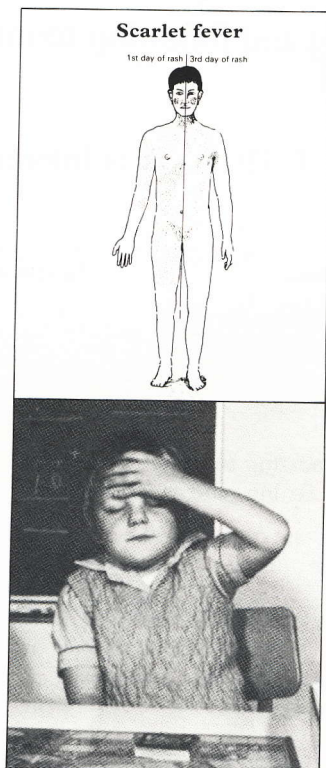

BOOK REVIEW



Once upon a time there was a friendly book about children . . .

Valman HB. ABC of One to Seven.

London: BMJ, 1998

“A picture is worth a thousand words”. In this neat book there are 202 black-and-white photos, 95 illustrations and 97 boxes, graphs or tables.

Multiply these by 1 000 and it adds up to a lot of quick visual information spread over only 129 pages.

This is a consultation-room “desk-top” manual: it concentrates on what you should do. (I keep it in the same box as my SA Family Practice Manuals on my desk)

There are 38 topics. Here is a sample of them

1. Accidents

2. Bronchial Asthma
3. Minor orthopaedic problems
4. Poisoning
5. Useful information
Whooping cough.

If you buy this book, you will be happy with it ever after. This Family Medicine friendly book can be ordered from:

George Warman Publication (Pty) Limited
PO Box 3847
Cape Town
8000

Price: R78,00

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ABSTRACT

Chronic Fatigue Syndrome Do herbs or homeopathy help?

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Hugh Pross MD, FRCPC

Dr Leyton is a holistic family practitioner in private practice in Kingston, Ont. Dr Pross is Professor of Microbiology and Immunology at Queen's University, Kingston.

Can Fam Phys 1992; 38: 2021-6

To determine the effect of certain herbal and homeopathic preparations on symptoms, lymphocyte markers, and cytotoxic function of the lymphocytes in patients with chronic fatigue syndrome, we studied six outpatients diagnosed with the

disease by their family physicians. Patients were given herbal and homeopathic preparations after a 3-week symptom-recording period. After treatment, symptoms were again recorded. Blood samples were taken before and after treatment. None of the values showed any significant change after treatment.
