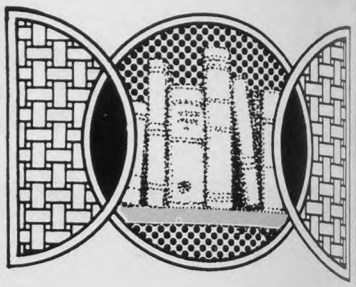
Book Reviews



Prevention and Treatment of Running Injuries. *Robert D'Ambrosia, David Drez, Jr. Charles B. Slack, Thorofare, New Jersey, 1982, 204 pp., price not available.*

According to its cover leaf this book is written as a resource for "any orthopedic surgeon, general practitioner, therapist, or coach who deals with running injuries on a daily basis." The scope is fairly narrow, as indicated by the title; thus, this would not serve as a general sports medicine text, nor does it deal with all the medical aspects of running. Nevertheless, many of the chapters, such as those on stretching and nutrition, could be applied to many sports.

The book is a series of monographs by 14 authors, each presumably with great expertise in the specific area about which he writes. From a family physician's point of view, it seemed I was often reading how problems are dealt with when they reach a referral center, rather than how I may wish to deal with them in my office.

Numerous illustrations are used, at times more than seemed warranted. The small size of many operative photographs and figures compromised their interpretability, and figures were often several pages distant from the relevant text. Typographical errors were surprisingly numerous.

I did find the sections on prevention of injury helpful. I feel that this book would be of some use to the practicing family physician caring for runners, but perhaps would be most useful as a reference text in a sports medicine clinic.

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Primer of Clinical Psychopharmacology: A Practical Guide. *Donald M. Pirodsky. Medical Examination Publishing Company, Garden City, New York, 1981, 125 pp., $12.95.*

This concise paperback handbook gives an excellent review of clinical psychopharmacology. It is well indexed, very readable, and well organized. The text reviews each major drug group and is specifically broken down into individual drugs, comparing them with similar drugs. The guidelines for clinical use, side effects, and toxic problems with each drug are reviewed. The index is nicely cross-referenced with generic as well as trade names, making it easy to use as a quick handbook for reference in the office. It is an excellent book for medical students, allied health personnel, family practice residents, or those physicians who need a rapid review or update of psychopharmacology.

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