

stant theme, and an excellent one, is that the diabetic patient will not achieve a satisfactory life by dull, rigidly controlled living in terms of diet and activity, but by thoroughly understanding his disease.

Successive chapters discuss the practical aspects of living a diabetic life in a sensible manner. Most of the topics that patients raise rather timidly have been covered and there are good chapters on children with diabetes, and emotional reactions to diabetes.

Unfortunately, the one taxing chapter for the non-medically trained patient, concerning the chemical nature of diabetes, is the first one, which may well discourage some readers, in spite of the good diagrams and summary.

The book would be excellent for most diabetics, but it would be particularly valuable for the intelligent but difficult patient who finds diabetic life intolerable. Such a patient might be persuaded to borrow the book from the practice or buy it for himself. The results might be

interesting. However, the patient who has read this book will be in an excellent position to audit his doctor—so administer with care!

The general practitioner will learn nothing new from this book. The important point is to know that the book exists.

A. P. KRATKY

### LECTURE NOTES ON GYNAECOLOGY. 4TH EDITION

J. Barnes

Blackwell Scientific Publications  
Oxford (1980)

Price £4.75

The fourth edition of this book is slightly larger than my well-thumbed second edition which helped me over the hurdles of MB and DRCOG examin-

ations. It has roughly the same number of pages but the content is set out in a more spacious manner which makes it far more readable. The plates in black and white are slightly disappointing, although the line drawings are improved and seem to be more prolific.

Explanation and discussion of the conditions considered are much fuller in this edition, making it more complete and, in many cases, overcoming the need to consult other books for clarification.

The chapters on infertility, contraception and sterilization are particularly well presented. The relative efficiency of the various methods of contraception is lacking. A collection of representative examination questions is given towards the end of the book.

In summary, this is a useful book which can be read in a few evenings, to bring the student, trainee, or principal right up to date in gynaecology.

PAUL PRESLEY

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