

I realize that I have a chronic, so-called, incurable disease, but I do feel that something ought to be done and that it is wrong for so many mentally active people to deteriorate in the world's various institutions without much quality of life.

SUE LACEY

Colman Hospital  
Caroline House  
Unthank Road  
Norwich  
Norfolk.

## COLLEGE ACCOMMODATION

Sir,

I was very concerned to read the comments by Dr Browne (November *Journal*) about the attitude of staff at Princes Gate. Since the College moved to its present headquarters I have never found the staff to be other than friendly, helpful and anxious to be of service on any matter, whether it be official College business or social arrangements, important or trivial. Indeed, one of the great joys to me of

being a member of the College is the warm friendliness of the atmosphere at its headquarters.

I am sure that I am far from alone in feeling that the timely elevation of the retiring Administrative Secretary, James Wood, to Honorary Fellowship, is a tribute not only to his considerable personal contributions to the College's wellbeing, but also, by implication, to the devotion to the College's interest at all levels of the staff who have served under him, and who will, I am sure, continue to serve under his successor.

ALAN GILMOUR

8 Holly Bush Lane  
Sevenoaks  
Kent.

Sir,

As a College member who has been required over the years to spend a considerable amount of time in the College at 14 Princes Gate, I was surprised and disturbed to read in the November issue of the *Journal* the letter of criticism of the accommodation and service at

Princes Gate. I cannot comment on the particular criticism expressed, but I have never had anything but kindness and consideration from the steward, his wife and their staff. They work extremely long hours, are always cheerful, pleasant and anxious to help. The standard of service in my experience compares very favourably with accommodation for which one would pay several times the price elsewhere in London. Following the happenings at the Iranian Embassy recently, the staff at Princes Gate carried out their duties in extremely difficult circumstances. The steward and his wife, who had only recently moved into their new home at 15 Princes Gate, were flooded out. They continued to serve our members courteously despite their personal problems.

I hope, Sir, that you will publish this letter so that I may express my gratitude and support to them publicly. Many other members of the College, I am sure, would echo this.

J. A. R. LAWSON

The Ridges  
458 Perth Road  
Dundee.

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## BOOK REVIEWS

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### HYPERTENSION

Julian Tudor Hart

Churchill Livingstone (1980)

324 pages. Price £7.50

The final takeover of the real empire of hypertension by general practice is symbolized by the publication of this excellent, essential and revolutionary monograph. Poignancy was added, for me, when my review copy arrived on the same day as the news of Sir George Pickering's death. In his foreword to the book Pickering writes, "Since hypertension is essentially a malady for family doctors it is a timely work."

I cannot do better than to quote from the eminently quotable Julian Tudor Hart's text:

"There are already plenty of books telling us what can be done, granted sufficient time and resources, for individual patients; what we have to learn is not how to do more and more (perhaps too much) for a few people, but how to give basic minimum care to a great many people . . . . ."

"Ascertainment is quick, simple and easy; follow-up and treatment are com-

plex, difficult, and last the lifetime of doctor and patient.

" . . . . . effective care depends most of all on continuity and understanding of the patient's total environment . . . . ."

" . . . . . people who feel healthy should not be terrified into sick status . . . . ."

For those who believe that general practice involves the care of a whole practice population, not only those who present themselves to the doctor, this book reaches a high standard of clarity, relevance and comprehensiveness. We must expect that those who do not appreciate this approach (and this will doubtless include learned reviewers from ivory tower medicine), will object to the inclusion of substantial parts on organization and audit. But the section "Scientific Background" is as large as "Management", and no one could complain that the essential scientific and traditional basis of clinical management has been ignored.

For the practice, for the postgraduate library and, indeed, for the undergraduate too, this book is highly recommended.

M. J. AYLETT

### NO SMOKE

R. East and Bridget Towers

Kingston Polytechnic  
Penrhyn Road, Kingston-upon-Thames KT1 2EE (1979)

78 pages. Price £2.00 (post free)

### ORGANISER'S HANDBOOK FOR THE OCCUPATIONAL QUIT SMOKING PROGRAMME

R. East and Wendy J. Moreton

Kingston Polytechnic  
Penrhyn Road, Kingston-upon-Thames KT1 2EE (1980)

39 pages. Price £3.00 (post free)

The authors of these two pamphlets, who are members of the Health Education Research Team at Kingston Polytechnic, have designed imaginatively a programme to assist individuals and groups to give up smoking. *No Smoke* describes the dangers of smoking and the step-by-step approach of their Quit Smoking Programme. The first three weeks includes a self-analysis of atti-