



ANXIETY IN CLINICAL PRACTICE

Andrew Sims and Philip Snaith
John Wiley, Chichester (1988)
103 pages. Price £16.50

Anxiety as a disorder is not well served by the larger textbooks and training in its management tends to be neglected. This useful book is well written and the definitions at the outset ensure that the reader knows precisely what the authors are discussing. The chapter on historical perspective includes a great deal of information in a condensed but palatable form. The reading lists at the end of each chapter are short but include many complete books and in some instances specific references would have been preferable. The index is similarly brief.

As the authors point out, it is often difficult to get patients themselves to accept they have improved. Monitoring reduces this problem, and this book includes rating scales in the text. Permission is given to photocopy these forms but it is a pity they are not provided in separate card form, complete with the required acknowledgement, in order to facilitate their use.

This book will be of value to community mental health teams who now receive many referrals for 'anxiety management' and general practitioners would also do well to read it as they may not then need to refer such patients. The techniques of management advocated in the book are relatively inexpensive.

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AIDS: THERAPEUTICS IN HIV DISEASE

Michael Youle, Janet Clarbour, Paul Wade and Charles Farthing
Churchill Livingstone, Edinburgh (1988)
162 pages. Price £7.95

This is a highly practical pocket-sized manual which is destined to become well-thumbed if not positively dog-eared.

It is a compendium not only of treatment but also of diagnosis. Chapters on the chest, gut and skin list conditions ranging from *Haemophilus influenzae* to *Pneumocystis carinii* pneumonia, nausea to cryptosporidiosis, dry skin to tinea unguium. However, there is no entry on rhinitis which is common and troublesome to manage.

The management of Kaposi's sarcoma and of psychological problems, from anxiety to dementia, are considered. There are notes on antibody testing and counselling, and a chapter on control of infection. Current and prospective anti-retroviral therapies and their proposed modes of action are discussed. Most chapters have a list of references. An appendix of drug information sheets, acyclovir to zidovudine, closes the book.

Many drugs used in the acquired immune deficiency syndrome (AIDS) are experimental or on trial and will be unknown to most general practitioners (foscarnet, eflornithine, pentamidine); and familiar drugs may be used in unfamiliar dosages (pyrimethamine/sulphadoxine daily for life). Some drugs are

licensed but not for the use to which they are put in AIDS, and responsibility for using them lies with the prescribing physician.

This guide is valuable not only for the therapies it outlines but also in its reminder that common medical conditions seen every day in the surgery may be ominous in patients who are seropositive for the human immunodeficiency virus (HIV). If you are going to prescribe for HIV positive patients, you need this book: it will almost certainly help you do it better.

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THE LAST TABOO

Sexual abuse of children

Gay Search
Penguin, Harmondsworth (1988)
178 pages. Price £3.99

INNOCENT VICTIMS

The question of child abuse

Alan Gilmour
Michael Joseph, London (1988)
198 pages. Price £6.95

The events at Cleveland and the subsequent public enquiry have focused the public consciousness on the subject of child abuse, particularly child sexual abuse. The size and scale of the problem is recognized now in a way that would not have seemed possible three years ago. The subject is now seldom out of the newspapers or off our television screens.

How can such abuse be tackled by the individual, the family, society at large and those professionals with a particular responsibility for dealing with the problem?

In *The last taboo* Gay Search concentrates on the most emotive form of child abuse, namely sexual abuse. She discusses how and why the sexual abuse of children has become so widespread and she gives her thoughts on the ways in which society as a whole can try and prevent it. Her advice is based on many interviews with abused children, offenders, psychiatrists, counsellors and social workers and her book is a comprehensive and dispassionate presentation of the subject. It is written in a conversational style that is easy to read and puts across the facts in a succinct and interesting manner. This book would be of particular interest to professional people with a special interest in sexual abuse.

Alan Gilmour's book, *Innocent victims*, is of more general interest, particularly to those working in primary health care. Dr Gilmour, Director of the National Society for the Prevention of Cruelty to Children, provides a wide range of facts and information about the whole range of child abuse in his book and the royalties from its sale will be donated to the NSPCC. It is written in a clear and concise manner and the chapters can be studied separately as time allows. Certainly the book warrants the attention of anyone who has not read at least one