



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



in the first 3 chapters, which focus on epidemiologic aspects. As a result, the reader has difficulty determining which matters are of particular relevance to adolescents, rather than to younger children. This flaw is compounded by the overlapping age ranges given for childhood and adolescence in the opening chapter.

The first chapter sets considerable store by data from Canada, although the predominantly passive cancer-registration process in this country leads to systematic overestimation of the incidence of cancer in Canadian children. The authors of this chapter also fail to deal with the increasing evidence that Epstein-Barr virus plays an important role in Hodgkin disease. It is disappointing that an epidemiologist as distinguished as Sir Richard Doll attributes the marked increase in the reported incidence of thyroid cancer in children in Eastern Europe after the Chernobyl nuclear disaster to intensive case finding. If Doll visited the Children's Cancer Hospital in Minsk, Belorussia, as I have, he would be quickly disabused of such a notion.

The chapter on lymphoma is generally sound but does not mention the exemplary German studies of children with Hodgkin disease. The chapters covering soft-tissue sarcomas and bone tumours are excellent. Chapter 9, which is devoted to psychological and psychiatric effects, is a treasure trove of common sense from an experienced author. Likewise, chapters 10 and 12 are outstanding. A weaker chapter on "Quality of life in Hodgkin's disease and lymphomas" (sic) takes an almost exclusively descriptive approach and is based on anecdotal experience. This chapter makes no attempt to deal with the measurement of global health, relevant measurement instruments or the measurement of the severity of morbidity.

Chapter 16 deals with an important issue — "Where should patients

be treated?" — but leaves the reader dissatisfied. The discussion is based largely on the personal experience of the author. By contrast, the following chapters, entitled "Interacting with teenagers with cancer," by Margaret Evans, and "The impact of treatment: adolescents' views," by Dr. Christine Eiser, are simply superb. It is almost worth buying this book for these 2 contributions alone.

The highly variable quality of the chapters in this book should not be a disincentive to those who have an interest in the care of adolescents with cancer. The book contains many "pearls" that make it worth recommending. It should be required reading for those working in pediatric oncology.

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*Books and other media received*

*Livres et autres documents reçus*

**Addiction medicine**

**Women's Choices, Women's Voices: Healthy Drug-free Ways of Coping (Videocassette).** Addiction Research Foundation, Toronto. 1996. \$79.50. ISBN 0-88868-257-3. Aussi disponible en français.

**Women's Use of Alcohol, Tobacco and Other Drugs in Canada/Les Canadiennes et l'usage d'alcool, de tabac et d'autres drogues.** Edited by Manuella Adrian, Colleen Lundy and Marc Eliany. 263 pp. Addiction Research Foundation, Toronto. 1996. \$31.95. ISBN 0-88868-260-3

**Books for patients**

**A Time to Say Good-Bye: Moving Beyond Loss.** Mary McClure Goulding. 140 pp. Papier-Mache Press, Watsonville, Calif./Raincoast Books, Vancouver, BC. 1996. US\$14. ISBN 0-918949-74-2

**Cancer**

**This Battle Which I Must Fight: Cancer in Canada's Children and Teenagers.** Health Canada. 110 pp. Health Canada, Ottawa. 1996. Available free of charge. ISBN 0-662-24310-2

**Health care**

**Elementary Economic Evaluation in Health Care.** Tom Jefferson, Vittorio Demicheli and Miranda Mugford. 118 pp. BMJ Publishing Group, London. 1996. Distributed in Canada by the Canadian Medical Association, Ottawa. \$45.95 (\$37.95 CMA members). ISBN 0-7279-1074-4

**HIV/AIDS**

**Management of the HIV-Infected Patient.** Edited by Suzanne Crowe, Jennifer Hoy and John Mills. 437 pp. Illust. Cambridge University Press, New York. 1996. \$85. ISBN 0-521-45269-4

**Miscellaneous**

**Oral Anticoagulants.** Edited by Leon Poller and Jack Hirsh. 280 pp. Illust. Arnold, London, England; Oxford University Press Canada, Don Mills, Ont. 1996. \$136. ISBN 0-340-55266-2

**Psychology**

**Psychothérapies : Sur les sentiers de la psyché.** vol.6, no. 2-3 de *Psychiatrie, Recherche et Intervention en Santé Mentale de l'Enfant (PRISME)*. Rédactrice : Patricia Garel. 444 pp. Illust. Montréal (Qué.). 1996. 19\$ (3 vol., \$45). ISBN 2-921858-07-X