been used; hopefully, they and others who use the model will publish these results to confirm its effectiveness.

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Managing Change in a Medical Context: Guidelines For Action. Rodney Gale and Janet Grant. Pp. 40. Joint Centre for Educational Research and Development in Medicine, 33 Millman Street, London WC1, 1990. £3.60.

This booklet is an abridged version of the authors' publication: *Guidelines for Changes in Postgraduate and Continuing Education*. The guidelines are based on a research project, the design and quantitative results of which are described in the larger work. From the research findings a model of the change process in medicine has been described which will be of help to those concerned with education – and anyone else considering change – in managing a complex process.

The model described is in the form of an action plan, which is discussed step by step, with accompanying advice on associated tactics and styles. Local conditions and circumstances predicate the emphasis of those of the model's components which might be used; but the logical order from establishing need, through design, consultation, publicity, implementation and subsequent modification, and on to evaluation is clearly described so that it might be used by any change leader.

The booklet does not include an example of the guidelines in use; a worked example might be helpful. As the authors suggest 'doctors place great value on the outcome of proper trials'; and adoption of this very useful 'road map', as it is called, is to be recommended but may be more widely used once the authors have shown how the guidelines have been used in postgraduate education.

Because the guidelines are firmly based on proven research methods, with adaption to an individual context, the Tutor/Education Committee/Postgraduate Dean should be able to apply these without fear that (s)he or they will be accused of behavioural scientific experiments. Anyone contemplating change would be advised to have this small booklet in their 'knapsack of educational tools'.

One small criticism is that the authors could have chosen a better example than audit for the section on designing the innovation: the force field analysis given as an example does not include, in the positive forces, the Government's requirements that all doctors should be involved in medical audit by April 1991 (1992 in the case of GPs) nor the negative force that so many doctors claim they are already involved in audit, even though they clearly are not!

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Human Lactation 4. Breastfeeding, Nutrition, Infection and Infant Growth in Developed and Emerging Countries, edited by Stephanie A. Atkinson, Lars A. Hanson and Ranjit K. Chandra. Pp. xxv + 577, illustrated. ARTS Biomedical Publishers and Distributors, St. John's, Newfoundland, Canada, 1990. Price not given.

There is always something to be learned about human lactation which continues to be the subject of worldwide research. The text records proceedings from the Conference of the International Society for Research in Human Milk and Lactation which took place in November 1988. There are 48 papers and in addition 24 abstracts of poster presentations taken from the contributors from the five Continents. The publishers have allocated plenty of space so that the script, tables and diagrams are easy to read and the references are clearly listed.

The style and content of the papers is varied. They are grouped together to include sections on maternal and infant nutrition, infant feeding and infections, the role of milk in protecting against viral infection, early nutrition and growth including that of the pre-term baby. Also included are methodological approaches to the assessment of feeding, the importance of breast feeding and public health issues and a more general section. There is something for everyone interested in the health of young families. From Nairobi there is a narrative and a somewhat saddening account of the decline of breast feeding in urban African communities. In a separate paper we learn that the same factors mitigate against breast feeding in the Caribbean. From Bethesda (in 1988) we have an authoritative review of the evidence for transmission of HIV virus in milk which posed more questions than answers. New evidence was presented for the protective qualities of breast milk against infection, for example, this was argued by considering the action of gangliosides in milk, the study on the protective action of mucosal antibodies and also the significance of secretory IgA. Some other topics included a critical appraisal of the measurement of growth in infancy, iron deficiency and infant development and the energy content of milk for pre-term babies.

Much of the material of this book is of international interest. The participants of the Conference will have a copy. One should also be reasonably accessible to nutritionists, workers involved in preventative medicine and paediatricians.

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Learning in Medical School. A Model for the Clinical Professions, edited by John I. Balla, Margaret Gibson and Anne M. Chang. Pp. xviii + 176, illustrated. Hong Kong University Press, Hong Kong, 1989. \$20.

This book records a symposium, for invited participants, entitled 'Medical Education' (December 1988, Hong Kong). It thus usefully brings together a number of contributors, authorities in their fields, who have been working for some years in the area of student learning, viz. John Balla (principal editor), Colin Coles, Arthur

Elstein, Janet Grant, Diana Laurillard, Geoffrey Masters and Paul Ramsden. The two other editors' backgrounds are speech therapist education and nurse education respectively.

All the contributors' papers are included. An index would have helped selective reading, but the reader will gain most by taking the book as a whole. There are short commentaries based on recordings of discussions arising from the papers, and John Balla has supplied a scene-setting chapter (ch. 1, adapted from an earlier paper) and a valuable drawing-together chapter which includes suggested ways forward (ch. 10, the Model of the subtitle). In addition, a collective theory of education permeates the book: effective education enables 'students to make conceptual shifts to an increasingly complex understanding of the subject matter' (p. 175). This demands starting from where the individual students are, by harnessing students' perspectives.

It would have been interesting to have had more clinicians among the contributors and to have had a contribution from health professions other than medicine, if only to make the collection more accessible, as intended, to practising educators in the health professions. It is nonetheless a stimulating collection.

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Magnetic Stimulation in Clinical Neurophysiology, edited by Sudhansu Chokroverty. Pp. xx + 308, illustrated. Butterworths, Boston, London, Singapore, Sydney, Toronto, Wellington, 1990. £48.00.

Reviews of a subject are often deemed to be timely; this one is almost certainly premature. Magnetic stimulation of the brain was introduced in 1986; the technique has advanced rapidly and has been used in both basic physiological research and in clinical studies. Despite this, such basic questions as what neural elements in the brain are excited by magnetic stimuli remain unanswered. This book is the result of a symposium held in 1987 and it is therefore not surprising that half of the chapters end by implying that the interim results obtained are sufficient to draw firm conclusions.

The first six chapters are concerned with the physics and design aspects of magnetic stimulators. These are written by engineers and provide excellent background information necessary for the eventual understanding of how these devices stimulate the brain. There then follow

chapters on the physiological aspects of muscle response to brain stimulation, safety aspects, and clinical applications. Finally there are chapters on magnetic stimulation of peripheral nerve and motor roots which come to the conclusion that the technique has limited clinical application and cannot be recommended for general use.

The editor of such a volume has the unenviable task of coordinating the information from 49 contributors. Some repetition is unavoidable but no less than 6 chapters contain similar historical introductions and the appearance of identical illustrations separated by only 3 pages was a *faux pas*.

The book will be useful to research workers, particularly those needing to understand the basic physics of magnetic stimulation, but clinicians wanting to use the technique are likely to be disappointed.

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The Medical Book of Lists, 3rd edition, edited by Greenberger, Agee, King and Nelson. Pp xiv + 297. Year Book Medical Publishers, Chicago, London, Boca Raton, etc, 1990. Paperback £17.

It is very difficult to know who would actually use *The Medical Book of Lists*. There is no doubt that this book is extremely detailed and if one wanted to know quickly whether lithium caused nephrogenic diabetes insipidus it would be invaluable.

Junior doctors in this country have their pockets full of national formularies, diaries and almost certainly would have no room to carry the book of lists around with them. Although they should endeavour to produce a useful differential diagnosis when the situation becomes complex they will either turn to the library or to senior doctors. Senior doctors too will not carry this book around, which is presumably what they are meant to do in view of its size, and if they cannot think of 40 causes of nephrogenic diabetes insipidus they will also turn to the library and the large textbooks.

I have no complaints about the contents of this book but I think it is very unlikely that many people would need to use it.

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Books Received

Annual Review of Genetics, Vol 24, edited by Allan Campbell, illustrated. Annual Reviews Inc, Palo Alto, California, USA, 1990. Hardback, \$42.00.

Ethical Practice in Clinical Medicine, William J. Ellos. Pp. 190. Routledge, London, New York, 1990. Paperback, £8.99.

Pain Control, Second edition, Jane Latham. Pp. xi + 124, illustrated. Austen Cornish Publishers, 1991. Paperback, £6.50.