

## BOOK REVIEW

**Title:** ILLUSTRATED MANUAL OF ORTHOPAEDIC MEDICINE  
**Authors:** J. H. Cyriax and Patricia J. Cyriax  
**Publisher:** Butterworth, London, 1983  
 Price: £20.00      Hard Cover.      246 pages including Index.      758 figures.

This appears to be the most easily understood book written so far by the 'father' of orthopaedic medicine, profusely illustrated by anatomical drawings made by his wife and numerous photographs in colour showing each stage of examination, massage, manipulation or injection. The first part is devoted to the principles of diagnosis, not only history and static examination, but full and detailed assessment of function, and also of treatment by massage, manipulation or injection. The contraindications of each technique are mentioned, and the indications for leaving conditions alone as they will either resolve spontaneously in a short time or will defy treatment. A full differential diagnosis is given, and warnings propounded for the physician or therapist to be on the look out for malignant or neurological conditions that could present as soft tissue lesions.

The next two parts describe soft tissue lesions in the appendicular skeleton and in the spine respectively, both traumatic and degenerative. The specific indications for each form of therapy are given for each condition, with precision. When to inject? — how much, — of what? — how often? — when should the condition be expected to resolve? These details should enable general practitioners as well as rheumatologists and casually surgeons to carry out many procedures with safety and to give a reasonably accurate prognosis. In the section on the spine, traction techniques are included, as well as epidural anaesthesia, but it is hoped that no one will attempt these unless properly instructed!

Some physicians will dispute the advisability of Dr. Cyriax' injections into tendons, but he does warn most emphatically the necessity of several weeks local rest afterwards. In his hands, and with his caveats, the procedure seems successful.

This is a most valuable and well produced book, not only for the orthopaedic physician, but also of use to all who treat soft tissue lesions, whether in accident and emergency departments, sports injuries clinics, general practice and also physiotherapy and podiatry practices. This book is not designed to replace Dr. Cyriax' 'Textbook of Orthopaedic Medicine', the standard reference book on the subject, but it has a place on the desk for easy and frequent access, as useful in its field for day-to-day consultation as MIMS is for the newly appointed general practitioner.      H. E. Robson

## BOOK REVIEW

**Title:** HOW TO WRITE AND PUBLISH PAPERS IN THE MEDICAL SCIENCES  
**Author:** Edward J. Huth  
**Publisher:** ISI (Institute for Scientific Information) Press, Philadelphia, 1982  
 Price: Hard cover \$17.95 in USA \$20.95 elsewhere      203 pages. Index.  
       Soft cover \$11.95 in USA \$14.95 elsewhere

This book is by the Editor of the *Annals of Internal Medicine*, and is directed particularly towards possible contributors for this journal and to others of similar high repute in the USA. Many of the ethical considerations regarding informed consent for experimental treatments and international copyright law are equally applicable to Britain and most other Western countries.

There is first general advice on how to set about organising a project, using a library, compiling the first write-up of the work, then assessing whether it is worth submitting for publication, in what form? — in which journal? — and with which co-authors? Perhaps the most important questions a potential author must ask himself are: "So what?" and "Who cares?". Once redrafted, the processes of editing, refereeing, amending and perhaps rewriting the entire paper to obtain an acceptable final draft are specified. It is pointed out most firmly that discrepancies between, for example, the text and tables, or between the names and dates of authors in the text and in the reference section should never be allowed to occur (and I wish this would be observed by contributors to this journal as well!). Style is discussed at some length, and over-elaborate verbiage should remind "an author . . . that pompous prose can also be seen as coming from an inconsiderate windbag, arrogantly wasting a reader's time".

Obviously one must compare this book with that of Maeve O'Connor and F. P. Woodforth, 'Writing scientific papers in English', reviewed in *BJSM* Vol. 17 March 1983. Both books make a plea for accuracy and simplicity of language. O'Connor and Woodforth spend more time and space on examples of good and bad tables and figures, Huth on the selection of experimental techniques, literature searches and he gives his own very comprehensive bibliography. Huth's book of 200 pages is twice the length of the British production, and the style and language in which it is written is faultless, viewed from either side of the Atlantic. Highly recommended.      H. E. Robson