

Murray Elias Jarvik

Psychopharmacologist who studied the effects of LSD and co-invented the nicotine patch

As a scientist, Murray Jarvik never grew up. He bubbled with curiosity and was like a boy in the laboratory. He once brought in snails collected at home to his laboratory at UCLA (University of California-Los Angeles) “so we could run experiments like turning them on with LSD,” says Ronald Siegel, a former student and now associate research professor in the department of psychiatry and biobehavioural sciences at UCLA. “I saw him smile like a schoolboy.”

Murray’s father, an upholsterer, died when he was 11. Murray’s lifelong heart problems began at 12, when he contracted rheumatic fever. He developed other health problems, including polio when he was 28 and lung cancer in 1992, although he did not smoke cigarettes.

He earned an undergraduate degree in 1944 at City College of New York and then a masters degree in psychology at UCLA. In the early 1950s he received a medical degree from the University of California-San Francisco and PhD from the University of California-Berkeley. Siegel says that the psychologist Timothy Leary, the famous 1960s advocate of LSD, was a classmate of Murray’s at Berkeley. At least one press account says that Murray introduced LSD to a friend who subsequently introduced it to Leary.

“Murray did take LSD a few times,” Siegel says, adding that it was done for research and that he took a very clinical approach. “He was not swept away. Timothy Leary was swept away.”

In 1953 Murray took a fellowship in the psychiatry department of Mount Sinai Hospital in New York, where he studied *D*-lysergic acid, a precursor of LSD. Only later did Murray and the public learn that the research was financed by the Central Intelligence Agency (CIA), which was seeking truth serums and other weapons. He met a young medical intern there, Lissy, who would become his wife of 53 years.



In 1955 Murray became assistant professor of psychopharmacology at Albert Einstein College of Medicine in New York. By the time Siegel applied for a postdoctoral position with Murray in 1970, Murray was one of the top experts in the world on LSD and hallucinogens. “I was in awe of him,” Siegel says. “He had written dozens of papers on LSD. He had made significant contributions on drugs and memory, drugs and behaviour.”

Murray’s marriage had a major impact on his research—and his legacy. His wife was a heavy cigarette smoker and, like millions of other smokers, found it extremely difficult to quit. Murray was curious why, and in the 1960s began investigating. In the Einstein laboratory a contraption with tubes was developed to deliver cigarette smoke to monkeys, which, just like, humans, became addicted. In 1970 he published an influential paper declaring that smoking was an addiction and nicotine a prime factor.

In 1972 he moved to UCLA, where in 1979 Jed Rose joined his team as a postdoctoral researcher at the West Los Angeles Veterans Administration Medical Center. Rose, now director of the Center for Nicotine and Smoking Cessation Research at Duke University Medical Center in Durham, North Carolina, says that Murray condensed his research quest to one simple question and repeated it endlessly to his team: “Why do people smoke?”

Rose and Siegel both say that Murray’s style was Socratic. He would ask questions but not suggest many answers. He had a remarkable curiosity and created an environment in which ideas could thrive, attracting highly talented people to work in his laboratory.

The idea for the nicotine patch came in 1981 from Rose’s brother, Dan, a medical doctor who happened one day to mention research on the transdermal administration of other medicines. Rose discussed the idea of a nicotine patch with Murray, who was intrigued and gave the go ahead. Rose began first by smearing minute quantities of nicotine on his own forearm, gradually increasing the dose, finding that about 9 mg would increase his heart rate.

By 1985 the patch was tested on smokers and two major papers had been published by the Rose brothers and Murray. When it was time to file for a patent, a dispute arose between mentor and protégé. Jed Rose wanted his brother included in the patent—Murray did not. Jed Rose prevailed and soon thereafter left Murray’s laboratory to set up his own. For a while relationships were very cool between the two men.

The patent was approved in the 1990s. The University of California gets a huge share of the royalties, with the rest divided between the Roses and Murray.

Before Rose moved to North Carolina, he and Murray made peace, and afterwards they would get together regularly during Rose’s trips to Los Angeles. It was impossible not to like the man, says Rose, because he had had a fabulous sense of humour that was subtle and self-deprecating and very charming. For example, when asked what it was like to do LSD, Murray responded: “I did not feel much different.”

Murray leaves his wife, an emeritus professor of psychiatry at UCLA, two sons, and three grandchildren. Robert Jarvik, developer of the first artificial heart transplanted into a human being, is his nephew.

Ned Stafford

Murray Elias Jarvik, pharmacologist, University of California-Los Angeles (UCLA) (b 1923; q University of California San Francisco 1951; PhD), died from pulmonary edema from congestive heart failure on 8 May 2008.

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Robert Alexander Blair



Former consultant psychiatrist Moorhaven Hospital, Bittaford, Devon (b 1915; q The London 1939; DPM, DM, FRCPSych), d 12 July 2007. Robert Alexander Blair ("Bob") joined the Royal Army Medical Corps in 1939 and saw service with the 6th Airborne Division in Arnhem, the Middle East, India, Java, Sumatra, and Singapore, where he evacuated prisoner of war camps. After the second world war, he worked in large mental hospitals in south London, including Netherme and Banstead, before moving to Devon in 1950. From 1950 until retirement he was consultant at Moorhaven Hospital. He also worked with the Plymouth Child Guidance Service and the World Federation of Mental Health. Predeceased by his wife, Polly, in 1997, he leaves four children and nine grandchildren.

Julia Welchman

Charles Gavin Elliott

Former general practitioner East Hoathly, East Sussex (b 1922; q Oxford/St Bartholomew's Hospital 1947; MA), d 9 May 2008. The third generation of Elliott doctors, Charles Gavin Elliott was a soccer Blue at Oxford and played cricket for Barts. After qualifying, he joined the Royal Army Medical Corps and served aboard HMT *Empire Test*. He then joined his cousin's practice in Aylsham, Norfolk, before moving in 1961 to East Hoathly, where he ran a singlehanded practice for 28 years. His published writings ranged from the fripperies of day-to-day life as a GP to concerns for the future care of the elderly. He played golf for the British doctors' team. He leaves two daughters and two grandchildren.

John Hayward, Susan Elliott

James Gordon Latimer



Former general practitioner Rotherham (b 1922; q Cambridge/The London 1946), d 18 April 2008. After qualification, James Gordon Latimer served in the Royal Air Force in Palestine. He entered general practice in Rotherham in 1949, serving for 40 years and delivering successive generations of babies at home. He was secretary of the Rotherham division of the BMA, becoming chairman in 1963; he was elected president of the Yorkshire branch for 1974-5 and made a BMA fellow in 1977. His voluntary work included many years as treasurer of the local NSPCC and as a member of the board of governors of Rudston Preparatory School. For several years he was doctor to Rotherham United Football Club. He leaves a wife, Daphne, and two children.

Celia Mather

Caroline Jane Lewis (née Bucknall)



General practitioner Seaford, East Sussex (b 1961; q Manchester 1986; DCH, MRCP), died on 19 January 2008 after a short illness following diagnosis of astrocytoma. Caroline Jane Lewis's professional interests lay in paediatrics, and she gained experience from working at Alder Hey Hospital and St Thomas's neonatal unit followed by two years as a paediatric registrar on the

South West Thames rotation. However, she finally chose general practice to enjoy the benefits of family life. In 1992 she worked as a GP trainee in Chelsea, and followed this with hospital jobs in Eastbourne. She was a general practitioner in Seaford for 10 years. She leaves a husband, Paul, and three sons.

Sarah Steward

David Wreford Ranken Lyle



Former general practitioner Burgess Hill, West Sussex (b 1920; q Cambridge/St Thomas's 1944; MA), died from asystole complicating torsades de pointes on 13 February 2008.

David Wreford Ranken Lyle set up his practice in 1950 and worked there singlehandedly until joined by one of his sons in 1981. He retired in 1986. He saw himself as a clinician, a teacher, and an advocate whose duty it was to manage serious disease, to encourage self reliance in minor illness, and to protect his patients from overzealous investigation and treatment. He strove to provide personal care based on mutual respect and careful clinical practice. He swam outside in all weathers until a few days before his death. He leaves a wife, Anne; five children; and 13 grandchildren.

Peter Lyle

Maev O'Connell

Former general practitioner Sheffield (b 1915; q Cork 1939), died from renal failure and arteriosclerotic dementia on 29 February 2008. After medical training in Cork, Maev O'Connell came to work in England in time to witness the London Blitz (from the rooftop of a hospital in Northampton). She married Bill



O'Connell in 1940, and she ran his practice in Sheffield for the duration of the second world war while he was away in the army. With some reluctance, she left practice in the 1950s to raise a family. In the 1960s, after Bill's retirement through ill health, she returned to general practice in Low Edges, Sheffield. Predeceased by Bill, she leaves two children and six grandchildren.

Kevin O'Connell

Abulfatah Akram Sayeed



Former general practitioner Leicester (b 1935; q Dhaka, Bangladesh, 1958; OBE, FRCPEd, FRCGP), died from a heart attack on 18 January 2008. Abulfatah Akram Sayeed ("Akram") joined the eye department of Leicester Royal Infirmary in 1961 to train in ophthalmic surgery. However, he quickly became one of the first Asian general practitioners in Leicester, in 1964 starting the practice he worked in as principal partner for 40 years and which was renamed the Sayeed Medical Centre by the primary care trust on his retirement. He was awarded the OBE in 1976 for his work with the Community Relations Commission. His many other contributions included serving on the General Optical Council, General Medical Council, and BMA General Medical Services Committee, and he was made a fellow of the BMA in 1995. He leaves a wife, Hosneara; three children; and six grandchildren.

Reza Sayeed