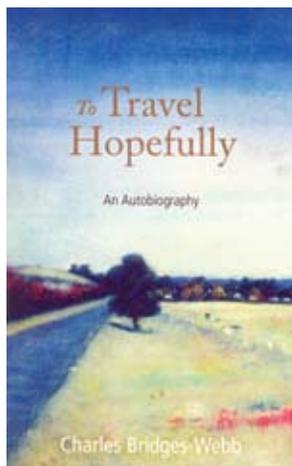


**To Travel Hopefully – An Autobiography**

Charles Bridges-Webb

Sid Harta Publishers, 2005

ISBN 1-921030-26-7, 470 pages, \$27.00



**Beyond occasionally published anecdotes there are few memoirs that touch on the development of the modern profession of general practice in Australia – until now. Charles Bridges-Webb has played a central part in Australian general practice (especially in general practice research), and has lived through, and been involved in, the key developments of our profession. We are fortunate that he has taken the time to document his life experiences.**

Starting from his early childhood in Castlemaine in the 1930s, he paints a picture of early to late 20<sup>th</sup> century Australia with many interesting depictions of education, medicine and general practice research which make this a valuable record of Australian life. I found the pictures of the family life of general practitioners, hospitals, rural general practice, and early general practice research in the 1950s and 1960s particularly interesting, as many of our modern professional challenges are not

really new. Have we learned from past lessons?

All those interested in the lifecycle of general practice will learn much from Charles's openness of how he faced the many unexpected – and often traumatic – personal and professional challenges that beset GPs throughout their careers, and how he balanced his personal and professional life.

Unlike other high profile medical specialties that gain media coverage on a daily basis, the achievements of Australian GPs have been made by slow and steady progress over many years of very hard work; this is my lasting impression of his memoir. However, in real terms, the gains we have made as a profession have probably had the highest overall impact on the health of our nation of any medical speciality, and we need to document the key figures who have contributed to this legacy – such as Charles Bridges-Webb.

Let's hope other general practice icons follow suit with their own stories.

Ron McCoy  
St Kilda, Vic

**IMgateway**

www.IMgateway.net



**IMgateway is an electronic database of a range of medical clinical conditions covering treatment options with orthodox and complementary medicine approaches. With most general practices now computerised, it provides an informative and excellent reference source, which is easily accessible for general practitioners wanting up-to-date evidence based information. It is designed to assist the GP and their patients to make informed decisions about complementary medicine by providing them with access to scientific information and education on integrative medicine. The reference database provides an overview and aetiology of: diseases, signs and symptoms, the risks and benefits of complementary and orthodox treatment options, and nutrient-drug/herb-drug interactions with a particular emphasis on lifestyle factors when making health decisions. The information included is well referenced and evidence based.**

IMgateway gives GPs access to: over 3000 detailed scientific monographs that present both conventional and complementary treatment strategies side-by-side; evidence based information collected from over 3000 industry standard sources, including over 700 medical and complementary journals; regular updated monographs including 350 conditions, 300 herbs, 250 supplements, and drug-nutrient depletions, herb-drug and supplement-drug interactions, and 3000 patient information sheets.

IMgateway covers a broad range of complementary and alternative modalities that may assist health problems such as acupuncture, herbal medicine, nutritional medicine, homeopathy and massage. References are available for these therapies, although in some areas these are limited.

I found IMgateway to be useful and would recommend GPs to explore the website and consider subscribing to it.

Vicki Kotsirilou  
Clayton, Vic