
MEDICAL LITERATURE

BOOKS REVIEWED

THE EMOTIONAL EXPERIENCE OF LEARNING AND TEACHING

I. Salzberger-Wittenberg, G. Henry
and E. Osborne

Routledge and Kegan Paul,
Henley-on-Thames (1983)

176 pages. Price £5.95 (paperback)

There is a conflict between doctors' personal insecurities and society's expectation that they will display emotional integrity and strength. Whether students or teachers, our need to examine this concept is great, as is our reluctance to do so. Seeking their evidence mainly in the school classroom and their interpretation through a psychoanalytical model, the three authors (from the Tavistock Clinic) describe the complex relations between emotion and learning, teacher and pupil.

Alas, although the arguments are cogent, the parallels between classroom and clinical practice are faintly drawn.

The necessarily anecdotal evidence is impressive, but its impact is diminished by an unselective and discursive presentation. A heavier editorial hand might have resulted in a short, stimulating and more effective text. Despite the importance of this aspect of education, I regret that I am unable to recommend this book to general practice teachers.

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THE BTM (BODY TONE MAINTENANCE) PROGRAMME

Donald McLaren

Penguin Books, Harmondsworth
(1984)

127 pages. Price £1.50

This little book carries the message for the general reader, 'Your health is in your own hands.' We should feel better if we took more active physical exercise, always ate a sensible diet and learnt to relax. Furthermore, these simple measures, it is argued, would greatly reduce the risk of 12 chronic disorders,

each of which appear commonly on death certificates. The blurb on the cover says, 'This is a totally new approach to health care.' Of course it is as old as the hills, or at least as old as the Hippocratic writings.

Some doctors who have been preaching this message to their patients for many years may revolt at the title of the first chapter, 'Why doctors are bad for your health.' This states the well-known fact that so much public money and doctors' time is spent on treating diseases that there is too little of either resource left for health care and health education. The world 'tone' has many meanings, as is pointed out, and the title may be inappropriate. Donald McLaren and I were for some years colleagues in the Physiology Department of Edinburgh University and I am not very happy about his attempts to support the advice on relaxation by his considerations of the tone of either skeletal or smooth muscle. Nevertheless, the practical advice on exercise, diet and relaxation is sensible and orthodox.

This is a good book for patients; put a copy in the waiting room but attach a string to it.

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BOOKS RECEIVED

THE CONSULTATION

An Approach to Learning and Teaching
David Pendleton, Theo Schofield, Peter Tate
and Peter Havelock. Oxford University Press,
1984. 117 pages. Price £9.95 (paperback).

INTERFERENTIAL THERAPY.

Brenda Savage. Faber, London, 1984. 117
pages. Price £2.95 (paperback).

CLINICAL ASPECTS OF AGING (2nd edition).

William Reichel (editor), Williams and Wil-
kins, London, 1984. 642 pages. Price £37.25.

THE JOURNAL OF A DISAPPOINTED MAN & A LAST DIARY

W. N. P. Barbellion, Hogarth Press, London,
1984. 383 pages. Price £4.95 (paperback).

CASH'S TEXTBOOK OF ORTHOPAEDICS AND RHEUMATOLOGY FOR PHYSIO- THERAPISTS

Patricia A. Downie (editor), Faber, London,
1984. 638 pages. Price £7.95 (paperback).

DISTRICT POLICY FOR SMOKING- RELATED DISEASES. Recommendations of a working group.

Unit for continuing education, Dept Com-
munity Medicine, University of Manchester,
1984. 27 pages. Price £5.00.

MEDICINE FOR THE PRACTISING PHYSI- CIAN, J. Willis Hurst, Butterworth, Seven- oaks, 1983. 1969 pages. Price £65.00.

THE CLINICAL NURSING UNIT, Alan Pear- son, Heinemann, London, 1983. 111 pages. Price £4.95 (paperback).

THE USE OF COMPUTERS IN GENERAL PRACTICE. John Preece, Churchill Living- stone, Edinburgh, 1983. 193 pages. Price £15.00 (paperback).

EXOTICA, William St Clair Symmers, Oxford University Press, 1983. 226 pages. Price £8.95.

IATROGENIC DISEASES (2nd edition). UP- DATE 1983, P. F. D'Arcy and J. P. Griffin, Oxford University Press, 1983. 288 pages. Price £40.00.

Notes on THE DIAGNOSIS OF OCCUPA- TIONAL DISEASES, Department of Health and Social Security, HMSO, London, 1983. 63 pages. Price £4.00 (paperback).

PSYCHOSOCIAL BASIS OF HEALTH CARE, Charles L. Bowden, Alvin G. Burstein (edi- tors), Williams and Wilkins, Baltimore, Lon- don, 1983. 301 pages. Price £12.00 (paperback).

DRUG SAFETY IN CLINICAL PRACTICE, Peter I. Folb, Springer-Verlag, New York, Berlin, Tokyo, 1984. 194 pages. Price DM38 (approx. £9.75) (paperback).

OXFORD TEXTBOOK OF PSYCHIATRY, Michael Gelder, Dennis Gath and Richard Mayou, Oxford University Press, 1983. 883 pages. Price £35.00 (cloth), £20.00 (paper covers).