

Quotes from You

"We both read the newsletter cover to cover and feel the group is a potential lifeline."

"Please keep up the good effort."

"I wish you all the very best and much strength in your endeavours."

"I have enjoyed and benefited from the articles in the newsletter."

"It's a great service thanks for all the hard work!"

"I find the news letter empowering"

"In the mood is a very good news letter giving out good and well informed information."

"Thank you for the news letter."

Reflection

It is a time for celebration,
No time for commiseration,
Welcome to the 100th edition,
A fulfilling life long ambition,

It takes a team most caring,
And kind,
To understand the workings,
Of the mind,
To listen with great intent,
There is time for reflection,
And sentiment,

So we just wanted to say,
We are now past the month of May,
Into jovial June with flowers abound,
We hope that positive thought is all around.

Jackie Ross

M.D.F LIBRARY

M.D.F now has an extensive library of

books available to its members to borrow. Any one attending our Thursday meetings or our drop in can borrow a book in the same way as you would from any other library. One of our members has written reviews on three of the books in the library.

Coping with Depression and Elation

by Dr. Patrick McKeon is the classic popular work dealing with both sides of the illness. In about 100 pages he covers recognition of mood swings, the social consequences of the illness, the medical causes and treatment of manic depression, prevention and how the illness affects the family.

It is valuable reading for both carers and sufferers.

Impressive Depressives

by Peter Lawrence is a humorous collection of biographical sketches of 70 famous manic depressives. One page is devoted to each achiever, including a photograph or portrait. The author admits to being "an extreme, long cycling bipolar manic", so this labour of love should be taken with a pinch of salt.

Surviving Manic Depression

Compiled by Dr E. Torrey and Dr M. Knable, provides a fully comprehensive and up to date review of Manic Depression.

They give factual accounts of the condition, quoted from patients own experience's.

This book was written as an informative prose for patients, families, friends and

the professionals who
treat them.
Surviving depression
is the essential
handbook for anyone
living with Manic
Depressive illness.

GERALD MANLEY HOPKINS

Gerald Manley
Hopkins [1844-1899]
was one of Britain's
finest poets,
writing with
dazzling originality
and intensity. He
specialised in
religious themes and
the glories of the
natural world.

Hopkins often became
seriously depressed
and wrote the
following words
about his mental
suffering:

O, the mind, mind
has mountains;
cliffs of fall
Frightful, sheer,
no-man-fathomed.
Hold them cheap

May who Ne'er hung
here.

Edition 5 1996

STV – SCOTTISH WOMEN

STV have been running a
series of programmes on
Health and Scottish
Women. We were
informed by M.D.F.
Scotland that they were
doing a programme on
Manic Depression.

Unfortunately, Aberdeen
was unable to send
anyone to take part in
the programme, but it
was transmitted on 1st
April at 11.00 pm.

As we don't get STV we
have arranged for a
video to be sent to us.
We will be playing this
video at the May Group
Meeting if anyone would
like to see it.

**Edition 5
5 April 1996**

EPILOGUE

The great secret of
overcoming
depression is being
able to develop the
detachment to
recognise the flood
of dark thoughts as
a tide to float on,
not to drown in.
You can deflect your
attention from it by
focusing on what is
real and close at
hand, and by the
essential practice
of gratitude.

Once, in a dark
night of the soul, I
sat up in bed and
forced myself to
write a list of
"Reasons to be
cheerful" It started
with the central
heating and ended
with the love of
particular friends.
Everyone has
something good close
at hand. Use it as
the end of the
thread which will
take you out of a
labyrinth.

LESLEY GARNER

Edition 5 April 1996

MAGNETIC PULSES Edition 5 again

Feeding magnetic
pulses into the brain
appears to alleviate
symptoms of severe
clinical depression,
according to Dr Mark
George, an American
psychiatrist and
neurologist. The
treatment involves
patients wearing a
special handset for
twenty minutes every
day for a fortnight.

A magnetic field is
switched on and off
twenty times every
second. The effects
penetrate the brain,
replacing some of the
effects of E.C.T.
Initial research has
been done on a small
number of patients.
The next step is to
examine the effects
of the different
frequencies of
magnetic field. Wide
spread acceptance is
still a long way off.