

ders according to the mechanisms which cause them. The volume on urinary tract infections covers common problems as well as some of the rarer nephrological diseases. Of the five books, these two will be of most use to general practitioners, but all five would be a useful addition to any practice library.

The remaining three volumes will acquaint general practitioners with advances in this rapidly expanding field and explain current investigative methods. The glomerular diseases and modern imaging techniques are well described and profusely illustrated. *Acute and Chronic Renal Failure* is of greater interest to hospital staff, who are more often concerned with patients in this state, but by informing general practitioners of the processes and problems involved, family doctors will be better able to advise patients and their relatives.

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## BOOKS FOR PATIENTS

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### THE EYE BOOK

*John Eden*  
Penguin  
Harmondsworth (1981)  
215 pages. Price £1.95

All the facts are here, but there really are an awful lot of them; this book is too long for most people, who will surely not want to know so much about so many eye diseases. There are many diagrams, but the ones on the physiology of the eye, like that part in the text, seem unnecessarily technical. This is definitely one for the intellectual 10 per cent of the population.

### ASTHMA AND HAY FEVER

*Dr Allan Knight*  
Martin Dunitz  
London (1981)  
123 pages. Price £2.50

It is perhaps a measure of the relative under-development of allergy as a specialty in the UK that this book is written by a Canadian. However, there is no sign of transatlantic inappropriateness

### THE OFFICE WORKERS' SURVIVAL HANDBOOK

*Marianne Craig*  
British Society for  
Social Responsibility  
in Science  
London (1981)  
200 pages. Price £2.35

No one who has spent any length of time working in an office will be surprised to learn that the second most stressful occupation is that of a secretary, according to a US government survey of 22,000 workers in 130 occupations. This manual uses the survey as its starting point, and examines the hidden dangers of office work, making constructive suggestions about what can be done to reduce them.

There are chapters on noise, lighting, ventilation and the hazards of office machinery. The implications of new technology are also discussed. At the end of each chapter is a checklist, with

and the book can be warmly recommended to patients. It is well written, without being clogged by too much incomprehensible physiology, and with sensible ideas about living with tiresome allergies. It is not at all expensive, considering that it is so attractively illustrated in colour.

### YOU AND YOUR HEART. HOW TO TAKE CARE OF YOUR HEART FOR A LONG AND HEALTHY LIFE

*Paul Kezdi*  
Penguin  
Harmondsworth (1981)  
222 pages. Price £1.75

There is no doubt that public awareness of the dangers of coronary heart disease is growing—at least among some sections of the community. Yet the links between certain aspects of life style and risk factors for coronary heart disease are still imperfectly understood by the majority of our patients. Dr Kezdi, an American cardiologist, sets out to explain these links for the intelligent layman. He bases his book on a careful and well-presented review of risk factors, giving rather more prominence to cholesterol than to smoking or hypertension. He then goes on to review, in separate chapters, 13 aspects of life which may be related to coronary heart

advice about how offices can be made healthier places. The legal rights and obligations of employers and employees are explained, and the Health and Safety at Work Act is examined in detail. It is emphasized that most accidents could be prevented if a little more time and money were spent.

Any general practitioner who has regular contact with office workers, as patients or colleagues, would find this book well worth looking at, but its militant tone will probably deter those who need to read it most.

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### New editions

*Chemotherapy of Cancer.* Stephen Carter, Marie T. Bakowski and Kurt Hellman. 2nd edition, 1981. London: John Wiley.

*Davidson's Principles and Practice of Medicine,* ed. John Macleod. 13th edition. Edinburgh: Churchill Livingstone.

disease, ranging from "Your food and your heart" to "Your sex life and your heart". These chapters are written in a more direct style than the first part of the book, but repeat much of the material presented earlier. A final section deals with the practical aspects of diet, giving up smoking and exercise. Curiously there is also a chapter on the use of progressive relaxation to avoid stress despite earlier reassurances that 'Type A' behaviour has not in itself been shown to be a risk factor.

The text is clear, and has been anglicized (sic) by Professor Peter Sleight, of the Radcliffe Infirmary, Oxford. References to British research and to the British Heart Foundation testify to this and there are few intrusive Americanisms. Nevertheless, most British general practitioners would now disagree with the typically American advice given in a brief section on the prevention of rheumatic heart disease. The reader is advised to treat throat infections seriously, to regard them as potential Strep. infections and to expect throat swabs and, if necessary, antibiotics "because of the seriousness of the complications which may arise".

However, this is generally a sound, readable book and can confidently be recommended to those patients who both care about their health, and are likely to spend £1.75 on a paperback book.

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