



### **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.

JUDITH M. BURGESS  
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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.

ANDREW HELEY  
*Principal medical officer to the Foundation for AIDS*  
*Counselling, Treatment and Support, Enfield*

### **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

definitive work on the subject of child abuse since it highlights the different types of abuse ranging through neglect to physical, sexual and finally emotional abuse. After giving some indication as to why things may go wrong Dr Gilmour goes on to advise on methods of dealing with the problem, protecting the child and preventing cruelty in all its various forms.

CLIVE FROGGATT  
*General practitioner, Cheltenham*

### BEYOND SEXUAL ABUSE

#### Therapy with women who were childhood victims

Derek Jehu  
*Wiley, Chichester (1988)*  
352 pages. Price £34.95

In the wake of the events at Cleveland when child sexual abuse is uppermost in the thoughts of many practitioners it is helpful to consider the effects of childhood abuse on adult women. Although this book indicates briefly the incidence of child sexual abuse in other countries and reports on studies which have taken place in other centres the majority of the book describes the effects of child sexual abuse on 51 women undergoing treatment for sexual dysfunction.

The book describes in depth the effects of abuse on this group of women and how their difficulties were overcome with therapy. However the number of women in the study is too small for there to be any conclusive evidence of the benefit of a particular therapy, and many of the tables fail to give figures for controls.

Although the book is interesting and gives greater insight into the possible long term effects of sexual abuse, I would not recommend it to a general practitioner unless he or she had a particular reason for acquiring such depth of knowledge. The preface describes the book as a manual which therapists might wish to draw upon in their own practice but I think that it is unlikely that many general practitioners in the UK would feel confident to undertake such detailed assessment and therapy with victims of abuse.

JACKY HAYDEN  
*General practitioner, Bury, Lancashire*

### THE CHILD'S WORLD OF ILLNESS

#### The development of health and illness behaviour

S.R. Wilkinson  
*Cambridge University Press (1988)*  
288 pages. Price £30.00

If a child who feels ill is to receive appropriate help from the adults who care for him, he must be able to communicate his discomfort and know that his message has been received and understood. The development of a child's understanding about health and illness and the various ways in which this is communicated are the central theme of this book. It is unfortunate therefore that 'the voice of the child' gets lost among the abstract concepts and jargon which, in spite of a glossary of terms, make heavy reading.

Those with the stamina to persevere will find much useful information relevant to consultations with children and their parents. I particularly liked the ideas for improving health education to make it more meaningful to children and to encourage them to become healthier adults.

However, a more readable book would have reached a larger audience and had more impact on the level of understanding between adult and child, helping to answer questions like the one posed by my four year old who, after complaining

that he had tummy ache said, a minute later, 'What is tummy ache?'

ANGELA DOUGLAS  
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### A NATURAL HISTORY OF EVERYDAY LIFE

#### A biographical guide for would-be doctors of society

Lord Taylor of Harlow  
*British Medical Association, London (1988)*  
475 pages. Price £19.95

Dr Stephen Taylor, Lord Taylor of Harlow, who died in February 1988, was a man of many parts and it is fortunate for us that the editor of the *British Medical Journal* invited Lord Taylor to write in the *Memoir Club* series.

I knew Stephen Taylor for his work in general practice. He was a big man, restless but stimulating. He qualified from St Thomas's Hospital, London in 1935 and he does not appear to have had much of a clinical career. Nor did his wife Charity who, medically qualified, became the first governor of a women's prison. However, he had a great influence on medicine. Involved in social science he helped to organize the forerunner of the general household survey during the second world war. Immediately after the war he was elected to the House of Commons and later made a life peer. He was a 'breaker' of the doctors' strike in Saskatchewan, Canada in 1962-63 and was later invited back as president and vice-chancellor of the Memorial University, Newfoundland. He was influential in shaping modern general practice and was the author of *Good general practice* (Oxford University Press, 1954) which is a seminal book based on survey visits to 30 'good' British general practices. Immediately after this he organized the setting up of purpose-built health centres in Harlow new town.

The book could have been shorter but it is well worth reading not only to get an insight into the man but to note his views and comments on the many interesting people he became involved with. For general practitioners the 100 or so pages on the beginnings of the National Health Service, the state of general practice in the 1950s and the planning of the Harlow health centres make fascinating reading.

JOHN FRY  
*General practitioner, Beckenham, Kent*

### TRANSCULTURAL MEDICINE

#### Dealing with patients from different cultures

Bashir Qureshi  
*Kluwer, Lancaster (1989)*  
228 pages. Price £25.00

*Transcultural medicine* is a fascinating compilation of information about ways in which different ethnic backgrounds are linked with different illnesses and how cultural factors influence the way in which illnesses present. Dr Qureshi rightly includes the ethnic Europeans in his refreshingly direct look at the problems of communication and diagnosis in different ethnic groups. The book makes fascinating reading as well as being a useful source of information. There are 27 short chapters and this makes it an easy book to dip into. Its breadth is illustrated by the analysis of a famous cricketing incident which is contained in the final chapter.

Dr Qureshi has written an entertaining but also an important book. It sheds light on problems of communication which exist between people of different ethnic and cultural backgrounds and its importance therefore extends beyond the confines of consultation between a doctor and a patient.

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