

BOOK REVIEWS

HANDBOOK OF COMMUNITY HEALTH

By: Murray Grant
(Published by Lea & Febiger,
Philadelphia, Pa., Third Edition, 1981)

This "introduction to the field" provides an excellent example of the expanding role of Community Health. The twenty-one brief chapters deal with a variety of subjects ranging from the construction of a septic tank in Chapter Seven (Environmental Factors in Disease Prevention) to atomic attack in Chapter Fifteen (Planning for Disaster). Chapters that are especially relevant to Optometry include: Four - Principles in the Prevention of Chronic Disease, Five - Geriatrics, Eight - Maternal and Child Health and Nineteen - Health Manpower. The entire book should be read as each Chapter is interesting.

The philosophy of Community Health is found in a single statement in Chapter Six, "From the perception of Community Health, it is important that services be *available* to people who *need* them and who can most *benefit* from them - and it is essential that the *quality* of these services be maintained and developed." Grant refers to primary care as fundamental and continuing care and the foundation of the health care system. For the optometrist who is concerned about the apparently new emphasis on primary care the following quote is pertinent, from Chapter Eighteen,

".....the primary care physician has to decide what is potentially serious and what is minor; what has to be dealt with urgently and what can wait; what can be managed and what has to be referred to a specialist."

This is the role that optometrists fill in the field of eye care.

The only criticisms of the book involve style and inconsistency of terminology. The great jumps in topic between successive chapters were a little disconcerting at times and the book would definitely be improved if the chapters were grouped into appropriate sections. The author also switches from the use of the term "RUBELLA" to "GERMAN MEASLES" in Chapter Eight. The uniform use of "RUBELLA" would eliminate any possible source of confusion.

The author's purpose in writing this handbook was to whet the appetite of

the reader to explore the subject in further depth. Another paperback that will aid in this pursuit is "Epidemiology and Statistics for the Ophthalmologist" by Alfred Sommer. Sommer only deals with the topics in the first two chapters of Grant's book but his many interesting examples should convince any doubters of the relevancy this subject has to Optometry.

A final quote from Grant, with respect to Optometrists, "The important role that this profession plays in community vision programs should not be overlooked." This book is recommended as a guide for helping us to see just where we fit in the complex world of Community Health.

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Atlas of External Diseases of the Eye-Cornea and Sclera, Vol. III; David D. Donaldson, The C.V. Mosby Co., Toronto, 2nd ed., 1980, 506 pp., with illus., \$133.00, cloth.

This volume is the second edition of a series of atlases comprising external and anterior segments of the eye. The other texts comprising the series are: Congenital Anomalies and Systemic Diseases (Vol. I), Orbit, Lacrimal Apparatus, Eyelids, and Conjunctiva (Vol. II), Anterior Chamber, Iris, and Ciliary Body (Vol. IV), and Crystalline Lens, (Vol. V). The textbook is divided into two sections, the cornea and the sclera, and then subdivided into chapters based on etiology of external and anterior ocular disease. The author introduces each disease entity with a brief description and then proceeds to further discussion of selected clinical cases that are illustrated with black & white text figures and full-colour stereoscopic photographs that require a stereoviewer.

The clinical examples presented have been case histories that the author has collected over his many years as a member of the Massachusetts Eye & Ear Infirmary. The clinical information gained from these concise, but detailed cases and photographs is immense. For those keen biomicroscopists, contact lens practitioners, and those with added interest in ocular pathology, this atlas is a worthwhile reference text.

Joseph Mittelman O.D., F.A.A.O.

The Ocular Fundus, Methods of examination and typical findings, 4th edition, by Arno Nover, translated from the original German by Frederick C. Blodi, Lea & Febiger, Philadelphia, 1981, 189 pages & index.

While designed by the author to assist students learning ophthalmoscopy, this book has developed into a small ophthalmoscopic atlas of ocular disease. For the eye care practitioner, the major advantage of consulting such an atlas periodically is the opportunity to confirm or revise his/her clinical impressions. Everyone has a few patients who present out-of-the-ordinary ophthalmoscopic features. Using Nover's book it is possible to look up typical fundus photographs and determine how well they agree with appearances in a particular patient. Alternatively, it is possible to use this book as a sort of self-administered test by flipping through the photographs and seeing if one can identify the problem before referring to the text.

The first third of the book contains a brief review of the techniques of ophthalmoscopy and retinoscopy (!), and a succinct presentation of normal fundus details (including congenital anomalies). The author shows a strong interest in diseases of the optic nerve: optic neuritis, papilledema and optic atrophy occupy 24 pages (including 22 figures). This chapter on optic nerve disease also includes an excellent table for differentiating among papilledema, optic neuritis, central retinal vein occlusion, and hypertensive retinopathy. The following chapter addresses retinal diseases, and encompasses 77 pages. This chapter also includes 139 of the total of 182 figures. Since this chapter covers some 41 disease entities, it is clear that the text is necessarily quite brief. The final chapter is concerned with choroidal disease (19 pages, 21 figures).

None of the chapters contains a bibliography, although this is not a major fault in an atlas. The brevity of the text cannot be criticized, for the same reason. The short clinical descriptions of each disease entity make this book very useful in an office setting. Of considerable use is a listing of differential diagnoses which is provided for each condition. The book is extensively cross-referenced to assist in such differential diagnosis.

All of the photographs (there are no drawings of fundus details, thank goodness) are clearly and uniformly presented: what the text says you can see is actually visible in the figures. I notice that there are no specific photographic credits: this is an omission which is only slowly being rectified in the ophthalmic literature.

In conclusion, this small volume is a very useful resource: it would more likely be found on a writing surface in an examining room than on a shelf at home.

T.D. Williams
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Current Ocular Therapy, F.T.
Fraunfelder & F.H. Roy; W.B.
Saunders Co., Toronto, 1980, 647 p.p.

This textbook provides a quick and concise reference source for almost every particular ocular problem. Over 300 consultants have contributed to this text. Each contributor explains his/her method of treatment in a concise manner emphasizing recent therapeutic development. Each condition is introduced in general terms and specifies the ocular problem. Therapy is outlined in systemic and ocular terms, medically or surgically. A list of ocular or periocular manifestations follows. The author offers a note on "precautions" and a final commentary on the condition. A short, current bibliography of the condition follows.

The conditions covered are not confined to specific ocular diseases but also ocular disorders encountered in general medicine such as generalized infectious diseases, metabolic and dermatologic disorders, and neoplasms.

The drugs listed in this text are given in their generic or nonproprietary names. A complete Drug Roster is alphabetically listed at the end of the book giving generic names and then proprietary or trade names with preparations and usual dosages indicating routes of administration.

Although the field of medical therapeutics is continually changing, this textbook offers the busy practitioner an exact outline of therapy for a particular ocular problem. It is certainly a most handy reference.

Joseph Mittelman, O.D., F.AAO.

Binocular Vision and Ocular Motility
— Theory and Management of
Strabismus — 2nd Edition —
GUNTER K. VON MOORDEN — the
C.V. Mosby Company — 1980. \$75.00.

The purpose of this book is to convey the physiologic basis of the work of Hering, Helmholtz, Tschermak, and Hofmann upon which was built the clinical work of Javal, Worth, Bielschowsky, Duane, Landcaster, and more recently, Harms, Cuppers, Lyle, Bagolini, Burian and von Noorden. The material is presented simply and concisely and includes reference to recent studies in the area of electro physiology.

Although the authors of this book are essentially nativists (believing that binocular vision and spatial orientation are given to man through anatomical and physiological organization of the visual system), as opposed to the theory of empiricism in which binocularity and spatial orientation are learned functions, the book shows an interesting awareness of both approaches.

A short chapter is devoted to accommodative — convergence relationships in near vision. The use of a myotic (Phospholine Iodide) to reduce convergence is discussed. Research has shown that since this drug is a cholinesterase inhibitor, it enhances the effect of the acetylcholine on the ciliary muscle — thus with this drug less impulses are required to obtain a unit contraction of the ciliary and the AC/A ratio is reduced. Such a myotic is used as a diagnostic tool. If the myotic causes a significant reduction of near deviation, the patient will benefit by the correction of the hypermetropia or by the prescribing of bifocals to control the esotropia.

General recommendations include the full correction of refraction in early years up to school age, regardless of blurring of distance vision by the glasses, the avoidance of prescribing refractive error under + 2.00 in infants, the prescribing of cylinder of 1.00 dioptre or more to obtain a clear optical image and the preference of most ophthalmologists to select two years of age as being the most beneficial age for surgery in the control of strabismus.

In addition, differentiation is made between the non-accommodative and accommodative elements of squint. The use of bifocal lenses to control the AC/A ratio is recommended. The importance of fusional amplitudes is recognized.

The work of Flom, Fry and Hoffsteter is referred to.

In the chapter on non-surgical treatment, orthoptics is discussed. "The goal of orthoptic treatment is to give the patient secure, comfortable binocular vision. All treatment is the responsibility of the physician".

The author states that a truly scientific validation of orthoptics treatment has never been published and therefore the value of orthoptics is variously assessed by different ophthalmologists. He suggests that a study is urgently needed to either accept or refute the value of orthoptics. The author appears unaware of the reasonably high successful rate of the control of strabismus by visual training when carried out by optometrists who specialize in this field. This is enforced by the absence of optometric references in the chapter "Principles of Non-Surgical Treatment".

Primarily, this book is well written in the context of its sub-title "Theory and Management of Strabismus". The chapters on esodeviations, exodeviations, cyclovertical deviations, A and V patterns, paralytic strabismus, special forms of strabismus, anomalies of convergence and divergence and principles of surgical treatment, including in detail the different types of surgery, perhaps do not represent much new information from books by previous authors.

However, the information is presented in an interesting, clear and concise manner and perhaps just as important, with practical application made possible by many years of experience.

In addition, the frequent references to the physical and physiological, if not the psychological aspects of binocular vision is a refreshing change from previous medical authors.

This book provides an informative and up-to-date review of the ophthalmological approach to the management of strabismus, particularly for the optometrist involved in visual training. Perhaps its greatest value would be as a text book or required reading for the optometric student.

E.J. Spearman, O.D.

Strabisme: diagnostic, formes cliniques, traitement. J. Lang, avec une préface de R. Witner. Traduction de la 2ième édition allemande par Etienne Ott. 1981 Editions Hans Huber, Berne.

L'auteur s'adresse au jeune ophtalmologiste et il réussit bien à cerner les méthodes d'investigation actuelles à décrire et analyser les différentes manifestations et formes du strabisme, ainsi qu'à définir les objectifs que les thérapeutiques actuelles permettent d'atteindre et les moyens utilisables pour y parvenir.

Sa démarche est ordonnée, pédagogique, claire et simple.

Il s'attarde longuement au diagnostic et aux différents types de déviations et de troubles de la motilité en ne se conservant qu'une trentaine de pages pour le traitement.

L'optométriste pourra trouver son utilité à mettre à jour ses connaissances de base sur le sujet même si les méthodes de traitement ne le concernent que peu. L'auteur explique certains des moyens employés comme l'atropinisation et la chirurgie, qui sont d'intérêt mitigé pour l'optométriste. Il traite, par contre, de l'occlusion, des corrections par lunettes et de l'orthoptique. L'éditeur adresse

d'ailleurs ce livre aux orthoptistes, aux pédiatres, aux cliniques, aux bibliothèques.

Le relevé de la littérature traitant de ce sujet, de même que les ouvrages de référence sont très fouillés.

**Dr Jacques Vinson
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I.E.S. Lighting Handbook, John E. Kaufman, Editor, Published by the Illumination Engineering Society of North America, 1981. Two volumes. Hardcover.

This is the most recent publication put out by the Illumination Engineering Society in its "75th year of continuous dissemination of knowledge relating to the advancement of the art and science of illuminating engineering."

The Handbook consists of 29 chapters in two volumes of which the Reference Volume would be of review interest to most optometrists, with its chapters on the physics of light, and light and vision. The latter chapter includes detailed discussions of glare and of the relationships among lighting visibility and task performance. The next two chapters discuss photometry and colour. The remainder of this volume deals with a discussion of

the various lighting fixtures and light sources in use. This includes most interesting descriptions of the construction and characteristics of different types of light sources.

The Second Volume or Application Volume contains recommendations on design considerations for offices, schools, commerce, industry, and residences. As well, it covers lighting design for all modes of transportation. The second-last chapter discusses the non-visual effects of radiant energy. This most interesting topic studies "the interaction of biological systems of radiant energy in the ultraviolet visible and infrared portions of the electromagnetic spectrum."

The Handbook is laid out as a reference manual and is at times difficult to read because it assumes the reader already has some knowledge of the subject he is reading. As well, there are many arithmetical calculations that would exceed the requirements of the average optometrists. However, I would highly recommend the Handbook to anyone involved in lighting consultation. Also, it should be included in the library of local optometric associations to serve as a reference source for any optometrists who have questions on lighting.

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