

systems and intra-ocular lenses have led to a revolution in the methods of cataract extraction.

Most young ophthalmologists will learn the techniques of cataract extraction by direct example from their senior colleagues. Thus, it is most timely that an introductory manual should be available at the start of training.

The book is divided into more or less equal sections on intra-capsular and extra-capsular extraction, lensectomy, intra-ocular lens implantation and complications.

There are as many ways of doing cataract extraction as there are surgeons but the authors present balanced and consensus techniques, which can easily be adapted and modified to suit personal idiosyncrasy.

As the book is a practical manual, greater detail could have been included in describing intra- and extra-capsular extraction, particularly as the section on complications is the largest in the book and is well covered in other texts.

The book is excellently produced with a generous allowance of colour photographs and line drawings, which are carefully placed next to the relevant text.

The price is quite high but none the less this is a good investment for anyone starting their surgical career or changing their techniques.

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Clinical Nutrition for Nurses, Dietitians and Other Health Care Professionals, John W.T. Dickerson and Elizabeth M. Booth. Pp. xiii + 270, illustrated. Faber, London, Boston, 1985. £8.50.

This book sets out to provide practical information for nurses, dietitians and others concerned with nutrition. Although the style is, in places, somewhat turgid, the text is easy to read thanks to the general lay-out and numerous tables. A feature is the list of references given at the end of each chapter. Possibly the most useful sections are those general chapters with which the book begins and ends. These cover such topics as recommended allowances, growth and body composition, unusual diets and drug/food interactions. The rest of the chapters cover the nutritional requirements of patients arranged in a systematic way. The medical description of the various diseases is inevitably brief, and this may partly explain the inaccuracies and ambiguities in the text. These are particularly marked with regard to drug therapy though sometimes the references are of greater historic interest than practical value, e.g., the chapter devoted to drug/food interactions fails to mention rifampicin. Elsewhere the emphasis given to practical nutritional aspects of some conditions such as gluten enteropathy seems to be unbalanced. The chapter entitled 'Obesity and Anorexia Nervosa' dismisses the latter as a psychiatric problem.

Possibly a clinical textbook of this nature should have at least one author actively involved in patient care but it may be that the greatest hazard that books of this nature face is the risk that they aim at such a wide and diverse public that they fail to satisfy the specific needs of any one section.

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Dietary Fibre Perspectives: Reviews and Bibliography 1, edited by Anthony R. Leeds; Bibliographical Editor Alison Avenell. Pp. vi + 358. John Libbey, London, Paris, 1985. £24.00, US\$42.00, FF310.00.

Despite the topical nature of dietary fibre it is doubtful whether the publication of this book is justified. It is erroneously stated in the foreword that 'it consists largely of reviews', but these comprise only 105 pages. The bulk of the book consists of two bibliographies; the first to the year 1977 has already been published in 1979 and the second covers only 1978–1982 so it is by no means up to date. Furthermore, with the ready availability of retrieval systems serious workers can easily obtain access to the world literature on the subject themselves. The reviews cover the important aspects of dietary fibre – the large gut, blood lipids, gallstones, diabetes mellitus, obesity, weight reduction, mineral absorption, and food products – but here again, similar reviews are continuously appearing in the literature and although their presence together is a considerable convenience it hardly warrants the effort and expense of a new book.

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Dietary Treatment and Prevention of Obesity. A Satellite Symposium, 4th International Congress on Obesity, New York, October 2–4, 1983, edited by Reva T. Frankle, Johanna Dwyer, Lenora Moragne and Anita Owen. International Obesity Monograph Series. Pp. x + 214, illustrated. John Libbey, London, 1985. £17.50, US\$30, FF325.

This monograph is based on papers presented at a Satellite Symposium and consists of 22 short chapters. The monograph is subdivided into 4 major sections. The first section discusses the role of diet, appetite, exercise and behavioural modification. The second section is concerned with current research on the aetiology of obesity. The third section discusses prevention and risk factors such as coronary heart disease, hypertension, cancer and diabetes mellitus. The final section discusses obesity in pregnancy and in children and the dietary treatment of anorexia nervosa. Overall I found little to commend for most chapters are too short to do justice to any topic. Typical examples are the chapters on adipose tissue which includes some discussion on brown fat and on hypertension in obesity. Nevertheless there are some interesting chapters. Xavier P. Sunyer discusses new work on the important question whether energy output regulates energy intake. A short chapter questions the value of behavioural therapy and another provides a balanced view on the role of exercise. Most chapters, however, present little that is new and one might also wonder whether a chapter on the treatment of anorexia nervosa should be included in a monograph on obesity. Omissions are obvious. For instance there is little in depth on liquid low calorie diets, on appetite suppressants, thermogenic drugs and on international schemes designed to prevent obesity by altering the nutrition of nations. Considering that this was a satellite symposium to an international meeting it is disappointing to note that only 3