

railtracks played havoc with vehicles, new clothes, appliances and even a short holiday at the sea, away from the blasting summer temperatures of Paarl Valley.

Shareholders of KVV paid their medical accounts and added a bottle of ten-year-old brandy at one-and-sixpence a bottle, depending on whom you knew and the time of year.

Futerman and Brand were called to a modest house at Klapmuts siding and at dawn, a set of triplets was born (without any previous antenatal care whatever). The locum tenens, Max Polliack, was summoned from the Paarl practice to assist as matters reached climax. The two boys and a girl were named Futerman, Brandon and Maxine, in order of importance of the attending 'obstetricians'.

The more enlightened elder sons of the farmers of those days began the rudimentary weekly family health routines on their farms. District nurses visited. Doctors' wives worked with SANTA to combat ignorance and tuberculosis. Immunisation and inoculation were done en masse at clinics on certain days, for certain groups at a time, although flu injections were as yet unheard of. For specialist investigation, certain X-rays and dental work, one travelled by car or train to Cape Town.

Heynes Matthew sent its van out weekly, delivering pharmaceuticals to be dispensed from winchesters and five-litre bottles. Tablet colours did credit to the rainbow. Pink, blue, white and yellow pills worked wonders. A Vitamin B injection was a virility drug demanded by the farm labourer after his Saterdag-se-dop and as a regmaker. Sulphadimidine and sulphaguanidine were mainstay cures for the aged. Chloral aided infantile discomforts. Diarrhoea, kwashiorkor, chicken pox, rubella, mumps and tonsillitis were routine but stresses and strains were rare! Pathology specimens were transported to Paarl station to catch the early morning Karoo train en route to Cape Town. Paarl Hospital finally stood as a working monument to the expertise and dedication of the medical practitioners of the Valley, where a gynaecology and obstetrics section revolutionised life for the women. Futerman and Brand served with great credit on the Hospital Committee, doing much *pro deo* work, as too did all the other doctors in Paarl. They delivered yeomen service and they have left an exemplary record behind them.

Offered a Senior District Surgeon's position with the Dept. of Health, Wynberg Magisterial district, Julius decided to study Forensic Medicine, achieving his Diploma in 1977. His first daily duty was to visit Nelson Mandela at Pollsmoor Prison, then recently transferred from Robben Island with a TV set, access to newspapers and a library of study books.

Reticent, discreet, Julius Brand never boasted about his famous in-patient, nor did any of the other dedicated hard-working district surgeons or physicians on call for Nelson Mandela or any of the now prominent personages in the Government of National Unity. They were medically very well cared for. When the overseas Red Cross representatives visited Pollsmoor Prison, checking on political prisoners, the district surgeons were at their immaculate best! Reports might filter through the news media but at home, no mention was ever made of the 'Who's Who' present on any given day. Our children often teased their father, saying, 'some of dad's best friends are murderers and terrorists. Dad would reply that many of them were very fine folk indeed.'

We drove to Paarl on the Sunday morning when Nelson Mandela emerged from Victor Verster Prison into freedom,

when the whole world watched. Julius wanted to be there to see this event with his own eyes. MacMillan's 'winds of change' indeed blew that day and fires smoked in the valleys below Du Toit's Kloof, signals of future events.

Inevitably, in January 1986, the retirement office party conferred official retirement. Charming gifts were presented. Julius Brand could relax at last, freed from the onerous responsibility of the Pollsmoor prisoners' daily medical welfare, the geriatric homes and children's places of safety. The phone rang at 8.30 a.m. on 1 February. 'Waar's Dr Brand? Hoekom het hy nie werk toe gekom nie? Die mense wag van vroeg af!' Officially reappointed, Brand went back into harness. What a blow to his ego that after nearly fifty years as medical practitioner and senior district surgeon, he had to produce his original certificate of qualification to prove to the Department of Health who he was. For every session or locum, the Department now demanded verification of qualifications. Yet the Medical Association of South Africa saw fit to award him Honorary Life Membership by 'virtue of his long and valued service', on 16 September 1986.

Finally, retired, from his armchair, he observed Mr Mandela's meteoric political progress. Now Mr Mandela was free! and Dr Brand was 'in the prison of ill-health and physical decline'.

Julius Louis Brand passed away peacefully, in his sleep, at home on 13 September 1994. He had made his choice: dignity, without life support systems. May his dear soul rest in eternal peace. He was a man of worth!

He is survived by his widow, Doreen, sons Neil and Brian, daughter Beverley, and six grandchildren.

Books

MCQs in Basic Science — Ophthalmology

By John Ferris. Pp. xiii + 347. Illustrated. London: BMJ. 1994. ISBN 0-7279-0795-6.

MCQ's in Basic Science — Ophthalmology was a delightful book to receive on my desk the other day. This is a very special and unique book as I do not remember seeing any like it before.

There are more than 450 multiple choice questions but the unique feature of this book is that there is a small paragraph accompanying each set of questions.

This book is up-to-date and very readable. It is divided into six sections which include ocular anatomy, microbiology, pathology, pharmacology, ocular physiology as well as general physiology. There are explanatory paragraphs as well as over 150 simple line drawings.

It is good value for money and is highly recommended for nurses, general practitioners, registrars in ophthalmology and ophthalmologists who would like to brush-up on the basics in ophthalmology.

This book has enduring value and will be a nice addition to the library of anyone interested in ophthalmology.

A. A. Stulting