



to Z of outpatient surgery, including excellent discussions of anesthesia, preoperative tests and preparation, postoperative problems, pediatric surgical issues and areas in which concise patient education is required. A series of chapters reviews common surgical conditions and their management on an outpatient basis. This section is set out in a very clear, system-by-system way, from skin through breast, abdomen, vascular system, anus and rectum, ear, nose and throat, hand, reproductive system and urinary system. Also included are hernia, ophthalmologic, orthopedic and plastic surgery. Each of these chapters is very clearly written and well illustrated, with easy-to-understand line diagrams. The common diseases and their surgical treatment are clearly and simply described, together with what the patient should expect after the operation.

This book should be read by anyone for whom outpatient surgery has been recommended. It should also be part of the office library of all surgeons and family practitioners and be required reading for everyone involved in day-surgery units. At its low price, the book is excellent value and is recommended without reservation.

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### Free Your Mind: The Book for Gay, Lesbian and Bisexual Youth — and Their Allies

Ellen Bass and Kate Kaufman. 417 pp. Illust. HarperCollins Publishers, Toronto. 1996. \$19.50. ISBN 0-06-095104-4

**Overall rating:** Excellent  
**Strengths:** Speaks not only to lesbian, gay and bisexual youths but also to anyone who cares about them; extremely com-

**Weaknesses:** prehensive  
**Audience:** None  
All lesbian, gay and bisexual youths and their parents as well as schools and physicians who counsel youth or are involved with them in any way

This is a most wonderful book, which should be in every school library and should be read by anyone who has any contact with lesbian, gay or bisexual youths (which is pretty much all of us).

Lesbian and gay youths account for a third of all youth suicides; they are 2 to 3 times more likely to commit suicide than other young people. Up to 30% or 40% of runaway or homeless youths are gay and lesbian. School can be a real problem for these youths because of the verbal and physical harassment they experience. It is clear that these youngsters need more help to develop into fully integrated human beings with high self-esteem.

This book acts both as a primer and a reference. The authors cover all aspects of being a lesbian, gay or bisexual youth, from self-discovery to friends, family, school and religion. The book also contains substance for the most sophisticated allies of lesbian or gay youths. The allies here are important, as the book is geared not only toward lesbian, gay and bisexual youths but also toward anyone of any age who is an ally.

The text is peppered with vignettes from a variety of lesbian, gay and bisexual youths and their allies, so that almost every reader will find someone with whom to identify. In every chapter there are many references to lesbian and gay history and culture. This is so important, as it is almost invisible in mainstream society. There are boxes featuring well-known lesbian and gay historical figures, cartoons, posters, text and the vignettes. It is through hearing these young people speak that one gains an understanding of their lives.

As well as chapters for youths, there are chapters for parents of lesbian, gay and bisexual youths, for educators and for clergy. The book is easy to read, and its presentation and production are excellent. One does not need to read consecutive chapters; rather, one can go right to the area of interest.

The section on resources is amazing — any young lesbian, gay or bisexual person in trouble anywhere in North America would be able to find several resources.

Anyone who cares about lesbian, gay and bisexual youths in our country should read this book and help to make it available everywhere.

**Ruth J. Simkin, MD**  
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### Cancer and the Adolescent

Edited by Peter Selby and Clifford Bailey. 298 pp. Illust. BMJ Publishing Group, London. 1996. Distributed in Canada by the Canadian Medical Association, Ottawa. \$84.95 (\$70.95 CMA members). ISBN 0-7279-0893-6

**Overall rating:** Good  
**Strengths:** Includes the point of view of adolescents  
**Weaknesses:** The definition of adolescence, some aspects of epidemiology and the assessment of quality of life are poor  
**Audience:** Members of multidisciplinary teams caring for young patients with cancer

This British book addresses, in large measure, the special challenges of treating adolescents with cancer. Much of the material is of considerable value for health care professionals involved in the management of cancer in these young patients.

However, it is a pity that the age range of adolescence is defined differently in different chapters, especially