



he had to complete his matriculation before being accepted at medical school in Cape Town, completing his studies with assistance from the Governor Generals' War Fund. Whilst at medical school he married Moireen Raw. They were blessed with three children, Val, David and Tricia. After his internship at Addington Hospital he became an assistant to Dr Leslie Lello in general practice and eventually formed a partnership with Drs Mike Blanckenberg and Willie Mukheiber. He was a popular doctor and built up a very successful practice, delivering over 300 babies. He was adored by his patients for his services, warm nature and wonderful sense of humour.

Barry was a strong character who loved life, his family and fair play. A devout Christian, his strongest virtues were loyalty to his family friends and patients, and his fortitude in war and in his long illness when progressive amputations of his good leg forced him to give up tennis, golf and bowls. For such an active person it was a cruel blow to be consigned to a wheelchair and contend with a painful phantom limb and severe depression. Despite this he retained his sense of

humour and managed a smile even when terminally ill. In his retirement he gave his services to a charitable clinic for the poor and needy. He had strong convictions, especially in matters of religion and politics and exhibited a degree of stubbornness and non-compliance which made him difficult to treat.

We had a wonderful relationship since first meeting in 1953, both as a patient and a friend sharing holidays and other activities. He will be sadly missed by his wife Moireen, who bore the brunt and tribulations of his long illness, his children, grandchildren, sons-in-law Nigel and Chris to whom he was a surrogate father, friends and patients and by the dwindling band of veterans of the Naval Officers Association and at the Michael House Remembrance Day Service. Had he lived a little longer he would have celebrated his diamond wedding anniversary. It was fitting that he passed away on Trafalgar Day, commemorating the greatest naval victory in the annals of the Royal Navy and the death of his hero Horatio Nelson.

Roy O Wise

BOOK REVIEW

Generalized Anxiety Disorder across the Lifespan: An Integrative Approach

By Michael E. Portman. Foreword by John HG Riskind. Pp. xvi + 182. \$79.95. Springer. 2009. ISBN 978-0-387-89242-9.

General anxiety disorder, or GAD, has in the past been the neglected child of the anxiety disorders partly as a result of the 'waste-basket diagnosis' approach taken by DSM-III. However, there has been enormous growth in the understanding of anxiety disorders, including GAD, over the last decade or two. In this book, Michael E Portman, a clinical social worker who has specialised in the treatment of mood and anxiety disorders takes the reader on a journey 'across the lifespan', to present current views of GAD in a rational and informed manner.

The book is divided into sections that include an historical overview and epidemiology, diagnosis and

assessment, conceptual models, psychosocial treatments and pharmacotherapy. Further chapters explore assessment and treatment of children, adolescents and the elderly, prevention strategies, cultural considerations, and approaches to treatment-resistant GAD. The volume concludes with a section on future directions and recommendations. A lot of time is dedicated to evidence-based research outcomes, which the author skilfully summarises at the end of each subsection, adding at times, and aptly so, views on the clinical experience he has acquired with time.

As a newly qualified consultant in psychiatry, I found the publication to be exceptionally helpful, in that it gathers a range of empirical evidence and lays it out in a concise, cogent and readable manner. The appendices describing the assessment tools for adults, older adults, children and adolescents are especially useful. This book would appeal to psychiatrists, psychologists, and trainees in the field, as well as to general practitioners and family physicians who would benefit from up-to-date knowledge of this disabling, and sometimes difficult-to-treat condition.

Janine Juanita Benson-Martin