

BOOK REVIEW

A Practical Guide to Optimal Nutrition—Nutri-Plan A Thirty Day Programme by Virginia Aronson. Published by John Wright, Bristol. Soft back, 233 pages. Cost £11.50 sterling.

This is a thirty day programme which has been prepared for the American lay public in an attempt for that group to obtain some useable know how from knowledgeable well trained professionals.

It is claimed that the nutri-plan can provide the nutritionally naive reader with the basics of nutrition, the newest facts on diet and health and tips for improving nutritional status.

In essence this is a complicated guide to modern nutrition which is done in 20 chapters which are meant to be done on a daily basis.

Besides the more standard type of problems that one may expect to discover in any book on nutrition there are chapters on visits to the supermarket, on dining out, nutrition and the mind and special attention is paid to the necessity for physical exercise.

The first question asked in the book is "do you feel motivated to improve your well being? The second step which is taken is to examine one's present lifestyle and see if you wish to improve it.

There certainly is an immense amount of information in this book but as all this is primarily based for the American market it has little to offer for the average Irish lay person.

Certainly there might be a place for something similar to be produced on a much more modest scale for the Irish consumer.

The reviewer would not recommend a Practical Guide to Optimal Nutrition for the average Irish lay person and the facts contained within it are fairly standard and should not be of any great significance to nutritionists, physicians or other people involved in this field.

J. STEPHEN DOYLE

A Primer of Human Neuroanatomy by Cynthia Reid. 2nd Edition. 1983. Lloyd-Luke (Medical Books) Ltd., London. Price £5.75 Sterling.

With the exception of the larger tomes, anatomy textbooks do not provide an adequate grounding in neuroanatomy and recourse to a smaller handbook is frequently necessary. Such a book should be simple, concise, well-illustrated and reasonably priced. Dr. Reid's Primer is probably the best currently available and remains largely unaltered from its first edition. It will provide medical students with a sound working knowledge of the structure and main pathways of the brain and spinal cord. One could quibble at its costing almost twice as much as slightly shorter but similar primers of anatomy published by Lloyd-Luke in 1982. Nevertheless it represents reasonable value for money and can be recommended.

A. C. B. HOOPER.

CORRECTION

The article on **Acquired Immunodeficiency Syndrome with Kaposi's Sarcoma in Ireland** which appeared in the September, 1983, issue should have been attributed to **F. N. O'Keeffe**.

The full title of this article should now read :

ACQUIRED IMMUNODEFICIENCY SYNDROME WITH KAPOSIS'S SARCOMA IN IRELAND

**F. N. O'Keeffe, H. T. Barniville, B. Otridge, W. Powderly, B. Alton
and P. Dervan**

Dr. O'Keeffe's address is now the Richmond Hospital, North Brunswicke Street, Dublin 7.

The Editor apologises for this error.
