

The Bulletin 377

The Royal Society of New South Wales

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May 2014

Future Events

Wednesday 2 July 2014 Cocktail Party followed by 1222nd Ordinary General Meeting What Causes MS? Speaker:

Professor Graeme Stewart Union, University & Schools Club 25 Bent St, Sydney 5:30 for 6:00 pm

Wednesday 6 August 2014 1222nd Ordinary General Meeting Science education and the role of the **Australian Academy of Science** Speaker:

Emeritus Scientia Professor Eugenie Lumbers FAA FRSN Union, University & Schools Club 25 Bent St, Sydney 6:00 for 6:30 pm

SOUTHERN HIGHLANDS BRANCH Thursday 17 July 2014 Sustainable Iron and Steel Making Delivered by:

Professor Veena Sahajwalla Centre for Sustainable Materials, Research And Technology University **NSW**

The Performing Arts Centre, Chevalier College, Bowral 6:30pm

For more upcoming events see website www.royalsoc.org.au

Patron of The Royal Society of NSW Her Excellency Professor Marie Bashir AC CVO Governor of NSW

Wednesday 2 July

What Causes MS?

Professor Graeme Stewart AM

Join the Society for a special cocktail party followed by the 122nd Ordinary General Meeting

> Union, University & Schools Club 25 Bent St, Sydney 5:30 for 6:00 pm



From the President

The outstanding

success! We had more than one that Lecture. The meeting commenced planned. with the presentation of eleven fellowship certificates to newly elected fellows. The Society's 2013 awards (the Walter Burfitt Prize, the James Cook Medal, the Edgeworth David Medal and the Clarke Medal) were presented, followed by the 2014 Distinguished Fellows lecture, to be delivered this year by Professor Barry Jones AO Dist FRSN. Four of the Society's Distinguished Fellows were in attendance and a number of notable guests attended to hear Barry Jones' lecture.

The events for the second half of the year will soon be underway the number of the Society's named lectures will be presented and the **Awards** Committee will start deliberations for the 2014 awards.

annual The Council is intending to start dinner, held planning events with a much longer future horizon. This will improve Wednesday 7 the quality of events and will give May, was an members the opportunity to plan further forward. We also anticipate this will facilitate the hundred guests in attendance to engagement with other like-minded take part in the awards presentation organisations in fitting in with the Distinguished Fellow's events that they might have

> As I mentioned last month, we are very pleased by the rapid uptake of Fellow membership category. If you meet the criteria for Fellowship (as I know many of our members do), please consider upgrading to Fellowship. (The criteria for Fellowship may be found in the Rules and By-Laws - see the membership page on the Society's website for further information.)

> If there are any issues you would like to raise with me, I am easily contacted by e-mail at president@royalsoc.org.au and would like to hear from you.

> > onald Hector

Photo Gallery











Clockwise from left:

Donald Hector, Peter Doherty, Dame Marie Bashir, Brynn Hibbert

Fellows of the Society with President Dr Donald Hector

Donald Hector with 2013 award winners David Wilson, Brien Holden and Michelle Simmons

Brien Jones

Barry Jones AO

Southern Highlands Branch

Report of May Meeting 2014

Baroque & the Brain Wave: can music help in dementia care?

Doctor Christian Heim B.Med(Hons), B.Mus, MMus, PhD(Syd), FRANZCP

Doctor Christian Heim walked into the emotion to another. These types of and often less verbalization so that of Chevalier Performing Arts Centre to be greeted by resolutions so that tension buildup and a large audience of 115 people. He is tension relief alternate. In contrast, as he nursing home has found it worthwhile to currently a psychiatrist in private played a lovely selection of Baroque practice in Brisbane. Previously as a music, he was vividly able to demonlecturer in Music, he held positions at strate that a composition such as Bach's both the University of Wollongong and Sheep may Safely Graze strives to keep the University of Newcastle. He has the listener in one state of mood, one studied music composition with Peter state of the soul, and to keep the listener Sculthorpe and also in Vienna, Paris and there for as long as it could. New York.

This lecture specifically focused on Dr difference between what his experi-Heim's recently exploring how Baroque music may be Music therapy is a highly developed form beneficial to the care of people suffering of therapy, which uses one therapist and from dementia. What he has done is to one patient, normally for an hour or take this music from the late 17th more at a time. What he had introduced century through to the mid 18th century in his research studies was the modificaand explore its therapeutic use in tion of the whole environment for dementia patients with the aim of producing more calming brainwaves. As he spoke of the characteristics of Baroque music which made it particularly suitable for these studies, he sat at the grand piano on stage, and clearly demonstrated these desirable musical features in a beautiful recital.

Mahler and even Elton John to describe how these composers were able to move listener emotions, and to do that, how they moved the listener from one

College music have the listener anticipating verbal abuse towards staff and other

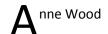
Dr Heim emphasized that there was a published studies ments did, and what music therapy is. everybody there. It was not music therapy as such.

In describing his research work at a nursing home in Newcastle, Dr Heim told standing progressive dementia as their though the process by which it works environment was modified by the might never be known. He added that it introduction of carefully chosen music. is still not known how anti-depressants He played the music of Beethoven, He found that a number of the residents work on the brain. showed marked changes in their their agitation level. wandering behaviour, and their focusing on tasks. They had less distraction, less agitation

patients was reduced. That particular introduce a Baroque music regime as part of their everyday routine.

It happened that on the evening of the lecture, there was a full moon brilliant in the Southern Highland sky. Dr Heim said that many practitioners in psychiatry believe that a full moon can have an effect on a person's behavior, as demonstrated by the attendances at hospitals at these times. From a factual point of view, of all studies done on the full moon effect, 75% of studies found there was no such effect, while 25% found that it existed.

He compared findings such as these with his own findings on the effect of Baroque music on dementia patients, where there are so many variables, and much subjectivity. His conclusions are that Baroque music has a definite role to play of his observations of patients with long- in the care of dementia patients, even



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