

order to settle in what to us is familiar territory, but to them is alien, foreign and fearful. *Counselling and therapy with refugees* offers many practical insights into the psychological problems produced by this sort of upheaval. For example, there are special sections in the book which deal with the problems among the children of refugees and the issue of sexual abuse.

Practical examples abound in the book. For example, in many cultures a person would never consider talking about his or her emotions outside the immediate family circle, so the general practitioner or counsellor is probably never likely to learn how the person really feels. In such cases the suggested solution is that a family member acts as an interpreter and becomes part of the counselling team, supervised by the doctor. The interpreter thus becomes a co-therapist with the doctor.

There is a useful section on the increased suicide risk in refugees. Refugees have often been in traumatic situations in their home country, then have had to escape and travel to a foreign country. At this stage their fears are increased because they often have to spend a long time waiting for their request for asylum to be processed. They feel helpless, in fear of being sent back to their own country, have no worthwhile work, are in a strange culture, and are therefore at high risk of suicide. There is a useful list of signs of increased suicide risk in such refugees.

This is a handy reference book, and could usefully be added to each practice library.

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MINOR SURGERY: A TEXT AND ATLAS (second edition)

J S Brown

Chapman and Hall, London (1992)

326 pages. Price £55.00

Many years before the new contract for general practitioners in 1990, minor surgery in general practice was practised by only a few enthusiasts. One of those was John Stuart Brown, who published many papers on his work. In 1986 the first edition of his work *Minor surgery: a text and atlas* appeared. It surpassed anything written before or since on the subject. Most importantly, it was written by a general practitioner. Having used the first edition myself for six years, I did not think it could be bettered.

However, the second edition is better. Changes have been made to reflect the increase in minor surgery in general practice with the new contract, including more on steroid injections into joints and soft tissues, cryotherapy and more techniques for treating ingrowing toenails. Also, a chapter on the medicolegal aspects of minor surgery has been added, with the help of Patrick Dando.

This is an excellent book with outstanding colour illustrations, and sound advice on all the procedures described. In addition, there are warnings on what not to do in the general practitioner's surgery, and what should be referred to a specialist surgeon. No practice library should be without this book, it is the 'bible' of minor surgery for the general practitioner.

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