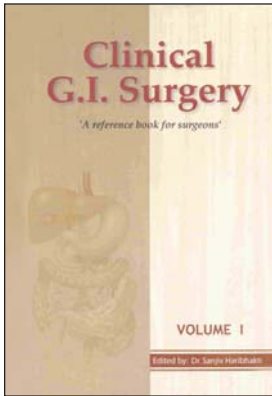
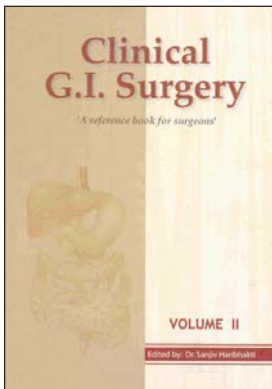


Book Reviews

Clinical GI Surgery. Volumes I and II. Sanjiv Haribhakti (ed). Haribhakti Education Foundation, Ahmedabad, 2008. 1126 pp, Rs 2500. ISBN 978-81-905797-0-4.



This book is a creditable attempt to meet the need for a comprehensive Indian textbook for gastrointestinal (GI) surgeons in training. In the two volumes, which are of convenient size and affordable for students, the 'who's who' of surgical gastroenterology in India deal with the entire gamut of the subject. The topics are colour-coded to allow for ready reference. The chapters are well written, informative and easy to read. The salient points in each chapter are highlighted and algorithms for management are presented. Although statements are not individually referenced, most authors have suggested important papers for further reading. The editor and authors have been careful not to allow any opinions unsupported by the literature to slip into the text. Points of controversy have been addressed and clarified according to the available literature and the author's opinion(s). Students of the subject will benefit from reading this book.



However, there are certain aspects that could be improved upon in future editions. There is considerable repetition of information. The chapters on upper GI bleed, cirrhosis and portal hypertension, and non-cirrhotic portal hypertension, for example, overlap substantially, as do those on an approach to jaundice, pancreatic cancer and periampullary cancer.

While some authors have suggested further reading and provided algorithms, others have ignored this useful editorial directive. The number of articles on the lists of suggested reading at the end of chapters varies from none to 66! Most authors have vast personal experience on the topics they have covered but few have presented their own institutional experience, despite the editor's stated aim of presenting Indian experience. Perhaps the editor could ask the authors to highlight the important randomized controlled trials or meta-analyses available on each topic, and make a more concerted attempt at identifying and confronting controversies.

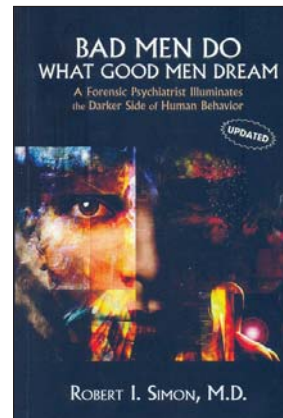
A section on hernias need not be included in a book on GI surgery. On the other hand, the section on practice management, as well as the chapters on new technologies, data management, computers and video recording and editing, are welcome and necessary additions in today's environment. I was disappointed with the chapter on corporate culture, which contains inappropriate comments. Similarly, the chapter on innovations is disappointing in that it does not really present anything innovative.

On the whole, the editor needs to be congratulated for the effort

he has made in bringing out this textbook, which has contributions from reputed teachers of the subject. This book has the potential to be the definitive textbook on the subject for an Indian audience.

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Bad Men Do What the Good Men Dream. Robert I. Simon. Byword Books, New Delhi, 2008. 320 pp, Rs 450. ISBN 978-81-8193-041-5.



This book, written by a forensic psychiatrist of repute, attempts to explain the differences and similarities between the behaviours of so-called bad people and persons considered good by society. According to the author, there is a very thin line between the two, in the form of controls that one can have over stray thoughts, impulses and behaviour that are generally considered violative of social norms.

The book explores the psychological background of people whose psychopathic behaviour caught the attention of the media because of the enormity of the violence or damage caused to society by them. Psychopathic tendencies may also be found in the so-called normal population or 'good men', but 'good men' are able to curb them. Society's 'bad men' are not as successful because of multiple reasons (hereditary and familial factors, abuse as children and adverse circumstances during the early developmental period) and enjoy flouting social norms.

The first of the 12 chapters of the book is an introductory one and the last is devoted to 'the making of good men and bad men'. The others discuss different set-ups of criminal behaviour, each chapter analysing one. The author discusses psychopaths, stalkers, the inner life of rapists, unsolved cases of suicide versus homicide, sexual misconduct by the helping professions, killer cults, multiple personality and crime, the consequences of recovered recollections of childhood abuse, violence at the workplace and serial sexual killers in separate chapters. Each chapter includes case vignettes, mostly taken from real life events which appeared in the media at different times, as well as some fictional case histories to describe the psychological basis of criminal behaviour.

The genesis of an antisocial personality and antisocial behaviour is traced to the first 5 years of life. For example, certain adverse events in early childhood, such as maternal deprivation associated with insufficient nurturing and socialization, accompanied by an alcoholic and antisocial father could be the forerunners of the

development of conduct disorder in the later childhood years, and of psychopathic behaviour and antisocial personality disorder in the later years of life. Subnormal intelligence and brain damage may also form a part of the background of psychopathic behaviour.

The author has also tried to explain violent tendencies in terms of biological abnormalities, such as subtle changes in the brain found on neuroimaging and abnormalities in the brain found in the electroencephalogram. He hypothesizes that mirror neurons are responsible for the development of feelings of empathy. The absence of these may lead to a lack of empathy, so that the person may be able to commit heinous crimes and violent acts without any emotions.

The relationship between multiple personality disorder (MPD) and criminal behaviour is also depicted well. The author deals both with the victims as well as the offenders. He gives many real life examples of how criminals have tried to use multiple personalities to their benefit, and the manner in which the cases were solved.

A separate chapter is devoted to the dynamics of sexual misconduct by the helping professions (lawyers, clergy, physicians, psychotherapists and others). A vast majority of men and women in the helping professions are competent and trustworthy. It is not abnormal if sexual thoughts and feelings towards their clients or patients cross their minds, and most of them would not act on these feelings. A competent professional is able to identify such feelings and control them, but there could be aberrations, which bring the profession into disrepute.

Violent impulses can also take the extreme form of mass killings, which have often been given the label of social cleansing (as in the case of the Nazi killings) and may be acceptable to some sections of society. On the subject of serial sexual killers, the author states that these men experience sexual arousal and orgasm by indulging in the crime. Many serial killers, rapists and offenders lead a normal family life and indulge in criminal behaviour periodically, planning their criminal escapades very intelligently.

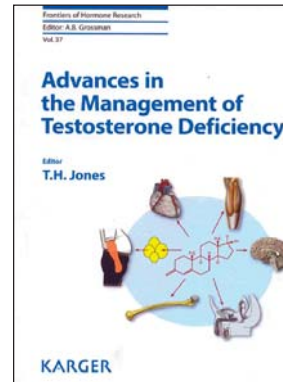
While discussing the different types of psychopathic behaviour, the author has also dealt with the trauma suffered by the victims. Further, the book provides guidance for violence risk assessment. The book also gives a number of helpful tips on how to protect oneself from becoming a victim of psychopathic personalities. For example, it describes the profile of stalkers and gives points on how to guard oneself against them.

One of the deficiencies of the book could be the absence of scientific analysis, as more often, it reflects the personal opinion of the author.

The book is definitely enlightening with regard to the inner life of criminals, examining it from different angles and going into the early developmental period as well as later life. It provides lucid details on the progression of behavioural aberrations. In an era of increasing medicolegal suits related to criminal behaviour, such a book is useful reading for all psychiatrists and psychologists interested in forensic psychiatry, criminologists and criminal lawyers. The book is easy to read and avoids technical jargon, and thus would also be of interest to the lay reader who may not have a background in psychology. It is good material both for leisure as well as serious reading. The book, which is reasonably priced, also provides a rich bibliography.

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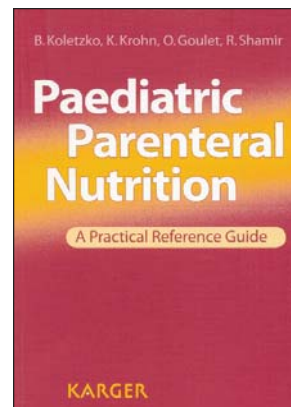
Advances in the Management of Testosterone Deficiency. T. H. Jones (ed). *Frontiers of Hormone Research. Volume 37.* A. B. Grossman. Karger, Basel, 2009. 210 pp, EUR 133, US\$ 186. ISBN 978-3-8055-8622-1.



In the past, research in the area of hormone replacement has mainly addressed the needs of women. There are clear therapeutic guidelines regarding gonadal steroid replacement therapy for hypogonadism, contraception, the post-menopausal state, and so on. However, in the case of males, gonadal hormone replacement has been used only for boys with hypogonadism and men with pituitary or testicular disorders. Hypogonadism is far more prevalent than these disorders but remains poorly understood and clinically underdiagnosed. Several studies done during the past decade have helped to advance our knowledge in this area. Also, several therapeutic modalities have become available to provide physiological replacement of testosterone. This book puts together all the recent information on and current guidelines for the diagnosis and management of hypogonadism, the genetic basis for differences in androgen receptor sensitivity, different kinds of assays available for the estimation of testosterone, the effects of testosterone on body tissues/organs and safety issues related to testosterone therapy. The contributors to the book are all actively involved in research in this area. This book will be of immense value to endocrinologists, andrologists and physicians.

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Paediatric Parenteral Nutrition: A practical reference guide. B. Koletzko, K. Krohn, O. Goulet, R. Shamir (eds). Karger, Basel, 2008. 66 pp, price not mentioned. ISBN 978-3-8055-8606-1.



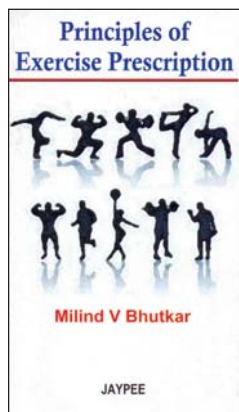
Parenteral nutrition is increasingly being used in children. However, in the absence of good quality clinical trials, controversies exist with regard to its indications, requirements, duration, outcome and cost. In 2005, many European societies such as the European Society for Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN), the European Society for Clinical Nutrition and Metabolism (ESPEN) and the European

Society for Paediatric Research (ESPR) jointly developed the 'Guidelines for Pediatric Parenteral Nutrition', based on systematic literature reviews as well as a formal consensus process among a multidisciplinary panel of professionals. This compact reference handbook is based on these guidelines. The authors aim to provide the treating paediatrician an aid to assist in the decision-making process.

The handbook is well designed and readable. It deals with the various nutrients used in parenteral nutrition and provides evidence-based recommendations, highlighted in boxes. The handbook also provides useful information on the issues of vascular access and its complications. However, the reader has been advised to consult the original guidelines for more details. The readers would have benefited from practical examples of prescriptions of parenteral nutrition in different age groups and diseases. The handbook has been published 3 years after the publication of the guidelines, which may limit its shelf-life. The handbook could be useful for postgraduates in paediatrics as an introduction to the subject, provided its price is reasonable.

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Principles of Exercise Prescription. Milind V. Bhutkar. Jaypee Brothers, New Delhi, 2008. 243 pp, Rs 195. ISBN 978-81-8448-324-6.



This book is an opportune publication for Indian readers. It covers a number of issues related to exercise prescription, such as which exercise to do, how often, for how long, at what intensity, with what precautions, and so on. It is written in simple language and is easy to understand for the average reader. Almost every chapter contains interesting features, such as 'zoom in', 'why box' and 'myth'.

The author does society a service by exploding several common myths surrounding exercise, such as fat is converted into muscles during exercise;

resistance training is meant only for athletes and body builders; you have to train each muscle group every day in order to make good progress; weight training is not useful for reducing body weight; no pain, no gain; and your weight starts decreasing progressively as soon as you start exercising. It would have been useful if the book had also addressed the myth that exercises or gadgets help in 'spot reduction' because a large number of obese individuals get carried away and spend a lot of money, lured by aggressive advertising.

The contents of the book are well organized in 21 chapters. The initial one-third of the book deals with the basic principles of exercise physiology. It also covers aerobic training, resistance

training and flexibility. The author discusses topics such as health assessment before starting an exercise programme and the precautions to be taken during exercise, the importance of which cannot be underestimated. Two chapters are devoted to obesity, an important emerging health concern in India that exercise can help to counter. Towards the end, the scientific information presented earlier in the book is conveyed through five carefully chosen specimen exercise prescriptions, complemented by an exercise guide pyramid for exercise prescription in each example.

The book would have been more comprehensive if it had also covered the principles and practical aspects of exercise prescription for children, elderly persons, pregnant women, persons with disabilities and persons who have undergone surgery. A mention of the contributions of the American College of Sports Medicine (ACSM), as well as the current ACSM guidelines regarding exercise recommendations, would have been useful. The recommendations of the WHO, Ministry of Health and Family Welfare and Government of India with regard to regular physical activity and exercise for the prevention of non-communicable diseases could also have been included. Further, some important websites could have been mentioned to help keep the reader up to date. All this information could have been included by reducing the first one-third of the contents, so that the book would be more useful without becoming too bulky.

The book contains a number of interesting historical facts which allow readers to appreciate past contributions that have shaped our present understanding of 'exercise'. However, there are a few omissions, such as the writings of Hippocrates, principles of yoga, teachings of Susruta and Charak about exercises, and those of Dr Kenneth Cooper, who popularized aerobics throughout the world in 1968.

An error that I noticed in an otherwise scientifically accurate book was on page 34, where it is mentioned that there are about 430 voluntary skeletal muscles in our body. The correct number is '... more than 600 skeletal muscles in the body'.¹

This book is reasonably priced and has a pleasing appearance. The cover shows 10 exercise and fitness training poses set against a white background. The illustrations are clear, except that it would have been better if the figures on pages 142 and 143 (under the chapter on flexibility), dealing with stretching exercises, had also been drawn as per the format maintained throughout the book instead of as line diagrams. This would have made for greater clarity and helped the reader understand them more easily.

It would have been better if the author had given adequate information about some important references. This section mentions 29 books but details like the year or place of publication are missing in a few. The index of the book appears incomplete, a common feature of several books written by Indian authors. It would have been easier for readers to locate information in the book if the index had been well planned and contained more entries.

The author says that the intended readership comprises exercise physiology students, fitness instructors, health promotion counsellors, students of sports sciences and health educators. However, after reading the book, I feel that it will be useful for students and practitioners of physiotherapy as well as physical medicine and rehabilitation in India.

Overall, this 'handbook', which can easily fit into the pocket of a coat, contains a lot of scientific information that would be valuable to readers and practitioners. It is a welcome addition to the scarce publications on the topic by Indian authors.

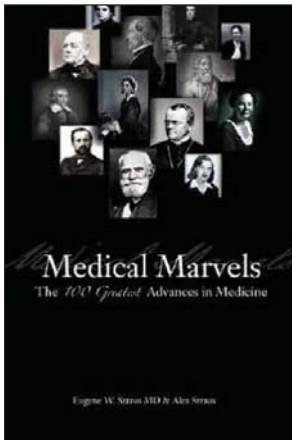
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Medical Marvels. The 100 greatest advances in medicine. Eugene W. Straus and Alex Straus. Prometheus Books, New York, 2006. 425 pp, US\$ 28. ISBN 1-59102-37-34.



This book is an attempt by Eugene and Alex Straus to list the 100 most important medical advances ever. Making such a list is difficult in itself, but the authors have gone even further to list the advances in order of importance! In their list of marvels, each of which is described in a short chapter, the authors have wisely chosen to include not just technological advances or discoveries, but conceptual advances as well. Thus, the very first advance, quite rightly, is the idea of 'from abandonment to healing'.

Advance number 90, 'medicine opens to women and minorities', and advance number 100, 'patient advocacy', are other such examples. Instead of confining themselves to writing a formal history of medicine, the authors have taken the opportunity to

expand on their views on the philosophy and ethics of medicine and its future.

However, the book is not without its flaws. It would, of course, be practically impossible for everyone to agree with the exact sequence that the authors have chosen. Yet, I do wonder how the discovery of Viagra (advance 48) can in any way be considered more important than renal transplantation (advance 52). Also, should preventive medicine (advance 92) not be placed higher?

The chapters are of varying length and are written in different styles. While most topics are dealt with in conventional, well-written essays, some (advance 86, 'understanding alcohol and health') are described in bullet form, which may be appropriate for a PowerPoint presentation but not for such a book. At least one chapter (advance 97, 'in vitro fertilization and blastocyst selection') is, for the better part, a glossary of terms. Some essays, such as that on tissue culture, are extremely short (half a page). No references are given in most essays.

I could not understand why solid organ transplant, renal transplant, liver transplant and heart transplant (dealt with in chapters 51, 52, 53 and 54, respectively) were not considered as a single advance, which they are in conceptual terms. Had they been clubbed together, some other advances (the use of forceps in obstetrics, for instance) could have been included. Evidence-based medicine does not find a place in the 100 greatest advances, though, admittedly, randomized controlled trials do.

How does this list of marvels compare with other similar books? On comparing it with *Medicine's 10 greatest discoveries* by Meyer Friedman and Gerald W. Friedland, I found that the authors are, by and large, in agreement. The list in *Medical Marvels* is, of course, likely to arouse interest and disagreement, but then what is a book if it does not provoke discussion and give its readers something to think about.

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