

to hope that some attitudes do. A table of causes of menorrhagia includes: "excessive coitus, cold bath, dancing, hunting, gymnastics, bicycling". What is a poor woman to do? This might have been lifted straight from a Victorian "Young ladies' guide to healthy living". Unless the contributor is prepared to submit evidence, preferably in the form of a controlled study using double-blind and random selection techniques, I shall remain reluctant to accept this list!

In all, I do not think that this book lives up to its reputation and I doubt if it warrants a place on the shelves of most general practitioners.

ANN V. BUXTON

### WHY SUFFER? PERIODS AND THEIR PROBLEMS

*Lynda Birke and Katy Gardner*

*Virago  
London (1979)*

68 pages. Price £1.50

I wonder who the authors intend should read this handbook? It is an excellent short textbook on menstruation but even with the extensive glossary (which goes round and round in circles as glossaries tend to do) would be too complicated for most of my female patients.

Quite rightly the authors describe the biology of the menstrual cycle as complex and very reasonably allow the reader to find it difficult to understand; but it is a pity it was dealt with in the first chapter as I fear it may discourage many a reader who would benefit from the later chapters. A simple introductory chapter, with the physiology as an appendix, would have been preferable. Also the authors are not well served by their illustrations and tables. On page 15 the text reads: "The changes in vaginal secretions are described in the accompanying chart (Table 2). If you are fortunate enough to have access to a microscope . . . ." (for viewing the vaginal mucus: I felt I needed it for looking at Table 2, which was interesting in detail but minute in scale!

The booklet goes on to give a useful review of the causes of premenstrual tension, dysmenorrhoea, and irregular periods and discusses the mythology of menstruation and the attitudes to premenstrual tension and menstruation of sufferers and their families, as well as their doctors. The appropriate drugs and rationale of using them are explained well and much useful advice is given under the heading "Self-help". Though many doctors would not be sure

of the efficacy of raspberry leaf tea, at least it is harmless.

Although I agree that we should be able to "throw off the shame, guilt, and secrecy surrounding menstruation", I really cannot go as far as the authors, who are declared feminists, in their contention that this will lead us to enjoy it, nor do I consider that this is an acceptable approach for most of our patients.

I do not agree that doctors foist hysterectomy on their patients; I find patients often raise the subject themselves. I was glad to see that the D and C is not given undue emphasis: I consider it to be an overperformed operation of doubtful value (*February Journal*, p. 68).

The series of Virago Handbooks is probably not one which general practitioners would normally look at but this volume certainly merits attention from both male and female doctors, and recommendation to those patients who would be able to understand it.

JANE RICHARDS

### ACCIDENT AND EMERGENCY MEDICINE

*W. H. Rutherford, P. C. Nelson,  
P. A. M. Weston and D. H. Wilson*

*Pitman Medical  
Tunbridge Wells (1980)*

393 pages. Price £29.00

The specialty of accident and emergency medicine is comparatively new, and this comprehensive book is probably the first to cover the subject in such depth. It is interesting to note the similarities between this subject and general practice: both specialties are at present defining their aims and objectives, the nature of their training, and their areas of influence. In addition, both have organizational problems and require a broad range of skills and knowledge.

The book contains five main sections, covering organization, life-threatening emergencies, major conditions (stretcher patients), minor conditions (walking patients), and specialized topics. Since almost any condition can present at an accident and emergency department, subjects covered range from major trauma to headache, so that management of the non-urgent medical conditions described differs little from that in general practice. Many patients attending accident and emergency departments really should seek the help of their general practitioner and the authors feel that often such patients receive scant attention from junior acci-

dent and emergency doctors. Four possible solutions are suggested: patient education, patient redirection, hospitals accepting a full primary care role out of hours, and keeping a few health centres open 24 hours a day! Although the importance of communication with the general practitioner is stressed, I feel the scope and role of general practice is not always fully appreciated; for instance, it is recommended that a patient with abdominal pain either should be admitted or sent home with arrangements for further outpatient supervision and investigation.

The book is large—21.5 cm x 28 cm (8½ ins x 11 ins) with two columns per page, making it easy to read. There are a great many clear illustrations of x-rays, equipment, practical procedures, and injuries received by patients (including a photograph of a human bite of a scrotum!)

I have little doubt that this volume will become essential reading for doctors making a career in accident and emergency medicine. General practitioners who work in community hospital accident and emergency departments will find the sections on wounds, principles of dressings and soft tissue injuries particularly useful, and may feel it worthwhile purchasing a copy for the accident department.

CLIVE STUBBINGS

### ALCOHOLISM—A TREATMENT MANUAL

*Wayne Poley, Gary Lea and  
Gail Vibe*

*John Wiley (1979)  
Chichester*

159 pages. Price £9.25

In New York State cirrhosis of the liver has taken third place as a cause of death in the population aged 25 to 64. In France 40 per cent of the total expenditure for health services is attributable to treatment of alcohol-related diseases, and cirrhosis has now overtaken carcinoma of the lung in the mortality statistics. Thus, it never ceases to amaze me how our profession justifies its ignorance and obvious dislike of the subject of alcoholism. There is no longer any excuse: at last we have a good choice of short manuals on the subject to which I would add this useful little book from Canada.

It is written by three young psychologists who have experience in various aspects of alcoholism. It describes the problem clearly in jargon-free, precise