

Dealing with life difficulties

Cognitive Psychotherapy: Theory and Practice. Ed by C. Perris, I. M. Blackburn and H. Perris. Pp. viii + 422. Illustrated. DM 148. Berlin: Springer-Verlag.

The purpose of this book is to consolidate current theories about cognitive psychotherapy, one of the newer treatment methods that is gaining increasing support. What is cognitive psychotherapy? — you may ask. Essentially, it is an approach developed by Aaron Beck, Alberg Ellis and their followers to draw on the power of

conscious, rational thought to deal with life difficulties. The implicit message is that human beings can take responsibility for how they perceive and judge events, and hence can draw on their cognitive resources to achieve their goals.

In the opening chapter of this comprehensive book written by many practitioners of cognitive behavioural therapy in Europe, the philosophic foundations that date back to Epictetus (AD 60) are set out. The authors not only present the theoretical underpinning of this approach, but also compare it with the other therapies,

notably psychoanalytic psychotherapy and behavioural therapy.

The application of cognitive psychotherapy to depression (its original *raison d'être*), phobias, personality disorders, anxiety disorders, eating disorders and psychotic states, are developed in the various chapters of the book. Each author develops his or her contributions in a thorough and academic way, a tribute to the care of the editors, based in Umea in Sweden and in Edinburgh.

This approach to therapy that respects the power of rational

thought and the role of cognitive processes in symptom formation and resolution is proving increasingly popular. This book will contribute to its acceptance in training schools and therapeutic practice. It deserves a place on the shelves of academic centres and in departments committed to training students in the various psychotherapies.

Eleanor S. Nash

Orthopaedic microsurgery

Microsurgical Technique in Orthopaedics: Ed. by Robert W. H. Pho. Pp. 183, R569. London: Butterworths. 1988.

The remarkable practical success of orthopaedic microsurgery is a tribute not only to those who are finding the frontiers of the art, but to those who sustain on-going service competence by laboratory rehearsal, team practice and by their constant availability. But an essential contribution to expeditious management and tissue preservation is knowledgeable awareness by the first-line practitioner — in a trauma unit or in the village.

This book clearly, easily and enjoyably reveals what the orthopaedic microsurgeon needs and offers. Perhaps even more important than dramatic re-implantation is elective transplantation of composite tissues — vascularised bone, muscle, and skin, and micro-restoration of peripheral nerves. This volume emphasises the clear benefits of microsurgical transplantation over some conventional forms of management, particularly in infection and non-union of bone; many established techniques are now inexcusably inferior substitutes for microsurgical grafting.

The editor brings his established microsurgical expertise as Professor of Orthopaedic Surgery at the National University of Singapore to paper, with an eclectic collection of chapters by 15 respected microsurgeons from the Republic of China, Hong Kong, Japan, Switzerland and the USA.

The section on the training and technique of microvascular surgery is a neat and clear résumé, but of course does not imply that there is any substitute for a formal, well-disciplined, laboratory and clinical apprenticeship.

In displaying wonderful achievements in surgery this book will provide the undergraduate and non-specialist graduate with an awareness of what microsurgery offers, so necessary if closure of the circle from initial management to ultimate healing is to be widely fulfilled.

Only the price can exonerate this book's absence from any collection of surgical literature.

J. P. Driver-Jowitt

Urology

Urological Pathology: Ed. by William M. Murphy *et al.* Pp. x + 603. Illustrated. £78. Northmead: Harcourt Brace Jovanovich. 1989.

Somewhat surprisingly, no publication devoted to urological pathology has appeared since the work of Herbut in 1952. This hiatus has now been well and truly filled, and to review William M. Murphy's excellent book afforded a rare pleasure.

The scope of the subject falls comfortably into the 10 chapters into which the book is divided, each written by acknowledged experts in their particular field. This has enabled mature perspectives to emerge to help the reader gain direction in an area where the information explosion has been overwhelming.

All the chapters are good, but the first should be singled out for it is quite outstanding in its masterly treatment of the development and structure of the urogenital system. The referencing system is unobtrusive and the bibliographies that follow each chapter are encyclopaedic. It is pleasing to note that many of the older papers are still standing up well to the test of time.

One of the striking features of this book is its literary style. The editorial pen of William Murphy has been skilfully wielded, and the result is a text with uniformity of style. At a time when medical prose is often both turgid and turbid, it is a pleasure to encounter flowing sentences and paragraphs and even touches of wry humour. Does this have something to do with the editor's Irish antecedents?

A refreshing regard for integrating pathology with clinical situations comes through again and again, and this definitely enhances the appeal to urologists. For them as well as pathologists, this landmark book is quite simply a must.

There is a profusion of illustrations, many of them in colour, as befits the publication of this type, and the overall sheer quality of the book is a tribute to the editorial and design team of the W. B. Saunders company. The price tag of £78 is in line with current costs.

H. M. du Preez

CSF volume, pressure and resistance

Outflow of Cerebrospinal Fluid: Alfred Benzon Symposium No. 27. Ed. by F. Gjerris, S. E. Borgesen and P. S. Sorensen. Pp. 416. Illustrated. DKK 450. Denmark: Munksgaard. 1989.

The papers that were presented at the Alfred Benzon Symposium No. 27 in Copenhagen in June 1988, together with the discussions that followed them, constitute the material of this book. The subject is highly specialised, the topics largely experimental and the methods eclectic in the extreme, reminding one of the scientific interest in the ventricles that has extended from the age of the hand-lens to that of the magnetic resonance imager.

The text is divided into 5 major sections, beginning with a clear and beautifully illustrated review of the CSF pathways, an introduction to the resistance elements to the flow of CSF, and some surprising revelations relating to connections between the brain and CSF and the cervical lymphatics. This is followed by sections (3 - 4 papers in each) on: (i) measurement of resistance to CSF outflow in experimental models; (ii) methods of measurement; (iii) methodological errors; (iv) ventricular size, intracranial pressure

and resistance to CSF outflow; and (v) pressure gradients (including a paper on the physics of hydrocephalus).

The final section is devoted to clinical studies of resistance to CSF outflow in normal pressure hydrocephalus, benign intracranial hypertension and head injuries.

For those involved in the measurement of CSF volume, pressure and resistance to outflow, this book provides much more than a peep into this highly specialised field and even the expert could expect some profit. For the clinician it would be extravagant to claim that marked enlightenment or improvement in patient care will follow the most painstaking perusal of even the more clinical sections. Nevertheless, everyone should have access to this book through an academic library and those who wish for more than trifling contact with this difficult but potentially important and rewarding field will be glad of their own copies — though not for bedside reading.

D. Philcox