

responsibility on personal physicians to be prepared for such discussions. Much as any patient information reference prescribed by a physician, this book should be read by the prescriber before being recommended.

When family and patient have different values is tackled for the reader in a sensible and firm way. A familiar chord is struck with the reference to the relative, out of touch for some time, who arrives on the scene demanding that everything possible be done.

Generally the language of the book is well presented for lay readership. There is reference to a nationwide survey by one of the authors that has some jargon and is overfilled with percentages of this and that. It is a small bit of quantitative data excess, however, in an otherwise very readable volume.

The index is helpful, and the appendices provide the values history developed by one of the authors and examples of a durable power of attorney and a living will.

This is a helpful book for planning ahead. Health professionals, unfamiliar with any or all of these concepts, will find it a good place to start to learn about these essential issues.

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**Modern Nutrition in Health and Disease, Volumes 1 and 2. 8th ed.** Edited by Maurice E. Shils, James A. Olson, and Moshe Shike. 1885 pp., illustrated. Philadelphia, Lea & Febiger, 1994. \$135. ISBN 0-8121-1458-X (Set).

The editors intend this two-volume set "to serve as a major authoritative textbook and reference source in basic and clinical nutrition for students and practitioners in the various aspects of biomedical research and education, medicine, dentistry, osteopathy, dietetics, nursing, pharmacy, and public health." The text includes 98 chapters by 133 authors and a 183-page appendix providing reference data, recommendations, requirements, and tables of foods and nutrients.

This edition is divided into five major parts: specific dietary components, nutrition in integrated biologic systems, dietary and nutritional assessment of the individual, diet and nutrition in disease, and diet in the health of populations. Most chapters combine historical information, literature review, and expert opinion in a clear and interesting fashion. Family physicians would find the section on diet and nutrition in disease particularly useful. In these chapters, the authors discuss the strength of the evidence for many of our current recommendations regarding diet, enabling the reader to decide which dietary changes are worth emphasizing in patient care. In the final section there is a fascinating discussion of the food industry, its regulation, and its potential for preventing or promoting disease.

I believe that the editors have succeeded in meeting their stated objectives. This set, in combination with one of the several available handbooks on clinical nutrition, would serve as a sufficient nutrition library in most family practice settings. In addition, students

and teachers of nutrition would find this to be a valuable resource.

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**Handbook of Sports Medicine: A Symptom-Oriented**

**Approach.** Edited by Wade A. Lillegard and Karen S. Rucker. 298 pp., illustrated. Stoneham, MA, Butterworth-Heinemann, 1993. \$49.95. ISBN 1-56372-052-3.

Exercise and sports have become much more integral parts of society in the past 5 to 10 years, and there is a growing need for family physicians to have access to helpful information about the sports medicine concerns of their patients. The *Handbook of Sports Medicine*, edited by Lillegard and Rucker, is intended as a reference guide for family physicians, athletic trainers, and therapists in the evaluation and management of injuries and medical problems in athletes. The book is organized into three major sections: general considerations, injuries, and medical problems, with the injury section subdivided by specific body areas. The text is clearly written and well organized to cover the main points pertinent to the common injuries and medical problems that physicians will encounter in their practices. Because patients come to the physician's office with a symptom rather than a specific diagnosis, the authors have organized their discussions around these primary symptoms whenever possible. This starting point is helpful for anyone using this book as a reference, and the pertinent clinical findings, pathophysiology, and radiographic assessment of the various conditions are subsequently discussed.

Most chapters contain useful anatomic drawings and depictions of selected physical examination maneuvers, which complement the text nicely. Rehabilitation exercises are described throughout, but there are no drawings or pictures to supplement these descriptions. Although the evaluation and management of a number of fractures are discussed, there are very few fracture radiographs presented. Each chapter includes several references to guide the reader to further sources of information.

As is the case in many multiple-authored texts, the depth of content varies greatly from one chapter to the next. The chapter on cervical spine injuries in particular is quite detailed, whereas the description of some common shoulder injuries is more superficial than most family physicians would need from a reference text. Overall, the content is good, and the important features of evaluation and treatment of many conditions are included. The description of some injuries could be strengthened with more information about the history and mechanism of injury associated with the specific diagnosis. Compared with other sports medicine textbooks, this book provides a nice balance between discussion of sports-related injuries and medical problems.

Many family physicians are looking for the one ideal sports medicine textbook to include on their book-