

While the book does not fully describe each specialist's role in the management of specific problems, *Orthopaedic Care of the Geriatric Patient* will prove useful to orthopedists, rheumatologists, internists, general practitioners, and others involved in supporting services that deal with the aged population on a regular basis. The advantages of this well-organized, comprehensive treatment approach, as practiced at the Cornell University Medical Center and The Hospital for Special Surgery, becomes clear as one proceeds through the book. This reviewer hopes that Dr. Sulco will continue to expand this volume as knowledge of this subject increases.

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**Nutrition in Clinical Practice**, by Marion Nestle, Greenbrae, Calif., Jones Medical Publications, 1985, 330 pp, \$16.95.

*Nutrition in Clinical Practice* was written for physicians, medical students, and other allied health professionals who have not taken formal courses in nutrition. The book, which is divided into six sections, covers a wide range of basic and applied topics. Section one reviews basic principles of nutrition. Energy balance and each of the major nutrient classes are discussed. The relationship of food to health is introduced in this section, followed by a brief discussion of dietary recommendations. Nutritional physiology is summarized in section two. Topics include digestion, absorption, and metabolism. The author also discusses the deleterious effects of starvation and illness-induced malnutrition. An overview of nutritional assessment and support are given in section three. Topics include assessment of nutritional status, estimation of nutritional needs, and methods of selection and administration of enteral and parenteral nutrition. Section four covers nutritional requirements and special nutritional problems throughout each stage of the human life cycle: pregnancy, infancy, adolescence, and aging. The role of nutrition in prevention and treatment of specific disease conditions is discussed in section five. The last section reviews the aspects of nutrition that concern consumers and discusses food and drug interactions, exercise, food additives, food toxins, supplements, and vegetarian diets.

The text is well organized, concise, easy to read, and simple to use. It is extensively indexed. The figures and tables are accurate and useful. However, the quantity and quality of the references vary. Certain chapters are referenced extensively while others have only a few sources noted. Although the author states that one of the benefits of this book is that it will help practitioners know when to refer patients to

a dietitian, referral is only mentioned three times: for assessment of nutritional status, for nutritional assessment during infancy and childhood, and due to renal disease. The sections entitled "Counseling Recommendations" are, at best, general and do not translate the principles of nutrition science into applied dietary modifications.

Overall, *Nutrition in Clinical Practice* provides an excellent, timely overview of the role of nutrition in clinical practice. The book is an excellent, quick, desk-top reference for the general practitioner.

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**Fluids and Electrolytes**, by John P. Kokko and Richard L. Tannen, Philadelphia, WB Saunders, 1985, 878 pp, \$85.00.

The editors of this well-produced volume have done a fine job in putting together a cohesive account of fluid and electrolyte disorders. The book is for both nephrologists and clinicians in other specialties.

The text is divided into two sections. The first deals with specific electrolyte disorders, and the second with clinical situations. There has been an effort to minimize the overlap between these sections, but, probably inevitably, some repetition of material remains. The first chapter is a useful review of the most frequently encountered fluid and electrolyte disorders which may be revealed by the SMA-6. The remaining nine chapters of this section present excellent reviews of the disorders of potassium, sodium, water, acid-base balance, phosphate, magnesium, and calcium. A uniform and logical layout makes it easy to find relevant material. From the point of view of the practicing clinician, the directions for treatment of specific conditions are most clear and detailed in this section of the book. The second section contains 12 chapters dealing with alcohol-related disorders; renal disorders, including the transplanted kidney; and various other disorders (endocrine, drug-related, surgery, and trauma-related, for example). The book concludes with an overview of renal physiology. This section of the book has some very good chapters, particularly those on alcohol, renal failure and dialysis, acidosis, and starvation. The chapters about drug-induced disorders and the effects of surgery, trauma, and burns provide useful summaries. The protocols for total parenteral nutrition might have been better if expanded, since the brief treatment found in this text is not quite in keeping with the overall style of the book. In the portion of the text dealing with starvation, it would have been helpful to give some guidelines for the care of patients on hypocaloric diets who have cardiac and other diseases.

*Fluids and Electrolytes* includes a substantial number of references. The entire book is liberally illustrated with tables and figures. It can be recommended both for the nephrologist and other medical subspecialist and should also be useful to the surgical specialist.

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**Speaking and Writing for the Physician**, by Lynn T. Staheli, New York, Raven Press, 1985, 78 pp, \$11.50.

This handy little paperback is designed for the young physician contemplating his or her first paper or lecture. The book is divided into three sections: medical writing, lecturing, and photography. The first section is an important overview of how editorial offices work and has plenty of advice regarding data collection, scientific and literary preparation, peer

review, steps to publication, and some solid information about the leading journals of the United States. The lecture circuit gets equal attention, and a fine section dealing with medical photography and equipment is offered for those who have to prepare their own slides.

The book suffers from a rather curious omission, however: Nothing is said about copyright and the need to obtain written permission to use the work of other writers, especially tables and figures. Also, approximately nine of this small book's 78 pages are taken up with amateurish cartoons that do nothing whatever to advance the author's intent.

All in all, this is a fine effort, and Dr. Staheli leaves little to chance: Young physicians are advised to wear decent attire when lecturing and to lock up expensive equipment at night.

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