

the possibility that copies of the radiographs can be made at low cost and of a convenient size for portage and filing, so that they could be made available to general practitioners for inclusion in the patients' notes.

I feel that the College should press for these measures to be adopted since they would undoubtedly increase the quality of patient care which general practitioners can provide in a cost-effective manner.

The Doctors' House,  
Claremont Road,  
Marlow.

B. JAMES

### DIPLOMA IN SEXUAL MEDICINE

Sir,

I was most interested in Dr E. Ronald Seiler's letter in the *May Journal*. I have already tried to interest the Society of Apothecaries in a diploma in sexual medicine without success.

I would gladly help the College in any way I can, should it decide to explore this matter further.

E. J. TRIMMER

*Editor, British Journal of Sexual Medicine*

359 Strand,  
London, WC2R 0HP.

#### REFERENCE

Seiler, R. (1975). *Journal of the Royal College of General Practitioners*, 25, 348.

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## BOOK REVIEWS

### **Kitchen sense for disabled or elderly people (1975).**

FOOT, SIDNEY; LANE, MARIAN; MARA, JILL.  
Pp. 218. London: William Heinemann.  
Medical Books for the Disabled Living  
Foundation. Price: £1.25.

One of the hard things to admit to is disablement that accompanies age, quite apart from disablement from disease or injury or as a sequel to short acute illness. These authors co-operated in writing this readable book, illustrated by clear line drawings. It is useful too for all those who need not yet admit to disability from any cause save natural incompetence and lack of experience.

The editor is herself a disabled housewife and was at one time Education Officer to the Design Council. She has, as well, written the section on kitchen arrangements with its pitfalls and how to avoid them by rearrangement and avoiding unnecessarily costly fittings. She advises on frugal maintenance of structure and gadgets, lighting and ventilation leading to precious independence of home life. She has obvious experience in devices for opening and mixing with one hand, or with two that are weak and tremulous as well as helping with the practical illusion of the third hand that all of us long for at times. Advice is provided on switches and plug points for safety and value on putting on with one's elbow, or working from a wheelchair, cooking and cleaning too, and on accessible storage.

The rest of the book is written by a one-time occupational therapist in hospitals and by a past teacher of home economics now in test kitchens for a large retail store. The whole book is pervaded

by a practical consciousness of preventing accidents.

A wide range of recipes, varied in flavour and texture for daily use and special occasions and including vegetarianism are provided. These are preceded by a simple section on diet without fuss, save in obesity, and on principles of nutrition generally. The directions for recipes are simple and clear and good reading for the greedy. Means of achieving shopping for the severely disabled, problems of opening tins, bottles and packages are all dealt with. Accessory food helps such as meals on wheels, take-home meals and luncheon clubs are all provided with sources of addresses.

Appendix A provides a classified list of services and manufacturers, construction for doors and windows, cupboards and wide varieties of aids and services. Appendix B has again classified lists of recipe books, books on special simplified clothing, how to modify and adapt, gardening, entertainments and hobbies, on hospitality and in fact many features to maintain independence when that is one's chief object in living.

The presentation of each section is clever, attractively facing difficulties without wordiness, as for instance each list of ingredients balanced by a list of tools to be used. A single sentence of general advice at the bottom of each page stimulates the reader. This reviewer hopes never to be without a copy, with thanks to the Campbell Soup Company for financial assistance, thus keeping the price to £1.25. It is as valuable for men as for women and especially for those who are giving lectures in primary medical care.

ANNIS GILLIE