BOOK REVIEWS

Bedside Approach In The Diagnosis Congenital Heart Diseases
Edited and written by Rajender Tandon, BI Publication Pvt Ltd
Central Promotion Department 54, Janapath New Delhi 110001.
1998, 115 pages, Price Rs 140/-. ISBN No:81-7042-126-8.

This book, written by Dr R Tandon, Professor and Head of the Department of Cardiology, All India Institute of Medical Sciences, provides an approach for the bedside diagnosis of congenital cardiac anomalies. Unlike textbooks, which describe details of various congenital cardiac anomalies in an abstract form, the bedside approach starts from the patient suspected to have heart disease. Based on physiological analysis of symptoms and signs it helps, step

by step, with logical reasoning in identifying the presence, the type and severity of congenital cardiac anomaly in the patient. The only investigations used in the bedside diagnosis are the electrocardiograms and the thoracic roentgenograms, which are easily available everywhere. However the book can only supplement the textbooks and cannot be expected to replace them.

Col CG WILSON

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Preparation and Use of Food - Based Dietary Guidelines. (WHO Technical Report Series - 880). Report of a Joint FAO/WHO Consultation. World Health Organisation Geneva: 1998; Pages 108; Price, Sw. Fr 16.10. ISBN 92 4 120880 5.

Dietetics is the practical application of the principles of nutrition. Great advances have been made during the past 50 years in knowledge of nutrition & its applications. Despite the increased food production, the problem of nutrition attracted international attention as a cause of social problems. A joint FAO/WHO consultation on the preparation and use of food based dietary guidelines was held at Nicosia from 2 to 7 Mar 1995 and prepared this report. The purpose of this report is to establish the scientific basis and recommend process for the development and evaluation of food based dietary guidelines in various regions of the world by bringing together the views of an international team of experts.

The report describes the different types of data that are needed,

their methods of collection and explains how to use data on food intake to assess the intake of nutrients. The book stresses the importance of easily understandable and culturally acceptable advice for whom it is intended. This report also explains the use of food based dietary guidelines as a basis of health education campaigns on nutrition. The report has also identified the areas in which more research is needed. This book not only shows the importance of diet but also deals with the methodology of giving a practical help in improving the nutritional content of diet and ultimately improving the health of the individuals and the community. This book is very useful for community health planners, epidemiologists, nutrition scientists, biochemists and clinicians.

Lt Col Zile Singh

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Neuropsychiatry, Neuropsychology and Clinical Neuroscience. published by Williams and Wilkins, Baltimore. 2nd Edition. 1996. ISBN No. 0-683-04485-0, 864 pages. Hard bound, Price \$ 72.

This book is written for clientele ranging from clinicians of various descriptions to philosophers and more significantly to Neuroanatomists of the mind. The present edition is vastly upgraded with addition of eleven new chapters to the earlier version.

Making a beginning at the beginning the author traces the evolution of brain from the primitive communication systems of single celled organisms of the primieval ocean to the present highly complex organ of Homo sapiens. With impressive arguments the hypothalamus is posted as the biological substracts of the Id and the pleasure principle.

The chapter on Limbic System and the Soul is thought provoking. One gets drawn to the author's position that God should be a subject of hard nosed scientific enquiry. In chapter 16 the dynamic mechanisms of repression and dissociation are sought to be

explained in terms of vertical and horizontal disconnections between brain structures. The basic stuff of Neuropsychiatry viz., psychosis, cerebral trauma, strokes and so on is given a fair treatment. Significantly, the book ends with growth i.e., Neoplasms of the brain!

The general tenor of the language is rather prosaic. A turn of phrase here and there is likely to lend fluidity and felicity to the text. The author made an audacious but eminently commendable attempt to present a synthesis of neuroscience, dynamic psychology, philosophy and above all God, conjuring up in the process a flavour that is hard to find in conventional text books of Neuropsychology and Neuropsychiatry. A neurologist or a psychiatrist, who aspires to add a little more depth to his art, this book should form an ideal companion.

Col MSVK Raju

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