students, postgraduates working for higher examinations, and consultant physicians faced with perplexing medical problems in diagnosis.

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Oxford Handbook of Clinical Specialties, J.A.B. Collier and J.M. Longmore. Pp. ix+787. Oxford University Press, Oxford, New York, Tokyo, 1987. £9.95.

This handbook is written primarily for medical students and junior doctors, and follows the Oxford Handbook of Clinical Medicine. It is a pocket-book compendium of the major clinical specialties, including general practice, with useful definitions and background information. Outlines of management and ways of handling potentially difficult social situations are also discussed (e.g. how to avoid offending Eastern manners).

The book follows a page-a-subject format, and the authors admit that, because of this, the balance of topics may strike the reader as odd in places. There are few illustrations. Some of the three hundred or so blank pages for personal annotation could perhaps have contained diagrams applicable to the text.

It is difficult to find an appropriate niche for this book. It cannot replace the larger standard texts on the individual specialties, nor would it slip easily into the white-coat pocket, together with stethoscope, diary, X-ray forms and all the other necessary paraphernalia of the beleaguered house officer. Although small relative to the amount of information it contains, it is quite bulky, and does not fulfil one of the most important criteria for a pocket book – sturdiness. Several pages of the review copy fell out after a minimum of handling. Nevertheless, it may be useful and informative as a mini-reference book and for those revising for clinical examinations.

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Physical Activity and Aging. 2nd Edition, by Roy J. Shephard. Pp. viii+354. Croom Helm, London, Sydney, 1987. £35.

The first edition of Roy Shephard's book has been a marvellous source of reference, and this new edition, nine years on, is most welcome. It has grown into a big book of 354 pages, 209 of which are now devoted to references. It is really two books for the price of one. One half is about ageing and the other half about activity. Most will wish to buy the book for the four chapters on activity patterns and nutrition, training, ageing in athletes, and exercise in disease. A vast literature is most competently reviewed in these chapters, and there is a nice mixture of the theoretical and the practical. There is, for example, very good advice, research based, on just how much exercise to recommend in patients with ischaemic heart

diseases, peripheral vascular disease and chronic chest disease. The four chapters devoted to ageing are quite a bonus. They cover the ground of ageing of the cell, changes of form and function and demographic trends on which text books abound; but Roy Shephard writes about them with a freshness and a richness of illustration which are very appealing. With a mixture of hard fact, clear view and sound sense this book will be hard to beat.

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Primary Eye Care in Developing Nations, by Larry Schwab. Pp. x+203, illustrated. Oxford University Press, Oxford, New York, Tokyo, 1987. £2.50.

Ophthalmology in developed countries has become a highly sophisticated technological specialty. It is very refreshing, therefore, to come across a book which concentrates on simple measures to prevent and relieve blindness, two-thirds of which occurs in the developing countries of the world.

This slim volume is aimed at medical assistants, clinical officers, nurses and general physicians who work in ophthalmology and certainly succeeds in de-mystifying ophthalmology because of its simple text and ease of reference. The main blinding conditions of the developing countries are covered well and these chapters are complemented by very sensible advice on appropriate technology in developing countries and the scope of public health ophthalmology at a simple level. The self-manufacture of disposable items and lists of essential drugs and instruments are well thought out and clearly presented.

The book as a whole is well laid out in terms of printing, line drawings and illustrations although some coloured photographs would have enhanced the text to a greater degree than the present black and white photographs. On the other hand, the book is extraordinarily cheap as a result of subsidies from outside bodies and colour photography would have inevitably increased that price which is commendably low.

It would be no bad thing if this book were read by ophthalmologists in the developed countries of the world to bring them down to earth.

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Progress in Child Health, Vol. 3, edited by J.A. Macfarlane. Pp. 237. Churchill Livingstone, London, Edinburgh, Melbourne, New York, 1986. £20.

The recent report from the National Children's Bureau 'Investing in the Future' viewed the development of child health services over the past 10 years with deep

dissatisfaction. New writings on child care are therefore welcome, especially those that give a view of special areas not well covered elsewhere. This third volume of the Progress in Child Health Series succeeds admirably in its aim of increasing communication between the many different specialties involved in paediatrics. Chapters range from pure clinical medicine, such as a review on management of congenital dislocation of the hip, to less well known areas such as the excellent review of the origin of colds in children. Particularly good are the chapters on conjoint family therapies and the Home Start scheme (why isn't there such a scheme in all areas?). It is a pity, though, that the discussion on behavioural therapy is so heavy to read, and that on learning in medicine is better covered elsewhere. References are plenty and up to date, and the index is very comprehensive. This book must be essential reading for anyone intending to sit for one of the diplomas in child health, and would be a worthy addition to a general practitioner's library, particularly if he is a trainer or has a special interest in paediatrics.

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Skin Disease in Old Age, by Ronald Marks. Pp.ix+276, illustrated. Martin Dunitz, London, 1987. £30.00.

This is a very personal account of skin disease in the elderly. When so many books have multiple authorship, it is refreshing to have the lively enthusiasm of Professor Marks shining from every page. 'Baldness is progressive as the author will testify' and the reader can imagine the Professor; again 'as winter sports enthusiasts will know ...' Overall, this is a splendid book. The illustrations, in particular, are almost universally excellent. The author has already defended himself in the introduction by admitting to a somewhat arbitrary decision as to the inclusion of certain disorders. However, surely it is ridiculous to include pityriasis versicolor, which is pre-eminently a condition of adolescence, acne vulgaris is mentioned no fewer than 7 times in the index.

A more serious criticism is that the book claims to be written 'with the dermatologist in mind'. I think it would be true to say that any dermatologist might enjoy dipping into this book, but would scarcely expect to learn from it. It contains material with which every practising dermatologist should be familiar; it is physicians in the care of the elderly who would most benefit from having this on their departmental library shelves. To them I would commend it highly.

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Books Received

Cardiopulmonary Cerebral Resuscitation, 3rd edition, by P. Safar & N.G. Bircher. Pp. xvii+464, illustrated. Baillière Tindall (W.B. Saunders), London, Philadelphia, Toronto, Sydney, Tokyo, 1987. £11.50.

Child Health Clinics – a Handbook for Doctors, by M. Barker & J. Ferrier. Pp. xi+120. John Wiley & Sons, New York, Brisbane, Toronto, Singapore, 1988. £9.50.

Communicating with Dying People and their Relatives, by J. Lugton. Pp. xi+105. Austen Cornish Publishers in association with The Lisa Sainsbury Foundation, London, 1987. £6.50.

A Handbook for Trainee Psychiatrists, edited by K.J.B. Rix. Pp. 301. Baillière Tindall, London, Philadelphia, Toronto, Sydney, Tokyo, 1987. £8.50.

Immunology of the Gastrointestinal Tract and Liver, edited by M.F. Heyworth and A.L. Jones. Pp. xii+229. Raven Press, New York, 1987. \$70.00.

Keep Your Voice Healthy, 2nd edition, by F.S. Brodnitz. Pp. ix+158, illustrated. Little Brown & Co, Boston, Toronto, San Diego, 1988. £13.

Melanoma and Naevi – Incidence, Interrelationships and Implications, edited by J.M. Elwood. Pp. 156, illustrated. Karger, Basle, Munich, Paris, London, New York, New Delhi, Singapore, Tokyo, Sydney, 1988. £56.90.

Pain Control, by J. Latham. Pp. x+106. Austen Cornish Publishers in association with The Lisa Sainsbury Foundation, London, 1987. £6.50.

Pharmacotherapy and Mental Retardation, by K.D. Gadow and A.G. Poling. Pp. xxii+370. Taylor & Francis, London, New York, Philadelphia, 1988. £16.50.

Practical NMR Imaging, edited by M.A. Foster and J.M.S. Hutchison. Pp. xv+311, illustrated. IRL Press, Oxford, Washington DC, 1987. £36.

Prevention of Coronary Heart Disease and Stroke (A workbook for primary care teams), by J.T. Hart and B. Stilwell. Pp. xii+244. Faber & Faber, London, Boston, 1988. £5.95.

Residents Handbook of Pediatrics, 7th edition, edited by W.B. Abelson and R.G. Smith. Pp. xxvi+909. B.C. Decker, Toronto, Philadelphia, 1988. £21.50.

Women's Problems in General Practice, 2nd edition, edited by A. McPherson. Pp. xvi+473. Oxford University Press, Oxford, New York, Tokyo, Melbourne, 1988. £17.50.