Introduction

For many years it was the wish of both Professor David Dow and his wife Dr Agnes to set up a Trust Fund on their death, to assist in the education of medical and dental students attending Dundee University, formerly Queen’s College, Dundee. Both Professor and Dr Dow had received their own clinical medical training in Dundee and both had been instrumental in the development of the education of students in both Dundee and St Andrews; particularly Professor Dow who had held the Cox Chair of Anatomy in Dundee for some 33 years.

So it was that on the death of Dr Agnes Dow in March 1998 the Trust Fund was established. This fund, in benefitting medical and dental students and education at the University of Dundee, helps keep alive the memory of two stalwart supporters of education in Dundee. This booklet was first produced in 1998 by the original Trustees of the Dow Memorial Trust, who had known both of the Dows for many years, in an effort to inform those who benefit from the Trust over the years of the unique character of this most delightful couple. The booklet was updated in 2018 to reflect a number of developments since the Trust came into operation, including details of some of the support given by the Trust since its foundation.

The booklet is accordingly divided into two sections. The first is a summary of the principal areas supported by the Trust, both past and present. The second contains a short history of the lives of Professor and Dr Dow, based on the 1998 version by Margaret and Alastair Bird, two of the original Trustees.

Since its foundation, the Trust has disbursed around £3 million in support of medical and dental education at the University of Dundee.
Section one – areas of support

Three areas of activity which were dear to the hearts of Professor David and Dr Agnes Dow were 1) widening access to medical and dental education, 2) compassionate support to promote the welfare of their students and 3) innovation and support in medical and dental education. The Trustees have endeavoured to employ the funds from the Dow Trust to enhance these three objectives and take forward the goals of its founders.

Widening access to medical and dental education

The Dow Scholarships

Professor and Dr Dow believed fervently that medical and dental education should be available to all but were aware that financial and social factors often prevented equal access to this privilege. To help redress this imbalance, The Dow Trust awards around six scholarships annually to new students entering their medical or dental courses. The scholarships are normally £2,000 per year rising to £2,500 in 4th and 5th years. All students are entitled to apply and The Dow Trustees, along with School representatives, select those deemed to be the most deserving. Priority is given to applicants coming from backgrounds not normally associated with entry into medicine and dentistry and to those with particularly challenging financial circumstances.

Since the Trust started, around 100 students have been awarded Dow Scholarships. The comments received from the Dow Scholars at the completion of their course attest to the importance of this support in enabling them to complete their training successfully:

"In my opinion, this award is quite simply the kindest gesture I have ever received, it is a gift that has allowed me to fulfil my ambition of becoming a doctor."

"I particularly appreciated that you also provided support for my intercalated year. Once again, thank you so much for your continued support over the years. I am forever grateful."

Educational support

The Dow Trustees also award grants of £300 to a number of deserving new students annually to purchase textbooks or IT equipment to access educational resources. These students and Dow Scholars can also apply for travel costs to conferences and clinical placements in their 4th and 5th years.
Section one - areas of support

Provision of student support

Medicine and Dentistry are long and arduous courses with particular challenges as students are introduced to patients with distressing conditions. Professor and Dr Dow recognised the vital importance of offering good support to medical and dental students throughout their training. For a generation of medical and dental students, Dr Agnes Dow was the much loved ‘agony aunt’ who helped them with their many and varied problems. In 1968, the University of Dundee awarded Dr Agnes Dow an honorary degree in recognition of the pioneering work that she did in this area.

Students support scheme

The Medical and Dental Schools in Dundee both offer a range of facilities to promote the welfare of their students. One of the key facilities is their respective Student Support Schemes in which a tutor is identified for each student. The tutor meets with the student on a regular basis and will offer support and advice in professional and general matters. This has the benefit of making the student feel welcomed into their professional family and may enable the early recognition of difficulties. Since 2006, The Dow Trust has provided salary support for the co-ordinator of the Student Scheme in the Medical School, enabling it to perform efficiently and effectively. Support for the scheme in the Dental School has recently been established in a similar way.

Students who are identified with problems through the Student Support Scheme can be referred to a variety of other support services, including medical or mental health, academic support or social and family counselling. Special support is available for overseas students or those with specific disabilities. The Dow Trust funded co-ordinator plays a key role in the provision of a well integrated approach to the crucial area of student support.

The Dow Emergency Fund

All students can be faced with severe financial difficulty after unexpected eventualities such as the death of a parent. The Dow Trustees have created an Emergency Fund to enable the Medical and Dental Schools to respond to such difficulties in the form of short term loans or grants. This support can be crucial in enabling the students to continue with their studies.
Section one - areas of support

Innovative medical education

Professor David Dow had a passionate interest in all new methods of medical and dental education. The University of Dundee enjoys an international reputation as a leader in this field and the Dow Trustees have supported a number of exciting initiatives.
Section one – areas of support

Dow Clinical Simulation Suite

The Trust contributed £500,000 towards the capital costs of the Dow Clinical Simulation Suite which is located in the Clinical Skills Centre at Ninewells Hospital. It was opened in November 2011 by Sir Kenneth Calman KCB and is recognised as a world leading facility of its kind. This suite features a simulated 6 bedded hospital ward, 3 examination rooms and a High Dependency Unit and provides highly realistic simulated based clinical education. This enables the students to develop their clinical skills in a safe and supported environment. The suite provides clinical training to medical and nursing students as well as other health care providers such as doctors, dentists, nurses, optometrists, pharmacists and paramedics.

The Trust also made a contribution to the Project Manager and first Education Manager to enable the suite to establish its training programmes to the highest level. It is fitting that this world renowned Clinical Skills Simulation Suite should be named after the Dows in recognition of their major contribution to the development of medical and dental education.

"Simulation-based medical education continues to be highly valued by healthcare students and qualified professionals. The Dow Clinical Simulation Suite is a world-leading facility which provides an excellent opportunity for students to learn the skills that they need to be safe and effective practitioners."

Dr Neil Harrison
Director of the Dow Clinical Simulation Suite
Section one – areas of support

Refurbishment of teaching facilities

The teaching facilities at Ninewells Hospital and Medical School have been substantially upgraded during a major programme of work from 2012-2015. This provides students access to state of the art lecture theatres, tutorial rooms, self-learning areas and library with full IT support in congenial surroundings. The Dow Trust has made a major contribution to this upgrade to ensure that Dundee students have the opportunity to learn in the best possible surroundings.
Section one – areas of support

Educational training support

The Dow Trust gives financial support to a number of training opportunities for students within the Medical School which include;

→ **Responsible Elective Awards** which are made each year to a number of medical students whose electives fall within the ethos of the scheme, taking into account both financial and social aspects of the applicants. While there are no formal restrictions on elective destinations, they are intended to be in ‘resource poor’ areas either abroad or in the UK.

“Thank you so much for this grant; I could not have afforded this elective otherwise. I plan to go back to the developing world as a qualified doctor. Thank you for the experience, I will never forget it.”

→ **Travel Awards** are available to undergraduate and postgraduate research students in the Medical and Dental Schools to enable them to attend meetings where they can present their work and learn from leading experts working in their areas of interest. These meetings incur substantial cost and the Dow Travel Awards have enabled many students, particularly postgraduate, to avail themselves of this valuable experience.

→ The Dow Trust has given one-off donations to refurbish the Medical and Dental Teaching Laboratory and to upgrade and digitize Module Study Guides in the Medical Degree Course. These donations have helped to enhance the quality of training in the medical and dental courses.
Section one - areas of support
Conclusion

Medical and dental education in Dundee is acknowledged to be among the best in the United Kingdom, with both the Medical and Dental Schools being consistently ranked as among the very finest not only in Scotland, but also in the UK. This success would be a great satisfaction to Professor David and Dr Agnes Dow who did so much to raise educational standards in Dundee and to create a supportive environment for their students. The aim of The Dow Trust, which was founded by them, is to respect their legacy by continuing to promote the goals and values to which they dedicated their lives.
The Dow Memorial Trust

“The Medical School is immensely grateful to the Dow Trust for the significant support it has provided over many years. A large number of students who would not have otherwise been able to support their aspiration to study medicine have benefitted from the direct financial support provided by Dow Trust bursaries and scholarships. The contribution of the Trust to the wider support infrastructure has benefitted all students by allowing us to improve the way in which our student support system functions. The funding made available to the elective scheme is allowing our students to give something back to resource poor countries via the ethical electives programme. More recently the significant contribution made by the Trust to the education facility has enabled us to continue to be at the cutting edge of medical education and the training of high quality graduates via the state of art Dow Clinical Simulation Suite which is the envy of other medical schools around the world. We cannot thank the Dow Trust enough for its continued support. Its major contribution allows us as a Medical School to contribute to the delivery of the University of Dundee vision to transform lives.”

Professor Rory McCrimmon
Interim Dean, School of Medicine, University of Dundee
Section two

Professor David R Dow and Dr Agnes W Dow – an Abbreviated History

David Rutherford Dow was born in 1887. His father was the sole general practitioner in Crail and also Medical Officer of Health for the burgh. David's school education was at Waid Academy in Anstruther.

In 1906 he enrolled as a medical student at the University of St Andrews, which, at the time, operated in both St Andrews and Dundee. (It was much later, in 1967, that the Dundee half of the University separated to become the University of Dundee.) During the first part of his course he attended classes in the Bute Medical School in St Andrews, while living at home in Crail. Later, David had to move to Dundee for his clinical training, as was common practice at the time. David was a medallist in almost all the classes he attended and graduated MB ChB with distinction in 1911.

On graduating, David acted as a house surgeon in Dundee Royal Infirmary and then gained further experience at the Hospital for Sick Children in Great Ormond Street, London. In addition, for a short period he served as ship's surgeon on the liner Mauretania.

In 1913 he gained his Diploma in Public Health and, in the same year, was appointed lecturer in anatomy and assistant to the Bute Professor of Anatomy in the University of St Andrews, located in St Andrews.

As a lecturer he was required to deliver a course of 100 lectures each year to a range of students with emphasis on the precise relationship of anatomy to the practice of medicine and surgery. In this appointment, and with the encouragement of his professor, he continued to assist his father in his growing general practice in Crail.

In 1924 he graduated MD with commendation, his subject being arteriosclerosis. One year later, he was appointed to the Cox Chair of Anatomy at University College, Dundee, part of the University of St Andrews. He was to hold this position for a period of 33 years until his retirement from academic life in 1958.

In 1932 Professor Dow was admitted as an FRCPE and also FRSE.

Professor Dow's published work was mainly about the heart. He wrote a number of papers about the valves of the heart and on arteriosclerosis. He was particularly interested in examining hearts brought to him by the famous Sir James MacKenzie, proceeding to dissect the coronary arteries in the minutest detail. He was a life member of the Anatomical Society of Great Britain and Ireland and for many years was Honorary Secretary to that Society in Scotland.
Agnes Watson Morton was born in 1900, the only child of William Morton and Agnes Mortimer Walker. She grew up in Anstruther where her father was a well-known local businessman. Like her future husband, she attended a local school, winning the Dux Medal at the age of 14, before completing her secondary education at Waid Academy, the same school as her future husband. On leaving school, she studied art in Edinburgh for a year, but then decided to embark on a university education.

In 1920, Agnes started on a Master of Arts course at the University of St Andrews. She was elected President of the Women’s Union one year and Secretary and Treasurer of the Students Representative Council in another. Following her graduation in 1923, Agnes qualified as a teacher and taught for a while in England. After her mother died in 1927, she returned to Anstruther to live with her father. She was then persuaded - not for the first time - to change career and study for a medical degree. It is believed that Professor Dow was instrumental in persuading his future wife to make this decision. Agnes matriculated for a second time at the University of St Andrews in 1928 and graduated MB ChB in 1934.

Following in Professor Dow’s footsteps, albeit a number of years later, Dr Agnes Morton became a House Surgeon at Dundee Royal Infirmary. In 1936 she was appointed to the part-time role of Medical Officer to the Dunfermline College of Physical Education for young ladies. When, at the outbreak of the Second World War, this College was relocated to Aberdeen, she frequently travelled there from Dundee, whilst at the same time continuing to lecture in Anatomy at the Bute Medical School at St Andrews. She and Professor Dow were married in 1942.

Following a Royal Commission to enquire into the organisation of university education in Dundee, University College, Dundee was renamed Queen’s College within St Andrews University, and Professor Dow was appointed its first Master in 1954. He combined the duties of Master with his teaching commitments until his retirement in 1958.

When her husband became Master, Agnes resigned from her posts at the Dunfermline College of Education and St Andrews University in order to devote more time to helping her husband in his new role.

Both David and Agnes showed a keen interest in the progress of their students, retaining contact with many of them long after they had graduated. Having no children of their own, they made a point of trying to help any who were
in special need. David acquired a reputation for the teaching quality of his anatomy lectures and for the novel techniques he employed. The Dows’ affection for their students was widely reciprocated.

In recognition of David’s outstanding service, the University of St Andrews bestowed an LLD upon him in 1959. In 1968, Agnes also received an LLD - from the newly established University of Dundee, a fitting tribute to one who had contributed much to the life of the staff and students of the University over many years.

David Dow died in 1979 at the age of 92. Agnes Dow passed away two weeks before her 98th birthday in 1998. In her will, she left the Dows’ family home in Crail to the University of St Andrews, to be used to accommodate professors or senior academics visiting the university. In time, it became evident that visitors preferred to be located in St Andrews itself, and so the house was sold and a new Dow House established in St Andrews in 2015.

During their lives, the Dows made many generous benefactions to the university in Dundee, most notably a fine collection of table silverware. In accordance with their wishes, when Agnes died, the Dow Memorial Trust was established under her will. The Trust’s principal purpose is to benefit medical and dental teaching in the University of Dundee. The Trust continues to fulfil the mission intended for it by the Dows, and its activities are described in the first part of this booklet.
Section two

Professor David R Dow and Dr Agnes W Dow - an Abbreviated History