

emphasises in a chapter on epidemiology the need for defining terms, going back to clinical observation, and defining outcome—not quite saying forget about the past and start afresh, but not far from that. Epidemiology is one methodology. Another is clinical trial, but the book does not emphasise which studies were controlled and which were not. A third problem is development of concepts. The chapter on fibromyalgia is an excellent review of a developing concept, which explores possible psychological, neurological, and viral abnormality, but puts it in the context of clinical observation and the controversy about its very existence. It highlights the experimental work of Kellgren and Lewis, confirmed later by Hockaday, on pain response to muscle injection with saline—experimental work, repeated by an independent observer and largely forgotten by the following generation of rheumatologists. A similar chapter on repetitive strain injury is sadly absent.

Next time we set off into the outback to investigate the unmanned frontier it would be helpful to remember the controlled trial—possibly send an epidemiologist. A look at the maps of those who have been before should induce a healthy scepticism of early explorers. The conference on soft tissue disorders goes some way towards getting that perspective, but sadly does not reference Norton Hadler's review of regional musculoskeletal disorders,<sup>1</sup> which gives a more balanced view, but is a more expensive guide.

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<sup>1</sup> Hadler N M. *Medical management of the regional musculoskeletal diseases*. New York: Grune and Stratton, 1984.

**Anatomy and Human Movement: Structure and Function.** N Palastanga, D Field, R Soames. (Pp 891; £60.) Oxford: Heinemann, 1989. ISBN 0-433-00032-5.

Anatomy is the foundation of any discipline involved with musculoskeletal disease. This book aims at teaching it as a living functional system and escape from the dissection manual. It aims at enabling people not able to dissect to have an understanding of structure. This is a formidable task and results in a book of nearly 900 pages.

There is an initial introduction to terminology, then a chapter describing the connective tissue components and giving a simplified description of musculoskeletal embryology. The bulk of the book is made up of two sections—firstly, anatomy of the upper limbs, and, secondly, with rather less space, anatomy of the head, neck, and trunk and of the nervous system.

Describing anatomy in text is difficult as the complex interrelations of structures and the problems of illustrating three dimensional structures passing through different depth planes in two dimensions are considerable. Conveying these structures to a student who has not had the privilege of studying anatomy by dissection or by demonstration from a cadaver is particularly difficult. The book is a bold attempt to achieve this. Its use of a combination of clear line diagrams and descriptive text goes a long way towards overcoming the inevitable limitations of trying to show the form of many structures and at the same time not lose clarity. There is considerable simplification of details, which makes it easier to read and provides a better visual demonstration of the structure, but this limits its value to the student of anatomy. The sections on muscle in the limbs are particularly well illustrated muscle by muscle. There are few diagrams showing the complex organisation of the components, however. The diagrams illustrating joints and ligaments which have been specifically emphasised are more difficult to follow. Those of the spine are more cramped and less clear.

Although the aim is to emphasise the analysis of movement,

the focus is very much on describing muscle, joints, and nerves. The sections integrating this form into functions are surprisingly short and are limited to simple activities with no attempt to analyse how complex movement is performed. There are some rather confusing details in omission. Illustration of power grip combines elements of pinch grip. The insertion of muscles is sometimes rather poorly drawn—for example, for flexor pollicis longus, apparently ending in the base rather than the tips of the fingers, and the distribution of sweat glands is confusing. x Ray reproduction is poor. There is no illustration of leg dermatomes. Much that is included in the text, like ossification dates, might have been abbreviated in tables, perhaps producing a lighter, more accessible, and easily carried book. The pages on pathology and anthropology are a diversion and are too scanty to support the theme of function.

The need of practitioners involved in manipulation is focused on by the inclusion of palpation in surface anatomy, an innovation for an anatomical text. At times it seems rather confusing and vague and perhaps would have been better as an integrated chapter describing how things may be felt and what may be felt on a regional basis rather than by description of each muscle in turn.

Paramedical health workers who learn their anatomy from textbooks are the most likely to find this book useful. It would make an excellent course book, filling the niche presently occupied by dissection manuals. For those who in their dim distant past had the privilege of learning anatomy by dissection it is an easy to read well illustrated reminder of anatomical basics, but it is not a text aimed at analysing the anatomical basis of movement as a scientific study. It is poorly referenced. For those involved in the study of anatomy or the medical and surgical treatment of musculoskeletal disease the scope of the book is, sadly, too limited.

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**Methotrexate Therapy in Rheumatic Disease.** Ed William S Wilke. (Pp 336; \$119.50.) New York: Marcel Dekker, 1989. ISBN 0-8247-8115-5.

The first in a series of monographs entitled *Inflammatory Disease and Therapy*, this book is intended for doctors, rheumatologists, and related research scientists. It succeeds in providing in one volume a comprehensive account of the use of methotrexate in inflammatory rheumatic disease.

The book is divided into four sections. Firstly, there is an excellent historical account of the use of methotrexate in rheumatology, accompanied by two clear chapters on the general pharmacology of methotrexate and of low dose methotrexate in particular. The second section deals with the various clinical studies, both controlled and uncontrolled, and includes a chapter on the European experience by two German authors. Section three covers the toxicity of methotrexate in rheumatoid arthritis with detailed sections on hepatic toxicity in both rheumatoid arthritis and psoriasis, as well as discussion of the mechanisms of methotrexate hepatic toxicity. The section ends with a useful chapter by the editor on the practical considerations of methotrexate treatment. The last brief section considers methotrexate in other inflammatory arthropathies.

This is a well produced volume with references up to 1988, and I recommend it as a worthwhile purchase to provide an up to date account of the use of methotrexate in rheumatology and rheumatoid arthritis in particular. Given the cost, this probably means purchase for the departmental library rather than by the individual.

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