

BOOK REVIEWS

Sociology in Medicine (2nd Edition). M. W. Susser and W. Watson. Oxford University Press, New York, 1971, 468 pp., \$11.50

This is a well-written second edition of a work by a distinguished duo in epidemiology and sociology. The authors have added a considerable amount of new information culled from their own studies of the community, of groups and of individuals. Much of the work makes good reading, such as that dealing with social class theory, roles, networks of interaction and mobility of individuals. The book is recommended to the relative neophyte who wishes to obtain a sound grasp of the scope and nature of sociology in medicine. Certain areas are of special importance to teachers of family medicine. Of particular interest is the chapter on "Social Class and Disorders of Health." In this section most of the data are obtained from British sources but have universal applicability, with the authors making a useful and interesting distinction between "diseases of the rich" and "diseases of the poor." This and the material on the changing patterns of disease raise many important issues worthy of consideration by all health professionals and particularly by our future family physicians in training. The chapter on "Social Mobility and Disorders of Health" provides insight into the nature of sociogenic disease.

For good weight a chapter on "Medicine and Bureaucracy" is offered. A case is made for considering "bureaucracy" something more than a pejorative epithet. The authors, somewhat hopefully, believe it can stand for a positive and effective mode of organizing both people and material on a large scale. There is, however, much wisdom in their observation that "a bureaucratic system . . . inevitably produces points of structural strain which find expression in personal conflicts and misunderstanding. . . . The processes that underlie the dysfunctions of bureaucratic systems of administration must be understood not in personal but in organizational terms." The progress of medicine in this country could be smoother if this philosophy were more widely accepted and the frictions between individuals and institutions, so much an increasing feature of our times, might be reduced. The final four chapters, starting with the cycle

of family development, then mating and marriage, infant to adult and, finally, old age, are probably the most valuable parts of the book. The cycle of family development is succinctly presented and, as in all chapters, there is extensive background material and references are provided. The book is rounded off with an index of subjects and authors.

Seldom does one come across a volume in this broad subject area which is so difficult to fault. More consideration might have been given to the role of family in health and disease and how this relates to our current health care systems. Maybe these scholarly and gifted writers might be persuaded to come up with a book devoted to this subject. As a companion volume it would make a major contribution towards establishing the newly-forming discipline of family medicine. As it is, this volume is a must for all family practice residency libraries.

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The Effective Clinician — His Methods and Approach to Diagnosis. Philip A. Tumulty. W. B. Saunders Company, Philadelphia, 1973, 379 pp., \$11.00

While this book is primarily written for the medical student beginning his clinical years in medical school, it provides a refreshing review of the clinician's approach to a patient's problem and management. A section is well-presented which deals with communication with a patient, with the family and with other physicians. A section on history-taking and physical examination makes for an excellent review. A clinical management section relates to some of the many disturbing problems that the physician encounters; it is well done in a problem-oriented fashion demonstrating problem-solving techniques in a practical manner. This continues into a section on clinical problem analysis, and I personally found this to be most helpful.

This book is primarily intended for the medical student beginning the clinical years of medicine. I would recommend that it be used for all residents in training regardless of specialty, and I feel that it makes an excellent review text for the busy clinician who may at times feel unable to see the "forest for the trees."

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Eating Disorders: Obesity, Anorexia Nervosa and the Person Within. Hilde Bruch. Basic Books, Inc., New York, 1973, 396 pp., \$12.50

Obesity is a common problem which is difficult to manage in the average family practice. Anorexia nervosa, though relatively rare, is even more challenging to the fami-

ly physician. The author explains in clear and easily-read terms the true cause of these eating disorders and outlines rational plans of treatment based on what is now understood about their etiology. People who misuse the eating function, whether by over-eating (obesity) or by self-starvation (anorexia nervosa) do so in an effort to solve or camouflage problems of living that to them appear otherwise insoluble. One reading this book will have no doubt about the psychological basis of these problems. Since inner conflicts lead to these weight disorders, we are in error if we persist in merely advising diets and measuring the success or failure of our approach to weight problems by the number of pounds gained or lost rather than by the health and happiness of "the person within."

The 396 pages of text are divided into 18 chapters which in turn are divided into four parts: general aspects, obesity, anorexia nervosa, and treatment. Although there are no illustrations, the author presents a series of exquisite, detailed case histories accompanied by long-range follow-up studies which vividly demonstrate how many patients who had long failed to conquer their weight problems were able to do so when treatment was tailored to their specific psychological needs. All persons involved in family practice, whether in private practice or teaching, and whether physician, student or allied health professional should benefit by reading this book.

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Psychopharmacology in Family Practice. D. Wheatley. Heinemann Medical, London, 1973, 208 pp., approx. \$7.00

The author sets out to summarize the 15-year experience of his group in evaluating psychotropic drugs in general practice. His methods and results are presented succinctly and usually in a way that is understandable to those of us who are nonresearchers. The book provides an easy reference to the actions of many psychotropic drugs. Although some of the drugs studied are not currently in use in this country, many are in use and are identified by both generic and proprietary names.

While this little book is well worth reading for its stated objective alone, it achieves two other useful purposes. First, it is helpful in stimulating the reader to define his own criteria for such diagnoses as depression or anxiety, which often tend to be somewhat vague and variable. Second, it identifies very logically the reasons for general physicians to do research and makes such research appear both exciting and within the grasp of most of us. Simple practical research in everyday practice appears to be one more thing we can learn from the British.

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A Primer of Clinical Symptoms. Robert B. Taylor. Harper & Row Publishers, Hagerstown, Maryland, 1973, 220 pp., \$9.95

Although it is nowhere stated clearly, this book is evidently intended for medical students as part of their study of primary medical care. The good news about this volume is that it documents the morbidity occurrences encountered in primary care in the manner in which they actually present, that is, by symptoms rather than by clinical or pathological diagnoses. The bad news is that the taxonomy produced is neither very systematic nor very clear. The book chronicles nearly every presenting symptom that a primary care physician will encounter, all the probable causes for those symptoms, and treatments for many of the illnesses that they represent. This is an overly ambitious task that cannot be successfully handled in a modest volume of this size.

The organization of the book by organ systems to which the described symptoms relate is logical. It might, however, have been more constructive if the chapters were organized according to symptoms, since one of the initial problems of primary care is to assign a given symptom to a particular organ system. At the end of each chapter is a catalogue of the symptoms relevant to that particular organ system. These are presumably arranged in order of expected frequency but there is no indication as to the relative frequency of these symptoms. The net result does little to systematize the diagnostic process for either the experienced clinician or the medical student. Reliable data relating to frequencies and probabilities are available, and it would have been very useful to have these included as a foundation of the author's thesis.

What illustrations are included are of limited use. Many appear to have been extracted from a Grade X biology text. Since medical students and primary care physicians have a variety of technical detailed books available to them, they will find most of the illustrations almost ludicrously elementary.

An authenticated and scholarly analysis of symptoms encountered in primary medical practice would be a very useful addition to the armamentarium of family physicians. Unfortunately, this book does not come through as a very erudite work; while attempting an enormous task, it succeeds in achieving very little. The author has taken an innovative first step in producing a volume that is uniquely of relevance to the primary care physician. Another step will need to be taken in the future that will make this approach of substantial practical use to the student of primary care. In its present form, unfortunately, the book is of only limited value to either medical students or family physicians.

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Genetics in Medicine (2nd Edition). J. S. Thompson and M. W. Thompson. W. B. Saunders Company, Philadelphia, 1973, 400 pp., \$9.00

The rapid growth of knowledge in the field of medical genetics has left many practicing family physicians feeling that basic concepts have changed so much as to make integration of new information obtained from their usual journal reading very difficult. Terminology and the constructs upon which the jargon is based are so unfamiliar that the task of referral to basic texts for particular questions of patient care becomes a major undertaking and often raises even more questions requiring even further research. The circle is ever widening.

The authors have aimed this text at medical students, but the material has been selected to provide "an up-to-date framework of knowledge" that will also be of use to physicians. The book is organized so as to explain the basics of genetics while incorporating recent advances and future directions. The material is presented in a way that requires little previous sophistication or knowledge. The writing is generally lucid and concise and the illustrations adequate and useful. Obviously, this is not to say that the material presented is simple. In fact, it is often so complex that considerable industry is required to understand and master it.

Genetic terminology is defined in a glossary which is useful but not sufficiently detailed so as to be understood without reference to the text. References indicating where in the text the terms are described would have been very helpful but were not included. Each chapter ends with a series of questions, further indicating the authors' intention that the book be read in its entirety rather than used as a reference source.

This text might be a useful addition to a family physician's library. The reader who is willing to devote several evenings to the early chapters would be rewarded with a better understanding of basic mechanisms of heredity and molecular genetics, as well as the relationship of some new biochemical information to these mechanisms.

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The Treatment of Families in Crisis. Donald G. Langsley and David M. Kaplan. Grune and Stratton, Inc., New York, 1968, 184 pp., \$7.75

An acutely disturbed, mute teenager suffering a schizophrenic reaction, a middle-aged depressed husband with suicidal and homicidal thoughts, and a married mother who had become violently destructive and attempted suicide comprise three examples used by the authors to illustrate their approach to the treatment of families in crisis. Each of these cases, as well as the other 183 in the study group, were judged as needing hospitalization by a psychiatric house of-

ficer on duty at the Colorado Psychiatric Hospital.

Immediate care provided by the Family Treatment Unit is described, together with continuous 24-hour follow-up care by the team. Although the first contact was frequently with the identified patient and one other concerned person, the first scheduled meeting involved all available family members. This approach was clearly modeled after the family physician's time-honored practice of seeing patients in their family setting, reflecting the authors' basic assumptions:

1. That the patient's illness was, in part, an extension of family conflicts,
2. That the patient would be capable of communicating sensibly about his problems once his emotional stress had been lessened, and
3. That the more functional family members had important parts to play in the patient's recovery.

The authors have clearly and concisely reported the first phase of their study investigating whether early crisis intervention actually reduces hospitalization, or merely postpones it. The authors promise a second volume which will contain statistically valid conclusions. By itself, this first volume makes exciting reading and is packed with "how to's" for the family physician. The next volume may well prove that the "crisis" approach has measurable long-term benefits for both the patient and society.

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Medical and Dental Hypnosis and its Clinical Applications (2nd Edition). John Hartland. Williams & Wilkins Company, Baltimore, Maryland, 1971, 389 pp., \$15.00

After reading Dr. Hartland's relatively brief but always absorbing volume on the use of hypnosis in medical and dental practice, one gets the feeling that there exists in England an area of the country in which a large group of people have strikingly similar characteristics. They are all relaxed and free from anxieties, they sleep well and have minimal problems with headache or menstrual disorders, their children do not bite nails, wet beds, or have nervous tics and the whole population "moves its bowels" with ease and at the same time each day. Although it is undoubtedly true that in 25 years of experience with the use of hypnosis in medical practice, Dr. Hartland has performed an invaluable service to his patients, one has the uneasy feeling that short-term hypnotherapy with its "ego-strengthening techniques" is really an imposition of one's own value system upon another. In my opinion, this is the major fault of an otherwise helpful and well-written text.

The major strength, on the other hand, is the extensive and minutely detailed section on the "how-to's" of hypnosis. There is no question that a physician wishing to utilize hypnosis in his practice would find this

book an invaluable aid in developing proper techniques for trance induction and deepening. The cook-book approach is exactly what a busy family physician needs to help master this mode of therapy.

While finding the section on treatment of specific illnesses unnecessarily repetitious, the segments on the use of hypnosis in the relief of pain and in the conduct of labor are particularly pertinent to family practice with its emphasis on the "whole patient." Hypnosis should be as integral a part of the physician's armamentarium as are analgesics and sedatives. In fact, one wonders why such a valuable and relatively harmless (i.e., free of side-effects) modality has been so long neglected.

Finally, I would have preferred that the book were re-organized so that the section entitled "The Theories and Phenomena of Hypnosis" was encountered earlier, but this is a minor point. The book as a whole is an invaluable reference for those wishing to obtain a greater understanding of the phenomenon of hypnosis and indispensable for the physician who wishes to use hypnosis in medical practice. It is, above all, patient-oriented and filled with the wisdom of the experienced clinician.

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Family Practice Specialty Board Review
(2nd Edition). J. E. Verby. Medical Examination Publishing Company, Inc., Flushing, New York, 1973, 318 pp., approx. \$11.00

The second edition of this small, handy book provides an excellent review of the content of Family Practice. It is designed primarily for residents or practicing family physicians who are planning to take the certifying examination given by the American Board of Family Practice. It is well-organized into various sections that represent the major subject areas of Family Practice. It also includes most of the clinical specialties and subspecialties in a depth appropriate to family practice. It is organized in the same format as the certifying examination, i.e., a multiple-choice section, a pictorial section, and, finally, the patient management problem section. Occasionally questions are somewhat ambiguous or subject to different interpretations than those given by the author. However, this in no way detracts from the overall excellence of this review book. This book should provide an excellent review for any candidate planning to take the certifying examination, particularly if he or she reads the various references provided for each question. It also provides a good self-assessment evaluation for the practicing family physician who has already taken the certifying examination or who does not plan to do so.

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Outpatient Surgery. Edited by George J. Hill, II. W. B. Saunders Company, Philadelphia, 1973, 1079 pp., \$28.00

This book presents, in a little more than a thousand pages, a well-organized and surprisingly complete characterization of the surgery that may be practiced in an outpatient department of a hospital or the doctor's office. It contains sections on surgery of the body systems as well as special sections on chest and thoracic surgery, heart and cardiac surgery, transplantations, chemotherapy, treatment of excruciating pain and treatment of the unconscious patient. There is also a chapter on outpatient surgery and medicine in the field and in developing countries.

The book reads easily and the contributors have done an outstanding job in their attempts to be concise and yet complete. The sections on anesthesia for outpatients, treatment of trauma and infection, and the organization, design and operation of clinics and emergency rooms are outstanding. The book is designed to replace previous texts on outpatient surgery, namely Christopher's *Minor Surgery*, and is considerably larger in scope.

There will undoubtedly be questions about the choice of subjects, since in many instances inpatient procedures are described. However, there is a good rationale for this since knowledge of current inpatient

procedures is essential to informed outpatient diagnosis and postoperative management. This book will find active use in the hands of the family physician who is interested in surgery. Specific problems of outpatient treatment and management are covered in depth. The physician will find details of care for those patients returned to his care while undergoing cancer therapy or post-transplantation. References are cited to facilitate further study, although not extensively. Practicality is emphasized in all areas.

The chapter on vascular surgery and peripheral blood vessels is an outstanding contribution. The illustrations throughout the book are excellent, but this particular chapter is a good example of the use of pertinent illustrations to augment the text. There is also a chapter on podiatry which provides valuable information of interest to most family physicians.

The purpose of this text is to help young physicians in their out-of-hospital practice. It succeeds admirably well. It is a valuable addition to the library of young physicians, but certainly is also interesting to older physicians because of its current application and review of newer techniques. It should be a part of the library of any family physician who does pre and postoperative surgical care or minor surgery in his office.

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