Advanced Geriatric Medicine 5, edited by R.C. Tallis and F.I. Caird. Pp. vi + 120, illustrated. Churchill Livingstone, Edinburgh, London, Melbourne, New York, 1986. £25.00.

This is an interesting selection of essays on a number of subjects which are of interest to physicians working with the elderly. I found it pleasant, readable and informative but lacking in any theme. The essays on the mechanism of hypertension in the elderly by John Swales, on the epidemiology of hypertension in old age by Bill MacLennan and on the treatment of hypertension in the elderly by Bryan Williams are excellent, authoritative and useful.

Keith Andrews' chapter on the physical treatment of parkinsonism and Francis Caird's chapter on occupational and speech therapy in Parkinson's disease are chapters which are useful for those training to specialize in medicine in the elderly and for their multidisciplinary teams. I am glad that Francis Caird finds occupational therapy of more value than Brian Gibberd did in his paper published a few years ago. I learnt a new concept, that of prosody, from this chapter.

Dr Turnbull reviews the drug treatment of Parkinson's disease. I like the classification of Tony Broe that he uses. However, I am not sure that I would use nomifensine for the depressed parkinsonian patient. Dr Playfers' chapter on the pathophysiology of parkinsonism is useful for those wishing to review the literature on advances. I am not sure if the essays on audit and use of microcomputers will bring in many converts to these activities. The chapter on dysrhythmias is useful and important. The Smith Kline and French lecture on evolutionary aspects of ageing repeats the known facts in an interesting way. Overall I think this is a useful volume for the shelves of medical libraries which want to have a comprehensive section on the elderly.

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Annual Review of Medicine: Selected Topics in the Clinical Sciences. Vol. 37, 1986, edited by William P. Creger, Cecil H. Coggin and E. William Hancock. Pp. xi + 465, illustrated. Annual Reviews, Palo Alto, California, 1986. \$31.00 (USA), \$34.00 (elsewhere). Prices include postage and handling.

Altogether there are 37 contributions to this medical pot-pourri and one must sympathize with the editors in their gruelling task of selecting the appropriate ingredients. Presumably their choice is influenced by the contents of the editorial columns of our major journals since many of the topics which have been ricocheting back and forth in recent months re-appear in the Annual Review. In spite of an excess of chapters on laboratory haematology the editors have, in the main, produced an erudite collection of articles that will be mandatory reading for academic physicians wishing to keep their cutting edges well honed. Of particular value are those on atrial natriuretic peptide, T cell sub-sets, gastric mucosal injury and immuno-toxin therapy. A few unexpected, but welcome articles, such as 'Involuntary Treatment in Medicine' and 'The Role of the Spleen in Infection' force their way in and improve the mix.

This is a reasonably priced and handsome book but one has to ask the question 'Will it survive?' In a straw poll of my physician colleagues none bought or read review books of this kind, preferring to use the more succinct 'updates' in their specialist journals. Perhaps we have too many books but too few readers.

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Annual Review of Nutrition. Vol. 6, 1986, edited by Robert E. Olsen, Ernest Beutler and Harry P. Broquist. Pp. xii + 649, illustrated. Annual Reviews, Palo Alto, California, 1986. \$31.00 (USA), \$34.00 (elsewhere). Prices include postage and handling.

Doctors with an interest in clinical nutrition have a formidable task in trying to keep abreast of the huge and diverse literature. This volume will prove a great help in this respect. The theme is set by a scholarly and stimulating introduction by Dr Donald Munro in which he rightly emphasizes the importance of basic science and the cross fertilization of ideas between different disciplines. The book not only contains reviews which are of immediate interest to the clinician, such as those on nutrition and infection, calcium and hypertension, and metabolic adaptations, but also important reviews on psychological and cultural aspects of appetite and behaviour which are fundamental to our understanding of such conditions as anorexia nervosa and obesity. Some chapters are of limited interest to the clinician, but others, such as that on the gastrointestinal microflora, provide an excellent review of the comparative biology of man and other animals. Basic scientific chapters, such as that on the biochemistry of iron metabolism, are fundamental to our understanding of clinical problems. No medical library should be without this annual review series and it has a very useful place on the shelves of all those interested in nutrition whether clinician or basic scientist.

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Athletic Training and Sports Medicine, American Academy of Orthopaedic Surgeons. Pp. viii + 602, illustrated. Churchill Livingstone, Edinburgh, London, Melbourne, New York, 1984. £40.00.

This large handsome book has over 80 contributors and seven editors. It is lavishly illustrated with line drawings and photographs including some X-rays. There are a few colour plates at the end of the book illustrating skin conditions.

The book is very much geared to the American sporting and medical scene and although it is fairly comprehensive it appears to be aimed principally at the 'Team Trainer' rather than the doctor with an interest in sports medicine. This is demonstrated by the finding that a large part of the book covers the anatomy and physiology of the body, American Sporting 'Armour' – protective devices for American footballers, etc, as well as taping and bandaging procedures. The

drug lists are unashamedly American with even phenylbutazone gaining a mention.

A doctor wishing for a state of the art review of exercise-induced asthma, athlete's anaemia, and other major sports medical topics will find them mentioned briefly but given less space than snake bite. The exercise physiology is equally superficial and the total coverage on slow and fast twitch muscle fibres is less than 200 words. The section on endurance training suggests that a 20 year old athlete should have a target heart rate of 70% of a maximum of 200 viz 140 beats/minute. The author has neglected to take the resting heart rate from the maximum and calculate 70% of the difference which for a resting heart rate of 80 gives a training rate of 164. The relevance of this safety limit for 20 year olds is questionable and any endurance athlete of this age will be training at his maximum aerobic capacity at maximum heart rates for some, at least, of the training sessions.

Although there is a useful section on physiotherapy techniques which are not commonly discussed in medical texts, the orientation towards the 'trainer' is most manifest in the relative weight assigned various topics. Life support and cardiac resuscitation is given 14 pages, the foot and its problems 8 and there is no discussion of shoes, their construction and the many problems inappropriate running shoes can produce.

This book is therefore more of an elementary encyclopaedia of sports medicine and should not be considered as a 'textbook for doctors'. Nevertheless many doctors may find it useful for quick reference and a useful introduction to the subject. There are no references in the text or recommendations for further reading.

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Clinical Aspects of AIDS and AIDS-related Complex, edited by M. Staquet, R. Hemmer and A. Baert. Oxford Medical Publications. Pp. xx + 209, illustrated. Oxford University Press, Oxford, New York, Tokyo, 1986. £25.00.

There is little doubt that AIDS represents the major public health problem of this century. It will cause more deaths in Africa than malnutrition and it will decimate large sections of the population in the Western world if its progress cannot be halted. Attending a wide range of postgraduate meetings over the past year has indicated an urgent need for greater understanding of the disease and its potential implications by the medical profession. The exponential rise in the number of patients with AIDS is certainly mirrored by a similar increase in the number of publications on the subject, but unfortunately most of these are not readily accessible or intelligible to the average interested but uninvolved doctor.

The subject of the present review is the result of the symposium held in Brussels in October 1985. It consists of a large series of short papers presented at the symposium. As such it is disappointing. Insufficient data on methodology is available to review much of the data critically. Any important advances are likely to be reported elsewhere in the literature shortly and it is apparent that much of the other data would not have been publishable in the more critical

form of a scientific journal. The epidemiological data of various areas in Europe is of limited interest as the main message appears to be that AIDS varies little from place to place in Europe. There is a good review of the infectious complications of AIDS seen at the Sloan Kettering Cancer Center but most of these data have already been published in a variety of journals. There is also a good section on established and potential fungal opportunistic pathogens. Although the section on treatment is potentially the most interesting part of the book, the studies are either too small to be meaningful or are negative!

I would not recommend this book as an introduction to AIDS and it contains too little new information to be useful to those already reading the voluminous literature on this subject.

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Clinics in Immunology and Allergy. Vol. 6, no. 2, June 1986. Renal Immunology, edited by Charles B. Carpenter. Pp. x + pp. 255-439, illustrated. W.B. Saunders, London, Philadelphia, Toronto, 1986. £15.00.

The choice of guest editor for reviews obviously has a major influence on the subject matter chosen. The Editorial Board of *Clinics in Immunology and Allergy* are, therefore, to be congratulated on their choice of Charles B. Carpenter for *Renal Immunology*. He has recruited a set of authoritative reviewers in subjects of much current interest and debate. More importantly, they are subjects, or aspects of subjects, most of which have not been well covered before.

The three chapters on immunoregulation and the kidney are the real nuggets in an already rich mixture. Charles Carpenter introduces the topic of renal disease and HLA and the two next sections cover lymphocyte mediated regulatory systems and the expressions of HLA on renal tissue. They are models of clarity and contain just the right amount of repetition of basic principles to establish them firmly in the reader's mind. Dietary manipulation of renal disease is a topic of great debate, but mostly in the area of altered glomerular haemodynamics. Vikki Kelley's contribution on diet and the inflammatory processes of autoimmune glomerulonephritis is thus welcome and a fascinating extension of the whole topic. The three 'disease related' chapters on IgA nephropathy, minimal change disease and SLE nephritis are mines of information and like all the other sections have extensive and impressively up-to-date references.

I warmly recommend this book to all nephrologists and to those whose interests lie somewhere along the interface of the kidney and immunology. Within its chosen areas it is comprehensive, readable and altogether good value.

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