

ends on the table when he was working at his charts and manuscripts. He then practised more healthy pursuits of cycling, skiing, and 'go-go' dancing. In none was his approach ordinary – it has always been quite exceptional. He visited me once in Cambridge during his bicycle phase, cycling non-stop from London according to a strict time schedule. Arriving at a convention in Chicago with his co-workers, there was fairly prolonged discussion with a map as to which restaurant to choose for dinner, Starzl insisted on a restaurant which was way out in the suburbs and when he was asked why he wanted to go so far, he explained that this would give the best chance of a worthwhile bicycle ride. He carried his bicycle on to the plane on all his travels so as not to miss an opportunity for bicycling.

This is a puzzlement to many of us who work in transplantation – how patients' lives can be saved by transplantation and their attitude to life, their organs, and the donor whose family they usually do not know. These are important factors of transplantation which are considered in Starzl's book.

From my remarks in this review it will be clear that most surgical fellows have found working for Dr Starzl not easy but they have learned immensely, not only about transplantation but also how tough it is at the top.

SIR ROY CALNE

**Manual of gastrointestinal procedures.** Edited by D Drossman. (Pp 304; illustrated; \$44.) New York: Raven Press, 1992.

For those who are occasionally diverted from the path of true clinical rectitude by the cultivation of arcane research interests, it is often something of a shock to find that the fellow sages whose company we enjoy at abstruse symposia in distant places also lead double lives. Doug Drossman, with dual expertise in gastroenterology and psychiatry, has a towering reputation in the study of the psychosocial and epidemiological aspects of functional bowel disorders; as these are problems that make few demands on technical skills in gastroenterology, it is all the more surprising to find him as editor of a manual on practical procedures in gastroenterology. Knowing him, it is less surprising to find that this book is very well done indeed. The 40 chapters are grouped into five sections with the helpful titles of 'Tubes', 'Needles', 'Diagnostic Endoscopy', 'Therapeutic Endoscopy', and 'Procedures for Pediatric Patients' preceded by a chapter on 'The Procedure Unit'. The latter makes it clear that this is a transatlantic publication; advice that the allotted space 'should include the following: . . . Staff information space with lab information and computer terminals . . . Staff education room and library with video monitors . . . Conference room and lounge space with a refrigerator . . .' is the stuff of fantasy for most United Kingdom gastroenterologists. But, thereafter, the territory is more familiar, and the whole range of gastroenterological manipulative procedures are described succinctly but clearly, with appropriate advice on how to overcome difficulties, and, where appropriate (as in manometry) on the interpretation of results.

The book is paperback rather than pocket sized, but ring binding ensures that it stays open where you want it so that you could, if you had to, leave it open for easy reference while you insinuate scopes, tubes, and guide wires into appropriate orifices. It isn't a book that

needs to be carried around, but, in a gastroenterology unit, it would be an excellent resource which would be equally valued by trainee physicians, nursing and ancillary staff, and medical students. The fact that it is in its third edition is testimony both to its past popularity and the rapid advances that are made in this field. In his chapter on laparoscopy, Dr Lesesne remarks that 'Surgeons have recently expanded on the use of this technique by introducing laparoscopic cholecystectomy', but even within three months of publication, the last four words should be amended to ' . . . by the laparoscopic abolition of all elective abdominal surgery'. None the less, it is largely up to date, and should prove very useful.

D L WINGATE

**Handbook of total parenteral nutrition.** By John P Grant. (Pp 368; illustrated; £22.) Philadelphia: W B Saunders, 1992.

The development of nutrition as a clinical specialty continues steadily, fuelled by the increasing awareness of the potential for techniques of artificial nutritional support. The inauguration of the new British Association for Parenteral and Enteral Nutrition in December last year has highlighted the need for the multidisciplinary team approach, but which can be so difficult to achieve. This new addition of Grant's book, published some 10 years after the first, is therefore timely indeed.

After a short historical chapter, the second emphasises the team approach. American teams are bigger than their United Kingdom counterparts and the chapter might tempt us to question whether our all too modest expectations for staffing here are really in the patient's best interests. The third chapter on nutritional assessment by body compartment analysis appropriately deals mainly with anthropometric techniques widely available for use at the bedside but does not neglect the less available, more expensive research orientated approaches – though DEXA scanning and underwater weighing surprisingly do not feature. The effects of undernutrition on function, particularly of (respiratory) muscle, are discussed in the context of nutritional assessment in the next chapter. The section on nitrogen balance could have been fuller with advantage – and the clinical problems of its measurement could have been approached more practically. The next chapter on patient selection is a useful but inevitably selective guide to some of the published works though it quotes over 200 references.

Chapters 7–10 deal most usefully with the day to day organisation of total parenteral nutrition, the insertion of lines, maintenance of asepsis, the writing of prescriptions, and the compounding of solutions. Chapter 11 is on the management of the patient with special needs, liver and renal disease, the catabolic patient, and the blending of tailored support to abnormal metabolism. The use of insulin, growth hormone, glutamine, and other adjuncts are briefly, though not very satisfyingly, discussed.

Chapters on complications and deficiency syndromes lead appropriately to vitamin requirements. The book ends with sections on the use of peripheral intravenous feeding and home care.

All in all this is a good book, clearly written, attractively presented, and of a manageable length. It must rank among the best as a specialist introduction to the field. In concen-

trating on total parenteral nutrition it ignores enteral feeding and so runs the risk of erroneously giving the impression that most nutritional support is intravenous.

J POWELL-TUCK

**Cholecystokinin antagonists in gastroenterology.** By G Adler, C Beglinger, eds. (Pp 233; illustrated; DM 148.) Heidelberg: Springer-Verlag, 1991.

There are now several orally active antagonists of the cholecystokinin (CCK-A) and gastrin/cholecystokinin (CCK-B) receptors of the stomach, gut, and brain.

This small book is edited by two distinguished Swiss physicians who have particular interest in their effects in humans. The content, however, is comprehensive because the various chapters are each written by the appropriate expert, resulting in a source of information and references, which will be of value to scientists and medics with an interest in the area. There are several applications in the control of gastrointestinal and pancreaticobiliary secretion and motility. Also, interestingly, blockade of CCK-B receptors in the brain might be useful in the treatment of anxiety and panic.

There are four sections: (1) biology of CCK; biochemistry, distribution, receptors, effects, etc; (2) the development and chemistry of CCK receptor antagonists; (3) the physiological effects of these agents on animals and man; (4) potential clinical applications of CCK receptor antagonists.

Of course, publications of this sort vie with journals, 'Medline', etc, as sources of up to date information, and competition is keen when the action is fast: the CCK-A and -B receptors were cloned after the book was published. In practice these advances do not diminish the usefulness of the collection of first class reviews brought together here.

J CALAM

**Probiotics: the scientific basis.** By R Fuller, ed. (Pp 398; illustrated; £49.) London: Chapman and Hall, 1992.

We are familiar with the important role of antibiotics in the control of infection. We are also aware that there can be problems with the treatment of digestive tract infection and of the serious side effects that may follow attempts at such treatment (for example, pseudo-membranous colitis, candida overgrowth, *Staphylococcus enterocolitis*). These side effects result from the effect of the antibiotic on the colonisation resistance of the normal flora – the main mechanism for prevention of gut infection. With the growing trend towards preventive medicine, why not support this colonisation resistance by the use of probiotics – promoters of the natural defensive mechanisms in the gut?

Probiotics are widely used in animal husbandry but not in the prevention of human disease. This is partly because of the wealth of anecdotal, mystical or mythical data in circulation, which have given the subject a bad image. The title of this book admirably states its aims. The editor has a long and creditable experience in the field, and has assembled an impressive group of contributors to help him. The first nine chapters deal with the background, and the theoretical bases for believing that probiotics should help to prevent disease. The next

four concern the use of probiotics in, respectively, chickens, pigs, ruminants, and humans. The final chapter is on problems and future prospects.

In my opinion, probiotics are likely to be of growing importance because of their potential value in disease prevention. The subject has a bad image, and needs good scientific presentations to establish its credibility. This book is a good start and should be read by all those who are in favour of preventive medicine.

M HILL

**Food intolerance.** By M H Lessof. (Pp 212; illustrated; £39.95.) London: Chapman and Hall, 1992.

Doctors are not really the main target for this book. Indeed, there is a glossary that explains such basic terms as hypoglycaemia and pruritus. It is one of a series designed to present matters of food safety to scientists and technologists in the food industry and for this reason the medical aspects are of necessity over simplified. In particular, the accounts of coeliac disease and the irritable bowel syndrome are inadequate to stretch the attention of practising gastroenterologists.

Many members of the medical profession, however, will benefit by reading this straightforward, well written, and well balanced introduction to the vexed problem of food intolerance. Professor Lessof is an acknowledged expert in this field and was chairman of the Joint Committee on Food Intolerance and Food Aversion set up by the Royal College of Physicians, and the British Nutrition Foundation in 1984 which produced a much praised report.

Many doctors are misled by the popular term 'food allergy' and expect all harmful reactions to food to be as straightforward as a case of hay fever. Professor Lessof charts his way skilfully through such matters as enzyme deficiencies, abnormal bacterial fermentation, chronic hyperventilation, and psychological disorders, which are of key importance in this complex field. The practitioner who has read this book will be able to deal more confidently and sympathetically with patients in whom the possibility of food intolerance arises.

The book would seem to be overpriced at £39.95 for 200 pages and unfortunately the index leaves a lot to be desired. Those who wish to be abreast of the topic of food intolerance, however, which will undoubtedly prove of increasing importance to gastroenterologists in years to come will find it an excellent introduction.

JO HUNTER

**Gastroenterology in practice.** By I G Barrison, M G Anderson, P B McIntyre. (Pp 113; illustrated; £29.95.) London: Gower Medical Publishing, 1992.

The National Health Service reforms, publications such as *Health of the nation* and, most recently, the Tomlinson Report on London's health services have emphasised the increasing importance of clinical care in general practice. To meet the challenges of the 1990s general practitioners clearly need to ensure that their clinical skills are maximised and kept up to date and that delivery of health care is optimised. The purchaser-provider arrangements, the development of medical audit, the introduction of management protocols and guidelines, and the increasing importance of clinical care

shared between general practice and the hospital all have clear implications for continuing medical education and professional behavioural change. Postgraduate education for general practitioners has to take these requirements into account and to provide both information and stimulation to ensure appropriate service development.

*Gastroenterology in practice* is a short textbook of gastroenterology written by three district general hospital consultants aimed at a 'reappraisal of the family practitioner's clinical approach to patients with gastrointestinal problems'. The book is elegantly produced, copiously illustrated with photographic and graphical material, and liberally sprinkled with boxes of key points from the text. The overall appearance is unfortunately rather reminiscent of much of the material contained in unsolicited publications for general practitioners and a series of 10 important disease areas are treated in an entirely traditional, textbook fashion, and at a level which seems more appropriate to final year clinical students than to postgraduate general practitioners.

The reality is that our patients do not present with a neat diagnosis of gastro-oesophageal reflux disease or colorectal cancer, but come with ill defined and often confusing symptoms that might, at one extreme represent nothing more than the results of dietary indiscretion and, at the other, indicate serious or life threatening disease. The everyday problems of sorting out the trivial from the serious, of making management decisions under conditions of uncertainty, and of using time as a diagnostic tool are not answered in a useful way in this book. There could be much more discussion about the selection of patients requiring investigation, the choice of investigations available to general practitioners, the important issue of access to these investigations, and the indications for specialist referral. There is, however, plenty of good and well presented information about major gastrointestinal conditions, which together make up about 10% of clinical work in general practice, and recommendations for treatment are generally up to date and appropriate. The text is clearly written and a pleasure to read, and the information is well presented and attractively laid out. The pagination is rather curious, requiring of the reader no familiarity with integers greater than 16.

Although an attractive addition to the surgery bookshelf, I am not sure whether this publication will succeed in its aim of encouraging general practitioners to reappraise their clinical management of gastrointestinal disorders. It will certainly help them to brush up on basic medical and surgical knowledge, but may not have much impact on overall patient care.

ROGER JONES

**Digestive system physiology.** By Paul A Sanford. (Pp 251; illustrated; £19.95.) London: Edward Arnold, 1992.

At a time when medical schools the length and breadth of Britain are grappling with ways to implement the General Medical Council's request for greater integration of preclinical and clinical science it seems a little strange to be reviewing a book in which the two are divorced. *Digestive system physiology* is published as part of the *Physiological principles of medicine series* in which clinical aspects are dealt with in a separate, though, complementary volume. The aim of this volume is to provide

students of medicine with a comprehensive understanding of gastrointestinal physiology, the better to appreciate the significance of disordered function. In the absence of clinical relevance, however, the medical student may find the treatment a little dry.

There is no doubt that in the 10 years since the first edition of this volume there has been enormous increase in our understanding of gut function. The increase in size of this publication reflects this growth but the depth of coverage is unbalanced and, as the author points out in the preface, 'behind the times'. He is obviously most comfortable with small intestinal absorption. Swallowing, gastric emptying, the secretion of saliva, gastric juice, bile, and that of the exocrine pancreas together only occupy a similar number of pages. I feel the author has failed to grasp the nettle in terms of what is relevant to the medical student. The bibliography after each chapter contains some bizarre inclusions that do not reflect the chapter content nor are they a route into the published works. All in all this is not a book I can strongly recommend.

D GRUNDY

**Annual of gastrointestinal endoscopy 1992.** By P B Cotton, G N J Tytgat, C B Williams. (Pp 183; illustrated; £60.) London: Current Science, 1992.

This Annual represents the fifth in a series in which illustrious editors collate important reviews and commentaries discussing the latest developments in gastrointestinal endoscopy. These reviews are compiled by important contributors to the world publications in the field. Selections of important papers from the previous years' published works are reviewed and categorised with regard to their importance, each selected paper carrying a short annotation. As in previous years, the Annual is well produced and beautifully illustrated. This year, topics covered include: risk management for endoscopists; endoscopy of upper gastrointestinal bleeding; lasers and tumour probes; enteroscopy; endoscopic ultrasonography, as well as more general reviews on aspects of organ specific endoscopy.

This is an important book that should prove useful to every clinician with an interest in endoscopy, whatever their speciality. It provides a unique opportunity to update knowledge and enjoy the views of renowned specialists on evolving topics in endoscopy. It is well organised, and eminently readable; it should be within reach of every trainee in gastroenterology either in the clinical department or postgraduate library. Sadly its published price of £60 means that it is unlikely to be on the personal bookshelves of many trainees.

CH J SWAN

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