



QE(K)A

2022

ENVOY



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EDITORIAL

Welcome to Envoy 2022, the 20th issue that I have been Editor. It's also 50 years this year since I started at QEC. Where have all the years gone so quickly? It's also the 50th anniversary of QEC's 'Teach in for Survival', an early forerunner to the Green Movement, and we are pleased to have an article on this from Roger Creagh-Osborne, co-Custodian Green History Project. We continue our article on the Early days of the College, looking at the academic side of life some 100 years ago and Sylvia Elliot writes about the College front door.



I hope you all enjoy! I would love to hear from anyone about their own memories of the College—or any other subject that you are interested in—whether just a couple of lines or a full article.

Please keep in touch and above all, STAY SAFE.

Lyn Embling (née Rigby), Physics, 1972-1978

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CHAIRMAN'S REPORT

*Paul Ogden,
Chemistry 1984-87*



Hopefully, at least in the UK, we have turned a corner when it comes to COVID-19 restrictions and we will be able to welcome our members to an in-person reunion and AGM again this autumn. This year's speaker, Brian O'Sullivan, has been extremely patient. He was initially due to speak at the 2020 reunion, and then we hoped that he could speak in 2021, now finally we are optimistic that we can welcome him to our 2022 event.

Even under the restrictions in place last year we managed to hold a very interesting on-line event. This saw Dr. Claire Thomas interviewed by Prof. Seamus Higson about her experiences as an infectious diseases consultant on the NHS's frontline during the pandemic. I'd like to thank both of them for putting together a most enlightening discussion.

Finally, as always, I'd like to thank the committee members who have ensured that our alumni association has continued to thrive through the uncertainty of the last few years.

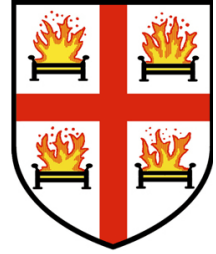
QE(K)A Data Privacy Policy

Information on the QE(K)A data protection policy was provided in Envoy 2018 and 2019 and is also available on the QE(K)A web site: www.qeca.org.uk.

QE(K)A ANNUAL REUNION AND AGM

Saturday 1st October 2022

King's College London, Strand Campus



Guest Speaker :

DR BRIAN O'SULLIVAN

Visiting Research Fellow at King's



Brian O'Sullivan graduated in physics from QEC in 1975. He later qualified as a chartered accountant and pursued a career in the City. He retired in June 2021 after working in the investment management sector for almost 40 years. In 2015 he obtained a PhD in history. His book 'From Crisis to Crisis: The Transformation of Merchant Banking '1914-1939' won the 2019 BAC Wadsworth Prize for its significant contribution to business history. He is currently working on his second book. Brian has been a Visiting Research Fellow at King's since 2016. He will be speaking on:

MERCHANT MISADVENTURER?

The British Trade Corporation, 1917-26

10.30 Tea/Coffee (Old Committee Room)

11.30 Reunion Lecture (Council Room)

12.30 AGM (Council Room)

13.00 Buffet Lunch (River Room)

15.00 Close

Bookings may be made on-line or by post. Please send payment of £32.50 per person and provide your name (including maiden name if applicable), course, and years at College.

By Post — send a cheque payable to 'QUEEN ELIZABETH KINGS COLLEGE, to Barbara McLennan, QE(K)A Treasurer, Gable End, 6 Clifford Grove, Ashford, Middlesex, TW15 2JT.

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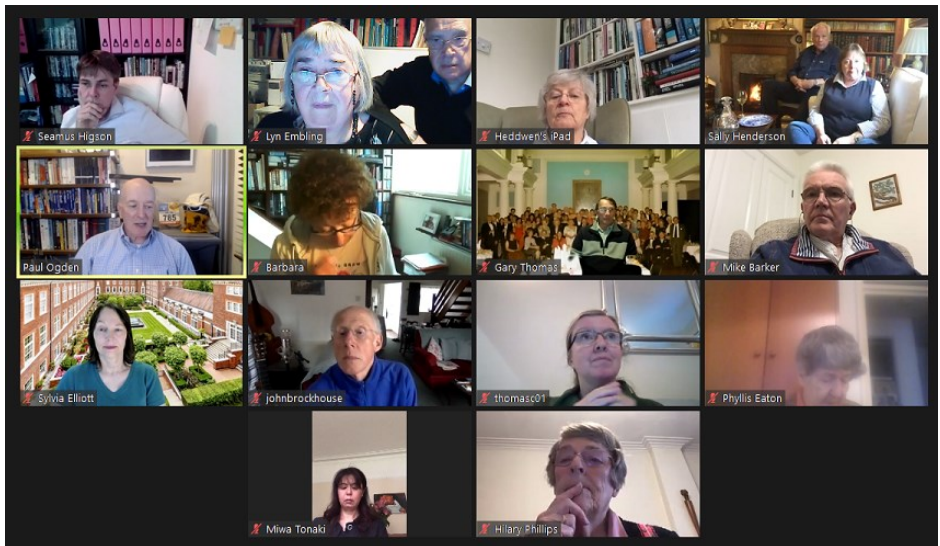
QE(K)A 2021 Reunion and AGM

Saturday 2nd October 2021

The physical reunion had to be cancelled yet again due to the Covid-19 situation. Instead, the formal AGM took place as a teleconference event, with sixteen members participating including one member from America who would not normally have been able to join in.

The guest speaker we had planned for the event, Dr Brian O'Sullivan, felt that his talk could not be given effectively on-line but we are delighted that he agreed to postpone it until 2022.

We were very fortunate that Dr Claire Thomas, Director of Infection Prevention, Basingstoke and North Hampshire Hospital, offered to do an on-line interview on her experiences working at the forefront of the Covid crisis. The interview was hosted by Prof Seamus Higson,



2021 Teleconferenced AGM

QE(K)A on-line reunion, 2nd October 2021

Working with COVID

An Interview with

Dr Claire Thomas,

*Director of Infection Prevention and Control,
Basingstoke and North Hampshire Hospital*



Hosted by

Professor Seamus Higson

University of Cambridge

Reported by Lyn Embling, Editor



Seamus: *We are pleased to have Dr Claire Thomas to talk to us today – an alumnus of the last QEC Biochemistry cohort of 1984-1987 (along with our Chairman, Paul Ogden, and myself). Claire is currently a consultant and Director of Infection Prevention and Control at Basingstoke and North Hampshire Hospital, which could hardly be more topical, given current events.*

Claire, it is lovely to have you here, thank you. Before we talk about your current role in the Covid crisis, could you tell us something about how you came to be at QEC back in 1984, and what you remember of your time there?

Claire: *I originally had a place at the Royal London Veterinary College but I managed to get Epstein-Barr virus and had to re-think my career. I had an interview to do biochemistry at QEC and was met with nothing but friendliness and positivity – and that would be my reflec-*

tion of the whole of my three years there. My last year at QEC was really interesting, particularly working with Brian Winchester.

I gained so much confidence at QEC with the support of my tutors and the team there and working at the MRC unit at Drury Lane – confidence that I just didn't have when doing A levels! There was a huge camaraderie there. We also had American students who gave me another view on doing three or four degrees in a row. There was fantastic coffee by Mr Ogden and partners – the best coffee in the world at the time. I remember mad parties and dancing to 1980's music in Hall. I was very lucky to get a 2.1 degree and that allowed me to do a PhD at Oxford which led me to think about undergraduate medicine. But it was really that QEC degree that cemented my progress through.

***Seamus:** Do you remember the atmosphere from that time, knowing we were the last cohort before the merger with King's? I remember the final ball and we all thought 'this is it'.*

Claire: I do. We ended up having the most amazing picture on the steps with everybody. I also remember a very fervent rag race where we ended up at King's in the Strand. It was all very good humoured – we were so proud of our college and everything it stood for. Nobody really wanted to be consumed by King's and certainly in my career I've kept to the QEC degree rather than switching to King's.

***Seamus:** After graduating, you moved to Oxford to first undertake a DPhil in virology – and then undergraduate medicine. Can you tell us something about your time at Oxford?*

Claire: At QEC I had various jobs, cleaning, ironing and then tutoring. The father of one of my students was involved in a group called Oxford Virology, in the biotech side at Oxford, and doing extremely well. So, I went up to Oxford and met my then-to-be PhD supervisor and two weeks later a science and engineering research fellowship landed on my front doorstep. I couldn't believe it – that there was a possibility of doing a DPhil PhD at Oxford! I did the DPhil and decided that I wanted to go on to do medicine. I did a lot of phoning around and ended up cycling over to St Hilda's College for an interview. I was

given a place over a cup of coffee which just wouldn't happen now. I was allowed to do an undergraduate degree in nine months, with one-on-one tuition while I was writing up my DPhil. The only negative thing was that I put on weight as I ate too much chocolate and had to stop rowing. I did my clinical at Bart's – I was very lucky to get a Quartz Foundation Fellowship along the way.

Seamus: *Can you tell me something about you career path? I believe you met a certain Chris Whitty on the way.*

Claire: I stayed in Oxford for my post-doctorate junior doctor training, then went on to Hammersmith Postgraduate Medical School in London. In 1998 I was given a chance to look at a Wellcome fellowship. I was working on a project out in Blantyre Malawi and bumped into Chris Whitty at a friend's house, typically with his socks tucked into his trousers. He is a really unassuming guy - he was looking at stool samples at the time. We ended up working together when I was registrar in West London at Guy's and St Thomas' School of Virology. He was just brilliant, incredibly supportive, and a man of immense integrity. When I heard he was made Chief Medical Officer in 2019 I jumped up and down and whooped. People probably thought I was mad. He's really an amazing guy; he's been such a tower of quiet strength and resilience and I'm really pleased he's there.

Seamus: *I remember during one of the Downing Street conferences someone asked what he would be doing over Christmas. He said 'I'll be on the ward with the COVID patients', just as a throw-away line. Claire, can you tell us about your time working in Singapore?*

Claire: I was meant to go in 2003 but I ended up doing two and a half years on the HIV ward at Chelsea Westminster Hospital. The opportunity came up again later and I took the whole family with me – my son was three at the time – and managed to find a place for my cat. I had the most incredible two years out there – I saw more clinical medicine there in two years than I did in ten years here.

It also gave me some really good contacts. When it came to January/February 2020 I was already linking with my contacts out there and,



after a bit of negotiation, we were able to share all their early data on the situation with SARS2, COVID 19. I think international work really

helps. I also worked on and off in Cambodia at a land mines charity. It's a really interesting part of the world. People still live very closely with their animals, as we used to do years ago here. I was given a pangolin to hold at one point. The viruses circulate all the time and I think they keep 'trying their luck'; something broke the species barrier. We know now that the horseshoe bat seems to be causing problems. I think there's a lot of work to be done yet but I bet it's a virus that's 'made a run for it'.



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Seamus: *And – so to your current position. When did you join Basingstoke and Hampshire Hospitals Trust?*

Claire: Six years ago. I came back from Singapore and started at Hampshire – it covers Basingstoke, Winchester and Andover. It's a brilliant clinical infection team, held in very high regard by the Trust board. Hampshire Trust are very innovative and blue science thinking. They've also got quite a lot of clinical research going on. Currently we've got some money from some of the lab work we've done from the testing of COVID - and are trying to put it in a molecular hub, a legacy for educational training and hopefully the elusive NIHR grant. It may be a district general hospital but we can still do academic work and can also work internationally. I think collaboration is the key in translational research, which is what we're trying to do.

Seamus: *Could you tell me something about how the whole situation started to unfold in early 2020. What was it like being Director of Infection Control during the worst pandemic of the century? It must have been quite overwhelming at times?*

Claire: We'd realised in 2019 there was trouble. I was texting my clinical colleagues who were very nervous so there seemed to be something brewing. Some of our brothers and sisters in China were whistle blowing, quite rightly, so we knew there was something. As things evolved over Christmas into New Year 2020 we were very focused. I spoke to my chief nurse and our procurement guys, who know all the masks and PPE world, and we started to think about 'do we have our pre-pandemic plan ready' etc. Our estate was ancient and wasn't going to be fit for purpose. We knew we had to have rapid and accurate diagnostics otherwise we couldn't keep our patients let alone our staff safe. The key thing was the testing. We were very lucky to have Steve, our amazing clinical scientist, one of seven in the country. He realised we couldn't use our existing testing platform as it was critical to have a reliable, rapid, local test. He worked out a PCR and took our new state-of-the-art 45 minute testing to a local biotech company, Primerdesign, saying 'look guys, can we work on a test with you, we've got the right patient group, we can innovate, we've done this before', etc. The PCR test was ready to go by the beginning of March. Stupidly we didn't do a commercial agreement with them - What?! - They sell really well!

I believe we were the first hospital in the UK to have our own validated PCR for our staff and our patients. Chris Whitty was saying 'test, test, test' but the guidance from the government was 'don't test your staff'. We got on the BBC, which was a bit tricky, and said 'we're testing our staff'. The next day the government said 'you have to test your staff'. But the other hospitals didn't have the tests. So Public Health England tests rolled out with a huge three days' delay. Infection control?? It could have infected a whole ward by then.



which was a bit

We were as ready as we could be, but we were in fight and flight all the way through. We had problems in April when we were running out of PPE. We had a day and a half worth of gowns left – we were using 750 gowns across the Trust a day. I just spent the weekend thinking, with a laundry guy, can we use some of these items again? Someone suggested using Gamma radiation for sterilisation. We drove all the way to a lab in Sheffield with a little note from me to soften the lockdown and proved that it worked. And there are other ways of doing sterilisation that worked too. We were innovating all the time. I picked up the phone to yourself (Seamus) and you put me in touch with some amazing people on the biotech side who were ready to go with making the ox-vents (ventilators), although in the end that wasn't needed. We do this because it's what we've trained for. And there's always good coffee – a QEC legacy! You just do your best. It may mean doing a fourteen-hour day – and plus. That's what the vaccine people were doing—they never saw their families - which is why it got pushed through so quickly. The problem now is everyone's worn out - the infection team has had no break - and how does one keep going into what is quite a brutal winter?

Seamus: *Was there a time when you felt oh my goodness where is this going? What were the greatest challenges you faced?*

Claire: It was Italy in February 2020. We'd worked over half term and people started coming back from their expensive holidays with COVID. We were told in hospital, with our very limited resources, that we had to do all the testing and all the phoning of all the results for the community cases - with no extra resources. Plus run what was going on in hospital and keep preparing. I think it really hit home when we started seeing pictures from Italy - overwhelmed ICU, running out of oxygen, etc. We'd set up strategic structures within the hospital, we were having five or six intense meetings a day with the Chief Executive and the estates team. We started moving very quickly –re-designing what we could of the hospital – I've got some lovely pictures of the ICU consultants coming in with beds – and everybody was getting ready. The difficulty was that we were not allowed to

communicate how ready we were getting to our staff and they were absolutely terrified. They didn't understand how prepared we were getting early on and we had to reassure them. The thing that made a big difference for us was the rapid testing - we were doing car pods, testing people in the rain, through their cars. It made a big difference to our staff as they realised we had been working to get as prepared as we could be. We knew our limitations but were going to do our best.

Seamus: *Do you think there could be another significant wave of it? What are the other pressures on the NHS going to be like?*

Claire: We're coming into our fifth wave for the winter. The virus has never gone away and will naturally mutate. The delta variant is 40-60% more transmittable. We can't put up new hospitals around the country in time for the winter - with 14 to 16 air changes an hour, which is what it needs. We're going to have to open windows, use air scrubbers which are clever very simple things but who knows if they work, and keep everyone in woollies. We've got our own testing regime. We're going to multi-plex - we're going to test for COVID, RSV and flu, and do QA QB (mutant testing). The turn around on that needs to be quite quick so the testing is critical. We're getting the staff vaccinated. The COVID vaccine has been a game changer—there are far less people in ICU now with COVID. I've just done an ICU round today and the people we're getting in ICU now are all either people with lots of comorbidity (more than one medical condition) or people who are not vaccinated.

Seamus: *There's still about a third of the population who've not been vaccinated - surely that's a risk in itself?*

Claire: That's right. It's a real problem getting the vaccine message through to some people. We're all looking at the booster now - some colleagues



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have already had boosters with their GPs. Non-vaccination is a difficult ethical question because we're not safe until we're all safe. The mental health of our staff has also been critical. I've even been on a meditation course and I'm rubbish at it – but I'm fine. The fundamental thing was kindness and humanity. If we realised that someone was not going to make it, we'd get the relatives in with all the PPE and necessary paperwork and talk them through. It took a lot of work but we did it in most cases and I'm proud of that.

Seamus: *A lot of people are worried that we might get a vaccine dodging variant. Hopefully the vaccine will continue to protect from serious illness or death - do you agree with that?*

Claire: We obviously need to keep an eye on things. We're sending everything off for sequencing - we're part of the COVID UK network which is fantastic. It was a big worry at the beginning that we would see breakthrough infections, so much so that if we had a case that was a single vaccinator we had a sequence sent through from the RNA sample straight to the reference lab. But we haven't yet seen any true breakthroughs in our Trust. I think it's a mark of strength by the UK government that they delayed the second vaccine to a twelve-week gap. We grumbled about it at the time, thinking a twenty-one-day gap would be much better, but it does seem to give a stronger immunity. Any double vaccinators who've got into trouble are people who are immuno-compromised, particularly with haematological malignancy, or who have comorbidity like severe diabetes, or have high body mass index. There's more work coming in now on the immunity side and the gamma interferon pathways. So, I think, watch this space.

Seamus: *A query from Paul Ogden: How bad is the COVID-19 pandemic compared to what is theoretically possible? Is this a wake-up call for the risk of something much worse happening in the future?*

Claire: Clearly we've done much better in the first world countries than in third world developing countries. We still don't have true data from some of the African states. Certainly, the vaccine has been absolutely game changing. Now we've got not-quite state-of-the-art medi-

cal facilities but we're not bad. The critical thing has to be the recovery trials, which I was local Co-PI for - the SIREN trials. The clinical trials that we've been doing at such pace have given us treatments already, not even eighteen months since the pandemic started. Not only do we have a vaccine, we have four proven therapies and some more anti-virals on the way. It looks really promising, particularly in the home setting. We really want to keep people at home if we can - our hospitals are on black alert already which means they've got no beds.



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Seamus: *Another question from Paul: RNA vaccine development has been unbelievably fast-tracked in the last couple of years; will they become a solution to a large number of previously difficult to manage infectious diseases?*

Claire: Certainly – They were already looking at them for use in allergies and in the cancer world and there's great hope that mRNA may well be the way forward for HIV and malaria. I think they're brilliant - they're not difficult to fiddle with because the technology is all there and the safety profiles are reasonable too. There does seem to be a tiny risk of myocarditis with the Pfizer vaccine but that's only in certain age groups. Unfortunately, in my local hospital in Portsmouth we've just lost a fifteen-year-old girl through COVID, with myocarditis. But as bad as the risk is, you can benefit from the vaccine - you certainly don't want COVID.

Seamus: *A question from Justin Olosunde: What is your opinion of the emergence possibility of another variant of concern this winter?*

Claire: I think it's a possibility because all the travel corridors have been opened and that risks someone bringing something in. We saw how quickly the alpha variant went through at Christmas last year.

The numbers were coming down from December, but then the alpha variant picked up again. All our community cases were alpha.

The important thing is we've got the surveillance mechanisms in place. We've got a PCR that picks up the current variants of concern within a few hours, although the sequencing we're going to introduce locally will pick those up anyway. And we'll watch the ICU data.

Seamus: *Another question: Does the COVID jab affect facilities?*

Claire: No not at all. There's been a big concern in the pregnant population but now there's some really reassuring data from Israel and America to say that if you are pregnant there's no additional problem. The danger is that if you are not vaccinated the unborn child is at risk, and so are you, with immunitus, ending up in ICU and possibly death. There's been some tragic stories unfortunately. This wretched virus is a pan-system virus, it's an endothelial infection that affects all your vasculatory and mucks up your coagulation cascade. We were losing young women, particularly, with pulmonary embolism post birth etc. When anyone comes in, we're doubling up on their anticoagulation.

Seamus: *Is there a possibility that a developing foetus can be affected by the jab?*

Claire: They are following everybody very carefully – there's no evidence at all of any detrimental effect. Interestingly, we have had cases of COVID immunity post-partum and small people are normally fine. The brilliant thing is that in mum's breast milk the antibodies are passed over, not just for 6 months but up to 18 months.

Seamus: *Is COVID similar to flu in terms of potential negative impact?*

Claire: In January 2020 the press were saying it was going to be bad flu, and so did some of my fellow infection colleagues. But if you look at SARS1, the mortality rate was about 40%, particularly in those with comorbidity in the over 40 age group. And MERS-CoV had a mortality rate anything between 1% to 40% depending on age. That was a coronavirus that circulated all the time – we're still not convinced which animal it was linked with but we think it was camels and

maybe a bat or two, out in Saudi.

Seamus: *So many people are saying ‘Why should I get the jab?’*

Claire: There’s so much COVID circulating at present, particularly in the secondary schools. The R rate is around 1 to 1.4. We’re back to the old adage ‘we’re not safe ‘til we’re all safe’. You have to vaccinate not just to protect yourself but to protect your elderly relatives and your friends who are immuno-compromised. There’s more and more evidence that the youngsters have been getting long COVID and it’s really knocking them off their educational pathway. And you really don’t want to end up in ICU. The only people at the moment who are dying in our ICU are the non-vaccinated. It’s so difficult for our staff knowing that people could be doing something to protect themselves, and reduce the burden on the NHS, and they’re not doing so because of all sorts of stuff on the media. It’s the same with the mask wearing – I wear the mask to protect you.

Seamus: *That’s it for questions. Claire, thank you so much for speaking to us today especially as you had to rearrange clinical duties to do so. It’s really going ‘above and beyond’.*

Co-PI	CoPrincipal Investigator (for approved clinical trials)
DHS	Department of Homeland Security
HIV	Human Immunodeficiency Virus
ICU	Intensive Care Unit
MERS	Middle East Respiratory Syndrome
MRC	Medical Research Unit
mRNA	Messenger RNA
NHS	National Health System
NIHR	National Institute for Health Research
PCR	Polymerase Chain Reaction
PPE	Personal Protective Equipment
RNA	Ribonucleic Acid (related to DNA))
RSV	Respiratory Syncytial Virus
SARS	Severe acute respiratory syndrome

QEC MEMORABILIA



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Enquiries to Paul Ogden

Email: pjogden@btinternet.com

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Cheques to be made payable to:

“Queen Elizabeth (Kensington) Branch KCLA”

Please note delivery may be delayed during lockdown

We regret QEC scarves and shields are no longer available.

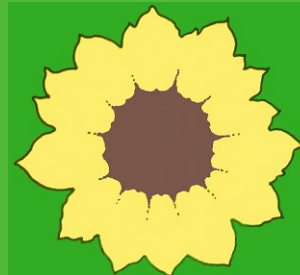
TEACH-IN FOR SURVIVAL

QEC with the Zeitgeist

8th May 1972

Roger C-O (Creagh-Osborne)

co-Custodian Green History Project



Fifty years ago this year The Environment suddenly became a big topic for the first time, and thanks to a group of students QEC was totally there.

Environmental issues – ecological destruction and climate change – had been known about for years, and in some detail for at least twenty years, in the scientific community. In January 1972 it bubbled over into public debate when a magazine – The Ecologist – devoted an entire issue to a paper called “Blueprint for Survival”.

The “Blueprint” discussed the problems in some detail, and went on to suggest a number of radical practical steps that needed to be taken as soon as possible to avoid disaster.

This clarion call was widely picked up in the media and led to questions to the Prime Minister (Edward Heath) and debates in parliament and widespread interest in the call to form a “Movement for Survival”. Ultimately this became the Ecology Party, which is now the Green Party.

A small group of students at QEC had read the Blueprint and were very struck by it. They decided they needed to learn more and act, so they created a college Movement for Survival group

The group had two aims: "to spread awareness of the environmental predicament of man [sic], and to initiate local projects". The first aim led them to set about organising a Teach-In to explore the implications of the Blueprint for their own benefit. This was conceived as an all-day event at which they would have invited speakers - theorists, politicians, industrialists and trade-unionists, with plenty of time and opportunity for discussion and audience questions and participation.

The concept was that it would be a forum for debate and an educational exercise for all. The morning was to be spent discussing the predicament outlined by the Blueprint and the possibilities of reversing the trends. The afternoon was intended to be a discussion of action. Teddy Goldsmith, editor of *The Ecologist* and author of the Blueprint, agreed to give the keynote address for the afternoon introducing discussion of how to bring about change within the established political machinery of society.

Two of the prime movers, Michael Schwab and Michael Nelson, were MSc Nutrition students at the college and roped in Prof John Yudkin to chair the event and help recruit contributors.



The group managed to recruit a pretty impressive range of speakers and attracted a response far exceeding expectations – to the extent that there was no room large enough at the college to host it so the venue was moved to the Great Hall at Imperial College down the road.

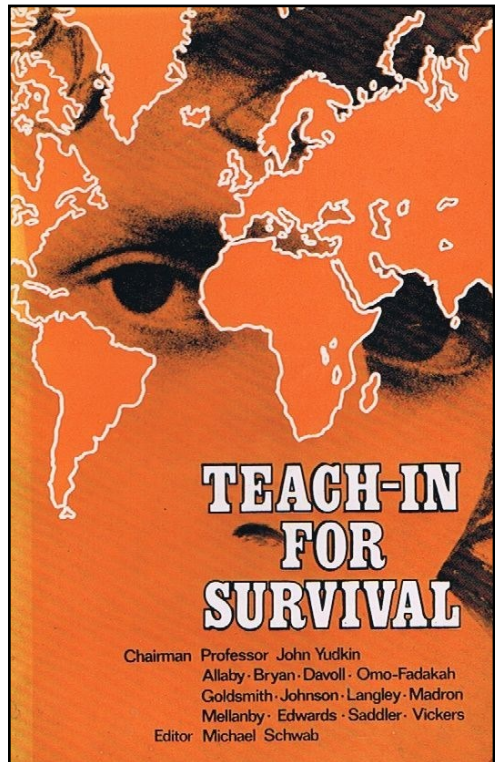
On the day over five hundred people turned up – which rather limited the potential for discussion, but thanks to Prof. Yudkin’s skill as chairman it all passed very well.

The proceedings were recorded and transcribed as a book “Teach-In for Survival” with an introduction by Michael Schwab and a postscript by Michael Nelson. The book came out as a paperback in the autumn – if you didn’t get a copy at the time you can sometimes pick up secondhand ones from the internet.

The book makes fascinating reading as a snapshot of the time, and a reminder of how little has been achieved in response over the past fifty years of environmental inaction – this is certainly no reflection on those who organised and ran the event, or the college for supporting it.

A few of you reading this may have been there at the time and we, at the Green History project, would love to hear from you with your memories and personal reflections. We have not yet uncovered the full story of how and why the event was organised or the impact it had.

For those too young to have been involved it is good to know that QEC was right there in the action when The Environment first entered mass consciousness. 1972 was an extraordinary year – starting with the publication of *Blueprint for Survival*, the summer saw the first ever UN Environment Conference in Stockholm, precursor of the COP se-



ries which have continued to “kick the can down the road”, and also the publication of “Limits to Growth” .

“Limits” was the book of a report to the Club of Rome think tank, which used early computer modelling to predict that if effective action (à la Blueprint) wasn’t taken (as it hasn’t been) we’d be exactly where we are today. Resource depletion, ecological decay, climate change, pollution, and conflict were all foreseen – but those we allowed to lead us failed in their duty to address these issues...

Even this was foreseen at the time. In the postscript to the Teach-In book Michael Nelson reflects on the need for a more widespread environmental consciousness and the rejection of carefully controlled policy imposed from above by vested interests.

There was a clear understanding in 1972 that the systemic changes needed required a different way of working, a different way of thinking, a different consciousness. These are lessons that we would do well to reflect on today so that today’s activists don’t spend another fifty years protesting at the system rather than replacing it.

So raise a glass to the class of ‘72 and QEC for actively supporting their efforts fifty years ago.

If you have memories of any eco-activities while you were at QEC do share them – both as contributions to Envoy, and also direct to us at Green History. Contact details below.



Roger C-O (Creagh-Osborne)
co-Custodian Green History Project
www.green-history.uk
rogerco@green-history.uk

King's College For Women

THE EARLY DAYS—PART II

In last year's Envoy, we left our King's Ladies of Kensington about to move into their brand new building in Campden Hill Road... So what did they do when they got there?

A Thoroughly Scientific Education

King's College for Women initially offered one and three year courses leading to a college certificate, but by 1920 students could be awarded a BSc Degree in Household Science. The course provided '*a thoroughly scientific education in the principles underlying Home Life, the conduct of Institutions, and other spheres of civic and social work to which these principles are applicable*'.

Fees were 30 guineas (around £1350 today) per session for tuition or 85 guineas including board and residence in Queen Mary Hostel.

The three year course gave grounding in physics, chemistry, biology, ethics and household work (1st year), physiology, economics and household work (2nd year), and hygiene, bacteriology, economics and business affairs, household and kitchen laboratory work (3rd year) .

When the College opened in 1915 the course was highly influenced by the war effort and included military cooking and household economy during wartime. There was a laundry department where students worked on the experimental washing of fabrics. Third year students



The Teaching Laundry, 1920s

spent three weeks installed in a flat in Observatory Gardens, caring for the flat and making their own meals, to give them first hand experience in the daily routine work of a house. The third year also included visits to factories, bakehouses, underground dwellings, slaughter houses, sewage works, milk depots etc.

A 'Sister Tutors' course was to provide teaching for nurses but potential candidates were deflected onto war work so the course did not begin until 1918. It was run in association with the College of Nursing, the first such course in the country, and was so successful it continued for the next 60 years.

The College also ran a special one year course in Household Management to prepare young ladies for the efficient management of their own homes. This was affectionately known as the 'Brides Course' and was in effect a finishing school attended by upper echelons of society who invariably married soon after leaving.



*Miss Jessie Lindsay,
Head of Household Arts, 1924-1948*



The Teaching Kitchen, 1920s

The teaching kitchen is nicely described in an extract from 'Alice Through The Cooking Class' taken from the 1929 College magazine:

For some minutes Alice stood without speaking, looking in all directions over the kitchen - and a most curious kitchen it was.

At one end there was a large semi-circular window, with small panes at the bottom, and a French window at the top, through which Alice could observe a luxuriant parsley tree overburdened with lemon butterflies. At the other end was another window. Through this Alice could see the most wonderful kitchen garden. There were rows and rows of beautiful shining pans; and on things which Alice could have sworn were gooseberry bushes, hung sieves, pointed strainers, egg whisks and wooden spoons. Alice then looked down at her feet and found that the floor was marked out in red and white squares.

'Why! It's just like a chess board!' she cried.



The Teaching Kitchen c1916



Students Taking a Break Outside the Teaching Kitchen

Research

In addition to teaching, the College was involved in diverse research activities. Work in the Chemistry department, headed by Charles Kenneth Tinkler, included research on the manufacture of glass for the Ministry of Munitions, research on the chemistry of colour and experiments on the cookery of food and corrosion of cooking vessels. One assistant lecturer, Helen Masters, published an article in *Discovery* on 'The Chemistry of the Christmas Pudding'.



1920's Newspaper Clipping:

"ECONOMY FOR THE TWENTY FIFTH"

"Girl students of household and social science at King's College for Women, London, have been directing their attention lately to the most important kitchen function of the month ... the making of Christmas puddings. They are taught to achieve maximum food value at minimum cost. Two students are shown preparing ingredients from a blackboard recipe."

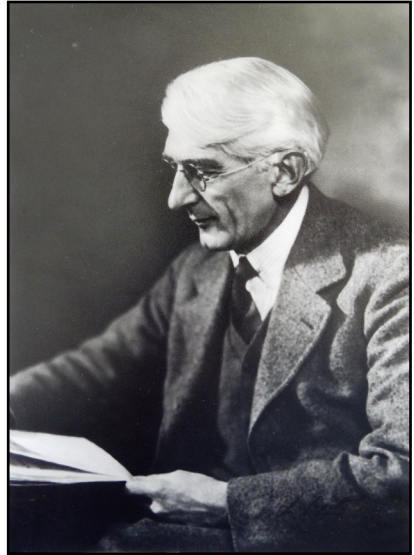


Bacteriology Laboratory, 1924



Physiological Laboratory, c1916

In 1913 a young medical doctor, Edward Mellanby, had been appointed as lecturer in the Physiology department, despite objections that it was not appropriate for a male to teach women the subject of physiology 'in which the development of the infant, child boy and girl is concerned'. He was replaced by Vernon Mottram who remained at the College for 24 years and delivered the first nutrition lectures ever given to London University.



Vernon Mottram 1882-1976

Mellanby's research at the College led to the discovery of Vitamin D. The College also contributed to research in Vitamin B - In June 1917 Gladys Annie Hartwell was appointed as demonstrator in Physiology and began researching into the effects of diet on milk secretion. By 1921 she was granted an MSc and within a year a Doctor of Science



Physiology staff, Edward Mellanby, Miss Clifford, Miss Hartwell

Drunken Doggies



Edward Mellanby was approached by the Medical Research Council to look into two major health problems of the time: alcohol intoxication and rickets. He used large dogs for his research on alcohol intoxication and was able to show that the maximal blood concentration of alcohol is proportional to the amount consumed in an empty stomach and that the rate of alcohol absorption was slowed in the presence of food, milk being particularly effective - a result that has brought relief to thousands of drinkers since! Sadly the Campden Hill neighbours complained about the dogs barking and in March 1919 Mellanby was

asked to remove his happy colony of large inebriated dogs. He still kept some smaller dogs that he used for his rickets research. He thought that rickets might be due to a dietary deficiency and noting the high incidence of rickets among the Scottish population decided to feed oatmeal to the dogs. The dogs duly developed rickets but were



cured when dosed with cod liver oil, leading Mellanby to conclude that Vitamin A was the cure. Although this conclusion was later proved to be incorrect, Mellanby's work laid the foundation for the later discovery of Vitamin D. The Campden Hill neighbours continued to hound Mellanby about the sound of barking and he was obliged to dispose of the smaller dogs too.



Mellanby was awarded the title Professor in the University of London in 1920 at the age of 36 but resigned within 3 months, going on to take up Chair of Pharmacology at Sheffield. He subsequently rose to greater heights: Fellow of the Royal Society, Secretary of the Medical Research Council for 15 years and finally a Knighthood.



*Miss Winifred Clifford
Physiology, 1919-1957*

degree, the first DSc to be awarded for work done at Campden Hill. Another claim to fame was in the development of laboratory rats which resulted in her having a breeding doe, Gladys Annie, named after her. She was joined by Winifred Clifford who worked in the Department for 38 unbroken years, longer than any other member of staff.

In 1926, two other research students, Ethylwynn Trewavas and Daphne Auberton, worked on projects suggested by the British Museum (Natural History) (on the hyoid apparatus of frogs and the anatomy of *Cepaea*) and

went on to become two of the first three women to work on the museum's established staff - Trewavas was the senior scientist in the Fish Section for almost fifty years and became an international authority on several diverse groups of fishes. Another student from the 1920's, Mamie Olliver, would later become Head of the Chivers research laboratories and conduct vital research on Vitamin C (see article in Envoy 2020).

Even in such early days the College was having significant impact with its innovative research and teaching and was already leading the country in certain areas of science. But academia was only one part of life at the college. See next year's exciting edition of Envoy to find out what life was like living in Queen Mary Hall.



Compiled by Lyn Embling (née Rigby) and Professor Neville Marsh.

This article draws heavily on Neville's book: 'The History of Queen Elizabeth College', King's College London, 1986



Hiss-torical Research?

Sushil Chandra Sarkar was the first PhD research student, in the Biology department. He came from Agra, India, where he had been a lecturer in zoology and came to KCW in 1920 to do his Ph.D. on dentition and salivary glands in Indian snakes.

There is a lovely story by his nephew, Ashok Sarkar, about how he travelled from Bombay to London by sea, bringing six live cobras in his luggage. On approaching Aden he decided to give the snakes some air but as soon as he opened their pitcher one of the snakes escaped onto the deck, causing great commotion! He was told to throw them all into the sea but managed to kill two of them to keep for his research.

He completed his PhD in 1922 and presented his work in a paper to the Zoological Society in 1923. He acknowledged those in the department who had helped him, in particular thanking *‘Miss Alfreda Newton for her kind assistance in cutting series of sections of a large number of heads of snakes owing to the presence of the scales and hard bones this proved to be a difficult task.’*

Sometimes, when he needed to supplement his income, he would sit on the pavement and display a placard offering his services as an Indian Palmist and Astrologer—and apparently made quite a good income from this!

He was made Fellow of the Zoological Society and went on to teach at Queen’s College London before returning to Agra where he was appointed Principal of the RBS College.

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Clipart: <https://www.freepik.com/vectors/vintage>">Vintage vector created by ajipebriana - www.freepik.com

FROM DOOR TO DOOR

An 'a-door-able' photo essay on the entrance to QEC,

by Sylvia Elliott (Physics, 1971-74).



February 19, 1944

A bomb hits the northeast wing of King's College of Household and Social Science. It destroys the front door, administrative offices, Physics department, Library, and Courtauld Hall. The college had just recently housed refugee children from Gibraltar.

1953

The front entrance awaits the inscription "ER" after receiving a Royal Charter and a new name of Queen Elizabeth College. Male students are admitted, the first to any women's college in Britain.



October 3, 1971

Sylvia Elliott's first day at QEC. Her mother is proud, her father is told to move the car else it will be plastered with maps. Miss Laird, the Warden, was notorious for gluing old maps on-to windows of parking offenders.

Photo courtesy Sylvia Elliot



Editor's insert—I couldn't resist adding this photo by Gary Thomas, taken in 2004

2004

QEC has merged with King's who start the new century by selling the building to developers. By 2004, work is in progress on the conversion of the QEC building to 'The Phillimores' luxury apartments, (later 'Academy Gardens')

October 5, 2011

The iron entry gate with the QEC coat-of-arms still fronts Campden Hill Road. The original front door is heavily locked and conceals another door leading to a hallway of luxury flats.



Photo: Oxfordian Kissuth,

https://en.wikipedia.org/wiki/en:Creative_Commons



Photo by Gary Thomas

28 November 2021

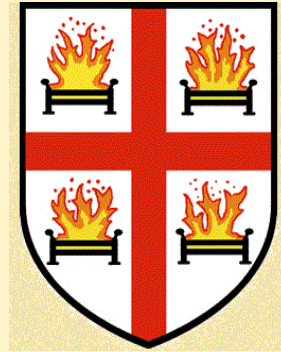
The entrance has been relocated to the south wing and the refectory became the Academy Gardens lobby. A trio of structures matching the old QEC front door bookend the lobby and loom above the underground parking entrance.

COLLEGE COAT OF ARMS AND MOTTO



The Department used the King's coat of arms until KCHSS became independent in 1928.

It took two more years to approve the new coat of arms comprising “*Argent, a cross gules between four blazing hearths proper*” that we still use to this day.



between four blazing hearths proper” that we still use to this day.



Following the merger of QEC with King’s and Chelsea College in 1985, two Blazing Hearths were incorporated into the King’s College crest alongside two Rampant Lions from Chelsea.

Various mottos were proposed by the students, but none could ever be agreed:

<i>Pro aris et focis</i>	For altars and hearths
<i>Flammis adolere Penantes</i>	To fill the hearth with sacred fires
<i>Nil Desperandum auspice Deo</i>	Never despair while God protects
<i>Est quod est</i>	What is, is
<i>Finis opus coronat</i>	The end crowns the work
<i>Nemo sibi vivat</i>	Let no one live for himself alone
<i>Ex fumo lucem</i>	Out of smoke, the light
<i>Focus ara Domestica</i>	The hearth is the altar of the home

Suffragettes of Kensington

The women of King's were not the only women in Kensington to make a stand for women's rights to higher education — other Kensington women had also been fighting for women's rights and Campden Hill in particular was a focus for the women's suffrage movement in London.

In 1865 a group of eleven young, educated, middle class women formed a discussion group, calling themselves **The Kensington Society**, that was to become a prime instigator of the women's suffrage movement. The group met to address issues relating to women's education, suffrage and empowerment. They held their meetings at **44 Phillimore Gardens**, the home of their President, Charlotte Manning who later became the first Mistress of Girton College, Cambridge. The group soon grew to 33, then 58 and finally 67 members in 1868.

Other members of this high-powered group included

- Barbara Bodichon and Emily Davies (co-founders of Girton College, the first college for women at Cambridge, 1869),
- Dorothea Beale (Principal of Cheltenham Ladies' College (1858), and founder of St Hilda's College for women at Oxford in the 1890s)
- Elizabeth Garrett Anderson (the first woman to qualify in Britain as a physician and surgeon, co-founder of the first hospital staffed by women, the first dean of a British medical school, the first woman in Britain to be elected to a school board and, as mayor of Aldeburgh, the first female mayor in Britain)
- Anne Clough (the first principal of Newnham College, Cambridge, 1871)

Members of this society, drew up a petition for the enfranchisement of, “all householders, without distinction of sex” with 1499 signatures. They presented this to Liberal MPs Henry Fawcett and John Stuart Mill (step father to one of their members) who both favoured universal suffrage. Mill used the petition as a basis for an amendment giving women equal political rights to the Reform Bill in 1866 and presented it to Parliament. If passed, this would have provided for the enfranchisement of women but it was defeated with a 196 to 73 vote. It would be another 52 years before women eventually gained the right to vote.

In July 1867 the Kensington Society was renamed the London National Society for Women’s Suffrage and, uniting with other similar groups across the country, formed the National Union of Women’s Suffrage Societies (NUWSS). They were key to the ultimate success of the women's suffrage movement.

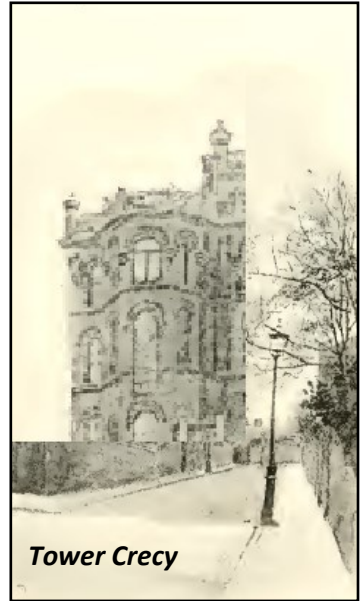
John Stuart Mill, the first member of Parliament to advocate women’s suffrage lived at one time at **18 Kensington Square**, just 5 doors down from **13 Kensington Square** that later became the home for King’s ladies for some 30 years.

The signatures on the 1866 petition were collated at **Aubrey House**, home of Liberal MP Peter Taylor and his wife Clementia. **Aubrey House** is on Campden Hill, just north of the site that was to become



home to KCW. Clementia also helped set up the 'London National Society for Women's Suffrage' acting as its first secretary and hosting its first meeting at Aubrey House.

Two well-known suffragettes, Christabel and Emmeline Pankhurst, lived in North Kensington (50 Clarendon Road) for a while during the war years. Christabel bought a tall gothic house on Campden Hill called **Tower Crecy**, close to Aubrey House, using funds from the Women's Social and Political Union. She set up a day nursery and adoption home for female 'war babies' run by Catherine Pine who had previously cared for a number of suffragettes recovering from hunger strike in Notting Hill.



Another house on Campden Hill (**2 Campden Hill Square**) became a refuge for suffragettes who had been imprisoned and gone on hunger strike. This was the home of suffragette Marie Brackenbury and came to be known as The Mouse Castle in reference to the 'cat and mouse act' (The 'Prisoners Temporary Discharge on Ill Health Act' allowed hunger striking prisoners to be released and cared for at home. Upon recovery the prisoner would be re-arrested and sent back to complete the sentence. It became known as the cat and mouse act .)

The authoress Rachel Ferguson lived at 2 Phillimore Terrace, not far from the site of the new KCW. She was born in 1892 and by the age of sixteen was a fierce campaigner for women's rights. She wrote "*I was as militant as authority allowed me to be. I wanted to go to prison but was refused on the score of age*". She wrote two books on life in Kensington. In '*Passionate Kensington*' she comments that '*Banners for one of the Hyde Park demonstrations of WSPU and 'red caps of liberty were 'made in 'our studio' by workers who laboured all night*'.

Women over the age of thirty were given the right to vote in 1918 a breakthrough that allowed women to be regarded as capable of holding down positions in previously male-dominated workplaces. Nevertheless, despite their BSc degrees, women graduating from KCW would still not have been allowed to vote. It would be another ten years (in 1928, the same year that KCW gained its independence from King's as KCHSS) before the voting age for women was reduced to twenty one in accordance with that for men.

Compiled by Lyn Embling

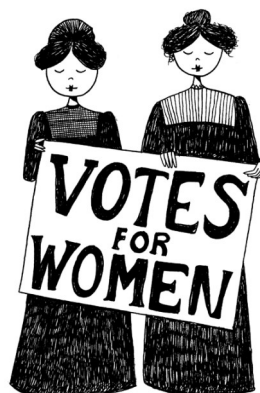
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Rachel Ferguson, Passionate Kensington, 1939



The Suffragettes' colours were green white and violet,
based on the phrase

GIVE

Green, the colour of hope and the emblem of spring

WOMEN

White, for purity in private and public life

VOTES

Violet / purple the royal colour
standing for 'the royal blood that flows in the veins
of every suffragette, the instinct of freedom and dignity'

A VERY SPECIAL LADY: PAT COX

Household and Social Science, 1952-54 BSc

We were very sad to learn of the death of Pat Cox on 3rd November 2021, following a short illness.

Patricia Mary Symes was born on 27th April, 1933 near Dorchester in Dorset to parents who were proud owners of the Symes tobacconist shop, but later moved to Birmingham. At nineteen, she started her degree at KCHSS, at a time when it was still a huge achievement for a woman to go to university.



Pat had fond memories of her student days at KCHSS. She shared a room in Queen Mary Hall with Pat Insull (néé Gould), who sadly died last year. In remembering her friend, Pat wrote *'it was pretty basic with dark green woodwork, heating was by way of a coin operated gas fire with an attached ring for cooking, no ensuite facilities but shared cubicles along the corridor We did not immediately appreciate the shopping potential of High Street Kensington and made our first purchase from Woolworth's - some crockery and a teapot. The 1950s was an interesting time to be a student in London with all the city had to offer. We endured the last great Smog which engulfed the streets for three days and left some students without partners at the College Ball, we queued well into the early hours to file by the' Coffin of King George 6th. In our first year as Freshers we were obliged to present an entertainment; Toad of Toad Hall.'* More of Pat's memories can be seen in her article on 'Salad

Days', reprinted on page 47.

In addition to her studies, Pat was soon active on the Students Executive Committee, and continued to offer her organisational skills to the Old Students Association (OSA) upon leaving the college, taking on the role of Honorary Secretary. She was to remain highly active in the OSA for the rest of her life.



QEC Students Union Executive Committee 1952-1953

Pat is on the far left of the back row

On completing her HSS degree in 1954, Pat spent a year teaching domestic science at King Edward's Grammar School in Handsworth, Birmingham before returning to QEC in 1956 as an Assistant Lecturer until she married in 1959. She and her husband Eric were soon to be blessed with a son, Christopher, and two daughters, Alison and Deborah. But in 1961, HSS department became desperately short of staff and Pat returned to QEC yet again, to help out as a part time member of staff. She continued to teach food science at QEC and at Reading Technical College for many years.

Pat was at the forefront of the use of new food technologies both at work and in the home. In the 1960s her growing family enjoyed testing food defrosted from the freezer and cooked in a microwave oven years before such utilities became commonplace. The publishers Faber and Faber invited Pat to write a definitive book on the subject and her book *'The Home Book of Food Freezing'* was published in 1977 followed by *'Deep Freezing: a Comprehensive Guide to Its Theory and Practice''* in 1979.

Pat's passport described her as a Home Economist; She was non too pleased when a cheeky customs officer at Dover asked her if this was a glorified way of saying she was a housewife. She accomplished so much more in her life.

Pat made many life-long friends during her days as a student and on the staff at QEC, and continued to make more friends throughout her commitment to the OSA. She was interested in people, cared for them, and was very good at keeping in touch; she had an incredible memory for people and seemed to have an encyclopaedic knowledge of who was who at QEC and what they were getting up to today.



Pat with lifelong QEC friends Wendy Adair and ???

Pat and her family lived for a short time in Oxfordshire, but by 1966 she and Eric had bought a piece of land in Wokingham and built a modern new house to their own design. 'Shorne Lodge' was to remain their home for the rest of their lives. They enjoyed their garden and stocked the beds with heather, not just as Eric's favourite flower and namesake, but for year-round colour and as a foil to the local deer who raided the garden and ate any other flowers within reach. Moles and rabbits were also frequent visitors. They had a fish pond and when this became over populated Pat would think nothing of wading knee deep in mud trying to catch the elusive gold fish to give away to friends.

One year she decided to fill in the pond but was determined to find good homes for all the fish. She filled a bucket with goldfish and drove nearly 20 miles to bring the fish to our house. We got chatting over lunch and it was several hours before Pat went to get the bucket from the car, only to find one poor little fish had jumped out and was lying lifeless on the floor. Pat was quite upset but we put it in water and it immediately revived, much to everyone's surprise and relief.

Pat and Eric enjoyed many interests together - sailing, promenading (not in the posh seats but standing with the younger folk), Holland Park Opera, wine tasting and golf. They often enjoyed summer evenings playing six holes after work at East Berkshire golf course where Pat became Lady Captain.



Pat and Eric enjoying a dance

Not long ago, Pat invited us to join her and another QEC friend at the Opera Holland Park and provided a 'picnic dinner'. No sandwiches and sausage rolls on paper

plates for Pat – she produced a magnificent five course feast from a Mary Poppins style bottomless bag - hors d'oeuvres, salmon mousse, roast beef, salad, cheesecake, cheese board, coffee, and even after dinner mints! All served on real plates and with wine in proper fluted glasses. She had class!

Pat and Eric enjoyed family holidays in Devon, sailing in Salcombe, touring in the South of France and Northern Italy. They spent many happy times at their holiday home at Fregate, Provence, where they could relax in their garden overlooking a golf course and pool, and take short walks to the sea.

When her eight grandchildren started to arrive, Pat escorted them on rides at Thorpe Park despite suffering from vertigo, or patiently spent time at Comicon, activities their parents were happy to avoid. She made them personalised birthday cakes, carefully constructed to reflect their passion – whether cartoon characters, Pokéman or football shirts – and continued to post them cakes while at university. Only recently, she enjoyed having one of her grandsons to live with her for a year and had planned to meet up with him again to play golf just a few days before she died, only postponing due to heavy rain.

Pat's generosity extended well beyond her family and friends: She was involved in social work activity, providing meals on wheels often to people much younger than herself, and was a Trustee for local Sheltered Housing. She was a truly selfless person who always put the need of others before her own.

After her husband, Eric, died in 2011, Pat still met up with friends and family of all generations. She thought nothing of travelling hundreds of miles up to Northumberland to see old friends, packing a sleeping bag to be sure not to inconvenience her hosts.

We last saw Pat in August 2021. She seemed fit and well and it was hard to believe she was 88 years old – she was so much more active than many people thirty years younger! She was still cycling to the shops every morning to get her newspaper, and just a few days previously she had been up a ladder to inspect the flashing on her flat roof!

She was looking forward to a family Christmas gathering with a menu to suit all.

Old Students Association / QE(K)A

Pat joined the OSA, or QE(K)A as we are now known, after graduating and continued to play a huge role in the association for over sixty years, taking on various key roles. By 1957, Miss P.M.Symes was already immersed in the role of Honorary Secretary, though she had to take a step backwards to an assistive role in 1960 when her hands became full with raising a family - the OSA acknowledged '*Mrs Cox has done an enormous amount of work behind the scenes for which OSA records its appreciation and thanks*'. She handed the role of Hon Secretary to another member of HSS staff, Jean Aitchison (now Jean Atkins) who became another life-long friend and still supports the QE(K)A today.



Pat and Jean Atkins enjoying a chat at the 2017 QE(K)A reunion

Shortly after the QEC merger with King's, King's decided to close the Food Science Department. The QEC(K)A voted unanimously for the resolution '*This Association Deplores the Demise of the Food Science*

Department at KCL'. As Secretary, Pat took up the cudgel to write a very strong letter to the Principal to point out that the department had originally stemmed from King's as a '*response to an urgent need for better health education and nutritional instruction*', that such a move was short sighted given the '*increasing demand for food science graduates, ... recent food scares (eggs, beef cattle, soft cheeses) and demands and nutritional difficulties of the new ethnic populations*', and that, given the way Universities were funded, it was '*folly to throw away a popular and successful course*'. The Principal's response was dismissive and expressed his displeasure at receiving her letter (Envoy 1991). Pat's arguments still stand today, thirty years on.

As Membership Secretary Pat would do mailouts to the members, stuffing envelopes and addressing up to 700 envelopes by hand. But she would often enlist the help of other QEC friends thus turning a business chore into an enjoyable pleasure. She was a key organiser and enthusiastic participant of the reunions, supported by her husband Eric when he was still alive, as well as keeping in touch with her many closer friends on a regular basic.

She retired from her role as Membership Secretary in 2003 but still played an active role on Committee and, ever a glutton for punishment, took on the job of Treasurer from 2007 to 2015 before finally retiring for a well-deserved rest from the Committee. Nevertheless, she still enjoyed meeting her friends at re-unions and often contributed snippets and other items for Envoy. Sadly, in recent years many of her QEC have passed away one by one, and Pat always made sure they had a fitting tribute in Envoy. Sadly, now it's her turn.

Pat was a lovely lady, one in a million, who did a huge amount for the Old Students' Association / QE(K)A and was a really good personal friend to many. We will miss her in so many ways.

Tribute compiled by Lyn and Henry Embling with thanks to Pat's children Christopher and Alison Cox and Deborah Gordon for providing their eulogy and photographs.

Tributes to Pat Cox from QE(K)A members:

Pat was a loyal friend and colleague of mine for over 50 years and a staunch supporter of the O S A. We were both proud to have been students of the College. *Jean Atkins nee Aitchison*

What sad news indeed. Pat was an absolute stalwart of the QEC Committee and I am fortunate in having her as a colleague for 25 years at Kensington. It was always a joy to go down to the teaching kitchens (from the back door of Physiology) and have a yarn with Pat. She will be sorely missed. *Professor Neville Marsh*

Indeed, a sad loss to us all. She certainly made a very significant contribution to QE(K)A. *Paul Ogden*

So sad to hear of Pat's death. She was a great friend of the QECA. *Sally and Ed Henderson*

I've always thought of Pat Cox as more or less being the QEC(A); I think it was her that signed my membership card when I joined the Association! *Gary Thomas*

I knew Pat from the early 1980's and saddened to hear of her passing. Pat was always supportive and kind with a beautiful smile. I don't think I can recall Pat ever saying no to any requests for help or support. Pat will be missed by all who knew her and leaves a hole in the QECA ALUMNI group with her passing. She will be missed by all and I send my condolences to her family. *Barbara McLennan*

So very sad to hear this news, she was a very nice lady and did so much over the years for the Association. She will be greatly missed. *John Brockhouse*

So sorry to hear the sad news. She was a great lady and always seemed cheerful. *Hilary Phillips*

Really sad to hear about Pat – she was a lovely lady, full of character, took no hostages and suffered fools less than gladly – but that said, she was so very kind and thoughtful. She worked so hard for QEKA and was so committed to the alumni – we truly are running out of the ‘Old Guard’ *Ann Wood*



SALAD DAYS

Pat Cox's Memories of QEC

In 1954 the musical *Salad Days* by Julian Slade made its debut in the West End, it depicted four young students who had just completed their university education who were seeking a new way forward. One promise they made and performed together in an opening chorus was '*We said we would never look back!*'

Perhaps Fifty years on we might make an exception.

What are our memories of student life in the early fifties at QEC or KCH&SS as it was known then? In some respects it resembled a girls' boarding school with most students resident in hostel taking their meals in the college refectory. Food rationing was still in place and a meagre portion of butter was dispensed each Friday although there was no refrigerator to store it. Students' welfare was watched over by the bursar Miss Horrocks, a tall sad looking lady ably assisted by her pet Pekinese. Curfew was 10.30pm, doors locked at midnight and a special application to the Principal was required to stay out beyond that - all visitors to be off the premises by 10.00pm.

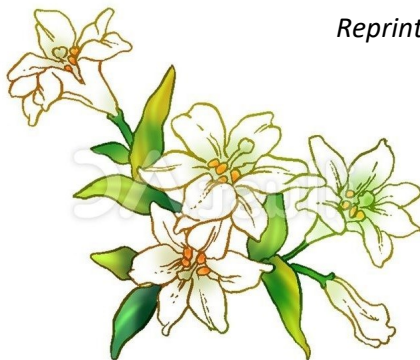
In contrast to most university courses: we seemed at QEC to learn less and less about more and more - a wide based curriculum one might say - but for most students it proved an admirable launching pad for future careers. We had some eminent and colourful lecturers - organic chemistry with Professor Harold Burton, nutrition with Professor John Yudkin of *Pure White and Deadly* fame and whose dietary recommendations on the consumption of fats and proteins and avoidance of carbohydrates were not so dissimilar to those of Robert Atkins today. Miss Dillon will be remembered as much for her literary and musical skills as for experiments carried out in her laboratory. Progress in the teaching kitchens could only proceed after students had learnt how to successfully reconstitute lumpy dried eggs.

However it was a great time to be a student in London especially for students whose school days had been interrupted by the war and evacuation.

We experienced the last great London smog which paralysed the capitol and blighted the Christmas ball, we queued for hours at the lying in state of the late king and stood in the rain for the coronation procession of Queen Elizabeth. The College was granted a new charter, changed its name and sense of direction and acquired a mascot - a griffin christened Gregory.

Yes we can look back on our years at College with pride and affection and made good and lasting friendships which are still in place today.

Reprinted from ENVOY 2004



QEC News

Congratulations



to our QE(K)A Chairman, Paul Ogden and Miwa Tonaki who married on 9 June 2022 at Chelsea Old Town Hall.

Paul described the happy event as an elopement which describes *‘a marriage conducted in sudden and secretive fashion, usually involving a hurried flight away from one's place of residence together with one's beloved...’* (wiki)

They had actually planned to marry a couple of years ago but COVID-19 scuppered all previous attempts.

We wish them every happiness in their future together.

Black Lives Matter—Professor Sir Geoff Palmer

Prof Sir Geoff Palmer began his career in 1958 as a junior lab technician at QEC working for zoologist Prof Garth Chapman. He went on to have a distinguished career as a scientist in the brewing industry, as well as becoming a prominent human rights activist. He is the only European to be honoured with the American Society of Brewing Chemists award of distinction, the brewing equivalent of the Nobel prize. He is a Professor Emeritus at Heriot-Watt University. He was knighted in 2014 for services to human rights, science, and charity. He is now a leading figure in the **Black Lives Matter** movement.

Liz Clayton, Microbiology 1967

We are trying to contact Liz Clayton, Microbiology 1967. If anyone knew Liz or has any information on what she did after leaving QEC, or her current whereabouts, please contact the Editor, Lyn Embling, bizyblings@hotmail.com.

Windsor Castle

Committee members met up for a post-lockdown reunion at the Windsor Castle pub on 28th November 2021. As we huddled into our cosy corner wondering whether we could all fit round the table, a very pleasant young man at the next table had just finished lunch with his family and offered us his table, or at least a spare chair. *Thinking Out Loud* in the *Afterglow* of his departure we realised we had all just had the pleasure of meeting singer Ed Sheeran, MBE.



We all enjoyed our lunch at the *Castle on the (Campden) Hill* remembering *Bad Habits* from our days at QEC.



Passing by the College buildings we were sad to see the name plate for *Academy Gardens* as it now is. But it was good to see that some things haven't changed - the old gates are still standing and still proudly bear the caption

'1915

***QUEEN ELIZABETH
COLLEGE***'.



Photo: Gary Thomas, 28 November 2021

Letters to the Editor



I've been reading the excellent Envoy—thanks to you and your team for all your efforts.

I was at KCHSS from 1952 - the last year of the 'old' degree. Though many changes were needed, I was well taught and we were certainly looked after! In by 10pm, no man after – was it 7pm?

Miss Horrocks, who was then bursar (?), had a real talent for pairing students in the double rooms. And, when seated at High Table, we tried to be next to her, when one could always talk about her pekingese! Miss Sargeant, then our excellent principal, was a more demanding conversationalist.

Again, a thousand thanks for your work and good luck with the bees!

Brenda Piper (née Short), KCHSS (1952)



I would like to congratulate you and Professor Neville Marsh for all the research and the resulting most interesting article on QEC and the Kensington area through the past century.

I enjoy reading Envoy even after it is decades and decades since I walked those corridors and experienced the life around Kensington in the Sixties and early Seventies.

Greatly appreciated... Many Thanks and Good Wishes

Maureen Jordan (née Gillespie)

Thank you for your letters - it's really nice to have some feedback on whether anyone actually reads Envoy, and even better to know they enjoyed it!

Lyn Embling, Editor

OBITUARIES

Dr Michael Thomas Sprackling

QEC/King's Physics, 1960-95

6 November 1934 - 27 August 2021

We were very sorry to learn of the passing of Dr Mike Sprackling, who was a lecturer in the QEC/Kings Physics department for thirty-five years.

Mike was born in Tewkesbury, Gloucestershire, the eldest of three children born to Tom and Edna. He won a scholarship to Tewkesbury Grammar School in 1943 and went on to read Physics at Bristol University, staying on to do a PhD. He spent a year teaching at Stourbridge Grammar School before being appointed lecturer in Physics at QEC in 1962. He remained at QEC until the merger with King's where he continued as Senior Lecturer until his retirement in 1995. He published numerous papers and wrote several textbooks on diverse subjects which are still in demand today: *The Mechanical Properties of Matter*, 1970; *Plastic Deformation of Simple Ionic Crystals*, 1977; *Liquids and Solids*, 1985; *Thermal Physics*, 1991; *Heat and Thermodynamics*, 1993. Following his retirement in 1995 he continued to enjoy meeting up with his old friends and colleagues from QEC, and it was always good to see him at our QE(K)A reunions. His colleagues and students remember him with fondness as someone who was always a source of good advice, caring and thoughtful. He always had a cheerful smile for everyone.

Mike had a keen interest in cricket which he discussed enthusiastically with his QEC colleagues – usually Gloucester and Somerset County Cricket Clubs - and was a member of the Physics six-a-side team at Petersham. He was also a very keen campanologist and gave an amusing talk to the QEC Physics Society on bell ringing – he brought a set



Enjoying the 2013 reunion

of hand bells along and smiled cheerily as he played us a grand finale: ‘Jingle Bells’.

As a child he sang in Tewkesbury Abbey choir and rose to be head chorister. When his voice broke in 1948, he joined the Abbey band of bell ringers, followed two years later by his younger brother and sister. Later he was appointed Tower Captain. As a student, he joined the University of Bristol Society of Change Ringers (UBSCR), ringing regularly at St Michael’s and other towers in the city. After moving to London, he continued ringing in many church towers around the city, served as Master of the London County Association, and organised bell ringing tours.

Mike was diagnosed with bowel cancer in July 2020, a late diagnosis because of Covid. He accepted it without complaint, saying he had lived a fulfilled and happy life and was content. He was grateful for all the care he received in the last year of his life.

His funeral took place at his local church St Gabriel’s, Acton, where he had been Church Warden and Treasurer for many years. Sadly, the church has no bells.

Mike was devoted to his family. He was loyal, loving, lively and pop-



Physics Six-a-side cricket team—From left to right: Clive Wilkinson, Geoff Copland, ???, Mike Sprackling, Turab Luckman, Hushang Balyuzi

ular and he will be missed by many people, especially his wife, Brenda, and their five sons and their families. May he rest in peace.

With thanks to Mike's sister and son, Paul, for providing details of Mike's life.

Malcolm Osmundson, MBE.

QEC/King's Physiology 1960—2005
1940 - 17 October 2021

Malcolm Osmundson joined QEC in 1960 and became Chief Technician in the Physiology Department. When QEC merged with Chelsea and King's, Malcolm played an important role in bringing together the technical structures and services of the three colleges and continued to manage them thereafter, receiving an MBE in recognition of his 'contribution to higher education'.



Following his retirement in 2005, Malcolm moved to the Cotswolds with his partner Sue Holly. They first met when Sue was a student at QEC in the early 1970s, but they did not meet again until 1987 when working together over the merger with Chelsea, where Sue was Chief Technician. They finally married on 1st August 2012, just a few weeks before Sue's death from breast cancer. Malcolm will be greatly missed by all who knew him.

See also obituary in www.kcl.ac.uk/news/in-memory-of-Malcolm-Osmundson-MBE and Sue Holly obituary in Envoy 2013.

Paulet Hanson

Microbiology

Paulet Hanson was a technician in the Microbiology department at King's but also spent time working on the Kensington campus at QEC. After the Kensington site closed, she became Senior Microbiologist at University of Westminster. Paulet passed away in autumn 2021 following a long battle with breast cancer and complications from Covid 19.

KCLA Report

by Paul Ogden

KCLA's usual array of events to which all QEC graduates are invited have been as disrupted as everything else during the past couple of years. However, they are now returning to normal.

The 2022 KCLA Annual Address will be held in November (date and venue tbc). It will feature the speaker originally scheduled to speak last year: Alex Beard, CEO of the Royal Opera House, who has kindly agreed to speak on the topic of 'The Arts Following the Pandemic'.

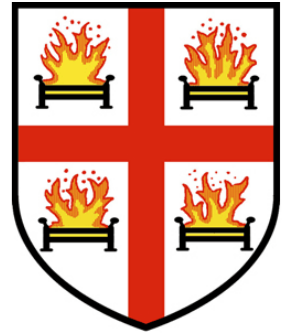
Please also make a note of the 2023 KCLA Annual Dinner which will be held on Friday 10th March 2023 at Vintner's Hall in the City of London.

Of course, these arrangements are subject to ongoing guidance from the Government and the College regarding the COVID risk and may be subject to change.

QE(K)A's Relationship to KCLA

QE(K)A is a branch of the King's College London Alumni Association (KCLA) which is the independent body representing all alumni and former staff of King's and the colleges with which it has merged. All QEC graduates are automatically members of KCLA. Our association has a seat on the KCLA council and we endeavour to always have representation at their meetings and events.

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We also have a growing presence on facebook under

QEC and Kensington Campus KCL Alumni