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-

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shelves. The *Handbook of Sports Medicine* is well organized, readable, and presents clear, useful information on sports medicine topics. Its strengths are the breadth of information presented in a reasonable number of pages and the organization by undifferentiated symptoms. Its weaknesses include an insufficient number of illustrations and radiographs and an unevenness in the depth of information presented from chapter to chapter. Practicing physicians, residents, and students will find this book a useful addition to their library.

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Pediatric Orthopaedics in Primary Care. *By Vernon T. Tolo and Beverly Wood. 365 pp., illustrated. Baltimore, Williams & Wilkins, 1993. $59. ISBN 0-683-08330-9.*

As a primary care provider for children, I welcomed the opportunity to review this book. The authors, an orthopedic surgeon and a radiologist, contend that musculoskeletal abnormalities account for 20 percent of office visits to primary care physicians. Many of these encounters are associated with a degree of uncertainty about how aggressively to pursue the work-up and when to refer to a specialist, so any guide to assist in this process is potentially a welcome aid. The stated purpose of the book is to serve as a quick reference for the office or emergency department to help the primary care physician arrive at the correct diagnosis, with emphasis on sports injuries in the growing child.

Nearly two-thirds of the text is devoted to a region-by-region anatomical account of common disorders. Each section describes normal anatomy, key points in history and physical examination, and radiographic findings and then describes most of the frequently encountered conditions for that area. The text is supplemented by pen-and-ink drawings of good quality to illustrate normal and abnormal anatomy and by excellent radiographic examples of pathologic conditions. The additional sections address specific problems, such as limp, neuromuscular disease, arthritis, tumors, child abuse, and torsional and angular deformities.

The strength of this book is in the concise yet comprehensive manner in which it covers the breadth of pediatric orthopedic conditions. What I gained from reading it is a much better understanding of a variety of problems, many of which I have dealt with for years. It does succeed as an aid to better diagnosis. What one should not expect from this book is a "how to do it" approach to treatment. The proper therapy for the various conditions is included, but the reader will be helped by knowing how to apply those skills already mastered, not by reading how to set a fracture or reduce a dislocated joint. The stated intent was to include treatments that are appropriately administered by primary care providers; it will still be necessary to refer more complicated problems to an orthopedist.

In summary, the book is well organized, presented in a readable style, clearly illustrated, and reasonably thorough, given the stated purpose and limitations noted above. In addition, each section contains a list of selected references as a guide to further study. Both students and practitioners who deal with the musculoskeletal problems of childhood will find this a useful source of information.

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