Recent Advances in Rheumatology. Eds. W. Watson Buchanan and W. Carson Dick. Pp. 137. £12.00. Churchill Livingstone: Edinburgh. 1980.

The second volume of this work, like the first, is a collection of unrelated monographs by different authors on topics which the editors judge to be of particular current interest in the study and practice of rheumatic diseases.

Dr Paul Dieppe gives an excellent review of crystals and their identification. Their established role in crystal synovitis is contrasted with the more conjectural part they have to play in osteoarthritis. Dr Hamilton Hall, a Canadian orthopaedic surgeon, describes the current techniques for the investigation, assessment, and treatment of low back pain and he quite rightly warns us of the limitations of such procedures as the CT scan and thermography. Dr J. P. Famey gives an account of enkephalins and endorphins. As he says, many questions remain to be answered about the application of these new discoveries to rheumatology, but his chapter is useful for those of us who are not abreast of the extensive literature on the subject, with 147 references. The chapter on dermatological manifestations of connective tissue disease by Professor MacKie, Dr Nelson, and Dr D. C. Dick suffers from a complete absence of illustrations and by its necessary incompleteness. Some of the statements in this chapter may be questioned, such as the opinion that systemic corticosteroids have no specific effect on the rash of Still's disease. Professor Peter Beighton gives an all too brief review of geographic variation in joint disorders. Dr Jane Schaller's chapter on the arthritides of childhood is admirable, although childhood arthritis (rather rare) and its classification are described by various authors in textbooks and numerous other recent publications, so that the editors might well have chosen another subject in its place. (Incidentally, why have rheumatological paediatricians introduced the ugly word 'pauciarticular' in place of 'oligoarticular' which we have all used happily for years? If they don't like Greek-Latin hybrids they should be consistent and charge 'monoarticular' to 'uniartricular' and 'polyarticular' to 'multiarticular'). The Ebringer brothers summarise their controversial ideas on cross-reactivity between the B27 gene and klebsiella. Dr Heather M. Dick writes on HLA and seronegative arthropathies—a good review, although again many of her readers will by now be reasonably familiar with what she has to say, and rather more emphasis on recent work relating for example to rheumatoid arthritis and drug toxicity would have been interesting.

It will be seen that the whole book savours refreshingly of clinical medicine, and all the contributions will be read with interest by rheumatologists. They are fully referenced and indexed. The first volume was well received and I have no doubt that the same will apply to number 2.

J. T. SCOTT

Rheumatic Disorders in Childhood. By B. Ansell. Pp. 299. £25.00. Butterworths: Sevenoaks, Kent. 1980.

This is an easy book to review. It is well set out; the style is clear and slightly didactic, the content is well chosen

and taken in manageable portions, the illustrations are excellent, including the radiographs (what a difference this makes), and histology, which is usually unintelligible, has been eschewed.

The need for such a new book is well set out in the preface. The increasing interest in paediatric rheumatology has led to a realisation of both the extent and fascination of this area. Dr Ansell has helped, and stimulated, many to enter this field. Unfortunately lack of adequate training has resulted in many exponents having to learn the hard way and in particular that direct translation of adult rheumatological practice is inappropriate and that rapid advances have made yesteryear's teachings out of date. This book is thus timely, representing the only reasonable coverage of the problems that paediatricians or rheumatologists alike are liable to encounter at the present time that I am aware of.

There is little waste, the text is to the point, the illustrations are apposite, and unnecessary references, which distract rather than clarify, avoided. The content mirrors the likely case material. It begins with 'aches and pains'—a common and sometimes difficult area depending on historical rather than objective data—and then goes on to a discussion of the polyarthritides and juvenile chronic arthritis. These account for half the book. The second half discusses the rarer diseases and finishes with 'soft tissue lesions' and some skeletal disorders, all of which may present in the clinic.

Throughout, the importance of bedside management, both in diagnosis and treatment, is emphasised. Relatively little space is wasted in discussing aetiological and pathogenic theories, while considerable emphasis is laid on the team approach for which Taplow has long been known. At all times the personal approach is apparent.

We come to the index. This is of course where first contact with the usual reference books that one *consults* as distinct from *reads* is made. Certain anomalies occur here such as the 'sick role situation', 'Valgus deformity', 'Varus deformity', and the indexing of the clinical feature followed by the disease that it may occur in rather than vice versa. Thus the whereabouts of information might elude the searcher.

This is an excellent book written to be read and readable from cover to cover in easy stages. The reader will be refreshed and enlightened. It is a book to be on the bookshelf of every doctor, department of paediatrics, or rheumatology with any pretensions to good clinical care.

P. J. L. HOLT

Paget's Disease of Bone. By R. C. Hamdy. Pp. 203. £13.50. Praeger Scientific: Eastbourne, New York. 1981.

This is a splendid little book. It is very clearly set out, with the text for the average reader summarised by marginal notes for quick reference, and amplified for more detailed study with sections in smaller type. There is an index at the back. The literary style is crisp and clear, and the whole is lavishly illustrated, not only with radiographs, clinical photographs, and pathology specimens, but also with reproductions of charts drawn

from original articles in the literature. There are 12 colour plates. The content is a comprehensive account of Paget's disease, with sections on epidemiology, aetiology, pathology, the clinical picture, radiological and biochemical features, and methods of treatment. Statements in the text are extensively referenced to original articles, with over a thousand references quoted, extending up to 1980.

The book is clearly aimed at clinicians, and for those who handle this condition on any scale, such as rheumatologists, orthopaedic surgeons, and endocrinologists, I would recommend it as invaluable. Now that so much can be offered by way of treatment, whether medical or orthopaedic, a working knowledge of the condition is now essential for such clinicians. It would also make valuable reading for radiologists and biochemists. A delightful human note is provided by frequent quotations from Sir James Paget in the 1870s.

G. F. JOPLIN

Pain-free Arthritis. By Dvera Berson and Sander Roy. Pp. 128. £4.95. New English Library: London. 1980.

The startling claim on the front cover of this book is that it is 'The first truly helpful innovation in the physical therapy of arthritis in the past 100 years'. And on the back the message to *all* arthritis sufferers is, 'You don't have to endure pain and physical suffering'. Since this is achieved by a programme of self-help exercises in water, patients, the Department of Health, and physicians need to take careful note.

The authoress is a 54-year-old divorcee, hoping for remarriage but with no one particular in mind. She was diagnosed as having rheumatoid arthritis and osteoarthritis, osteoporosis, and cervical spondylosis deformans (I hope by a doctor in the USA, from where she hails, and not by the unnamed British rheumatologist who adds his glowing testimonial to that of the New York physician on the front). It reminded me of the gentleman told, to his obvious delight, by my former chief that he had rheumatoid arthritis from the waist up and gout from the waist down. He got better too. Dvera Berson, having transferred herself to 4 doctors at different times (the one who did the least harm being an orthopaedic surgeon), hit on her regimen of daily exercises in water while she was on a 3-month holiday in Florida, where she could walk out of her hotel room into the pool. In this highly personalised, dogmatic (and therefore very readable) account she advocates 5 times weekly treatment for the first month, reducing to 3 weekly visits to the pool. Her current regimen comprises 45 minutes of doing the back stroke and one other advanced exercise, 3 minutes in the whirlpool, and then 45 minutes of the same exercise, finishing with 3 minutes in the sauna. Twenty-five beginners' exercises are illustrated, 5 intermediate, and 5 advanced. These drawings and descriptions are interspersed with pictures of a well groomed, somewhat muscular, certainly healthy, blonde lady. If her personality is as good as her looks, she may well get married again, presumably to a hydrophilic husband.

Despite a second part to the book in which she lists the side effects of drugs culled from the manufacturers' data sheets speaks disparagingly of arthritis experts who are not experts in helping rheumatic sufferers, and takes orthopaedic surgeons to task for not explaining carefully enough to the patient the harm they can do, one must be careful not to throw the bath water out with the book. It is still the scandal of some major hospitals to be without a deep pool to provide the most effective form of physical therapy in our armamentarium. This programme goes far beyond that. However, as a profession we don't do too well with chronic backache and neck ache. At £4.95 this book is still cheaper than a collar or a lumbosacral support. Moreover, the treatment takes time (a long time) – blessed relief.

V. WRIGHT

Rheumatology. By D. R. Swinson and W. R. Swinburn. Pp. 234. £7.95. Hodder and Stoughton: Sevenoaks, Kent. 1980.

This well written book is intended principally for nurses in training, but it may also be useful to members of other professions working with arthritic patients. It covers the medical aspects of the commoner rheumatic diseases as well as having lucid, well illustrated explanations of diseases less well known to nurses, such as seronegative arthritis and the connective tissue diseases. There is a brief chapter on surgery, which does not cover nursing care. Chapters on the work of physiotherapists, occupational therapists, and social workers are a clear reminder of the multidisciplinary approach needed in the care of these patients, and the writers are sensitively aware of the emotional and sexual problems associated with arthritis.

This book is written on the medical model, and although the broader aspects of nursing are taken into account it would be up to the nurse to deduce what care she would have to give from the information available; as such, the student nurse would need more information than is provided here. However, it would be a welcome addition to all nursing libraries and a useful work of reference for rheumatology ward sisters and nurses studying arthritic disease.

JACQUELINE M. ISARD

Patient Compliance. Ed. J. J. de Blécourt. Pp. 58. DM.22. Hans Huber: Bern. 1980.

This useful small book gives an account of the proceedings of a symposium held during the Ninth European Congress of Rheumatology (Wiesbaden). The opening chapter reviews the current literature with 65 references. Although it is good to see the importance of the doctor-patient relationship stressed, the description of the personality of the rheumatism patient is bedevilled by the chicken-and-egg aspect of the argument. The account of compliance in rheumatic disorders is enlivened by cartoons showing some all too familiar dilemmas. Ways in which patient compliance may be improved are