

## Epilogue

I was delighted to learn that this important book is being dedicated to Dr. Helen Macbeth. It is a worthy tribute for her services to ICAF and I am sure it will be greatly valued by her.

I have known Helen for over 40 years, first as a graduate student and later as a colleague, research collaborator and friend. Helen first came to Oxford to read for the post graduate Diploma in Human Biology after having worked in numerous administrative and commercial jobs and, as a mature student taken a first degree from the University of London in the Humanities. With this background we were very surprised that she should seek a natural science qualification. Diploma entry usually required a previous medical or biological qualification. At interviews, however, we were so impressed by her enthusiasm and determination that she was accepted and did so well in the Diploma course that she was subsequently taken on for doctoral research.

Having gained an excellent doctorate she was appointed to a Lectureship in Anthropology at neighbouring Oxford Brookes University where she spent the rest of her career. Here she gained an enviable reputation as a teacher with an outstanding ability to inspire young students. Whatever their problems she always found time to help.

Her researches both for her doctorate and subsequently have always been at the interface of the biological and social sciences: in demography, genetics, health and nutrition. She pretends to be wary of the natural science side but in fact is as competent in biological anthropology as anyone. She has for example written an excellent book explaining human genetics to the non-scientific. One needs to know a subject very well to explain its fundamentals simply.

It has, however, been in Food and Nutrition that she found her most satisfying work. Here she recognized that biological and social dimensions are

so intertwined that to consider only one is usually to consider only half the truth. I'm sure that in her innumerable duties for ICAF Helen will have shown herself as the complete Human Scientist.

Enthusiasm and determination were the qualities we first recognized in Helen and she has shown them constantly throughout her career. She is the personification of the saying: "Any job, however difficult, will be done immediately; the impossible take a little longer".

Geoffrey Harrison