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## Corrigendum

In the letter 'Day care in old age psychiatry' by Christopher J. Ball (*Psychiatric Bulletin*, September 1994, **18**, 586), the reference to 'D.G. Wilkinson (1994) Day hospitals by any

other name, *International Journal of Geriatric Psychiatry*, **9**, 161', is to Dr D.G. Wilkinson of Southampton.

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# Wisdom for psychiatrists

## The wisdom of non-anger

*Larry Culliford*

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One might say that there are just a few basic or primary emotions, and that each may manifest in pleasing (positive) and noxious (negative) forms.

In the absence of sadness there is happiness. These two are complementary. So too with anxiety and calm.

The happy, tranquil mind is more likely to be clear than bewildered, also certain or sure rather than in doubt.

In the absence of guilt there is pure-mindedness, a sense of innocence or virtue. In the absence of shame there is non-shame; who can think of a word?

And what of anger? What is there in the non-angry mind? Useful words here are *acceptance* and *acquiescence*. The non-angry mind offers no

resistance. It agrees with and accepts things just as they are.

Is it not therefore likely that when non-angry one will, in accepting the way things are, be relaxed, clear-headed, sure-minded, pure-hearted, experience non-shame and, in all this, be happy?

If so, is non-anger not wisdom?

I have opinions about things: about the way they are, about the way I want them to be and about the way I think they should be. I have a volatile temperament. I am not so humble . . . and yet, even I am beginning to realise the wisdom of non-anger.

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# BJPsych Bulletin

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*Psychiatric Bulletin* 1994, 18:709.

Access the most recent version at DOI: [10.1192/pb.18.11.709](https://doi.org/10.1192/pb.18.11.709)

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### References

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