



BOOK REVIEW

Sleep Smart. Get a Life

By Christiaan Geldenhuys. Pp. xvi + 256. R130. Rollerbird Press. 2003. ISBN 1-919780-54-8.

This book is a comprehensive and informative text on the subject of sleep and anything that has to do with it.

It is a relatively easy-to-read text, and each page is packed with facts. The book covers a wide variety of subjects surrounding sleep, including sleep disorders, self-help guidance to a healthier sleeping pattern, eating/nutritional information, etc. It is medically and factually sound, and should be easy reading for the general public, possibly saving people from visiting their general practitioner unnecessarily for everyday sleeping problems.

It is indeed a good and descriptive book, sometimes repeating itself, but useful for those who want to know about the mysteries of sleep and far understanding their problems and difficulties. Some very topical issues such as long-distance travelling and sleep apnoea are discussed as well. Another important subject, that of sleep medication, is looked at and the author also gives valuable information on herbal remedies.

I can recommend this book, mostly for general public use, but even your not-so-informed general practitioner might benefit.

Sandra Brink

IN MEMORIAM

Johan Uys

Johannes Dirk Jacobus Uys is op 8 Julie 1927 op Robertson gebore en het sy skoolloopbaan daar voltooi. In 1951 het hy sy MB ChB aan die Universiteit van Kaapstad behaal, waarna hy in 1952 sy huisdokterjaar in Kimberley voltooi het.

In Januarie 1953 het hy hom op Ladismith, Kaap, by die praktyk van dr. Alan Blyth en wyle dr. Carl Garisch aangesluit, en saam sou hulle drie uiteindelik sowat 125 jaar diens aan die plaaslike gemeenskap lewer—'n prestasie wat min ander praktyke hulle sou kon nadoen!

Dr. Uys was 'n baie gewilde en geliefde geneesheer, 'n tipies, plattelandse huisdokter. Hy was 'n man van min woorde, maar met 'n wonderlike, droë sin vir humor. Sy pasiënte het

teenoor hom 'n lojaliteit geopenbaar waarvan vandag, helaas, in ons beroep nie veel oor is nie. Hy was onverstoortbaar, selfs in die kritieke situasies, 'n eienskap wat vir my as jong vennoot vanaf 1979 as baie goeie voorbeeld gedien het. Ek het vinnig geleer dat ek te alle tye op hom kon staatmaak en ek het by hom soveel dinge geleer wat nie aan 'n universiteit gedoseer word nie. Hy was ook 'n uitstekende diagnostikus, maar sy liefde was die toedien van narkose — die chirurgie het hy vir ons ander gelos.

Hy was jare lank distriksgeneesheer, mediese beampte en superintendent by die plaaslike hospitaal tot met sy aftrede in 1993 na 40 jaar in praktyk. Daarna kon hy 'n aantal goeie jare van rus geniet voordat 'n chroniese siekte hom geleidelik begin aftakel het. Dit was dan ook my voorreg om hierdie laaste deel van die pad saam met hom te loop, 'n pad wat hy deurgaans met waardigheid gestap het tot met sy afsterwe op 28 Junie 2003.

Hy laat sy vrou, Heather (met wie hy byna 48 jaar getroud was), 2 seuns en 2 dogters, en 9 kleinkinders agter. Hy sal deur ons wat agterbly met groot deernis onthou word.

DP (Staff) Pauw

Carl Theodorus Möller

MB BCh, FRCS (Ed), FRCS (Eng)



Carl Möller, the last survivor of the five founder members of the South African Orthopaedic Association (SAOS), died peacefully at the home of his daughter on 14 July 2003.

The son of a doctor, he was raised in a medical household and at an early age met Francois P Fouché, the doyen of South African orthopaedic surgery. Carl graduated from the University of the Witwatersrand in 1934.

In preparation for his career he obtained both the London and Edinburgh Fellowships and started an orthopaedic practice in Johannesburg in 1940.

Carl Möller was one of the 'Group of Five', the founder members of the Orthopaedic Surgeons Group in July 1942. In 1952 the name of this group was officially changed. This was at the time of the combined meeting of the orthopaedic associations of the English-speaking world in London and the Orthopaedic Surgeons Group became the SAOA. Carl was the third president of the association from 1955 to 1957.



On the clinical front he was a consultant at Johannesburg Children's Hospital for many years and filled this position until he retired. Older members will remember the ward rounds at the old Children's Hospital and his wise comments on paediatric orthopaedic problems.

Those of us who knew him in the clinical setting were always impressed with his approach to the patient and the patient's problems. He saw the patient as a whole and did not divorce the clinical problem from the person.

Carl had the ability to recall cases seen many years previously and would often refer to their X-rays to prove his point in discussions. Carl always reminded you that time could do wonders in the healing process and, predictably, when he gave the Francois P Fouché Memorial lecture it was entitled 'The time factor in orthopaedics'.

Carl Möller served on the executive committee of the SAOA from 1952 until 1977 where he served with great distinction, mostly handling the portfolios pertaining to fees and salaries. His wise benign countenance was part of the Exco meetings and he always sat in the front rows at the AGMs, making wise, well thought-out and very often soothing comments, calming the very heated exchanges which often characterised SAOA politics in earlier years.

In the wider medical field he was a Branch Councillor of the South African Medical Association and also served as a councillor on the National Council of the Medical Association, specifically on the Fee Committee.

In later years he was always willing to discuss any medical problem, either clinical or medical politics with young colleagues, in the role of an Elder Statesman.

After the death of his second wife he moved to Cape Town. He is survived by his son, an anaesthetist, and three daughters, one married to a general surgeon.

We salute the memory of this great South African orthopaedic surgeon and extend our condolences to his children and grandchildren.

Jos van Niekerk

Notice to Contributors

The SAMJ endeavours to reflect the original sentiment and vital facts of submitted obituaries, letters to the editor and book reviews. We regrettably cannot give contributors foresight of edited versions prior to publication. Obituaries should preferably be submitted via email to news@samedical.org and be no longer than 350 words.

Books Received

The receipt of these books is acknowledged, and this listing must be regarded as sufficient return for the courtesy of the sender. Books that appear to be of particular interest will be reviewed as space permits. The SAMJ does not publish unsolicited reviews.

Clinical Haematology - Self-Assessment Colour Review of. Learn • Revise • Reinforce. By Atul B Mehta, Pp. 150. Illustrated. R248.68. Manson Publishing, 2003. ISBN. 1-874545-22-7.

Hepatobiliary Medicine - Self-Assessment Colour Review of. Learn • Revise • Reinforce. By Roger Chapman and Henry C Bodenheimer, jr. Pp. 192. Illustrated. R248.68. Manson Publishing 2003. ISBN 1-874545-48-0.

Cardiology - Self-Assessment Colour Review of. Learn • Revise • Reinforce. By Stuart D Rosen, Sanjay Sharma and Celia M Oakley. Pp. 192. Illustrated. R248.58. Manson Publishing, 2003. ISBN 1-874545-05-7.

Clinical Anatomy - Self-Assessment Colour Review of. Learn • Revise • Reinforce. By EJ Evans, BJ Moxham, RLM Newell and RM Santer. Pp. 144. Illustrated. R145.98. Manson Publishing, 2003. ISBN 1-874545-76-6

Renal Medicine - Self-Assessment Colour Review of. Learn • Revise • Reinforce. By Timothy HJ Goodship and Bradley J Maroni. Pp. 192. Illustrated. R248.68. Manson Publishing, 2003. ISBN 1-874545-42-1.

General Critical Care - Self-Assessment Colour Review of. Learn • Revise • Reinforce. By H Mathilda Horst and Riyad C Karmy-Jones. Pp. 192. Illustrated. R248.68. Manson Publishing. ISBN 1-874545-86-3.

Clinical Neurology & Neurosurgery - Self-Assessment Colour Review of. Learn • Revise • Reinforce. By Neil D Kitchen, Hadi Manji and Guy M McKhann II. Pp. 192. Illustrated. R248.68. Manson Publishing, 2003. ISBN 1-84076-011-7.

Gastroenterology - Self-Assessment Colour Review of. Learn • Revise • Reinforce. By Alastair Forbes and Norman H Gilinsky. Pp. 188. Illustrated. R248.68. Manson Publishing, 2003. ISBN 1-874545-47-2.

Poverty and Health. DAC Guidelines and Reference Series. WHO. Pp. 92. Sw.fr.30./US\$27. WHO. 2003. ISBN 92-4-156236-6.

Diet, Nutrition and the Prevention of Chronic Diseases. Report of a Joint WHO/FAO Expert Consultation. WHO Technical Report Series 916. WHO. Pp. x + 149. Sw.fr.23./US\$20.70. WHO. 2003. ISBN 92-4-120916X.

We Miss You All - Noerine Kaleeba: AIDS in the Family. 2nd Edition. Noerine Kaleeba and Sunanda Ray. Pp. xii + 124. Illustrated. US\$8. SFAIDS. 2002. ISBN 0-7974-2525X.

AIDS Africa Continent in Crisis. By Helen Jackson. Pp. 440. Illustrated. US\$10. SFAIDS. 2002. ISBN 0-7974-2428-8.