



## Foods that Harm, Foods that Heal: An A-Z Guide to Safe and Healthy Eating

400 pp. Illust. Reader's Digest, Montreal. 1997. \$39.95. ISBN 0-88850-536-1

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|------------------------|---|
| <b>Overall rating:</b> | Good  |
| <b>Strengths:</b>      | Readable; general appeal, broad coverage; many interesting aspects of foods                 |
| <b>Weaknesses:</b>     | Uneven coverage of some topics (e.g., treatment of diabetes)                                |
| <b>Audience:</b>       | Physicians and dietitians needing to answer questions raised in the popular press; patients |

Physicians with an interest in "food facts" may find this book of interest. It's written with enthusiasm and is well illustrated. It covers a broad range of ideas and information on foods, cooking methods and potential health benefits, and nutrition tips for specific diseases. Because the book's format is alphabetic, sections on cholesterol, chronic fatigue syndrome and circulatory disorders are sandwiched between "chocolate" and "coconuts." Many issues related to nutrition are controversial. This book takes the middle-of-the-road.

For life-cycle stages, it suggests what to eat, what to avoid, and nutritional approaches to complement medical treatments. We are told of possible health benefits, potential drawbacks and any health- or disease-related components foods might contain. There are a number of useful tables; more would have been helpful.

Especially helpful would have been a nutritional breakdown of foods of current interest (e.g., foods with high monounsaturated acid content such as canola oil, olives, avocados, hazel or cob nuts and almonds). Key references would also have been a useful addition. Some of the treatment approaches, such as those for

diabetes, are below the general standard of the other material in this book. Nevertheless, throughout the book, low saturated fat, high plant food alternatives are encouraged.

In conclusion, the authors are to be congratulated for taking on a task of this magnitude.

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## The Temporal Lobe and Limbic System

Pierre Gloor. 865 pp. Illust. Oxford University Press. 1997. \$193.50. ISBN 0-19-509272-4

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|------------------------|---|
| <b>Overall rating:</b> | Excellent   |
| <b>Strengths:</b>      | Comprehensive, encyclopedic                                     |
| <b>Weaknesses:</b>     | Organization (sometimes difficult to find required information) |
| <b>Audience:</b>       | Neurologists, neurosurgeons, neurobiologists, psychologists     |

This encyclopedic volume is a fitting testimony to the author, Pierre Gloor, formerly the head of EEG and experimental neurophysiology at the Montreal Neurological Institute and Hospital. Throughout his career, Dr. Gloor had an abiding interest in the complex anatomy and physiology of the temporolimbic structures, especially the amygdaloid nucleus, and was a recognized world authority. As a successor to Dr. Herbert Jasper and a colleague of Drs. Theodore Rasmussen, William Feindel, André Olivier, Francis McNaughton, Preston Robb and Fred

Andermann, Gloor is recognized as one of the pioneers in the domain of EEG and its applications to epilepsy and its surgical treatment. Gloor was able to apply his neuroscience knowledge to help unravel and clarify numerous aspects of the pathophysiology of both generalized and partial epilepsy. In 1994, Dr. Gloor fell victim to a catastrophic stroke, and the task of finishing this largely completed *magnum opus* was undertaken by several of his colleagues. They have done an admirable job.

This work is an exhaustive treatise on all aspects of the temporal lobe and limbic system, with a focus on anatomy, physiology and pathophysiology. There is an extensive initial chapter on "Comparative anatomy of the temporal lobe and limbic system," which should be of interest to biologists and psychologists as well as neurologists. This is followed by chapters on the temporal isocortex, the olfactory system, the hippocampal system and the amygdaloid system. Each chapter begins with an in-depth discussion based on both experimental animal and human data. The figures are particularly well-chosen. There are detailed and useful discussions of anatomical/physiological correlates of the phenomenology seen with temporal lobe epilepsy.

The treatment is encyclopedic, with some chapters being over 200 pages and over 3500 references in all, representing classical as well as modern studies. Gloor also does not hesitate to sprinkle the text with fascinating philosophical insights, for example dealing with the relation between experiential phenomena and underlying neural processes or the relation between memory and personhood.

This is not a book to read cover to cover but, rather, one to savour



and digest in small portions as an authoritative in-depth reference source on all aspects of the temporal lobe and limbic system. It will be of interest to neurobiologists, psychologists, neurologists, epileptologists and neurosurgeons operating on patients with epilepsy. It will remain the standard reference source for many years.

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### Partnering and Health Development: The Kathmandu Connection

Melville G. Kerr. 250 pp. Illust. University of Calgary Press, Calgary; International Development Research Centre, Ottawa. 1996. \$27.95. ISBN 1-895176-73-5 (U of C); ISBN 0-88936-819-8 (IDRC)

**Overall rating:** Excellent  
**Strengths:** Lucid, objective evaluation of triumphs and challenges related to partnering in health development between a Canadian university and other nations  
**Weaknesses:** Some repetitiveness, albeit in a palatable format  
**Audience:** Private and public health care providers seeking to develop partnering relationships in health education, research and caring with nations of different cultures or within one's own country

This is a well written narrative that describes the evolution of medical care and educational programs in Kathmandu, Nepal and Davao in the Philippines. It is an objective articulation of the pros and cons of partnering with distant nations. Certainly, the lessons learned in these challenges are a must-read for universities intent on partnering overseas.

The experience of the Division of International Development, International Centre at the University of Calgary, and the division's Director, Melville Kerr, is well chronicled here to help us avoid the pitfalls of such a complicated endeavour. The arcane processes of finding support for such programs are sufficient to overwhelm most of us. However, the problems universities and faculties may face in a culturally diverse, remote area have been thoroughly documented by the author. He describes the error of not recognizing the need to provide education and training on-site in the country with whom a North American university is partnering.

The partial irrelevance of North American medicine to public health and medical problems in Nepal, the Philippines, or for that matter any other part of the world, are points well made. An ivory tower mentality has no place in the world of poverty, massive public health problems, starvation and types of infectious diseases not seen in North America. An interesting concept of health training is described: health volunteers received paramedical training alongside medical students and became an interesting and viable model in the Davao Medical School of the Philippines. Indeed, one might ask if these models that became successful in Nepal and the Philippines could be applied to remote areas of this continent or even, at a time of growing cultural diversity, be used in large Canadian cities.

Kerr is indeed convincing of the mutual benefits of international partnering in the health sector, providing one understands the frustrations and makes an effort to learn from the in-depth experience of others.

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### Evidence-Based Healthcare: How to Make Health Policy and Management Decisions

J.A. Muir Gray. 270 pp. Illust. Churchill Livingstone. 1997. Price not stated. ISBN 0-443-05721-4

**Overall rating:** Excellent  
**Strengths:** Very readable, either from beginning to end or as a reference text. Collects questions managers should ask and presents "how-to" skills they should use to incorporate knowledge and research into their decision-making.  
**Weaknesses:** Examples excellent, but more needed to illustrate application of guides on critical appraisal of research.  
**Audience:** Physician managers, other health service administrators, health policy analysts and planners, health research methodology students

Decision-making about health services for individuals and populations should be guided by evidence on the need, effectiveness and ways to use resources optimally. Politics and lack of research can curtail this, but, frequently, decision-makers do not have the skills to *search* for, *critique*, *apply* and *store* research evidence and reports.

Dr. Muir Gray, Director of Research and Development at the National Health Service (NHS) Executive, Anglia and Oxford Region, Oxford, UK, makes a plea for these 4 management skills and describes, in an engaging fashion, what they entail.

*Search:* Over the last 10 years computers have revolutionized searching for research findings in the health care field. The most valuable and well-known databases are MEDLINE and, in Europe, EMBASE. These and other databases such as healthSTAR and the Cochrane Library can be accessed through the Internet. As a time saver, we are encouraged to first search for reviews, because good reviews, including meta-analyses, assess study methods



and summarize results across all high-quality studies.

**Critical appraisal:** Guides that use a variety of qualitative and quantitative research approaches are clearly presented. They advise how to appraise primary studies on therapy or prevention, diagnosis, harm (safety), prognosis and integrative studies that are overviews (including meta-analyses), practice guidelines and decision, utilization or outcome analyses. Real-world examples help the reader understand how to assess the studies.

**Application:** A sensible framework for decision-making is presented. Chapter titles reflect aspects of this framework: evidence-based health care; doing the right things right; assessing the outcomes found; organizational development for evidence-based health care; developing the evidence management skills of individuals; and evidence-based patient choice and clinical practice.

**Storage:** The reader is introduced to information sciences skills that explain how to efficiently store retrieved studies using key words and reference management software. For example, if a study is located through a computer database from the Internet, usually it can be transferred by your computer to your own reference management software. Appendices provide additional "how to's" and practical examples.

The book synthesizes health services research advances in various settings published over the last 25 years. Research users and doers will find it a readable introduction to the topic as well as a useful reference.

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## **Books and other media received**

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

#### **Anesthesia**

**The Management of Chronic Pain.** 2nd ed. A.W. Diamond, S.W. Coniam. 178 pp. Illust. Oxford University Press. 1997. \$80.50. ISBN 0-19-262695-7

#### **Books for patients**

**Canadian Medical Association First Aid Manual.** Edited by Garth Dickinson, Catherine Younger-Lewis. 288 pp. Illust. Reader's Digest. 1997. Distributed in Canada by the CMA. \$14.95 (\$11.95, members). ISBN 0-88850-542-6

**Making Choices: Treatment of Stage IV (Metastatic) Non-Small Cell Lung Cancer. A Decision Aid for Patients.** (Cassette tape and workbook). W.K. Evans, A.M. O'Connor, V. Fiset, J. Logan, C. DeGrasse. 1997. Price not stated. Available from Ottawa Civic Hospital Loeb Research Institute; 888 240-70020

**PowerFoods: Good Food, Good Health With Phytochemicals, Nature's Own Energy Boosters.** Stephanie Belling. 372 pp. Illust. HarperCollins Canada. 1997. \$35.50. ISBN 0-06-017454-4

**The Secret Language of Eating Disorders: The Revolutionary New Approach to Understanding and Curing Anorexia and Bulimia.** Peggy Claude-Pierre. 271 pp. Random House of Canada. 1997. \$32. ISBN 0-8129-2842-3

#### **Cardiology**

**Drugs for the Heart.** 4th ed, revised reprint. Edited by Lionel H. Opie. 377 pp. Illust. W.B. Saunders. 1997. \$46.95. ISBN 0-7216-7525-5

#### **Dermatology**

**Manual of Skin Surgery: A Practical Guide to Dermatologic Procedures.** David J. Leffell, Marc D. Brown. 250 pp. Illust. Wiley-Liss. 1997. Distributed in Canada by the CMA. \$67.95 (\$57.95, members). ISBN 0-471-13411-2

#### **Education**

**Community-Based Teaching: A Guide to Developing Education Programs for Medical Students and Residents in the Practitioner's Office.** Edited by Susan L. Deutsch, John Noble. 284 pp. Illust. American College of Physicians. 1997. US\$34. ISBN 0-943126-59-2

#### **Endocrinology**

**Current Therapy in Endocrinology and Metabolism.** 6th ed. Edited by C. Wayne Bardin. *Current Therapy Series.* 678 pp. Illust. Harcourt Brace. 1997. \$135. ISBN 0-8151-2016-8

#### **Geriatrics**

**Medical Care of the Nursing Home Resident: What Physicians Need to Know.** Edited by Richard W. Besdine, Laurence Z. Rubenstein, Lois Snyder. 175 pp. American College of Physicians. 1996. Price not stated. ISBN 0-943126-48-7

**Urinary Incontinence in the Elderly: Pharmacotherapy Treatment.** Edited by James W. Cooper. 72 pp. Illust. Haworth Press. 1997. \$30. ISBN 0-7890-0327-9

#### **Occupational medicine**

**Occupational Injuries and Illnesses.** Edited by Daniel J. Stone. Illust. Harcourt Brace. 1996. \$105. ISBN 0-8205-1884-0

#### **Psychiatry**

**Manufacturing Victims: What the Psychology Industry is Doing to People.** Tana Dineen. 328 pp. Illust. Robert Davies Publishing. 1996. \$21.99. ISBN 1-895854-58-X