



Glasgow Memory Clinic

Commissioned by  
Glasgow Memory Clinic

# The Inspiration of Albert Enz



# The Inspiration of Albert Enz

Foreward by Dr Fraser Inglis

We extend our most sincere thanks to Albert Enz who very kindly and enthusiastically took up the challenge to create seven amazing new paintings for the reception area of Glasgow Memory Clinic.

The works displayed in this brochure began with seven words and no brief other than the canvas sizes. The words are Memories, Sentiment, Dreams, Peace, Thoughts, Compassion and Inspiration. Each word forms the title of a painting and is accompanied by the original words and thoughts of the artist.

Albert Enz is an emerging Swiss artist and a new force in the world of art. His great modesty is matched with enormous talent, a true genius of our own time and a hero of ingenuity and humanity.

His fabulous considered abstract works stimulate thought and reflection and deepen interest and appreciation of the art of painting. The collection is now on permanent display in

the reception area of Glasgow Memory Clinic, a centre that has been designed to conduct modern day clinical trials in Alzheimer's disease.

Each day, the paintings are viewed and appreciated by staff and new and returning visitors to the clinic who can see the tremendous skill, thought and positively conveyed messages. Having reached the pinnacle of a career as a chemical engineer and world leader in his field, Albert Enz helped his fellow man by using his dedication to excellence and outstanding intelligence to create and discover one of the first licensed treatments for Alzheimer's disease.

A tremendous and inspirational achievement. A new medicine was discovered that helps alleviate suffering from the symptoms of Alzheimer's disease and this in turn has stimulated the work of new generation of researchers. A legacy that continues to this day.

Entering retirement a number of years ago and

returning to focus on painting, an earlier passion in life, a wonderful new creativity is developing. The beautiful art works displayed here produced with the same energy, passion and creativity that led to a break through in Alzheimer's research.

We hope you are also inspired by the works of Albert Enz, a visionary who it is a privilege to know and whose ideals and skill help again to make our world a better place.



## Artist's Perspective

*by Albert Enz*

"Artists, designers and scientists have always been concerned with colours in their own way. The artist to create images in which colours unfold a meaning. The designers want to make the world more pleasurable, direct the perception in certain directions and determine the order with colour. The scientists physically investigate the formation of colours through electromagnetic waves.

We use systems to search for laws in the complex of colour to make anarchic and emotional tangible for our thinking. According to Norbert Wiener, information is neither energy nor matter, nor is it a pure product of the mind. For the arts, the thought that mind and matter form a natural entity is fascinating.

Art stands between nature and spirit and is unthinkable without materialization. Therefore one can understand art as information.

Information conveyed by colours. In art, the colours are emancipated, they stand for their own sake, that is, for our own sake. We understand colour as substantial for our reflection. colour is no longer just a natural or invisible property or attribute. No matter if images understand the world as a play of colours or colours as a game of the world, they remind us that colour is an inexhaustible source of fascination for those who see it. But also a source of curiosity and a new visual awareness.

In my painting, colour comes first and mainly determines the mood expected by the viewer. On the one hand, paintings have been created in colours of harmony and on the other there are works that show a certain disharmony in the colours. For me personally, the form is secondary, that is, I prefer the abstraction. I like to leave the figurative to the highly advanced photographic art."

## Memories 2014/2015

Artist  
**Albert Enz**

Canvas acrylic  
**130 x 195 cm**

Thoughts on memory, remembrance and colour perception regarding the painting "Memories". We all want as long as possible to stay physically and probably also mentally powerful and look admiringly at people who succeed, are balanced and mentally fit and whose memory still works fine. Whether it then also happens, depends on many factors. Some fall under the heading lucky.

Memory is a diffuse construct. In the brain, through the senses incoming information come together, be filtered, sorted and may be stored for longer. In order that our selective remembrance pool is not overloaded, the data will be parked or stored to our different store plates: in the sensory memory (or ultra short-term memory), in the short-term memory or long-term memory.

The brain is so often referred to as a sponge that absorbs everything. And this is true, it is actually quite good. Because in fact this organ is a boundless storage centre for sensations of any kind, every day, every minute, every second. It is not only our brain, it takes a large switchboard and the charms of the senses, processes them and then forwards them appropriately.

Memories are colourful

A picture is worth a thousand words - according to this rule, a colour image with natural colours

would be even more valuable, at least if you take the human memory capacity for images as a measure, that the human memory is better for images when these images are in colour and not in black and white. Here, this memory advantage is only when the images are shown in their natural colours. Psychophysical experiments on colour perception have even been performed by Newton and Goethe. It looks as if our memory is calibrated by evolution to the natural colour structures.

How the brain translates the world in colours. The perception of colour depends not only from the actual colour of an object, but also on the expectations. The ability to remember the colour of an object depends on the colour itself. So you can later relatively well remember the colour of a specific object, if it is red or yellow. In blue, the memory performance is only mediocre, with green even comparatively poor.

The colour has no measurable impact on the overall memory of the presence of certain objects.

Colours make life colourful. And colours can be excellently used in the monitoring and activation of elderly people. A conscious use of colour can promote sensory perception. Much less common is the fact that colours influence physiological processes. So the colour perception stimulates brain waves and thus acts on the autonomic nervous system. The production of certain hormones is therefore triggered by certain colours.

The colours yellow, orange, red and green have a particularly positive effect on the human learning behaviour. To create yellowish and reddish tones usually represents a joyful atmosphere full of energy.

Colours can trigger moods and arouse emotions. Certain colours can remind us of special experiences, because the optical memory combines the colours of the moment with feelings of the past. Poetic harmonies and individual colour compositions lead to an emotional experience. Memory does not mean a priori remembrance.

The word calls the whole mind in the sense of constant intimate gathering at what all your senses considerably awards. Memory and remembrance understood both as individual and collective performance, are always linked to technical and cultural media (storing, reproduction and acquisition of knowledge).

The mentioned colours are mainly part of the painting "Memories". It is longitudinally divided into three sections and symbolically represents three memory states in the human brain during the life cycle. The left part symbolizes the situation in children or very young people, the memory in the development with the dominant colours in green and yellow. The middle part is focused fully in action on the situation in adults, a red brain, while the right part symbolizes the situation in the elderly. The structures dissolve slowly, as signs of possible incipient dementia. The height of the image is divided in the



"golden ratio" by a red demarcation line, with mentioned three longitudinal elements on a blue background. The lower part of the painting is dominated by brown, green and yellow, earth tones.

Enjoy.

Finally, I hope that the painting will stimulate discussions between different people. Hopefully patients with their relatives enjoy the painting, as well as nursing staff of the hospital and all visitors to the clinic.

**Albert Enz, Riespach/France 06.08.2015**

## Sentiment 2017

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Artist  
**Albert Enz**

Canvas acrylic  
**100 x 160 cm**

Feeling is the emotion's part that includes the cognitive functions of the body, the kind of appreciation. Feeling is source of immediate knowledge or impression. It refers to the perception of the physiological state of the moment. The psychological sense of feeling, which includes an affective state, is to be distinguished from the actual feeling of sensitivity.

Painting is not solely with colours but also with feeling and thus emotions of the painter are the raw material of art, of desire and of dreams. The painter feeds his art-work with his feelings and emotions and with what he wants to share or to tell. These expressed feelings favour and also enable a connection with viewers and keep up for centuries, continents and cultures. The magic of emotions tends to the universal.

The picture entitled "Sentiment" is diagonally divided into two parts. The upper part, the one mainly in blue, is intended to guide the viewer to magical sensations, similar to the painting "Dreams" in which the blue tones are even more dominating. The lower part of the picture, in contrast, connects with its earth-tone colours and earth-bound collages to the earth and invites the viewers to linger.





## Thoughts 2017

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Artist  
**Albert Enz**

Canvas acrylic  
**100 x 160 cm**

The painting entitled “Thoughts” shows thoughts, symbolized as columns, that are standing unmixed side by side, i.e. thoughts that exist independently one from the other. In the upper part of the painting filigree (chiselled) elements which dwindle away further down are seen.

The thought-elements, higher up, symbolically, still well differentiated get towards the lower part of the painting concentrated and more uniform and simple. Thoughts, though originally quite different, head in the same direction and are ultimately sharing strong commonality. The predominantly used earth colours in the painting stand for earth-bound, non-esoteric thoughts.



## Compassion 2017

Artist  
**Albert Enz**

Canvas acrylic  
**100 x 160 cm**

Compassion is, on the one hand, a state of commiseration, pity and understanding for the suffering or unhappiness of others and, on the other hand, the desires to help and to give support to them.

The painting entitled "Compassion" shows in its centre three human beings, enclosed in a spherical container. The three bodies, protected by the sphere, are surrounded by an aggressive red form (to the right), and positively influenced by green-yellowish forms (to the left).

The sphere, held by green-ochre coloured wave-structures, is hanging in suspension. The chaotic upper part of the painting completes the surroundings of the beleaguered sphere. The bodies in the sphere cause in the viewers emotional sympathy or compassion for the trapped, curved beings and they learn, by imaginative identification with the abstract representation, to allow entering unknown situations and to see aspects beyond their usual ones.

## Inspiration 2017

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Artist  
**Albert Enz**

Canvas acrylic  
**100 x 160 cm**

New ideas based on the big bang.

The left, circular shape in the painting entitled "Inspiration" represents, in a very concentrated and condensed form, ideas that are explosively released by the big bang. Rather than ascending vertically into the infinite, these are redirected, bow-shaped, back to earth.

The redirection might, symbolically, happen at a ceiling of a cathedral. On the left some splinters over a new horizon are seen while on the right some structuring caused descents with a degree of stabilization are recognizable. The bold colours are indicative for the complexity of the mentioned inspirational power





## Dreams 2017

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Artist  
**Albert Enz**

Canvas acrylic  
**160 x 100 cm**

No human being can live without dreams and in a certain sense dreams are a support to orient us also when confronted with the many bad things setting the tone in the real world.

The painting entitled "Dreams" represents different stages or states of dreams, be it good or bad ones. While in the upper part of the painting diffuse states as occurring in REM sleep and followed by situations that pre-signal dreams can be seen, in the centre part of the painting a mood of chaotic content, nightmarish with wild disordered structures is depicted. In the bottom part circular, yellow-green shapes harmoniously calm the whole down.

The colour blue is, in this painting, dominant and dream-related, as Blue stands for the colour of water, one of the most important substances in the world and also relates to the fact in interpretation of dreams, namely that clear water stands for a spiritual rebirth and relates to life force and vitality.

## Peace 2017

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Artist  
**Albert Enz**

Canvas acrylic  
**160 x 100 cm**

Peace, a state desired and hoped for everywhere and by everyone, has become and is very fragile. In this painting, entitled "Peace", the dove of peace positioned in the middle, is enclosed and trapped in a cage but strives to fly away.

The entire environment and surrounding though is chaotic, typical for pre-war conditions. The peace-dove must fly over the war-zone (painted in flaming red) and cross the silver stripe, in the attempt to get to the peace-area (painted in blue tones) There, happy doves have already arrived.

In the lower part of the painting the normal, neutral structures point to a certain hope that peace is still achievable.





## About Albert Enz

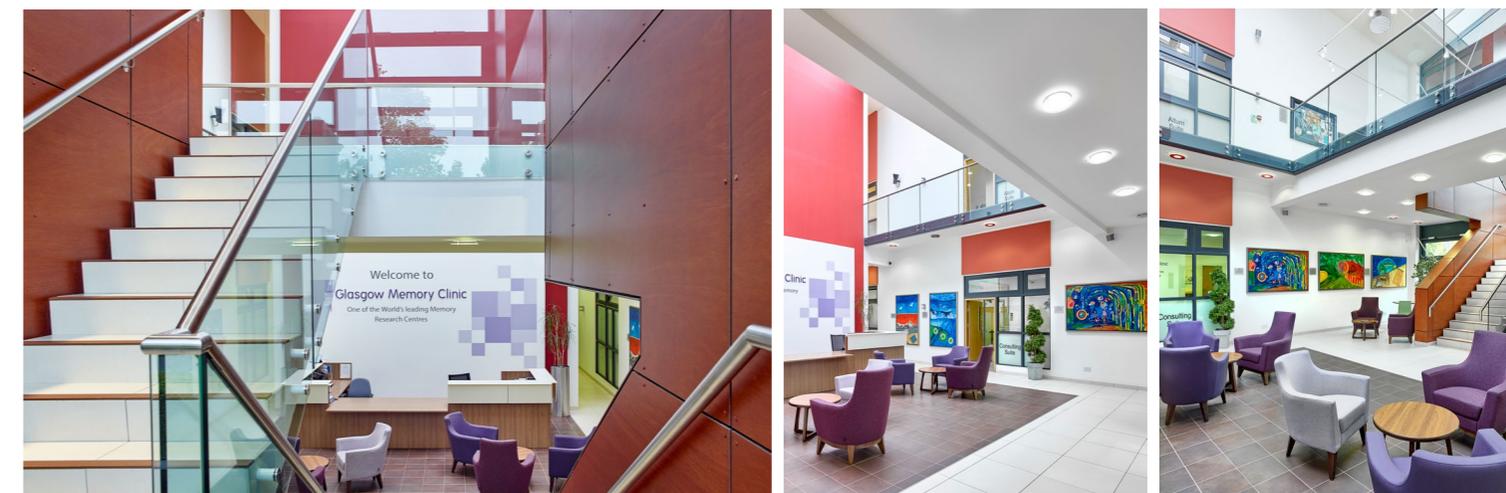
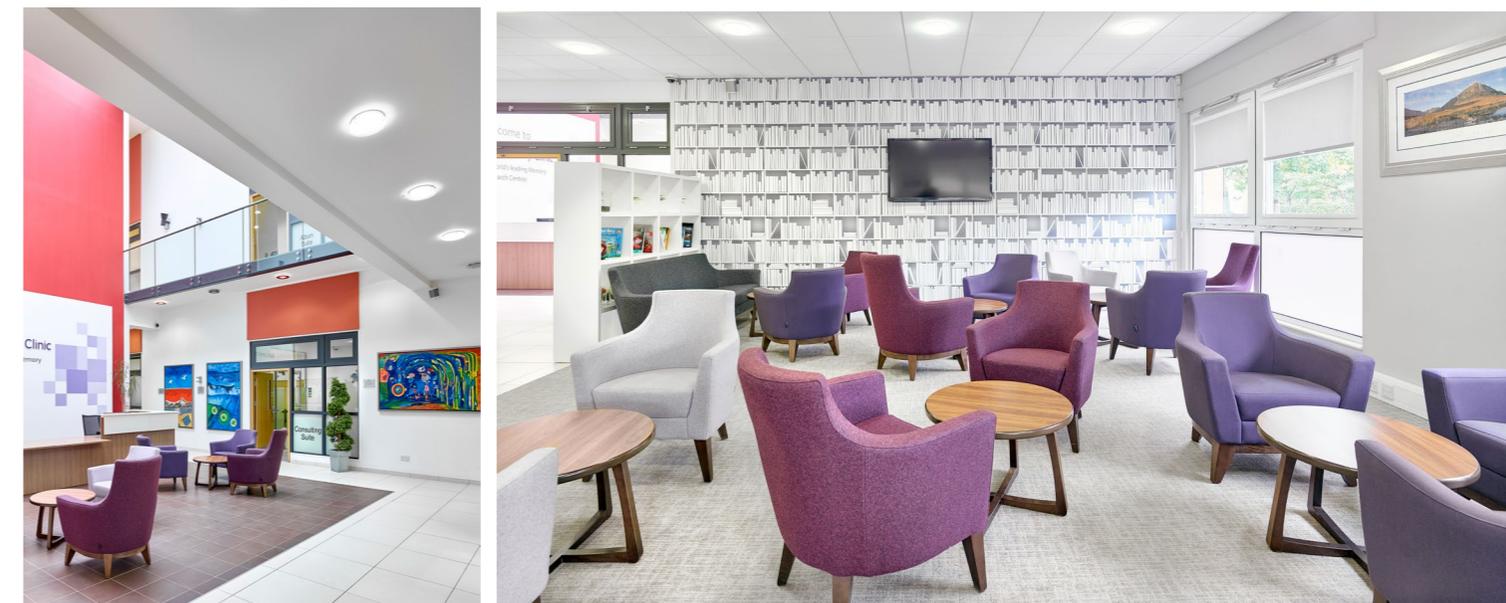
Albert Enz was born in Goldach, Switzerland in 1943. Having studied chemistry and biochemistry, he became a Biochemist in pharmaceutical research. He took up a passion for painting using acrylic and oil paints in 1968.

From 1979 he was actively engaged in research into the influence of potential pharmaceutical agents on several neurotransmitter systems including dopamine, noradrenalin, serotonin and acetylcholine. Albert was a Senior Scientist in the Preclinical Research Nervous System Department at Novartis Pharma in Basel where he headed a group of pharmacologists investigating the neuropharmacological action of cholinergic agents. He was also a Professor

of Biochemistry and Pharmacology - Allgemeine in Gewerbeschule Basel, Switzerland.

In 1998 Albert Enz received the Novartis Distinguished Scientist Award in recognition of his research excellence

Once retired and following successful exhibitions in Switzerland and France, he took up painting once again. Many of Albert's paintings are inspired by his trips to the south of France and Tuscany.



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Dedicated to improving the early diagnosis and treatment of Alzheimer's disease

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# About Glasgow Memory Clinic

by Alison Cranmer

We are an independent research organisation and are engaged in National and International research studies that seek to find better treatments for Memory Impairment, Alzheimer's disease and Dementia.

A major focus of the centre are studies that seek to prevent the onset of memory impairment and dementia due to Alzheimer's in healthy volunteers. Founded in 1999 and initially located at the Golden Jubilee National Hospital, the clinic relocated to the West of Scotland Science Park in 2006. We moved within the Park to the current facility the Altum Building, a state of the art clinical research centre of circa 20,000sq ft.

Our research team of 40 are experienced healthcare professionals who have now dedicated their time to research and the team continues to expand.

## Some key achievements of the centre:

The only centre in Scotland that has conducted research on all of the currently licensed treatments for Alzheimer's disease. The first patient in Scotland was entered into an Alzheimer's Vaccine Trial 2007. The clinic has for several studies been the top global centre and has emerged as the leading centre for Alzheimer's clinical trials in Scotland.

## What are the benefits of participating in a clinical trial?

There are many benefits from taking part in clinical research such as screening tests, potential access to promising new treatments, regular health check-ups and reviews. Many of these are not available outside the clinical-trial setting. The chance to play an active role in your own health care and gain a greater understanding of your condition.

An opportunity to help society by contributing to medical research. Even if you don't directly benefit from the results of the clinical trial you take part in, the information gathered can help others and adds to scientific knowledge. People who take part in clinical trials are vital to the process of improving medical care. It is recognised that those who take part in research studies generally have better overall outcomes.

## Art works

From the early days of the clinic staff and visitors have enjoyed the wonderful landscape photographs of Scotland by Colin Prior and more recently these beautiful abstract works by Swiss artist Albert Enz. The most recent commission is by Scottish artist Gerard M Burns – "Alzheimer and Fleming – Observations in Time" is a fascinating addition to the clinic and tells a story of science, medicine and life.



Scan our QR Code to watch a video and find out more about Glasgow Memory Clinic



# Contact us at Glasgow Memory Clinic



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