

# COMMENT

THE COLLEGE NEWSLETTER

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## New genetics labs open at King's

**C**UTTING EDGE NEW laboratories for the Department of Medical & Molecular Genetics were opened by Dr Mark Walport, Director of the Wellcome Trust, on 10 November.

The Henry Wellcome laboratories are based over three floors in the Guy's Tower, on the Guy's campus, and will provide state-of-the-art facilities for researchers studying the genetic basis of diseases ranging from breast cancer to high blood pressure.

The Department was initially established in 1960 as the Paediatric Research Unit, under the direction of Professor Paul Polani. Over the last

five years it has shifted the emphasis of its research from finding genes associated with disorders that have relatively simple genetic causes, to studying more complex disease genetics: asking how genes interact with the environment and each other; and how they increase a person's risk of suffering from conditions such as inflammatory bowel disease or heart disease.

The Principal, Professor Rick Trainor, said: 'Genetics is an area of science that King's has been associated with for more than half a century, and it is one that has immense potential for human health. We are particularly proud, then, to

have such superb facilities for our researchers in this field.'

Other groups are studying the function of genes and their products at a cellular and structural level, and using their findings to develop possible therapeutic interventions. The NHS clinical diagnostic laboratories for Guy's Hospital and the SE Thames clinical genetics service also work closely with the Department.

Professor Ellen Solomon who heads the Department discussed with *Comment* what she felt the future held: 'Gene therapy may help combat a small selection of disorders in the future, but I see a

more exciting and likely prospect in pharmacogenetics. The work we are undertaking in our new labs will help identify the genetic variations within populations that predispose individuals to different physical and behavioural traits as well as diseases, and identify which people will respond to different treatments.

### ' has immense potential for human health'

We are also researching how combinations of genes interact with environmental factors to predispose to disease, and together this knowledge will help guide the formulation of future health advice and future medicines.'

The new laboratories provide a self-contained working environment for the staff of the Department.

Dr Mark Walport said: 'The Wellcome Trust has strong links with King's and this Department does some outstanding work identifying the genes, and their variations, implicated in common disease. What is particularly special is its

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The College Choir preparing to enter the Strand Chapel for the first of the three Advent Carol Services.

## Strategic Planning

**T**HE COLLEGE CONTINUES TO do very well – in academic terms, financially and (among other respects) with regard to knowledge transfer, where King's recently received a major award for its spin-out company Proximagen Neuroscience. Therefore, while strenuous efforts are being made to improve our basic processes, the strategic planning process is focusing not so much on issues of routine as on lifting the overall performance of the College. Its objective is to attain the Green Paper's goal of making what is already a highly successful institution world-class.

The Strategic Planning process has accelerated during the past few months, building on the Green Paper approved by Academic Board in June and Council in early July. (For the final version see the Principal's section of the College web site.) Later that month seven working groups were established to produce draft proposals aimed at making a significant impact during the next three years. The groups, comprising

more than 80 people from across the College, are dealing with: Administration, Estates, External Affairs, Research/Knowledge Transfer, Resourcing, Staffing and Students.

The groups met together for away days in July and September and have continued their work since. The groups' convenors and reporters, drawn from the College Committee, met on 21 November to discuss an overview of progress from James Cooke, the consultant who has been working with the Principal and the groups.

Inevitably any strategic programme confronts choices. The College's strategic planning process therefore deals partly with general issues such as identifying broad academic themes which King's might emphasise in presenting itself externally and the principal countries on which the College might focus its overseas efforts. This part of the process requires widespread discussion. The College's strategic planning is also concerned with particular initiatives, which have had much attention but

require further discussion. Among the specific projects being considered by the various groups are:

- **administration** – enhanced campus-based delivery of administrative services
- **estates** – major developments at campuses in collaboration with partner organisations
- **external affairs** – improved internal communication and external 'branding', recruitment of additional postgraduate and overseas students
- **research/knowledge transfer** – RAE planning, upgrading research facilities, advances in commercialisation
- **resourcing** – an efficiency review group, a new fundraising campaign, an annual strategic initiative fund
- **staffing** – increased staff development for those currently or prospectively in leadership positions
- **students** – focused improvement of student facilities, additional postgraduate studentships, enhancement of the link between teaching and research

The overall aim is to enhance the College's internal coherence and

external impact.

The Principal will be producing an interim paper, to be widely circulated early in December, reviewing progress on strategic planning. It is hoped that academic and administrative departments, at staff meetings held in December or January, will discuss the paper so that staff can discuss and contribute feedback.

The Principal has, or will make, a number of relevant presentations before Christmas – to the Heads of Department meeting on 28 November, to Academic Board on 30 November and to Council on 13 December. Feedback will be reflected in a White Paper to be circulated at the end of January. This will be discussed at the Principal's fora in the first half of February. Suitably revised, the White Paper will form the core of the new outline strategic plan (focusing on the period to 2008) to be considered at Academic Board and Council in March.

The intention is for the strategic planning process to continue thereafter – refining and monitoring the proposals in the outline strategic plan and turning to consideration of proposals for the remainder (2008-2015) of the 10 years covered by the Green Paper.

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close integration with the NHS clinical diagnostic and the genetic services – allowing a truly bench to bedside approach to the research.'

The refurbishment of the

laboratories was funded by grants of £9 million, from the Wellcome Trust and the Guy's and St Thomas' Charity. Further support was provided by the Generation Trust and the Dunhill Medical Trust, among others.



From left, Lord Harris of Peckham, Generation Trust; Professor Ellen Solomon; Dr Mark Walport, Director of the Wellcome Trust; Principal, Professor Rick Trainor and Geoff Sheppard, Chief Executive of the Guy's & St Thomas' Charity.

Projects within the Department include:

- Searching for genes that increase susceptibility to inflammatory bowel disease and other complex genetic disorders (Professor Christopher Mathew).
- Developing vectors that can be used in the gene-therapy treatment of muscular dystrophy and blood disorders, such as beta-thalassaemia (Dr Michael Antoniou).
- Investigating the use of histone deacetylase inhibitors as therapeutic agents against Huntington's disease (Professor



Professor Paul Polani, with (from left) Rebecca Beever and Judith Pagan.

Gill Bates).

- Creating an *in-vitro* test for the function of the protein, BRCA1, which could be used as a diagnostic tool to identify women at risk of early onset familial breast cancer (Professor Ellen Solomon).

## National treasure secured by NHMF and College Annual Fund

**W**ITH A £182,000 GRANT, the National Heritage Memorial Fund (NHMF) is helping King's save the top secret papers, diaries and letters of the man who headed the British Armed Forces during World War II, Field Marshal Alan Francis Brooke (Lord Alanbrooke), ensuring they will be kept safe and accessible for the nation.

The total cost of the papers was £289,000 and the College's Annual Fund awarded a grant of £15,000 and alumni donated £6,500. Extra

funding also came from the MLA/V&A Purchase Grant Fund and The Friends of the National Libraries.

As Churchill's military right-hand man, Brooke's papers give a compelling insight into WWII. The revealing collection ranges from incisive diaries – which cover all the major events in the war including D-Day – to candid top secret letters signed by Montgomery, Eisenhower and Churchill.

The papers have been accessible in the Liddell-Hart Centre for Military Archives but were on



**Stephen Miller**, one of the Archives and Corporate Records Service team, with the 87 boxes which make up the Alanbrooke collection.

deposit and under threat of being split up and sold off to private collectors.

King's Director of Archives & Information Management, Patricia Methven said: 'These archives are quite without parallel in the UK as a source of study for the Second World War. We are really delighted to be able to secure them for the College and the nation and are particularly grateful to our alumni who supported the purchase.'

### Brooke's papers give a compelling insight into WWII.

Known as 'the soldiers' soldier', Field Marshal Alan Brooke (1883-1963) was a key figure in WWII and was famous for keeping Churchill 'in-line'. Following the outbreak of WWII, Brooke commanded the II Corps of the British Expeditionary Force, playing a vital role in the evacuation of Allied troops from Dunkirk. In his role as Chief of the Imperial General Staff and Chairman of the Chiefs of Staff

Committee, he served as the foremost military advisor to Winston Churchill, the War Cabinet, and Britain's allies. Today he ranks as the fourth most decorated man in British military history.

His papers give a rare insight into the top-level direction of the war, with descriptions of War Cabinet meetings, details of informal conversations and records of official meetings with Allied army commanders and members of British, US and Russian High Commands.

Packed with gems of information, such as observations on Churchill's first meeting with Stalin and Montgomery despairing of Eisenhower's 'ignorance as to how to run a war', each document is a piece of world history.

The NHMF was set up 25 years ago in memory of those who gave their lives for the UK.

Liz Forgan, Chair of the NHMF, said: 'Like every item saved, these papers and the stories within them are part of our shared inheritance. Their loss would have been a national tragedy.'

## From Empire to Nationhood

LHCMA ALLENBY COLLECTION



An armoured Rolls Royce c1922 crossing Egyptian desert

A remarkable new online exhibition entitled *From Empire to Nationhood*, which explores the legacy of the Second World War and the decline of empire and rise of nationhood, has been launched by Archives and Corporate Records Services.

'The exhibition features dozens of fascinating photographs and text including images of India, Tibet and pre-war Iraq with images of places, currently in the news such as Basra,' explains, Geoffrey Browell, Archives Services Manager (Outreach).

Photographs from the Second

World War are notably drawn from the papers of Field Marshal Alan Brooke, Lord Alanbrooke.

The online exhibition also examines post-war conflicts including the Suez Crisis in 1956 and the Malayan Emergency during the 1950s.

Selections of colourful and exciting documents including photographs from these conflicts and Alanbrooke's papers are also on display in the entrance hall of the Main Building at the Strand campus.

The exhibition can be viewed at:

[www.kcl.ac.uk/archives/empire](http://www.kcl.ac.uk/archives/empire)



## The Evelina Hospital opens at St Thomas'

**L**ONDON'S FIRST NEW children's hospital for more than 100 years opened on 31 October. The 140-bed hospital, based on the St Thomas' Hospital site, brings the majority of Guy's and St Thomas' NHS Foundation Trust (GSTT) children's services together under one roof.

Serving children in Lambeth and Southwark, as well as offering specialist care for children from across south east England and further afield (including internationally), the Evelina Children's Hospital is, quite simply, unique.

It has been created by children for children. Young patients and their families have been involved in shaping its environment and architecture from the earliest stages of design.

Bright red rocket lifts, clearly visible from inside and outside, carry people to a four-storey central conservatory, whilst each floor has been given a colour and a symbol taken from the natural world – from ocean and beach through

to savannah and sky. The hospital also has many play areas, as well as a 17-foot high helter skelter in the outpatients department.

Dr Frances Flinter, Clinical Director, Children's Services, GSTT, and Clinical Senior Lecturer, Division of Genetics & Molecular Medicine, said: 'Entering a hospital can be an intimidating experience for anyone, but for children and their families it can be especially difficult. That's why we have worked so hard to create an environment as far removed from the traditional institutional atmosphere as possible.

'We are also delighted that there is accommodation on the first floor for colleagues from the School of Medicine so that interaction between clinical and research teams is maximised.

The tremendous range of patients that we see and the latest clinical facilities in the Evelina are bound to be of interest to a wide variety of research teams'.

The Evelina, which has cost £60 million, was designed by



Children enjoy the Evelina Children's Hospital's 17-foot high helter skelter in the outpatients department while they wait for their appointment.

Hopkins Architects and has been funded by a grant of £50 million from Guy's and St Thomas' Charity and £10 million from the NHS.

Sir Jonathan Michael, Chief Executive, GSTT, says: 'The Evelina is a supremely practical, state-of-

the-art hospital, and one that is full of imagination, warmth and fun. It redefines the concept of a children's hospital and will undoubtedly influence the building of new hospitals in Britain and across the world.'

## Florence Nightingale seminar series

The Florence Nightingale Seminar series was launched on 10 November by Professor Anne Marie Rafferty, Head of the Florence Nightingale School of Nursing & Midwifery, as a means of engaging high profile speakers to discuss leading research in policy, higher education, and health services in the nursing context.

Eminent American nurse and health services researcher, Professor Linda Aiken from the University of Pennsylvania,

delivered the inaugural lecture, entitled *Saving lives through investments in nursing*.

Professor Aiken presented research spanning several years from six countries, including the USA and the UK, which found that hospitals with low patient-to-nurse ratios and better educated nursing staff have reported significant reduction in patient mortality rates.

Speaking to an audience of more than 100 nurse academics, NHS managers, nurses and members of

the general public, she argued that the evidence is unassailable and that governments should now act to implement staffing policies that recognise the economic and patient outcome benefits that investment in nursing delivers.

The series continues on 9 March, when Revd Tom Keighley, Independent Health Consultant, will be speaking on *Old goals – New outcomes: Reflections on facilitating aspects of compliance with health care directives*.

## Dental meeting

**A** SUCCESSFUL INTERNATIONAL meeting, *Modern Dentistry: Oral Pathology, Stem Cells and Dental Engineering*, was organised by Dr Tim Mitsiadis, Clinical Senior Lecturer, Dental Institute, and held in Athens at the beginning of November.

More than 60 participants from different academic backgrounds attended with six King's contributors.

It is hoped this initiative will bring fruitful collaborations in the field. The meeting was highlighted on the national TV media (NET channel), with four-minutes coverage on the prime-time news.

## Andrew Lambert

This year marks the 200th anniversary of the heroic death of Admiral Lord Nelson at the Battle of Trafalgar. Andrew Lambert, Laughton Professor of Naval History, a world expert on Nelson, has been much in demand and his highly acclaimed biography, *Nelson: Britannia's God of War* was published last year. He has also written and presented television documentaries including the BBC2 series *War at Sea*.

### Why do you admire Nelson so much?

Nelson was the ultimate Admiral, he mastered every aspect of his profession, from ships and navigation to tactics and strategy, and then transformed the way in which naval warfare could influence the wider conflict.

At the Battle of the Nile in August 1798 he annihilated the French fleet, an unprecedented feat, thereby securing undisputed command of the sea for Britain, marooning Napoleon's army in Egypt and kick-starting the Second collation against France.

His leadership reflected a warm, human engagement with those he led, a concern for their welfare, and a profound respect for his men. When he was given a coast of arms he chose a common sailor as one of his two armorial supporters, a unique gesture by a man of genius.

He remains the national hero of the British state, standing high above Trafalgar Square as an example of the ultimate devotion to country and cause.

### What has this year held for you?

The Trafalgar bicentenary has kept me busy. I have discussed Nelson from Bath to Gibraltar, Hobart to Newcastle. In addition I was the curator of an exhibition dealing with the intertwined careers of Nelson, Cook and Bligh at the National Archives.

The highlight was delivering

the Nelson lecture in his father's Church at Burnham Thorpe, North Norfolk on the immortal 21 October. As a Norfolk man I could not think of a better place to be.

To end the year I wrote part of the programme for the new ENO production of *Billy Budd*, and my latest television documentary, on the *Franklin Disaster*, was aired on 15 November.

Throughout the year my main concern has been the opportunity to take naval history to the broadest audience, and ensure that the subject will never again fall out of the academic mainstream. The Laughton Naval History Unit at King's launched a major fund-raising effort with a public lecture on 24 October, entitled *Nelson: Searching for the Sublime*, which was very well attended.

### Would Nelson have visited London?

Nelson knew the Strand area of London very well. His brother worked in the Navy Office in Somerset House, while many of the tradesmen from whom he purchased his uniform, clothes, books and charts occupied shops around the Somerset House complex. Some of these buildings are still used by the Law School!

He lived at Merton for the last three years of his life because it was then on the main road to Portsmouth, his usual port of embarkation. His tomb in the



crypt of St Paul's should be visited by all those who have an interest in his story, and our past.

### In television terms, what's next?

I'm currently working on a documentary dealing with the loss of HMS Ark Royal in 1941. I think television offers a priceless opportunity to project the latest research to a very wide audience, we had three million viewers for *War at Sea*. The best television can inspire and inform, but too often it is lacking in ambition and content and repeats tired old interpretations.

### Who was Sir John Knox Laughton?

Professor Sir John Knox Laughton (1830-1915) was Professor of Modern History at King's (1885-1915). He established naval history as an academic subject, and also developed it as the basis of service education, doctrine and strategic thought. This dual approach is preserved by King's today, the Department of War Studies teaches an academic programme on the Strand, while the Defence Studies Department working at Shrivenham educates the armed forces.

Since rejoining King's in 1991 it has been my overriding concern to establish naval history in the

College, and in the academic mainstream: to recover the position that it held in Laughton's lifetime and to ensure that it is sustained into the future.

This generation has produced a wealth of fine naval historians, and there are outstanding students in War Studies today. King's has taken the opportunity to lead in this field.

The current fund raising drive is part of the process of establishing the College as the leading centre for this subject not just in the UK, but internationally. This is what Laughton was trying to achieve, and by building on his legacy the College can succeed.

### What's your favourite naval film?

Alexander Korda's *Lady Hamilton* – a brilliant piece of wartime propaganda with Lawrence Olivier playing Nelson, and Vivien Leigh as Emma. Churchill wrote some of the dialogue and it was his favourite film. In 1940 Britain needed Nelson more than ever, and he was revived and shown to a mass audience across the free world – the Americans loved it. Mind you *Master and Commander* is a far better spectacle, and captures the details of war at sea in Nelson's day to perfection!



# King's people

## Director of Research Development appointment

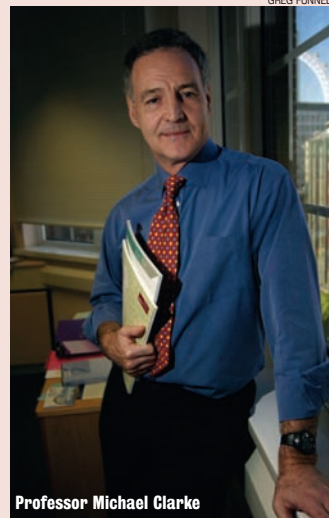
The Principal announced in November that **Professor Michael Clarke** has been appointed to a new post as Director of Research Development for the College and deputy to the Vice-Principal (Research) Professor Sir Lawrence Freedman.

The purpose of this new post is to help research in the College to take better advantage of the opportunities offered by the Research Councils, and to promote King's ability to go after big research projects which cross departmental boundaries.

In taking up his appointment Professor Clarke said: 'I am delighted to be the first incumbent

in such an exciting new post. We all know that King's has so much excellent research capacity in a variety of areas and a reputation for entrepreneurship and applied research. The challenge in this post will be to capitalise on our strengths, to undertake innovative research and relate even more closely to the needs of the wider community.'

Professor Freedman added: 'I have worked closely with Professor Clarke in the past and I know how much he has to offer to the College. There are few tasks more important at the moment than improving our Research Council performance, which



Professor Michael Clarke

does not compare well to other members of the Russell Group.'

## Top psychiatrists win book prize

**Robin Murray**, Professor of Psychiatry at the Institute of Psychiatry, and David Castle (University of Melbourne), have won the 2005 British Medical Association prize for the best book on mental health for *Marijuana and Madness*.

The reviewer for *Marijuana and Madness* said: 'This is an excellent overview of a very topical subject. It is written in an easily accessible

style by leading authorities on the subject. Each chapter is well written and stands alone as a reference text, but as I completed each chapter I found I wanted to read on. This book is interesting, clinically relevant and accessible.'

*Marijuana and Madness* provides an up-to-date overview of the neuroscience and psychiatry of *Cannabis sativa*, otherwise known as hash, dope, ganga or by at least 40 other street names. The book outlines the latest developments in our understanding of the human cannabinoid system, and links this basic knowledge to the newly emerging facts about the impact of cannabis on health.

A number of controversial issues are critically explored including the question of whether cannabis use increases the later risk of psychiatric problems. The conclusion is that heavy use of cannabis, particularly in vulnerable adolescents, is indeed a contributory cause of schizophrenia.



Professor Robin Murray

## SPI-Lab sweeps board

The Stress, Psychiatry and Immunology Laboratory (SPI-Lab) won all available prizes for junior

researchers at the October meeting of the European College of Neuropsychopharmacology (ECNP) in Amsterdam.

The SPI-Lab is a research group headed by Senior Lecturer and MRC Research Fellow, Dr Carmine M Pariante in the Division of Psychological Medicine, IoP.

The group – Sarah Bull, Dr Livia Carvalho, Dr Mario Juruena, Brittany Mason, Dr Valeria Mondelli, and Dr Kuan-Pin Su – conducts research on the role of hormonal and immunological mechanisms in the pathogenesis of mental disorders and in the action of psychotropic drugs.

**Dr Juruena** won the 'Hot Topics in Psychopharmacology Award', **Dr Mondelli** won the 'Travel Award', and **Dr Carvalho** won... everything: the 'Travel Award', the 'Poster Award', the 'Poster Tour', and the 'Invitation to the American College of Neuropsychopharmacology' in Hawaii.

Earlier this year, Dr Juruena and **Sarah Bull** won the 'Award of the ECNP Workshop on Neuropsychopharmacology for Young Scientists' in Nice.

## Nursing Times award

The *Nursing Times* awards took place on 7 November at the London Hilton Hotel with King's featuring in the final.

More than 500 entries were received and these were narrowed down to five finalists in each of the categories.

**Jenny Bentley**, Senior Lecturer in the Florence Nightingale School of Nursing & Midwifery, was one of the five finalists in the wound care category.

Together with Janet Grier and Caroline Hunter, who are tissue viability nurses in Southwark Primary Care Trust, Jenny Bentley



set up and delivered the wound debridement course.

Patricia Hewitt, Secretary of State for Health, presented the awards and Jenny Bentley was highly commended and awarded with a certificate and prize money.

## Times Higher award



Business Initiative of the Year winners, from right, **Professor Peter Jenner** and **Kenneth Mulvany** with **Richard Lomer** (Regional Sales Manager, InFocus) and **Professor Arthur Francis** (Chairman of Association of Business Schools).

At the first *Times Higher Awards* Ceremony held on 23 November the 'Business Initiative of the Year' category was won by King's drug discovery and development spin-out company, **Proximagen Neuroscience**.

The event received widespread support including Prime Minister Tony Blair recording a special video message for the ceremony in which he hailed the achievements of the UK's world-beating higher education institutions.

Peter Jenner, Professor of Pharmacology, established Proximagen in 2003 to seek new treatments for neurodegenerative conditions such as Alzheimer's and Parkinson's disease.

Earlier this year, working with Kenneth Mulvany, the company was floated on the Alternative Investment Market, raising £13.5 million with the result that Proximagen is valued at £30 million.

Richard Lomer, Regional Sales Manager of InFocus, sponsor of the award, commented: 'It is important to acknowledge great vision and dedication, not just to a business

idea but to improving people's lives. Proximagen has grown from small beginnings to great results. Peter Jenner and his team richly deserve this recognition from their peers.'

Professor Jenner said: 'We are absolutely delighted to have won this award. Proximagen is a great example of the partnership that can be created between the College and the commercial world. The rapid growth and success of Proximagen is due to the entrepreneurial spirit developed at King's by KCL Enterprises in conjunction with the university investment group IP2IPO.'

Dr Patricia Reynolds, Senior Lecturer in the Dental Institute, was also a shortlisted finalist in the 'Imaginative Use of Distance Learning' category. Together with Professor Margaret Cox (Dental Institute Research Fellow), Dr Reynolds is leading the development of two online dental courses: one on ethics for first-year students and one on therapeutics for fifth-year students at King's.

## KCLE's challenge

In November the **KCL Enterprises Business Development Team**

participated in the College's first Department Team Challenge day organised by King's staff

volunteering scheme 'Shared Communities' in conjunction with Volunteer Centre Southwark.

The challenge focused on painting, cleaning up and improving Fredrick's Adventure Playground in Kennington, which caters for around 150 children aged 5 to 15, and provides a valuable play area and facilities for the residents of the local council estate.

The team spent a busy day undertaking tasks that would have taken playground staff months to complete.

Katharine Rabson, Director of Business Development comments: 'I felt the Team needed to do something out of the office spending time together in a different way that would help facilitate interaction back in the office. I was extremely pleased with the results and everyone had a brilliant time. I would recommend other departments do something similar, not only to help achieve internal departmental needs, but also to contribute to an important College project and the community as well.'

If you think your team could benefit of a team challenge, please contact Gjoril Berg, at [gjoril@berg@kcl.ac.uk](mailto:gjoril@berg@kcl.ac.uk), or on extn 8074.



The **KCL Enterprises Business Development Team** at Fredrick's Adventure Playground.

## Principal's Fora

**Spring Term 2006**

**All talks take place between 13.00 and 14.00**

Institute of Psychiatry

**7 February**

Wolfson Lecture Theatre,  
Weston Education Centre

Guy's campus

**8 February**

Lecture Theatre 1,  
New Hunt's House

St Thomas' campus

**9 February**

McSwinney Lecture Theatre,  
Block 9

Strand campus

**15 February**

2B18 Lecture Theatre,  
Strand Building

**Summer Term 2006**

**All talks take place between 13.00 and 14.00**

Strand campus

**8 May**

2B18 Lecture Theatre,  
Strand Building

Waterloo campus

**9 May**

Room B.5,  
Franklin-Wilkins Building

Denmark Hill campus

**15 May**

Wolfson Lecture Theatre,  
Weston Education Centre

Guy's campus

**16 May**

Lecture Theatre 1,  
New Hunt's House



## Four different aspects of Christmas...

### Eat and be merry

**Catherine Geissler, Professor of Human Nutrition, offers seasonal advice on Christmas food.**

Overindulging in turkey and mince pies every Christmas is a tradition that follows on from a history of feasting in winter, with more to it than just nutrition. These winter celebrations have an emotional and symbolic aspect—bringing together communities to share food.

The pagan Yuletide festival in Scandinavia welcomed the return of the light after the middle of winter with a feast, and Saturnalia, the Roman festival that took place in mid-December, involved large amounts to eat and drink.

In itself, Christmas dinner can be a well-balanced meal. Turkey is a low-fat meat, the vegetables and potatoes are full of vitamins and fibre, and we all know that red wine in moderation is good for you. If you are anxious about eating too much, you could use the calorie counter (right) to help you cut down on the items that have more calories, and eat more of those foods with fewer calories, like sprouts and carrots! Beware

the nibbles, especially nuts. Take a long walk on Christmas Day!

Thankfully, the amount that you eat in one day is not all that important to your long-term health, so there is no real need to feel guilty about satisfying your mother by eating that extra portion of Christmas pudding. It is only if you carry on indulging into the new year that you have to watch out!

#### CHRISTMAS CALORIE COUNTER

**Christmas dinner: Total = 956 calories, 48g fat**

- Roast turkey (90g) = 149 calories, 4g fat
- Roast potatoes (85g) = 127 calories, 4g fat
- Stuffing (100g) = 231 calories, 15g fat
- Bread sauce (45g) = 42 calories, 1g fat
- Roast parsnips (90g) = 102 calories, 6g fat
- Boiled carrots (70g) = 14 calories, 0g fat
- Boiled sprouts (100g) = 32 calories, 1g fat
- Gravy (50g) = 17 calories, 1g fat
- Cranberry sauce (30g) = 45 calories, 0g fat
- Pork sausage (20g) = 62 calories, 5g fat
- Bacon (40g) = 135 calories, 11g fat

#### EXTRAS

- Christmas cake (70g) = 249 calories, 8g fat
- 1 portion of cheese & biscuits = 394 calories, 27g fat
- Christmas pudding (110g) with custard and brandy butter = 587 calories, 22g fat
- 1 mince pie & dbl cream = 368 calories, 25g fat
- 1 portion of nuts (40g) = 243 calories, 27g fat
- 1 glass of mulled wine = 245 calories, 0g fat

Source: British Nutrition Foundation

GETTY IMAGES



## Origins of the Festival

The Revd Dr Richard A Burridge, Dean of King's College London

It seems that the arguments and tensions around Christmas between the pagan and the holy, the secular and the religious, the commercial and the Christian, have been going on as long as the festival has been celebrated.

The word 'Christ-mass' first occurs in late Old English in 1038, and obviously comes from the 'Mass' for Christ, celebrating his birth. The origins of such celebrations in December are lost, but there was great debate in the early church during the third and fourth centuries about the date and nature of this important feast.

The gospels give no indication of the date, or even the year, of Jesus' birth, concentrating more on his life and ministry, death and resurrection. However, two winter festivals seem to lie behind the festivities: the Romans honoured Saturn with the Saturnalia every December around the winter solstice, a holiday from business and warfare including feasting, giving gifts, and waiting upon slaves.

In the eastern Mediterranean, devotees of Mithras held celebrations of light in the darkest days, which became combined with the worship of the Sun-god. In taking over elements from both festivals, the Church set out to celebrate the birth of Jesus as the Son of God and true light of the world.



The Virgin adoring the child by Lorenzo di Credi

Other elements arrived, which we now take for granted: thus the manger crib set was started by St Francis of Assisi in 1223, while the use of a tree was supposedly introduced by St Boniface to Germany (whence it came to us with Prince Albert in the nineteenth century).

Gift-giving may go back to the Saturnalia, but Christians trace it to the generosity of St Nicholas, Archbishop of Myra in the fourth century, whose name is corrupted into Santa Claus or St Nick. In the Puritan ascendancy of the seventeenth century, celebrating Christmas was banned as too pagan and churches were closed while shops had to open, while in the USA the Pilgrim Fathers replaced Christmas with Thanksgiving in November!

Today some Christians lament that it is too commercialised while some secularists try to turn it into 'Wintermas': in the midst of the dark cold of winter, surely it is good to celebrate light and life and give each other gifts – for me, a reflection of God's gift of his Son to us all.





## Christmas animals

The Christmas Day edition of the Radio Four programme, *Adventures in Poetry* (at 16.30) will feature Dr Christine Kenyon Jones, Research Fellow in the English Department, talking about Christmas animals and a poem by King's alumnus Thomas Hardy, *The Oxen*.

Hardy's poem, published in *The Times* just before Christmas in 1915, is in the voice of a world-weary man who remembers how, when he was a child, he was told that the animals 'In the lonely barton by yonder coomb' would kneel on Christmas Eve to revere the Christ child. The idea that the ox and ass worshipped the baby Jesus is a traditional one, though not directly based on any Biblical source. Luke's narrative of the nativity mentions only that Jesus' mother Mary 'laid him in a manger because there was no room for them in the inn'. The stable, and the ox and ass, have been inferred from

the reference to the manger, perhaps because of the mention of the ox and ass in *Isaiah's* prophecy about the coming of the Messiah.

The idea that animals celebrated the birth of Christ is also mentioned in the first act of *Hamlet*, when Marcellus comments that, in this season, 'The bird of dawning singeth all night long', referring to what is

apparently the cock's genuine habit of crowing all through December nights. Marcellus's claim that, at this time of year 'no spirit dare stir abroad; / The nights are wholesome; then no planets strike, / No fairy takes, nor witch hath / power to charm' is related to the idea of the midwinter calm or 'halcyon days'.

In Ovid's *Metamorphoses*, Alcyone was the daughter of the wind god Aeolus, who with her husband was turned into a kingfisher or halcyon, which were

reputed to nest on the surface of the sea in the calm weather around the winter solstice. John Milton alludes to this in his ode *On the Morning of Christ's Nativity* when he refers to Christmas as the time when 'birds of calm sit brooding on the charmed wave'.

Christmas's other most famous animals – Santa Claus's reindeer – seem to originate in a poem published in a New York newspaper in 1823, originally believed to be by the Revd Clement Clarke Moore, and now claimed for Major Henry Livingstone Jr. According to *The Night before Christmas*, Santa is a 'Jolly old elf' with 'a miniature sleigh and eight tiny reindeer'.

Rudolph the Red-nosed Reindeer, the ugly-duckling-like character picked to lead Santa's team in the fog because of his glowing nose, didn't make his appearance until 1939. He was initially featured in a children's story written by Robert L May and then, from 1949, in the well-known song by May's brother-in-law Johnny Marks.



## Tips on avoiding stress

Paul Fearon, Senior Lecturer, Institute of Psychiatry

**Work:** If possible arrange to be on call, especially if you work in healthcare. The more discerning junior doctors latch on to this nugget of wisdom early in their careers and often continue it indefinitely. It has a number of advantages. Firstly, by 'volunteering', you can often get a remarkably good deal from colleagues in return. Secondly, Christmas Day is usually profoundly quiet. Thirdly, even an acute inpatient ward at the Maudsley is often a more benign and forgiving environment than one's family on this day.

**Alcohol:** For some family members liberal amounts of alcohol can effectively neutralise those aspects of their personality which make them unbearable at Christmas. Unfortunately, for every one of these characters, there is another for whom alcohol makes these very traits more pronounced. Use judiciously, and if it doesn't go according to plan, consume large amounts yourself.

**Television:** It's a little publicised fact that a number of fatalities on Christmas Day are the result of violence caused by the tv. Some will want to watch the 'family film' (*The*

*Sound of Music*/*The Wizard of Oz*), and others, the special Christmas editions of soap operas (*EastEnders*/*Coronation Street* or *The Queen's Speech*). Yet nobody seems to remember that (a) the latter are usually even worse than their weekday counterparts and (b) sitting in a living room bursting to capacity, staring at a box with relatives that you would normally run a mile from, is no way to enjoy an evening. So, either hide the audiovisual system or remove the fuse from the plug.

**Rows:** If you sense that a flaming row is about to erupt, an act of profound selflessness is called for. A fake announcement, preferably one containing unexpected news can often do the trick and deflect

attention away from the imminent crisis. In one such situation, I made an impromptu announcement that I intended to pursue a career in medicine. This was greeted by uproarious laughter and had the unexpected side effect of making me determined to pursue this career, one I hadn't given much thought to until five minutes previously. Years later, in another perilous family situation, I announced my engagement. This was less than convincing since I had not mentioned a girlfriend to anyone previously; I found myself hastily constructing an imaginary persona. Although this was fun at first, after ten minutes of questions, I had to admit that I'd made it all up, which started yet another row!

## Careers Service

King's has performed exceptionally well in recent league tables which rate universities on their graduates' success in employment.

**I**N APRIL, THE COLLEGE came sixth in the UK in a *Guardian* table which assessed graduate job prospects alongside teaching quality and staff-student ratios. In May *The Times Higher Education Supplement* ranked King's third for the employability of its graduates, while in September King's came third in *The Sunday Times* for graduate starting salaries, clocking up a average first-year salary of £21,835.

These achievements are a tribute to the strength of the Careers Service as well as the quality of the College's students.

'I would link King's success to the breadth of what we offer, both in College and federally through our membership of The Careers Group, our parent unit, and to the fact that we are a target College for many major employers,' says Dinah Langley, Head of the College's Careers Service.

'The excellent reputation of King's graduates with employers ensures that the College appears on the list of prestigious employers almost without exception and our graduates are well represented in competitive fields such as the City, financial companies, hi-tech industries, law and the media.'

### New location

The brief of the Careers Service, which moved in summer 2004 to a prime ground-floor location in the James Clerk Maxwell Building at Waterloo, is to help present and former students of the College with careers guidance and job hunting. The Service also

has an office in the Strand Main Building and a careers adviser is available one day a week in term time in the Welfare Office on the Guy's campus. There are 15 staff, including the Head of Service, three other full-time advisers, six part-time careers advisers, an Information Manager and four information officers.

The range of services provided includes:

- careers counselling, help with job and course applications, and assistance with interview technique
- computer-aided careers guidance and information about careers, employers, vacation jobs, temporary employment and job vacancies
- help for students to find part-time work and work experience
- careers fairs, seminars and workshops on career options and job hunting skills, and visits by employers to provide insight into their selection procedures
- a website with help-sheets and hundreds of useful links
- Connections: a database of former King's students who can be contacted for advice about their field of work.

'Among our recent initiatives are skills sessions for PhD students. The Roberts Report on the supply of engineers and scientists recommended enhanced training in transferable skills for postgraduate research students, and in the light of this the research councils set



specific training requirements. We deliver sessions on career management, communications skills, networking and team work as part of the College's response,' Dinah Langley explains.

'Another recent development is a series of web pages for specific academic departments and we've also created web pages for mature students and graduates; those from ethnic minorities; international students; women, and students and graduates with disabilities.'

With the needs of international students in mind the Careers Service ran a special event for international students this term where they had the opportunity to meet potential employers and hear about opportunities in their home countries.

Students and employers alike have become increasingly convinced of the value of work experience and the Careers Service plays a large part in helping students obtain this. In 2003 a Vacation Work and Internships Fair, which attracted 12 employers and more than 500

students, was launched. This autumn 24 organisations, the maximum the Great Hall could accommodate, took stands.

### Staff support

The Careers Service also supports the work of academic and administrative departments. 'We help departments by collecting and disseminating information on students' destinations after graduation, working with students to develop employability and career management skills, and by promoting departments to graduate recruiters and professional bodies,' says Dinah Langley.

While the Careers Service mainly supports King's students and graduates, it also provides a service for contract research staff. This includes regular seminars as well as individual consultations. Other staff may seek basic advice and information, including referral to sources of specialised help through quick query sessions or via email at [careers@kcl.ac.uk](mailto:careers@kcl.ac.uk)



# A botanical artist at King's

Frederick Edward Hulme (1841–1909), naturalist, artist and Professor of Freehand and Geometrical Drawing at King's from 1886, is perhaps best remembered today for the beautifully illustrated *Familiar Wild Flowers*, a fine example of a popular botanical work from the Victorian period.

Almost a century after the death of its author it is still popular with book lovers. Every plant discussed in this work is illustrated with a fine coloured plate, which is accompanied with a detailed description of the plant, its habitat and geographical range, medicinal uses, common names and associated folklore.

Hulme began work on *Familiar Wild Flowers* while he was drawing master at Marlborough College (1870–1883). It was first published serially and Hulme completed a ninth volume shortly before his death in 1909. The whole series was re-issued posthumously.

*Familiar Wild Flowers* combined two of Hulme's passions: art and natural history. Artistic talent seems to have run in his family; his grandmother was a painter on porcelain and his father was the landscape painter Frederick William Hulme (1816–1884). Hulme was a keen amateur botanist and natural historian and was elected Fellow of the Linnean Society in 1869.

He published his first botanical work, *A Series of Sketches from Nature of Plant-form*, in 1868. His other notable works include *Wild Fruits of the Countryside* (1902), *Butterflies and Moths of the Countryside* (1903), and *Familiar Swiss Flowers* (1908). He also provided the illustrations to

Shirley Hibberd's very popular *Familiar Garden Flowers* (1879–1887) and F G Heath's *Sylvan Spring* (1880), and produced several textbooks for art students.

## Drawing at King's

In 1885 Hulme was appointed lecturer to the Architectural Association in London and in the following year he joined King's College London as Professor of Geometrical Drawing. By this time drawing in all its forms already had a long history at the College. A chair in geometrical drawing was instituted as early as 1838, as students preparing for careers in surveying, architecture, mechanical and civil engineering, manufacturing and related fields needed instruction in technical drawing.

Although drawing was not part of the curriculum in other departments, students could avail themselves of the services of the drawing master of King's College School for an additional fee.

A chair of landscape drawing and perspective was set up in 1851. A notable holder of this post, from 1855, was the pioneering photographer and artist, Philip Henry Delamotte.



Scarlet Poppy (*Papaver rhoeas*), above, and Primrose (*Primula vulgaris*), below left, from Hulme's *Familiar Wild Flowers*.

In 1879 Delamotte was appointed Professor of Fine Art at King's and allowed women to be admitted to art lectures for the first time. Around 1896 Hulme was appointed Professor of Freehand and Geometrical Drawing, a post which spanned both the Faculty of Arts and the Faculty of Sciences.

Hulme did not restrict himself to writing on natural history but also published prolifically on historical and antiquarian subjects (he was elected a Fellow of Society of Antiquaries in 1872), including such titles as *The History, Principles and Practice of Heraldry* (1891) and *The History, Principles and Practice of Symbolism in Christian art* (1891).

He combined his antiquarian and natural history interests in *Natural History Lore and Legend* (1895), in which he discussed the folklore and legend surrounding animals both real mythical.

A copy of Hulme's *Familiar Wild Flowers* (London: Cassell, 1910) is in the Early Science Collection of the Foyle Special Collections Library and will be displayed as part of an exhibition entitled: *Nature observed: the Work of the Botanical Artist*, from 12 January to 7 April 2006 in the Weston Room, Maughan Library and ISC, Chancery Lane.

**Hugh Cahill**  
Senior Information Assistant  
Foyle Special Collections

## Tsunami Centre established

**N**EARLY ONE YEAR AFTER the December tsunami hit the Asian subcontinent, the people of the affected nations are still reeling from its consequences. Recognising the long-term impact that the tsunami has had, and will continue to have, on the people of Sri Lanka in particular where the death toll surpassed 30,000, and thousands more lost their loved ones, livelihoods, and homes, International Mental Health (IMH) at the Institute of Psychiatry (IoP) is making a major impact on the mental health provision of the island nation.

IMH approached the Development Office with their initiative to establish a Centre to provide support and

training for organisations and individuals responding to the trauma-related psychosocial needs of tsunami survivors and others who have experienced trauma in Sri Lanka.

The Office then worked with the Catholic Agency for Overseas Development (CAFOD) and The Sri Lanka Trauma Group and IMH to bring this to fruition and are delighted to announce the creation of Samunthana: the King's College London Centre for Trauma, Rehabilitation and Mental Health in Sri Lanka. The primary headquarters is in Colombo with satellite branches in Jaffna, Batticola, and Hambanthota.

CAFOD have provided £160,000 and will assist with the co-ordination

of the efforts through a number of local NGOs in Sri Lanka.

Martin Prince, Professor of Epidemiological Psychiatry and Director of IMH, says: 'The Centre, and its three regional outposts, will work with local partners to address psychosocial, mental health, educational, policy, and capacity development needs through the co-ordination of training and specialist workshops.'

Research has found that at the time of the tsunami there were less than 30 trained psychiatrists in Sri Lanka so, in the longer term, the Centre aims to increase the capacity of mental health provision in the country, its disaster preparedness,

and its ability to respond to psychosocial needs in the future.

He continues, 'The Centre will be run on the ground by the IoP and the UK Sri Lanka Trauma Research Group. UK-based Sri Lankan psychiatrists and psychologists, who have now dedicated a significant portion of time to going back to Sri Lanka to improve provision there, the world-class staff of the IoP, and integral input from the World Health Organization, will ensure that the trainees and doctors at the Centre will take particular note of cultural and ethical issues.'

If you would like more information about the Centre, please contact the Development Office on extn 3364.

## The 'Buy-a-Book' Fund

*Without words, without writing and without books there would be no history, there could be no concept of humanity.*

**Hermann Hesse (1877-1962)**

The Development Office has launched a new programme offering staff, students and alumni the opportunity to 'Buy-a-Book' and support College libraries.

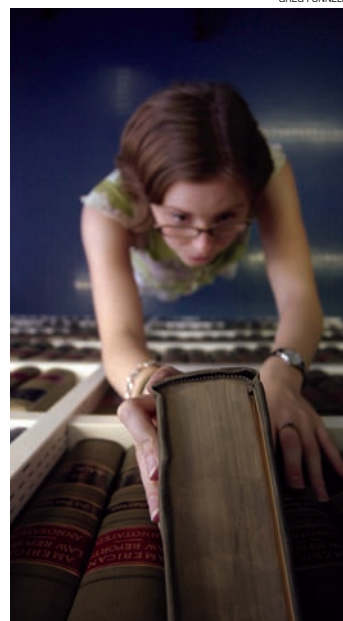
Matt Pusey, KCLSU President said, 'From personal experience I know how important the number of books available at the library is to our students. So much so the elected student officers of KCLSU and I helped launch the 'Buy-a-Book' Fund by each making our own gift to the library. It's a great way to help students and leave our names on the bookshelves for others to remember us by!'

Gifts to this Fund will be acknowledged with a bookplate either in the name of the donor or in the

name of a nominated other person whom you would like to honour.

For further information about the 'Buy-a-Book' Fund or to make a gift, please email [giving@kcl.ac.uk](mailto:giving@kcl.ac.uk) or visit [www.kcl.ac.uk/support](http://www.kcl.ac.uk/support)

GREG FUNNELL



## Meet the Robinsons

*Meet the Robinsons* is series of six powerful dramas exploring personal conflicts and beliefs about health and illness within three generations of one family of Caribbean heritage.

They are being put on by The Centre for Caribbean Health and the School of Medicine's Communication Skills Unit in association with Professional Roleplayers Ltd. Each play will be followed by an audience discussion.

Attendance is free, but places must be reserved in advance by emailing: [meettherobinsons@kcl.ac.uk](mailto:meettherobinsons@kcl.ac.uk) or calling 020 7848 8418. For more information on these dramas and the issues they are tackling visit: [www.kcl.ac.uk/robertsons](http://www.kcl.ac.uk/robertsons)

They will take place from November to May and will be performed at the various College



campuses. They will cover issues including organ donation, sexual health, teenage pregnancy and sickle cell anaemia, mental health and diabetes, obesity and ageing.

This project has been funded by alumni of the Medical School through the GKT Annual Fund and The London Centre for Arts and Cultural Enterprise and are managed by KCL Enterprises Ltd, as part of King's HEIF2 programme.



## Osteoporosis drug may protect arthritic knees

**R**ISEDRONATE, A DRUG typically used to combat the effects of osteoporosis in post-menopausal women, can prevent bone loss from the knee joint in people with osteoarthritis, and at higher doses can even allow lost bone to grow back, according to research that has been carried out by a team at King's.

Strengthening the bone could protect arthritic knees from collapse, and reduce the need for patients to undergo joint replacement surgery.

Current treatments for osteoarthritis target the inflammation of the joint, and the pain caused by the disease. Attempts to restore the levels of cartilage, or otherwise protect the joint, have so far been disappointing.

Christopher Buckland-Wright, Professor of Radiological Anatomy,



who led the research said: 'This is the first study that identifies a drug which could actually act to restore the joint. In addition, the lack of side-effects associated with long-term use of the drug means that it would be well worth exploring for the treatment of people with osteoarthritis.'

## Drugs in prisons

**R**ESearchers from the Institute for Criminal Policy Research have written a report for the Home Office on the drug supply and demand in six local prisons in England. The study forms part of a co-ordinated programme



to help reduce the supply of drugs in prisons.

Heroin, cannabis, non-prescribed medication and crack cocaine were all reported to be in circulation. The main routes of entry were social visits, mail, new prisoners, drugs thrown over the perimeter, and contact after court appearances. Staff were also identified as a common supplier.

Clarissa Penfold, Paul Turnbull and Russell Webster, who authored the report, recommended that both security measures and drug treatment programmes be enhanced in a balanced and co-ordinated way, if drug markets within prisons are to be reduced effectively.

## Finding partners by phone

Have you ever been at a conference, or walked into the canteen, and wondered whether one of the people in the room could be just right for you? A technology under development by a group from the Centre for Telecommunications Research could tell you just that.

By storing your details, ideal partner preferences, and a photograph on a web site that is linked with the Bluetooth wireless system on your phone, the technology will match this information with possible partners that have made their data (and partner preferences) available in

the same way. Your phone will then alert you when a 'match' enters your current location. The system would be capable of allowing communication between the matched pair whilst protecting their identity until both parties are happy to reveal photos and/or phone numbers. This new service is one of a number of potential applications of the technology being developed by CTR and is all made possible without the need to install any software on user's phones.



## Personalised medicine

JULIAN ANDERSON



**C**LINICIANS WILL SOON be able to tailor the management of medication for schizophrenia to the needs of the patient thanks to an agreement between King's and LGC, Europe's leading independent analytical laboratory. From early January 2006, LGC will offer the first DNA test to assess patients' responsiveness to an antipsychotic drug for schizophrenia, clozapine.

Clozapine is the only licensed drug with proven efficacy against treatment-resistant schizophrenia.

However, it has potentially serious side effects, so is often prescribed to patients only when other medicines have failed. This new prediction test, developed following 13 years of research by Professor Robert Kerwin and Dr Maria Arranz from the Institute of Psychiatry, should mean that clinicians will prescribe clozapine much earlier on in the treatment of patients who will respond positively to the drug, reducing the suffering time of the patient and the associated cost of care.

# In the news



## Ask a philosopher

Research led by **Professor Gabriel Segal**, Head of the Department of Philosophy, was featured in *The Guardian* as one of a group of leading academics answering people's questions on [Askphilosophers.org](http://Askphilosophers.org), a website set up to deal with the more fundamental questions in life.

## Full stopped

**Dr Bethan Marshall**, Senior Lecturer in English Education, commented in *The Daily Telegraph* on teenagers treating punctuation as an affectation they can ignore. She said that she had noticed a new phenomenon of children using commas instead of full stops, explaining that they may be confusing clauses and sentences, putting commas where there should be full stops.

## Terrorist threat

**Dr Peter R Neumann**, Director of the Centre for Defence Studies, was interviewed on CNN about the Al Qaeda threat against Australia, on National Public Radio (USA) on CIA practices in the fight against terror. He also wrote an opinion piece, calling for a public commission investigating the intelligence failure leading up to the 7/7 attacks, for *Prospect* magazine entitled *Inquire within*.

## 'Miracle cures'?

In an article in *The Guardian*, Western researchers called for tighter curbs on Indian clinics making 'extravagant claims' over the use of embryonic stem cells after a Delhi doctor said she had treated 100 terminally ill patients with the therapy. **Dr Stephen Minger**, Director of the Stem Cell Biology Laboratory, expressed his

concerns saying he thought it was highly implausible and frankly downright dangerous.

## Student suicide

**Professor Jill Manthorpe**, International Policy Institute, is carrying out research into the impact of student deaths in conjunction with Professor Nicky Stanley from the University of Central Lancashire. Their project, *Response and Prevention in Student Suicide*, was the subject of a feature in *The Guardian*.

## Blogish

**Tony Thorne**, Director of the Language Centre, commented in *The Observer* that the new internet phenomena of blogs, although often incomprehensible, can be a good source of slang and talked about his new book on jargon *Shoot the Puppy*. He was also interviewed on *Sky News* about the spate of slang dictionaries being published this year and how slang is going mainstream.

## Opera discussion

**John Deathridge**, King Edward VII Professor of Music, took part in the discussion on Radio 4 which looked at Gounod's *Faust*, the most enduring adaptation for the theatre of many works which take as their source Goethe's great masterpiece.

## Gluten protection

**Professor Paul Ciclitira**, Professor of Gastroenterology, commented on research for BBC News online that suggested that breastfeeding may protect children against the gluten intolerance known as coeliac disease. He said that there was no consensus as to whether breastfeeding did protect against

coeliac disease or not and that more research was still needed.

## Happy times

The programme *Making Slough Happy* was the subject of debate on BBC 2's *Newsnight* programme, with **David Papineau**, Professor of Philosophy of Science, talking about the philosophical significance of happiness.

## Eat your greens

Government-approved 'traffic light' labelling of foods such as ready meals, pizzas and sandwiches is being introduced next year. **Professor Tom Sanders**, Head of the Research Division of Nutritional Sciences, commented on the move in *The Evening Standard*, explaining that his research showed that consumers generally preferred labelling to Guideline Dietary Amounts.

## Station security

**Michael D'Arcy**, Lecturer in War Studies, was interviewed on BBC Six *O'Clock News* about extra airport-type security measures at railway and tube stations.

## Dementia therapy

**Clive Ballard**, Professor of Age-Related Diseases and Co-Director of the Wolfson Centre for Age-Related Diseases, talked about alternative therapies and dementia on the *You and Yours* programme on Radio 4.

## General image

**Professor Gary Sheffield**, Defence Studies Department, was quoted in an article in *Scotland on Sunday* which discussed whether the image of British generals involved in the Battle of the Somme, was incorrect.

## Cuddles

Depriving young children of cuddles and attention subtly changes how their brains develop and in later life can leave them anxious and poor at forming relationships, according to a study published in *The Guardian*. The article quotes **Terrie Moffitt**, Professor of Social Behaviour & Development.

## Paris riots

**Simon Mundy**, Director of the Centre for Cultural Environment, was quoted in a *Guardian* online article which discussed the background to the Paris riots. He said that Paris 'effectively expelled the poor to the suburbs'.

## Drug danger

**Dr John Marsden**, Senior Lecturer in Addiction Studies, Institute of Psychiatry, was interviewed on an ITV London programme *London's Most Dangerous Drug?* It examined the rise of the methamphetamine, better known as crystal meth. **Robin Murray**, Professor of Psychiatry, also contributed, warning that 'No drugs that affect your brain are safe. Any drug that gives you a pleasurable effect in your brain is altering your chemistry.'

## Selection

In her regular *Times Higher* column, **Alison Wolf**, Sir Roy Griffiths Professor of Public Sector Management, writes that new Labour's proposal that universities spend precious times and funds operating 'trust schools' is a very odd notion.

See [www.kcl.ac.uk/headlines](http://www.kcl.ac.uk/headlines) for the latest media coverage. **Comment** is keen to know of any staff featured in the media, call 3202 or email [pr@kcl.ac.uk](mailto:pr@kcl.ac.uk)



## Sportswoman of the year

**K**ATHERINE GRAINGER King's Law PhD student and gold medallist at the Rowing World Championships in Japan, was one of the finalists in *The Sunday Times* Sportswoman of the Year competition.

In the end, Zara Phillips beat off stiff competition to win the award. She was voted to the title by readers of the newspaper from a strong shortlist of six, which included Dame Ellen MacArthur, Paula Radcliffe, Clare Connor, Katherine Grainger and Victoria Pendleton.

Katherine Grainger was part of the British women's quadruple sculls who won gold in September. Katherine also won a silver medal at the Olympic Games in Athens for the women's coxless pairs.

## Wired up



Great Dover Street Apartments

**G**OOD PROGRESS IS BEING made on installing wireless network provision at the College's student residences.

Great Dover Street and Stamford Street now have bedroom connections (hardwired). Students at these residence also have access to PAWS rooms either on the premises or close by.

King's College Hall has a new wireless service covering all bedrooms and associated common

## NY Marathon

**O**N 6 NOVEMBER THREE King's students ran the New York Marathon to raise funds for Whizz-Kidz, the national childrens' charity that helps disabled young people lead as normal lives as possible.

Charlie Duffield and Dominic Craver, third year medics, and Cornelius Frey, a second year historian, hope to raise £1,500. Their official supporter is Jens Lehmann, goalkeeper for Arsenal FC and the German National Team.

Cornelius commented after the race, 'It was amazing! The necessary degree of drama was also there as Charlie hit the much-feared 'runners' wall' at mile 18



Cornelius Frey, left with Dominic Craver and Charlie Duffield after completing the New York marathon.

and Dom injured his knee at 20, which meant we had to carry him for a good 2 miles! All fun in the end though and a really good

experience.'

If you want to make a donation to Whizz-kidz you can still do so, go to [www.justgiving.com/corneliusfrey](http://www.justgiving.com/corneliusfrey)

areas, as well as a PAWS room. Similarly, Brian Creamer and Rectory Houses have new wireless services covering bedrooms and associated common areas and there is also a PAWS lite machine in BCH.

Hampstead campus has a small PAWS room, wireless service in the study rooms and a PAWS lite machine.

Wolfson House currently only has a PAWS lite machine but, it is hoped, another will be fitted soon. This has been left to last because of the very good provision of PAWS in New Hunt's House.

## PhD prize winners

**T**WO PHD STUDENTS IN THE Pharmaceutical Science Research Division were awarded prizes at this year's British Pharmaceutical Conference. Dan Goodwin and See-wah Jai Tang presented their work to an audience of UK experts from the pharmaceutical industry as well as

international delegates.

Dan won his prize in the short talks on 'Pharmaceutics and drug discovery' session with a talk entitled 'Small angle neutron scattering (SANS) from polymer stabilised drug nanoparticles'.

In the short talks on 'Pharmaceutical Material Science' session, Jai was awarded a prize for his work on 'The analysis of amorphism in pharmaceutical powders by powder pocket DMA'.

## Yomping the Nations 2005

**Y**OMPING THE NATIONS IS a new student enterprise challenge competition which aims to help students wanting a head-start on their futures. It is based around 'Yomp': a business strategy tool that simulates the growth of a business.

A regional event at King's on 11 November was won by a joint King's/Queen Mary team with another King's team coming second.

Graham Foxtton, Enterprise Executive, explains, 'Each team was faced with a scenario where they had to develop a business strategy for a new business. To do this they used the Yomp coaching method to map out their strategy; agreeing on decisions to be taken, and when and how they then join together to form a coherent business plan.'

Teams were evaluated throughout the day by national and local business experts during team strategy workshops and a 'Dragons' Den'-style pitch.

They were assessed on how well they used the help of the business experts in the development of a business strategy.

The highlight of the day came with the two best teams meeting head-to-head to make an 'elevator pitch'. This was done inside the 'Yomp elevator' – a pressured environment in which the judges crowd around a team which has just two minutes to make its case. The winning team won £500 prize and are in the national finals in December.



## Elusive Peace How the Holy Land Defeated America

Dr Ahron Bregman, Department of War Studies

The conflict in the Middle East is arguably the world's most difficult to resolve. Years of violence and attempts at peace talks have so far failed to mend the rift between Israelis, Arabs and Palestinians.

Ahron Bregman draws on exclusive interviews with leading participants, including Bill Clinton – who describes himself as a 'complete failure' for not resolving the conflict – Israeli prime ministers Ehud Barak and Ariel Sharon, Palestinian President Abu Mazen and many, many others.

*Elusive Peace* presents the human face of the Middle East crisis. Bergman uncovers the intrigue, the rivalries and the intensity of emotion of those involved in one of the most complicated political situations of modern times.

The book accompanied a major BBC 2 television series *Elusive Peace: Israel and the Arabs* shown in October.

Penguin

## The German Tradition of Psychology in Literature and Thought 1700-1840

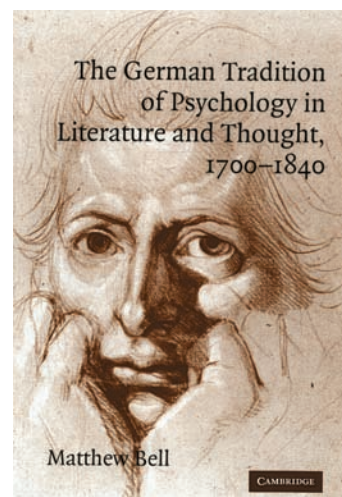
Dr Matthew Bell, Department of German

The beginnings of psychology are usually dated from experimental psychology and Freudian psychoanalysis in the late nineteenth century.

This book shows that in the period from 1700-1840 Germany produced some highly sophisticated psychological theorising that had an enormous intellectual and cultural impact, well in advance of similar developments in the English-speaking world.

This study combines analysis of philosophical writers including Leibniz, Kant, and Schopenhauer, with close readings of major literary works such as Goethe's *Faust*. All German texts are translated into English, making this fascinating area of European thought fully accessible to English readers for the first time.

Cambridge University Press



## Suspended Animation Pain, Pleasure and Punishment in Medieval Culture

Dr Robert Mills, Lecturer in English

Hanging, flaying, beating, anti-Semitic violence and the torture of sodomites – the darker side of life in medieval Europe has fuelled the imagery of many books and films. But the stereotype of uncontrolled violence is not only historically misleading, it also tricks us into believing that there is an unbridgeable gulf between modernity and the Middle Ages.

In *Suspended Animation*, Robert Mills tackles this misconception head on. He exposes the reader to a host of challenging texts and images – from the graphic punishments of hell in Tuscan frescoes to the 'de-breasting' inflicted on St Barbara – and shows how these relate in revealing ways to elements of pleasure and pain in modern sexuality and even pornography.

He takes in a rich variety of material, from fifteenth-century French poetry to the Billie Holiday song *Strange Fruit*, and

through these sometimes startling juxtapositions reveals that the ties between the modern and medieval period are both closer and stranger than we might imagine.

Reaktion Books

## Reading for Entertainment in Contemporary Russia Post-Soviet Popular Literature in Historical Perspective

Dr Stephen Lovell, Reader in Modern European History, and Birgit Menzel

This volume brings together scholars from Britain, Germany and Russia to investigate the unprecedented boom in commercial popular literature that has occurred in post-Soviet Russia.

From the early 1990s onwards, Russian readers began to rediscover genres of mass fiction that in Soviet times had been either taboo or under a dark cloud. Book publishing became a true 'business', and all genres of literature were fair game for the emerging literary entrepreneurs. Western thrillers and romantic novels were widely translated, but 'native' authors were soon trying their hand at these new forms – some of them with great commercial success.

Russia was assimilating foreign cultural models with extraordinary rapidity, but at the same time giving them a new and distinctive flavour. This book is the first full attempt to describe and analyse this remarkable three-way encounter between Russian and Soviet cultural traditions, Western genre patterns, and post-Soviet social and economic realities.

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