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People's memories are patchy. If school inspectors can't remember things, why should they expect children to?

Sun 10 Apr 2022 06.00 BST



categorise people simply into being male or female has always puzzled me.

I know it keeps things straightforward but things sometimes need to change, and making people fit into convenient boxes doesn't work for everybody.

Ian Hogg

North Leigh, Witney, Oxfordshire

Long Covid: does rehab work?

Ravi Veriah Jacques is right to highlight the lack of treatments for long Covid syndromes, particularly for those with prominent fatigue, and the lack of research underlying this (“[I have long Covid and despair that the government ignores its blight](#)”, Comment). He may be right about the link with chronic fatigue syndrome (CFS). But we disagree when he rejects rehabilitation treatments, such as graded exercise therapy (GET) and cognitive behaviour therapy (CBT), which have been shown to help fatigue related to many illnesses, such as multiple sclerosis and CFS. It would be bizarre indeed if long Covid were to be the only illness that rehabilitation could not benefit. Their helpfulness does not imply that the illness is psychological.

As leaders of the Pace trial that he mentions, we also think he is misinformed regarding the Pace trial of these treatments for chronic fatigue syndrome, which showed that CBT and GET were moderately effective and safe treatments, so long as properly negotiated and delivered by trained therapists. Yes, Nice has recently advised that GET should not be offered and CBT only used to reduce distress, but four of the medical Royal Colleges did not endorse this advice as they considered Nice had made errors when reviewing the evidence.

CBT and GET may help some sufferers from long Covid but, unless we fund research to test them, we will never know for certain.

Prof Peter White, emeritus professor of Psychological Medicine at Queen Mary University of London; **Prof Trudie Chalder**, professor of Cognitive Behavioural Psychotherapy, King's College London; **Prof Michael Sharpe**, professor of Psychological Medicine, University of Oxford

Birthday wishes

Anna Bahatelya's 100th birthday wish reminded me of an old story regarding Hitler and his desire to know his future (“[What do I wish for my 100th birthday? That Putin will die](#)”, News). He had heard of a rabbi who had a reputation of being able to foresee, with some accuracy, future events. Hitler