



This book is distinctly different from other texts on the subject, which at times resemble expanded "how-to" manuals. It is more philosophical in tone; much of the text reflects the considerable experience of the authors in the prevention and treatment of childhood injury. Chapters include epidemiology of childhood injury, child abuse and how to prepare medicolegal reports.

One strength is the authors' thoughtful consideration of many basic issues critical to the management of injury among children. There is in-depth discussion of how adults and children differ, including developmental issues that are key determinants of the injury patterns among children.

The text could benefit from algorithms, such as the initial management of children who have sustained major trauma. There is much emphasis on orthopedics, while other topics, such as blunt abdominal trauma, are considered in less depth. Although the importance of analgesia is described, there is fairly minimal coverage of the available options, especially regional blocks, which are increasingly being used for analgesia of children in the emergency department.

Overall the book reads very well, and I enjoyed making my way through it. There are many useful clinical pearls; colour illustrations add to the easy flow, notably with respect to issues such as the aging of bruises and unique patterns of soft tissue injury; and tables are clear and concise. This text would be useful for trainees in emergency medicine, pediatrics and family medicine, notably for explaining how probable injury patterns, produced by equivalent patterns, will differ in children and adults.

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Know Smoking: The Whole Truth About Smoking and Quitting

Simon T. Bryant. 220 pp. Illust. Middle Way Publishing, Calgary. 1997. \$16.95. ISBN 0-9681456-0-4

Overall rating:	Good to excellent
Strengths:	Novel-like style; minimum "preachiness"
Weaknesses:	Over simplification of "solution"
Audience:	Smokers and their families, physicians, medical students, residents, nurses, school counsellors, social workers

Bryant's exceptional smoking cessation book approaches this health and life-saving issue in a unique "info-novelette" form. He uses humour and amusing cartoons (created by Vance Rodewalt) to good effect. The author has obviously given the world of smoking and the smoker a great deal of thought. The intensity of the addiction, difficulty in stopping and techniques for doing so are clearly outlined. While presenting the facts in a manner digestible even to an unmotivated heavy smoker, the book generally avoids the preachiness found in most volumes of the genre. The book's greatest strength is its logical approach to the "psychology" of quitting.

However, Bryant oversimplifies (i.e., raise the taxes on cigarettes) the solution to the problem of how to inhibit our youth from starting to smoke and, in this regard, fails to maintain objectivity. When higher taxes did briefly raise the price of cigarettes, Canadian cigarette factories produced and sold as much as ever — "for export" — and smuggling and other tobacco-related criminal activities were widespread (shades of prohibition!). There was no scientific evidence of reduced tobacco consumption during this period, only a reduction in sales that could be monitored.

The greatest weakness of the book is the author's failure to address the

youth issue with the same intensity as he applies to the question of getting adults to quit. Perhaps we should all shift our focus in that direction, while keeping in mind that eliminating tobacco smoking may turn out to obey the "law of unintended consequences." (Youth under stress or looking for peer bonding may take up other equally or more harmful behaviours!)

All in all, however, the book should assist patients and health care workers to "know smoking" and help some very motivated (or less motivated) smokers to quit. It would be interesting to evaluate the usefulness of this book in a smoking cessation program versus no book or another book that addresses a similar audience.

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Books and other media received

Livres et autres documents reçus

Anatomy

Anatomy: Palpation and Surface Markings. 2nd ed. Derek Field. 215 pp. Illust. Butterworth-Heinemann. 1997. US\$42.50. ISBN 0-7506-3143-0

Books for patients

Good Health Online: A Wellness Guide for Every Canadian. Jim Carroll, Rick Broadhead. 182 pp. Illust. Prentice Hall. 1997. \$16.95. ISBN 0-13-776428-6

Living Well With Epilepsy. 2nd ed. Robert J. Gumnit. 249 pp. Demos Vermande. 1997. US\$19.95. ISBN 1-999799-11-0