

Books

Child Health for All. A Manual for Southern Africa.

Second edition. Edited by M. A. Kibel and L. A. Wagstaff. Pp. xii + 453. Illustrated. R120. Cape Town: Oxford University Press. 1995. ISBN 0-19-571253-6.

This is a comprehensive book. The breadth and depth of the editors' understanding and their extensive experience of paediatrics in southern Africa are clearly demonstrated by the range of issues covered. The list of contributors provides a virtual 'Who's who' for paediatrics and related disciplines in South Africa.

The varieties of approach to the subject make the book an important resource, not only for medical practitioners and undergraduates, but all health professionals involved with children. Although the details such as the immunisation schedule, mortality rates and genetic service delivery centres are specific to South Africa, most topics are global in scope and relevant to a much wider audience.

From a personal viewpoint, it is exciting to see the integration of so many disciplines, and particularly community health, in this one book. Also included is an important aspect of child health that has often received inadequate attention in both paediatric texts and training — the normal child.

That the editors, Professors Kibel and Wagstaff, have updated and expanded the first edition within 4 years of its appearance, is indicative of the demand for current information on this important aspect of health.

With the new South African government's priority of achieving optimal health for all children, this new edition will be an invaluable addition to the libraries of both individuals

and institutions in southern Africa and beyond. The new format is conducive to sustained reading with its ample illustrations, diagrams and fact boxes breaking up a well-laid out text. Updated references for many sections provide an additional resource for those who seek more information. At less than 27 cents per page, *Child Health for All* is an excellent value reference or text book and is essential reading for those serving children from all socio-economic backgrounds in developing countries.

M. H. Ross

Clinical Echocardiography*

By John Chambers. Pp. viii + 256. Illustrated. £55. London: BMJ. 1995. ISBN 0-7279-0810-3.

Dr Chambers states in his preface, that this monograph on echocardiography is designed for general physicians and cardiac technicians. It is to enable them to have a better understanding, and to increase their knowledge of this investigative technique.

In my view, the author has succeeded in his objective. The text is concise and makes for easy reading. The photographic reproductions, both black and white as well as colour, are excellent. The references, together with the check lists at the end of each chapter, are very useful. Of particular interest, are the chapters dealing with artificial heart valves, cardiomyopathies and ventricular diastolic function, and pericardial disease. The place of echocardiography in the clinical context of cardiac problems has been well presented.

This book, printed on high quality paper, can be recommended to the doctors and echocardiographers referred to in the preface.

S. E. Levin

ABC of Hypertension*

Third edition. Edited by E. T. O'Brien, D. G. Beevers and H. J. Marshall. Pp. 76. Illustrated. £14. London: BMJ. 1995. ISBN 0-7279-0769-7.

The *ABC of Hypertension* was published in book form soon after first appearing in the *BMJ* in 1980, and an extensively revised second edition was produced in 1987. This third edition again is a total and comprehensive re-working of the whole topic of hypertension and its management. Considerable attention is given to the measurement of blood pressure. Diagnostic, therapeutic, and prognostic decisions after all, are based on the level of blood pressure determined by a technique which has many shortcomings. There are excellent chapters on ambulatory blood pressure, hypertension management and treatment which is relevant and suitable for our country.

* Book titles marked may be ordered directly from MASA Publications, Book Department, Private Bag X1, Pinelands, 7430, tel. (021) 531-3081, fax (021) 531-4126, e-mail masact@aztec.co.za.

It is interesting that the British Hypertension Society, which is cognizant of the costs of therapy, has recommended a thiazide diuretic or beta-blocker as routine first line treatment of hypertension, and progressing, if necessary, to a combination of the two plus the addition of a vasodilator. Thiazides and beta-blockers are the only drugs that have proved to reduce mortality and morbidity in the treatment of uncomplicated hypertension.

This book is simply written, has excellent diagrams and is easily read over a weekend. It is ideal for the primary care physician and is well worth purchasing.

Y. K. Seedat

ABC of Breast Diseases*

Edited by J. M. Dixon. Pp. 69. Illustrated. £15. London: BMJ. 1995. ISBN 0-7279-0915-0.

This outstanding book provides excellent reading material for students, general practitioners and specialists alike.

In only 70 pages the authors have successfully integrated text, graphs, summaries and pictures to produce a work of outstanding academic quality.

The emphasis on mamma carcinoma, the importance of screening for breast cancer, the examination, treatment and prognosis thereof are discussed in full. Associated aspects including breast pain, infection and reconstructive surgery are also mentioned. Lactation and breast feeding, however, are not discussed.

Although a super-specialist interested in breast problems would probably require a more detailed text, the majority of practitioners would certainly benefit from reading this book.

The text itself provides easy reading material and it is with great confidence that I can recommend this book.

H. S. Cronjé

Community-based Distribution of Contraceptives. A Guide for Programme Managers

WHO. Pp. xi + 135. Illustrated. Sw.fr.32/US\$28.80. Geneva: WHO. 1995. ISBN 92-4-154475-9.

In 1984, data from the World Fertility Survey revealed a worldwide unmet need for family planning, involving approximately 300 million couples in the reproductive age range. This need is especially vast in isolated and poor communities of the developing world.

Community-based distribution (CBD) of contraceptives is a strategy whereby trained non-professional members of the community provide other members of the community with family planning information and temporary contraceptive methods. As such, CBD of contraceptives is an important addition or alternative to clinic-based services. CBD services have been operating for more than 20 years and have been available in over 40 countries, mainly in Asia and Latin America.

This book is intended for use by programme managers, administrators and service providers, who are responsible for planning, implementing and evaluating CBD programmes.

Each step in establishing such a programme is carefully detailed. The importance of gaining support from all the role players is stressed; preparing a budget; drawing up job descriptions and monitoring and auditing the service. Several issues receive special mention. These include quality assurance and the role of a CBD programme in preventing the spread of HIV infection and promoting breast-feeding.

Provided the programme is properly devised, implemented and audited, CBD of contraceptives should be vigorously promoted. This book is essential reading for those health professionals who are or will be involved with this essential community service.

Herman A. van Coeverden de Groot

Visceral Pain. Process in Pain Research Management. Volume 5. International Association for the Study of Pain

Edited by Gerald F. Gebhart. Pp. x + 501. Illustrated. US\$69. Seattle: IASP Press. 1995. ISBN 0-931092-10-8.

This book, based on a symposium in Iowa in 1994, summarises current knowledge of visceral pain as perceived by basic scientists and clinicians.

In contrast to other types of pain, visceral pain has until recently been poorly investigated and understood. Unique features of visceral pain are discussed as well as the neuro-anatomical and physiological reasons for these distinctive features.

Basic research pertaining to receptors, afferents, spinal and cerebral organising regions and viscerosomatic sensory tracts are discussed and applications to the clinical situation are demonstrated. The physiological differences between acute and chronic pain are pointed out and possible mechanisms for chronic pain in the absence of organic pathology are postulated. I was particularly fascinated by the chapter on chronic pelvic pain, the bane of every gynaecologist's and urologist's life. It is pointed out that endometriosis and adhesions are only slightly more common in women with pelvic pain than those without. Negative diagnostic laparoscopy has been found to be curative in up to 60% of cases. It is postulated that 'myofascial pain, irritable bowel syndrome, urgency frequency syndrome, and interstitial cystitis probably all entail alterations of central processing'. This is a process whereby non-noxious stimuli are perceived as pain by a variety of mechanisms discussed at length. These new insights can help us to assure the patient that we know the pain is real and we do not think that they are mad or malingering and also that they do not have a life threatening condition demanding surgery. Cervero, in the second chapter, makes the following statement: 'We must explain the clinical features of visceral pain not only at molecular and cellular level, but also as the properties of an integrated neural system.' In my opinion, this book has gone some way towards doing that.

Johan Naude

Books received

The receipt of these books is acknowledged, and this listing must be regarded as sufficient return for the courtesy of the sender. Books that appear to be of particular interest will be reviewed as space permits. The SAMJ does not publish unsolicited reviews.

Neurophysiological Basis of Cerebral Blood Flow Control:

An Introduction. Edited by S. Mraovitch and R. Sercombe. Pp. vi + 408. Illustrated. £40. London: John Libbey & Co Ltd. 1996. ISBN 0-86196-272-9.

Progress in Obesity Research: 7. Edited by A. Angel, H. Anderson, C. Bouchard, D. Lau, L. Leiter and R. Mendelson. Pp. xvi + 768. Illustrated. £70. London: John Libbey & Co Ltd. 1996. ISBN 0-86196-532-9.

The South African Women's Health Book. The Women's Health Project. Edited by Margaretha Goosen and Barbara Klugman. Pp. xi + 516. Illustrated. R89.95. Cape Town: Oxford University Press. 1996. ISBN 0-19-571254-4.

Ear, Nose, and Throat Diseases. A Pocket Reference. Second edition. By Walter Becker, Hans Heinz Naumann and Carl Rudolf Pfaltz. Edited by Richard A. Buckingham. Pp. xiv + 583. Illustrated. DM48. Stuttgart: Georg Thieme Verlag. 1994. ISBN 3-13-671201-1.

Acute Abdomen. Diagnostic Imaging in the Clinical Context.

By Gabriel P. Krestin and Peter L. Choyke. Pp. xv + 285. Illustrated. DM79. Stuttgart: Georg Thieme Verlag. 1996. ISBN 3-13-102641-3.

Differential Diagnosis in Otorhinolaryngology. Symptoms, Syndromes and Interdisciplinary Issues. By Hans Heinz Naumann (with contributions by Frank Martin, Hans Scherer and Karin Schorn). Pp. x + 454. Illustrated. DM155. Stuttgart: Georg Thieme Verlag. 1993. ISBN 3-13-113501-8.

Trace Elements in Human Nutrition and Health. WHO. Pp. xviii + 343. Illustrated. Sw.fr.85/US\$76.50. Geneva: WHO. 1996. ISBN 92-4-156173-4.

WHO Expert Committee on Drug Dependence. Twenty-ninth Report. Technical Report Series No. 856. Pp. iv + 17. Sw.fr.6/US\$5.40. Geneva: WHO. 1995. ISBN 92-4-120856-2.

WHO Expert Committee on Biological Standardization. Forty-fifth Report. Technical Report Series No. 858. Pp. vi + 102. Sw.fr.17/US\$15.30. Geneva: WHO. 1995. ISBN 92-4-120858-9.

Evaluation of Certain Food Additives and Contaminants. Forty-fourth Report of the Joint FAO/WHO Expert Committee on Food Additives. Technical Report Series No. 859. Pp. viii + 54. Sw.fr.11/US\$9.90. Geneva: WHO. ISBN 92-4-120859-7.

Basic Analytical Toxicology. By R. J. Flanagan, R. A. Braithwaite, S. S. Brown, B. Widdop and F. A. de Wolff. Pp. xii + 274. Illustrated. Sw.fr.60/US\$54. Geneva: WHO. 1995. ISBN 92-4-1454458-9.

Linear Alkylbenzene Sulfonates and Related Compounds. Environmental Health Criteria No. 169. Pp. 328. Sw.fr.47/US\$42.30. Geneva: WHO. 1996. ISBN 92-4-157169-1.

Isophorone. Environmental Health Criteria No. 174. Pp. 84. Sw.fr.18. Geneva: WHO. 1995. ISBN 92-4-157174-8.

1,2-Dichloroethane. Second Edition. Environmental Health Criteria No. 176. Pp. 148. Sw.fr.23/US\$20.70. Geneva: WHO. 1995. ISBN 92-4-157176-4.

Methomyl. Environmental Health Criteria No. 178. Pp. 150. Sw.fr.23/US\$20.70. Geneva: WHO. 1996. ISBN 92-4-157178-0.

Morpholine. Environmental Health Criteria No. 179. Pp. 163. Sw.fr.17/US\$24.30. Geneva: WHO. 1996. ISBN 92-4-157179-9.

Kernverloskunde & -Ginekologie met Eksamenwenke vir M.B.Ch.B. Deur Johan Theron Nel. Bl. xvii + 968. Geïllustreerd. R325.90. Johannesburg: Heinemann Higher and Further Education (Pty) Ltd. ISBN 1-86853-194-5.