

MANAGEMENT OF WILDERNESS AND ENVIRONMENTAL EMERGENCIES. Second Edition. Edited by Paul S. Auerbach and Edward C. Geehr. St. Louis, MO, The C.V. Mosby Company, 1989. 1,068 pp. No price.

All emergency physicians are confronted with common environment-related emergencies including heat and cold injuries, animal and insect bites, ingestion of or contact with toxic plant materials, and the like. Few of us, however, are called upon to deal with wilderness trauma emergencies such as wild animal attacks, search and rescue missions, natural disaster management, high altitude or diving injuries, and so on. It's good to know, then, that an excellent reference text entitled *Management of Wilderness and Environmental Emergencies* is available, a book that covers these and a multitude of other situations.

The preface to the first edition of this outstanding compendium stated that its goal was to provide the "clinician with a body of knowledge concerned with the interactions between people and the natural environment." This goal was amply achieved in that edition and its success is further extended in this new second edition. There are 36 chapters covering all relevant areas of knowledge, including space medicine, search and rescue, emergency veterinary medicine, and even medical liability as related to wilderness emergencies. This book tells you when to expect high-altitude flatus expulsion (over 11,000 feet—not serious but disconcerting), how to build a snow cave, the duration of survival without water at rest and in the shade at 80 degrees (eight to nine days) the number of deaths per year attributed to ostrich attacks (two), the estimated biting force of great white sharks (18 tons per square inch), and describes three urinophilous catfish species in southern South America that are attracted to and enter the human urethra and require surgical removal.

The chapters are expertly written and include clinical presentations, pathophysiology, and treatment modalities in sufficient detail to guide the emergency treatment of virtually any environmentally related illness or injury encountered anywhere in the world. This book should be included in the reference library of every emergency physician and all physicians practicing in rural and undeveloped areas. I don't advise back-packing, however, as the volume is 9 by 11 inches in size and contains more than a thousand pages—each a valuable resource.

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DIAGNOSIS AND MANAGEMENT OF DIABETES MELLITUS. Second Edition. By O. Charles Olson. New York, Raven Press, 1988. 333 pp. \$27.50.

Diabetes mellitus affects 2.4 percent of the U.S. population. Serious neurologic, vascular, and renal problems often complicate the disease's course, and justifiably a considerable amount of time and effort has been spent understanding and treating the disorder. *Diagnosis and Management of Diabetes Mellitus*, by O. Charles Olson,

addresses the practical basis from which the medical student and physician must approach the treatment of diabetes.

This book is the second edition of Olson's work. Its revisions include a new chapter on the "finger-stick" method of self-glucose testing, along with reviews of the "second-generation" sulfonylureas and the use of external and implanted insulin infusion pumps. Olson restructured his text to emphasize the growing consensus that continuous hyperglycemia is responsible for the complications of diabetes.

The general organization of the book is carried over from the earlier edition. The first few chapters offer a succinct and well-written explanation of the classification, epidemiology, and diagnosis of diabetes. The second portion of the book is devoted to those aspects of diabetes management which the afflicted patient must deal with on a daily basis; these include self-glucose testing, urine testing, dietary management, insulin use and administration, and oral anti-diabetes medications. Subsequent chapters discuss the more serious management of both types of diabetes and the associated complications. The section on pregnancy management in diabetics is particularly good, and the chapters dealing with the relationship of blood sugar control to acute decompensation and the chronic diseases and complications are well done. The final chapters deal with substitute sweeteners and alternate insulin delivery systems.

The book is unique and particularly useful because of its practical style. Unlike more comprehensive works on diabetes, this volume is in essence a manual which gives the most important step-by-step procedures for treating both acute and chronic diabetic complications. The author provides a brief but adequate scientific background, thus adding a logical basis to the material and avoiding the dryness inherent in other manuals. Olson's text provides a readily accessible desk reference for the practicing physician in the general management of diabetes; it also is essential reading for any interested medical student.

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AN ILLUSTRATED GUIDE TO GASTROINTESTINAL MOTILITY. Edited by D. Kumar and S. Gustavsson. New York, John Wiley and Sons Inc., 1988. 470 pp. No price.

The study of gastrointestinal (GI) motility has expanded in the past few years and with its growth has come substantial development of the methods and diagnostic techniques used to study the GI tract. *An Illustrated Guide to Gastrointestinal Motility* is an attempt to integrate this increasingly diversified field of knowledge into a comprehensive and practical guide for clinicians and researchers of gastroenterology.

The book is a collection of reviews written by experts in the field. It is divided into five major sections, which include morphophysiology of the GI tract; methodology of motility; normal GI motility; the effect of stress, drugs, and surgery on GI motility; and GI motility disorders.

The first section, on morphophysiology, includes an introductory chapter on gross GI morphology, a chapter on smooth muscle, and a complete though less than satisfactory descriptive view of the GI enteric nervous system. The chapter on the GI enteric nervous system appears to be a collection of short descriptions based on