



toons as well as numerous charts and graphs detailing tobacco production and consumption trends. It is extensively researched, with 650 references. It will appeal to anyone interested in public health, including physicians, health educators, public health officials, politicians and officials. Internationally, this book will appeal to those involved in tobacco control movements in other countries who wish to learn from the Canadian experience.

The book is divided into 7 parts. Part 1 consists of case histories of illnesses caused by tobacco, a summary of the health consequences of tobacco use and an outline of the major players in the Canadian tobacco industry. Part 2 looks at the early history of tobacco control. Part 3 contains a brief summary of the scientific evidence supporting a ban on advertising and sponsorship. There is detailed information on the campaign that resulted in the passage of the Tobacco Products Control Act and the legal battle that killed it. The tactics of the tobacco industry, including its marketing efforts directed at young people and women, are explored in Part 4. The history of tobacco growing in Canada is also outlined.

The efforts of the tobacco industry to export the epidemic to the rest of the world are examined in Part 5, along with the tragic consequences of this trend. The last 2 parts catalogue what actions should be taken, mainly by government, to reduce the incidence of diseases caused by tobacco. Cunningham's predictions are not always rosy, but they are usually realistic.

My only criticism of the book is that it lacks a more thorough discussion of the fact that it took almost 3 decades for the tobacco issue to be taken seriously. If we had started committing resources to eliminating tobacco in 1965, where would we be today? This is an unanswerable question, but it must be asked if we are to prevent similar public health catas-

trophes as we move into a new millennium.

**Mark C. Taylor, MD**

President  
Physicians for a Smoke-Free Canada  
Department of Surgery  
University of Manitoba  
Winnipeg, Man.

## Neonatal Formulary 1996

9th ed. The Northern Neonatal Network. Edited by Edmund Hey. 199 pp. Illust. BMJ Publishing Group, London. 1996. Distributed in Canada by the Canadian Medical Association, Ottawa. \$51.95 (\$42.95 CMA members). ISBN 0-7279-1030-2

<b>Overall rating:</b>	Fair
<b>Strengths:</b>	Concise, uniform format; wide range of drugs listed
<b>Weaknesses:</b>	Inadequate supporting references for therapeutic advice; lack of uniform information about drug interactions
<b>Audience:</b>	Midwives, nurses, physicians and pharmacists

The *Neonatal Formulary* is a compendium of 156 drugs, vaccines and blood products used in perinatal units throughout the Northern Regional Health Authority in the United Kingdom. It is intended as a pocket guide for midwives, nurses, physicians and pharmacists involved in perinatal care.

The book is organized into 3 parts: the first contains generic advice about drug handling and administration, the second contains the 156 drug monographs and the third is a set of 1-paragraph summaries about the use of 53 drugs during breast-feeding. The strengths of this book are the uniform, concise structure of the monographs and the number of drugs covered.

However, there are some important weaknesses that limit the formulary's usefulness in Canada. Therapeutic advice is offered along with the basic information about each drug. However, with only 2 or 3 references

per monograph, the reader cannot distinguish between local and generally accepted practices. Also, the organization of the book by drug does not allow it to be used as a treatment guide. SI units for drug dosages are not consistently provided.

The most common questions asked in our pharmacy involve potential drug interactions and compatibility with intravenous solutions. I was disappointed, therefore, that these issues were not presented more clearly. For example, the erythromycin monograph contains a warning about its effect on theophylline metabolism, but the theophylline monograph does not contain a corresponding warning about erythromycin. The information provided about drug therapy during breast-feeding is limited.

Each perinatal unit should have a formulary that reflects local therapeutic and administrative practices. Additional resources are useful if they add value through critical reviews of the best available practices or through easy-to-use guides to drug use for patients who are exposed to multiple drugs. Although the *Neonatal Formulary* is very useful for the community in which it was created, it has important limitations in other countries.

**Michael L. Marrin, MD**

Associate Professor of Pediatrics  
McMaster University  
Hamilton, Ont.

## AUDIO CASSETTE

### Meditations on Grief

Ann Silversides, 10 Dearbourne Ave., Toronto, ON M4K 1M7. 1996. \$22.60. ISBN 0-9681410-0-5

<b>Overall rating:</b>	Very good
<b>Strengths:</b>	Vivid portrayal of the experience of normal bereavement and the process of healing
<b>Weaknesses:</b>	Abnormal patterns of be-

**Audience:**

reavement not dealt with  
People suffering their first experience with acute grief, therapists working in this field and members of the public

This program was originally broadcast on CBC Radio as part of the *Ideas* series. Each tape is introduced by the familiar voice of Lister Sinclair. It is suitable for a general audience but is of particular value to those with personal experience with bereavement.

The program's creator conducted extensive interviews with bereaved people and with therapists in the field. The program is a skilful interweaving of excerpts from these interviews, connected by original piano music. Ann Silversides narrates effectively, sharing her own experiences with grief and providing a synthesis of the central themes. The personal stories are moving, and the listener's attention is held throughout.

The first part, entitled "Early Grief," vividly portrays the experience of acute grief. We hear about the shock and surprise, the sense of unreality, the physical symptoms, the anger and guilt and, most of all, the overwhelming intensity of the experience. For the informed listener, this is not new information, for these characteristics have been described in earlier studies, such as the famous one by Lindemann.<sup>1</sup> What is important here is the effective portrayal of the reality of the experience, and the discussion of the difficulties our society has in dealing with it.

Part 2, "Further Along the Journey," describes the working through. We must grieve to heal, yet we cannot expect the grief to disappear, only to evolve. The contributions of the experts, particularly Harry van Bommel and Stephen Levine, are enlightening. We learn how difficult and how important it is to grieve.

There is one area that is not dealt with in Part 2. It is well recognized that a minority of bereaved people

demonstrate so-called "abnormal" patterns of bereavement: absent or delayed grief, chronic unresolved grief, clinical depression or patterns of abnormal behaviour. Some people may demonstrate reckless or self-destructive behaviour yet have no awareness that intense underlying emotions are fuelling their actions. These people are the least likely to recognize their need for grief. The program would have been richer for a discussion of some of these issues, especially given the program's potential to communicate valuable information to vulnerable people.

Throughout the program, Silversides refers to books she is reading and to the works written by her guests. Unfortunately, a bibliography of these works is not included.

This is a sensitively made program that deals thoroughly and effectively with the process of normal bereavement. It is of greatest value to those suffering their first such experience. It is also helpful to therapists working in the field and informative to a general audience.

**Richard L. Noonan, MD**  
Department of Health Services  
Carleton University  
Ottawa, Ont.

**Reference**

1. Lindemann E. Symptomatology and management of acute grief. *Am J Psychiatry* 1944;101:141-8.

### ***Books and other media received***

### ***Livres et autres documents reçus***

**Education**

**Who Has Seen a Blood Sugar? Reflections on Medical Education.** Edited by Frank Davidoff. 232 pp. American Col-

lege of Physicians, Philadelphia. 1996. US\$46 (US\$35 ACP members). ISBN 0-943126-47-9

**Epidemiology**

**Épidémiologie appliquée : Une initiation à la lecture critique de la littérature en sciences de la santé.** Rédacteurs : Clément Beaucage and Yv Bonnier Viger. 550 pp. Illust. Gaëtan Morin Éditeur Ltd., Boucherville (Qué.). 1996. Prix non mentionné. ISBN 2-89105-602-7

**Ethics**

**New Ways of Making Babies: The Case of Egg Donation.** Edited by Cynthia B. Cohen. *Medical Ethics Series*. Series editors, David H. Smith and Robert M. Veatch. 332 pp. Indiana University Press, Bloomington, Ind. 1996. US\$39.95. ISBN 0-253-33058-0

**Genetics**

**A Clinical Guide to Inherited Metabolic Diseases.** Joe T.R. Clarke. 280 pp. Illust. Cambridge University Press, New York. 1996. US\$74.95 hardcover; US\$29.95 paperback. ISBN 0-521-48064-7, hardcover; ISBN 0-521-48524-X, paperback

**Gynecology**

**The Female Pelvic Floor: Disorders of Function and Support.** Edited by Linda T. Brubaker and Theodore J. Saclarides. 309 pp. Illust. F.A. Davis Company, Philadelphia. 1996. US\$89. ISBN 0-8036-0075-5

**Health care**

**Healthy Incentives: Canadian Health Reform in an International Context.** Edited by William McArthur, Cyn-