

OBITUARY

Joe Macdonald Wallace (1918-2015)

Laurie van Someren¹

Joe Wallace was a talented man, charming, good at getting things done and with a very wide experience of the world. He was born in Glasgow and fought in WWII, being taken prisoner and then spending his time in prison camps learning other European languages.

He was a Physical Training Instructor in the army, and after the war he taught physical education, starting in New Zealand and then at the West London Institute of Higher Education (WLIHE).

He became interested in the connection between physical and mental wellbeing and therefore in stress management. There was a group of rheumatologists in the north-west states of the USA who had been influenced by the work on Tension Control by Edmund Jacobson, starting in 1920, and its beneficial effects on their patients who learned to use it to reduce pain by relaxation.

Joe travelled to the USA in the 1970s to conferences in Chicago and Louisville, KY organised by the (American) Association for the Advancement of Tension Control, and in 1979 organised an international conference at the WLIHE concerned with Stress and Tension Control. By 1980 the International Stress and Tension Control Society had been formed and a UK Branch organised.

In 1982 he organised another joint international conference at Brighton, and in 1989 a group met in Calais and agreed that a French team would organise the Fourth International Conference at Pierre et Marie Curie University in Paris in 1992. It drew many attenders including a strong contingent from Australia.

In 1983 Joe invited his wide range of contacts to The Priory Hospital in London SW15, with strong support from its medical director, Dr Desmond Kelly. They discussed collaboration and Joe invited those interested in getting organised to remain behind when others left. A large number remained and this was the kernel of the UK Branch of the International Stress and Tension Control Society (ISTCS UK).

Further conferences were held in Netherlands in 1985 and Edinburgh in 1988; at that event a Board was appointed comprising Dr Kelly as President, Laurie van Someren as Treasurer and Joe as Chair of ISTCS UK. In 1989, ISTCS UK changed its name to the International Stress Management Association (UK). At about the same time, Joe's book, *Stress: A Practical Guide to Coping*, was published (Ramsbury, UK: Crowood Health Guides, 1989). ■

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Biography

Laurie van Someren is one of the founders of ISMA in the UK & he travelled regularly to conferences in the USA. His business encompassed a wide range of aids for stress management, from Instructions in Relaxation to Bio-feedback instruments. He describes himself as "trying to retire..."



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