fertilised egg is a human being and entitled to protection" to "The bundle of cells that makes up the embryo is not dead, but is not a human

being”). She felt that the committee had created problems for itself by using the word “embryo” instead of “conceptus” because this implied to the lay public that recognisable miniature babies were at risk of experimentation. Pilgrim Clarke carried this theme forward by looking at “What the papers say”. In particular he used quotations to exemplify the concern that if adopted children can trace their real parents will “test tube babies” have access to sperm-ova donors? It was clear that the fierce debates of the 1960s about contraception and of the 1970s about abortion would have their counterpart in the 1980s about “assisted reproduction”. Pilgrims felt privileged to have had such a superb postgraduate seminar on a topical issue which did not form part of their everyday work and resolved inwardly to repeat this approach in future Pilgrimages.

After lunch John Money, agent for the estate, was able to neutralise the grey, drizzly afternoon as we were shepherded around the gardens and house of Leeds Castle. He emphasized that to maintain the estate it had to attract paying guests and to give sharp point to this, a wedding party was being photographed against the backdrop of the castle. It was necessary to provide new attractions to avoid overloading the castle itself, so he showed us where major projects (an aviary, a maze and a Kentish orchard) were to be sited. He then showed us the extensive vineyard which he said was pruned every year by “anyone in the estate who did not cut his thumb off with secateurs”. In the house we saw the recreation of the Henry V/ Catherine de Valois bed which had medical implications in that the two apprentices who axed it from raw wood had needed osteopathic treatment. We were also treated to an unusual privilege on a guided tour: a visit to a Pilgrim’s bedroom, so we actually saw the very four poster in which Pilgrim Arnott had slept. Later, seated in the banqueting hall for its true purpose, we not only ate splendidly but were addressed by Lord Aldington, by Mr. Andy Grant, and by John Money whose love for the Baillie family clearly matched his knowledge of the castle.

And so to bed and to the Sunday where the final session of Pilgrims talking to Pilgrims brought our expedition to a close. Pilgrim FitzGerald told us about the difficulties of defining sarcoidosis and therefore of studying its epidemiology, natural history and treatment. High in Ireland and in US negroes, its link with tuberculosis remained elusive. In discussion, Pilgrim Clarke again had the last word, in that he cited a long list of diseases unusually common in Ireland and said “The Irish are a sickly lot”. Pilgrim Peters took us into the world of immune-complex diseases. Pilgrim Oliver talked about “Not preventing coronary heart disease” by emphasizing the dangers of extrapolating from the mysterious fall in coronary heart disease in the USA and the negative results of risk factor intervention trials to premature and illfounded mass prevention campaigns. He stressed that enthusiasts for action blamed “too little, too late” policy for the disappointing trial results. Finally, Pilgrim Boyd asked us to recognise a new subspecialty; placentology, providing an interesting counterpoint to Mr. Rodeck at King’s – a paediatrician studying an obstetric structure versus the obstetrician studying the baby. He stressed the contribution made by low birth-weight and pre-term babies to mortality and went on to describe the multiple functions of the placenta over and above its fetal nutritive one. The ability of the placenta to transfer lipid soluble substances more readily than water soluble ones

resembled the lung and led to speculation that southern European babies must have high blood garlic levels! Lacking placentas, the Pilgrims needed lunch and thereafter boarded their bus for the last time to be waved off by the more independent car contingent, thus ending a memorable Pilgrimage.

Manchester and North Wales 1986

Host	Turnberg
Leader	Stokes
Scribe	not known
Secretary	Geddes

It was the first day of spring. Crocuses, Stokes informed Ball, were to be found on the M56, and there was much wind in Manchester as Pyke's people, as they were called for the last time (he had resigned the office of Secretary), arrived for their annual gastronomic, cultural and scientific assembly. They were joined by Louis Stuyt from Holland and Francisco Villardel from Barcelona. Stokes was Leader. Turnberg had put together a programme for Pilgrims of all ages and stages, choosing areas of intense personal interest to Pilgrims, such as the physiological basis of jet fatigue, the making of a super grandad, and (of immediate interest) the protection of the gastric mucosa.

Professor D Crowther talked of the new biology of cancer stating that intelligent empiricism had been responsible for major advances in the treatment of disorders such as non-Hodgkins lymphoma. He gave Pilgrims an account of oncogenes and explained how chromosomal translocation can explain uncontrolled B cell proliferation. He showed how modern techniques of molecular biology can be used to identify gene rearrangement, described the use of interferon in hairy cell leukaemia, and discussed the ways in which knowledge of the tertiary structure of the interferon molecules could lead to new therapy. Dr. Waterhouse spoke of biological rhythms and reminded Pilgrims that they, like other members of homo sapiens, functioned on a slow clock with a twenty-five hour day, the outside world acting as the adjuster – as well as explaining the ease with which Pilgrims travelled west, this accounts for difficulties experienced on Monday morning. Circadian rhythms have implications for performance of activities demanding vigilance, the administration and toxicity of drugs (chronopharmacology) and explains the propensity for natural birth to occur at night. In manic illnesses the clock appears to run fast and in rats lithium slows it down. Professor Ian Isherwood spoke of the opportunities and present limitations of the techniques of tissue imaging by computerised tomography and magnetic resonance. These new imaging approaches provided quantitative data, and the new generations of radiologists would need to be numerate! Pilgrim Turnberg brought Pilgrims up to date on the mechanisms protecting gastric mucosa from its environment. He reminded them of the mucosal barrier theory of

Davenport, and of the effects such a mucosal barrier could have on the diffusion of acid; aspirin, ethanol and stress, Turnberg said (to the visible consternation of certain Pilgrims) could be shown to reduce mucus synthesis or result in loss of the mucus barrier. But a further factor is the secretion of alkali, which can be revealed by H₂ blockade. Probes showed that the pH of the cell surface is, in fact, normal, and Turnberg showed Pilgrims that the explanation is that acid is squirted out in “mini fountains”!

Dr. Rabbit provided Pilgrims with an unforgettable catch phrase (for those without memory problems) when he addressed the question of “Why do old men and women forget” – an epidemiological problem, he said, was whether to study “free range” or “battery” geriatric subjects (presumably whether at home or in institutions). Psychometric tests have been developed which quantitate probable cognitive loss and Pilgrims were relieved that cognitive decline did not appear to be well correlated with age, intelligence or memory, but were disturbed to discover that the supergeriatric was likely to be of low body weight and a long time abstainer from alcohol. Professor Ferguson (who, even to the youthful Scribe, appeared depressingly young!) gave a dazzling display of applied developmental and comparative biology in his account of his work on the pathogenesis of cleft palate. Taking advantage of the fact that birds have cleft palates and that crocodiles provide eggs and have mammal-like clefts, he developed an extraordinary series of experiments, involving “in-egg” surgery and grafting in alligator eggs, so as (a) to extirpate cells responsible for the jaw, and (b) graft quail cells in their place! He outlined the various factors that caused palatal fusion and possible noxious influences that prevented it.

Pilgrims then made their way by car along the north coast of Wales to the splendours of Bodysgallen Hall. At least one non-Welsh Pilgrim (Ball) was capable of pronouncing Bodysgallen, but only limited credit can be given because of his earlier association with the Welsh National School of Medicine. After dinner Pilgrims were entertained, in great style, by Arnott “On the lighter side of war”, by Mitchell “On inland navigation from his experience on canals” and Stokes “On music”.

On Saturday morning Professor George Nelson and his colleagues provided a marvellous scientific programme, based on work being undertaken at the Liverpool School of Tropical Medicine. The School’s philosophy is to develop basic research in Liverpool and to apply it overseas, and a recent £1.5 million grant from the Wolfson Foundation had been of immense help. He described his work in the Rift Valley where there had been no rain for seven years: hydatid disease has been by far the highest prevalence in man in Turkana, and is explained by the remarkable man-dog relationship; one dog, one child. The Turkanas have shot all game animals, leaving jackals and dogs. There is no burial custom so jackals (and dogs) eat human products, and camels are heavily infested and their cystic lungs given to dogs. Monoclonal antibodies have been developed and a unique patch test devised to identify antigens on the dog’s anus. Attempts are being made to control disease by dog registration, and eradication of worms with Bronsil. Marcel Hommel reminded Pilgrims of the worldwide importance of malaria and described the problems and progress of vaccine development; he took Pilgrims into the world of medical entomology, the application in this field of molecular genetics and the identification

of parasitic species by, for example, DNA probes. He also told how the basis of insectile resistance is being explored by molecular biological techniques.

The Pilgrims, by now increasingly aware of the dangers of foreign travel, were then told of viper bites by Dr. Theakston – probably not less than 20,000 deaths occur annually due to the carpet viper in the West African savannah; because of high incidence of reactions to anti-venom it is desirable to identify the nature of the venom responsible and monoclonal antibodies are being developed to improve accuracy of diagnosis. After coping with customary ease with the intellectual and scientific load of the previous day and a half, Pilgrims then took on the demanding task of sightseeing at Conway Castle and Bodnant Garden, Clwyd. Edwards expressed some difficulty in understanding why the castle had been built over a railway line, then, overloaded with data (medieval archers could fire twelve arrows per minute) Pilgrims repaired for tea, sausage rolls, cream buns and sandwiches. Afterwards to Bodnant Garden, Pilgrims hanging on Ball's every utterance on the plants, then back to the safety of Bodysgallen Hall, the Pilgrims annual meeting and dinner.

On Sunday morning Pilgrims spoke of their own scientific work (here the Scribe treads with great care and reports briefly since the proprietors can read the report). Edwards tells us that Addison and Bright met in chemistry in Edinburgh, and of novel assays for (β -OH cortisol and 6β cortisone – a sensitive indicator of cortisol excess. He described a patient with high blood pressure, hypokalaemia and polydipsia who was found to fail to convert cortisol (component F) into cortisone (component E) due to 11β hydroxylase deficiency – perhaps a common cause of high blood pressure. Reid explained that he is speaking in place of Dollery (again!) but was grateful for the relatively long notice on this occasion. He described the results of the MRC trial on the treatment of mild to moderate hypertension – and Pilgrims were evidently pleased that they were, to a man, non-cigarette smokers. Kennedy presented a thoughtful account of current problems in renal failure and the limited progress towards better prevention. He voiced concern about the recent trends to take on older and sicker patients on dialysis programmes without regard to the quality of life such programmes provide. Cohen introduced acid-base heresy and challenged the central dogma that lungs control PCO_2 and kidneys HCO_3 . He suggested that the liver is the central organ to be put in place of the kidneys (they only make a “piddling contribution” to acid secretion, he claimed) – because the liver is responsible for H^+ control through ureagenesis, and introduces the “mind-bending to urologists” notion that uraemic acidosis is due to overproduction of urea by the liver. This rethink stimulated much discussion before Turnberg claimed that the colon was the central organ in acid-base control. Then Pilgrims dispersed.

Glasgow 1987

Host	Kennedy
Leader	Peter Ball
Scribe	notknown
Secretary	Geddes

Pilgrims made their way to the renaissance capital of Scotland in anticipation of a feast of science and other worldly pleasures, their Leader being Pilgrim Ball. They were not to be disappointed because Pilgrim Kennedy had laid on a magnificent programme.

After a Lucullan feast Pilgrims listened in rapture to Pilgrim Ellis who gave a state of the art biographical review of the famous William Blizzard; he assured us that his claim to fame related not to meteorological events but rather that he played a pivotal role in the flowering of London medicine and surgery. Among his achievements were the development of a medical school at the London Hospital site, the granting of a royal charter to the Royal College of Surgeons (where he was Professor of Anatomy and President on two occasions) and the founding of the Samaritans society. Pilgrims marvelled at Ellis's description of Blizzard's ingenuity and adaptability – he had a unique way of getting patients out of hospital by the simple stratagem of enforcing a rule that all healthy patients had to go to the funerals of recently deceased patients in a graveyard strategically overlooked by the hospital. Ellis did not forget his literary side; apparently Blizzard wrote dreadful doggerel, some of which Matthew Arnold in a moment of aberration set to music. Finally Blizzard appeared to be cursed with the gift of total recall as evidenced by his ability repeatedly to recite Grey's Elegy at the age of 85. Pilgrims appeared undecided as to whether this was a good thing or not. Amidst all this devoted hagiography, Kennedy, using his host privilege to utmost advantage, curtly pointed out that Glasgow medicine had a far longer history than that of the London Hospital.

Next day Pilgrims repaired to the Glasgow Royal Infirmary for a morning of stimulating science: Professor Houslay outlined the intricacies of the cellular action of insulin. Professor Brian Jennett, in a highly entertaining and thought-provoking address, set out the dilemmas presented by hightechnology medicine, life-support systems and the new transplant technology. His renowned colourful and theatrical style was greatly appreciated by Pilgrims and many were seen to be jotting down certain of his selection of *mots justes*. Some of his gems related to ethical debates including “decision by decibel” and “competitive shroud-waving”: Finally, Pilgrims were much taken by his futuristic view of life-and-death decision making – the prospects of professors of clinical bio-ethics carrying bleeps and roaming the corridors and mortuaries of teaching hospitals of the future. After coffee, which they certainly needed for the next presentation, Dr. AF Lever in true controversial style probed and teased Pilgrims with conundrums related to hypertension and the complex maze of multi-centre hypertension trials. Pilgrims rose to the bait and

vigorously contested every point – even though Dr. Lever had nominated one simple ground rule for the discussion, namely that he was generally right and Pilgrims were wrong. Dr. Ralston, in more tranquil vein, introduced us to the enigma of tumour-associated hypercalcaemia and pointed out that the tumour load was not correlated with the degree of hypercalcaemia.

After a modest lunch consisting of approximately six courses, Pilgrims returned to hear Professor Rona MacKie report on a unique collaborative study sponsored by the Scottish melanoma group which had made major clinical, epidemiological and pathological advances in our understanding of this condition as it pertains to Scotland. Vigorous debate followed, particularly when Pilgrim Edwards raised the concept of the “at-risk Scot”. This was not what it appeared to be and bore no relation to prejudicial racial stereotypes (eg Rangers and Celtic). Another amusing concept caught the fancy of Pilgrims – the definition of “Caledonians” as the Scots who had not gone to Australia. Two oncologic presentations followed: one by Dr. Burnett on bone marrow transplantation and another by Mr. Fearon on cancer cachexia. Finally Dr. Rubin gave a delightful presentation on the challenge to a physician attached to an obstetric unit, particularly emphasizing the importance of altered pharmacokinetics and pharmacodynamics due to placental factors – an appropriate rounding off of a wonderful selection of topics.

That evening the Pilgrims had the rare opportunity of having the Burrell collection, the artistic jewel in Glasgow’s crown, all to themselves – a wonderful coup by Kennedy and a rare opportunity for Pilgrims to view in privacy the priceless collection of paintings, sculpture, incunabula and fascinating artefacts. One older Pilgrim became puzzled and then excited as he viewed an ancient artefact which had the extraordinary property of appearing to move when viewed from different angles: this was after a wonderful dinner of course, and it had to be gently pointed out that he had, in fact, been looking in a mirror.

Next day all Pilgrims headed for the Glasgow University Veterinary School for clinical demonstrations and scientific presentations. It began with an introduction to veterinary academic politics and there was a vigorous defence of the cost of educating veterinary students who, it was pointed out, did not have the benefit that medical students had – namely being “propped up by the NHS”. Pilgrims were seen to gaze at each other somewhat sceptically. There followed a comprehensive review of the role of viruses in leukaemia in man and animals with an exciting exposition of the prospects of efficient vaccination, especially by means of immunostimulating complexes (ISCOM). By universal acclaim, however, the highlight of the morning’s activities was the series of clinical demonstrations of neurological disease in animals. Pilgrims were treated to a video demonstration of shaking pups and springer spaniels – exhibiting a progressive demyelination of spinal white matter. A boxer dog was produced who had quite convincing evidence of a progressive proximal axonopathy. This prompted Pilgrim Arnott to demand to see the knee jerks being done. Cerebellar cats were produced from baskets and they staggered about at random, as if in premature celebration of a feline Hogmanay. There then followed “walking of the wards” where Pilgrims had an opportunity to study the intensive care unit and make

comparisons with NHS facilities. Again full marks to Kennedy for an innovative and different morning.

Lunch, as it tends to do, followed. Pilgrims were then transported for an afternoon of sight-seeing: they marvelled at Loch Lomond and some Pilgrims indulged in a daring, bracing walk of about 45 seconds in the shadow of snow-capped Ben Lomond. A brief blizzard (of the non-London Hospital variety) had also been arranged and was much appreciated by those Pilgrims who had forgotten their overcoats. Tea and scrumptious scones in a local hostelry followed – greatly appreciated by Pilgrims who had not eaten a morsel since lunch some forty-five minutes earlier. On return to Glasgow, there followed the familiar ritual of the annual dinner and meeting where the proceedings are traditionally private and, somewhat scandalous and strictly “off the record” for the Scribe.

Sunday morning dawned and not a blizzard in sight. Pilgrims, fortified by a large nitrogenous load, prepared for a morning of auto-stimulation – the Pilgrims Papers. Badenoch led off on the topic of immunisation and reviewed well known infectious diseases. He pointed out that new cases of poliomyelitis were now emerging, that impressive success rates had been achieved particularly in America following mass measles vaccination, touched on the topic of rubella and discussed the progress of a new mumps/measles/rubella combined vaccine currently being tested in the USA and nine European centres. The controversial area of vaccination of children with HIV/AIDS was discussed and the consensus appeared to be against vaccinating with live viruses. Pilgrim Love dealt with a topic beloved of Pilgrims – food and trace elements. He reminded them that there was enough iron in the body to manufacture a stout two and a half inch nail and warned wisely – because of the narrow area of optimal therapy – you could either have too little or too much of zinc, copper and iron. Pilgrims perked up immediately when they heard that oysters had a high content of zinc and that this was the probable reason why hospitalised geriatric patients had low serum zinc values. The most important conclusion was left to the end, namely that the three most important elements in diet were (1) breakfast, (2) lunch, and (3) dinner; some Pilgrims argued for a fourth and fifth dietary prerequisite but Love’s reasonable proposal was accepted. Events took a serious turn when Newsom-Davis led us down the labyrinthine ways of the neurone and the motor endplates. We learnt that at least 50% of patients with small cell cancers had electrophysiological evidence of abnormal nerve conduction probably on the basis of a defect in pre-synaptic release of acetylcholine. With this pronouncement Pilgrims furrowed their brows and concentrated deeply. Newsom-Davis recounted experiments where IgG from patients with small cell cancer was injected into the peritoneum of mice – a lot of interesting things happened when this was done. However, a lot of Pilgrims, including the Scribe, couldn’t remember exactly what it was. Nevertheless, all agreed that it was a marvellous paper and explained everything.

Finally, Pilgrim Saunders presented some fascinating insights into Homer and the Iliad. This apparently was all about men and Gods behaving rather badly and somehow Troy, a miserable collection of huts according to Saunders, was involved. Pilgrims had always thought that there was only one kind of Greek but Saunders

pointed out that there was Greek of the ancient, prehistoric, classical, hellenistic, modern, attic, ionic, epic, etc., varieties. This evidence impressed Pilgrims and all agreed that there did appear to be more than one type of Greek. Many scholars, they were told, had laboured long and hard over the Iliad trying to crack the language code. Along the way a scholar called Bentley figured out what the digamma was all about in 1713 and apparently this simplified something or other. Pilgrims who intended to feature on Mastermind had a field day and were able to trot out all sorts of arcane information at the end of the session, eg Who invented the asterisk? Answer – Aristarchus: Was epic or homeric Greek ever spoken? Answer – Not that Saunders knows of: Was there really a homeric Iliad after all? Answer – Yes, apparently Saunders witnessed some illiterate Serbo-Croatian bards chanting it out in a remote corner of Yugoslavia on a one-string banjo. This concluded a memorable Pilgrimage replete with accessible science, civilised controversy, a cornucopia of Scottish culture, splendid food and above all good fellowship. A triumph for Kennedy.

Oxford 1988

Hosts	Hoffenberg, Weatherall, Badenoch, Walton
Leader	notknown
Scribe	notknown
Secretary	Geddes

The demanding programme devised by Pilgrim Hoffenberg in collaboration with Pilgrim Weatherall would have daunted lesser men but not, of course, Pilgrims – although on receiving their advance programmes they realised that they were facing an intellectual assault course such as had never been demanded of them before. Hence an understandably apprehensive group of Pilgrims gathered on the Thursday evening. For some, however, the prospect had clearly proved too daunting. Pilgrim Peters (Cambridge), for example, withdrew shortly before the meeting on the grounds (it was reported) that the Oxford academic boat was over-weighted with North-American postgraduates. Several (Pilgrims Mitchell, Butterfield and Richmond) deferred their arrival until after academic Friday was over while others, like Pilgrim Dollery, left early on Saturday showing clear signs of intellectual exhaustion. The remaining courageous group included, highly creditably, most of the Pilgrim elders who are allowed, by tradition, to sleep until sherry time, provided they show no signs of obstructive apnoea, but who now faced the molecular challenge fortified with pocket DNA primers rather than the usual hip flasks.

The Pilgrimage began, deceptively enough, with an attempt to disorientate Pilgrims with a coach ride from St. Annes to Merton College by a circuitous route that took twenty minutes to cover 600 yards (as the Oxford crow flies) and still left them only half way to their destination. But their morale was soon boosted by Pilgrim

Badenoch's hospitality, and with a champagne glass in one hand they proceeded to a splendid supper. As they reassembled for the talk by the Hans Sloane Fellow, they were startled to see Bishop Badenoch appearing over a mighty lectern apparently in the act of blessing them. Removing his vestments (metaphorically) and the lectern (with difficulty), Badenoch once more stood before them and gave a succinct and entertaining account of the object of his Fellowship. Hans Sloane who was an Ulsterman, polymath, friend of Sydenham and Boyle, retained a wonderment in science that impelled him, amongst other things, to dissect a drunken elephant. Sloane also advertised the evils of alcohol which had some Pilgrims moving uneasily in their seats. With academic Friday almost upon them, the Pilgrims settled for an early night.

Pilgrim Weatherall introduced the Friday morning session at the John Radcliffe Hospital, describing the construction of the different phases of the hospital and the inevitable failure to begin phase three. The scientific sessions began with a lucid account by Professor Andrew McMichael of the role of class 1 antigens in the body's protection against viral infections, such as influenza. Elegant experiments, simply explained, beguiled some Pilgrims into thinking that their earlier anxieties about molecular medicine were misplaced, though they weren't sure whether knowing that their own T cells (if they happened to be A23) were attacking peptide 55-73 of the nuclear protein would make the somatic symptoms any more tolerable. More immunology was to follow from Professor Peter Morris. Although at first suspicious of a Thinking Surgeon (they had never met one before in the United Kingdom), Pilgrims were immediately reassured when they learnt that Professor Morris was Australian. Appropriately enough, his topic was "Tolerance Induction" and they were very impressed at a slide showing a mouse heart apparently grafted on to the speaker's hand, while not altogether understanding the advantage of this procedure to either party. A molecular paediatrician (Professor Richard Moxon) addressed them next, although Pilgrims couldn't see that he was very different from the other non-molecular variety.

Coffee restored vitality to some Pilgrims, visibly flagging at this point. There followed an elegant presentation from Dr. Steve Reeders, Lecturer at the Nuffield Department of Medicine, but recently ensnared by Yale, describing the outcome of his intensive efforts to locate the gene for polycystic disease of the kidneys on chromosome 16. He was followed by Dr. John Bell, Wellcome Fellow and Canadian Rhodes Scholar, who focused on the role of HLA Class II in conferring susceptibility to insulin-dependent diabetes. Pilgrim Pyke showed that he was wide awake at this point by asking a question, while Pilgrim Matthews' shoulders were seen to be shaking silently when the speaker described DNA amplification techniques that provided, he assured us, "more DNA than you'd know what to do with". The morning ended with a description by Professor Peter Sleight of the outcome of ISIS (International Studies of Infarct Survival). Such studies had provided information available in no other way as to the value of different treatments. Pilgrim Oliver provided the stamp of approval here, and Pilgrims were impressed by the efforts needed to generate and sustain international cooperation of this scale.

After lunch Dr. David Warrell presented evidence that the sluggish transit of

infected red blood cells was the cause of cerebral malaria and emphasized the seriousness of this complication. The session was concluded by Dr. Brian Sykes' talk on the genetics of collagen, illustrated with short lengths of rope and other memorabilia; the toll genes had been identified as defective in osteogenesis imperfecta but Pilgrims were more interested in Dupuytren's contracture. If the gene for that could be identified, it would seem that mothers could be offered ante-natal diagnosis but Pilgrims seemed reluctant to follow the implication that, if available at an earlier time, this would have ironically deprived the Pilgrim brothers of their most senior and respected clinical geneticist.

By mid-afternoon, fortified by tea, Pilgrims visited the Ashmolean. Here the Scribe played truant for an hour or two, and unhappily missed many of the cultural *bon mots* that must have been offered.

In the evening Pilgrims proceeded to Green College for a delightful concert by the Green College Music Society that contained French and Slavonic music, arranged by Pilgrim (and Warden of Green College) Walton. Sherry was drunk with the musicians in the Telescope Room of the Observatory.

On Saturday morning Pilgrims had a biological feast. Professor Colin Blakemore revealed the mysteries of amplyopia with characteristic lucidity, but was nevertheless baffled by Pilgrim Oliver's personal anecdote of the improvement of vision in his unaffected eye after cataract surgery on the other for a squash ball injury: Pilgrims were glad for him because this meant that there was, after all, more research still to be done. Dr. Simon Gordon focused on the ubiquitous and multi-functional macrophage and Professor George Brownlee returned to a molecular theme in describing experiments to elucidate Christmas disease. The morning ended with the Regius Professor, Henry Harris, providing an intriguing overview of the cell biology of cancer.

Lunch at the Divinity Schools was rated a great success, and Pilgrim Clarke was spotted by Pilgrim Ball apparently trying to put an extra cream brandy snap into his pocket to fortify himself until tea time. It also provided an opportunity for sporting Pilgrims (Badenoch, Vallance-Owen) to forsake culture (a visit to the Bodleian) for rugby (France *v* Wales). Those who visited the Bodleian were apprehensive at the thought of a walk along the thirty-six miles of shelves, which was mercifully abbreviated. Pilgrims, always interested in academic matters, noted that as a copyright library the Bodleian held samples of publications on subjects as diverse as motorcycle manuals (of little interest to Pilgrims) and pornography (a quite different matter on which the Scribe would not wish to comment, except to note in passing that Pilgrim Kennedy became temporarily separated from the group owing to his academic absorption in a dusty little volume entitled "Valley of Desire"). Tea at St. Edmund's Hall, the Annual General Meeting and then a reception and excellent dinner at Wolfson College by kind permission of the President, Pilgrim Hoffenberg.

On Sunday morning, Pilgrims entertained each other. Pilgrim Hawkins' account of our founder, Arthur Hurst, was certainly the highlight, reminding us that this was our 60th birthday. Suitably for the Oxford environment, Pilgrim Clarke pointed out the health risks believed (in 1890) to be associated with bicycling, including pudendal damage and unspecified problems for female cyclists which, for the present membership at

least, will not be of direct concern to Pilgrims. Pilgrim Matthews then recounted the history of the Oxford Clinical School which is young in years and in spirits, and much dependent for its present success on the Pilgrims long associated with the School. From this to Pilgrim Pyke's obsession, Gallipoli, one that absorbed us all, and provided an indication of the physician as polymath.

Barcelona 1989

Host	Vilardell
Leader	Bouchier
Scribe	Saunders
Secretary	Geddes

Seventeen Pilgrims and fifteen spouses gathered at Heathrow Airport on the morning of May 3rd. It proved to have been quicker to get there from Dublin (Pilgrim FitzGerald) than from Blackheath (Scribe). The latter met Pilgrim Ledingham walking into the booking hall; within microseconds both spouses were off shopping. The plane left on time.

On arrival in Barcelona we were met by Francisco Vilardell, and the bus took us to the Hotel Colon (the word referring to Columbus who set sail from Barcelone and not, as one ignorant Pilgrim thought, to the anatomical structure). During the afternoon, Pilgrims took a siesta, went to the Picasso Gallery or rambled down the Ramblas. Back at the Hotel Colon electrical refurbishment meant that those Pilgrims resting in their rooms were intermittently illuminated until dinner time. Later, a vocal demonstration was heard in the streets outside the hotel: enquiries revealed that there was some popular anxiety about the hospital service – Pilgrims felt at home. In the evening Francisco Vilardell gave a short introductory talk and with a rapid succession of slides, gave some idea of the antiquity and range of Catalan civilisation. The Scribe noted particularly a slide of a Picasso mural taken from between Roman columns, and the extraordinary architecture of Gaudi, and Pilgrims were reminded that this was the home of Salvador Dali and Miro.

On Thursday Pilgrims prepared for science and, indeed, spent all morning at it, meeting at the Royal Academy of Medicine, a building more ornate than any comparable institution in the UK, with a fine council chamber and an anatomy theatre overlooked by a bust of Gimbrat, a famous anatomist with an eponymous ligament. A few Pilgrims said they knew where it was, but fewer believed them. The scientific programme was certainly wide-ranging. Dr. Solsona appeared at a few hours notice for Professor J Marsal, taken ill at the last moment, and spoke brilliantly on the effects of botulinus and tetanus toxins on cholinergic synaptosomes isolated from the electric organ of *Torpedo marmorata*. It transpired that this was not, as some Pilgrims had thought, a Catalan keyboard player, but a fish designed by the Almighty

specifically for the benefit of pharmacologists since its aforesaid organ, which is large, contains one thousand times more cholinergic nerve terminals than the equivalent weight of muscle. Pilgrims were curious about all of this, but Pilgrim Hawkins was more concerned about fish safety procedures, worried lest *T marmorata* should perchance electrocute itself. He was eventually reassured. Other talks concerned the endocrinology of reproduction, new approaches to bone marrow purging for autologous transplantation such as selecting the good cells as well as eliminating the bad, and the latest information on the search for the cystic fibrosis genes – Pilgrims were not surprised to hear the name of R Williamson and, while impressed by recent progress, were relieved that they were up to date in that the present overall position was as expressed by R Williamson five years ago, namely that the gene would be found next week.

After coffee, the first talk was from Dr. E Jelfi on the toxic oil syndrome which had affected 20,000 people, with a peak admission rate of 600 patients per day and about 350 deaths. The epidemiology and detailed pharmacology were still being worked out. Other communications concerned stomach emptying in marathon runners; manometric measurements in the upper bowel and the findings in patients with functional disorders of the intestine; strategies for the treatment, or not, of chronic lymphatic leukaemia; and the merits of rapid paracentesis (with intravenous albumin) as opposed to diuretic therapy in hepatic ascites – a study that may change clinical practice.

A stroll in the sunshine led Pilgrims to the Restaurant Agut D'Avignon for lunch with the scientific speakers of the morning. Professor Oriol Bosch led a discussion on current trends in medical education. In response to the news that Harvard had changed its curriculum, Pilgrim Ellis remarked that this wasn't new and that they did it every five minutes but this was the lower limit of Pilgrims cynicism, and the subject provoked the normal lively and inconclusive discussion.

In the evening Pilgrims dined at the home of Francisco and Leonora Vilardell. Pilgrims and spouses found themselves drinking champagne on a terrace with a remarkable view over the city followed by an excellent meal served by liveried staff.

On the Friday, Pilgrims toured: a bus ride to the Royal Monastery of Santa Maria de Poplet accompanied by a most informative commentary, particularly on the architecture of Barcelona. The monastery proved to be set in peaceful countryside, a Cistercian 12th-century foundation with the oldest parts built of sandstone in the Romanesque. The wine cellar showed that the earliest inhabitants had their priorities right, as it contained a stone vat six feet wide and eight feet deep, now sadly empty. A country lunch followed at the Castle of Riudabella where Pilgrims were faced with wine in a poron, a glass container with a fine spout from which an equally fine jet of wine appeared – thus pourer and glass may be separated by several feet. After lunch it transpired that Pilgrim Ball had so far scored Hoopooes and Crag Martins, and had spotted a Spanish Fir hitherto unknown either to science or to him. He had also pinched a cutting from a Banksian rose, and noted the song of nightingales in the valley below to which he duly directed the attention of Pilgrims, who sighed at the mastery of our resident natural philosopher.

Pilgrims returned to Barcelona, rested a while and went to dinner at the Circulo del Liceo, the oldest private club in Barcelona, next to the opera house. A speech of thanks was given by Pilgrim Hawkins, who appears to be featuring largely in this account, even for him. He concluded with several phrases which he professed to be Spanish in nature; our hosts responded with extravagant gestures (manual) of appreciation, or possibly pure puzzlement.

It was all good preparation for Pilgrims Papers on Saturday at the Hospital de la Santa Cruz y San Pablo, the oldest hospital in the city, of remarkable architecture with spectacular ceramics and sympathetically adapted to modern requirements. Pilgrim Kennedy spoke on MRC glomerulonephritis trials, a tricky area well explained. Pilgrim Ledingham told us about PTH platelets and intracellular calcium, the calcium that counts – PTH may be more involved in real life (or death) than Pilgrims had appreciated. The Leader, Pilgrim Bouchier, abandoned temporarily his shepherding duties to tell about gall stones and their causation. Finally Pilgrim Mitchell gave a presentation entitled “A Tall Story”: Pilgrims were prepared for this sort of story from this source. There was, according to Mitchell, a strong correlation between high social class, literacy, intelligence, riches and success in life on the one hand and height on the other. Blood groups also come into it; O is bad, A is good. Initial response from the Chairman (Pilgrim FitzGerald, group A, but only 5'8") was muted and your Scribe (group O, 6'1") thought it best to hold his peace. Pilgrim Edwards (group O, 5'8"), however, proceeded to tell a long story about eight men, two women, a boat and plasma testosterone levels which left the Scribe absolutely stranded, but doubtless it held some deep-down meaning.

Pilgrims joined the ladies at the Catalan National Museum and from there went to the Miro Gallery. The day ended with the Pilgrims' dinner and by this time the Scribe was no longer taking notes. The Scribe concluded by mentioning the weather, which was perfect, the distinguished guests whom we met, the success of the invitation to spouses who have not been mentioned separately because they were integral to almost all the programme, and finally and most importantly, the entertaining and courteous hospitality and organisation of Francisco and Leonora Vilardell.

Edinburgh 1990

Hosts	Edwards, Oliver
Leader	not known
Scribe	not known
Secretary	Geddes

Sally and Pilgrim Edwards greeted the travel weary Pilgrims in 18th-century style with iced champagne and delicious fruit. The Pilgrims admired the curved staircase and spacious room, “But why”, said a Pilgrim jestingly, “had a Ford Fiesta been left on the drive!”. “Which end of the dining room do you eat *en famille*?” – “in the kitchen of course, this is one of Chris’s three studies”. After a delicious meal and a final malt whisky we repaired to the Carlton Highland Hotel, four levels by lift above Waverley Station.

The Royal Society of Edinburgh was our home for the scientific communications. Professor David Brock reminded us of Scotland’s contributions to ultrasound, to alphafetoprotein, to fetoscopy and Southern blots leading up to the observation that all the major autosomal recessive conditions were now diagnosable in the early weeks of gestation and the implication that the problems had been scotched. In answer to Pilgrim Mahler’s question on the ethics of counselling, he introduced us to Brock’s law: no-one should engage in ethical discussion until a technique was feasible; once it was, scientists were blamed for not having sorted out the ethics beforehand. There was general agreement with Pilgrim Hoffenberg’s remark that Brock’s standards were well up to those of Father Brock (distinguished Professor of Medicine in Cape Town) who had been responsible for Hoffenberg’s early education. Professor Denis Lincoln then chilled us with the 400% increase in world population since the foundation of the Pilgrims, which showed little sign of slowing despite a range of techniques developed in Edinburgh, ranging from kilts and bagpipes to vaccines effective in the marmoset. The real issue was whether plateauing would occur at 12 or at 25 billion.

After coffee Dr. Michael Steel brought us up to date on the molecular pathogenesis of leukaemia, moving smoothly from translocations to oncogenes to potential tumour suppressors, the latter being demonstrated by cell fusion studies. Dr. Graham Bird gave an elegant analysis of the Edinburgh drug-using HIV cohort stating that “the problem has not gone away, rather it has not arrived yet”. The median time to clinical illness was likely to be some thirteen years, being slower in younger patients. Professor Andrew Wyllie introduced us to apoptosis, cell death and its mechanism in embryogenesis, in immune response and in tumour growth. The name apoptosis – coined by Sir Alastair Currie, Professor of Pathology in Edinburgh, on the basis of the Homeric fall of leaves in autumn – also described the loss of hair from bald heads (a partially penetrant Pilgrim disorder?) or the rejection of renegade members of holy orders. Upon this note we broke for lunch, but not before learning Wyllie’s rule – “A faded slide is the one we are most proud of”:

In the afternoon Dr. Bill McNee talked of the passage of neutrophils through the lungs; and Dr. Sandy Muir, the new postgraduate dean in Edinburgh, on the

neutrophil in myocardial infarction, passed the postprandial test of keeping most Pilgrims awake most of the time. Finally, Professor George Fink shared with us amazing images of two dimensional 2 deoxy-D-glucose uptake in the human brain when the eyes are fixed on a complicated image rather than merely open. We were told that localisation in the brain was on the way back to respectability and even saw an image of the parahippocampal anxiety centre.

Four o'clock in the National Portrait Gallery of Scotland for an elegant tour by Dr. Duncan Thomson. Keeper Thomson introduced the Scottish enlightenment and intrigued Pilgrim Hoffenberg (apoptotic) with asymmetric sideburns. Dinner in the New Club (by courtesy of Pilgrim Oliver) only two hundred years old but more recently rebuilt, gave your Scribe a chance to learn that Pilgrim Kennedy had dug runways on Tiree and that conservative Pilgrims preferred MacTaggart to the other paintings and tapestries on the walls.

Dr. Gordon Duff, Chairman Elect of Molecular Medicine, Sheffield, "one of the six professors replacing Pilgrim Richmond"; introduced us to the role of interleukin I in rheumatoid arthritis. Professor Ian McConnell further explored the nature-nurture debate in reviewing retroviruses and arthritis; 200,000 sheep had died of scrapie in the 1943 Icelandic epidemic. After coffee Dr. Jim Hope, a protein biochemist by first career, brought us up to date on prions and left us better informed, but still confused, about these agents. Finally, Pilgrim Oliver's successor, Professor Keith Fox, gave us the latest on thrombolytic therapy for acute coronary infarction; it did reduce deaths, despite some increase in re-infarctions, and perhaps strokes. Professor Oliver's promise of silence was not put to the test as the session was too far behind time to allow discussion.

After lunch, Pilgrims pursued Professor Oliver by coach through the Border country to Traquair House. We approached it by a detour down the temporary drive, the main gates having been closed since Bonnie Prince Charlie left in 1645. Flora Maxwell Stewart gave us a detailed and personal tour of the house which extended over 800 years from a single royal tower to an elegant habitation from which the damp was kept out by a mixture of domesticity and draughts. Back at Edinburgh, our indefatigable coach fetched us from the hotel and avoided that morning's risk that some Pilgrims would enter the Murrayfield rugby coach with "hypertrophic young gentlemen" – the Scotland rugby team – sent to the Carlton Highland Hotel to persecute certain Pilgrims.

Pilgrim Richmond greeted us with elegance at the Royal College of Physicians and pointed out that the Edinburgh membership had always been fair to candidates – 100% pass rate for the one candidate sitting the examination in 1682. We again had the opportunity to wonder at Edinburgh's contribution to medicine and to note that it was the first university in the United Kingdom to offer medical study to those other than members of the established church. Joan Ferguson showed us a marvellous array of books and we were able to see and handle not only the Vesalius but also the bound volume of memorabilia of Pilgrims. The Pilgrims were most grateful for an opportunity to dine in the College, especially on the day during which Pilgrim Vilardell had joined its fellowship.

The formal minutes of the AGM are a matter for the Secretary, but Archivist Hawkins reported that Pilgrim Smart had gifted a metal deed box to replace the previous baked bean cardboard one. Then Pilgrim Smart launched into a review of the lifeboat service, including the modern development of a string to pull the boat the right way up in the event of a capsize. Pilgrims were not clear as to what happened if the string broke. At the moment when he began to tackle the problem of how he modernised the medical side of the Royal National Lifeboat Service which was staffed by “excellent men in a boat lacking common sense” your Scribe had to leave to catch the train to Manchester and unfortunately missed both “Clinical AIDS” by Pilgrim Geddes and a promised video of Barcelona.

Dublin 1991

Host	Muiris Fitzgerald
Leader	not known
Scribe	not known
Secretary	Geddes

Pilgrims and their wives arrived in a matter-of-fact way which belied the “overseas” definition of the occasion. Their customary light supper was followed by a delightful re-enaction by Professor Gus Martin of “James Joyce and the stream of consciousness”; a fitting cultural acclimatisation.

The scientific programme opened in the Royal College of Physicians of Ireland, newly restored to magnificence, which included a Presidential chair with built-in commode (donated in 1989). Professor Donald Weir condensed his lifetime interest in the link between defective methylation and myelopathy and reminded us that innovation always entails new occupational hazards, exemplified here by the use of nitrous oxide as a whipping agent in making ice cream. In a masterpiece of clarification without oversimplification Dr. Desmond Carney offered a unitary concept of bronchogenic tumours and the potential which it offers for triage and selective treatment. Dr. Tim McDonnell did the same for adult respiratory distress syndrome, but with prevention in mind. Dr. Eoin O’Brien took us through the history of ambulatory measurement of blood pressure from its earliest days with Hales’s horse – at a stage near to which Dollery and Pentecost claimed to have been personally involved – to its present technical tyranny: his stream of consciousness was worthy of Joyce and included a gruesome Della Francesca, the shooting of corks from champagne bottles and the entirely Irish logic of the naming of the Beaumont Hospital.

Of the afternoon we retain a more impressionistic memory of Dr. Barry Bresnahan as at once a challenging rheumatologist and a former British Lions (rugby) centre, and of Dr. McKenna’s scholarly attempt at reconciling the irreconcilable, modern investigation of the pituitary-adrenal axis and economic restraint.

The evening was spent at Dublin Castle. The much-heralded security cordon happily failed to materialise, and we were entertained and instructed in a setting which brought out the glories and the equivocations of Anglo-Irish relations: we then dined in the 1916 Room as guests of the Chief Medical Officer.

Saturday was bewildering. In the morning we visited St. Vincent's Hospital "by a slight detour, as it was only a very short distance from the hotel"; and so by way of Dublin Bay (Joycean epithets here omitted). Once there we were greeted mysteriously in Japanese English through a robotic eye in which swam tropical fish. There followed an enthralling *tour-de-force* by Dr. Henry Lowe on the potential of the computer for clinical education, diagnosis and the retrieval of references, with independent guidance on best buys. After coffee a practical diagnostic exercise produced an indecisive result of a kind which was oddly familiar: the whole occasion aroused a deal of constructive disagreement, and impressions which each must synthesise for himself.

The afternoon was spent in the valley of the Boyne, where contrasting views of Ireland's past were provided by the counterpoint of Professor Eogan on prehistory and our driver/mentor/guide on the Act of Union and after. Visions of Pilgrims and their wives sheltering from the hail under Government golf umbrellas labelled in Gaelic, a reconstruction at Newgrange of the rising sun at the winter solstice shining precisely into the Iberian tomb (*circa* 3,000BC) and the unremarked abandoned mansions along our route reinforced Professor Eogan's axiom that for a nation to be central or peripheral to world affairs was never a permanent condition.

In the evening we were hosts to the Registrar of the University College and our speakers at Malahide Castle, a happy amalgam of medieval keep, stately home and period leisure park. At dinner the lady minstrels were hard put to it to compete with the *fortissimo* conversation.

The Pilgrims' Papers session on Sunday morning was started by Hawkins who gave a talk on Photography and Painting. He began by showing photographs and paintings of nude ladies which helped to awaken the Pilgrims from their post-Saturday night stupor. He then went on to describe how distinguished painters had used photographs as a basis for their painting. Using two projectors, which caused some confusion to Pilgrims who sometimes had difficulty coping with one, Hawkins illustrated his talk with splendid examples of his own work thus perpetuating the tradition of the polymath Pilgrim. Himsworth talked about the modern concepts of thyroid disease, starting his presentation with a brief biography of Graves, whose memory is still revered in Dublin medical circles. Tomlinson then described the setting up of the Manchester Diabetes Centre, for which he raised £180,000. Dollery, as is his wont, requested scientific evidence of cost/benefit. Tomlinson reassured him that this would be provided in due course.

The session ended with a learned dissertation by Kennedy on malt whisky. He told us that there were 114 single malts distilled in Scotland and went on to describe their geographical location and manufacture. Malts that have matured for twelve to fifteen years are apparently the best. With regard to brand names, Glenmorangie (from the Secretary's part of Scotland) is hard to beat. Pilgrims present were seen noting this in their diaries for future reference. Kennedy finished by delivering a blistering attack on those who add lemonade and other synthetic liquids to malt whisky. The only respectable companion for a single malt is water (preferably from Scotland) which

should be added in approximately equal quantities to the whisky. Maturation of single malt whisky should take place over eight to ten years, during which time there is a 15% evaporation – known in the trade as the “Angel’s Dram”.

Pilgrims then departed to find their own way home. The Secretary was sitting strapped into his seat on the plane for Birmingham when he noted two vaguely familiar figures hurrying towards a nearby plane destined for Barcelona (the venue for a previous Pilgrimage). Fortunately, an Aer Lingus hostess re-directed Hawkins and wife towards the Birmingham plane which took off immediately they were seated. Hawkins blamed a leprechaun in the Aer Lingus booking system for giving him the wrong time of departure of the flight.

There is some danger, thanks to Clifford Hawkins, that the annals of Pilgrimages will be construed as meaningful commentaries on their times. The leading theme of this one, not, I hope, laboured to excess, seemed to your Scribe to be Dublin’s determination to be a capital city of the European Community without losing its perennial attractions. We are very grateful to Muiris FitzGerald and all our hosts for showing how well it is succeeding.

Cambridge 1992

Hosts	Peters, Compston
Leader	Richmond
Scribe	Tomlinson
Secretary	Geddes

We arrived late – my navigator Pilgrim Turnberg PRCP (recently elected) doubtless having more important things on his mind than finding the Garden House Hotel. Your Scribe, therefore, successfully navigated us to Pilgrim Peters’ home for supper. Our Leader, John Richmond, gave a welcoming address, remarking on the Pilgrim tradition of eating lightly and frugally (note the absence of any reference to drink!). We had a delightful supper with Pilgrim Peters, Pam and their children Hanna and James. Pilgrim Peters showed off his broken arm, held in a sling and informed us of the difficulties of pursuing tasks of every-day living, such as taking a bath; Pilgrim Smart proudly announced that he hadn’t had a bath for 20 years.

We returned to the hotel by various routes. Pilgrims Saunders and Reid were in the bar. They were dismayed that to get a drink they thought they might have to sign a paper to say (a) they were resident and/or (b) they were alcoholic – a somewhat puritanical approach compared with our lively lodgings in Dublin and very perplexing for a Scot from Glasgow! We were joined by Pilgrim Hoffenberg who clearly looked sufficiently respectable to be served.

Next day we had a spring-like start to the main business of our Pilgrimage and a brisk walk to Christ’s College. All were impressed with the old College buildings; however

Pilgrim Love did remark unkindly, but accurately, upon the resemblance of the relatively new lecture theatre block to holiday flats in Sardinia. Pilgrim Saunders, on reviewing the printed programme, commented that it was well balanced – no molecular biology, he said. He was wrong! Our Leader in his introduction emphasised that we Pilgrims were in Cambridge for serious scientific business and purification of the soul.

Alastair Compston opened the meeting by describing his success in raising £5 million for a Centre for Brain Repair (Pilgrims listened attentively). He told us that the Multiple Sclerosis Society had raised £2 million as a consequence of Sir Ranulph Fiennes failure to walk to the North Pole – speculating what might have been if he'd succeeded. At the end of this introductory talk our Leader commented on the quality of the discussion and how alert Pilgrims had been – Saunders, *sotto voce* to your Scribe, “so far – its only Friday”. Charles Ffrench-Constant then described his studies of glial cell manipulation as potential treatment for demyelinating disease; this was followed by much vigorous discussion, Pilgrims Walton and Newsom-Davis contributing. Next a paper on memory from John Hodges. His famous face test aroused much interest – a test of memory, fellow Pilgrims, how many of those present in Cambridge could name the four faces he showed? Tony Hancock, Roger Bannister, Clement Attlee and Flora Robson. This paper stimulated a great deal of discussion, especially concerning the effects of alcohol on memory. Pilgrim Edwards informed us that increased alcohol intake had done wonders for the creative component of John Dickinson's Royal College of Organists' Examination but had not helped him with the cognitive part – he did eventually pass.

Dr. Lynne Murray then described the adverse effects of maternal postnatal depression on infant behaviour and Dr. Alan Lucas gave a fascinating talk on the relationship between early nutrition and childhood eczema and asthma. Our Leader thanked both speakers saying they had made a splendid case for paediatricians not seceding from the adult physicians. Tim Cox finished a marvellous morning session by describing the innovative Cambridge undergraduate MB PhD programme.

After lunch, Professor Laurie Hall described his imaging work of animal models of human disease. He showed beautiful computer pictures of oranges which, he said, had taken seven years and £6.5 million to produce. He predicted that the future of MRI lay in special purpose, low cost machines – about half a million in price; we were much relieved, of course, when he told us that such machines could be built by DIY enthusiasts, at a snip, for between £50–£100,000.

Alasdair Liddell, Regional General Manager for the East Anglian Health Authority, then described his “rubber windmill project” – a workshop simulation of the new market-orientated NHS (why rubber windmill, I don't know – he didn't either). He said, enthusiastically, it was just like the real NHS – nobody had time to think or plan. He finished by commenting on his own “how to handle the media” session. He had put together a very carefully crafted press release about the workshop which resulted next morning in a *Daily Mirror* headline “NHS market crashes” – a man with a sense of humour!

That completed the science for the day. In the afternoon we first visited the magnificent Wren Library which houses priceless manuscripts including Milton's shorter poems, an early edition of Shakespeare's “Venus and Adonis”, Newton's Latin

exercise book from his time at Grantham School and, most importantly of all, an original version of AA Milne's "Winnie the Pooh".

On to the Botanical Gardens by taxi which dropped us outside the Institute of the Blessed Virgin Mary (your Scribe's translation of the Latin inscription above the door from which young women were pouring). On being informed by Alastair Compston that this was a Girls High School, Pilgrim Badenoch observed we were 20 or so middle-aged men in raincoats and suggested we move on quickly for fear of being arrested for loitering. The gardens were splendid: Mistery Orriss and Villers, our knowledgeable and enthusiastic guides, showed us around. There was much interest in the carnivorous plants (several of which had apparently gone vegan) and the many medicinal plants including colchicum, hyoscyamus, vinca, foxglove and, of course, that most medicinal of berries, the juniper. Mr. Orris told us that rosemary improves the memory (memory again!), and with increasing pressure for income generation the University had decided to market it to undergraduates before Finals. We gathered around an apple tree, said to be yet another cutting from the original made famous by Isaac Newton, and Pilgrim Edwards thanked our guides, regretting the absence of Peter Ball, who is himself an expert horticulturist. Now it was cold and raining, so we quickly repaired to the hotel to thaw out.

Dinner at the Cambridge Centre. After a champagne reception and the Selkirk grace from our Secretary, we had a magnificent dinner including three different wines and even vodka in the cream sauce with salmon (Pilgrims will recall our Leader's comment the day before about eating lightly and frugally). Pilgrim Richmond welcomed our guests, including Emerson from Brisbane as an honorary Pilgrim, and Jack Plumb, past Master of Christ's College, a very distinguished historian and, according to Pilgrim Peters, a man of trenchant wit and a deep aversion to doctors. Professor Plumb described to us the history of Ely Cathedral and talked to us about death, dying, sin, purgatory, hell and their relationship to Addenbrooke's Hospital. He remarked (and here there was a hint of aversion to doctors) on the ceaseless pursuit of triumph over death in life and how most people seemed to be seeking something else other than death. He had decided, he said, that he would settle for oblivion – a cheering thought to end the day!

Another spring-like day and a walk to college. Pilgrim Walton informed your Scribe that he had earlier caught Pilgrim Edwards out jogging and that this serious misdemeanour – nay sin – must be included in the official record.

Pilgrim Peters introduced Greg Winter who talked about his synthetic immune system, HAMA's and HAHA's (Pilgrims Edwards and FitzGerald enlightened me) and the treatment of Hodgkins lymphoma. Kris Chatterjee described his work on syndromes of resistance to thyroid hormones which stimulated much discussion amongst the large number of distinguished thyroid specialists, including Pilgrims Hall, Hoffenberg and McGregor. The equally distinguished but not so specialised Edwards and Reid joined in. Herman Waldmann then took us through some of his studies of the immune system focusing on the CD4 antibody which allows development of immune tolerance without killing the T cells, and which has major implications for organ transplantation and autoimmune disease. The next talk by Andrew Carmichael on cytotoxic T cells in HIV infection was speedily delivered but slowly received by your Scribe. There were several questions, including one from

Pilgrim McGregor; your Scribe, I fear, understood neither the question nor the answer; he was, however, reassured (a little!) when Pilgrim Saunders said he was equally mystified.

After coffee, Mark Weatherall (son of Pilgrim Weatherall) told us about Gowland-Hopkins and Mellanby *et al* and vitamins in Cambridge; about scurvy, beri-beri, pellagra and rickets; about ignorance, intolerance and Edwina Currie. There then followed animated discussion amongst Walton, Bouchier, Oliver and Mahler about the relative merits of lemons, limes, green vegetables and paprika as a source of vitamin C. The last talk on Saturday morning was on prevention of osteoporosis by Kay-Tee Khaw, the youngest clinical Professor in Cambridge. In closing, Pilgrim Cohen suggested she undertake much needed longitudinal studies since she was well placed to do so. He went on to thank all speakers for the quality of both presentation and content in this intellectual powerhouse.

In the afternoon we proceeded to the Scott Polar Research Institute where Harry King – brought in from mothballs (his words not mine) – was our guide. The library, he told us, takes over 1,000 periodicals and publishes the Polar Record. Pilgrim Pyke asked to see a Polar Gazette and secretly pored over it; with much cajoling the secret was revealed – his father, Geoffrey, had invented the first powered vehicle for running on snow, which he named, inexplicably, not snow cat or arctic fox or polar bear but “the Weasel”. Furthermore, his biography (so Pilgrim Edwards informed us) was called “Pyke the Unknown Genius” and he had had a glacier named after him which Pyke minor now found detailed in the Gazette. Not to be outdone by Pyke’s glacier, fellow Pilgrims found Walton and Cohen mountains, a Richmond peak and even a Mount Tomlinson. The afternoon finished with a recital on Scott’s barrelorgan and words of thanks from Pilgrim Hall who commented upon the link between Scott and Cardiff from where Scott set sail on his illfated journey to the South Pole.

In the evening we were treated to a marvellous choral concert in Christ’s College Chapel before dinner, hosted by the Master Sir Hans Kornberg, who began his career as a lab technician with Hans Krebs in Sheffield – there’s hope for us all! During an unscheduled post-prandial interval Pilgrim Peters acted as Regius lavatory attendant. Our Leader, in thanking our hosts, briefly described the origin of the Pilgrims in 1928 – for good fellowship and knowledge. At the first meeting in Paris, knowledge was low on the agenda since Pilgrims flew to Paris, attended a circus and a review, and returned home. Sadly, because of Pilgrim Ball’s absence through illness, our Secretary had to read the Scribe’s record of the superb Dublin meeting.

At the Pilgrims’ Business Meeting on Sunday morning several not yet alert Pilgrims were rudely awakened when the Secretary mentioned the possibility of election of women members. He recalled the unwritten rule that Pilgrims should nominate for election only those with whom they would be willing to share a room. Pilgrim Butterfield demanded a postal vote. Pilgrim Walton recalled another unwritten rule that teetotallers were also banned.

The first Pilgrims Paper was given by Walton on Osler, Oxford and “the Open Arms” (13 Norham Gardens), so-called because of Osler’s hospitality – he once invited 120 people to take tea. We were reminded that there was one physician still alive who had done ward rounds with Osler – Alec Cooke. At this point, your Scribe cannot resist a Cookism: “Reality is a state of mind created by a lack of alcohol”.

Pilgrim McGregor preceded his talk on insulin-like growth factors, cardiomegaly and thyroid disease by telling us that in coming to Cambridge, like other Pilgrims, he too was returning home; he had been a temporary waiter at the Garden House Hotel and had been given a racing tip (in lieu of the other kind of tip) by Sir Gordon Richards – the horse crossed the finishing line first, but unfortunately without the jockey – he has not gambled since! Pilgrim Cohen then talked about diabetic ketoacidosis, cellular pH and lactate transport. Leader Richmond announced that his previous paper to the Pilgrims was in 1957 when he was lecturer in Pilgrim Dunlop's department in Edinburgh, when the present Secretary (Geddes) was house physician – adding that he had done what he had been told by Geddes ever since. He reviewed his studies of splenic function and finished by showing a picture of a fine claret Chateau Chasse-Spleen – to chase away melancholy, he said.

The Scribe (Tomlinson) then talked about fraud and misrepresentation in medical research (not from a personal standpoint, you understand) and finished with a discussion of the perils of gift authorship (someone once said it's like claiming you wrote "Hamlet" because you lent Shakespeare a pencil). Professor Emmerson, Honorary Pilgrim, proposed a vote of thanks for science and fellowship and our Leader thanked Pilgrim Peters for the superb hospitality, Alastair Compston for the organisation and Pilgrim Geddes for his usual, highly efficient secretaryship. Lunch was in the old combination room and Pilgrims departed.

Bristol 1993

Hosts	Read, Heaton
Leader	not known
Scribe	not known
Secretary	Geddes

All roads led to Bristol on Thursday, May 6th, and if the Hilton Hotel is not the focal point of the city, nevertheless Pilgrims managed to make their way thither. Avoiding the enticements of competing functions along their several routes they found refuge within, with relief in a space furnished, in alphabetical priority, with drink, food, hosts and other Pilgrims, but strangely lacking in chairs. Revived, refreshed, seated and subdued by an excellent repast the Pilgrims settled to an enthralling account, spectacularly illustrated, of the Royal Tombs of Vergina by John Musgrave, a classic anatomist, and Eileen Rice of Oxford. The archaeological discoveries so completely consistent with the historical record, and the inferences concerning the identities of the cremated remains could only be wondered at. The talk was but a first indication of Alan Read's eclectic erudition.

Next day, on a bright and breezy morning, potentially wayward Pilgrims were corralled in a bus which meandered (can this archaeological metaphor be maintained?) amongst the several hills of Bristol to the Senior Common Room for

Science. A genial Dick Denton, having noted the strong field of diabetology Pilgrims, opened the session with a review of the molecular basis of insulin action and the cascade of events initiated by the binding of the hormone to its receptor. He speculated on the instability of the system but was not himself off balance in dealing firmly with questions from Pilgrims Cohen and Tomlinson. Continuing the molecular theme, Chris Paraskeva discussed the cancer cell and the hypothesis that cancer was, in part, a staving of the progress to cellular senescence. This concept appealed to some venerable Pilgrims who were struggling against apoptosis (Greek again).

After the break, as Pilgrim Pyke would say, Juliette Combes spoke not only on the fleeting murmurs but concrete palaeopathology as revealed by the contents of mediaeval burial grounds. Why did our ancestors escape rheumatoid arthritis and what caused the common periostitis centuries before syphilis, were but two of her conundra. The Pilgrims, mindful of selfindulgence past and future, were less happy to hear of skeletal evidence of obesity and diabetes amongst mediaeval monks. They listened with relief to Dr. Sheila Crispin who, starting with canine arcus, proceeded to assure them that diet had little effect on the cholesterol in dogs whereas endocrine disorders were another matter. At this juncture a remark about a hypothyroid Rottweiler engaged the ear and engendered speculation about how the diagnosis was entertained and confirmed.

After an excellent lunch, Professor John Holbrook ranged over the possibilities of making safer drugs by molecular genetics. He made the point that nature has only exploited a fraction of possible structures and that by assembling synthetic genes it was possible to produce entirely novel proteins. Mr. Paul Lear rounded off the post-prandial session by discussing small bowel transplantation: patients, problems and scientific challenges. Immunologically sensitised Pilgrims, and there are a few of these, twitched at the mention of FK506. Was this presentation a pre-emptive strike for Bristol to be a UK centre for this activity? On this note Pilgrims arose and sallied forth to their bus.

After another protracted and circuitous trip through the city Pilgrims arrived at the dockside for a visit to Isambard Kingdom Brunel's SS *Great Britain*. A whiff of salt and bright sunshine produced an unwonted jauntiness in some, but not in most, Pilgrims as they surveyed the ship lying in the berth in which it had been constructed. It was explained that the beam of the ship, as originally designed, had been too great to allow her out of Bristol harbour; so, eschewing the simple solution of widening the mouth of the harbour, an hourglass waist had been built into the vessel. (Had not the ancient Greeks taken galleys overland on rollers when similarly confined?) Nevertheless, the quarters of the first-class passengers impressed everyone by a spaciousness that did not extend to the arrangements of hoi polloi. Fatigued by exertion, fresh air and the prospect of dinner the Pilgrims returned to their hotel. Dinner at the Senior Common Room with our hosts and speakers was pleasantly mellow.

On Saturday morning Pilgrims travelled to Berkeley and the shrine of Sasakawa (a Japanese benefactor who had provided money for the preservation of Jenner's memory) in the stables of William Jenner's home. Alan Goodship gave an enthralling account of the equine athlete and why horses do not run faster. In-breeding,

unscientific training, the leg as a pendulum, all led up to consideration of the structure of collagen and the dissipation of the heat generated by stretching collagen when running. Pilgrims noted the small margin for profitable gambling. David Easty capped all this by describing eye banking and corneal grafting services in the UK. Although as always there are problems with donors, standardised procedures, short-term storage and good organisation through the eye bank of Norwich provide service and savings to the NHS. Better still, 85% of grafts are successful at 18 months.

After coffee, Mansell Griffiths and Peter Brett described robotic surgery. Pilgrims who believed that surgery has a poor image were unsurprised by the need for robots. Nor were they surprised to learn that the impetus to robotics was the limitations of surgical skill, even whilst they remain dubious of electromechanical systems. The morning was elegantly rounded off by Dr. Ian Bailey describing the evolution and achievements of the Jenner Educational Trust. A delightful buffet lunch preceded an exploration of Dr. Jenner's garden and house. To bus again and off to Westonbirt to be greeted at the Arboretum by John Nash, retired physician and arborithusiast extraordinary. He conducted Pilgrims around the groves with erudition and enthusiasm, pausing to describe the origin, history and temperament of his favourite species. Pilgrims immediately adopted an unwonted yet familiar role: attentive and dutiful students on a ward round conducted by a master. To the delight of all we were joined at the end of the afternoon by Enid and Alan Read. Later that evening, formally attired, Pilgrims assembled for dinner at Fosters Rooms. The gastronomic and oenonomic reputation of Bristol was more than upheld by the fare provided. Our Leader, in a brief speech, thanked Alan Read and Ken Heaton for organising such a varied and stimulating programme. Don Cameron lifted the spirits with an account of the transatlantic balloon race. More prosaically Pilgrims were bussed back to base.

On Sunday morning Pilgrims departed following their business meeting.

Aberdeen 1994

Host	Catto
Leader	Badenoch
Scribe	not known
Secretary	Geddes

Pilgrims gathered on the 19th May at the Marcliffe Hotel in Pitfodels. They were greeted by Graeme Catto, who assured his shivering audience that the temperature in Aberdeen never fell below 20°C between May and September, nor was there a drop of rain to be expected in that period. This empyrean flight of fancy was compounded by thanksgiving that he was at least 500 miles from Pilgrim Peters. Pilgrims fell to their usual aimless speculation on what this meant, but were interrupted by a magnificent supper held in an equally magnificent room decorated by a series of water colours whose technical quality would have certainly been the subject of incisive comment by our late and much revered colleague, Clifford Hawkins. It was then announced that the Pilgrims had been rendered leaderless by a more than usual severe daily crisis having risen in the fiefdom of Pilgrim Dollery but that Pilgrim Badenoch had stepped into the breach.

The evening speaker, Hugh Pennington, Professor of Microbiology, was introduced by Pilgrim Catto; He explained that there had been an explosion in his Category III laboratory that afternoon and that the slides he had meant to show were therefore unavailable. The precise connection between the two events was again the subject of typical Pilgrim speculation. Hugh Pennington gave a historical account of the Aberdeen Medical School. Hugh Pennington reminded us that today was the 30th anniversary of the outbreak of the 1964 Aberdeen typhoid epidemic in which 517 cases had occurred, traced to a single tin of South American corn beef. After Pilgrim Pyke had thanked Hugh Pennington for his talk and reminded him that his old patron saint, RD Lawrence, had qualified at Aberdeen, Pilgrims retired to their rooms to consume their prophylactic ciprofloxacin.

On Friday morning Pilgrims proceeded to the Medico-Chirurgical Hall at the Royal Infirmary where Graeme Catto introduced a truly first rate scientific programme. Professor W Harris outlined the progress that had been made in the humanizing of antibodies for diagnostic and therapeutic use. The new antibodies could be tailored to give the pharmacokinetics appropriate to the circumstances, to provide good recognition by human effector mechanisms and to avoid immunogenicity. This was followed by a harrowing but thoughtprovoking description of the handling of the Piper Alpha Disaster by Dr. D Alexander, a psychologist involved in coping with the immediate and long term aftermath. He emphasized the importance of psychoprophylactic measures rather than conventional counselling and the lessons for the future to be learnt from the experience of this massive community disaster. Pilgrims then learnt from Dr. Stuart Ralston that the now ubiquitous nitric oxide appeared to have crept into bone as an effector induced by cytokines. The last talk of

the morning was by Professor Michael Golden who in a talk appropriately titled "The Selkirk Grace" explained how nutritionalists had neglected height as a measure of restoration of nutritional status in children. He pointed out how weight and height gain were dissociated under many circumstances, and that stunted children might have permanent cerebral atrophy. He showed how height was directly related to IQ, whereupon Pilgrims Pyke and Tomlinson immediately found it necessary to stand on their chairs.

After lunch we heard a surgical, and therefore very confident, talk by Mr. R Naylor on the treatment of carotid atherosclerosis. He was obviously a master of Doppler monitoring of the operation and gave an extremely alarming description of the chirping sound as emboli flew off the operation site when the clamps were released. He described technical advances to help avoid this, and berated physicians for not referring more patients with transient ischaemic attacks for Doppler screening. The scientific session finished with Dr. N Benjamin's description of the generation of nitrate in the mouth from nitrites via bacterial reductases, and the subsequent conversion to nitric oxide in the low pH environment of the stomach. He concluded with a disconcerting demonstration of the gross nitric oxide content of a personal eructation. He hypothesised that nitric oxide generation in the upper GI tract had a bactericidal purpose, a suggestion which was opposed by Pilgrim Geddes. Pilgrims swallowed their charcoal tablets.

The pilgrimage then repaired to the Shell Headquarters where an account was given of life on an oil rig, and NHS cash-starved Pilgrims watched with awe and envy as the two operators in the control centre calmly redirected the flow of billions of dollars worth of oil.

Dinner was held at the Old Council Chamber where City Councillors were our generous hosts. Our intellectual pudding-wine was an extraordinary talk by Professor P Racey on bats. He clearly likes the creatures and encouraged us to do the same by demonstrating their more endearing habits to offset their more Draculoid and rabid reputations. The evening was chaired by Pilgrim McGregor who said that on this day of the funeral of John Smith, Pilgrims shared with Scots their distress at the loss of one of their finer sons. He thanked Professor Racey for demonstrating the universality of science by managing to hold in rapt interest the attention of a group of Pilgrims usually more inclined to post-cibal somnolence.

Saturday continued in the Kings Conference Centre of the Old University with further feasts of diverse science. In the most remarkable of a series of outstanding presentations, Professor Nelson Norman and Dr. R McLean gave a vivid demonstration of developments in remote medicine, using high tech communications to help lay people deal with medical emergencies on oil rigs, Antarctic stations, space capsules and diving bells, and then proceeded to show how this technology could be applied to getting specialist advice to remote areas of Scotland. Lewis Ritchie, Professor of General Practice, appeared on the screen in front of us live and in real time from Peterhead, 35 miles away and explained the principles of telemedicine, with special reference to teleobstetrics and teledermatology as well as tele-everything else. Pilgrim Alberti was unusually noted to be awake during this presentation, having clearly discovered how to justify spending two-thirds of the year

in Africa. Pilgrim London perceived the answer to the Royal Colleges' problems with continuing medical education.

Pilgrims then had their eyes opened to a whole new world of ophthalmic research and treatment by Professor John Forrester who explained the mechanisms of diabetic retinopathy and autoimmune uveitis, and the remarkable therapeutic results obtained in the latter condition by the use of cyclosporin or humanized monoclonal antibodies. We then moved on to a highly coherent account of exercise physiology as exhibited by international athletes, given by Dr. R Monaghan. We learnt how to stuff our muscles with glycogen, though judging by the gastronomic performances of certain Pilgrims witnessed in the past two days, this instruction was redundant. Insight was provided into the highly ingenious methods, legal and illegal, adopted by athletes to boost performances, including drinking the blood of turtles previously dosed with clenbuterol. Finally Pilgrims were bemused by a paradoxical account of the co-operation between NHS and academic authorities in the planning of health care, teaching and research in Aberdeen. Pilgrims stopped pinching themselves to make sure they were not dreaming when it was revealed that the per capita funding was of the order of 15–20% greater in Aberdeen than in such newly involuting sites as London and Birmingham.

After lunching in the magnificent new auditorium of the Conference Centre, Pilgrims proceeded by bus to Crathes Castle, the home of the Burnett family and now National Trust property. The appearance of the spectral green lady was clearly prevented by the holy aura of sanctity surrounding Pilgrims.

We returned to Kings College Chapel for an organ recital by Dr. Roger Williams, Director of Music in the University. In honour, no doubt, of Pilgrim Vilardell, he performed a 17th-century work by the Spanish composer Andrea, who Pilgrim Vilardell declared to be obviously Catalan and quite clearly to have been a monk at Montserrat. We were then very kindly entertained to dinner by Principal Burnett and his wife in the Linklater Rooms. Your scribe noted the high quality of the paintings, which adorned the walls and earmarked at least one for metaphorical personal sequestration. However, all Pilgrims were a little disconcerted to have to dine under the penetrating gaze of George McNicol. Dinner was followed by a description by Professor Philip James of his work organizing the supply of food to Sarajevo, Srebrenica and Goradze, and of the general chaos in WHO and their errors of nutritional policy. He quite clearly thought that Baroness Chalker was a pretty efficient lady.

Pilgrims departed having had three days of unusual diversity and originality. All expressed their gratitude to Graeme and Jo Catto, to whom this Pilgrimage owed an enormous debt for its imaginative content and superb organization. The only flaw was that the temperature had been at least 25°C below that predicted.

Birmingham 1995

Host	Geddes, London
Leader	Edwards
Scribe	not known
Secretary	Tomlinson

Pilgrims made their way to Birmingham by M(s) 5, 6, 40 or 42 and by rail. Those who felt on arrival that the corridors of the Plough and Harrow had served as a template for the design of Spaghetti Junction, rightly anticipated that the internal combustion engine would be a recurring theme of the 1995 Pilgrimage.

Next day Pilgrims de-bussed on arrival at the Postgraduate Medical Centre of the Queen Elizabeth Hospital in good time for a 9am start by the Leader at 8.51am. David Kerr explained a strategy for exploiting molecules expressed on the surface of cancer cells to promote the entry of therapeutic molecules, using viral vectors; once in place, these transfect other cells and induce apoptotic cell death in response to the cause of cancer. Clever idea, but does it work? Pilgrims were doubtful and drew Professor Kerr on the nature of the bystander effect on neighbouring cells, and the reality of delivering molecules to defined cell populations. With disarming and *conceivably* genuine modesty (Pilgrims seem to have mastered the knack of persuading very important people that Pilgrims are even more important) Paul McMaster played the numbers game in liver transplantation – one donor for several recipients; one organ for several recipients; several organs for one recipient; less blood; more indications. The Leader was forced to abbreviate intense questioning (disappointing Pilgrim Newsom Davis who seemed always to be in his hemianopic field) and speculated on what lay behind Pilgrims intense interest in these hepatic matters.

If made gloomy by the prospect of spare parts, Pilgrims were rendered positively morose by Professor MacKay's (of Transport Safety) catalogue of fatalities and costs, and smart fittings for tomorrow's cars; given that the number one victim is still the pedestrian, the safest place would seem to be inside the 0-60mph in 3 seconds Honda Vitec that Professor MacKay (and Pilgrim Turnberg) evidently prefer. Pilgrim Dollery arrived late for this talk having had a high-speed front tyre blow-out on the M1.

Professor Brown acquainted Pilgrims with mercury, and though his historically orientated account may have appeared a trifle venal, and veering towards the scatological, Pilgrims Dollery, London and Mahler displayed commendable knowledge on evolutionary pressures confronting organisms dependent on sewage, and on the sweat-box and bacterial ecosystems, a theme continued by Laura Piddock – breathless (as she coyly explained) from dashing to the Pilgrimage from her most recent TV appearance – in her talk on salmonella, eggs, campylobacter, chicken and Currie (Edwina). Pilgrims excelled themselves in the awfulness of the puns which followed Ms Piddock and order had to be restored by Pilgrim Newsom Davis who delivered a supplementary talk on the Guillain Barré syndrome (as related to Campylobacter), apparently without notes or preparation. Professor Bale challenged

Pilgrims to a brain teaser on the life cycle of aphids and was defeated, but went on to explain that a small rise in temperature on Spitzbergen has a big effect on reproductivity (unusually, Pilgrims remained silent on this topic; perhaps it was close to lunchtime).

Pilgrims did physics at the main University campus in the afternoon. Some were moderately enthusiastic about the use of positron emission tomography for the detection of tumours, and others about the delivery of therapeutic agents, but each was unequivocally impressed by Professor Gough on superconductivity; he confessed that schoolchildren usually do rather admire his demonstrations. Pilgrim Newsom Davis, earlier congratulated on his knowledge of PET technology, received rather a severe drubbing from Master Gough on his concepts concerning the temperature of liquid nitrogen. The exchange of wisecracks twixt Gough and his pupils (notably Pilgrims London and Pyke) was quite breathtaking, and occasionally even funny. If Professor Dowell knows a lot about small particles, what proved really interesting is that the name quark is taken from James Joyce; actually they are not quarks or quirks but quorks and so really come from Finnegan's Walk not Wake.

Everyone liked the exuberant and enthusiastic Professor Verdi and the Barber Institute; not a single Pilgrim knew that Impressionism was only made possible because paint was put in tubes thus enabling artists to work *al fresco*; or that Rubens has lately lost a brace of coupling couples added by a restorer in the 17th century and removed in the 1940s; or that Mrs. Barber presented her husband annually with a new portrait (of herself) all kept behind doors in the Institute on account of their mediocrity – Barber himself only having merited two unflattering caricatures.

Pilgrims were rightly impressed by Symphony Hall and its statistics; apparently it is built on rubber to avoid the rumble of trains during Sir Simon's rattling good performances. Conference bookings are looking good until 2010 and Pilgrim Badenoch showed determination and foresight in enquiring about vacancies thereafter. On grounds of prosody, your Scribe was rather pleased correctly to have placed the hostess (against strong opposition from Pilgrim Ellis) as originating from just south west of Swansea, three or four miles into the Gower; she was equally impressive in noting that one of her guests seemed to have excellent musical knowledge and could he in some way be connected?; Pilgrim Mahler gently lowered his eyelids.

Sir Richard Knowles is everyone's idea of a jolly good Lord Mayor and he was intensely proud to welcome Pilgrims to his city; as he pointed out, anyone who is 78 years old has to keep in with the doctors. In reply, the Leader waxed lyrical on the blend of science and art which is everyone's idea of Birmingham, especially with the transmogrification of the city centre, and some Pilgrims actually believed him.

Saturday was to be transport day and it began with the cortisol/cortisone shuttle, eloquently described by Paul Stewart – a protégé of the Leader – who described his own scientific pilgrimage on the back of one case from Edinburgh to Dallas to Birmingham and probably by way of Beachy Head. Pilgrims were suitably impressed, but wondered if this was the compleat solution to hypertension. There was to be no encouragement for Pilgrims from Professor Harrison's talk on air pollution; clean air

has been replaced by motor fumes and airborne particulate matter of $>10\mu$ diameter (PM10s to the *cogniscenti*) can be blamed for a 1% increase in daily mortality rates; Pilgrims wondered if that meant they only had 99 days to live. Diesel is worse than petrol and the only hope for mankind seems to be an increase in the unleaded petrol market. Threatened by travelling in it, being struck by it, or breathing its emissions, it should have been some relief to Pilgrims to be allowed a rest from the hazards of the internal combustion engine, but Professor MacLennan took no hostages in his talk on the induction of apoptotic self-tolerance during ontogeny in germinal follicles and its prevention by CD40 and Bcl2. Pilgrims, unusually silent on his completion, were grateful to Pilgrim Catto who filled a pregnant pause with a question on antiidiotypes and a recently deceased Nobel laureate – but he was promptly apoptosed by the uncompromising Professor of Immunology.

Dr. Hill Gaston and Dr. Dinakantha Kumararatne rehearsed with Pilgrims theories on macrophage activity and antigen specificity in infection and autoimmune disease, with literary reference to Eric Blair – *Down and Out in Paris*. Professor Chris Ham rounded up the usual suspects in an articulate analysis of the Health Service reforms, outlining the emergence of a new language expressing disillusion with the internal market, and expressing the need to close the comprehension gap between politicians and doctors; Pilgrims nodded wisely but it was getting late and the titubation may have been more of central mesencephalic origin than a sign of approval.

On leaving the Postgraduate Medical Centre, Pilgrims speculated on the meaning of RRPPS visible on the adjoining building; Pilgrim Geddes being unable to help, Pilgrim Pyke was forced to conclude that it must be his own department.

The motoring mood gathered momentum with a traffic jam in Longbridge, allowing Pilgrims a fresh inhalation of PM10s; on arrival at the Heritage Motor Centre, Pilgrims showed competitive senescence (to maintain the apoptotic metaphor) in diligently seeking the earliest motor vehicle in which they could recall riding. All were agreed that the Oxford Straight 8 was the epitome of boyhood dreams.

Later, bright-eyed with memories of dickeys, crank and racing changes, Pilgrims dressed for dinner at the university Staff House and a welcome reunion with Pilgrim Arnott. Sir Michael Thompson, Vice-Chancellor of the University of Birmingham, felt comfortable speaking to doctors because he likes his Medical School, and since physics is complex that also qualifies him for discussions on medicine. Dr. Mark Goldman gave a fascinating talk on the Lunar Society founded by Bolton, Murdoch and Watt of the Industrial Revolution, Dr. William Small and John Ashe, all great men of Birmingham and a society also graced by William Withering and Erasmus Darwin, author of *Zoonomia* and father of *Chuck*. Pilgrims felt some affinity with these Lunists who met under moonlight so as to meet at regular intervals and to travel.

For the Leader, speaking in reply, the 'O' level course in Physics had been memorable, and he welcomed new Pilgrim Anne Tattersfield; Pilgrim Geddes was thanked warmly for his secretarial organisation over several years, and for his involvement with the extended families of Pilgrims, especially those who sadly have now begun the eternal pilgrimage; his mantle was handed to Secretary-elect Pilgrim Tomlinson (elected 1995) who confessed to having much liked the aphids even if he could not remember what they were, or where they were, and was not to be disabused

of the fact that he had first learned all about them on a recent television programme; but it was getting late and the Leader thanked Pilgrim Geddes for organising a memorable Pilgrimage before concluding affairs at 10.20pm.

On Sunday morning, finding themselves in the one-way system of the Plough and Harrow, the Leader and Secretary-Emeritus Geddes conducted a rival Annual General Meeting whilst other Pilgrims waited on a slip-road approaching junction 12 of the second floor; Pilgrim Newsom Davis was found to have been missing since early on Saturday afternoon and was assumed either to be back in Oxford or under the camshaft of a Model T Ford. Elections proceeded and auditory imperfections may have confused some Pilgrims into proposing John Bell in the discussion of worthy female Pilgrims; the only solution for such carelessness seemed to be writing out the name a hundred times of another newly elected pilgrim – Leszek Borysiewicz; Professor Gough would surely have approved.

It has been a memorable Pilgrimage and Pilgrims left by M(s) 5, 6, 40 and 42 or by train, agreeing with Sir Richard Knowles that Birmingham does merit designation as Britain's *first city*.

1996–2003

Editor's note to the second volume

Why publish the reports of just the last eight pilgrimages from 1996–2003? The simple reason is that the medical pilgrims have no fixed, documented rules: so publish and be damned. Where I thought it prudent, I removed generous slices of less than decorous comments or observations, but they remain in their awful totality in the Wellcome archives. Why are there so few photographs? 'Simple. It's the economy, stupid'. Since modesty becomes pilgrims, whenever individual Pilgrims are named, they appear in bold letters but without academic or other titles. The bright young men and women who challenged the Pilgrims' capacity to grasp new concepts are named in the text together with their departmental base; again without academic titles because they are a rapidly upward moving lot. Several have already reached the topmost branches and the rest are hard on their heels.

The Medical Pilgrims – a short explanation*

In 1928 Arthur Hurst's intrepid physicians boarded an Imperial Airways flight to Paris. They took off from Croydon in South London, but had to refuel at Lympne in Kent because of strong headwinds and landed nearly five hours after take off in Orly in France.

That visit set the pattern for all subsequent pilgrimages: part of the day was to be given to scientific matters, and part spent on the humanities. To recover from the rigours of the journey the Ur-pilgrims discovered the excellence of crêpes Suzette at Folyot's and admired the spectacle at the Folies Bergeres in the evening. One of the group was appointed Scribe to record any noteworthy events. These reports were kept in a cardboard box in which they gradually disintegrated.

They were rescued in the nick of time in 1995 and all 59 were edited and printed by the Royal College of Physicians in a booklet, *The Medical Pilgrims*, a lighthearted yet informative account of the changing scene of medical practice between 1928 and 1995. Why stop in 1995? Remember the NO RULES policy? That's enough explanation.

With their non-constitutional constitution, the Medical Pilgrims' preferred rate of change is maintaining the *status quo*. But the number of changes that have actually been implemented since 1996 when Steve Tomlinson's hegemony as Secretary of the Pilgrims began, has truly been awesome. 'Women' had been a frequent topic of discussion and even heated debate, but it was not until some of the chauvinistic pilgrims softened their stance on the unwritten rule that to *join the folk that longen to goon on pilgrimages*, Pilgrims might have to share a bedroom when shortage or expense of accommodation required it. And so, if female physicians with a good nose,

*See also Introduction (p1) and Editor's note (p6) to the first volume.



good taste, well honed conversational skills, a sense of humour, and physical stamina to remain attentive throughout a jargon-filled talk by a future Nobel Prize winner, have been electable and have been elected.

This important change was soon followed by a demand for a more liberal interpretation of *abroad*. In 1960, for the pilgrimage to China, Pilgrims were encouraged to bring their wives. That was such a graceful success that in future spouses were to be invited to come whenever the visit was outside England. Thus Aberdeen, Belfast and Dublin have been deemed to be places abroad. And so it has come as no surprise that at the vintage 2000 visit to Kloster Eberbach a number of celebrity pilgrims were seen (and photographed) pleading to bring a wife on every pilgrimage.

Robert Mahler, Editor

Northern Ireland 1996

Host Love
Leader London
Scribe Catto
Secretary Tomlinson

Spring was late this year, but with scant regard for their personal safety, the Pilgrims braved the rigours of a stormy Irish Sea for their annual Pilgrimage. They quickly settled into the comfort of the Dunadry Inn, some twelve miles north of Belfast. For our first dinner, our host, Garry Love, had invited Professor James McKenna, a former Chief Medical Officer in Northern Ireland, to speak on *Medicine through the Looking Glass*. In the event, our speaker had misplaced his specs and was obliged to borrow Richard Himsworth's glasses.

Professor McKenna went straight to the heart of the matter, delivering a perceptive analysis of current medical practice as seen through the eyes of patients, politicians, the public and the profession. As time went by, Pilgrims became freshly innervated and engaged in lively debate: contributions from our latest recruit, Ebo Nieschlag, ensured that British Pilgrims were neither too pessimistic nor too parochial. David London, mindful of the late hour and next morning's early start, ended the proceedings just as they were developing a momentum of their own. As David Pyke remarked in his vote of thanks, the concepts advanced by Professor McKenna were so manifestly sensible that they stood little chance of being implemented.

The following morning the Pilgrims travelled through the beautiful countryside for the science sessions at the Royal Victoria Hospital (RVH). Aires Barros D'Sa, a vascular surgeon at RVH, soon had the measure of his audience as he described in detail his modifications to 'these pipes and these conveyances of our blood', deriding the Pilgrims' physicianly approach as 'Descartian' and nihilistic. Pilgrims, already aware of their physical frailty, having been obliged at an early hour of the morning to walk the 50 yards from the bus to the lecture theatre, were treated to a succession of detailed intra-operative photographs in vibrant technicolour. The contribution of the recent troubles to the development of this aspect of emergency surgery was disturbingly plain to see.

Chris Shaw, (Endocrine Biochemistry), now at the University of Ulster, followed with a fascinating and beautifully illustrated talk, *Worm, man and his frog*. He considered the potential therapeutic uses of the many regulatory peptides in the skin of several species of frog. Not only may they help to treat helminthic diseases but, through their specific cytotoxic effects, may assist other agents to penetrate the skin – making, for example, oral insulin therapy a possibility.

Jennifer Adgey, (Cardiology), at RVH, used an antique pendulum to illustrate her talk on advanced cardiology – describing in graphic detail how an oesophageal electrode was used to resuscitate an 89-year old patient. Several Pilgrims were visibly shaken – but revived sufficiently in the coffee break to hear Peter Hamilton, (Quantitative Pathology), describe how expert computer systems will revolutionise

pathology. Pilgrims were particularly attracted to the phrase *fuzzy logic* – a concept to which many confessed a lifelong attachment. In advancing his thesis that heartburn is all in the mind, Brian Johnston, then a SpR in gastroenterology at RVH, now consultant, eschewing such terms as hysteric and neurotic, preferred to describe such patients as suffering from a *selective perception disorder with a number of environmental trigger factors*. Several Pilgrims made a note of this phrase for future use in domestic and/or professional disputes.

Stuart Elborn, (Respiratory Medicine), concluded the morning session with a realistic assessment of the promises and problems of gene therapy for cystic fibrosis. Pilgrims relaxed when it became clear that they were unlikely to have to add gene therapy to their accustomed clinical practices in the near future.

The postprandial talk on civilian injuries by Bill Odling-Smee, Senior Lecturer in Surgery, induced some dyspepsia in Pilgrims used to a sheltered life. The illustrations were all too explicit and Pilgrims appreciated the dedication that allowed the medical services in Belfast to deliver such high standards of care in difficult circumstances. The fragility of the present situation, with an election only six days away, became all too clear.

Brian Rowlands, (Surgery), made no concessions to such physicianly queasiness when explaining gut and liver interactions in sepsis – somewhat different from the gut/liver interactions not infrequently experienced by Pilgrims themselves. Some of them felt irresistably obliged to take in the complexities of cytokine control through partial or even complete post prandial ptosis. The afternoon was completed by fascinating papers on the kidney and on the endothelium, delivered by two excellent young clinical scientists: Peter Maxwell, then Senior Lecturer in Renal Medicine and Usha Chakravarthy, Senior Lecturer in Vision Science.

In the evening we headed for Hillsborough Castle where Dr Campbell, the Chief Medical Officer, and her colleagues gave us a warm welcome, a guided tour of the house and an excellent dinner. David London, leader of the Pilgrimage, almost missed the official welcome; a non-too-friendly Irish rottweiler had found him wandering through the magnificent grounds in the evening sunlight, and with low but appropriate noises directed him back to the castle.

On the next day a drive through more of the Ulster countryside brought the Pilgrims to the University of Ulster, Coleraine. Our hosts from the School of Health Sciences and the Graduate Research School described with considerable verve their teaching and research plans, concentrating on areas likely to be of interest to the Pilgrims – diabetes, human nutrition, biotechnology and ageing. The problems and opportunities of establishing a relatively new university and developing a research base were aired – as well as the difficulties of having facilities on four separate sites.

By lunch time, Spring had sprung at last and we made our way to the Giant's Causeway in warm sunshine. Despite two visitors having been lost last year, the more intrepid Pilgrims walked along the cliff-top path, enjoying the coastal scenery. All returned safely and in good time for the visit to the Bushmill's Distillery. Dolores, our guide, had clearly encountered troublesome characters before and with a pleasant but firm demeanour and much eye contact kept the Pilgrims on a short leash. Colin Dollery was uncharacteristically cowed. Ken Saunders and Arthur Kennedy were

volunteered for whiskey tasting. Ken said little but became increasingly amiable. Arthur who knows a good deal about the subject, opined that his top choice depended upon the time of the day – breakfast presenting a particular problem. All agreed that the local thrice-distilled nectar was excellent and the return to the Dunadry Inn was drowsy and peaceful.

The Pilgrims' dinner was hosted by the Provost, Bob Stout, in the impressive Queen's Buildings in Belfast. Following David London's eloquent introduction, Maurice Hayes, a former Health Services Commissioner for Northern Ireland, spoke movingly of the troubles that had afflicted the country and of his hopes for the fragile peace that currently exists. His approach and manifest sincerity resonated with the prevailing mood of the Pilgrims as they left for home, grateful to their host Garry Love and his colleagues for the science, the scenery and the hospitality, and conscious of the dignity and beauty of a country that has beguiled visitors over the centuries.

Nottingham 1997

Host	Tattersfield
Leader	Cohen
Scribes	Tomlinson, Pyke
Secretary	Tomlinson

After some difficulties negotiating a way through Sherwood Forest, Pilgrims arrived at Southwell. The hotel, the Saracen's Head, was originally a fifteenth century inn. New Pilgrims Parveen Kumar and David Barnett were welcomed. Our guest speaker Mike Pringle, Professor of General Practice at Nottingham, entertained us to a provocative talk proposing that the entire undergraduate medical education be based in the community. A heated debate followed about the relative merits of teaching in hospitals versus in the community. The discussion strayed into the pre-registration house officer year. Richard Himsworth expressed the view that teaching surgery at this stage was a waste of time; naturally everyone agreed, all Pilgrims being physicians.

The discussion continued in the bar; branching into other topics such as the role of Deans (Parveen Kumar¹ was not sure what Deans do – neither was Steve Tomlinson²); the function of the new College of Paediatrics and Child Health (Pilgrims were not clear about the difference between paediatrics and child health; Richard Himsworth considered it unnecessary for the new college to receive royal patronage since 'National' was good enough for the Society for the Prevention of Cruelty to Children and what was good enough for them should be good enough for any new College of Paediatrics and Child Health. Bob Cohen told us about his most

¹ Assistant Dean, [assisting whom/doing what?] St Bartholomew's Hospital, London

² Dean of Medicine at Manchester University Medical School

embarrassing moment when, sitting next to Margaret Turner-Warwick (then President of the RCP) at a College dinner, they were discussing the most boring thing they knew. Bob strongly expressed the view that for him it was the University Boat Race, not knowing that Margaret's husband Richard Turner-Warwick was at one time President of Oxford University Rowing Club and had been in the winning boat twice.

The scientific part of the meeting took place at Nottingham City Hospital. Nigel Russell (Haematology), speaking about peripheral blood stem cell transplantation, felt obliged to tell us at the start of his talk that he was a haematologist. Despite this reservation, Pilgrims enjoyed his talk and followed it with some surprisingly intelligent questions for a non-haematological audience. Noor Kalsheker's (Clinical Chemistry) description of the α_1 -antitrypsin gene was so focused on molecular biology that Bob Cohen had to signal digitally that the audience could only cope with two more minutes. The morning session finished with Andrew Mooney's (Renal Medicine) talk about apoptosis and the possibility that it was important in the recovery process from glomerular disease.

David Pyke, taking over from Steve Tomlinson as Scribe, saw Donald Weir slinking away. Asked why he should be committing such an irreverent act, he said, 'because you have come'. The validity of this lapse into honesty was put in perspective when Ken Heaton, Parveen Kumar and Garry Love also left the Pilgrimage with some show of guilt – to go, so they said, to a meeting of the American Gastroenterological Association in Washington (and suspicions were voiced that Ian Bouchier was similarly engaged). Even more distressing was the case of David Barnett who, after making a pretty speech of thanks to the speakers before lunch, left immediately afterwards for Twickenham to watch a game of rugby in which he was emotionally, though happily not physically, involved.

No concessions were made to any Pilgrim's weaknesses by John Mayer (Biochemistry), who spoke on the molecular and cell biology of ubiquitin. This non-specific sounding title, which could equally well have described the effluvia of some Pilgrims, concerns a substance of the utmost importance in the destruction of cell proteins. It is a 26S proteasome that controls innumerable essential actions, such as antigen processing. Dr Mayer's clinical interest is in neurodegenerative disorders, an interest which many of the Pilgrims share, though from a different perspective. Dementia may be classified according to the presence or absence of Lewy bodies in the brain, where they readily take up ubiquitin stains. Dr Mayer's laboratory research is carried out on the intersegmental abdominal muscles of the moth. These muscles are important because moths are 'copulating machines' (as we all were once upon a time). The hope is that new drugs can be developed from this to cure not copulation, but dementia.

Paul Williams (Pharmaceutical Sciences), asked: 'do bacteria talk to each other, and if so, when and how?' There is, apparently, a worldwide conspiracy by micro-organisms to become resistant to all known antibiotics. The substances he seeks are found in flashlight fish who use their lighting capacity to find mates and intimidate predators. Bacteria apparently do it in groups with the lights on. What they do or say depends on how many of them are present in a given situation. They use a 'quorum sensing' system akin to that used in the election of the President of the College.

Bacteria talk to each other in several languages, depending on n-acyl homoserine factors. In the discussion that followed Pilgrim Tomlinson lowered the tone by quoting the film actress Gloria Leonard, who proposed that ‘the difference between erotica and pornography is lighting’.

John Britton (Respiratory Medicine), considered the prospects of preventing asthma. He referred to epidemics of asthma in Barcelona when ships were unloading soya beans. The outbreaks were prevented when the unloading was stopped. The conversation came back, as it always seems to in such circumstances, to the house dust mite who, if the scale of the slides shown was correct, passes a turd as large as itself. Research is now under way on drugs to make house dust mites constipated.

In the afternoon Pilgrims went to the medical physics department where they were welcomed by Professor Peter Morris. It is an outstandingly successful unit in the development of imaging, although its permanent staff consists of only four people. MRI depends on proton spinning. One gram of water contains 1022 protons, which in a magnetic field can be induced to rotate at 2000 times a second, so the bigger the field the faster the rotation. Bob Cohen had sat on the MRC Committee which assessed the department’s application (for money, it seems). All members of the committee gave it a rating of 6 out of 6, rather like the ice skating judges in the Olympic games who gave full marks and Olympic Gold to Torvill and Dean, who also came from Nottingham. As Pilgrims entered the imaging room they had to remove all things magnetic. When an aluminium tray was placed in the magnetic field it was virtually impossible to turn it. When the tray was removed from the magnet and placed on its side, it subsided slowly and gracefully onto the table. Pilgrims of a gullible or pious frame of mind might be excused for finding this convincing proof of their belief in the supernatural: like a B747 Jumbo flying, which is ‘obviously impossible’.

Reality and understanding returned with a visit to the Papplewick Pumping Station, a dozen miles from Nottingham. Designed by James Watt 113 years ago, it consists of huge and beautiful steam operated pumps that raised water to a reservoir 250 feet above its well. These mighty machines were decorated with ironwork filigree and the building with stained glass windows, each window containing a picture of a water plant. No wonder the custodian is so proud of the station which, if global warming continues, may yet be used again to fill up nearby reservoirs.

On the way back to Nottingham Pilgrims stopped to visit Green Mill – a beautifully restored windmill driven by wind and producing varieties of milled grain. Laurie Challis, professor of physics, gave a fascinating talk on George Green who was, like his father, not only a miller but also a mathematical genius. A stone in his honour has recently been laid in Westminster Abbey. Green had only two and a half years of formal education, was a friend of Lord Kelvin who admired him greatly, and eventually became a Fellow of Gonville and Caius College, Cambridge. He died at the age of 41.

On Saturday morning James Bourke, a surgeon, described excavations at Lesidaw Moss in Cheshire of a body found by peat cutters. Much careful and intricate work revealed that it was the body of a young, upper-class man (his fingernails had been found nearby, intact and undamaged by manual toil). He had been strangled and had

cuts in the neck and multiple bone injuries. In all about 41 bodies had been found in the moss and peat of Cheshire. Bodies with similar injuries have been found in Denmark, the Low Countries and Ireland. The habit of ritual murder seems to have ceased when the Romans arrived. This research had begun when the smashed skull was first found. The police had become interested because of the unsolved murder of a young woman in the area a few years previously. When they accused the husband of murder, he immediately confessed and was sentenced to life imprisonment. By the time it emerged that the corpse was about 1,900 year older than his wife, he was already behind bars.

Mark Haggard is a psychologist in charge of the Hearing Research Institute (founded by Jack Ashley MP, whose hearing has now been restored). He spoke on glue ear and otitis media with effusion. The operation of inserting grommets to drain the middle ear is apparently the most commonly performed operation in children, costing £30m a year. Its cause is still not known but Dr Haggard spoke so quickly, indistinctly and quietly that, had it been known, most Pilgrims would have been none the wiser.

John Beckett, professor of History, told the story of Nottingham. No one knows whether or where Robin Hood lived, although there exists one ugly statue of him on the slopes of Nottingham Castle, and the busiest and most modern city centre highway is called Maid Marion Way. The castle was built in 1067 but the present version, a not altogether beautiful building, is only 300 years old. Nottingham had a population of only about 3,000 until the 17th century, when the invention of the stocking frame led to a rapid and enormous increase; and by the mid 19th century the slums of Nottingham were among the worst in England. It was not until 1919 when Dr Christopher Addison turned down the city's proposal to enlarge their land, that they started to clear the slums.

John Worthen, professor of English, spoke with enthusiasm of DH Lawrence. Lawrence had not done particularly well in English – he was slow ‘in finding words sufficiently simple’ – and had difficulty in getting a job as a teacher until a headmaster in Croydon appreciated his quality. He studied, among other things, botany which he found so boring that it gave him time to write; he then published a torrent of novels and poems. He wrote so much because none sold well and he needed the money; only *Lady Chatterley's Lover* was financially successful. Lawrence despised most of his teachers – but that was about nine years before he ran off with the professor's wife.

In the afternoon Pilgrims went to Southwell Minster, a few hundred yards from their hotel. The Minster, which is in effect the cathedral for Nottingham, is beautiful and impressive, especially the Chapter House. The Minster once had a clerical staff of 50, now only 20. They were lodged in lovely houses, particularly the Provost's house, closely followed by the houses of the Prebendaries, one of whom was William of Wykeham. Many Pilgrim's thoughts turned to the prospect of life in a church if it entailed living in such graceful and elegant surroundings.

Glasgow 1998

Host	Reid
Leader	Catto
Scribe	Barnett
Secretary	Tomlinson

On May 14, Pilgrims met in the bar of the Royal Scottish Automobile Club for an early evening drink to get the pilgrimage off to a characteristic start and get ready for dinner at the Reids' residence.

The trip to our host's house was undertaken by taxis in convoy. One taxi driver managed to get several of us lost on the way, but this was only a minor irritation compared with seeing Steve Tomlinson being personally driven by our host while we humbler Pilgrims had to undertake a significant orienteering exercise to find our venue. When we eventually arrived, we found a warm welcome, excellent food and drink and a lively and interesting group of friends; a promising start to this year's pilgrimage.

Next morning, during the first session John Reid's technical expertise with the projection equipment was sorely tested and added an interesting diversion to some of the denser talks. Lawrence Weaver's (Paediatrics) paper on *H. pylori* infestation and the therapeutic benefits of mother's milk coloured discussions over the lunch table and somehow became diverted to gruesome tales by Pilgrims who had been royally entertained in Hong Kong at Chinese banquets that included duck's feet and monkey brains.

In the afternoon the Pilgrims visited the Hunterian Museum of the University and the Mackintosh House, destinations which, with Graeme Catto in charge, they reached with considerably more accuracy than their engagement of the previous evening. Pilgrims' artistic sensibilities were transported by Whistler's nocturnes and evanescent portraiture. They were guided around the Mackintosh House in erudite fashion by Pamela Robertson, the curator. She instructed Pilgrims to note 'the severest vertical lines on which arrays of the non-linear gained admission only in the form of floral tributes' and she bade them to contrast this with the Gaudian creations in Francesco Vilardell's domain in Barcelona. She then sent Pilgrims on their way to dine at the House of an Art Lover, another Mackintosh extravaganza, with fearful warnings to beware of imitations.

On Saturday morning at an early breakfast before setting out for the Scottish Border country, Keith Peters grumpily pointed out that 'I don't talk in the morning' and when asked 'Do you listen?' replied 'I never do that at any time!' He then talked non-stop through breakfast.

As we were leaving for the day trip, we were entertained by an impromptu march past of the Glasgow branch of the Orange Order. Although unsure whether this event had been especially organised for us, we politely took the salute from the steps of the RSAC.

The trip to Melrose and to Abbotsford, for many years the home of Sir Walter Scott, was a truly uplifting experience. On arrival at the historic house our host, John Reid dispensed coffee from a picnic hamper which he had thoughtfully carried down to the

gardens. We were accosted by a large lady who came out of the tea rooms and said we looked to her like a group of pensioners who regularly went on culture trips. She urged us to consider visiting Dunfermline, City of Culture in Fife and then forced some leaflets on us. Not daring to argue with her, we promised to consider the offer.

The guided tour of the house was a special treat because visitors are not restricted by ropes or barriers and so feel part of the historic environment. We were joined by Professor Gifford, curator of the Scott library and Professor of Scottish literature at Glasgow University, who enlightened us regarding his research work in the Scott library at Abbotsford. Pilgrims also met one of the ladies of the house, Mrs Maxwell Scott, who welcomed us and thanked us for coming to visit. David Pyke thanked our guide and apologised for his rowdy colleagues. Mrs Scott however, was not at all concerned at the Pilgrims' behaviour and replied 'that's OK, I'm used to it; my brother is a doctor!'

During lunch taken at a delightful hostelry in Melrose, Professor Douglas Gifford brought to Pilgrims' attention a quotation from *The Justified Sinner* by James Hogg* which indicated that only 6,000 souls would be able to enter heaven. But whether this was per annum or for all eternity was not clear. It was agreed that Pilgrims need not worry as only a few if any were likely to qualify for admission on any grounds.

Professor Gifford then gave us an erudite talk on the literature and times of Sir Walter Scott. He spoke of the relationship between Scott's literature and modern literature and of symbolism, romance and realism. Scott who was also a lawyer, brought the ideals codified in Scottish Law to his writing. He contributed in a major way to the Scottish Enlightenment and the re-emergence of art and literature in Scotland. Pilgrims agreed that this had been a pleasant post-prandial review that did not demand more concentration than was reasonable for an afternoon in the country.

Scientific programme

Molecular mimicry and the GB syndrome – bad bugs and blocked nerves

Hugh Willison (Neurology)

The Guillain Barré syndrome (GBS) is a potentially devastating condition that leaves several hundred sufferers wheelchair bound every year. Dr Willison reminded Pilgrims that nerves are wrapped like a Swiss roll in myelin sheaths and that some neurons had to travel very long distances from the dorsal horn of the spinal cord to the tips of the fingers or toes. It is the long neurons that are at risk in disease processes. The aetiology of GBS is now thought to be related to the production of antibodies to gangliosides in the neural sheath. The antigen driver for these antibodies is commensal bacteria, probably in the gut, the most favoured culprit being *C. jejuni*. Because of the variable regional distribution of different gangliosides the clinical manifestations of GBS depend on the type of antibodies produced. This poses the question whether identification of the antibody will enable therapy with 'blocking' antibodies to be successful? However, as infection with *C.jejuni* is common and GBS comparatively rare, other factors will also have to be looked for.

*(1770–1835) also known as the ETTRICK SHEPHERD; probably responsible for some of the awful verses of 'God save the King'

GLUT1-5 in glucose transport and metabolism

Gwyn Gould (Biomedicine and Life Sciences)

Professor Gould outlined the present understanding of how glucose is transported across cell membranes. A family of transporter proteins (GLUT1-5) exists on the cell surface conveying glucose across the cell membrane. These proteins have different molecular structures in different tissues. Thus GLUT-2 predominates in pancreas and liver, and GLUT-3 is the principal transporter in the brain.

Insulin also has different affinities for these proteins but particularly affects GLUT-4 through its influence on the rate of translocation of this protein from intracellular sites to the cell surface. GLUT-4 abnormalities or translocation defects may be responsible for insulin resistance.

ET and PH – Experimental studies on the pulmonary circulation

Mandy Maclean (Biomedicine and Life Sciences)

Secondary pulmonary hypertension (PH) is related to a hypoxic insult in the lung. PH resists reversal with standard vasodilator drugs due, in part, to pulmonary vascular remodelling. Endothelin (ET) is produced principally in the pulmonary circulation. In PH its production increases and clearance decreases.

There are three classes of ET receptor: ETA, ETB, and atypical receptor. The human pulmonary vasculature expresses a mixture of these receptors. The development of a new class of drugs, endothelin receptor antagonists, may be of benefit in PH. Animal models suggest that blockade of the ETA receptors in the pulmonary vasculature may reduce the effects of hypoxia on upregulating these receptors and the potential for developing PH.

Childhood nutritional research in the developed and developing world

Lawrence Weaver (Paediatrics)

Professor Weaver's research in the Gambia explores transmission of *H. pylori* infection. Ten to twelve million children die each year from malnutrition, commonly caused by chronic diarrhoeal illness associated with *H. pylori* infection. The likely sequence of events is:

H. pylori infection → acute hypochlorhydria → enteric infection diarrhoea
malabsorption → growth failure → early death

Breast-fed infants are less likely to have these problems. Strategies for action to improve the situation include:

- use of triple antibiotic eradication regimens
- better sanitation
- immunisation against *H. pylori*.

Virus transmission by plasma concentrates in haemophiliacs

Gordon Lowe (Cardiovascular and Medical Sciences)

Six thousand haemophiliacs live in the UK. They require treatment with pooled plasma concentrates from many thousands of donors. Their main infective agents are HIV and hepatitis, but recently the potential for transmitting CJD has made it necessary to consider stopping the use of UK derived plasma concentrates. The potential cost of this decision, because of the importation of plasma products and the move to use recombinant factor VIII, could be as much as £70 million per annum.

Nitric oxide and cytokines in infectious and autoimmune diseases

Eddie Liew (Infection, Rheumatology and Immunity)

Interleukin IL-15 is crucial in the development of the pathology of rheumatoid arthritis. It acts as a T cell chemotactant and drives the amplification of TNF- α synthesis. The therapeutic target is therefore the IL-15 receptor on the T cells and the design and use of antagonists is in hand; one such antagonist has been shown to prevent collagen induced arthritis in animal models and may also block the actions of IL-15 on mast cells.

Genetics and environmental aspects of cardiovascular disease: strategies in rats

and humans Anna Dominiczak (Cardiovascular and Medical Sciences)

Professor Dominiczak described the progress of research into the genetic basis of cardiovascular disease. The use of animal models for the investigation of polygenic influences in disease has been only partially successful.

Models of particular importance include the stroke-prone rat and the genetically hypertensive rat. Although using genome scans to search for candidate genes in cardiovascular disease may be exciting, Professor Dominiczak warned Pilgrims that single gene effects seen in animal models were often inapplicable to the human situation.

Life after WOSCOPS – the clinical implications

Stuart Cobbe (Cardiovascular and Medical Sciences)

The main hypothesis of this study had been that reduction of blood cholesterol levels reduces CHD risk. This was proven by the study but a number of questions remain unanswered:

- Are the results generally applicable? (the trial included only men)
- which risk groups should be treated for maximum benefit?
- can we afford these expensive drugs in the NHS?

Professor Cobbe urged Pilgrims that when considering CHD risk, they should adopt a multifactorial approach and assess all coronary risk factors, not just lipid levels. What level of risk, using multifactorial analysis, constitutes the best as far as cost benefit is concerned, varies internationally. Thus in Europe a 20% risk of coronary events in 10 years is accepted as the threshold, while in the UK most doctors use a 30% cut off.

Dublin 1999

Host	Weir
Leader	Geddes
Scribe	Kumar
Secretary	Tomlinson

Late arrivals in Dublin had no difficulty in locating the Pilgrim's dinner. The sounds emanating from the Georgian Suite proved sufficient to lead them to find a group of mature and soberly dressed men and women, animatedly exchanging the latest gossip in medical politics, the National Health Service, the under-funding of universities and the woeful state of academic medicine. After dinner, Dr Hubert O'Connor, Consultant Obstetrician and Gynaecologist, treated them to an hour of pure entertainment with his lecture on 'Napoleon, his women and his Irish doctor'. It left them laughing all the way to bed.

On the following morning, Pilgrims felt adventurous enough to walk to Trinity College without the help of their host. This proved to be over-ambitious and even the cumulative intelligence of the perambulating Pilgrims was insufficient to help them find their way to the Genetics Building. They were corralled in time to look around this new addition to Trinity College and its recent art acquisitions before the science challenged them.

The science was delivered with breathless enthusiasm. First, Peter Humphries (Biochemistry), discussed the genetics of neurodegenerative eye disease and described the expensive development of an experimental mouse which had lost its photoreceptors by apoptosis so that the eye had no rhodopsin or rods. Some Pilgrims had remained wide awake and produced a volley of sharp questions, only to be told that, in the end, millions of pounds had been spent on making just 'three blind mice'!

Luke O'Neill (Biotechnology Institute), followed with a talk entitled: 'Using flies, worms and tobacco to understand rheumatoid arthritis'. He began with quips from Sir William Wilde (Oscar's father) who, when asked by a medical student why his nails were so dirty, retorted that it was because he scratched himself; also, when referring to hangovers, commented, 'in the morning only the very dull are brilliant'. Clearly repartee is an inherited characteristic and so some Pilgrims felt it proper to observe the maxims of William Wilde while in Dublin. Pilgrims were trying hard to relate the 'flies and worms' of the title to rheumatoid arthritis. Eventually they got the message: flies don't develop arthritis, and worms and humans are different. Pilgrims were glad to know that!

Dermont Kelleher (Medicine), took us 'inside the crawling T cell' – and told us that lymphocytes roll, signal and migrate under the influence of selectins, integrins and chemokines. Cliona O'Farrelly (Research Institute, St Vincent's Hospital), continued the description of the life and times of lymphocytes, that dwell within the hepatic lymphoid system, as an important part of the liver's defences against foreign proteins but cleverly avoid damaging the essential dietary proteins.

The afternoon's science continued at the Royal College of Physicians of Ireland. Ian Graham (Cardiology), outlined the Irish contribution to the clinical aspects of

homocysteine metabolism and John Scott (professor of experimental nutrition), speculated on the pathogenesis of neural tube defects and pointed to the importance of folate in the diet. Several Pilgrims managed to overcome their usual postprandial somnolence and asked conspicuously pertinent questions. Mark Lawlor (Haematology), hoped to use a Jekyll and Hyde approach to the treatment of leukaemia. He proposed to use T cells to rescue patients after transplantation – the Dr Jekyll phase, and genetically modified T cells to carry a suicide gene – the Mr Hyde phase.

The alternative programme for spouses took them on a city tour, followed by a coastal drive to Malahide Castle, a castle set amid lovely gardens and also the home of the National Gallery's Portrait Collection. The Scribe's husband, David Leaver, being the sole male spouse, was offered the opportunity to attend the the scientific programme, but wishing to maintain his rights as a spouse, graciously declined the offer and so set a precedent for other Pilgrims' spouses to feel free to make their own choices.

The early evening was spent at the National Gallery in Merrion Square where enthusiastic guides shepherded the Pilgrims around the artwork. After an excellent dinner at 19 Merrion Square, Senator David Norris spoke about James Joyce and Dublin. He began by admitting that Joyce's was a difficult language to understand, and then overwhelmed us with verbal pyrotechnics, combining prose and poetry in a way that would have impressed Joyce himself. At the end of this stylish performance Bill Hoffenberg tried in vain to regain an academic initiative by giving his vote of thanks in Afrikaans!

On Saturday Pilgrims met Anthony Clare, Professor of Psychiatry and TV personality. He told the tale, in his inimitable way, of Jonathan Swift and the foundation of St Patrick's Hospital. He described it as the oldest, purpose built psychiatric hospital still functioning on its original site in Europe. He defined madness as 'a kind of sanity seen through different eyes'.

Joe McPartlin (Medicine), followed with a fascinating talk on the 'Great Famine'; how the potato became the standby against famine. Amazingly, on a diet of potatoes alone the only ensuing deficiency was in essential fatty acids.

John Feeley (Therapeutics), depressed Pilgrims with an account of the appalling prescribing habits of the medical profession. Prescribing was responsible for 10% of the health budget and prescriptions could certainly do with much more scrutiny. Poor prescribing caused a deal of unwanted morbidity and it is well to remember 'it is a good remedy to do nothing'.

Professor Davis Coakley, Dean of the Faculty of Medicine, gave an excellent talk on Oscar Wilde and Irish medicine. The Wilde family lived in Merrion Square close to the Corrigans, Graves and Stokes. One can only conjecture at the standard of general conversation and medical shop circulating at neighbourhood parties!

Lunch was at Donald Weir's house in Ballyboden. He and his wife welcomed us at the door of their lovely home set in superbly manicured gardens. A delicious meal was served on beautifully decorated tables in the conservatory. With the abundance of excellent wine Pilgrims relaxed to such an extent that the volume of noise threatened to raise the conservatory glass roof. Alasdair Geddes only just managed to get his noisy flock sufficiently under control to thank the Weirs for the trouble they had taken to make the afternoon one of the highlights of the pilgrimage. It took all the organising skills of the Scribe (and others) to get the party to stand in orderly fashion for even a few minutes for



Dining in style



The class of 1999 – Back row: Ken Heaton, Michael Oliver, Bob Cohen, Francisco Vilardell, Anne Tattersfield (hidden by David London), Ted Gordon-Smith, George Griffin, Keith McAdam, Alastair Compston (hidden), Richard Himsworth, John Reid. Middle row: Graeme Catto, David London, Ebo Nieschlag, Bill Hoffenberg, Ken Saunders, Alan McGregor. Front row: Gary Love, Christopher Edwards, Muiris FitzGerald, Parveen Kumar, Donald Weir, Alasdair Geddes, Steve Tomlinson, David Pyke, David Barnett.

the pilgrimage photograph. Two incidents did not escape Parveen's eye. One was John Reid climbing precariously over the conservatory roof. Ask no more! The other was when Alastair Compston and Alan McGregor decided, for reasons best known to themselves, not to accompany the party to Russborough Lodge in Wicklow; seeing a taxi slowly moving up Donald Weir's drive, they nimbly jumped into it and were whisked off. The taxi however, had been specially ordered for Alasdair Geddes to catch a plane but he missed it and was then delayed for several hours. All the other taxi drivers in Dublin were watching the Manchester United soccer match.

The rest of the party were shown around Russborough Lodge but by now

everyone's attention span had become so short as to be almost non-existent. They willingly let themselves be shepherded onto their coach and soon 'nor poppy nor mandragora' were needed by Robin Goodfellow to 'medicine them to that sweet sleep'.

Suitably refreshed, Pilgrims assembled for their dinner. It was a most splendid occasion. The scene was set in the Dining Hall of Christopher Wren's Trinity College, crystal and silver glittering in the candlelight, enhanced by the presence of the Pilgrims' and speakers' partners. Alasdair Geddes brought the formal parts of the evening to a dignified, yet light-hearted close with an elegant speech and vote of thanks that omitted nobody. But everybody in the Hall had at one time or another kissed the Blarney Stone. As the candles grew shorter and the whiskey coloured haze became denser, the volume and sparkle of the discussions around the table rose. The rest of that very civilised, if not exactly "pilgrimised" evening has to remain a very personal memory.

An Irish toast given at the Pilgrims Dinner

May the roof we are under never fall in and may we very good friends
gathered here together never fall out.

Münster 2000

Host	Nieschlag
Leader	Walton
Scribe	Gordon-Smith
Secretary	Stephen Tomlinson

Despite varied and tortuous plans for the journey, all Pilgrims finally flocked together at the Mövenpick Hotel in Münster where they were warmly greeted by Ebo Nieschlag and his wife Susan. This was the first of two shrines on the Pilgrimage where the much troubled former USSR president Gorbachev had stayed.

At the welcome reception, the Pilgrims endured the first of many wonderful meals. Polyglot Pilgrims were somewhat surprised to see that 'Angus beef', which was truly delicious, was translated as 'Argentinische Hochrippe'. At this dinner the Pilgrims became aware of a theme that continued to run throughout the Pilgrimage – excellent German wine. Many were particularly impressed by the Heger Grauburgunder, a delicious complex red. The evening finished with a breathless and chilling discourse on *The satirist as physician; a paradoxical case of doctor paradoxus Jonathan Swift* by Professor Real, Professor of English Language at Münster. It was somewhat alarming to have such scorn poured on the medical profession at the start of the Pilgrimage, but perhaps this was a salutary way of instilling humility in the Medical Pilgrims – not usually noted for such. Further anxiety was aroused by Professor Real's recitation and dissection of Dean Swift's poem concerning *Corinna, pride of Drury Lane*. Lines such as 'With gentlest touch she next explores her shankers, issues, running sores',

delivered with relish and enthusiasm, did not altogether aid the digestion of the excellent repast.

It did not go unnoticed that the Pilgrims counted an uncommonly large number of Deans and has-been Deans in their party, such that novice Pilgrim William Doe wondered whether at his next promotion he might be made a bishop. He was reassured. John Walton thanked the speaker for an astonishing tour de force and commented on the aptness of the talk, following that of Anthony Clare at last year's Pilgrimage in Dublin.

The Pilgrims began their education in earnest at the medical faculty of the University of Münster in the Alexander von Humboldt Haus, a pleasant gasthaus a short walk from the hotel. They were welcomed by Professor Sorg, Dean of the medical faculty, who explained some of the problems facing clinical research in Germany: R&D money is spent on patient services rather than on R&D, and the clinical load is often so great that it infringes on time for medical research. The Pilgrims nodded in agreement (or just nodded). Next came a beautifully illustrated and enticingly entitled dissertation: *Man, a frog and its skin*, presented by Markus Lerch (Internal Medicine). He extracted the proteins bombesin and caerulein from frog and toad skins and used them to prompt the movement of proteins across cell walls. Professor Lerch had been a student at Glasgow University some years earlier, a revelation which gave Jim McKillop and John Reid some reflected glory, and moved Alasdair Geddes to express no surprise at such excellence.

Gerhard Assmann (Clinical Chemistry), followed with *The epidemiology of myocardial infarction*, based on a prospective study in which many variables were assessed by multivariate analysis to produce the PROCAM score, yet another index of risk. Pilgrims were given the website address to assess their own risk factors (www.chd-taskforce.com). The paper provoked Robert Boyd and William Doe to reflect on hair in the ears of transvestites. After coffee, Arnold von Eckardstein (Clinical Chemistry), continued the theme of MI with a discussion of HDL, reverse cholesterol transport and atherosclerosis.

A lively and erudite discussion followed in which David Barnett, Richard Himsworth and 'Boris' Borysiewicz took prominent parts. Hermann Behre (Reproductive Medicine), from Ebo Nieschlag's group, discussed the possibility of lowering the PROCAM score by inducing a male menopause but dismissed the idea of an abrupt andropause. In discussion, several Pilgrims expressed concern that testosterone therapy in senescence might increase the risk of coronary artery disease.

Christof Schmidt (Cardiac Surgery), informed Pilgrims entertainingly of what lay ahead in cardiac surgery, with minimally invasive CABGs, arterial graft replacement, total artificial hearts and ventricular assisted devices just for starters. The catalogue led Muiris Fitzgerald to comment that the speaker had left out 'drive by' surgery like the banking and wedding/divorce facilities in Las Vegas. Other Pilgrims showed interest when they heard that there were some 75 cardiac transplant centres in Germany, with their own quality assurance programmes. The scientific session finished with a hugely welcome account of the results of the 'Augsburg' study into *the effects of alcohol on life expectancy*, presented by Kurt Straif (Epidemiology). Pilgrims were relieved to learn that the study, mainly concerned with beer drinking, confirmed

that alcohol produced an 'L'-shaped curve in the incidence of coronary artery disease, and a 'J', 'U', (or even 'W' for wobbly) curve for survival rates.

Pilgrims could now relax secure in the knowledge that they were making their own contribution to a longer life. The talk also produced the noteworthy but ungallant phrase 'lets skip the women'; unlikely to have come from a Pilgrim's mouth. After lunch and a brief pause – a senescopause – Pilgrims gathered for a tour of Münster, guided by their host and Susan Nieschlag. The tour started at the Schloss, an imposing and elegant baroque edifice, now the head office of the University. From there to the Cathedral, restored and rebuilt on the only hill, more a mole hill, thence to the Church of St Peter where the 16th century Anabaptists had seized brief, bloody and polygamous power. Next to the Erbdrosten Hof, headquarters of Westphalian Heritage. The Director, an Englishman called Farnsworth, confessed to speaking English with a German and German with an English accent. He took the Pilgrims on a tour of this wonderfully restored building, including the Reception Chamber and Gallery painted in the most amazing tromp d'oeil. Close by was a little church, also beautifully restored with lapis-like pillars and baroque paintings. A proposed visit to the workshops where such restorations were taking place caused novice Pilgrim Jim Petrie, who by now felt in need of some restoration, to create an Anabaptist-like schism among the flagging Pilgrims to skip the workshop and refresh body and soul instead. Other Pilgrims and their camp followers joined him instantly. In this quest they attempted to enter a bierkeller. They were saved just in time by the angel of Münster, who appeared to John Reid on a bicycle, crying 'Stop! Do not enter! That is for young people' and directed the Pilgrims to a more appropriate sedate hostelry. The angel reappeared some hours later while the breakaways were still wandering aimlessly around Münster. He firmly put them back on the true path to the Gasthaus 'Kiepenkerl' where they rejoined the staid Pilgrims. Yet another glorious evening – delicious wines, especially selected by Ebo Nieschlag – the Pilgrims' vintner as well as host. The food, the wine and the company lulled the Pilgrims into a feeling of deep contentment, forgetting that they had a 7am start for Cologne next day.

Pilgrims and partners duly gathered at the early hour, all except Chris Edwards who had arrived late last night and was blissfully dreaming of a 7.30 start. The journey to the Medical Faculty and Max Planck Institute at the University of Cologne was enlivened by Ebo Nieschlag's commentary – the wonders of the Bayer factory and the chemical works he had been asked to assess for risks to fertility. His conclusion: it was safer inside the factory than out. The Max Planck Institute's link with the Clinical Department of Medicine was unusual in Germany where all but ten of the eighty Max Planck Institutes are stand-alone science units. The Pilgrims' hosts in Cologne were members of the Neurological Clinical Research Unit. Professor Wolf-Dieter Heiss, Max Planck Institute for Neurology, explained the advantages of the link between the Institute and the Clinical Unit for transferring concepts rapidly from experimental research to clinical application. In Cologne, stroke patients could be assessed and appropriate management started within 40 minutes of the event, speed which left the Pilgrims filled with astonishment. With such management, nearly half of all patients had no or only minimal disability after major strokes. Dr Klaus Herholtz, Max Planck Institute for Neurology, followed with a demonstration of PET



Sorry, the Abendfahrt is full!

scanning and revealed what can be done with metabolic markers to locate cerebral tumours and their response to therapy, distinguishing between recurrent tumour and local necrosis. The meeting finished with Dr Konze-Thomas from the Deutsche Forschung Gesellschaft explaining how research in Germany is funded. Pilgrims thoroughly enjoyed trying to work out how much better research was funded in Germany than in the UK, but the complexities of Länder ministries, institutes and private funding left them somewhat bemused and uncertain – the Pilgrims' usual state.

Following the scientific session, the Pilgrims met their camp followers for lunch at the Gasthaus 'Früh'. Lunch included cannon balls, cunningly disguised as potato dumplings, and amazingly small glasses of beer which came rapidly in very great numbers. A tour of the imposing Cathedral was a suitable postprandial occasion for Pilgrims, though the thought of 10,000 virgins and some fascinating modern stained glass gave some another pause. Thence to the Rhine in pouring rain to meet up with the frail craft 'Felix' at St Goarshausen. As befits such a blessed company, and as a reward for our hosts, the rain stopped and the sun appeared as the Pilgrims boarded. They sailed past the Lorelei and heard the Sirens, but resisted jumping into the maelstrom to join them; braved the rushing currents and narrows around the mid-stream castles, and disembarked at Lorch. Tired though they were, the Pilgrims were whisked to the 'Weingut Friedrich Altenkirch' where Stefan Bauer and Peter treated them to an exposition on the local wine production. A visit to the caves under the mountains was fascinating, followed, as was becoming customary, by a superb repast with choice wines, each introduced by Stefan. (The Scribe was particularly taken by the Lorch Pfaffenwies Spätbergunder QbA'). The meal over, the Rhine and the Wine were properly complemented by German drinking songs translated into English by Susan and sung beautifully by Ebo's daughter Alexa accompanied by Jan Brachmann on the piano. A magical end to a magician's day.

To awake in the beautiful Eberbach Monastery was a special treat for the Pilgrims, though they were not expected to follow the edicts of the founding Cistercians – strenuous work, active prayer and inextricable aestheticism. At this second shrine, the



The Pilgrims' Progress: they came to the Delectable Kloster Eberbach.

even more saintly Sean Connery had slept during the making of *The Name of the Rose*. Despite David London's best efforts, the company and spouses were herded onto the bus for the Goethe University in Frankfurt. A tight bend and scaffolding made the journey hazardous but was saved by the efforts of John Reid and Chris Edwards, with advice but not much help from Steve Tomlinson and friends. While the Pilgrims' partners departed for the Museum of Modern Art, the devotional ones went to be uplifted by the Medical Faculty. They were greeted by Professor Usadel, the Dean's physician. Having ordered the Dean to bed with 'flu' just before our arrival, he took it onto his shoulders to explain the structure of the Internal Medicine Unit, built around emergency medicine/ITU/general internal medicine, with particular interests in endocrinology and diabetes. Klaus Badenhop (internal medicine, University of Frankfurt), a graduate of Manchester and an alumnus of St Bartholomews Hospital, reviewed concepts of the genetics in type I diabetes followed by Professor Usadel in his own right, on the modern management of diabetes, including new insulin analogues. David Barnett, clearly following the Cistercian code, expostulated on the theme that only modification of lifestyle, possibly including flagellation and hair shirts, could be considered the core of diabetic management, a view which the satiated Pilgrims, particularly Steve Tomlinson, found it hard to endorse when alternatives were on offer. A tour of the Diabetic Unit followed, the Pilgrims marvelling at the residential unit where new



Still a little wet behind the ears but already full of character and showing a fine nose ...

patients stayed for eight days to learn dietetics and modification of lifestyle, so dear to the soul of David Barnett. After another splendid buffer lunch (a typo but I thought it apt and left it), back to Kloster Eberbach. A moments respite, a tour of the Kloster devoted to the production of wine since Napoleon turned the monks out in 1806, more tasting and thence to the final dinner. John Walton in his speech of thanks to Ebo and family, not only expressed eloquently our appreciation and admiration for this memorable Pilgrimage but also managed to get in an irrelevant but highly entertaining story concerning persuading grandfather to croak like a frog.

Sunday morning saw the slightly bleary Pilgrims at their Annual Assembly where David London made an eloquent (and lengthy) plea for pharmaceutical medicine to become a specialty and Jim McKillop educated and entertained us (but did not sing) on Verdi and Shakespeare. The success of the Münster meeting may be judged in part by the unanimous vote of the present Pilgrims that camp followers should be welcomed at all further meetings. With regret the Pilgrims boarded the bus for the airport, a final opportunity to hear David London's oft-repeated cry 'has anybody seen my wife?'

Leicester 2001

Host	Barnett
Leader	Turnberg
Scribe	MacDermot I
Secretary	Tomlinson

Pilgrims assembled in Leicester in May 2001, home of the wool trade, DNA micro-satellites, the Leicester Tigers Rugby Football Club and the most confusing traffic system in Western Europe. As the sun set at the end of a glorious day, the citizens of Leicester will have spotted a number of non-progressing Pilgrims receiving helpful advice from their wives as they drove aimlessly hither and thither in search of the Belmont Hotel. Eventually, all were comfortably installed, dined well, exchanged gossip and prepared themselves at the bar for the demands of the next few days.

The scientific session began at the Glenfield Hospital Clinical Education Centre with a talk on using 'DADS'. This triggered memories of sleepless nights, providing pocket money and trips to the circus. Graham Cherryman (Radiology) explained that DADS is an acronym for the Dual Adenosine and Dobutamine Stress protocol, a recently developed one-stop MR evaluation of myocardial perfusion and function. It will find its clinical application in the assessment of patients with single or multiple coronary arterial disease.

Nigel Brunskill (Nephrology) gave an outstanding talk on proteinuria and the uptake of protein by renal tubular epithelial cells. This initiates an inflammatory response which accelerates the proliferation of epithelial cells and leads eventually to

a decline in renal function. In the questions that followed, Pilgrims revealed their customary modesty. Keith Peters admitted (for reasons that are not absolutely clear) to knowing no cardiology at all, and everyone was, of course, far too polite to contradict him. Others quickly got into the swing of things, freely admitting to knowing no renal medicine either, and (rather suddenly) the discussion was brought to a halt by Robert Boyd who felt moved to inform us that he was conversant with neither cardiology nor renal medicine.

John Potter (Medicine for the Elderly) gave an account of cerebral blood vessel autoregulation and how it changes following a stroke. The practical issue was how best to manage blood pressure in the first few hours after the onset of symptoms. He produced compelling evidence that survival is increased for up to five years if blood pressure is normal in the first 24 hours after a stroke. Regarding treatment however, the take home message seems to be to avoid over-zealous therapy, and above all, to avoid the administration of β -blockers which seem to make matters worse.

Nilesh Samani (Cardiology) reminded Pilgrims of recent observations on the state of mind of audiences 20 minutes after the start of a lecture. Apparently 50% were paying attention, 25% were worrying about something else, 10% were asleep, and 15% were having sexual fantasies. Nilesh thought he must have got it about right as 1 in 6 of the present audience responded to this news by nodding and smiling. The topic of his lecture was a study of the genes associated with hypertension. The development of congenic strains in a long process of back-crosses with the spontaneously hypertensive rat and its Wistar-Kyoto control has made it possible to identify a candidate gene for the development of hypertension in salt loaded rats.

Chris O'Callaghan (Child Health) gave a most polished lecture on abnormalities of ciliary beating, which turned out to be more complex, but also more common, than we had thought. He illustrated the lecture with a PowerPoint tour de force, which included cine film, histological slides, line drawings and all manner of informative illustrations. It was a model of how to make outstanding and complex data comprehensible to a general audience.

After lunch the pilgrimage was diverted to the Leicester Royal Infirmary. Kent Woods (Health Technology Assessment) gave an illuminating account of the difficulties in devising and standardising rational assessment and appraisal technologies in healthcare. These two distinct, but complementary functions are not for the faint hearted. The former identifies generalizable new knowledge – whose features are reproducibility, transparent methodology, and obsolescence in the form of a recognisable shelf life. The latter relates the applicability of evidence to the feasibility of multiple appraisal options. Tim Cox, Ted Gordon-Smith and John Walton seemed to understand more than most what it was all about, but the rest brightened up quite noticeably when Professor Woods informed us that he had £10 million at his disposal to see the project through to completion.

Bryan Williams (Cardiovascular Medicine) described his work on the cellular basis of vascular ageing. Some Pilgrims may have thought our host a little unkind in his selection of this topic, but the audience was clearly interested in the altered pulse wave velocity through a sclerotic aorta, which amply justified David Barnett's choice.

There was stoic acceptance of the increase in senescent cell mass with age, after which the increase in apoptosis and loss of mitochondrial oxidative function seemed almost tolerable. The talk ended on a high note however. The generation of oxygen radicals following exposure of arteries to angiotensin II suggests the possibility that pilgrims on ACE inhibitors will live longer than their Wistar controls, and as a final *coup de grace*, we heard from Professor Williams that the process of getting shorter in old age is confined to our telomeres – which was a great comfort to all of us.

Richard Camp (Dermatology) described a novel immunotherapeutic approach in dermatology. The story began with an account of the involvement of $\beta 1$ integrins in skin disease, and the observation that transgenic mice over-expressing this protein develop a skin lesion similar to psoriasis. Professor Camp and his colleagues then set about screening a phage display library to identify cyclic oligopeptides with the capacity to bind and inactivate $\beta 1$ integrins.

The final speaker was Richard Trembath (Genetics Centre) who described his work on the positional cloning of the human Type II TGF- β receptor, and the relevance of this protein to the evolution of human pulmonary hypertension. The work is now widely quoted, and is an outstanding example of a successful collaboration between basic science and meticulous clinical observation (in this case by Dr Morrell and his colleagues in Cambridge and the Hammersmith Hospital).

At the Museum of the Leicester Royal Infirmary, we met its curator, Dr Aubrey Stuart, who showed us round and gave us an account of the medical history of Leicester. Parveen Kumar was particularly taken with a hospital ordinance of 1808 necessitated by the absence of fresh milk at the hospital and pollution of the drinking water. In three months during that year, their 60 inpatients were to be provided with 946 pints of wine, 977 gallons of ale, 38 pints of brandy, and 14 pints each of gin and rum. The many tasks of the duty physician included quality checks on these beverages, and Parveen appeared distressed to learn that the assistant house surgeon and his two attendant dressers were provided with ten and a half pints of ale daily. With a thirst that now approached life-threatening dimensions, the Pilgrims then returned to the comfort and comparative abstinence of the Belmont Hotel, where dinner was served and entertainment provided in the form of an outstanding and witty after dinner speech by Mr Peter Wheeler of the Leicester Tigers' Rugby Football Club.

After breakfast next morning, we were taken by coach to the Imperial War Museum aviation collection at Duxford. The sun shone, the birds sang and Richard Himsworth impressed us for a while with his unerring ability to identify the different aeroplanes as they took off and landed. He was eventually forced to admit that he actually lived at one end of the runway and watched them daily as he tended his garden.

The Pilgrims clearly had mixed reactions to the sight of so many war planes. There was something deeply shocking about the B-52 Flying Fortress, which had undertaken over 30 missions in Vietnam dropping many thousands of incendiary bombs on the hapless civilian population. We all recognised the awesome beauty of the fearsome machines, but that only added to the sense of unease felt by many Pilgrims. It was a memorable and thought-provoking trip, and the presence of Ebo Nieschlag and his wife Susan in our midst reminded us all of the importance of clubs

and societies such as the Pilgrims with an international membership, as well as any individual responsibility we might feel to prevent such horrors for the next generation.

The Pilgrims dinner was held at the University, where we were joined by Professors Lauder and Burgess representing Leicester University and the Medical Faculty. After a long and wonderful day, we went to sleep in the certain knowledge that we would have a quiet night. That hope did not, however, take account of the propensity of the hotel poltergeist and the honest burghers of Leicester (silly burghers in the opinion of George Griffin) to extend the entertainment just a little longer. At some early hour in the morning, when all were asleep, there was a terrific ringing of fire bells and a general rushing around. On this occasion Pilgrims set standards of courage and loyalty that have rarely been equalled in the City of Leicester. Our exit from the inferno was led by Sharon Barnett wearing her Louis Viton handbag and almost nothing else. David Barnett himself was clearly relieved to see the Leader of the Pilgrimage safe and well, and there was a general consensus that Leslie Turnberg had set new standards of midnight sartorial elegance which brought nothing but credit to the group. The whole event was recorded for posterity by Ebo Nieschlag who arrived waving his camera, but nothing could quell the ugly rumour that the fire alarm had been set off deliberately by your scribe to provide a bit of local colour for his report.

The Pilgrims had noted a wedding party in the hotel earlier that evening, and were delighted to be joined on their pilgrimage by the bride and groom on their wedding night. I suspect that this is a first in the history of the club. And so finally, as guests of a nervous disposition were reassured, weeping children were settled back to bed, members of the city fire brigade thanked the Pilgrims for their officer-like qualities in the face of such adversity, John Reid arrived breathless but unharmed with the reassuring information that he was a doctor and there was no need for further panic. The wedding party looked a little doubtful, but wisely kept their incredulity to themselves on that occasion.

The pilgrimage continued on the Sunday morning with the minutes, matters, and minutiae of the Pilgrims Business Meeting, following which Steve Tomlinson gave us a fascinating account of his experience as a teacher of postgraduate medicine in West Africa. This was followed by John Walton who described the scientific background to a bill that had recently passed through the House of Lords. The complexities of pre-implantation diagnosis, stem cell research, nuclear transfer, cloning and mitochondrial exclusion seem daunting concepts to some Pilgrims, but making such topics intelligible to their lordships, never mind guiding them towards a wise and workable piece of legislation, has made John Walton's contribution to the work of the Upper House truly memorable. It is preserved for posterity in Hansard, and is accessible online at www.parliament.uk/about_lords.info. Click on Select Committees for Science and Technology, Session 2000-01, 4th report on genetic databases.

Thanks were expressed to Sharon and David Barnett for their wonderful hospitality; fond farewells were said, and all left with happy memories of an outstanding visit to Leicester.

St George's Hospital Medical School 2002

Hosts	Gordon-Smith, George Griffin, Boyd
Leader	Bouchier
Scribe	Compston
Secretary	Tomlinson

Were the pilgrims of 2002 fakes? Nowhere in the writings of Merrie England can one marry up the secluded luxury of Wimbledon Common and the rich intellectual pickings of St George's Hospital Medical School with the austere instructions of Richard Wycliffe (1382) 'to sojourn in the flesh and beg amongst strangers'*. Masquerading thus, Pilgrims assembled at Cannizaro House, absorbed the atmosphere of its former teenage owner the last Maharajah of Punjab – noted that they had narrowly missed a residential mystery weekend in which guests are required to spot the murderer in their midst (but nevertheless wondered who it might be), smiled casually at notification of the nightly room rate, sweated privately at the same as they clambered under the awnings of their four poster beds, and offered votaries when reflecting that at least their visit did not coincide with the All England Club bookings at circa £350 per night.

At dinner, the leader Ian Bouchier and local organizer Ted Gordon-Smith with the help of George Griffin and Robert Boyd welcomed our guest speaker Dr Michael Stroud (St George's 1979) who had walked from Wimbledon South underground station but preferred to give an account of 'Crossing the Antarctic'. Starting with a dry run – as it were – to the North Pole, he and Sir Ranulph Twisleton-Wykeham Fiennes faced many hazards encountered by another St George's alumnus and polar explorer, Edward Wilson (1900) and his four fated Antarctic companions. Michael and Ran survived physiological experiments on energy metabolism, Ran's attempts at venipuncture on Michael with eyes-wide-shut to avoid fainting, a diet of butter with everything, diabolic images of Ran eating porridge through profusely bleeding oral sores, recreational chess played with frozen urine bottles, and the temptation to feign illness if the real thing failed to materialize. Later, Michael frightened Pilgrims by relating how he had since moved on to 500 km races in the United States accompanied by his 70-year old dad. Murder by the Cannizaro House guest seemed preferable. After some polite physiological questions, John Walton came straight to the point and asked Michael whether he had considered shooting his companion and then cannibalising him in the interests of energy restoration as the most sensible option for any Antarctic explorer.

Pilgrims spent Friday May 10th at St George's Hospital Medical School. Sanjeev Krishna (Molecular Parasitology), Philip Butcher (Microbiology) and David Lewis (Infectious Diseases) conjured useful metaphors in explaining the clever tricks for infectivity used by their favourite micro-organisms and the strategies used by

* Editor's note: standard set by the first medical pilgrimage to Paris 1928 in 'The Medical Pilgrims' (ed C Hawkins) RCP publication 1997:8–10.

St George's academics to out-smart them. But they may have felt they were being upstaged by some even cleverer Pilgrims who confessed later that 'Pilgrims are not competitive; it's just that that we like to ask superior questions'. It was an unfair trick to front discussion of the 147 week graduate medical course with the charming Catherine Bonner (medical student). Pilgrims needed no persuading that, selecting for ability rather than previous academic achievement, the Graduate Australian Medical Schools Admissions Test (GAMSAT) had successfully reduced its 457 applicants to an elite 35 guinea pigs fed on a weekly diet of problem-based virtual cases. Pilgrims feared privately that the scheme might be converting war correspondent-, oil rigger- and banker-doctors into medical war correspondents, first aid workers in the oil industry and private health care moguls. Les Turnberg, pleading for presentations from female medical students at all pilgrimages, raised the pitch and volume of the proceedings. Peter Rubin could only restore order and return to the subject of selection and training, with a William Osler aphorism 'bright in bright out despite background, but right in right out is better'.

Lunch was overseen by Edward Wilson's watercolours from the Antarctic. Then Gus Dalgleish (Oncology), gave Pilgrims one interpretation of HIV pathogenesis, solved in passing, the riddle of cancer, and set the scene for John Griffiths (Biochemistry), to reveal the INTERPRET magnetic resonance spectroscopy prognostic signatures of brain tumours. Pilgrims have long suspected that parts may shrink with age but took comfort in Sarah Ball's (Haematology) flexible and elastic definition of youth, and the knowledge that chromosomes lacking telomerase also do it at the rate of 240 base pairs per year – with all sorts of nasty consequences.

Pilgrims somehow manage to dismantle speakers ever so nicely; Alan MacGregor neatly vapourised some of the afternoon's more maverick proposals without actually aligning them with President Mbeki's concept of AIDS in southern Africa. A few pilgrims relaxed visibly during Peter Mortimer's (Dermatology) account of how to become an expert on lower limb lymphoedema in less than two years, apparently settling for their own dreary career paths. Thanking him and Denis Pellerin (Cardiology), who described how to image akinetic segments of cardiac muscle, Michael Oliver brought out of the hat some rabbits he had known 50 years ago, regretting that although atherogenesis could now be depicted by M mode, 2-colour Doppler and tissue Doppler echocardiography, the bunnies still have atheroma. Never the linguistic slouch, Steve Tomlinson pointed out that Pelerin is French for pilgrim.

On the ride home, Michael Oliver and his bus-companion remained calm as the driver read his lap-map and spoke on the mobile phone while passing a too fresh looking cemetery. But the bus made it safely to Wimbledon Common in time for a visit – as Graeme Catto reminded us – to the Aga Khan's would-be London playground (St Thomas's Hospital) seen from the wrong side of the tracks, courtesy of Lords Walton and Turnberg and accompanied by Baroness Cumberledge (Under Secretary of State, DoH 1992–7). Unaccustomed to so much plush, and some even displaying political red/green achromotopsia (red, upper; green, lower), Pilgrims hardly needed John Walton's reminder that in several places only peers might utter. This did not stop Ian Bouchier from giving a pretty speech ending with a joke that Pilgrims did not find funny – until late on Saturday by which time much syntactical

debate and attention to the vernacular had straightened up the stem to: ‘how often do you milk a cow in Scotland?’

By then Pilgrims had heard from Juliet Britton (Neurology), Franklyn Howe and Marios Papadopolous (Wellcome research fellows), an historical account of how James Bull, neuroradiologist at Queen Square, handed Atkinson Morley Hospital (AMH) a (sagittal) slice of neuroradiological history by failing to give Godfrey Hounsfield the time of day when he paraded his Nobel Prize winning ideas on computerized tomography. Ted Gordon Smith declined CT exposure of his own pineal gland having arranged a 9.45am bus from Cannizaro House for a 9.30am start at AMH before eventually settling on a 9am departure for a 10am start. The subsequent wizardry of depicting dynamic metabolic activity in areas of ordered and disordered brain structure re-assured Pilgrims that their headaches were in reality due to malfunctioning aquaporins and not a reflection of the cellar available to Lords Turnberg and Walton.

The latter, taking his text from an important and definitive 1954 monograph on subarachnoid haemorrhage, reminded Pilgrims who it was that cured the hemiplegia affecting David Davidson (Newcastle United F.C. c1935), also thanked the speakers and (with an unflattering definition of psychiatry as the mule of medicine: ‘no pride in its ancestry and no hope of progeny’) introduced Arthur Crisp (Psychiatry). He wove a clever tale of re-organisation in the NHS around the sorry history of the river Wandle, navigable down its 12 miles and 192 foot drop underneath (inter alia) Sainsbury’s and Balham High Street, to end on the backdoor of the Wandsworth, Tooting and Sutton Health Authorities, unhelpfully dubbed the Womble HA by the High Mistress of St Pauls Girls School. Pilgrims were confident that its status and authority would be fully enhanced by global warming.

They then proceeded to sweat it out in the tropical greenhouse at Kew where Nigel Taylor, Dave Southwood, Valerie Baxter and Irene Judge (botanists), flattered the impressive but patchy knowledge of Pilgrims on matters botanico-paleontological, -Linnaean, -medicinal and historical. No pilgrim rumbled the reason why certain insectivorous plants had recently turned up their cotyledons through washing down arachnoids with aquaporins derived from ponds also accommodating copper statues but – it still being Saturday evening – several preferred bottled water to the tap at Cannizaro House lest the weekend guest was planning toxicological tactics.

Dinner in the Leicester Suite was a helpful cue for the Leicester scribe John Macdermott shamelessly to exploit their amnesic foibles by flattering Pilgrims into believing that they had understood more than usual, had responded with more than their usual witticism and mental alacrity, and had displayed more than their usual cognitive modesty. Ian Bouchier re-told his joke and Pilgrims got it at last. Robert Boyd, wearing his 250th (re-counted to 267th) Anniversary Hat of St George’s Hospital Medical School, delivered an up-beat and hubristic message for Graeme Catto (President of GMC) on the admirable qualities of today’s medical school curricula and students despite serial rationalization of training for medical students.

Pilgrims stood in memory of Bryan Matthews and Jim Petrie at the start of the annual general meeting on Sunday May 12th. In accepting the invitation from Keith Macadam and Penny to visit the Gambia, Pilgrims seemed as much influenced by

Michael Oliver's confirmation that this would straddle the first Sunday after the first full moon after the equinox, as by the availability of charter flights from Gatwick with a package roughly matching the cost of breakfast at Cannizaro House. There followed papers from Terry Gould on unusual St George's alumni including Thomas Young who entered the school on the credential that he wrote out a single phrase in nine languages; Benjamin Brodie who cured Isambard Kingdom Brunel of ingesting a sovereign (not Victoria) by standing him on his head; HD Rolleston (the Scribe kept quiet on his 1905 description of Pilgrim's bottle liver); Henry Champenys who forgot his cox at Henley and so invented the coxless fours; Hank Wangford, Country and Blues singer but not by way of GAMSAT; and the disappointed applicant for the post of public hangman who eked out his days as head porter – as it were – at Hyde Park Corner. Lastly, Ken Saunders, explained how spending time at St George's had temporarily interrupted his undergraduate and present careers as decoder of Greek hieroglyphics. It all seems so simple when the random direction in which to read text is indicated by where the birds' beaks are pointing, and the symbol for 'foresee' is a giraffe.

In thanking Ted Gordon Smith and George Griffin for their hospitality, the leader counted out the same number of Pilgrims as he had counted in, leaving a clean slate for the forthcoming murder mystery weekend at Cannizaro House. If letters to his wife provide guidance, Edward Wilson would not have approved of the Pilgrims visit to St George's in 2002:

*'I am getting more and more soft and dependent upon comforts and I hate this.
I want to endure hardship and instead I enjoy hotel dinners and prefer hot water to cold and so on – all bad signs and something must be done to stop it.'*

In terms of honing Pilgrimatic credentials, prospects for the Gambia look equally bleak.

The Gambia 2003

Host McAdam
Leader Borysiewicz
Scribe Tattersfield
Secretary Tomlinson

Leaving England on a grey day in February, a weary and sun-deprived group of Pilgrims stepped into bright sunshine at Yundum airport, to be met by our hosts, Keith and Penny McAdam. After negotiating customs uneventfully we were serenaded to the bus and transported to the Coconut Residence where we stayed for the next week in some luxury, most of us in one of the villas attached to the hotel, complete with swimming pool and four-poster beds.

An early start was needed next day for a bird watching trip with Clive Barlow, an expert by definition as he has written a book on *Birds in the Gambia*, and Chris White. Enthusiasm overcame common sense next morning when we arose at 6.15 am on the dot only to find that it was still completely dark. Undeterred we set off to local scrubland and once dawn broke were rewarded by an eclectic collection of birds, at least forty species including black shouldered kite, hooded vultures, hornbills, weavers, Senegal parrots and, when we reached the Atlantic, a range of gulls, cormorants and herons.



We returned to relax by the swimming pool before departing for the MRC unit, noting the palatial offices of British American Tobacco en route. We were joined by Ade Lucas, a friend of many pilgrims and invited as an honorary pilgrim for the pilgrimage. Keith McAdam, our host gave a brief history of the MRC unit. He explained that it was set up by the colonial service after the Second World War, and taken over by the MRC in 1953. We were deeply envious when told that Ian Macgregor was director for thirty years without having to write one grant application. He set up the first field station in Keneba, accessible only by boat; later Brian Greenwood set up further field stations in Basse and Farafenni. The MRC unit employs 800 staff and spends 10% of its £10 m budget on clinical services, important for the unit's local credibility. The first 300 patients to arrive in outpatients each morning are given a ticket, triaged by a nurse and seen as necessary by one of three doctors. More attractive to NHS managers was the fact that the 42 beds have a three-day average occupancy, and only drugs on the essential drug list are available. Two hundred and fifty Cuban doctors are on two-year contracts funded indirectly from Taiwan, to help shore up the struggling Gambian health services which have to bear the added burden of neighbouring Senegalese streaming across the border to be immunised.

We had a quick look at two wards and a laboratory, admired a picture of Richard Himsworth's father* and identified a few birds with our new found expertise. Moving across the road, minds and bodies were refreshed in the McAdam's lovely garden overlooking the sea, where we met other members of the MRC and local dignitaries.

At dinner Mr Lenrie Peters talked of his experiences as a surgeon in Banjul, including having to give his own anaesthetic, which seems a neat way to solve manpower problems. He talked about integrating mainstream medicine with the strengths of traditional Gambian medicine, including bone-setters and practitioners skilled in the use of herbs, psychiatry and midwifery. In a clear reference to the NHS he suggested that the Gambia was fine for anyone 'fatigued by over-sophistication'.

Partners spent a day in and around Banjul, starting with a talk from local historian Florence Mahoney, a remarkable and charismatic woman in her mid-80s who has spent her teaching life in the Gambia. She showed the work of former pupils and talked about her life with great enthusiasm. The group then went by open truck to a school where 2,000 pupils are taught in shifts, from 8am to 2pm or 2 to 6pm. Meals are cooked on site and pupils grow produce in a large vegetable garden. Again, the enthusiasm of teachers, staff and children was infectious. The party picnicked on the MRC beach, had an optional swim, a wonderful drive along the beach and visited a woodcarving market where bartering skills were put to the test – but not very effectively!

Meanwhile Pilgrims spent a fascinating day at the MRC unit, hearing about its current research. Setting the scene Dr Ousman Nyan (Biochemistry) explained that the 1.4 million Gambians consist of several ethnic groups but with little ethnic tension between them. Life expectancy has increased from 33 to 58 years in the last 30 years, almost a year per year. Infant mortality, fertility, illiteracy and infectious diseases have fallen and non-infectious diseases now account for most deaths in adults. Nevertheless, five percent of patients with malaria still die and maternal mortality remains high at 1%. Perhaps the most shocking statistic was that the government spends only ten US dollars per head per year on health care, 3.9% of GDP.

*Sir Harry Himsworth, Secretary, MRC 1949–1968

Malaria vaccines

Dr Sam Dunyo (Research Fellow), introduced three talks on malaria, describing the facts as a humiliation, since it still accounts for 40% of deaths in the under five-year-olds. New treatments and preventive strategies are studied in rural areas using village health workers linked to health centres, which in turn link to MRC field stations.

Dr Margaret Pinder (Immunology), talked about the RTS,S vaccine, a recombinant DNA sporozoite antigen with a novel adjuvant system, one of nine candidate malarial vaccines under investigation worldwide. The RTS,S vaccine produces strong immunological responses, protects against artificial challenge and appears to be safe; efficacy was 70% at two months but disappointing when tested over a transmission season. Dr Vasee Moorthy (Research Fellow), in collaboration with Adrian Hill's group in Oxford, aims to boost T cell responses to the liver stage of the parasite, using MVA, a highly attenuated vaccinia virus vector. The vaccine produced an impressive T cell response, protected against malarial challenge but was ineffective when studied in the field. More work is needed to understand which immunological responses in the laboratory predict effectiveness in the field.

TB, BCG and genes

Introducing this topic, Keith McAdam pointed out how little we know about BCG. It is given at birth in the Gambia but many children are still Mantoux negative at the age of five. The unit is looking for factors that predispose individuals to developing tuberculosis. He uses a tripartite model in which sputum positive cases are compared with contacts and controls. Since the risks associated with individual genetic factors have been weak, the focus has moved to identifying haplotypes. Roger Brooks (Immunology) and Philip Hill (Epidemiology), are using the same tripartite model to try to improve case detection, comparing PPD and elispot, and to determine cellular and molecular factors that contribute to protective immunity.

HIV and hepatitis B

Hilton Whittle (Deputy Director) compared the effects of HIV2 infection with those of HIV1, the prevalence of which is still relatively low in much of the Gambia. HIV2 is usually less pernicious with a lower viral load, more neutralising antibody and slower disease progression. Knowing when not to treat is therefore important. Liver cancer accounts for 40% of cancer in Gambian men. Sam McConkey (Virology), talked about the use of an MVA augmented hepatitis B vaccine in patients with chronic hepatitis. The first aim, to augment the T cell response and reduce viral load, has had some success but whether it will prevent or reduce tumour development remains to be seen.

Hib

Richard Adegbola (Microbiology), kicked off the afternoon session with a talk on immunisation and respiratory disease. Respiratory infection is the major cause of death in the first year of life. Seventy percent of pneumonia deaths are due to

Haemophilus or strep pneumoniae, despite the pneumococcus being penicillin sensitive. Mortality from Haemophilus meningitis has fallen dramatically since Hib vaccination started in 1997, despite irregular vaccine supplies. A major pneumococcal vaccine trial is under way in 17,000 children, using computerised photographs to confirm a child's identity.

Infection and nutrition

Andrew Prentice (Nutrition) explained that work on nutrition is focused on basic mechanisms and early life programming of immunity using a natural experiment whereby infants born in the wet (hungry) season weigh considerably less than those born in the dry season. Records started by Sir Ian McGregor show that children born during the dry (healthy) season have a reduced mortality as adults more than 20 years later, presumably due to differences in their ability to cope with infection since this accounts for 60–70% of deaths in young people. The group is exploring the hypothesis that early life nutritional insults impair immunity, in addition to looking at the role of iron intake since too much or too little can impair the immune response.

Fertility and pregnancy

Gijs Walraven (Reproduction) talked about maternal mortality, which has fallen sharply but is still 50 times that in the United Kingdom, mainly due to haemorrhage, eclampsia and sepsis. Attempts to carry out research or introduce safety measures into traditional birth methods are hampered by illiteracy amongst birth attendants. Pregnancy apparently makes mothers more attractive to mosquitoes, so antimalarials may be given during pregnancy. Fertility rates are said to be 6.8 for women and 12 for men, which your Scribe feels is interesting but biologically implausible.

Flies and eyes

Trachoma is the leading cause of blindness after cataract and Martin Holland (Immunology) reminded us that Moorfields Hospital was built to deal with trachoma in the East End of London; this was rife until the end of the 19th century but disappeared before antibiotics were available. He discussed how the response to the infection causes scars and blindness, and the disastrous effects of blindness on a family. He outlined the SAFE strategy – Surgery, Antibiotics (Pfizer are giving antibiotics free), Facial cleanliness (Flies and Eyes Project) and Environmental change (fly sprays and pit latrines to reduce flies). The talk finished on a more sophisticated note with discussion of a possible vaccine.

Urbanisation and genes

Marianne van der Sande (Epidemiology) talked about non-communicable diseases that now cause 60% of deaths in Gambian adults including diabetes, stroke, hypertension and cancer. Myocardial infarction is still rare. A third of urban women are obese and half adult men have smoked, but the government ignores this. The most common cancers are liver cancer in men and cervical cancer in women. In the final talk, Dr Giorgio Sirugo (Genetics) reminded us that one branch of Homo Sapiens migrated from Africa to Eurasia some 50,000 years ago so genetic diversity is greater in Africa. He argued that it should therefore



The Registrar, later PRCP, walking on water, and more formally attired with Steve Tomlinson.



be easier to discover susceptibility genes in Africa. The National Gambian DNA bank, set up last year, contains 20,000 archived samples collected over 20 years, including many from twin studies, twins being a Gambian speciality. Polygamy makes genetic studies more difficult, but clearly does not dampen Dr Sirugo's enthusiasm.

Keith McAdam pointed out that the presenters covered 13 nationalities, the greater diversity being a relatively recent phenomenon that very much strengthened the unit. In thanking all the speakers and Keith McAdam for a compelling and thought provoking day's science, Ian Bouchier noted the recurrent links between genes and environment. It caused him to wonder whether the migrants to Eurasia might have had a novelty-seeking gene.

Refreshed by a swim, pilgrims and partners, formally attired, met for the pilgrims' dinner in the Coconut Residence. Steve Tomlinson, welcoming pilgrims and their 'spice', reminded everyone that this was the 75th Pilgrimage. Seven pilgrims had attended the first pilgrimage in Paris with Arthur Hurst as leader and scribe; his brief report did not document the visit to the Follies Bergeres, but the crêpes Suzette were clearly savoured by these early pilgrims. Breaking with frequently broken tradition, speeches were made early in the evening. Keith McAdam introduced the guest speaker, Hon Pilgrim Lucas. He gave details of a glittering career which included 16 years in public health in Nigeria, spells at the Carnegie Foundation, Harvard, the London School of Hygiene and Tropical Medicine and heading the WHO Tropical Diseases Research Programme. Ade Lucas, dressed in a most magnificent blue robe, then gave a sparkling speech, weaving serious points with tales and anecdotes in the best tradition of African story telling. The most memorable story (too long to tell) started with the walls of Jericho and finished with an ultra-profound statement by (American President) George Bush on Iraq. His theme, that walls can be knocked down, was illustrated by four diseases that are now close to elimination thanks to international cooperation facilitated by WHO – leprosy, Chagas



Guest speaker and Honorary Pilgrim, Ade Lucas.

disease, filariasis and onchocerciasis. After this feast for the mind we did justice to an excellent meal, interrupted by a small break to commemorate George Griffin's birthday with an almost musical rendition of 'happy birthday'.

The medical school and hospital

The following day pilgrims visited the Royal Victoria Hospital to be met under the banner 'Joy, Hope and Prosperity' by Dr Pamela Forbes-Esengbedo, the chief executive, and Professor Etim Essien, the first Dean. The first medical school in the Gambia had opened here three years ago and the hospital had to make many changes to be accredited as a teaching hospital. They included reducing the number of beds by 15% and providing a new pharmacy, a lecture theatre and teaching laboratories. The first intake of 25 students has dropped to 15, only one of whom is a woman. Both speakers felt that formal collaborations with centres in the UK would be beneficial. Pilgrims' perspective on problems back home was slightly rosier after hearing of the numerous constraints on progress in both the hospital (erratic drug supplies, shortages of staff, space and equipment) and in the medical school (lack of accommodation, finance and teachers). Hearing that three times as many doctors are needed during the rainy malarial season, Pilgrims were left wondering how the JCHMT and medical staffing would cope with a comparable situation in the UK.

Real medicine in the Gambia

In the adult medical ward Dr Alieu Gaye (Physician), introduced us to some of the realities of practising medicine in the Gambia. X-rays were currently off the menu because the hospital had run out of film. We saw young patients with foot complications from type 2 diabetes, not helped by wearing flip flops; extensive Hodgkin's disease being treated with only two of the three components of CHOP but clearly not winning; and splenomegaly as yet undiagnosed. The wards were light and airy and the atmosphere calm and professional. Patients pay 50 dalasis a day (about 2 pounds). We were impressed by what was being achieved under difficult and often frustrating circumstances, and thanked our hosts for an enlightening visit.

We then moved out of Banjul on dusty roads to Brikama Health Centre 30 miles away to learn about some excellent and innovative work headed by Dr Gisela Schneider from the WEC mission. She has worked in Brikama for several years developing home care for patients with AIDS and other chronic illnesses as part of the 'Hands on Care Programme'. When we arrived the ante-natal clinic was in full swing with large numbers of expectant mothers chatting busily whilst waiting to be seen. The scene reminded Alasdair Geddes of clinics in Birmingham but Keith McAdam identified a major difference – mothers in the Gambia are much better dressed.

We heard more from Dr Schneider under a poster proclaiming 'Girls – Your future lies in education, not in the hands of a rich man'. A major aim of the 'Hands on Care Programme' is to enable HIV patients to lead more productive lives. The reproductive health clinic provides immediate HIV tests, with pre- and post-test counselling and home community care, and a community arm is trying to destigmatise HIV in the villages. Nevirapine is available for expectant mothers who are HIV-positive but may not prevent transmission if breast-feeding is protracted, the norm in the Gambia (the



O.P. clinic – Mothers are much better dressed [than in Birmingham].

‘breast-feeding Mafia’ according to Dr Schneider). Introducing formula milk early is seen as stigmatising, and is expensive. The programme also looks after patients with other chronic medical problems in the villages.

Each village has two volunteer traditional communicators who are helping to sensitise the community to HIV and AIDS, in part by incorporating health messages into songs. A highly entertaining demonstration in a village hall nearby started with a song outlining behaviour that could lead to HIV infection, accompanied by a demonstration from two young people under a blanket on a mattress. This cameo was followed by one in which a man shivered uncontrollably under a blanket with the odd episode of vomiting for extra effect. When his wife complained that she was left with all the work he replied ‘I’m dying, get me another wife’. Enter the village communicator who persuaded the wife to be more sympathetic, the husband to be more sensitive, and all lived happily ever after. Pilgrims took both messages to heart. Does this approach work? Yes, and it’s evidence-based – no teenage pregnancies in the villages in the last two years.



Bats and snakes

We travelled to Makasutu Wildlife Trust for a delicious lunch, including peanut stew, with bats nonchalantly hanging above us. A local percussion band started to play and dance and although pilgrims (and partners) were not entirely familiar with the dance they participated with gusto if not elegance. A cooling off period was then required and three ecologists from the Wild Life Trust told us about local conservation projects including measures to protect snake numbers. Pilgrims needed some persuading that snakes, by controlling vermin, are a force for good but were happy to agree to give a wide berth to any they encountered. This action packed day finished with a river trip in a rowing boat and a cool drink in a new hotel attached to the Wild Life Trust.

Bioterrorism and the Unicorn

After the AGM on Saturday we returned to the MRC unit where Steve Tomlinson read the scribe's (Alaster Compston) report from the 2002 St George's Hospital pilgrimage, coping manfully with some very big words. With a war with Iraq imminent, Alasdair Geddes cheered us up with a timely talk on bio-terrorism, pointing out that this is not new. Previous examples include catapulting plague-infected corpses into the enemy in the siege at Kaffa and infecting Russian horses with glanders in the First World War. Closer to home Lord Cherwell suggested to Churchill that anthrax should be dropped over Germany 'half a dozen Lancasters would cover one square mile'. We were not reassured to hear that a few kilograms of anthrax can kill as many as the bomb on Hiroshima, or that botulism wins the prize for the ideal biological weapon, ie one that kills the enemy but not you.

We thought that Pilgrim Bouchier's talk on the unicorn's horn would strike a lighter note but poisoning was next on the menu since powdered unicorn horn is a well known antidote to poison. King James clearly had some doubts so in the best interests of clinical science he set up a trial randomising his servant to poison plus powdered unicorn horn. Sadly the servant died but neither this nor the fact that no-one has ever seen a unicorn prevented the market price of unicorn horn from soaring; the main loser in this was the narwhal whose large canine tooth substituted for unicorn horn. Narwhal are caught by Greenland Inuit and although culling is now restricted their value remains high, a carved and gilded tooth in the V&A being worth £0.5 million.

Gambian interlude

Pilgrims then left for a trip down the Gambia river in two boats, Coco-river 2 and 3. The river is wide and lazy with mangroves on the side and a few boats plying up and down. An excellent lunch was cooked on board and when we berthed some of the party jumped overboard for a swim. The infectious diseases physicians





Final evening – a reception at the High Commission residence,

however, without exception, stayed on board. The main hazard was in getting back into the boat, and your Scribe was nearly lost at this point. On the journey home the occupants of Coco-river 3 were nearly capsized following a cavalier and dastardly attempt to overtake Coco-river 2 – and failing to pull the anchor up. But all returned safe and well.

The next two days were spent on various pursuits such as visiting Banjul market where you could buy a T-shirt sporting David Beckham or Osama bin Laden. Children in a rural area close to Senegal kept us up to date with UK football from a television powered by solar energy and offered us email addresses, presumably at school, – but they still fought over one biro. We met on the last evening for a reception given by the High Commissioner who welcomed Pilgrims and partners, also expressing his sadness that the McAdams were leaving and gratitude for Keith McAdams' enormous contribution to the Gambia through his work at the MRC.

Next day we left the Gambia with some sadness, after what must be one of the most memorable pilgrimages. We appreciated the warmth and vibrancy of the people we had met and felt we had gained a better understanding of the problems in providing medical care in a poor country. Despite these difficulties, it was possible to carry out high quality research on pressing clinical problems. We had been impressed by the ingenious solutions to problems of delivering health care and the emphasis on prevention in rural areas. We were grateful to the McAdams for welcoming us so warmly to the Gambia and enabling us to meet so many interesting people. We hope that more tangible interactions between the Gambia and the UK may result from this pilgrimage.



Cardiff 2004



Host	Tomlinson
Leader	Peters
Scribe	Griffin
Secretary	Tomlinson

Will You Come Home Again to Wales?

Background

The stars were all in the correct aposition for the Cardiff Pilgrims' meeting on 22–24 April 2004. The Welsh rugby team were threatening to assume their past glory, Steve Tomlinson was excited about academic mergers (the University of Wales College of Medicine with Cardiff University) in Cardiff and the weather was superb. Spring had energised in Cardiff and the heady mix of wallflowers, tulips and cherry blossom had never been seen in sunshine before. Pilgrim Borysiewicz commented that he could not understand why the sun had started to shine since he and Gwen had left the city for the bright lights of London. Steve Tomlinson commented at the opening of the meeting he was very apprehensive following on from the previous year's excellent pilgrimage to the Gambia. Keith McAdam and Penny had been superb hosts at this previous meeting and Steve was concerned that balmy nights of the Coconut Residence would not be rekindled and was worried that another microlight flight would need to be arranged to accommodate your Scribe's aeronautical aspirations?

Thursday 22nd April

The meeting convened at the ultra modern Hilton in the centre of Cardiff. The contrast to the Coconut Residence could not have been greater but the hotel served us excellently in its location and comfort. There is always a sense of excitement and great conviviality at pilgrims meetings as one meets old and new friends and this was particularly evident at the opening reception. Excellent food and company gave way to a fascinating talk on Welsh history, which focussed on the Physicians of Myddfai and culminated in an amazing story of a love tryst between a local Welsh farmer's son and mysterious lady who appeared with a formulary of medicinal plants from under the surface of a lake he was walking by. Thus began a long line of Physicians of Myddfai.

Friday 23rd April

After a refreshing night's sleep and mutterings that Welsh farmers would believe anything their children told them, we had a short and beautiful spring walk to our scientific meeting in the oak panelled Council Chamber of Cardiff University for the first of our scientific sessions. What an absolute treat we had for the next day and a

half, listening to superb science. The day started with Stephen Man describing work on prophylactic and therapeutic vaccines against papilloma virus, the cause of cervical cancer and the death of at least half a million women per year in developed countries. The University of Wales College of Medicine (UWCM) had been at the forefront of T cell work and the search for papilloma virus had sown the seed for the highly successful clinical trials which will lead to the introduction of a prophylactic vaccine. In the second and third talks fascinating work on the relationship and interaction of the environment with genetic influences at the molecular level from Anita Thapar and then by Tracey Martin, work on the significance of tight functions in breast cancer cells and hepatocytes confirmed that biomedical science of the highest order is being carried out in Cardiff.

In the third presentation Tony Lai stimulated Pilgrims with exciting work on the mechanism of ion flux changes in oocytes on entry of the spermatozoon prior to fertilization. Beautiful fluorescent real time microscopy showing pulsatile calcium fluxes every five seconds thrilled the Pilgrims who then heard that the mechanism of such ionic flux was likely to be a newly discovered phospholipase zeta gene responsible for the fertilization process. After hearing from Awen Gallimore about immune recognition of tumour cells by CD25 lymphocytes in mice we moved onto a subject close to the heart of many pilgrims, namely the mechanisms of amnesia. Those Pilgrims who can remember this talk will recognise that John Aggleton described the fornix as being a crucial part of brain anatomy and that the origin of this descriptive name came from “fornication under arches”. Keith Peters amazed the Pilgrims by recalling a patient he remembered from his Cardiff days who had a successful removal of a colloid cyst of the third ventricle but he could not remember her name.

Paul Smith described the amazing technology being pursued in Cardiff in genomics and proteomics. The particularly exciting part of this talk was the development of optical biochip technology which offered ultra-rapid assays and great potential for microdissection and manipulation of single cells. This talk demonstrated great progress in fusion of academic and enterprise ventures in Cardiff. At the end of this part of the meeting Steve Tomlinson was purring and already designing the notepaper heading for the planned merger of the two Cardiff academic institutions.

Following a huge surge in Pilgrims’ plasma cholesterol from the lardy cakes and buttered scones we returned to science, thinking that the statin market in Wales was likely to be insatiable. An excellent talk from Brad Spiller on gamma herpes virus and the role of HHV8 in pathophysiology of Kaposi’s sarcoma by infecting endothelial cells, we moved on to a fascinating talk by Stephen Dunett and Ann Rosser on stem cell research in brain repair. This research gave us all hope and I seem to remember many expressed a wish that the fornix might be reconstituted by such novel therapy.

An excellent review from Val O’Donnell, of the many homestatic roles of nitric oxide as an important mediator, particularly in blood vessels and platelets, preceded work on the mind. Peter Halligan presented research on how patients perceive phantom limbs and explained that whilst this was a very real clinical phenomenon, particularly painful phantoms, the aetiology still remained a mystery. We were then moved into an area of medicine which is becoming ascendingly important in clinical practice, namely the communication of uncertainty from Srikant Sarangi. Much

thought was given by Pilgrims to the interface of psychosocial and moral issues but the suet in the lardy cakes was taking its toll on the cerebral vasculature by that time and not much progress was made.

Following tea we heard about initiatives in the Welsh School of Pharmacy from Chris McGuigan on opportunities in nucleic acid and nucleotide chemistry in the design of new drugs, particularly antivirals. This talk again showed the enterprise environment linking with basic research in a formidable way. David Whittaker from Forensic Dentistry – the only such academic department in the UK – gave a fabulous talk on the use of dentistry and dentine biology in chasing criminals (Fred West) and ascertaining causes of death. This was indeed a remarkable demonstration of how very clever biology and forensic dentistry could reconstruct images of faces and determine, for example, the age of death of Pharaohs. We then heard from Jonathan Shepherd the chilling facts of the night time economy of Cardiff often involving an influx of up to seven thousand beer drinking youths. Facial injuries from broken beer bottles were a very major problem in this and other city environments and by careful quantitation and clinical observation glass bottles had been replaced by plastic ones with a concomitant massive decrease in serious facial lesions. Pilgrims were impressed by this work which had truly made a difference to health in Cardiff and indeed samples of the plastic bottles (with lager in them!) were provided. Extending this hugely important area of applied social medicine, further work on university based police training was planned which was envisaged would be likely to have Public Health significance.

Dinner in Cardiff Castle – host and leader, Pilgrims plus wives (spices) and presenters of papers and students. A wonderful time was had by all!

Saturday 23rd April

We were all bussed on the Saturday morning to the highly innovative Cardiff science centre (Techniquest) by the Bay. Pilgrims had to be prised away from the wonderful science games designed for 10 year olds to hear from Stephen Palmer about healthy environments, David Owens about screening for diabetic retinopathy and Maria Gonzalez about e-learning in dermatology.

We then had a wonderful talk by an ex Cardiff medical school secretary Dr Alun Roberts on history and personalities in the development of Cardiff medicine. The speaker's total dedication and commitment to the medical school were tangible during this beautifully illustrated talk. The visits of Osler to Cardiff as a member of the Haldane commission in 1918 and the total breakdown of relationships between Hospital and Medical School in 1928 resonated in our minds. Superb photographs of the great Welsh physicians and surgeons in the history of Cardiff medicine reminded Pilgrims of the massive and disproportionate part, for its size, played by Wales in the development of medicine and medical education in the UK. By this time Pilgrims Peters and Borysiewicz were about to break into a rendition of Land of My Fathers but were restrained by a real treat with John Wynn Owen from the Nuffield Trust and three medical students telling us about initiatives in medical education and the plight

of people, especially women, in developing countries. As is always the case, the freshness and enthusiasm of the medical students and their commitment to Global Health stole the day. A magnificently produced video giving information on HIV and social deprivation was greatly appreciated and applauded by the pilgrims who tried to remember their youth and student days. We then had a short walk to a lovely modern restaurant (Woods Brasserie) by the water for lunch (fish, chips and mushy peas!) and a rather fine Chenin Blanc from South Africa.

After lunch we were taken by coach to the Cardiff Bay Barrage. Steve Tomlinson explained to us that this was one of the seven engineering wonders of the world or was it Wales? The weather was still glorious, sunny and hot, and while Pilgrim Vilardell looked fetching in a knotted handkerchief head protector, Pilgrims who had previously lived in Cardiff took raincoats and scarves. Indeed the Barrage was wonderful and after a short boat trip across the bay we returned to the hotel to prepare for dinner. The black tie dinner is traditionally one of the highlights of Pilgrims' meetings and this one was no exception. Again, the walk through the flower laden gardens to the University for dinner was a great way to start. Pilgrims Tattersfield and Bouchier, seeing very smartly ceremoniously dressed Welsh Guards outside the door of an imposing stone building (the City Hall) on the way to the University, thought that this was our dinner and proceeded into the wrong hall. It is not clear how long it took them to realise and we still do not know if they were evicted or left voluntarily. First Minister Rhodri Morgan, Jane Hutt, Minister for Health and Social Services and the VC of Cardiff University, David Grant were our guests, and the dinner and speeches were superb. Especially good was the musical entertainment by the medical students string quartet at the Reception. A nice point was made for the First Minister and Minister of Health when one of the Quartet (it so happened the daughter of the Welsh Higher Education Funding Council Chairman, Roger Williams!) had to leave half way through dinner because she had to be on call as a House Physician in Abergavenny. Indeed, Cardiff had lived up to its reputation for great hospitality.

Pilgrims gathered together for the Business Meeting on Sunday morning and with partners present, Anne Tattersfield reminded us of the joys of the previous year's pilgrimage to the Gambia. Sadly, the McAdams were not at the Cardiff pilgrimage to share our reminiscences and nostalgia for times past.

Postscript

The rest is now history; Welsh rugby again became king (the Grand Slam 2005) and UWCM was reunited with Cardiff University from whence it came, after the schism (University of Wales inspired!) more than 70 years previously. Pilgrims Borysiewicz and Tomlinson have permanent smiles on their faces. The Welsh connection continues and Pilgrim Peters (who is now Chairman of the newly merged Cardiff University Council) will host the next annual meeting in Cambridge in May 2005.

Photographs which are appended and the collection which will be shown at the Business Meeting have been kindly produced by Pilgrim Tomlinson and Pilgrim Walport.



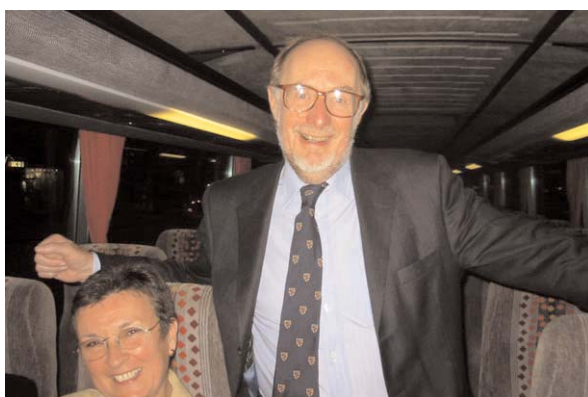
The Cardiff Bay Barrage



Robert Boyd and Sarah Himsworth at Techniquist



Left to right: David Gordon, Robert Boyd, John MacDermot, Richard Himsworth and Francisco Vilardell (with knotted handkerchief)



Keith Peters and Chris Tomlinson



John Walton, Muiris FitzGerald and Chris Tomlinson

Host	Peters
Leader	Boyd
Scribe	Gilmore
Secretary	Tomlinson

Thursday evening

Pilgrims gathered in the bar at the Garden House Hotel on the Thursday evening, where the main topic of conversation was the travel escapades of Pilgrim Oliver, who was a year ahead of himself. He reputedly arrived at the airport in Tuscany with his wife's passport, talked his way through check-in but not security, returning the following day with the correct passport to find air traffic controllers were now on strike!

Friday morning

On leaving the hotel the first morning, Pilgrims were lead by the Scribe and Pilgrim Edwards deep in conversation, their confidence in route-finding only slightly dented by the realisation that Robinson College had been built some years after they left the University.

Dr Paul Fletcher started off the meeting with a provocative talk on functional neuro-imaging – sometimes described as latter day phrenology. The Scribe, sitting immediately behind Pilgrims London, Doe and Gordon-Smith had a rare opportunity to compare their bony protuberances with their, at this stage of the meeting, animated behaviour patterns. We were reminded by the speaker of Wagner's equation that could be condensed to "learning depends on the difference between what you expect in life and what you actually get". Most Pilgrims were surprised not to have learnt more in academic life. The effect of this surprise or 'prediction error' was assessed by functional PET imaging, and confirmed that the greater response to surprise correlated with the ability to learn, but this was also linked to the tendency to form abnormal thought associations under ketamine, a model for schizophrenia. Much of the questioning returned to the speaker's experiences under ketamine in the interests of research.

Continuing the theme of structure and function, Tony Holland, the PPP Foundation Professor in Learning Disability, explained to Pilgrims that genetic syndromes can produce behavioural patterns as distinctive as their physical characteristics. This typical behavioural phenotype has been recognised by Nyan (of the Lesh-Nyan syndrome) some 30 years earlier. Few Pilgrims recognised the social anxiety and gaze avoidance of Fragile X syndrome but the ability to skate superficially through social encounters (the 'cocktail party phenomenon' described in Williams syndrome) seemed to resonate. Holland described in the Prader-Willi syndrome a specific failure of eating to switch off hunger and activate satiety, providing a genetic model of continuing starvation and explaining the bizarre eating habits in this condition. Pilgrim Tooke questioned the speaker on the

genetic polymorphisms linked to nose picking and nail biting and Pilgrims were interested in how the medical student Willi joined Prader as co-author in the description of the syndrome while the intern Labat was excluded. Such mysteries abound in eponymous syndromes.

John Hodges, Professor of Behavioural Neurology, outlined lessons about brain function from the focal fronto-temporal dementias. Pilgrims certainly recognised the 'acquired teenage syndrome', where there is a loss of social skills and self-care, and a lack of awareness of the needs of others. Some also empathised with poor risk assessment and lack of gambling skills. This presentation was complemented by David Rubinstein's fascinating account of the monogenetic polyglutamine and polyalanine diseases, including Huntingdon's chorea and also oculopharyngeal muscular dystrophy, which affects 1 in 1000 of the population of Quebec.

After coffee the Pilgrims were privileged to hear Sir Greg Winter give the inside track on the making of a Biotech company. This was from someone who had succeeded not just once but twice in an arena where casualties greatly outnumber successes. It was a fascinating account, mixing fundamental scientific advances in molecular biology with speculative financial backing from drongos and superannuated sheldags, all given in a relaxed and confidential style that had dollar signs spinning among the big-hitting Pilgrims during question time. Equally breathtaking was the futuristic glimpses given by Azim Surani on germ cells, stem cells and epigenetic programming. The ability to drive primordial germ cells back to pluripotent embryonic cells, under the influence of FGF2 should allow gametes to be produced and circumvent the need for donor oocytes for the cloning of adult somatic cells.

Friday afternoon

After lunch Pilgrim Cox offered some (rather delayed) feedback from the 1992 meeting where plans for the Cambridge MB/PhD programme had been revealed. Before tea, four graduates of this programme described how they had used the research opportunities to great success, one still a clinical student, one a house officer, one a SpR and one who had pursued a career in basic science. When Pilgrim Walport asked Dr Yu about her future, she responded firmly that it depended on the future of his report on Academic Medicine! At the end of the session, Pilgrim Cox summarised the career outcomes of the 131 entrants into the programme over the 15 years it had been running (10% of all medical school admissions) and there was general approval of the added value to medicine of these impressive young doctors.

The academic proceedings for the day were brought to a fitting close by a wide-ranging talk on cancer in Cambridge by Professor Bruce Ponder, Director-designate of the CR-UK Cambridge Institute, due to open in 12 months time. Several well-chosen examples of current work spanned screening and early diagnosis, imaging of apoptosis, inherited predisposition to breast cancer and novel approaches to treatment.

Friday evening

On the Friday evening, Pilgrims were hosted by Trinity College, and after drinks in the Master's Lodge, we dined in the Old Kitchen, where the Master and Astronomer Royal,

Sir Martin Rees, gave an after-dinner address to the Pilgrims. He introduced Trinity as a catering establishment with academic pretensions, and then put us in our place in the cosmos by reminding us we were at present halfway between two big bangs. While the general public considered that astronomers must be the intellectual giants of the scientific community, Sir Martin confided that it was biological scientists who had the hardest task. It was, after all, not size but complexity that mattered, a point of some reassurance to Pilgrims who then meandered in a less than straight line back to the hotel at the end of a very special occasion.

Saturday morning

On Saturday morning, the meeting was re-opened at Robinson following a relaxing stroll through the backs after another breakfast at the Garden House Hotel, marred only by a brief crisis in the availability of fried eggs precipitated by Pilgrim Bouchier's apparent disregard for his serum cholesterol. A fascinating morning had been put together by our host, on the topic of trust, regulation and medical research. Baroness Onora O'Neill extended the theme of trust, which she had developed in her Reith Lectures, into the field of consent to medical treatment or clinical research. She demonstrated that trust, as a concept of underpinning consent, had not survived the journey from Nuremberg to Helsinki. While the Nuremberg principles were not as all-embracing as those espoused at Helsinki, they contained the important principles of not coercing subjects or making false promises. The more recent Helsinki declaration attempted to be all-inclusive but ended up looking more like a legal means of limiting liability. She recommended a move back to Nuremberg.

Peter Lachman started with the Hippocratic principle 'Primum non nocere' (while pointing out that Hippocrates was unlikely to have put it exactly that way as Latin was not his mother tongue!) and ended with his own adaptation 'First, treat no lawyers'! He gave strong reasons why he believed there to be no moral difference between acts of omission and commission. Peter gave many cogent examples of the operation of the law of unintended consequences, as espoused by Robert K Merton in 1936. These included the exacerbation of malaria by action against pesticides and the spread of HIV through needles and syringes distributed in Africa for vaccination programmes. He believed that the Charter for Human Rights, embedded in the European Union, would bring along similar unforeseen and undesirable consequences.

After a thoughtful review of the debate by Stephen Thornton, Pilgrims were not slow to put their views. In a show of hands there was a majority view that there was no moral difference between acts of omission and commission, although in the ensuing debate Baroness O'Neill disagreed, arguing that in a world where we could never have perfect knowledge of the consequences or outcomes of actions, the ends and means must be distinguished. Pilgrim Walton paid tribute to the value of her clear thinking in influencing the Human Embryo Fertilisation and Human Tissue Acts in their passage through the upper House.

Following coffee, Professor Kay-Tee Khaw gave hope to some Pilgrims, and no doubt dashed it from others, in her analysis of age – a modifiable risk factor? All male

Pilgrims were relieved to hear that testosterone, never in short supply at meetings, was protective, and there was a fumbling for the radial artery when we were told that pulse rate was the strongest predictor of survival in men and women between 40 and 75 years of age.

Before we jumped to conclusions, John Danesh, Professor of Epidemiology, warned of the various pitfalls in drawing conclusions from epidemiological data, using biomarkers of coronary heart disease as an example. Finally he shared with us how to spot an epidemiologist at a cocktail party – when asked how they are, they reply compared to what? To round off the morning, Nick Wareham, Director of the MRC Epidemiology Unit described the dilemmas facing us in identifying the main drivers of the epidemic of obesity and Type II diabetes.

Saturday afternoon

On Saturday afternoon, Pilgrims and partners split into two groups to visit the Whipple Museum of Science and the Fitzwilliam Museum. There was some predictable competition between the groups, for instance when those in the green one enjoyed witnessing the ‘reds’ attempted entry into the Fitzwilliam followed by an immediate exit by the same continuously revolving door. But the pleasure of visiting the treasures in both places was much enhanced by the knowledgeable guides who gave up their Saturday afternoon for us.

Saturday evening

In the evening the choir of Christ’s College gave an outstanding recital for the Pilgrims and partners, the repertoire covering 17th-20th century choral music and finishing with two swinging versions of recent secular ‘pops’. (Pilgrims could be seen muttering ‘Blue, blue, blue, blue moon, parp-pah-pah, parp-pah pah, parp par par, blue, blue, blue... well into the next day!). The choir was conducted by the youthful and cherubic Hugh Grant-like organ scholar Simon Jacobs, who informed us ‘I am the senior of two organ scholars and we have no hierarchy...’ This was followed by drinks under the Mulberry tree in the garden, which, despite warnings by our host, felt more like a Siberian Fir. The Mulberry tree was said to be planted in the year of Milton’s birth to stimulate the English silk industry.

Dinner in the Hall at Christ’s was outstanding, as was the after-dinner talk by Professor Sir David Williams who dissected clinically but humorously the relationship between medicine and the law, concluding that difficult decisions could not be left to doctors alone. Few disagreed with him.

Sunday morning

On Sunday morning, Pilgrims gathered for 9.30 am at the Wellcome Trust/MRC Building on the Addenbrooke’s site for the final session of the 2005 pilgrimage. After the Business Meeting, the Scribe’s report of the 2004 meeting in Cardiff was presented*,

*Ian Gilmore read George Griffin’s Scribe’s Report from Cardiff

but I will refrain from reporting the scribe reporting the scribe reporting etc. There followed a superb trio of presentations on diabetes and endocrinology, led by Stephen O’Rahilly, Chairman-designate of the Cambridge Institute for Diabetes, Endocrinology and Metabolism, on treasuring our exceptions. This pointed out the invaluable lessons for common diseases that can be learnt by studying rare syndromes such as severe insulin resistance in acanthosis nigricans and severe obesity of pre-pubertal onset. In the latter condition, he had identified a frameshift and premature stop mutation in the leptin gene, and daily leptin injections in the eight identified Pakistani children with the syndrome were proving remarkably successful. His group were ‘nibbling into the causes of obesity’ and most recently found the melanocort-4 receptor responsible for one in 40 unselected cases of obesity in the UK.

The meeting ended around noon with thanks to all those who had contributed over the three days, with particular thanks to our host Pilgrim Peters, our leader Pilgrim Boyd and our (thankfully continuing) secretary Pilgrim Tomlinson.



Robert Boyd leads (right), Tim Cox speaks (left).



L–R: Ted Gordon-Smith, Les Borysciewicz and Richard Himsworth



L–R: Richard Himsworth, John Walton and Keith Peters



George Griffin makes himself at home.



Cats being herded ...



Kings College



Cats led by Ebo Nieschlag, Susan Nieschlag, Sally Edwards, Richard Himsworth, Keith Peters and John Walton



The Fitzwilliam Museum

Sorrento 2006

Host	Wass
Leader	Wass
Scribe	Cohen
Secretary	Tomlinson

The 2006 Pilgrimage to Sorrento, which had been conceived, planned and led by Pilgrim Wass, took place during a week in UK domestic politics during which the deputy prime minister, the home secretary, and the secretary of state for health had all had a particularly difficult time. However for the Pilgrims, it was perhaps the transport portfolio which was to prove the most challenging.

Thursday afternoon

The main bulk of the Pilgrims arrived at Naples airport and were met by their guide. She proceeded to call off their names from a list with a charming Italian intonation (think Geel - mor- ay), and the Pilgrims waited with anticipation as she approached the name of Pilgrim Borysciewicz, which astonishingly, she managed faultlessly. Before dinner, Pilgrims assembled on the terrace of the hotel with stunning views over the Bay of Naples, and later had a very enjoyable dinner in the hotel restaurant.

Friday morning

Pilgrims assembled as instructed at 08.00 (except for Pilgrim Holgate, who was still operating from an old itinerary, and who then rapidly disappeared again to find a tie). Our guide, Rosella, who immediately was dubbed “la bella Rosella” informed us that there would be a “short walk” to the bus. This was to become a familiar refrain for Pilgrims. The journey from Sorrento to the Federico II hospital in the University of Naples where the academic session was to be held would normally take perhaps 35 or 40 minutes. Unfortunately, it quickly became apparent that the public transport unions, who were on strike that day, could afford to drive a very hard bargain. As our coach slowed to a snail’s pace there were solid queues of traffic as far as the eye could see in every direction. Several senior Pilgrims took the opportunity to prepare their minds in readiness for the forthcoming intellectual feast. We finally arrived at the University about one hour late, and Pilgrims moved quickly to the auditorium to begin work, leaving the partners on the coach to be taken on to their programme of visits to the museum and gardens at Capodimonte.

The academic session which had been beautifully orchestrated by Prof Anna Maria Colao focused on cardiovascular disease. After a brief welcome from what the programme charmingly referred to as “authorities” the first paper was given by Prof Bruno Trimarco. He focused on the role of beta adrenergic receptors and his hypothesis that impaired responses occurred in patients with hypertension. He showed

some beautiful angiographic images of the hind limbs of hypertensive rats which had received adenovirus b2AR gene transfers and demonstrated a much improved vasorelaxation response to isoproterenol. Pilgrim Dollery pointed out that some of the MRC trials with which he had been involved would seem not to have offered much support for the clinical implications of Prof Trimarco's work, but Prof Trimarco pointed out that the dose-response issues were complex and still felt that his findings could be of potential significance.

The second paper was delivered by Prof Giovanni Di Minno, in which he described the work that he and his colleagues had done to explore the potential atherogenic and thrombogenic potential of homocysteine. Pilgrims (in particular Pilgrim Dollery and Pilgrim Gordon-Smith) were fascinated by the finding that 7–10% of the general population had moderate hyperhomocysteinaemia and that this was present in 15–40% of patients with cardiovascular disease. Prof Di Minno pointed out the potential therapeutic value of folate supplementation for these patients.

We moved on then to Prof Massimo Chiarello, the Chief of Cardiology in the University, who focused on the relationship between myocardial hypertrophy and heart failure. He described the current paradigm as one in which myocyte injury led to ventricular remodelling. However, he pointed out long-established data that showed that left ventricular hypertrophy was well established as an independent risk factor for cardiac morbidity, and introduced the concept that cardiac hypertrophy might be maladaptive rather than an adaptive phenomenon. He suggested that inhibiting cardiac hypertrophy might play a critical role in preventing clinical deterioration, a point taken up by Pilgrim Holgate in discussion, who asked about the role that may be being played by vascular growth factors.

Next to speak was Prof Paolo Rubba, whose topic was the metabolic syndrome and atherosclerosis in women. He presented data from a remarkable long term prospective database of women in Naples (Project Atena) using non-invasive carotid Doppler studies to link obesity to cardiac risk based on carotid wall thickening. He also showed unpublished data on the role of small dense LDL in the metabolic syndrome, observations that were followed up by Pilgrims Edwards and Walport in questions.

The final two speakers both explored the links between endocrine risk factors and heart disease. Prof Bernadette Biondi spoke about her extensive studies in elderly patients with subclinical thyroid disease who had significant additional risk of cardiovascular morbidity. As Pilgrim Edwards pointed out, her data showed as well as any that the term "subclinical" thyroid disease was obviously a misnomer! Finally, Prof Colao spoke about her studies of growth hormone and insulin-like growth factor (and its binding protein) and associated cardiovascular risk. There is a curious but interesting paradox that while acromegaly is associated with an increased risk of cardiovascular death (think of acromegalic cardiomyopathy) GH deficiency leads to atherosclerosis. Prof Colao suggested that this might be related to complex imbalances between GH and IGFBP and that regulation of this axis might have therapeutic benefit.

That concluded the scientific session, and at this point we were rejoined by Pilgrim McAdam who had inexplicably disappeared early on in the morning together with an Italian of uncertain origin, giving rise to some (clearly unwarranted) concerns. Pilgrim

Wass thanked all of the contributors and in particular Prof Colao, for the excellent standard of the morning.

Friday afternoon

Pilgrims then left the University to rejoin their partners on the bus and to go for a light lunch with the Italian colleagues who had presented during the morning. It transpired that partners had had an eventful morning; unfortunately the events were not as had been originally planned. The absence of public transport meant that a huge number of additional vehicles were on the University campus, and when the bus had attempted to leave the campus for the museums it had become hopelessly blocked in. Attempts to physically manhandle obstructing cars out of the way (unfortunately your scribe was unable to determine whom among the partners took part in this activity) were unsuccessful. The possibility of summoning a fleet of taxis was raised but by then it was realised that they too could go nowhere because of the appalling traffic jam throughout the city. In the end, partners repaired to the hospital canteen and drowned their sorrows in coffee.

With some difficulty the bus now left the campus with Pilgrims and partners aboard, but once again we found ourselves crawling through the streets towards the restaurant. The bus was promptly abandoned with Rosella assuring us that it was “a short walk” to lunch.

With food and wine quickly having the desired effect we set off for Pompeii to meet our guides Mattia Buondonna and Andrew Wallace-Hadrill. We were treated to two hours of the most fascinating and informative instruction as we were led through the remarkable reconstructions and excavations, including areas that were closed to the general public and which had only recently become accessible. Andrew, Head of the British School in Rome, proved to be as knowledgeable as he was enthusiastic, and it was already beginning to get dark as we finally left the ruins and set off back to the hotel. Due to one of those curious but charming idiosyncrasies of Italian life, we found on our return to Sorrento that tourist vehicles were prohibited from entering the town since the centre was closed to traffic in order to provide better facilities for tourists! As a result there was a “short walk” back to the hotel (in this case, the better part of 15 minutes).

Later, Pilgrims and partners gathered for the “short walk” to the Palazzo Marziale, and a drinks reception on a magical balcony overlooking the square. The dinner was wonderful and was concluded by a brief address from Pilgrim Wass (replete with references to Italian opera) and from Andrew Wallace-Hadrill.

Saturday

Unfortunately overnight the rain had closed in and as we set off for Capri there were a number of emergency purchases of umbrellas and plastic rain macs. There was some suggestion that Pilgrim Walport looked like he was going to a sexual health awareness fancy dress ball. By the time we caught the boat to Capri we were all fairly damp but not diminished in our enthusiasm for the day's expedition. The highlight

of the visit to the island was the Villa San Michele originally owned by Axel Munthe, a Swedish physician who had gained much public support because of his work during a severe outbreak of cholera in Naples. As we left the Villa the heavens opened once again, and Pilgrims took refuge while waiting for Rosella to arrange buses for an early lunch. It was noted that she had coped admirably with some trying circumstances, but could be forgiven since these were largely out of her control. Pilgrim Tomlinson was heard to comment that he could forgive her for almost anything.

Lunch was taken in an extremely agreeable restaurant in the centre of the most fashionable area of Capri. As Pilgrims gathered to make their way back to Sorrento blue sky began to appear, and as we boarded the boat for the return trip we finally had sight of the sun. Later that evening, pre-dinner drinks on the veranda were accompanied by a firework display around the bay. At dinner, Pilgrim Wass congratulated Philippa and Ken Saunders on their 45th wedding anniversary, and Joan Catto on the occasion of her notable birthday!

Sunday

The business meeting opened with the scribe's report from the Cambridge Pilgrimage, ably delivered by Pilgrim Gilmore. The presentation of the slideshow was assisted when a paper card was removed from the front of the projector.

This was followed by a short report by Pilgrim McAdam on progress with the new Institute he was establishing in Uganda. He focused on the enormous scale of the Aids epidemic and spoke movingly about attempts to engage the local population in the public health management of the crisis. He described how the Institute had been formed around 13 members of what came to be known as the Academic Alliance (nine African physicians and five Americans) (the scribe is unaware if other Pilgrims noticed this slight inconsistency). The startling data on HIV seroprevalence made a big impact on the Pilgrims and their partners.

The remaining matters of business were swiftly dispensed with and the meeting concluded by Pilgrim Tomlinson thanking John Wass for the enormous amount of work he had done, not only in organising the Pilgrimage but also leading it.



The hotel terrace



Keith McAdam, John MacDermott, Richard Himsworth and Ebo Nieschlag behind, Sarah Himsworth chatting to Joan Catto and Penny McAdam in front



The Secretary



A light Italian lunch!



Campagna (a pre-pilgrimage expedition by the Londons and the Tomlinsons)



Attentive Pilgrims listen to Andrew Wallace-Hadrill in Pompeii





Ian Gilmore in front (as ever), George Griffin, Muiris FitzGerald and Patricia Fitzgerald



Boarding for Capri



Approaching Sorrento after Capri



Mark Walport and John MacDermott look as if they are off to a sexual health awareness fancy dress ball

Southampton 2007

Host	Holgate
Leader	Edwards
Scribe	Gordon
Secretary	Tomlinson

Pilgrims gathered on Thursday 26 April 2007, at the Winchester Royal Hotel, their stopping-point on the way to Southampton, the object of their Pilgrimage. Indeed, two days later, as they completed their third return journey by coach between Winchester and Southampton, some were heard expressing relief that, unlike medieval Pilgrims approaching Santiago de Compostela, they did not have to complete the last part of the journey on their knees.

The gathering was saddened by the death, earlier the same week, of Bill Hoffenberg. At the beginning of the scientific meeting the next day, Pilgrim Edwards, our Leader, commented that Bill was “sitting somewhere here”. Some 36 hours later, at the Pilgrims’ dinner the Leader commented that Bill was “now looking down on us”. We had always been aware that he would be moving towards heaven rather than the other place, and we were pleased to have it confirmed that an Ascension *during* a Medical Pilgrimage was now in progress.

Despite being leaderless on our first evening, Pilgrims coped, and were entertained to a lively presentation by Dr Adrian Smith, on Southampton in wartime. There was some reflection that the phenomenon that Dr Smith described as “episodic blitzkrieg” was comparable to the neuropsychological phenomenon of learned helplessness in the rat. More seriously, the description of wartime Southampton having a paralysis of authority, perpetual chaos, and leadership that had vanished, inexorably reminded Pilgrims of the modern National Health Service.

Pilgrim Walton reminisced about his arrival in Southampton in 1947 as Port Medical Officer: the Scribe commented that he had been born the same year that the new Port Medical Officer was examining the PN (neurotic) and PP (psychotic) mental patients being discharged from troop ships. In full reminiscing mode, we learnt how Pilgrim Bob Cohen’s wartime evacuation from Plymouth had been cut short by an outbreak of scabies in the family of his evacuation hosts.

The Scribe observed that the bar was empty at 23.15 hours. Clearly, new standards of moderate behaviour had descended on the Medical Pilgrims. No: he was firmly told by the Leader the next day that this was simply because he had looked in the wrong bar. Scribe fails competence/conviviality test.

The next morning, Pilgrims decamped from their coach into the glossy, luxurious, Heartbeat Education Centre at Southampton General Hospital. They were treated to a feast of scientific excellence. The opening speaker was Pilgrim Cooper (rather a harsh introduction to his first Pilgrimage, to have to present science). His talk was on

osteoporosis and maternal vitamin D status. His first image was of a bone from a Saxon tomb, dated 700 AD. The reminiscing atmosphere of the previous evening was brought firmly to a halt, because no Pilgrims could quite remember 700 AD. Pilgrim Cooper also introduced the phrase that something might be “orthopaedic in its simplicity”. We were left concerned that the problems of vitamin D deficiency in pregnancy might be leading to an epidemic of osteoporotic fracture in the future.

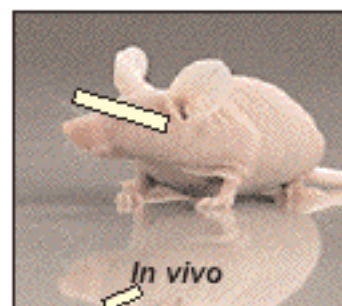
Mark Hanson spoke about epigenetic mechanisms in cardiovascular development. His first image was the ascent of McDonald’s man. Pilgrim McGregor hypothesised that there might be a part of the world without a McDonald’s, a view dismissed as pure naivety by other Pilgrims. Pilgrim Arthur, demonstrating a Vice-Chancellor’s ability to dig deeper than ordinary mortals, commented that DNA methylation might be a mechanism, but what might be the mechanism controlling the methylation mechanism?

Karen Piper-Hanley gave an enlightening talk on SOX genes and human development. We learnt how SOX genes gained the first “S” of their title from the SLY gene on what Dr Piper-Hanley described as the “tiny” Y chromosome. Some 80% of Pilgrims were left musing on the tinyness of their chromosomes, while the remainder looked complacent, and concentrated on the talk. We learnt of the delicate promotion and regulation of SOX genes, and their developmental function. Truly, there were no lost SOX in the Laundromat of Life. Questioning followed a lively line until it was brought to a close by the revelation from the speaker that the last question was the point at which she had filed a patent: nothing more could be said.

In proposing a vote of thanks for this first session, Pilgrim Boyd commented that as a paediatrician and placental physiologist, he knew that the child was father to the man, the placenta mother to the child, and that the first session had demonstrated the excellence of the Southampton School in developmental studies, in multidisciplinary work, and across the range from basic science to the epidemiology of populations.

After a short break, Richard Oreffo demonstrated that “orthopaedic in its simplicity” was a compliment. His talk demonstrated the beauty of simplicity, in research on an orthopaedic subject. Not only was the basic science of the cells, the mesenchyme, and the scaffold of the bone demonstrated with great clarity, but the research had clear, practical importance. Cells might survive even if impacted at orthopaedic force. Alas, Pilgrims did not recall the scientific content of his talk, but simply the image of a slice of Dundee cake as a model for the bone, and the delicate tact with which Richard had ensured the privacy of his cloth nude mouse, with an anonymising patch delicately placed across the eyes, in the photograph and reflection.

Hugh Perry then spoke. He was acquainted with one of the traditional Pilgrim routes passing through Northern Italy to Rome. All the towns along this route were walled and defensible, because Pilgrims were known to be a bunch of rowdy bandits. No-one demurred. In contrast, macrophages in the brain, that is, microglia, are very subdued. Like Medical Pilgrims, they were quiescent until a



MF-1 nude mouse

stimulus led to their activation. His model of prion disease in mice was applauded, as was the battery of subtle behavioural tests to demonstrate early neurological change. Pilgrims were charmed by the image that blankets might be available for laboratory mice.

The morning session ended in a sparkling presentation from Dr Sarah Ennis, on genetic studies in larger populations. How does the SNP map lead to understanding the genetics of a disease? She recognised that her talk on the complexities of population genetics might conflict with the impending hypoglycaemia afflicting the Pilgrims. We learnt of gene array chips bearing a million genes, population studies of linkage disequilibrium, and we also learnt the important fact that in papers on complex genetics the size of the population studied appears to be correlated directly with the number of authors.

Opening the questioning, the Leader commented that this was a remarkable talk on a complex subject that “even Pilgrims could understand”. A voice was heard saying “speak for yourself, Edwards”.

Pilgrim Walton ended the morning session by a vote of thanks that neatly matched the presentations in its delicacy and charm. The only doubtful note in his comments was regret that Professor Oreffo had not mentioned muscle in his talk, even though he was Professor of Musculoskeletal Science. Pilgrim Walton expressed some affinity with muscle ...

In the afternoon session Peter Johnson began by providing a reassuring return to known territory, after the intellectual athletics of studies of genetics in populations. Pilgrims had seen pictures of antibodies, and of abdominal CT scans, before. Professor Johnson demonstrated much improved survival obtained in haematological malignancy with targeted antibody therapy. He showed pictures of real mice, without the anonymising eye-cover provided by Richard Oreffo. Pilgrims concentrated hard on this talk, never more than three of them at any one time doing so by inspecting the inside of their eyelids.

The next speaker, Ratko Djukanovic, talked about the way in which Pilgrim Holgate had turned Southampton into a “respiratory Mecca”. He wondered if his talk would be the task of defending a Mecca. Pilgrims were jolted to full attention by a picture of a fibroptic bronchoscope, at which the Honorary Secretary Steve Tomlinson pulled a startled face. The next slide, showing a “volunteer” undergoing a bronchoscopy, produced an even stronger reaction. As the speaker said, it is “not easy to persuade people to come back”. After an excellent scientific presentation, Professor Djukanovic provided an eloquent statement of the dire effects of new models of post-graduate training on potential careers, especially in relation to research.

The final presentation of the afternoon was by Paul Townsend and Sue Sundström, who described the processes adopted by the University in exploitation of intellectual property. In the last seven years, Southampton had moved to a strong position in both UK and world rankings in terms of its technology transfer performance. Paul Townsend’s company was called Karus. How was this name devised? K is the single-letter symbol for Lysine, the amino acid target of the compounds developed by Karus. On the model “ToysRUs”, Karus is simply “LysineRUs”.

Pilgrim Tattersfield commented, in proposing thanks, that when she was in Southampton, her first research fellow was Pilgrim Holgate. How research had improved since those early days.

Pilgrims moved on to Evensong in Winchester Cathedral, and then – on parade once more on the bus – were transported to Lainston House for dinner with their guests. The air of relaxation and bonhomie was supported by drinks and canapés in the beautiful garden, and by an excellent dinner, marked only by the sound of Pilgrims networking and plotting.

On Saturday morning, the coach arrived bright and early to collect both Medical Pilgrims and their partners, and departed for the National Oceanography Centre on Southampton Waterfront. The Scribe, ever one for punctuality, arrived at the coach at the exact second prescribed for departure. Clearly he was deemed to be late, and was greeted by ironic applause. He therefore sat at the back, and was treated to an account of Pilgrim Tomlinson's time as a locum General Practitioner on the Isle of Wight. Several of the prescribing practices were rudimentary, but the Scribe's were deemed to be even more rudimentary, after he had proposed a pharmacopoeia consisting of only three lines. After passing a Chinese restaurant appropriately named the "Pilgrim's Rest" the party decamped at the Oceanography Centre. It was noted that Pilgrim Walton had enough cameras to be taken for a paparazzo, and Pilgrim Gilmore was disguised as a deckchair, or a possibly as a pair of pyjamas (3rd from left front row, photograph on page 218).

There followed an entrancing morning of presentations relating to Oceanography. The Director of the National Oceanography Centre provided an introduction, and was followed by presentations on climate change, the deep ocean, Darwin mounds, tsunamis, and the census of marine life.

Harry Bryden described the Atlantic circulation, and its role in climate. Pilgrims were astonished at the scale of the units required. Water was flowing into the North Atlantic at the rate of 30 million tonnes per second, and heat was moving into the North Atlantic at 25 degrees North at 1.3×10^{15} watts. After the forest of hands that posed questions had been cleared, the next speaker, Paul Tyler, enthralled Pilgrims and their partners with an account of a recent expedition to Antarctica. One of the sampling devices for marine life at extreme depth was the "slurp gun". This had resonance for certain activities well known to Pilgrims. They were more disturbed by the idea that some of the organisms found in the deep might be "living fossils". Pilgrims worried about whether gastropods gathered by Professor Tyler were chasing him in the laboratory, or he was chasing them. Pilgrims were greatly impressed by Pilgrim Holgate's knowledge of the biology of the ice fish, and the gastronomic implications.

On a less cheerful note, the next presentation from Tim Henstock dealt with the seismology and subsequent effects of the 2004 tsunami. The beauty of pictures of mountain ranges at the edge of subduction zone, contrasted with the horror of the devastation that followed the tsunami.

Also depressing, at a lesser scale, was the presentation from Brian Bett. The Darwin Mounds that he and his colleagues have described might no longer be there, thanks to the vicious nature of deep sea trawling. When data were shown describing the effect of

the French trawling fleet, he commented that he was “not picking on the French”. There was a chorus from Pilgrims of “why not?”. His talk included a history of deep surveys in UK waters, going back to 1868. The early natural historians in this subject, from Scotland, were all apparently “failed” medics. The final presentation from Maria Baker, impressed Pilgrims with unfamiliar organisms, in chemosynthetic ecosystems at hydrothermal vents, cold seeps and whale falls. With typical scientific enquiry, the only question, from Pilgrim Reid, was on the culinary properties of these organisms.

In proposing thanks, Pilgrim London included the unfortunate phrase “we have problems with the law”. There was again an unruly chorus of “speak for yourself”. There then followed a tour of the facilities of the National Oceanography Centre, remarkable for many features, notably the ability of certain Pilgrims comprehensively to get lost.

After a splendid lunch at Ennios, an Italian restaurant, a boat tour of the docks and of Southampton water allowed a restful and beautiful afternoon, in the warm Hampshire sun. By the end of the afternoon, relaxation was so complete that only three Pilgrims were still wearing a tie around their neck.

The question of ties recurred as Pilgrims left for the annual Pilgrims’ Dinner, once more on the bus. Pilgrim Lucas could not find his bow tie, but one was, at the last moment, provided by the hotel. The Scribe’s extensive collection of these adornments was not required.

After a splendid dinner, at the University of Southampton, the Leader greeted our guests. It was regretted that David Barker had been unable to join us, being detained by problems with his flight from Barcelona. He was compared with Caxton: not the father of the printing industry, but the father of the *imprinting* industry. The Leader showed his age by reminiscing about the Cambridge Pilgrimage *before* the last, and even cast his mind back to an interview for a chair appointment in Cardiff. Pilgrims who had joined the Pilgrimage too late for the scientific programme were gently upbraided, but Pilgrim Holgate, and the Honorary Secretary, and particularly Chris Vincent in Pilgrim Holgate’s office, were thanked for the excellence of the arrangements.

Replying on behalf of the guests, Bill Wakeham, Vice Chancellor of the University of Southampton, expressed his pride in the Medical Faculty, and also in the Oceanography that had been so strongly applauded by the Medical Pilgrims. He was particularly glad of his invitation to the Pilgrims’ Dinner, as this gave him a rare opportunity to meet Stephen Holgate.

On Sunday morning, the Business Meeting was noteworthy for some moving words spoken about Pilgrims who had died in the last year, notably Bill Hoffenberg, whose recent loss was still much in the minds of those present.

On a lighter note it was observed that there was confusion in the minutes of the Sorrento Business Meeting, with Pilgrim Cohen being shown both as present, and as having offered his apologies. Both Pilgrims Cohen were present in Southampton. It was suggested that this problem could be avoided in future by never electing a new Pilgrim with the same surname as an old one.

After conclusion of the Business Meeting, Pilgrims and their partners were treated to two excellent presentations.

Pilgrim Saunders began by having problems in setting up the overhead projector. After assistance by his former registrar Pilgrim Tomlinson (*plus ça change*), he gave a talk of great erudition on the Hippocratic Oath. Textual analysis, and understanding of contemporary Schools of Philosophy, suggested that the Hippocratic Oath known today was possibly a mission statement made by Pythagoreans. However, its central statement, promoting high standards of behaviour in both professional and extra-professional life, might still be applicable.

In discussion, Pilgrim Catto explained that a survey by the GMC showed that moral feeling amongst the public about the behaviour of doctors was strong in Edinburgh and Belfast, but in other centres, few cared.

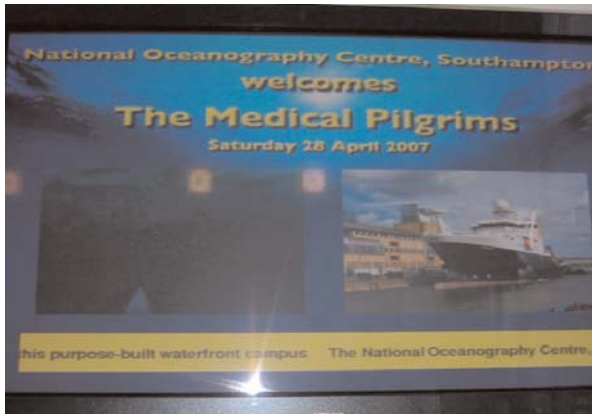
The final presentation was by Jane McDermid on the subject of Florence Nightingale, a daughter of Hampshire.

Beginning her presentation with various iconographic representations of Florence Nightingale, Dr McDermid described the way in which, despite spending much of her youth and adult life in Hampshire, and being buried there, Florence Nightingale had escaped from Hampshire (“escaping from the gilded cage”) and had had achieved her success due to her political skill, her comprehensive and solid data, her hard work and by strong will.

As Pilgrims left in their various ways, they were left reflecting on the erudition and liveliness of all they had seen. The Pilgrimage to Vietnam would have a hard act to follow.



Not quite a Mexican wave!



"Milling 1"



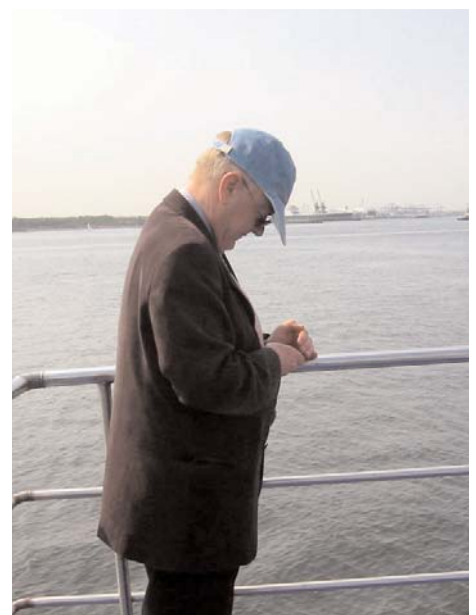
"Milling 2"



A coincidence?



Robert Lechler in the lead; David London, Robert Cohen and Muiris FitzGerald follow on behind.



The Secretary tries to master his digital camera

Vietnam and Cambodia 2008

Host (Vietnam) Professor Jeremy Farrar and (Cambodia) Professor Nick Day
Leader Walport
Scribe Reid
Secretary Tomlinson

In late February and early March, seventeen intrepid Medical Pilgrims set off from various locations in Europe in a south easterly intercontinental migration. By a number of routes and carriers they arrived in Ho Chi Minh City (HCMC), formerly Saigon in the People's Socialist Republic of Vietnam (formerly South Vietnam and before that French Indochina). The purpose of the migration was not only to escape the ravages of a European winter, but to experience directly the clinical achievements of the Oxford University team who, from their original base in Bangkok, have set up a very successful Clinical Research Unit in Vietnam (over the last 15–20 years) and are currently developing further links in Cambodia and other South Asian countries.

Some of the more adventurous Pilgrims, including FitzGerald and Boyd, arrived in HCMC by foot, boat and train from Phnom Penh and Hanoi. The remaining Pilgrims arrived at Tan Son Nhat, the international airport for HCMC. The wise ones who had entry visas issued in Europe (by our efficient hosts) cleared formalities easily. The remainder, including the Scribe, who were collecting their visas on arrival eventually managed to penetrate the process, obtained the necessary paperwork and were admitted! After passport and customs formalities, the taxi ride to the Bong Sen Hotel was a simple matter. The short trip provides the first exposure to HCMC traffic and the phenomenon of massed motorcycles everywhere on the highways and freeways. Some who had visited Vietnam 10 years before noted that the only change had been a move from bicycles to motorcycles and scooters and an increase of about 30 miles an hour in the average speed travelled by all. Over the next few days, Pilgrims would learn a lot about HCMC traffic. This included the recent (December 2007) introduction of crash helmets and the absence of any wing mirrors on motorcycles. We also learnt that the commonest injury sustained in traffic accidents were leg burns from other motorbike exhausts!

The Bong Sen Hotel is in the centre of the city, close to the Saigon river and several historic sites (including Opera House, Hotel de Ville, Post Office and Notre Dame Cathedral). The Hotel was well appointed, clean and comfortable. It was not six-star international, but provided the Pilgrims with a very satisfactory base. Pilgrims (and partners) were refreshed and ready for the pilgrimage to start at 12.30 pm on 5 March with the welcome from Jeremy Farrar at the new and well appointed Oxford University Clinical Research Unit (OUCRU) at the Hospital for Tropical Diseases. Jeremy (the Head of the Unit) welcomed the Pilgrims and introduced Dr Mary Chambers, the Executive Director and other members of the clinical scientific research and administration staff. Professor Farrar was pleased to welcome the

Pilgrims to Vietnam and also to welcome Mark Walport from Wellcome, a major funder and supporter of their research programme. After lunch with staff and students, the pilgrimage began with ward rounds in the Tropical Medicine Hospital. Pilgrims were particularly impressed by the tetanus ward where recent developments in care had reduced enormously the mortality. Patients in the ward included older patients and one baby with neonatal tetanus. Further visits to the medical wards provided an opportunity to review current care for patients with cerebral malaria and dengue.

The remainder of the afternoon was given over to a symposium on artesunate and its role in the treatment of cerebral falciparum malaria and drug resistant malaria generally.

Keith Arnold, a British Medical graduate who served in the US army in Saigon in the 1970's, later worked in the pharmaceutical industry (Roche) and subsequently back in HCMC in the 1980's. Together with colleagues, he developed a drug derived from *artemesia annua* – sweet wormwood – artesunate to the treatment of malaria. The potential of extracts of this plant had been identified in China. Professor Li working in Hunnan province responding to calls from Mao Tse Tung and Chou En Lai were trying to identify new antimalarials in traditional herbal medicines. This was driven in the first place by a need both of the Chinese army and requests from the North Vietnamese army for help in finding new treatments for multiple drug resistant falciparum malaria. Li later collaborated with Arnold and Nick White from the Oxford/Wellcome Unit in Thailand, to take forward a development programme together with Professor Tran Tinh Hien in Vietnam. This was the beginnings of the Oxford University in HCMC and the development of the present Unit. We had an excellent presentation by Arnold and White and further insights from Professors Li and Hien. In additions to the story of origin and early development of artesunate, we heard about the frustrations of WHO drug approval process and the problems of political obstruction and other interference in the development programme. In spite of these challenges artesunate alone or in combination with mefloquine primaquine is now being recognised to be particularly effective in multiple drug resistant cases not only in Asia but Sub-Saharan Africa. Pilgrim Boyd closed a fascinating session with a warm vote of thanks. Everyone returned to Bong Sen Hotel and later travelled to the Temple Club nearby for an excellent meal of Vietnamese food and French wine.

Thursday 6 March

The day began with a sightseeing tour of central Saigon with visits to the War Remnants Museum (originally called War Crimes Museum) and the Presidential Palace followed by a walk past Notre Dame Cathedral and the Post Office. Pilgrims and partners were joined by Mr Tran, a recently retired driver from OUCRU who had served throughout the Vietnam war in the South Vietnam army and/or supporting American military. He provided an interesting and challenging alternative to some of the politically correct official material offered at the sights visited.

After lunch, we returned by coach to the Hospital for Tropical Diseases and an afternoon scientific session consisting of a series of presentations about ongoing and recent work in the Unit on TB meningitis and other cerebral infections. Dr Jeremy Day

led with an update on TB meningitis and the use of steroids in randomised trials. He was followed by presentations on host susceptibility to TB meningitis and international differences in pathogen bacterial/genetics and their interaction with the host in terms of outcome. Further presentations highlighted the value of steroids in several forms of meningitis.

Dr Jim Campbell told us of the identification of infection due to *Streptococcus suis*. This porcine pathogen is presenting a problem in Vietnam as a very popular local delicacy is pig uterus eaten rare (with minimal cooking). Pilgrims recalled their enjoyable meal of Vietnamese specialities the night before, but we were reassured that they had not been served raw uterus! The final group of presentations were on dengue haemorrhagic fever and shock syndrome, a significant clinical problem in Vietnam. Pilgrim Kumar closed the session with an eloquent vote of thanks.

Pilgrims went out that evening to dinner at La Camargue which served French food and French wine!

Friday 7 March

The day began early for the Scribe who set off to the local branch of Hong Kong Shanghai Bank at 8.00 am to withdraw 15.9 million Vietnamese Dongs to meet his local hotel and travel costs. The group then spent the morning on a tour of Cholon (China Town). They stopped at a Buddhist Temple (Thien Hau) and several Pilgrims purchased small birds (for 100 Dong) which they released to celebrate spring. The group then moved on to Binh Tay, a large Chinese market. They saw a wide range of interesting goods including designer motorcycle crash helmets, cinnamon sticks like logs and a large number of uncooked pigs' uteri. The Pilgrims were impressed by the scale of entrepreneurship and active practical capitalism in the People's Socialist Republic. After lunch at the OUCRU, the afternoon opened with a series of poster presentations and visits to laboratories to review ongoing research and meet individual research staff and students. The rest of the afternoon consisted of a session on influenza.

Dr de Jong opened the session, focussing on the emergence of "bird flu" and its transmission to humans in Vietnam and other parts of South East Asia. The original 1918 pandemic virus $H_1 N_1$ had mutated to a variant – $H_5 N_2$ (where H is the haemagglutinin binding site and the N the neuraminidase binding site). There were further interesting presentations on both viral and host factors determining susceptibility and potential vaccines, antiviral drugs and other treatments. There was a lively interactive discussion with Leader Walport speculating about priorities "should we stockpile virus, stockpile anti-viral drugs or spend even more money on basic research?" Pilgrim Dollery claimed to have sent an e-mail during the session, reactivating the vaccine programme at a major pharmaceutical company with which he remains closely associated. Pilgrim Walton closed the session in characteristic fashion with a generous vote of thanks for a memorable three days with the Oxford University group.

For dinner in the evening in the 3T barbeque restaurant (on the roof above the Temple Club) we were joined by OUCRU staff and students for the Vietnamese meal (without uteri) and beer was enjoyed.

Saturday 8 March

Although the scientific aspects of the Pilgrimage in HCMC were over, there were serious historical and political activities to be pursued. After an early start at 7.00 am, Pilgrims and partners left for a day tour of Cu Chi tunnels and Cao Dai Temple. Cu Chi tunnels are a one and a half hour drive up the Saigon river towards Cambodia. They are part of a 250km network of tunnels used by the Viet Cong in the 1960's and 70's. Pilgrims were invited to go underground and achieved a 30 metre tunnel journey. Pilgrim Kumar had no problem but the achievements of Leader Walport and Pilgrim Borysiewicz are more notable, not least because of the physical limitations of the two foot square tunnel!

At nearby Cao Dai Temple we followed the religious procession associated with noon mass – a colourful experience entirely appropriate as part of a pilgrimage. This 20th century religious sect includes Buddhist, Confucian, Taoist (and Catholic) contributions. Saints/heroes include Sun Yat Sen and Victor Hugo. Some Pilgrims were more scared by the Temple than by the experience in the tunnels!

Lunch nearby was enjoyed at Tay Ninh, where the highlights were freshly cooked prawns and lots of Ba Ba Ba (3 3 3) a local brand of beer. The return to Vietnam (a three hour drive) was accompanied by heavy rain (the first since our arrival in Vietnam).

The Pilgrim's meeting was held on the 11th floor of the Bong Sen Hotel at 17.45 pm. In the next room, the British Council were organising an IELTS (English Language) examination! Pilgrims and partners and guests then proceeded to dinner at Le Toit restaurant, which consisted of 7+ courses and 7+ wines (all French). The owner (and chef) resembled Hercule Poirot and the Sommelier was a UK pilot working for Vietnamese airlines in his spare time. Food and wine were the highlights of the evening which were accompanied by musical entertainment (provided by the Pilgrims) and mobile phone and text updates from Cardiff and Dublin on progress in the Six Nations Rugby games being played at that time. Wales 16–12 victory over Ireland left Pilgrim Borysiewicz very happy and Pilgrim FitzGerald sad! The Scribe was surprised by Scotland's 15–9 win over England. Pilgrim Walton did not appear distressed and continued singing.

Saturday 9 March

Although there had been some attrition and premature departures, over 16 Pilgrims and partners proceeded to HCMC Airport for a flight to Siem Riep in the Kingdom of Cambodia and the second part of the pilgrimage to discover the mysteries of Angkor Wat. We were met at Siem Riep Airport by Professor Nick Day, who is based in Bangkok at the Oxford Tropical Medicine Unit, who was our "virtual" local host in Cambodia. A short trip from the airport took us to the luxurious Victoria Resort Hotel, close to the centre of the city. In the afternoon, after a visit to the town market, we paid our first (sunset) visit to Angkor Wat. Dinner was in the town at the Soup Dragon Restaurant following an interesting ride on a "tuk-tuk". This is a motorcycle attached to a small trailer in which four or five passengers were loaded. Pilgrims not only reached the restaurant but returned safely to the Hotel by this novel and economical form of transport.

Monday 10 March

Early morning start for ward round and visit to the Angkor Hospital for Children (AHC) not to be confused with the ACH or Angkor Children's Hospital, which is another institution! We were greeted by Dr Bill Housworth, the recently arrived Medical Director and we were taken on ward rounds by Dr Varun Kumar, a US trained senior Paediatrician. We visited ITU and Acute Medicine and step down wards, seeing a range of cases including two with Kwashiorkor. In addition to medical care for children, the Hospital provides training and advice on housekeeping, gardening and animal husbandry to families.

The rest of the day, we were in the hands of Ms Hedwige Multzer O'Naghten (a young French lady of Irish extraction from Lorraine in Eastern France), who with colleagues from the Ecole Francais d'Extreme Orient (EFEEO), was our guide to the Angkor Wat site. We visited Roulous, the 8th century and earliest Temples, as well as Banteay Srei – the jewel of stonework, and finally Ta Phrom with trees growing out of ruins.

Dinner was held in the Victoria Resort Hotel, followed by a first class talk by Dr Christophe Pottier, Director of EFEEO on the "History of Ancient Angkor: 800–1600 AD".

Tuesday 11 March

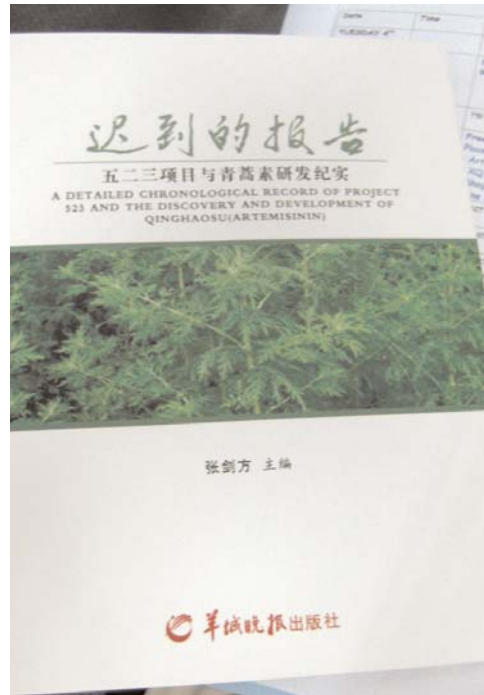
Nine pilgrims and seven partners met to continue the tour of Angkor. With the assistance of Ms O'Naghten, we visited the main Angkor Wat and also Angkor Thom and Bayan. There was a buffet served out of doors at the Victoria Resort Hotel, following a further interesting talk by Dr Pottier on "Hospitals and Medicines in Ancient Angkor".

Wednesday 12 March

The Leader left early for other engagements in Laos and the remaining six (3 Pilgrims and 3 partners) enjoyed a leisurely breakfast before proceeding to Siem Riep Airport for the return journey to HCMC (and home). The Pilgrimage to Vietnam and Cambodia provided extraordinary opportunities to see 21st century medicine, address health and social issues and provide novel contemporary insights into socialism, capitalism and head long economic development. At the same time, Pilgrims could reflect on historical and present day spiritual aspects of countries emerging from a traumatic 50 years of conflict. A memorable experience!



L-R: Mark Walport, Les (Borys) Borysciewicz, John Walton and Jim Mckillop



"Biker" Walton



Anne Tattersfield and Parveen Kumar



"Borys" Borysciewicz



1st row: Vietnamese colleagues

2nd row: Vietnamese colleagues and Mark Walport

3rd row: Vietnamese colleagues and (L-R) John Walton, William Doe, Muiris FitzGerald, Jon Cohen and Patrick Sissions

4th row: (L-R) Meriel Boyd, Diane Dollery, Jim McKillop, John Wass, Rod Hay, Delyth Hay, Julia Walport, Gwen Borysciewicz

4th row: (L-R) Robert Boyd, Micky Cohen, Moira Gordon-Smith, Ted Gordon-Smith, John Reid

Far right: Borys and Anne Tattersfield

[please confirm spelling for Micky Cohen and correct position]

Brighton 2009

Host: Cohen
Leader: Tooke
Scribe: Cox
Secretary: Tomlinson
Photographer: Walport

Pilgrims were greeted warmly at The Old Ship Hotel by Pilgrim Cohen and his wife, Micky. Pilgrims were of two species: those who booked parking in advance and those who preferred quixotically to seek safe placement on the Brighton seafront. Pilgrim and Mary Warrell, back as usual from heroic international travel, were positively dazzled by the evening ‘scene’ in the town. The Old Ship was of Mediaeval origin, and pleasantly sombre it must have been in Brighthelmstone before the Regent whose love (and loves) transformed it into the bohemian paradise of modern and, at times, seedy Brighton.

This was not to be a Bunyanesque pilgrimage: rather a Chaucerian one – untainted by any pretence of moral ‘progress’.

The Business Meeting

There was a bustling attendance. The slavophile Pilgrim Gordon of the Green Bow-tie, advocated a pilgrimage to the Czech Republic in 2011. To neutralize any likelihood of Pilgrims overdoing things in Bohemia, the pilgrimage would include a thorough review of Moravian viticulture: these fanciful plans were welcomed unreservedly.

The only maudlin note related to recruitment: the Secretary stated that, with at least 60 pilgrims, a moratorium on new membership was required. When asked how the excess would be corrected, he replied: “natural wastage” – surveying the room with a confident air implying immunity. This was his way of telling us that, in the end, Pilgrims *always* ‘progress’.

Pilgrims’ Reports

Hearing these papers in a plenary session before dinner was a success. Pilgrim MacDermott spoke on modern tropical medicine and his work with the Tropical Health & Education Trust, with bold initiatives to improve educational opportunities in Anglophone Africa. Vivid clinical cases were presented in a terrifying diagnostic quiz, thus stultifying all seasoned pilgrims – apart, that is, from Pilgrim Warrell, who scored 100%.

Pilgrim Williams gave a data-rich history of ‘Monsters and Myths and Medical Intervention’ – including the celebrated aquatic monster hoax, *Nessiteras rhombopteryx* (apparently a complex anagram based on the elaborate hoaxer, Sir Peter Scott). Pilgrim Reid inquired anxiously of monsters in the Loch Lomond region.

Pilgrim Wass spoke of the noble rot, *Botrytis cinerea* (literally ‘grapes like ashes’) that transforms the juice of the Semillon grape into luscious wine, like Château d’Yquem. From Sauternes we were transported to Tokay in Hungary and exposed to the lexicon of viticulture. While referring to bottles costing several thousand pounds, the term ‘as you know’ was frequent – giving away an Oxonian familiarity only with the finest Grand Crus. Our quasi-ascetic Pilgrim-squire was nonetheless most generous with his cellar, providing 60 glasses of Château Rieussec, gratis – the better to prepare pilgrims for dinner.

Scientific Business (First day)

Pilgrims transferred by ‘bus to the Medical School at the University of Sussex campus for the first scientific session on infection and inflammation – this the academic core of the exciting new medical school which had welcomed Pilgrim (Jon) Cohen seven years before. Looking a trifle greyer than in Hammersmith days, he described his creation as: ‘young rather than new’.

Florian Kern, from Berlin who had recently taken up the Chair in Immunology, presented an ambitious programme to identify targets in the cytomegalovirus proteome to which host T-cell responses are directed. There was a vigorous discussion: Pilgrims Walport and Borysiewicz demonstrated their conversancy with the field. Many tales from the minds of these, ‘verray, parfit gentil knyghts’ in command of our great funding bodies, characterized the pilgrimage – and not the Prologue alone.

In response to observations by Pilgrim Griffin, Prof Kern reassured Pilgrims that elderly people were not particularly susceptible to CMV infection and that their ‘polyfunctionality’ was maintained. As to the extent of the T-cell response, Pilgrim Williams posed the famous ‘pizza’ question: ‘were these 9-inch or 14-inch?’ The answer appeared to be somewhere between the two.

Pilgrims were transported afar by Melanie Newport, Professor of Infectious Disease and Global Health, who gave a thrilling presentation on podoconiosis. Pilgrims again fell into two camps – those who knew about non-filarial elephantiasis and mossy foot and those, *shame on them*, who had never heard of the complaint.

In Africa, Northern India and elsewhere, podoconiosis affects more than 5% of the population and is thus locally more frequent than TB or HIV. In studies of 1400 individuals and 59 pedigrees, heritability was estimated to be >60%, with a 28% recurrence in siblings. With support for an Ethiopian PhD student, Fasil Tekola, a linkage study had been conducted, the results of which were awaited – but not available*. To date £20,000 had been found for an initial genome-wide ‘scan’.

Pilgrims were excited, particularly those who had never heard of podoconiosis. Those ‘in’ respiratory medicine were fascinated by the resemblance to silicosis. Pilgrim Edwards (naturally) was interested in altitude and the high dry plateaus far away from MEE. Given experience of the Wellcome Trust Case Consortium studies of complex diseases, Pilgrim Walport was concerned about the use of GWAS rather than linkage studies but Prof Newport defended vigorously.

*Scribe’s note: rumour has it (2010) that, genetically speaking, Professor Newport has several arresting ‘hits’ from the Genome-Wide Association Study (GWAS).

In one of those rare sepulchral utterances that Pilgrims cherish, Pilgrim Barnet, the perennial utilitarian, wondered why the pioneering fieldwork conducted in Addis Ababa did not include the provision of shoes. At this point, not a single Pilgrim had had the gall to ask how many pairs of shoes £20,000 would buy in latter-day Ethiopia.

Dr Carol Walker-Bone, a Senior Lecturer in Rheumatology instructed Pilgrims about the musculoskeletal manifestations of HIV infection surveying more than 1500 HIV positive patients attending Brighton hospitals. Pilgrim Walton – describing himself as “always coming to heel at the sound of the word ‘muscle’” enquired as to whether there was any myositis. There was none. Michael Farthing (new *and* young Vice-Chancellor of Sussex) commented on the ragbag of complaints. Pilgrim Walport was concerned about medicalising a stressed population. Pilgrim Borysiewicz suspected a high prevalence of TB in this population – and was correct!

Before lunch, Pietro Ghezzi (recruited from Milan to a Chair of Experimental Medicine), presented an innovative approach to treating neuro-inflammation. His experimental studies in a rodent model of stroke showed that the use of erythropoietin and its non-haematopoietic analogues reduced the infarct volume and injury; *in vitro* a neuro-protective effect. Pilgrim Peters, summing up, waxed lyrical about the Hammersmith ‘empire’; commenting on the strong links of the former Institute of Technology in East Acton with the new Medical School. He congratulated Jon Cohen on the achievements of the last 7 years, basing his initiatives on solid science. In a rare display of geographic prowess, and in respect of podoconiosis and HIV, Pilgrim Peters pointed out that we were visiting the nearest medical school to Africa in the UK.

Pilgrims returned to hear Anthony Chalmers discuss chemotherapy and the molecular basis of DNA replication, mutation and repair in glioblastoma multiforme. Careful *in vitro* studies showed clear benefits from chemotherapeutic combinations that inhibited the enzyme PARP and topoisomerase inhibitors: clinical trials were planned. Pilgrim Walport noted the origins of the PARP inhibitor from the Institute of Cancer Research, while Pilgrim Borysiewicz asked about anti-angiogenesis. Pilgrim Edwards reminded Pilgrims of research conducted in Newcastle on the role of PARP in melanoma.

Hugo Critchley, recently appointed to the Chair in Psychiatry, from University College London, presented: ‘Functional neuro-imaging: insights into sickness’. With Wellcome Trust funding he studied neuro-vascular coupling with fine spatial and temporal resolution in the living human brain after typhoid vaccination, followed by fatigue, confusion and mood changes (Pilgrims appeared very familiar with this). Enhanced signals were found in the cognitive centres and emotional networks – the latter were accompanied by altered connectivity in key areas familiar to Pilgrim Compston. Pilgrim Williams asked about a relationship between hypochondriasis and reward centres. Pilgrim Holgate enquired whether or not central cytokine release, rather than peripheral release occurred. Our Secretary asked if anti-inflammatory drugs changed matters – apparently paracetamol reduced the fMRI signals. Pilgrims appeared comforted by the thought that a low-tech remedy familiar to their Secretary could ameliorate brainstorms.

Mike Peters, Professor of Applied Physiology, gave an account of work had undertaken to quantify lymphatic flow in lymphoedema – a frequent complication of

breast surgery. *Accelerated* lymphatic flow was correlated with swelling. Scintigraphy revealed re-routed protein efflux from capillaries; surprisingly there was no lymphatic obstruction, rather lymphoedema developed when lymph production was high.

It was a fascinating session, taxing the patho-physiological understanding of the Pilgrims to the limit. Pilgrim Griffin asked whether prior infection, for example BCG immunisation, predisposed to lymphoedema; Pilgrim (Bob) Cohen asked if there was a systemic humoral abnormality detectable in unaffected limbs – the hyperintelligent questions remained unanswered.

Ken Miles, now occupying the Chair in Imaging presented: 'CT-based imaging biomarkers in oncology'. He reduced biomarkers to their three applications: trait, state, and rate. This was a practical presentation ranging from discussion of lymph node size in Hodgkin's Disease, to determination of CT attenuation; studies of tumour angiogenesis through dynamic contrast and perfusion studies, and finally PET scanning and measures of tumour metabolism. There was an impressive case for 'Imaging Biomarker Clusters'.

Pilgrim Stephenson asked if PET scanning was wasting money – the answer came 'no' for at least several tumours. Pilgrim Griffin grew wistful about the pioneering work of Hounsfield and Ambrose. While thanking the speakers, Pilgrim Borysiewicz noted the rich 'experimental medicine in action' commending investigators of the School for taking on real life clinical problems and reminding us that the University of Sussex was a place of fundamental discovery, for example in nanoparticles.

After tea, issues in medical education were presented. Pilgrims were captivated by Dr Helen Defty, a graduate of Brighton & Sussex Medical School in her academic FY1 appointment of 2008. She felt that her capacity for time management and accuracy in the challenging FY1 post had been enhanced by her BSc and fourth year academic project. Dr Defty outlined 12 diverse local ACF programmes, some of which had a managerial focus about which she was concerned. All her contemporaries were positive about their experience and were attracted to the flexibility and possibilities for experience overseas (note strong infectious and tropical disease interests at Brighton & Sussex).

The presentation excited the pilgrims: Pilgrim Edwards, already Chairman of Medical Education in England (MEE), concurred with Dr Defty that the shadowing experience was important for later confidence on graduation. Pilgrim Savage, inquired about her practical skills and Dr Defty demurred. Pilgrim Compston asked whether academic people were already differentiated and perceived as distinct from those in core medical training; Dr Defty agreed and felt that the distinction was uncomfortable. Pilgrim Walport pointed out that ACFs were disproportionately successful; he wondered whether or not shadowing was a substitute for proper student locum appointments, as in the past. Pilgrim Boyd, in an uncharacteristic display of patrician habits and 'laying down' in Manchester, pointed out that good claret can be drunk too young and tastes better when aged. He thought it would be 10 years before the value of ACFs would be realised. Pilgrim Gordon Smith focussed on continuity of care. Dr Defty agreed that longer time for handover and more continuity would be desirable, but lack of continuity affected all junior doctors and was not exclusive to ACFs.

Dr Inam Haq, Director of Undergraduate Medicine at BSMS, spoke about ‘The future of UK medical education: diversity or uniformity?’. The socio-economic categories of successful applicants to medical schools, were familiar, but political questions of social justice were difficult to address. There were notable lacunae in applications from, for example, Afro-Caribbeans. ‘That’s for posh people ...’

There was an explosion of interest in questions from Pilgrims Edwards, Kumar, Walport and Walton. Pilgrim Edwards felt that graduate entry, as in Australia, was one solution. Adverse teacher selection (prejudice) was overly strong. Pilgrim Walport agreed that social inequality was often amplified in schools. Pilgrim Walton discussed his own background in the mining North, the critical influence of teachers and changing aspirations of ‘the working class’. Pilgrims were also exercised about the undergraduate curriculum – largely favouring diversity. There was a riot when Pilgrim Walton asked whether there was a true core of knowledge. Pilgrim Peters spoke of perfidious social engineering in the interviewing process, suggesting that this explained why the pathological specialties were short of recruits. Pilgrim Gordon Smith referred to the proliferation of the Royal Colleges; those in pathology behaving like bastions – of unreality.

Kevin Davies, Professor of Medicine finished with: ‘Wither academic medicine?’ Not as suggested, old man’s stuff – the duties of the Chair in 2002 were described as 50% management, 50% teaching, 50% clinical work and 50% research. The notion of the senior young Academic Clinician appeared unsustainable. Davies set out what we did *not* have in ‘the good old days’: no 9–5; no log books; no teams for R&D; statisticians or research information. Also: no sympathy, no introspection and no NHS managers with a power-base. He looked to the recommendations of Pilgrim Savill’s Report and attributed to it increased NHS R&D and enhanced funding of academic posts through NHS sources. The local educational attitude policy was to value independent thought – and to ‘resist the pesticides of excess self-doubt in a context of over-regulation and inflexibility’.

Pilgrim Rubin, GMC Chairman-Elect, stated that “young doctors were not what they used to be, and thank goodness for that”. He felt that the GMC should stick to the ‘C’ word (‘competences’) and universities should stick to the ‘E’ word (‘enthusiasm’). With no validation, or in a few cases with pending re-validation, Pilgrims remained solemn and so ended the proceedings.

Partners joined Pilgrims for the evening after a fascinating excursion to outposts of the Bloomsbury set in Sussex. Members of the set: ‘lived in squares, moved in circles – and loved in triangles.’

The reception at Lancing College was hosted by an impressively young (but not new) Headmaster. In the neo-Gothic chapel with massive crucifixes and tapestries, Father Marsh spoke powerfully of the school’s students from all over the world and how sport and study were the joint highlights of the Lancing experience. There was a sulphurous aftertaste of venality as we drank champagne – and as we left, CDs of performances by the angelic choir were up for sale. The austerity of the Hall did not detract from the convivial dinner –even though the catering was but a practice-run for the privileged pupils soon due to return from their Easter break?

Bibulously replete, Pilgrims staggered into their double-decker carriages: instant

feedback CCTV cameras on the 'bus staircases darkly inferring that our performance also might be worth recording.

Scientific Business (Second Day)

Pilgrims and their partners convened at the Royal Sussex County Hospital for the 4th scientific session: 'an eclectic look to the future'. Helen Smith, Chair in Primary Care, gave a spirited account of the changing role of general practice. Despite appearances, as Tudor Hart had described, with the NHS, like the apothecary of old, the family doctor remained a shopkeeper – now paid for by the State. She alluded to the strain of initiatives demanding: 'better care, better value, better patient experience'; 'patient choice'; 'choose and book', and so on. While she was clear that strong primary care was associated with lower all-cause mortality, maintaining consistent quality was a challenge. She was also concerned that hospitals themselves have lost the 'expert generalist' (Pilgrims murmured) and was aware that the changing case-mix in hospitals with reduced stay threatened education and research. Pilgrims Sissons and Barnett commiserated; the Leader asked if general practice as we know it, will continue, since the educated young want hospital care. Pilgrim Edwards indicated that there were 10,000 too few in general practice, compared with those with a CCT and that a false binary world, of 'modular credentiality' had been generated.

[In a] complete change – Professor Gordon MacKerron, Director of Science & Technology Policy Research, spoke about climate change, energy policy and nuclear power. An Economist with knowledge of nuclear power, he described climate change as a great economic failure. Neither a believer, nor a denier, he recommended the precautionary principle that one should act. While the UK produced 2% of the world's emissions of CO₂, China was building one coal-fired power station a week. In the politics of nuclear power, waste disposal remained the main challenge.

Pilgrim Williams who, like Edward Jenner, lived at Berkeley, offered his house for sale; this revealed that his was a small mortgage by the standards of latter-day Deans (or Provosts). Pilgrim Wass, connoisseur of the noble rot and visiting Professor at Ch. d'Yquem, was concerned about the output of French nuclear installations. Pilgrim Catto, with a glance at devolution, stated that there were no *new* nuclear sites in Wales or Scotland, the 'broadly friendly neighbours of England'. Pilgrims were not taken aback when he stated that Scottish wind (power) was up by 200%; apparently wave power was undeveloped... In a serious exposition, Pilgrim Borysiewicz pointed out that the technology was never static and that nuclear fusion might one day replace fission. Alas, technophobe Pilgrims whispered that 'this was a complicated way to boil a kettle'.

A youthful Andrew Liddle, holding the Chair of Astrophysics and Director of Research at the School of Science & Technology delivered a humbling lecture. He started by saying that his Mother wanted him to do a medical degree, and was unsure of his title: 'Astronomical medicine'. He remained more interested in cosmology. The Department undertook studies of dark energy and microwave background radiation.

Several projects were incorporated in the Ariane 5 launch from French Guyana – at a cost of > £1bn. Apparently, there was no Plan B if the launch failed*.

Professor Liddle flattered Pilgrims with the similarities between his elevated science and ours. The interdisciplinarity; use of Bayesian statistics; supercomputers and tough mathematics for *image reconstruction* – this latter necessary, perhaps, for the whole profession? But not surprisingly, cosmology offered better long-term opportunities for travel.

Pilgrim Reid appeared to confuse two talks and asked about nuclear debris in space. Pilgrim Borysiewicz asked about UK budgets outwardly appeared disappointed to hear of diminishing astronomical budgets and contributions to European space efforts, compared with MRC allocations. Pilgrim Peters, noting the numerous collaborators, asked penetrating questions about managing the credits for discovery. Pilgrim McDermott led the vote of thanks, pointing out that although medicine was always bathed in sunshine, cosmology was some distance from our daily practice.

After coffee, Professor Bruce Brown, Pro-Vice Chancellor of Research at the University of Brighton, spoke reflectively about memory, and dreaming in words or pictures. Apparently, since the invention of printing in the West by Guttenburg in 1450, technology has affected our capacity to dream and remember; literacy impairs our ability to retain visual images. In response to pilgrims' questions the speaker quoted Butler: 'men die for memory'. Pilgrim Compston, in a revealing moment, referred to input from the first cranial nerve – asking us not to forget Coco by Chanel.

The final formal talk by Dorothy Sheridan, Development Director of the Mass Observation Archive, University of Sussex, discussed everyday health matters in the context of the Archive which explored social perceptions and experiences 1948–2008. This national treasure, was a kind of anthropology at home. Lord Asa Briggs, the first Vice-Chancellor, brought the papers to Sussex in 1970. Numerous books, and thousands of reports were written; there were 500 volunteer diary writers and 3000 respondents. Topics covered: childbirth, venereal disease in wartime, sleep and nerves during air raids, dieting, shopping, dentistry as a career, and many aspects of the NHS. Re-launched for further investigations, there are three or four directives per year about 'everyday life' – including adultery. (The archive is online at: archivelibrary.specialcoll@sussex.ac.uk.)

Pilgrim Boyd pointed out that there were refugee academics who came to Britain, partly as a result of these directives (? adultery). The Secretary, referred with uncharacteristic sentiment to the 'Blackpool beach project' and we wondered why. Pilgrim Kumar gave the vote of thanks, pointing out that even the study of Blackpool, of 'no science' in social research, were in effect a journalist's dream-script, and contributed to the bizarre social science of our whole nation.

Pilgrims and their partners were escorted along the hedonistic seafront to The Old Ship to prepare for dinner.

* *Scribe's note*: this last time, no plan B was necessary.

Social Programme and Apotheosis

Dinner was preceded by a tour of the Royal Pavilion – a Hindu-Chinese fantasy created by John Nash for the Prince of Wales. A former farmhouse, this ‘holiday home’ was built so that the future George IV could be with Mrs Fitzherbert, *his* secret wife: his adultery put Brighton on the map. The Pavilion had encountered decay, fires, neglect – and like the monarchy itself had been restored, repeatedly. Stripped, the building had once been a hospital for Indian troops.

Our guide, the charismatic Hannelore Lixenburgh, agreed that the founder – the eldest of 15 children – was, as far as the ladies were concerned, a nice man, but clearly a bad King. Unusually for the times he and his entourage took early morning baths. Pilgrim Nieschlag was intrigued by the Regent’s capacity for giving pleasure, and gave an impromptu homily about the diurnal rhythm of testosterone; in a further revelation we learnt that Ebo’s ancestor had supplied ‘horses for Hannoverians’ – including George IV. Drinks were taken in the Great Kitchen, where we viewed a 19th century mega-Aga. As we approached the exuberant Banqueting Room with its gold cutlery and massive chandelier suspended from a silver dragon, Mrs Lixenburgh summarized Pilgrims’ feelings: ‘If you are looking for elegant minimalism, you are in the wrong place’.

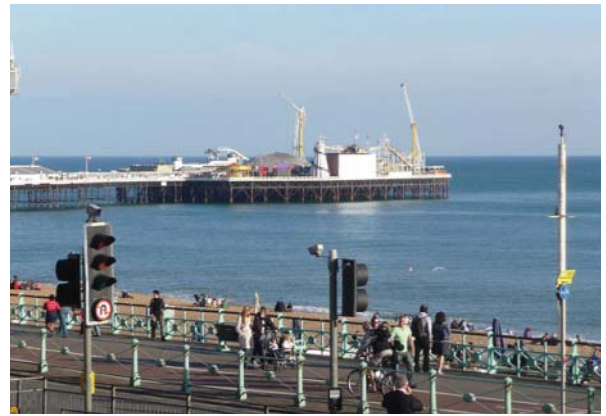
The dinner, hosted by Jon Cohen in the Banqueting Room, approached the magnificence of the surroundings – and it was disturbing to see how humble Pilgrims acclimatized so naturally. Sir David Watson, of the Institute of Education, and former Vice-Chancellor of the University of Brighton addressed our sybaritic selves on ‘Higher Education in an Age of Austerity’. He referred to the two local Universities, of Health and Education combined – and of the genuine risks *shared with* and *on sharing with* the NHS – exemplified by members of the distinguished medical school in the Royal Pavilion and ‘The People’s Republic of Brighton’.

The leader thanked Lisa Manley for her immense support in making so many arrangements with the Secretary Steve Tomlinson; he concluded with profound gratitude to our hosts for the warmth of their hospitality and the diverse fascinations of a memorable Pilgrimage.

Given the stupefying excellence of the banquet and regal resplendence of its setting – in an ever-decaying Royal Pavilion – Pilgrims wondered, as did Chaucer... ‘*If gold ruste, what shall iren do?*’



Brighton seafront



Brighthelmstone transformed



Off to the Medical School ...



Tropical and Infectious –
Pilgrims Griffin, Tattersfield and Warrell



Pilgrim MacDermot and others, intent



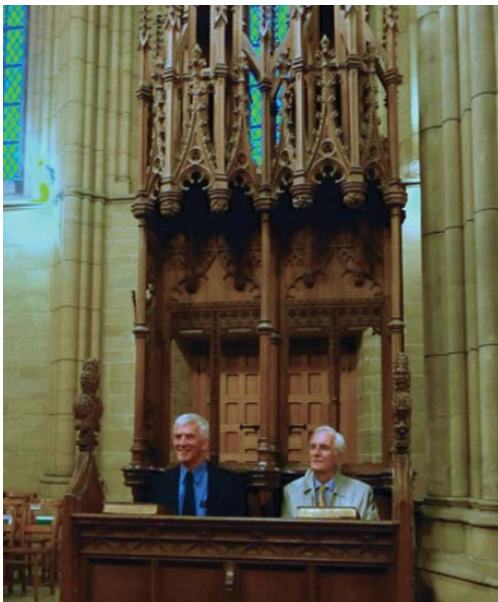
Our Leader John Tooke and Mike Peters



Pilgrims at home- chapel at Lancing College



Treasures of Lancing College Chapel
The Mason memorial ...



Pilgrims Reid and Geddes



... and tapestries



In Lancing Chapel – and with champagne



More chat over champagne in Chapel



Scientific Business: second day



Our Leader



Captive audience Pilgrims and MEE
(Christopher Edwards, Chairman, Medical Education
England)



Mass Observation Archive



Entering a Hindu-Chinese world of Phantasy



Drinks in the Great Kitchen:
Lady Walport, Pilgrim Nieschlag and wife Susan,
Pilgrims Reid & Catto



Our Host – calm and under pressure



Leader, Secretary and Pilgrim Barnet – cooking

Lighting in the Pavilion



'If you are looking for elegant minimalism, you've come
to the wrong place'





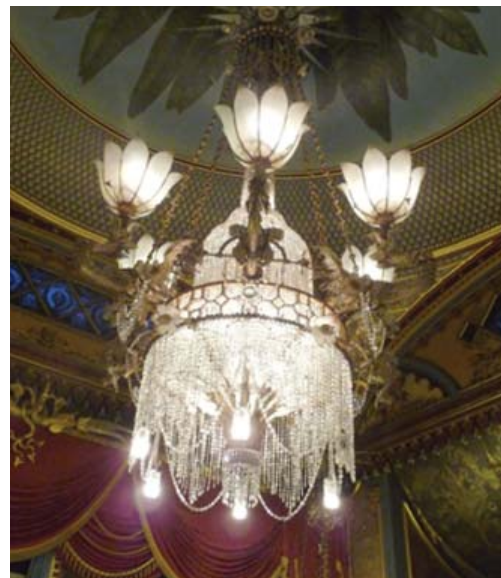
Pilgrim Nieschlag's Admiration



Almost fit for a Prince



In the Banqueting Hall



Sufficient light to enjoy the Banquet



Pilgrims expect only plain food in humble surroundings



And signing off, dear Pilgrim Reader, your
Scribe in front, Pilgrims Finlay and Bates behind.

Birmingham 2010

Hosts Geddes, London, Savage, Sheppard and Stewart
Leader Dollery
Emergency interim leader Pilgrim Gordon
Scribe Boyd
Secretary Tomlinson

A bi-seismic pilgrimage. Volcano in Iceland. Election fever at home. The weather was glorious throughout.

The business meeting at the Hyatt hotel was led by Pilgrim Gordon in the expected absence of Pilgrim Dollery, who nevertheless arrived in time having evaded Atlantic volcanic plume. Your scribe having driven from Macclesfield was late. There was the usual discussion concerning successions: to Pilgrim Tomlinson as Secretary (difficult), to perch-dropping-off senior pilgrims with future movers and shakers (easier), to the 2011 Czech Pilgrimage(easiest).

Pilgrim Cox (scribe 2009) read his erudite and finely illustrated report of the Brighton pilgrimage followed by a riveting Pilgrim Geddes review of smallpox from Ramases via Jenner to Bangladesh and to eradication. The ultimate, and Birmingham, case was, *pace* the enquiry report, 'not ventilation ducts but human nature'. Fear of future misuse of the virus had led to mover-and-shaker Pilgrim Geddes' presence in the Oval Office; we all hope to good effect. A show of hands disclosed four pilgrims had seen smallpox (senior pilgrims at least have long memories).

Pilgrim Gordon then explained defenestrations in Prague. Not one, as we learnt at school, but rather four. No interest in travel underwriting was declared..

The evening concluded with Pilgrim Stephenson's tutorial on ecclesiastical architecture since the Conquest. It was very simple: there are five periods of style and there were five periods of destruction. His illustrations (beautiful) were further improved by volcanic delay in Calais allowing unplanned church photography.

Friday morning started promptly at 830 at the Queen Elizabeth postgraduate centre (appropriately overseen by a portrait of departed Pilgrim Melville Arnott) with three presentations by the 'youth team'. Mark Cobbold's talk on post-translational immunology focusing on surface phospho-peptides' interaction with T cells generated vigorous questioning. Alex Sinclair demonstrated her combined interest in neurology and obstetrics in a study of intracranial hypertension in obese pregnancy. Weight loss worked but did beta hydroxy-steroid dehydrogenase, found in choroid plexus, play a key role? Urinary findings suggested it might. Stuart Smith used a case report of IGA nephropathy to focus on the need for better markers of fibroblasts' sub-populations. The presence of CD 248 in archive material correlated with a poorer outcome.

After coffee, Pilgrim Dollery introduced two excellent talks on the theme of cancer, Martin Rowe reviewing the history of EBV science both generally and in malignancy

before moving on to the recent convergence of viral studies and clinical trials; Charlie Craddock, director of the Blood and Marrow Transplant Unit, discussing new approaches to AML in which soliciting an anti-leukaemic graft versus host response could reduce relapse. In a preliminary trial a big improvement had been seen.

Moving on to inflammation and immunity, Jon Frampton broadly reviewed stem cells (useful for senior pilgrims) including, *inter alia*, the rivalry of adult and embryonic ‘camps’ complicated by hype and fraud! Induced pluripotent stem cells were a promising advance which had led to the ‘cure’ of mouse thalassaemia. A phase 2 trial of stem cells to modify cirrhosis was in progress. Chris Buckley, ARC Professor of Rheumatology, felt his ‘beloved fibroblasts’ were underappreciated and supplied data to support his belief in their importance, while David Adams, Professor of Hepatology, indicated that misdirected lymphocytes might contribute to extrahepatic complications of inflammatory bowel disease. Vigorous discussion led on to Birmingham reflections: Pilgrim Peters on an MRC training Fellowship there, ‘the best in the world in the 1960s’; Pilgrim Dollery, longer ago, had chosen Pilgrim Arnott as undergraduate tutor but, being Assistant Secretary of the National Union of Students (some start young) left little time to benefit: ‘Mr Dollery *why* did you come today? — I had a free afternoon’

Post-prandially it was Hormones and Genetics. Wiebke Arit described the adrenal 3Ss: salt sugar and sex and discussed virilization. Paul Gissen summarised elegant work on the function in cell membrane protein-sorting of a gene defective in the arthrogryposis, renal dysfunction, and cholestasis syndrome (rare) and Jeremy Tomlinson discussed 11 beta hydroxyl-steroid dehydrogenases in obesity (less rare). Birmingham is obviously good at recruitment. Of Würzburg, Russian, and Oxford origins respectively.

Richard McManus, Professor of primary care cardiovascular research, made the case for patients’ self-report of BP. This led to debate involving a number of pilgrims. A patient- fecklessness index was proposed. Finally, Neil Thomas transfixed and alarmed us by considering how Hong Kong’s health experience could be predicted to play out in China as a whole: potentially, 50% of half the world’s older population with diabetes or prediabetes, 60% of males smoking leading to 20% of deaths. There was a forest of hands: Pilgrim Gordon – were the statistics sound?, Pilgrim Finlay – immunization?, Pilgrim Tattersfield – corruption?, Pilgrim Tooke – falling compliance?, Pilgrim Gordon Smith – improvements?, Pilgrim Williams – body image?, Pilgrim Warrell – rurality?, Pilgrim London – pollution?, Pilgrim Barnett – one child policy?

Pilgrim Dollery as leader had to exert control skills well learnt in the NUS.

In thanking a marvellous array of speakers Pilgrim Walport was nevertheless depressive: fecklessness was not a fundable clinical diagnosis; nature will certainly sort out the demographic challenge of China but *it may be unpleasant*.

Cheering up, we departed with partners for Worcester Cathedral and a choice of tours: library – a fine display of medically oriented medieval manuscripts and other

texts (intrigued by monks' marginal scribbles); or Cathedral - practical assessment from crypt to roof of learning from last night's tutorial

Interesting effigies: King John, Prince Arthur, and, declaring an interest, your scribe's great great grandfather-in-law. We were not the first Pilgrims to visit; some stayed.

Following sung evensong, dinner in the chapter house was preceded by Pilgrim London's after dinner speech. Thence, after nutrition, into coach for a somnolent and contented return to the Hyatt.

Saturday dawned at the Barber Institute to a grimmer tutorial by John Hunter, Professor of Ancient History and Archeology. Ninety murdered individuals were buried annually (15% of UK total). Physical signs thereof, whether geophysical, thermal or botanical, may however be modified by the effect of environmental taphonomic extremes on decay – useful information for any partners fed up with their pilgrim.

The planned next speaker, Professor Glyn Humphreys, was volcanoed. Replacing him, Professor Chris Miall rose masterfully to the occasion in elucidating the subtle cognitive role of cerebellar function in assuring smoothness of movement. Cillian Ryan, Jean Monnet Professor, then belied the dismal science. Today was the most exciting time since the 20's to be an economist. The first system collapse of the IT era. Changing games, changing rules, changing players with multiple misalignments. And (in coffee talk): yes, Gordon Brown had saved the world last year!

Finally, four presentations on environmental health, broadly construed. Professor Jon Ayres, respiratory physician, had, like many investigators, had a life-long interest crystallised by an early clinical experience; 23 overnight asthma admissions in freak weather on 9/8/83. Thence to indoor air, home and abroad; fuel, endotoxins and particulates. Vented stoves in Nepal probably halved COPD. Professor Chris Rogers invited Pilgrims to apply scenario modelling to future urban landscapes; with, perhaps predictable, anarchy of response. Professor Jamie Lead, Director of FENAC (UK Facility for Environmental Nanoscience Analysis and Characterization), characterised indeed how, through nanoscience, an entirely new front had opened, essentially since 2000, in the ongoing challenge for all innovation of benefit:risk assessment; much Pilgrim debate.

Anton Wagenmakers, Head of the School of Sport and Exercise Sciences, moved us back *inter-alia* to exercise for healthy ageing (nervous pilgrim laughter and shifting in seats to test muscles) as well as, more promisingly perhaps, healthier sports for healthier kids. After thanks by Pilgrim Kumar, the Leader somewhat ruthlessly raised the issue of whether sleeping repeatedly in talks should, like repeated non-attendance, be grounds for Pilgrim retirement.

However all were woken up; not so much by lunch as by a brilliant musical happening on tubes with holes led by Pilgrim Williams. One tin whistle, two simultaneous tin whistles, flute, saxophone and pilgrim choir. Terrific.

A pleasant wander past Botticelli and other Institute glories was succeeded by a stroll to the canal and a leisurely barge voyage back to the Hyatt for time to recoup and change before repairing to the Birmingham Museum and Art Gallery. More visual pleasures (ethanol- enhanced). At Dinner, the Vice Chancellor, David Eastwood,

recorded his ambivalent relationship to medicine 'you might need them', balanced by being interviewed for a college fellowship, wheelchair-bound, following an RTA, by now departed Roger Bannister; 'Please don't get up'. The VC elegantly acknowledged Birmingham's debt to Joseph Chamberlain. In reply, the Leader expressed his personal gratitude to the University 60 years ago in the period of Zuckerman, Gell, Arnott and Squire and the Pilgrims' current gratitude to the outstanding speakers we had heard and to our Pilgrim hosts. All then enjoyed a dinner regaled by operatic arias and encores. A fitting end to a fine Pilgimage.

PS New Labour lost. [



Arrival at Queen Elizabeth Postgraduate Centre, from l-r: David Bates, colleagues from Birmingham, John Reid, Chris Tomlinson, Gareth Williams (behind), Sarah Himsworth, Ilora Finlay (behind), Richard Himsworth.



Coffee, from l-r: Mark Walport, Alan McGregor Smith, Ted Gordon-Smith, Terence Stephenson, John Tooke, Parveen Kumar (behind).

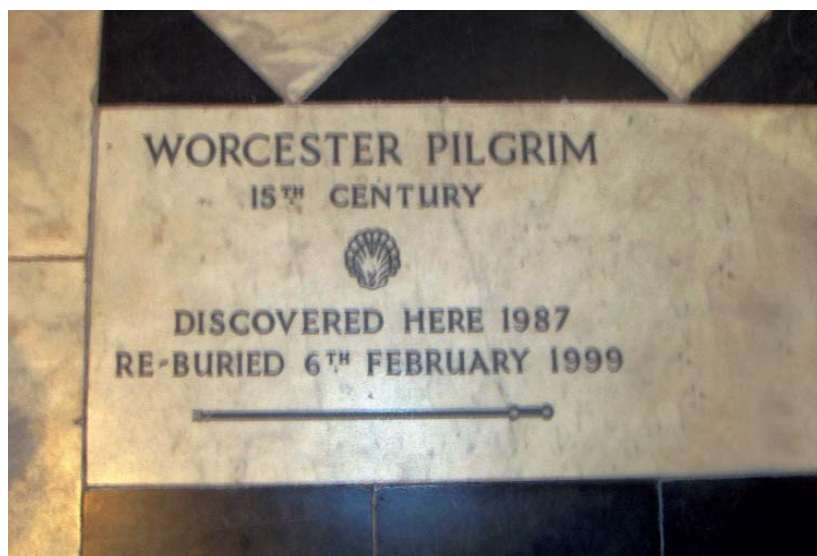
Worcester Cathedral:
John Reid, Anne
Tattersfield, Parveen
Kumar, David Warrell and
Jon Cohen.



Worcester Cathedral:
Alasdair Geddes and Jon
Cohen



Reconnassance



A musical interlude at
the Barber Institute –
Gareth Williams



A canal trip – Susie
Barnett, Gareth Williams
(seated), John Wass, Micky
Cohen and Jon Cohen.



A canal trip – Susie
Barnett, Gareth Williams,
Micky Cohen, Christopher
Edwards, Keith Peters and
Pam Peters.



List of elected Pilgrims from 1928

Sir George Alberti**	Professor of Medicine & Dean, Newcastle Former President, RCP
Michal Anel	Professor of Medicine & Dean, Prague
Sir Greig Anderson	Consultant Physician, Aberdeen Royal Infirmary
Mary Armitage	Medical Director, Royal Bournemouth Hospital
Sir Melville Arnott	William Withering Professor of Medicine, Birmingham
Michael Arthur	Vice-Chancellor, Leeds University
Sir John Badenoch	Consultant Physician, Oxford
Peter Ball	Consultant Physician, The Middlesex Hospital
David Barnett CBE	Chairman of Appraisals Committee (NICE) Professor of Clinical Pharmacology, Leicester University
David Bates	Emeritus Professor of Clinical Neurology, Newcastle
Sir John Bell FRS	Regius Professor of Medicine, University of Oxford, Former President, the Academy of Medical Sciences
Dame Carol Black	National Director for Health and Work Former President, RCP
Sir Edward Boland CBE	Dean, Guy's Hospital Medical School
Richard Bomford CBE	Consultant Physician, The London Hospital
Nick Boon**	Consultant Physician, Edinburgh Past President, British Cardiovascular Society
Sir Leszek Borysiewicz FRS	Vice-Chancellor, Cambridge University Former Chief Executive MRC Former Deputy Rector, Imperial College London
Ian Bouchier CBE FRSE	Professor of Medicine, Edinburgh
Sir Robert Boyd	Former Principal, St George's Hospital Medical School Dean, Manchester Medical School
Crichton Bramwell	Professor of Cardiology, Manchester
William Brockbank	Consultant Physician, Manchester Royal Infirmary
Lord John Butterfield*	Professor of Experimental Medicine, Guy's Hospital Vice-Chancellor, Nottingham Regius Professor of Physic, Cambridge Vice-Chancellor, Cambridge University
Claude Carbon	Professor of Medicine, Paris
Sir Graeme Catto FRSE	Emeritus Professor of Medicine, University of Aberdeen Past President, GMC
Sir Cyril Clarke FRS*	Professor of Medicine, Liverpool Former President, RCP
Jon Cohen	Dean, Brighton & Sussex Medical School
Robert Cohen CBE	Emeritus Professor of Medicine, University of London Former Vice-President, RCP
Alastair Compston	Professor of Neurology, Cambridge
John Connell FRSE	Dean of Medicine, University of Dundee
Robert Coope	Consultant Physician, Liverpool Royal Infirmary
Cyrus Cooper	Professor of Rheumatology, Southampton University

Timothy Cox	Professor of Medicine, Cambridge
Macdonald Critchley CBE	Consultant Neurologist, National Hospital Queen's Square
Christopher Day	Former Head of Medical School, Newcastle
William Doe	Provost, Aga Khan Medical University Former Dean, Birmingham Medical School
Sir Colin Dollery	Senior Consultant, Glaxosmithkline Former Dean & Professor of Medicine, Royal Postgraduate Medical School
Sir Derek Dunlop	Professor of Therapeutics & Clinical Medicine, Edinburgh
Sir Christopher Edwards FRSE	Former Vice-Chancellor, Newcastle
Sir John Ellis MBE	Former Dean, The London Hospital Medical School
Jeremy Farrar	Director, Wellcome Trust Major Overseas Programme OUCRU, Vietnam Professor of Tropical Medicine, Oxford
Michael Farthing	Vice-Chancellor, Sussex University
Fergus Ferguson	Consultant Physician & Neurologist, Manchester Royal Infirmary
Baroness Ilora Finlay	Professor of Palliative Care Medicine, Cardiff University Former President, RSM
Muiris FitzGerald	Emeritus Professor of Medicine, University College Dublin
Alasdair Geddes CBE	Retired Professor of Infectious Diseases, Birmingham
Alexander Gibson	Consultant Physician, Edinburgh Royal Infirmary
Sir Ian Gilmore	Professor of Medicine, Liverpool University Former President, RCP
David Gordon	President, Association of Medical Schools in Europe Former Dean of Medicine, Manchester
Ted Gordon-Smith	Emeritus Professor of Haematology, St George's Hospital Medical School
Ian Greer	Obstetric Physician, Executive Pro Vice-Chancellor, Liverpool
George Griffin	Chairman, Association of Clinical Professors of Medicine Professor of Infectious Diseases, St George's University of London
Sir William Hale-White	Consultant Physician, Guy's Hospital
Gordon Hamilton-Fairley	Professor of Medical Oncology, St Bartholomew's Hospital Medical School
Lionel Hardy	Consultant Physician, Birmingham
Thomas Hardy	Consultant Physician & Professor, Birmingham Hospitals
Christopher Haslett OBE FRSE	Professor of Medicine, Edinburgh
Clifford Hawkins	Consultant Physician, Birmingham
John Hay	Professor of Medicine, Liverpool
Rod Hay	Former Head of School of Medicine & Dentistry, Belfast
Ken Heaton**	Consultant Physician, Bristol
Richard Himsworth	Former Regius Professor of Medicine, Aberdeen
Sir William Hoffenberg*	William Withering Professor of Medicine, Birmingham Former President, RCP
Stephen Holgate CBE	MRC Clinical Professor of Immunopharmacology
Sir Douglas Hubble	Dean & Professor of Paediatrics, Birmingham
Sir William Hume	Consultant Physican, Newcastle Professor of Medicine, Durham

Donald Hunter CBE	Consultant Physician, The London Hospital
Lord Robert Hunter	Dean & Professor of Materia Medica, Dundee Vice-Chancellor, Birmingham University
Sir Arthur J Hurst	Senior Consultant Physician, Guy's Hospital
John Iredale	Professor of Medicine, Edinburgh
Thomas Izod-Bennett	Consultant Physician, The Middlesex Hospital
William Johnson	Consultant Physician, Liverpool Hospitals
Arthur Kennedy CBE*	Professor of Medicine, Glasgow University President, Royal College of Physicians & Surgeons, Glasgow
Dermot Kelleher	Gastroenterology, Dublin
Lord Robert Kilpatrick	Former President of the GMC & Founder Dean, Leicester
Parveen Kumar CBE	Professor of Medicine, Barts & London Medical Schools President of RSM Former President of BMA
Ronald Lane CBE	Professor of Occupational Health, Manchester
Robert Lechler	Vice-Principal, King's College London
John Ledingham	Professor of Clinical Medicine, Oxford
David London	Professor of Endocrinology, Birmingham University Former Registrar, RCP
Gary Love CBE*	Dean & Professor of Medicine, Belfast
John Lovibond	Physician, London Chest Hospital & Westminster Hospital
Ade Lucas	World Health Organisation
John MacDermot	International Director, RCP
Alastair MacGregor	Regius Professor of Materia Medica & Therapeutics, Aberdeen
Robert Mahler*	Professor of Medicine, Welsh National School of Medicine Consultant Physician, Northwick Park Hospital Editor, RCP Journal
Peter Mathieson	Dean, Bristol Medical School, Professor of Renal Medicine
Bryan Matthews*	Professor of Clinical Neurology, Oxford
John Matthews CVO	Consultant Physician, Royal Infirmary of Edinburgh
Keith McAdam	Former Director MRC Unit, The Gambia
Alan McGregor	Professor of Medicine, King's College London
Jim McKillop	Deputy Executive Dean & Professor of Medicine, Glasgow Head of Undergraduate Education, GMC
Tony Mitchell	Professor of Medicine, Nottingham
Arthur Morgan-Jones	Consultant Physician, Manchester Royal Infirmary
Andrew Morris	Diabetes & Endocrinology, Dundee
Fred Natrass	Professor of Medicine, Durham and Newcastle
John Newsome-Davies CBE FRS	Professor of Clinical Neurology, Oxford
Ray Newton**	Consultant Physician, Dundee
Eberhard Nieschlag	Emeritus Professor Director of Reproductive Medicine, Münster, Germany
D K O'Donovan*	Dean & Professor of Medicine, University College Dublin
Denis O'Sullivan*	Former Professor of Medicine at University College Cork
Ivana Oborná	Senior Clinical Lecturer Vice-Dean for International Relation, Palacky University, Czech Republic

Michael Oliver CBE	Emeritus Professor of Cardiology, Edinburgh
Stephen O’Rahilly FRS	Professor of Medicine, Cambridge University
Donald Paterson	Consultant Paediatrician, Great Ormond Street Hospital For Sick Children
Brian Pentecost	Consultant Physician & Dean of Postgraduate Medical & Dental Education, Birmingham
Sir Keith Peters FRS	Former Regius Professor of Physic, Cambridge Former President, Academy of Medical Sciences
James Petrie*	Professor of Clinical Pharmacology, Aberdeen Former President, RCP Edinburgh
Lord Robert Platt	Professor of Medicine, Manchester Former President, RCP
William Powderly	Professor of Infectious Diseases, UCD
David Pyke CBE*	Consultant Physician, KCH, Registrar, RCP
Alan Read	Professor of Medicine, Bristol
Andy Rees	Professor, Medical University of Vienna Former Regius Professor of Medicine, Aberdeen University
Dame Lesley Rees	Professor of Endocrinology & Dean, St Bartholomew’s Hospital Medical School
John Reid OBE FRSE	Former Regius Professor of Medicine & Therapeutics, Glasgow University
Jonathan Rhodes	Professor of Medicine, Liverpool
John Richmond CBE*	Professor of Medicine, Sheffield President, RCP Edinburgh
Povl Riis	Professor of Medicine, University of Copenhagen
Sir Humphrey Rolleston	Regius Professor of Physic, Cambridge President, RCP [add Former?]
Lord Max Rosenheim FRS	Professor of Medicine, UCH, President, RCP [add Former?]
Sir Peter Rubin	Chairman, GMC Education Committee Former Dean of Medicine, Nottingham University
William Ritchie Russell CBE	Professor of Neurology, Oxford
John Ryle	Nuffield Professor of Social Medicine, Oxford
Kenneth Saunders	Professor of Medicine, St George’s Hospital Medical School Former Dean of Medicine, London University
Caroline Savage	Professor of Nephrology, Birmingham University
Sir John Savill FRSE**	Chief Executive, MRC Head of the College of Medicine & Veterinary Science, Edinburgh
Pamela Shaw	Head of the Academic Neurology Unit, University of Sheffield
Michael Sheppard	Vice-Principal, University of Birmingham
Patrick Sissons	Regius Professor of Physic, Cambridge
Sir George Smart*	Dean & Professor of Medicine, Newcastle
Sir James Spence	Nuffield Professor of Child Health, Newcastle
Terence Stephenson	Nuffield Professor of Child Health at UCL President, RCPH, Dean of the Faculty of Medicine & Health Sciences, Nottingham University

Paul Stewart	Professor of Medicine, Birmingham University
John Stokes*	Consultant, UCH
Sir Arnold Stott	Senior Consultant Physician, Westminster Hospital
Victor Synge	Regius Professor of Physic, Trinity College Dublin
Ray Tallis**	Author, Former Professor of Geriatric Medicine, Manchester
Anne Tattersfield	Emeritus Professor of Respiratory Medicine
Sir Arthur Thomson	Consultant Physician, Birmingham Hospitals Dean of Medicine, Birmingham
Sir William Thomson	Senior Consultant Physician & Professor of Medicine, Royal Victoria Hospital, Belfast
Stephen Tomlinson CBE	Emeritus Professor, Former Provost, Cardiff University Former Dean of Medicine, Manchester
Sir John Tooke	Principal, School of Medicine, UCL Former Principal of PMS
Lord Leslie Turnberg	Former President, PRCP Dean of Medicine, Manchester
Patrick Vallance	Head of Drug Development, GSK
John Vallance-Owen*	Professor of Medicine, Belfast And Chinese University of Hong Kong
Francisco Vilardell	Professor & Consultant in Gastroenterology, Barcelona
Sir Mark Walport	Director, The Wellcome Trust
Lord John Walton	Former Professor of Neurology, Dean of Medicine, Newcastle President, GMC
David Warrell	Emeritus Professor of Tropical Medicine & Infectious Diseases Oxford University
John Wass	Professor of Endocrinology, University of Oxford
Sir David Weatherall FRS	Professor of Haematology, Liverpool Nuffield Professor of Clinical Medicine, Oxford Regius Professor of Medicine, Oxford
Tony Weetman**	Pro Vice-Chancellor, Dean, Professor of Medicine, Sheffield
Donald Weir**	Regius Professor of Medicine, Trinity College Dublin
Moira Whyte	Professor of Respiratory Medicine, Sheffield University
Leslie Witts CBE	Nuffield Professor of Clinical Medicine, Oxford
Gareth Williams	Professor of Medicine & Former Dean, Bristol University

Current Pilgrims

*Pilgrims who have passed away since 2000

**Pilgrims who have resigned

Medical Pilgrims Secretaries

1928 – 1953	Fred Natrass
1953 – 1956	Dick Bomford
1971 – 1982	John Butterfield
1982 – 1986	David Pyke
1986 – 1995	Alasdair Geddes
1995 – present	Steve Tomlinson