
Sideline help is written for the non-medic who is coaching teams or for those standing on the touch line, therefore I also sought my wife's opinion. She is a nurse and has spent many years watching games.

The book has colour banding that makes it easy to find the appropriate area of injury quickly, which is always important in self help books. My wife looked at the instruction chapter first, however, to learn some basic techniques. When the appropriate area has been found, there are boxed instructions headed "Athlete Down". Check for these signs and symptoms and follow the coloured flow charts leading to red—"emergency care", yellow—"athlete to sideline and see a doctor today", and green—"return to play".

The book begins in the green boxes is most useful for those without medical training, and my wife particularly liked the sensible advice given in the diagnostic boxes. But the "at least do no harm" policy may lead you to the red emergency boxes too often and too soon. For instance, in the section on back injuries, an athlete with localised back tenderness, who may have just been kicked in the back and bruised, would be in hospital immediately if the flow charts were followed.

Dr Steele's quick tips are relevant and necessary and the section on bleeding and handling of blood is sensibly written. One does need, however, to refer to the basic knowledge and essential skills frequently and when one is on the field with an injured athlete a "lay reader" would be helpful. Those with some knowledge of cardiopulmonary resuscitation will get most benefit from this book together with common sense. Those without some knowledge are likely to ring the emergency number early, and here it is that the book falls down for no effort has been made to alter the text for the UK market. The emergency number is given as 911 and the illustrations are of American sports such as baseball, American football, and ice hockey. The simple flow information boxes consistently inform us that the athlete cannot return to play without written medical consent. This smacks of American medicopolical pressure. My wife felt that this was not a book for her, though it is a good attempt to help the lay parent.

MALCOLM READ


This 78 page textbook is essentially a mini atlas of the normal and abnormal sonographic appearances of adult joints. It is the first comprehensive review of the images now obtainable using modern high resolution linear array transducers. The information is presented clearly and logically starting with definitions of the sonographic appearances of tendon, ligaments, muscle, fibrocartilage, hyaline cartilage, nerves, adipose tissue, and bone. It then proceeds quickly into pathology. The images are excellent, easy to follow, and clearly marked. The text is easy to read and unambiguous and a basic knowledge of ultrasound is assumed. There is a comprehensive index and a list of references at the back.

PETER WILMSHURST


As a devout mechanist, I was not overjoyed to be asked to review a book on psychosocial interventions. The task turned out to be surprisingly rewarding—perhaps because this is not a book for psychologists. It is for all health professionals who, by their involvement with cardiopulmonary patients, may influence their psychosocial functioning and that, empirically Dr Soule, at least, has shown. This means that we must all be involved is that many of our mechanistic interventions depend for their effectiveness on a large number of emotional and behavioural changes from our patients. Smoking, unhealthy eating, hostile various situation-compliance with medication all require patient cooperation, which can only be achieved with sound psychological management. Part I of the book takes us through the various emotional problems suffered by cardiopulmonary patients, how to assess their severity, how to match the approach to the needs of the patient, the stages of change that may be needed, and the interventions which may help. Part II describes the "effective educational management model", which is the core of Dr Soule's approach, and how to apply it to various situations. Part III tackles several particular problem areas, such as sex, smoking, the problems of chronic obstructive pulmonary disease and of elderly patients, and, finally, adherence. The approach throughout is unswervingly supportive and encouraging—"Find something to reward and reward it!" I found this unvarying stance somewhat trying. Is what wrong with telling people the truth from time to time? What some patients really need to hear is that they dog a cigarette or that they are fat because they eat too much. This is where the psychologist differs from ordinary mortals. But it would take a truly remarkable book to rid us of all our prejudices.

HUGH BETHEL


The title of this book both intrigued and puzzled me. Applied Body Composition Assessment applied to what purpose or to what population? After reading the book I am perhaps better informed about some of the practical aspects of body composition assessment, but that word "applied" still bothers me. Have I missed something? Was I looking for something that is not there? Should I have read more carefully? Perhaps "applied" is not the right word.

As a practical guide to simple methods for the estimation of the fat content of the human body, however, this is an excellent book. It has gathered together in one place a realistic appraisal of the different methods for assessment of body composition, giving sound practical advice on the procedures to be followed for each method, as well as highlighting its advantages and limitations. The emphasis is on the simple methods that can be used in population studies, and on the avoidance of errors that result from poor measurement technique or the application of predictive equations derived from inappropriate populations. Particularly useful is the compilation of different predictive equations that can be applied to different populations. No longer is it necessary to search the filing cabinet for the most appropriate equation: they are all here.

The style of the book is very American, but not aggressively so. The easy reference format, with key points, and with the authors' unequivocal recommendations as to the suitability or otherwise of different methods in various situations, is to be welcomed. A book that anyone seriously interested in the assessment of human body composition should have on their bookshelf, providing that they don't worry too much about that extra word in the