

BOOK REVIEW

OBESITY: THE REGULATION OF WEIGHT

P. S. Powers

*Williams & Watkins
Baltimore and London (1980)
443 pages.*

A fat paperback itself, this contains more information than most general

practitioners would want to try digesting: it is heavily weighted towards the psychiatric aspects of its subject (the author is an American academic psychiatrist), with numerous case reports and illustrations of the self-perceptions of obese patients. On the other hand, some readers may appreciate both its splendid comprehensiveness and its inclusion of the many ideas about dieting and obesity which are little known in this country—aerobic dancing, for in-

stance (weight watchers on the move?). As a whole it is both less appropriate and less readable than the classic British text by Craddock (1973).

S. L. BARLEY

Reference

Craddock, D. (1973). *Obesity and its Management*. 2nd edn. Edinburgh and London: Churchill Livingstone.

REPORTS

Fourth National Trainee Conference

AT the suggestion of the Royal College of General Practitioners, the fourth National Trainee Conference was held at the University of Exeter from 15 to 17 July 1980, and hosted by the trainees from the Department of General Practice, University of Exeter. There were 250 participants from all over the United Kingdom; about 200 were trainees and the rest were regional advisers, plus representatives from national organizations with an involvement in vocational training, such as the Joint Committee on Postgraduate Training for General Practice (JCPTGP), Councils for Postgraduate Medical Education, National Association of Clinical Tutors, National Association of University Teachers in General Practice, Department of Health and Social Security, and the Royal College of General Practitioners.

Tuesday morning

After a welcome by Dr Harry Kay, Vice-Chancellor of the University of Exeter and Conference Chairman Dr Clare Ronalds, an Exeter trainee, Dr Peter Selley, Exeter trainee and JCPTGP member, gave a brief résumé of the history of vocational training, the setting up of the JCPTGP in 1976 and the introduction of the Vocational Training Regulations which came into operation in February 1980.

Dr John Chisholm, Chairman of the trainee sub-committee of the General Medical Services Committee (GMSC), gave a masterly explanation of the content and meaning of the Act with great clarity. There

followed a discussion from the floor, chaired by Dr Peter Robinson, Exeter trainee, from which it became clear that there were many anxieties about the equivalence of equivalent experience. The good humour and warm welcome of the first morning set the tone for the rest of the conference.

Tuesday afternoon

After lunch Dr Alastair Donald, Chairman of the Council of the Royal College of General Practitioners, chaired a session entitled "Trainee Participation". Dr Peter Ellis, from the trainee sub-committee of the GMSC, explained his role on the JCPTGP and Dr Doug Russell, a trainee from Carmarthen, discussed regional trainee representation on the GMSC. Dr Angela Douglas (Exeter) had hurried back from a General Medical Council disciplinary committee to explain her role as a recent ex-trainee on that body. Dr Jim Skidmore, Newcastle trainee, gave an account of trainee representation at regional level on university-based committees. The confusion over the vast array of committees and initials was clarified by a handout which showed national, regional, and local committees, their interactions and degree of trainee involvement. In the discussion that followed, GMSC representatives emphasized their concern at the lack of feedback from trainees whom they represent. It became clear that there were marked regional variations in trainee participation.

The first day's work was concluded with an illustrated lecture by Dr Eddie Josse, Chairman of the JCPTGP, on the organization and supervision of training.

© *Journal of the Royal College of General Practitioners*, 1980, 30, 636-638.