



puServe as an Internet service provider. After reading *Medicine and the Internet*, the user should be able to access the Internet through an independent service provider, which gives the user a lot more control and flexibility than online services such as CompuServe.

Any weaknesses in this book are trivial, balanced against how well the book fulfils its promise.

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## Saunders Manual of Medical Practice

Edited by Robert E. Rakel. 1247 pp. Illust. W.B. Saunders Company/Harcourt Brace and Company, Philadelphia; W.B. Saunders Canada, Toronto. 1996. \$138. ISBN 0-7216-5192-5

**Overall rating:** Good  
**Strengths:** Short, direct discussions of common conditions  
**Weaknesses:** Lacks depth; no photographs  
**Audience:** Family physicians

This book identifies busy primary care physicians as its target audience. By calling it a "manual," the editor and publisher align the book with other well-known publications of the genre of the "Washington Manual"; but, because it weighs 3 kg and is 5 cm thick, this book will not be found in anyone's lab-coat pocket. Nevertheless, primary care clinicians will find its short, direct discussions of frequently encountered conditions appealing. The breadth of subjects covered and the inclusion of 58 well-illustrated procedures will appeal particularly to physicians in rural practice, who may be responsible for patients in the office, hospital and emergency-department settings. Thus, sections on nasal fracture reduction, endotracheal intubation and abdominal diagnostic tap coexist hap-

pily alongside discussions of breastfeeding and advance directives. In some of these critical areas, however, this textbook needs to be supplemented by more narrowly focused but more comprehensive material.

The chapter organization is interesting and different. Of the 451 topics presented, 318 focus on disease, 75 on symptoms and 58 on procedures. These are grouped by physiologic system. For example, the section on eye, ear, nose and throat problems begins with a chapter outlining 9 common symptoms (from "red eye" to "hiccups"), followed by 12 chapters on diseases. Interspersed among these chapters are discussions of 6 procedures. Chapters on diseases contain subsections on causes, symptoms, clinical findings, laboratory tests, differential diagnoses, treatments and follow-up. Symptom sections emphasize differential diagnoses, key questions to ask, clinical findings, tests, management and follow-up. Each section is self-contained and written by a separate author.

Each chapter is written in summary form. The reader will not find a discussion of the pathophysiologic aspects of disease or the medical background to controversial subjects. In some areas the summary format is taken to an uncomfortable extreme. The chapter on arrhythmias covers the entire subject in 5 pages of dense point form. Even busy clinicians may have time to read a more leisurely presentation of such an evolving and controversial subject. However, the commonly accepted conclusions are provided, and these are up to date. The influence of evidence-based medicine is clear and its inclusion is commendable. A short (occasionally annotated) bibliography follows each topic.

The text is uncluttered, and a 2-colour icon-based highlighting system draws the eye to the subsections of each chapter. Line-drawn illustrations are plentiful; however, no pho-

tographs are used, a lack most keenly felt in the section on dermatology.

Practitioners will not find everything they want in this volume, particularly if their habit is to "read around their cases." However, this is a useful textbook to refer to "on the fly."

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## The Stop Smoking Workbook

Lori Stevic-Rust and Anita Maximin. 171 pp. Illust. Raincoast Books, 8680 Cambie St., Vancouver BC V6P 6M9. 1996. \$17.95. ISBN 1-57224-037-7

**Overall rating:** Fair  
**Strengths:** Emphasizes the importance of preparation and provides practical advice; well designed and easy to read; addresses fundamental issues  
**Weaknesses:** Tends to downplay addiction and emphasize behavioural issues; strategic thinking in establishing quit dates, appropriate use of nicotine-replacement therapy and relapse management not emphasized enough  
**Audience:** Smokers

Many clinicians recognize the value of self-help materials in informing, motivating, guiding and sustaining those embarked on the journey toward cessation of smoking. The authors of *The Stop Smoking Workbook*, both practising psychologists, have provided a resource for would-be nonsmokers in a relatively inexpensive, readable format. Within its pages are found a straightforward synopsis of the "stages-of-change" concept as applied to quitting smoking, a recitation of the health consequences of tobacco consumption and a description of the specific advantages of becoming a nonsmoker. Most useful are the particular strategies that would-be nonsmokers can