some forms of relaxation techniques and ends with outlining the problems of research methodology in behavioural medicine. In Part Two, possible applications and limitations to conditions in which such therapies are showing early promise like hypertension, Raynaud's disease, simple cardiac arrhythmias, strokes, stuttering, spasmodic torticollis and faecal incontinence are discussed.

Since therapy as well as research in this direction is likely to involve multidisciplinary teams, the language and content of the book are appropriately pitched and the reading is made easier with liberal use of illustrations and graphs. Every doctor, medical student, psychologist, physiotherapist, occupational therapist, speech therapist and nurse should have easy access to this book.

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The Bog Man and the Archaeology of People, Don Brothwell, Pp. 128 illustrated. British Museum Publications, London, 1986. £5.95.

On 1st August 1984 at Lindow Moss in Cheshire, peat workers found the remains of a man. This is an absorbing account of the work of specialists in many disciplines which has since gone into showing that 'Pete Bog', as the media christened him, lived about 300 BC. He was blood group O, about 5'8" tall, and perhaps 30 years old. He had lost only two teeth, had been eating cereals, possibly charred bread and also mistletoe pollen grains (which may have ritual significance). He had a probably heavy infestation with *Trichuris* and *Ascaris* worms and Schmorl's nodes in his vertebrae, but no other natural disease was detected. He had however had his throat cut, his skull fractured by a blunt instrument, and a ligature tied tightly round his neck – an unexplained excess of causes of unnatural death reminiscent of Father Brown.

This book is disappointing in three ways. Firstly I found it difficult to discover exactly what of the Lindow Man was present and what was missing, until on p. 61 it appears that the body was 'devoid of lower buttocks, pubic and genital areas and most of the legs (except the left below the knee)'. I am not clear what is thought to have happened to the missing parts. Secondly, the account is interspersed with comments relating to some of the other 690 recorded bog bodies in such a way as to confuse rather than illuminate the description of Lindow Man. Lastly, although many of the illustrations (9 in colour) are beautiful (if disquieting – the looks on the faces of my fellow passengers made me stop reading the book on the train), the photomicrographs are generally of poor quality, for example figures 40, 55, 67 and 70.

Nevertheless Don Brothwell, Reader in Zooarchaeology at the Institute of Archeology, London, has distilled for the discerning public a picture of how modern expertise can make such a macabre discovery give up so many secrets and how this Lindow Man interacts with all the other preserved bodies from around the world. He is doubtless investigating

the next one but I suspect that, like myself, he has a sneaking sympathy with the living victim of Lindow Woman. When her head turned up in 1983 a Mr Reyn-Bardt confessed to murdering his wife 23 years previously – only to hear that Lindow Woman lost her head in 210 AD. C'est la vie.

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Essentials of Thoracic Surgery, Raymond Hurt and Michael Bates, with a chapter by J. Keith Ross. Pp. xii + 270, illustrated. Butterworths, London, Boston, Durban, Singapore, Sydney, Toronto, Wellington, 1986. £24.50.

There will be many who welcome the appearance of this book, based on the excellent course taught by Mr Raymond Hurt and the late Michael Bates at the North Middlesex Hospital for over 20 years. Sadly their unit has now closed, as part of the rationalization of specialist services within the region, but the distillation of their lifetimes clinical experience lives on in this book. The general principles of endoscopy, diagnostic procedures, tube drainage and other aspects of management are covered extremely well. Indications and the important steps in the execution and interpretation of these procedures are carefully explained. About 500 pages each are devoted to surgically relevant lung and oesophageal problems while chest wall, pleural and mediastinal conditions receive separate and detailed consideration. Although there will inevitably be points of disagreement we know that a trainee in the specialty will not rely on a single book as the source of his education and will appreciate differences in policy and the reasons for them. I believe there is so much good teaching in this book that it is an essential for the ward bookcase in any thoracic unit. Its 270 generously illustrated pages, contained within soft covers, constitutes a useful primer for the doctor in training, joining or passing through the specialty. It will also be very suitable for reference by nurses, physiotherapists or other staff whose work brings them into contact with thoracic surgical patients.

One suspects that the inclusion of a 10 page guest chapter on coronary artery surgery with exclusion of all other aspects of cardiac surgery must have been the subject of intense discussion between authors and publishers. It sits alone, unsupported by anything else to do with heart surgery. I am sure there was a reason but for the present it must remain an enigma. As a book on the essentials of (non-cardiac) thoracic surgery this is the best I know and can be recommended most enthusiastically.

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