H. J. Wallace-Chapman and the Family

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Introduction

H. J. Wallace-Chapman is the author of *Signs and Symptoms of Psychosis*, a book about recognising the signs of psychosis, a serious but treatable mental health condition. Dr John Alexander's welcome page lists it beside books by Charles Wallace Chapman and Clare Marie Wallace-Chapman as the work of "the English branch of my family".

Little else about H. J. is on public record, and the book is not listed by major booksellers, so the family are the best source for more of H. J.'s story.

Family and authors

H. J. is one of three published authors in the English branch of the Wallace-Chapman family, whose subjects "run from the autobiographical to the scientific".

Author	Book
Charles Wallace Chapman (1897–1979)	*Modern High Speed Oil Engines*, plus the novels *The Directors Dinner* and *The Boardroom Battle*
H. J. Wallace-Chapman	*Signs and Symptoms of Psychosis*
Clare Marie Wallace-Chapman	*Blood Group: How the Secrets It Contains Can Change Your Life* (2017)

H. J.'s book is one of two health titles on the family shelf. Clare Marie's cover describes her as a second generation health practitioner, so health care runs through the family alongside Charles's engineering.

Signs and symptoms of psychosis

Psychosis is when a person loses some contact with reality, so they may see or interpret things differently from those around them. The NHS describes its main signs as follows.

Hallucinations. Seeing, hearing, or sometimes feeling, smelling or tasting things that don't exist outside the mind. Hearing voices is common.

Delusions. Strong beliefs that other people don't share, such as believing someone is plotting against them.

Confused thinking. Thoughts can race, making speech fast and hard to follow.

Causes. Psychosis can be part of conditions such as schizophrenia, bipolar disorder and severe depression. It can also be triggered by trauma, stress, drug or alcohol misuse, some medicines, and physical conditions such as a head injury or dementia.

Treatment. It is usually treated with a mix of medicine, talking therapies and practical support. The NHS stresses that early treatment works better, so anyone with symptoms should see a GP straight away.

Pets, mental health and veterinary life

No record found links H. J. to veterinary work, but animals and mental health are closely linked, and that link runs through every vet practice.

Pets as support. In a 2016 University of Manchester study of 54 people with severe mental illness, 60% placed their pet in the most important circle of their support network.

A calm presence. Participants said pets distracted them from distressing symptoms such as hearing voices, and gave comfort without judgement. Yet pets did not appear in any of their care plans.

Pets As Therapy. This UK charity's volunteers take their own dogs and cats to visit hospitals, care homes and schools, and more than 6,000 places receive regular visits.

Looking after the vets. Vetlife offers free, confidential support to the whole veterinary community, including a helpline open 24 hours a day, every day of the year.

At the practice. At Vintage Vet, Bruno the dachshund and Mango the parrot do their own bit to lift visitors' spirits.

Family timeline

Date	Event
1897	Charles Wallace Chapman born in Lancaster
1932	Charles co-founds Perkins Engines in Peterborough
1949	Charles publishes *Modern High Speed Oil Engines*
1964	Charles publishes *The Directors Dinner*
1965	Charles publishes *The Boardroom Battle*
1979	Charles dies, aged 82

Date	Event
2017	Clare Marie publishes *Blood Group*
2023	Alexander-Wallace Health Care Ltd, the company behind Vintage Vet Practice, is founded

The publication date of H. J.'s book is not listed online.

Sources

- Wikipedia – Charles Chapman (engineer)
- Amazon – Blood Group by Clare-Marie Wallace-Chapman
- NHS – Psychosis
- University of Manchester – Pets offer valuable support for owners with mental health problems
- Pets As Therapy
- Vetlife

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