MAK and BAT values used in Germany. A valuable introductory chapter on the significance and use of MAK values is included: much basic regulatory toxicology can be learnt from this section.

Many compounds have been allocated MAK values and these are listed in an easy to read table. Formally, and notes on carcinogenesis, reproductive toxicology and vapour pressure of the compounds are included. Carcinogens are treated separately and here again the discussion is helpful, with lists of carcinogens and suspected carcinogens provided.

Should you buy this book? It is dubious whether doctors practising occupational medicine in the United Kingdom will think this book valuable: for international companies with branches in Germany it is essential.

R L MAYNARD

Biological Exposure Values for Occupational Toxicants and Carcinogens. Critical Data Evaluation for BAT and EKA Values. Volume 1. Edited by D HENSCHLER, G LEHNERT. (Pp 235; price DM 158.00.) 1994. Weinheim, Federal Republic of Germany: VCH Verlagsgesellschaft mbH. ISBN 3 527 27032 9.

This volume is an English translation, originally published in German, of the conclusions of a Deutsche Forschungsgemeinschaft Working Group charged with recommending BAT (biological tolerance values) and EKA (exposure equivalents for carcinogenic substances) values. Over the past 10 years, the Working Group has set 51 BAT values. This volume contains the documentation for 22 substances and includes 19 BAT and 3 EKA values. The editors have plans to publish further volumes covering the remaining substances.

In setting biological exposure values, the Working Group distinguishes between those substances for which a BAT can be set that will prevent adverse health effects and carcinogens, for which they take the view that it is not possible to establish a safe level. In this case as a limit value cannot be set, biological exposure equivalents (EKA), which are based on the relation between airborne exposure and the concentration of the substance in blood or urine are reported. Data are presented for alkali chromates, cobalt, and pentachlorophenol.

This volume describes the mechanism used by the Working Group for arriving at a BAT value. The scientific literature for each substance is scrutinised and summarised according to an agreed protocol. Documentation is given for a BAT aluminium, fluoride, and a range of organic substances (including carbon disulphide, dichloromethane, phenol, and tetrachloroethane). It is evident that in many cases, the data are very limited, and that some BAT values that have been proposed might be more accurately described as exposure based rather than health based. The BAT values for at least six substances are listed as "provisional" because in the opinion of the Working Group there are insufficient data to set a health based limit.

This is a useful volume that shows the scientific basis and process adopted in Germany for setting BAT values. One cannot help notice, however, that for a number

of substances reported in this volume, the data are over 10 years old. It is a pity the authors did not take the opportunity to update their submissions before publishing this English edition.

This book will be of interest to occupational health professionals, physicians, hygienists and technical policymakers interested in the interpretation of biological monitoring and effect monitoring data and in the setting of health guidance values and benchmarks.

H K WILSON

Lexicon of alcohol and drug terms, 1st edition. Compiled by T BABOR, R CAMPBELL, R ROOM, J SAUNDERS, for the World Health Organisation (Pp 65; price Swiss francs 17.-) 1994. Office of Publications, World Health Organisation, Geneva, Switzerland: World Health Organisation. ISBN 92 4 154468 6.

This book provides concise, accurate, and up to date definitions of terms encountered frequently in the clinical, social science, and research literature about substance abuse. Psychological, social, clinical, and pharmacological aspects are well represented in an easy to read style with ample cross referencing, making the book acceptable to the international multidisciplinary readership for which it is intended. Terms that are misused frequently or that have a multifaceted interpretation, such as "dependence" and "withdrawal" are explained particularly well.

Some readers may find certain definitions rather simplistic or too complex but this is to some extent inevitable within the confines of a small reference text written for a wide audience. For example, clinical details are comprehensive but include terms such as "dysarthria", "hyperacusis" and "nystagmus", with which the non-clinician may be unfamiliar. Others may feel that to define "needle-sharing" as "the use of syringes . . . by more than one person . . ." falls outside the objective of the lexicon "to define what is not self-explanatory".

This book is likely to prove particularly useful to those who require clear, contemporary definitions for purposes of teaching, publication, or professional discourse. Students of medicine, nursing, and allied sciences and those for whom English is not their first language will find it a helpful reference source. It is a pity that the authors chose to exclude slang terms; a guide to these would have been helpful, interesting, and probably entertaining!

S M BRADBURY

Hunter's Diseases of Occupations, 8th ed. Edited by P A B RAFFLE, P H ADAMS, P J BAXTER, W R LEE. (Pp 804; price £145.) London: Edward Arnold. ISBN 0-340-55173-9.

This is the latest edition of Hunter's famous textbook about diseases of occupations. Many people reading this review will have seen or will possess an earlier edition. If you do have an earlier edition, hold on to it. You will need it for the section on the history of occupational diseases that has sadly had to be jettisoned from this edition because of

lack of space. Nor should you imagine that this textbook is all you need for the practice of occupational medicine; as the Editors make quite clear in the Preface, this book is *only* about occupational diseases (their causation, features, and management) and does not pretend to cover all the other facets of the practice of occupational medicine. Also, although there is brief mention made of the effects of harmful environmental exposures, the book does not cover this aspect in any detail.

This is a weighty tome: 2 kg on my kitchen scales. I confess to an aversion to large textbooks, so it took some time and various threats from my friendly book review editor to induce me to take the plunge into this book. When I did, I was pleasantly surprised. Overall, this is a good book and an improvement upon recent previous editions. It presents a review of knowledge on the whole spectrum of occupational diseases, with some useful background material on mechanisms and medico-legal aspects (including compensation). Although it is long, this is a reflection of the breadth of subject matter it covers rather than of the space allotted to each topic. None of the chapters is verbose for the sake of it. Some can be read right through (for example, the chapters on neurotoxic effects and vibration) whereas others (for example, the chapters on metals and organic chemical compounds) are clearly more suitable for reference purposes. There is inevitably some repetition when topics are approached from different angles, starting from the exposure or from the body system affected, but the cross referencing is good and I found no glaring inconsistencies.

The idea of what constitutes an "occupational disease" has evolved as work patterns and concepts of disease have changed. This 8th edition of Hunter's work includes material on newer conditions related to work, with chapters on indoor air pollution (including sick building syndrome), repeated movements and repeated trauma (including repetitive strain injury), and stress at work. It is good to see these areas covered but this highlights a problem with textbooks: they can never be fully up to date and they may give one particular view on issues that are not yet resolved. The problem of one sided treatment has been largely avoided here, at the expense of seeming rather vague at times, but the lack of the most recent references was irritating in some places. For example, the issue of whether or not exposure to low level electromagnetic fields from visual display unit equipment can lead to miscarriages could have been dealt with more definitely if the more recent research results had been included.

Who will this book be of interest to? It is, of course, aimed at clinicians in general rather than the small band of doctors and other professionals who would call themselves occupational health specialists. It is a useful reference book for clinicians, provided they know of its existence in their local library. Another group who are apparently making much use of this book as an authoritative source are lawyers with an interest in occupational diseases; perhaps this is a sign of the times. Candidates for the Associate of the Faculty of Occupational Medicine will find it useful but perhaps do not need their own copies. Personally, I think I will use this book from

time to time to look up facts about conditions and exposures that I am not very familiar with. It is a useful resource for both service and research occupational health departments. Despite the expense, now is probably the time to update your old edition of Hunter.

ANNE COCKCROFT

Prevention of Respiratory Diseases.

Edited by A HIRSCH, M GOLDBERG, JP MARTIN, R MASSE. (Pp 744; price \$US185.) 1993. New York: Marcel Dekkar. ISBN 0-8247-8850-8. (Vol 68 in Series Lung Biology in Health and Disease, Ed: CLAUDE LENFANT.)

This volume in the series "Lung Biology in Health and Disease" is intended to stand alone, as are the others in the series. The intended audience is presumably respiratory physicians and others with an interest in respiratory medicine and physiology. The intention is admirable: many respiratory diseases are preventable and therefore a book about prevention should be important and interesting. But the title should rather have been "Preventable Respiratory Diseases" as much of the volume is only indirectly about prevention. Rather it covers pathogenesis of the respiratory diseases, where external factors play an important part, and their epidemiology and toxicology.

There are four sections: occupational respiratory diseases, environmental factors in respiratory diseases, biological markers, and tobacco and respiratory diseases. There is considerable variation in style and quality between sections and between individual chapters. The occupational diseases section does not include the classical occupational lung diseases such as silicosis and coal-workers' pneumoconiosis but rather concentrates on the occupational contribution to diseases that can also occur without the occupational exposure. The section includes particularly good chapters on pleural cancer and occupational factors in lung cancer. They provide an authoritative summary of the current knowledge and point to where further work is needed. The section on environmental factors I found rather disappointing. Here there is considerable overlap between the chapters and sometimes they almost contradict one another. There is only a relatively short

piece on prevention strategies, such as those to reduce environmental pollution. The section on biological markers is interesting and makes a good introduction to this important subject but the role of this area in prevention is not made very clear.

The best section for me was the one about tobacco and respiratory diseases. There are useful reviews of the evidence about the effects of smoking and exposure to environmental tobacco smoke. And in this section there really is discussion about prevention, with good reviews on strategies to stop smoking and about antitobacco policies. It is not entirely clear to me why this section covers prevention strategies better than do the sections on occupational and environmental respiratory diseases. Perhaps it is because physicians play a part in stopping smoking and in smoking control programmes, whereas prevention for the occupational and environmental respiratory diseases relies on other professionals such as hygienists, engineers, and politicians once the epidemiology is understood. A chapter on engineering controls and methods of exhaust ventilation, etc, would have been appropriate in this volume but perhaps it was thought not to be of interest to most of the readers.

This book will be of particular interest to anyone wanting to know about tobacco related diseases and tobacco control. It is probably of more interest to respiratory physicians than to most occupational physicians. Those studying for the Associate of the Faculty of Occupational Medicine or for qualifications in occupational hygiene and safety may find some parts of it useful if they can consult it in their local library.

ANNE COCKCROFT

Practical Occupational Medicine.

By A SEATON, R AGIUS, E MCCLOY, D D'AURIA. (Pp 277; price £24.95.) 1994. London: Edward Arnold. ISBN 0-340-55936-5.

At under £25, this small paperback book on occupational medicine is certainly value for money. The authors include academics and practising occupational physicians, who are well qualified to write a book on practical occupational medicine. As the title suggests, the emphasis of the book is on practical aspects. This is well illustrated by the ample case histories scattered throughout the

book. The cases are brief, succinct, and include a variety of problems that could well be encountered by clinicians in a busy occupational medicine practice. The appendices include tables on reportable diseases, prescribed diseases, and occupational exposure standards. Vibration white finger should have been mentioned as an example of a prescribed disease attracting industrial injuries benefit. The examples of chemicals with occupational exposure limits seem to have been carefully selected to represent different classes of compounds, and the authors also indicate that these standards are updated annually. Readers would therefore need to refer to the latest version of EH40 for the current United Kingdom occupational exposure standards.

The chapters in the book cover major areas of practical importance especially in clinical occupational medicine. And these chapters are presented in logical order. The first chapter on the occupational history is most appropriate. Other chapters deal with recognising, investigating, managing, and preventing occupational diseases. A section on occupational hygiene is in the chapter on prevention. This has clear photographs of occupational hygiene instruments, different respirators, and an exhaust ventilation system for a stonemason's yard. The whole book contains many photographs and good tables, charts, and diagrams that make reading easy and enjoyable. The section on worker selection in prevention is thought provoking. Should worker selection by pre-employment assessment be restricted to those jobs where adequate control of exposure is not reasonably achievable? The authors rightly put the emphasis on prevention by making the workplace safe rather than pre-employment selection of the superfit. My feeling is that this second option is still being practised. One would hope that it is not done by those who have been trained in occupational medicine or those who have been convinced by the contents of this book.

The book is suitable for those doing the Associate of the Faculty of Occupational Medicine exam, especially the slides section and the orals. It would also be ideal for doctors preparing for the new Diploma in Occupational Medicine. I would recommend it for all doctors who profess to be interested in practical occupational medicine.

T C AW