Book Reviews

Clinical Examination, O. Epstein, G.D. Perkin, D.P. de Bono, J. Cookson and N. Solomons. Pp. viii + 1294 + index. Gower Medical Publishing, London, New York, 1992. £29.95.

The precision of the outstanding bedside clinician is born within him or her, and is honed to a high degree of success by constant practice, not only at the bedside but when sitting in a train, standing in a bus queue or when sitting in a crowded cafe. This has been described as witnessing pathology on the hoof, and it can be transmitted enjoyably to fellow students of medicine, whatever their level of training. The person who can walk the streets without noticing his fellow travellers is destined to a basic book room speciality. William Osler fostered the method so brilliantly that Harvey Cushing described him as the teacher who made it possible for American medical studies to work at the bedside in the wards. But Osler went even further and created a clinicopathological synthesis of his physical signs and the autopsy findings. That is why we are celebrating the centenary of his marvellous textbook this year.

Throughout this excellent new monograph one can perceive the same important link between physical findings and biochemistry, lung function, cine-angiography, CT scans, duodenal enterocytes, doll's head manoeuvres, and most helpfully with anatomy and physiology of all systems. The photographs, figures and tables make it a superb editorial production and a joy to consult.

This is as it should be for the clinician who cannot correlate physical signs with modern investigative techniques is not only old-fashioned but illiterate.

William Osler would have recommended this *tour de force* to all American students, undergraduate and post-graduate, and he himself would have made considerable use of the 35 mm slide atlas based on the contents of this book. So will many other teachers of medicine from the preclinical stage onwards to higher degree examinations. Further information on the slide atlas is obtained from Gower, Middlesex House, 34 Cleveland Street, London W1P 5FB.

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Feeding Problems and Eating Disorders in Children and Adolescents, edited by P.J. Cooper and A. Stein. Pp. xiii + 205, illustrated. Hardwood Academic Publishers, Reading, Paris, Philadelphia, Tokyo, Melbourne, 1992. Paperback £20.00, \$38.00.

This book is the fifth in a series oriented toward practical aspects of clinical paediatrics. It contains ten chapters by a number of authors, divided into sections on infants, pre-school children, pre-pubertal children and adolescents.

Like any book that is a collection, this one is more successful in some chapters than in others. For me the

chapters on treatment of anorexia in adolescents are the least successful, and the authors of the chapter on hospital treatment make the point that the programme, described in fact relate to patients over 18 years of age. The sections on infants, pre-school and pre-pubertal children I found both informative and helpful, with practical details of management. The infant section deals with a wide range of feeding problems, the pre-school focus is food refusal, and the pre-pubertal theme is anorexia nervosa. All these sections emphasize a need for a comprehensive team approach to assessment and treatment. Within the section on adolescents the final chapter on bulimia nervosa is the most useful, again providing practical help.

The book would have benefitted from a greater consistency of typographic style to provide clearer structure, and there are a number of typographical errors, most notably the main title to Chapter 6 refers to 'Nulimia Nervosa' (*sic*). The photographic illustrations for Chapter 4 are included twice, in black and white and in colour, which seems unnecessary.

Although some of the material has been published elsewhere in very similar form, this book brings it all together in a way which is likely to bring it to the attention of a wide range of professionals working with children and adolescents, and the practical approach of much of the book makes it one to be recommended.

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Clinical Practice of Regional Anesthesia, edited by P. Prithvi Raj. Pp. xiv + 543. Churchill Livingstone, London, Melbourne, New York, Tokyo, Edinburgh, 1991. Hardback £70.00.

This multiple author American book is an updated and expanded version of *Handbook of Anaesthesia* (1985). Its stated aim is to provide useful and practical information to all clinicians with an interest in local anaesthesia.

The approach used in the book is valuable in that it brings together many aspects of local anaesthesia. There are useful chapters on regional anaesthesia for special situations (for example, post-operative pain in children) and on the use of nerve stimulation and adjuvant techniques. The chapter on chronic pain is short and superficial.

The book is well laid out and easy to read with good line diagrams. Photographs, where used, are poor and at least one is wrongly labelled. This book cannot be used as a practical reference book as only the more common regional techniques are described in any detail. The use of multiple authors has led to a certain amount of repetition which might have been reduced by better editing.

The main drawback to this book is that it is based on American practice. This is reflected in the clinical approach (for example, cervical plexus block for thyroid surgery), nomenclature and drugs used. In the chapter on regional anaesthesia for children, tables giving recommended volumes of local anaesthetic according to age

with no immediate reference to the drug or concentration would seem potentially hazardous.

This book is one of a number dealing with regional anaesthesia and it is difficult to recommend it in particular.

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Medical Therapy of Ischemic Heart Disease, edited by J. Abrams, C.J. Pepine and U. Thadani. Pp. x + 527, illustrated. Little, Brown & Company, Boston, Toronto, London, 1991. Hardback £55.00.

This book reviews in detail the use of nitrates, beta blockers and calcium antagonists in the medical management of patients with coronary artery disease. For each drug the authors provide chapters on the mechanism of action, their pharmacology, their actions in transient myocardial ischaemic syndromes (angina), their role in the infarcting and post-infarct patient and the problems associated with their use. There are, in addition, two chapters in the beginning which review the pathophysiology of myocardial ischaemia and the overall treatment of ischaemic heart disease. The two final chapters offer an approach to antianginal drug therapy and a guide to when angioplasty and bypass surgery should be considered.

There are three editors and 13 other contributors (15 from the United States and one from Newfoundland).

Books Received

ABC of Colorectal Diseases, edited by D.J. Jones and M.H. Irving. Pp. 103, illustrated. British Medical Journal, London, 1993. Paperback, £6.95.

ABC of Dermatology, 2nd Edition, P.K. Buxton. Pp. 98, illustrated. British Medical Journal, London, 1993. Paperback, £12.95.

ABC of Diabetes, 3rd Edition, P.K. Buxton. Pp. 56, illustrated. British Medical Journal, London, 1993. Paperback, £7.95.

ABC of Spinal Cord Injury, 2nd Edition, D. Grundy and A. Swain. Pp. 60, illustrated. British Medical Journal, London, 1993. Paperback, £8.95.

Annual Review of Medicine - Selected Topics in the Clinical Sciences, Vol. 44, edited by W.P. Creger, C.H. Coggins and E.W. Hancock. Pp. x + 542, illustrated. Annual Reviews Inc., Palo Alto, USA, 1993. Hardback, \$49.00.

Breathlessness, The Campbell Symposium, edited by N.L. Jones and K.J. Killian. Pp. 173, illustrated. Boehringer Ingelheim, 1991. Hardback, no charge.

Cardiopulmonary Resuscitation, D.V. Skinner and R. Vincent. Pp. 214, illustrated. Oxford University Press, Oxford, New York, Tokyo, 1993. Paperback, £14.95.

They have produced a very authoritative book which is very well reference and indexed. Furthermore the editors have been remarkably successful in producing a series of chapters which are very uniform in style making the book easy to read. Unfortunately it appears to have taken some time to complete the editorial work and to publish the book. Very few papers published after 1987 are cited. The result is a very valuable review of the medical management of ischaemic heart disease based on the information available 5 years ago. Fortunately almost all is still clinically relevant as each chapter reviews the subject fully and in depth.

Although it is not difficult to read the book from cover to cover, most will use the book to review a specific topic. For this latter purpose the book can be highly recommended. For the person wanting to know about the role of calcium antagonists in the management of acute myocardial infarctions and post-infarction or the unwanted effects of beta blockers, it would be very difficult to find a better source of information. The same could be said of most of the chapters.

The reader from Europe will note a slight bias towards the American literature and will note with some surprise, for example, that metoprolol is not recommended for the post-infarct patient in the USA. However, with very few reservations the book can be recommended to cardiologists, clinical pharmacologists, most physicians in training and all those drug companies that make one of the three groups of drugs discussed.

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Change and Teamwork in Primary Care, edited by M. Pringle. Pp. xi + 119, illustrated. British Medical Journal, London, 1993. Paperback, £7.95.

Colour Guide to Rheumatology, J.M.H. Moll. Pp. 160, illustrated. Churchill Livingstone, London, Edinburgh, 1992. Paperback, £7.95.

Community Health, Preventive Medicine and Social Service, 6th Edition. B. Meredith Davies and T. Davies. Pp. xiii + 570, illustrated. Bailliere Tindall, London, Philadelphia, Sydney, Tokyo, Toronto, 1993. Paperback, £14.95.

Current Surgical Practice, Vol. 6, M. Hobsley, A. Johnson and T. Treasure. Pp. 201, illustrated. Edward Arnold, London, Boston, Melbourne, Auckland, 1993. Paperback, £32.50.

Dermatology - An Illustrated Colour Text, D.J. Gawkröder. Pp. 128, illustrated. Churchill Livingstone, London, New York, 1992. Paperback, £14.95.

Disorders of the Cardiovascular System, D. Patterson and T. Treasure. Pp. 356, illustrated. Edward Arnold, London, Boston, Melbourne, Auckland, 1993. Paperback, £29.95.

Electrolytes, Body Fluids and Acid Base Balance, R. Eccles. Pp. 134, illustrated. Edward Arnold, London, Boston, Melbourne, Auckland, 1993. Paperback £14.99.