

Book reviews

Your Eyes and Their Care. By MONTAGUE RUBEN AND JUSTIN WINTLE. Pp. 144. £3.95. Granada: London. 1985.

The book is a joint offering by a contact lens wearing journalist and a medical contact lens specialist. However, it covers not only contact lenses but the whole field of ophthalmology for the benefit of the laymen.

One would hope that a book of this type would give helpful advice and dispel some of the myths about so-called 'eye care.' Unfortunately one is in for a disappointment here: on page 2, for example, we are told that 'television screens, artificial lighting, abundant reading materials . . . can all contribute to individual cases of deteriorated vision.' One suspects that J Wintle (the journalist) must have slipped this in without M Ruben (the ophthalmologist) noticing.

Chapters 1 and 2 describe the structure and optical characteristics of the eye quite nicely, but we are in for another shock in chapter 3 when the old chestnut of myopia acquired by too much reading is presented once again. One feels that, although this is a book for laymen, nevertheless such an inflammatory statement as 'children who read too much, or read in circumstances where they have constantly to "strain" the eyes, are likely to increase the physical length of the eye artificially, and, as we saw in the last chapter, this is the main cause of short sight' ought to be backed up by proper evidence.

The chapter on contact lenses and their problems is, as one would expect, excellent and pulls no punches in describing complications.

Chapters on glaucoma, corneal degeneration, lids and tears, squint, cataract, retina, uvea, trauma, and blindness are satisfactory, but there is a strange chapter on 'eye strain.' The disorder is not defined (which is not surprising as it probably does not exist), and, having told the reader that it may be caused by long or short sightedness and astigmatism, the text drifts away from the subject into a desultory series of observations about 'off the shelf' spectacles, ocular dominance, amblyopia, and the examination of children.

The book is of little interest to ophthalmologists but would possibly attract a readership of moderately well educated laymen.

REDMOND J H SMITH

Ophthalmology. 3rd edn. By KENNETH WYBAR AND MALCOLM KERR MUIR. Pp. 375. £7.95. Bailliere Tindall: London. 1984.

This third edition of what has become one of the standard postgraduate ophthalmology texts has been significantly changed and brought up to date to good effect. With the help of coauthor Malcolm Kerr Muir, Kenneth Wybar's original text has been rewritten, in particular in the advancing topics of retinal disease, surgery of the vitreous, immunology, and investigative ophthalmology. It is pleasing to see CT scanning and nuclear magnetic resonance receiving

proper emphasis, especially in the investigation of orbital disease.

The book takes the traditional form of describing disease under the usual anatomical headings, such as conjunctiva, cornea, sclera, etc. Illustrations are relatively few and almost entirely consist of black-and-white drawings and diagrams. Although this makes the book less expensive, some doubt has been expressed whether texts such as this should be without colour. The patient's history could do with more emphasis, and it would have been appropriate to make this the opening section before 'Basic methods of examination.' Mention of the epidemiology of strabismus and glaucoma would have been appropriate to put these common conditions into context.

This very satisfactory new edition will be welcomed by ophthalmology postgraduates studying for higher examinations, especially the diploma in ophthalmology. It deserves its place in postgraduate ophthalmology as a concise text at a reasonable cost.

JAMES L KENNERLEY BANKES

Documenta Ophthalmologica Proceedings Series 38. Ophthalmic Ultrasonography. Proceedings of the 9th SIDUO Congress. Eds. J S HILLMAN and M M LE MAY. Pp. 502. £59.75. Junk: The Hague. 1983.

This volume is divided into three parts, 'The eye', 'The orbit', and 'Physics and techniques.' The first part opens with a section devoted to intraocular tumours. The role of ultrasound in the detection, diagnosis, and measurement of tumours, in particular of malignant melanomas, is discussed by several authors. Its value in determining extrascleral extension of tumours is also covered. The use of ultrasound biometry data to select the optimum orientation of eyes with malignant melanomas for proton beam irradiation was discussed by Lou and Gragoudas. Problems associated with the differentiation of choroidal haemangioma, metastases, and retinoblastoma are also covered. A section dedicated to vitreoretinal disorders contains some interesting material concerned with, for example, disciform (Byrne) and movement of the vitreous gel and retina (Susal and Walker).

Sections devoted to A-scan measurement of the eye contain a selection of both interesting and disappointing papers. Of particular note were papers concerning ultrasound velocity in different types of cataract (Loffredo *et al.*); measurements in glaucomatous eyes (Bluth); a comparison of an ultrasonic and optical measuring system (Fledelius *et al.*), and volume changes after encircling procedures (Zingirian *et al.*).

Part 2 of the book concerns the orbit and contains some well written papers but very little new material. Papers dedicated to blood vessels in tumours (Susal), the diagnosis of haemangioendothelioma (Byrne), and optic nerve tumours (Buschmann *et al.*) are worthy of mention. The final part of the book, on physics and techniques, is opened by Restori *et al.* with a paper on interaction of sound pulses with tissue. Haigis and Buschmann presented some worthwhile material about performance measurements on various ultrasound systems. An interesting paper on the use of a microcomputer based imaging system for volume measurement (Yamamoto *et al.*) is also to be found in this section.



Your Eyes and Their Care

Redmond J H Smith

Br J Ophthalmol 1985 69: 714

doi: 10.1136/bjo.69.9.714

Updated information and services can be found at:

<http://bjo.bmj.com/content/69/9/714.1.citation>

Email alerting service

These include:

Receive free email alerts when new articles cite this article. Sign up in the box at the top right corner of the online article.

Notes

To request permissions go to:

<http://group.bmj.com/group/rights-licensing/permissions>

To order reprints go to:

<http://journals.bmj.com/cgi/reprintform>

To subscribe to BMJ go to:

<http://group.bmj.com/subscribe/>