

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