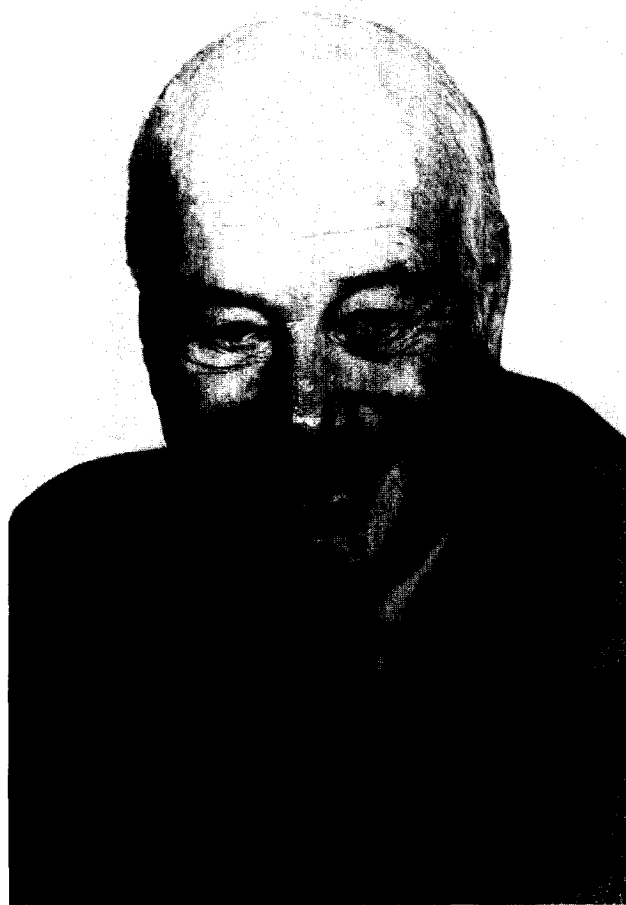

IN MEMORIAM

George Winokur, 1925–1996

George Winokur was a man with twinkling eyes, a pugnacious persistence, and a lively intellect. For more than two and a half decades, hallways at the University of Iowa Psychiatric Hospital echoed with the laughter that he produced after scoring an intellectual point on a colleague or cracking a joke. George was a department chairman who kept an open door at all times and who was prone to sally forth for a discussion if visitors were lacking. He was a gregarious and amiable man who was adored by several generations of residents whom he trained and friends and colleagues throughout the U.S. and throughout the world.

George's career began with an undergraduate degree from Johns Hopkins in 1944 and an M.D. degree from the University of Maryland in 1947. He completed residencies at the Seaton Institute in Baltimore and subsequently at Washington University. While he was at this latter institution, his career assumed the style and shape that it would have for the remainder of his life. Washington University in the 1950's was a bastion of rebellion against the predominantly psychoanalytic or psychodynamic movement that was sweeping across the U.S. in the post-war era, led by midwestern colleagues such as the Menningers in Topeka. "Wash U" rebels such as Eli Robins, Sam Guze, and George Winokur banded together in order to develop and defend empirical and biological approaches.

Although few people are aware of it, George completed a considerable body of early work exploring topics such as sexual and anxiety disorders and the galvanic skin response. By the 1960's, however, he found his life-long love: the study of familial aggregation in affective disorders. He pioneered the use of the family history and family study methods in order to develop new approaches for classifying affective disorders that he believed to be genetically based. Between his first paper on this topic in 1964 and his most recent published in 1996, he produced nearly 300 papers on this topic or related ones. In the process he was also a pio-



neer in using techniques that are the forerunner of molecular biology: the use of linkage studies involving blood cell markers on the X chromosome. His longstanding interest in X linkage and bipolar disorder was stimulated by the clinical observation that, in taking a family history from patients, he rarely observed cases that had father-to-son transmission. The simple clinical observation then led him to explore other issues such as

X linkage and color-blindness and to create a whole new way of studying the neurobiological mechanisms of psychiatric illnesses. He received many awards for this work, including the Hofheimer Prize for Research from the APA, the Anna-Monika First Prize Award, the Hoch Award and the Zubin Award from the American Psychopathological Association, the Gold Medal Award from the Society of Biological Psychiatry, the Lifetime Achievement Award of the International Society of Psychiatric Genetics, and Honorary Fellowship in the Royal College of Psychiatrists of Great Britain.

While on the faculty at Washington University, he assumed leadership of the residency training program. In this role he shaped the education of a generation of clinicians and investigators who trained there. He left Washington University to become Professor of Psychiatry and Chairman of the department at the University of Iowa, a position that he held until 1990. While at Iowa, he continued his dedication to teaching, training, and research. Although being a chairman diminishes the productivity of many academic leaders, George scarcely missed a step. He continued to produce seminal papers on topics such as primary and secondary depression for his on-going work on the genetics of affective illness. In addition, he launched the Iowa 500 study and continued his outspoken support for objective and criterion-based approaches to diagnosis. The latter effort, originally embodied in the "Washington University Criteria" or "Feighner Criteria," were the forerunner and inspiration for DSM III.

If anything, the residents at Iowa adored George even more than did the residents at Washington University. George considered it his personal responsibility to help each trainee launch a high-quality career as a clinician and investigator. George's model for our department at Iowa was that every trainee should be a highly qualified scientific investigator and academician. This high standard has led Iowa to produce well-trained scientifically-oriented psychiatrists who have joined departments all over the United States, where they have almost invariably assumed leadership roles.

After George stepped down from the chairmanship at Iowa in 1990, he remained active as a teacher, clinician, and investigator. He threw himself joyously into a project that explored the relationship between alcoholism and affective disorder, a further extension of his interest in secondary depression.

George was a great admirer of Hemingway, Fitzgerald, and other writers of the "lost generation." When he learned that he was suffering from pancreatic cancer in the spring of 1996, he confronted illness with a bravado that Hemingway would have applauded. He continued to work through the Friday before his death. He died Saturday, October 12, 1996, while he was at home with his beloved wife, Betty, talking with friends. He was model to all of us, both in life and in death.

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