

that guide and influence the meaning of psychological well-being' (page x), and points out that western concepts of well-being are likely to be different from those of aboriginal cultures. Thus she recommends that counselors working with clients from other cultures should take the time to learn about appropriate concepts of personal well-being (PWB).

The book begins with a foreword by Joseph E. Trimble, an acknowledged expert in the field. In her introduction, Reimer notes that high suicide rates and incidence of violence forced the Indian Health Service in Alaska to review its counseling procedures. Despite an increase in the resources allocated to this area, problems continued to escalate. Reimer's thesis is that some of these problems might be better addressed if counselors are armed with

proper knowledge of Inupiat concepts of PWB.

The introduction is followed by a brief history, including the impact of Christianity in the region, and then an analysis of Inupiat descriptions and words for PWB. This is followed by more detailed analyses, including the 'effect of thinking and proper conduct on one's PWB,' taking responsibility for one's PWB, and the sociological factors involved. The second part of the book provides guidelines for counselors working with Inupiat clients, while the final section outlines various beliefs relating to major aspects of Inupiat culture (like sharing, the environment, and whaling) and how these relate specifically to PWB. Originally a dissertation, this is an accessible book that will prove to be a valuable contribution to counseling theory and practice in the north.

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## Obituary

**Harding McGregor Dunnett**, founder and chairman of the James Caird Society, author, publisher, and industrial designer, died on 23 April 2000, aged 91.

For almost the last 20 years of his life, Dunnett devoted himself to the promotion of the courageous and heroic deeds of Sir Ernest Shackleton. Dunnett and his twin brother Val, the elder by little more than an hour, came to Dulwich College in 1922, the year the charismatic explorer died, and remembered vividly the arrival two years later of *James Caird*, the 22-foot, six-inch whaler that had played such a heroic role in the rescue of the Weddell Sea party of Shackleton's Imperial Trans-Antarctic Expedition of 1914–17. Shackleton and John Quiller Rowett had been school friends at Dulwich in the late 1880s, and Rowett had sponsored Shackleton's final expedition in *Quest* in 1922. Rowett retrieved the battered boat from South Georgia and played a part in establishing its memorial setting. It seemed an appropriate resting place for *James Caird*, both to honour a famous Old Alleynian and to provide inspiration for generations of Dulwich boys.

Dunnett came from an age that recognised the need for heroes. It puts his life into perspective to realise that his first day at school, aged five, coincided with the declaration of World War I in 1914. Born in Ashted, Surrey, he and Val had an enjoyable childhood, mostly in Scotland and Hereford, where their father was in charge of a munitions factory, before coming to south London. After Dulwich, Val went to art school and Dunnett read economics at the LSE. He worked in industrial design before joining the Royal Air Force in World War II; he was promoted to squadron leader and worked in Coastal Command as an interpreter and intelligence officer. After the war, he directed his energies towards enhancing his skills as a wordsmith. Public relations became his speciality.

In the early 1980s, Dunnett returned to Dulwich College to measure the achievements of Dulwich boys over the centuries, and from this came a small book he wrote and published, entitled *Eminent Alleynians*. Almost at once, he realised that Shackleton, his boyhood hero, was in a different league to all the others, or, as he fondly put it, 'by far the best of the bunch.'

The Shackleton Memorial at the College had been bombed during the war, and *James Caird* lay neglected, until Basil Greenhill, then director at the National Maritime Museum and both a parent and a governor of the school, offered to restore and exhibit her at Greenwich. With so much rebuilding to be done at Dulwich, this was accepted thankfully.

Years later, and curious to see the boat again, Dunnett stood beside *James Caird*, imprisoned and unrigged in a glass case at the Children's Polar Gallery, and told the fine oil painting of Sir Ernest alongside, 'not to worry, we will get her out of here.' He drove rapidly to Dulwich to see David Emms, then master of the College, and insisted that he urge his governors to request the boat's release and arrange for her to be brought back home. Coincidentally, soon afterwards the curator and polar scholar at the National Maritime Museum, Ann Savours Shirley, gave Dulwich the welcome news that the Polar Gallery was to be air-conditioned and redeveloped. Even so, many wanted *James Caird*, and, for a few months, Dunnett's PR skills were taxed to the limit.

In 1986 *James Caird* came back to the College, high on a trailer along the South Circular from Greenwich, with Dunnett in her wake, hooting the horn like Toad. It was one of the happiest moments of his life. It was 1989 by the time Lord Shackleton and Dunnett were photographed together beside the rigged *James Caird*, in her new memorial

setting in the north cloister, resting on beach from South Georgia and Aberystwyth. Earlier that year, Dunnett and John Bardell had produced a video of the tempestuous rescue journey, which was very well received, and of which a new edition is now in production.

Six years ago Dunnett founded the James Caird Society, to honour the life and heroic exploits of Shackleton. With the Honourable Alexandra Shackleton, grand-daughter of Sir Ernest, as its president for life, it now has almost 600 members from all continents, holds lectures and dinners beside the boat twice a year, and has become the principal contact for descendants of Shackleton's crews. And then came Dunnett's account of the boat journey, entitled *Shackleton's boat: the story of the James Caird*. The book is the first to record the life and exploits of the boat itself. Dunnett's favourite photograph of Shackleton is of him anxiously guiding the boat onto the roof of Selfridge's, yet another necessary fund-raising opportunity.

In Dunnett's ninetieth year, he at last achieved his journey of a lifetime, a visit to South Georgia. He treated the James Caird Society to a delightful account of his joy and wonder at being there, ending with his arrival home

and his wife Monica greeting him with: 'What have you been doing? You look ten years younger.' They had married in 1937, when they were both working at the Design Industries Association. Monica survives him, as do their three children, Pippa, Ginny, and Roddy, each of them active in the James Caird Society, seduced by Dunnett's compulsive enthusiasm.

To the very last hour of his life, Dunnett focused all his waking hours on helping others to research, interpret, and sleuth all things 'Shackletonian.' He coped with vast amounts of letter-writing, book reviews, and news items in a wider polar field; coerced new members; provoked ideas; and ran an efficient personal communications network. He was a regular visitor to the Scott Polar Research Institute and the Royal Geographical Society, enjoying lectures and meetings or checking facts in their wonderful libraries. He believed passionately that people should use their talents for causes they truly care about. It is no exaggeration to claim that he became a catalyst for the world-wide attention that the leadership qualities of Shackleton enjoy today.

*Margaret Slythe*