

## 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 'Rationale 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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well on this occasion. This praise for Dr. Mowat is not, of course, simply because he has written his own chapter so well. I congratulate him in the main for his judgment in choosing a superb team, who between them have produced a book well worth reading. The task it seems was to highlight modern concepts in the surgical management of rheumatoid arthritis for a medically orientated readership. The details and technicalities of surgery have been reduced to the minimum compatible with a clear understanding of what surgeons can now offer. It is, though, the much broader and more colourful canvas that holds one's attention. Where else, for example, can one read such an authoritative and interesting account of the financial implications of joint replacement for the national health?

Only the chapter headed 'Radio-synoviorthes' puzzled me. No doubt all readers of the *Annals* are familiar with this, I certainly was not, but I still wonder why treatment with intra-articular radio-colloids was considered sufficiently 'surgical' for inclusion.

This excellent book serves to underline the value of co-operation between physician and surgeon in the management of rheumatoid arthritis, and it can be unreservedly recommended to physicians who wish to enter the penultimate decade of this century fully conversant with this rapidly developing branch of orthopaedic surgery.

RODNEY SWEETNAM

**Joint Disease: All the Arthropathies.** 3rd edition. E. C. Huskisson and F. D. Hart. Pp. 158. £5.00. John Wright: Bristol, 1978.

The new edition of this small reference book makes its appearance once again in paperback form. It has been revised to include a new introductory section on range of movement of joints and the addition of some 32 new sections in the listed conditions.

The first few pages of the book form an introductory section comprising a classification of conditions, a summarised

scheme of history and examination procedure, synovial fluid aspiration and analysis technique, and a simple guide to rheumatic drugs. Half a page is devoted to rheumatological jargon which for some reason omits a definition of arthritis while listing some more obvious terms. It is a pity that there is no section on investigations in this part of the book other than that on synovial fluid.

The bulk of the text is devoted to a summary of each condition arranged in alphabetical order, giving the format of a small encyclopaedia of rheumatic disorders. Each topic is dealt with concisely in note form with advice on treatment being necessarily didactic. References to further reading remain disappointingly few, which is unfortunate since the arrangement of the text often leads to wasted space. Important new sections have been added, including Sudeck's atrophy, Osgood-Schlatter's disease, and Morton's metatarsalgia as well as the more recently described conditions of mixed connective tissue disease and eosinophilic fasciitis. Other sections have been modified in the light of recent knowledge. The new addition of deep vein thrombosis seems a little strange, since the condition actually described is that of ruptured popliteal cyst and would be better classified as such.

Some noteworthy and interestingly named conditions have been added to the section on occupational arthropathies, including family planner's fingers, Zulu dancer's hip, and weaver's bottom. Also worthy of mention are genu amoris, which may occur in the sexual athlete, and tennis leg, which may occur in the cricketer, a case having been described in Dr W. G. Grace after making 60 runs at Lords in 1884.

This book makes no attempt to be anything other than in 'aide mémoire' and as such is highly recommended for the practising rheumatologist as well as the interested clinician in any field of medicine, as it is a source of rapidly available essential information. I only hope that the next edition contains more references.

BRIAN BOURKE

**You Asked about Rheumatoid Arthritis.** Edited by H. S. Robinson. Pp. 150. \$4.95. Douglas and McIntyre: Vancouver, 1978.

Three of us read this book—a psychologist doing a great deal of interviewing of rheumatoid patients, an articulate young woman with rheumatoid arthritis, and myself. All of us were impressed with its format, compact size, clear print, and excellent layout. We were unanimous in applauding the production of such a book designed to answer the numerous questions patients with a chronic disease must have, realising that only rarely can they expect to have all these answered at the right time by professionals.

The treatment of patients is obviously much the same in Canada as in Britain, and therefore the sections dealing with management (in terms of drugs, physiotherapy, splintage, and surgery) are most useful. The chapter on symptoms and diagnosis is clear and relevant. Sections having a social or environmental content are less relevant to the UK: the list of voluntary agencies in the UK is limited to the ARC, excludes the BRA, and does not indicate any sources of help. No mention is made of the Disabled Living Foundation or of aids centres, of allowances such as the mobility allowance, the disablement resettlement officer, and the fares-to-work scheme. The section on work needs enlargement and adaptation.

Sometimes questions are phrased in a way unnatural to many British patients. Does the psychological side-effect accompanying rheumatoid arthritis have a cumulative reaction upon the rheumatoid arthritis itself? Sometimes the answers appear patronising to the layman. The sections on children and on motherhood could have been expanded with advantage. Nevertheless, the book (perhaps indexed in the second edition) would be useful for patients to browse through as they await their consultations and in reminding them of what was said.

ANNE CHAMBERLIN