

## Book reviews

**Textbook of Orthopaedic Medicine.** Vol. 1: Diagnosis of Soft Tissue Lesions. 7th edition. By J. Cyriax. (Pp. 848. £14.50.) Bailliere Tindall: London. 1978.

Soft-tissue rheumatism is common, and we are all familiar with and often quote figures for days of work lost because of its various forms. Nevertheless, understanding of the causes and treatment of the various types of soft-tissue rheumatism is very limited. This is a field that James Cyriax has made his own and likes to term 'orthopaedic medicine'. In this new and enlarged volume of his textbook he explains that his approach is as the physician counterpart of the orthopaedic surgeon. He describes the diagnosis and assessment of numerous syndromes and dwells in detail on the clinical history and physical examination. In general, x-rays and other objective tests such as blood tests are of little value. The physician 'must take great pains to be right, for contrary evidence is often not available to bring an error to his notice'. However, this is the nub of the problem. Without support from pathological studies there is generally no consensus view about these syndromes. Equally, the management of them is described in rather a didactic fashion, yet we lack knowledge of their natural histories and remission rates and controlled trials of alternative forms of therapy.

Low back pain receives special attention. Here Cyriax believes that most cases are due to disc lesions. He mentions specific spinal diseases such as ankylosing spondylitis but denies vehemently that back pain can be due to facet joint lesions. The more defined rheumatic diseases are dealt with relatively briefly. Here one feels on firmer ground, yet there are points of disagreement. For example, polymyalgia rheumatica is described as bilateral monarticular rheumatoid arthritis of the shoulders. In inflammatory arthritis there is an emphasis on the use of intra-articular triamcinolone that seems excessive.

Cyriax is to be congratulated for concentrating on an extremely difficult field. Although there is much that is controversial, this volume should stimulate us to think more deeply about these common problems.

M. JAYSON

**New Directions for Research in Systemic Lupus Erythematosus.** Proceedings of a conference sponsored by the Arthritis Foundation. *Arthritis and Rheumatism*, 21, No. 5 (Supplement), June 1978. (US \$15; \$10 for orders of 100 or more.) Arthritis Foundation, 3400 Peachtree Road NE, Suite 1101, Atlanta, Ga 30326, USA. 1978.

In the early spring of 1977 a group of investigators from the disciplines of virology, genetics, and immunology met in Arizona to discuss new directions for research in systemic lupus erythematosus. The subsequent report, under the immaculate editorship of Dr Robert Winchester is a model of clarity and one of the most readable and stimulating reviews of the subject yet published. The three main 'directions' are virology, which takes up a considerable proportion of the volume; genetics where clinical evidence as well as the complement-deficiency associations are expertly reviewed and in which new data are reported on a possible D-locus association; and lastly immunology, where current knowledge of the suppressor T cell abnormality in SLE as well as reviews of animal models are discussed. Any aspiring rheumatologist must, as part of his training, read and reread this volume, which so lucidly blends widely differing disciplines into a common theme.

G. R. V. HUGHES

**Arthritis: Rational Therapy and Rehabilitation.** R. L. Swezey. Pp. 242. Illustrated. £10.50. Saunders: Philadelphia. 1978.

This is an interesting book. The title in particular appeals to me, but my first rapid glance through the chapters and headings I found somewhat disappointing because of an apparently rather didactic approach to the management of rheumatic diseases, with undue emphasis on passive physical procedures. This particularly applies to the section on 'Individual case reports.' Closer reading of the individual chapters is more rewarding and worthwhile, although the typically thorough and rather compartmentalised approach is characteristic of the separation which still exists in the United States between physiatry and rheumatology.

I like particularly the chapters 'Evaluation of function' and 'Rationality and methods in exercise therapy.' I found the chapter on 'Splints, braces, shoes and corsets' of some limited value in the European situation, but nonetheless the principles are well set out and acceptable. The chapter on 'Therapeutic modalities for pain reliefs' is good and shows a healthy appreciation of the considerable placebo content of passive therapy.

Altogether the book has a refreshingly open-minded approach to those forms of treatment which remain essentially empirical and pragmatic, but the most valuable part of the book is in my view the recommended sources of further reading and the comprehensive, up-to-date, and well selected bibliography. This alone makes it worth acquiring for a rheumatology departmental library.

DENNIS S. SMITH

**Viral Hepatitis.** Vol. 15. S. Krugman and D. J. Gocke. Pp. 145. Illustrated. £10. Saunders: Philadelphia. 1978.

There has been an explosion of knowledge in the field of viral hepatitis since the discovery in 1965 of the Australia antigen, which is now recognised as a marker for the virus of type B hepatitis. There have been similar but as yet less spectacular advances in understanding of type A and non-A, non-B hepatitis. This book provides an excellent summary of virology, epidemiology, histopathology, and clinical aspects of these types of viral hepatitis. Sections on fulminant hepatic failure and the immunopathology are less satisfying. Of particular interest to rheumatologists are the serum sickness prodromata and polyarteritis nodosa, which are well covered. This book can be recommended as a readable, balanced, and up-to-date account of this fast moving field.

I. M. MURRAY-LYON

**Clinics in Rheumatic Diseases: Surgical Management of Rheumatoid Arthritis.** Vol. 4. (Edited by A. G. Mowat. Pp. 480. £10.00. W. B. Saunders: London. 1978.)

I am not sure how one becomes a guest editor of such a book as this, but I do know that the publishers have chosen

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