Book reviews

Easy Eye Exercises for Better Vision. Self Helps to Sight Improvement. By M. WINDOLPH. 1974. Pp. 159, figs, table. Exposition Press, Hicksville, New York (\$7.50)

This book written by an American priest is based on the medically unacceptable theories of Dr William H. Bates who maintained that the extrinsic ocular muscles had a focusing function. He claimed that when a myopic person looks at a near object he relaxes his rectus muscles and contracts his obliques so as to lengthen the eyeball, and when he observes a distant object he contracts his rectus muscles and relaxes his obliques so as to shorten the eyeball. In the case of a hypermetropic person Bates claimed that precisely the reverse occurred.

The contents of this book cannot be taken very seriously by anyone who has a nodding acquaintance with the scientific facts of ocular physiology. Nevertheless, in common with other books and articles written on medical subjects by an unqualified person, this book contains a certain amount of practical common sense. For instance the author emphasizes the fact that if an adult possesses a standard of vision without glasses which is adequate for his particular purpose there is no need for him to wear glasses constantly. He also quite rightly believes that no-one 'goes blind' for want of wearing glasses. He also makes some sensible remarks about such subjects as visual concentration and visual imagination and the capacity for quickly looking from one point to another.

Although the book is not written for the eye doctor he will find it of value to learn how the attention of optimistic lay people may be attracted by the lure of improving vision by eye exercises. T. KEITH LYLE

Problems and Treatment of Enucleation, Evisceration, and Exposure. By P. GUIBOR and H. P. GONGELMANN. 1974. Pp. 265, figs. Stratton, New York (\$17.95)

The book comprises selected papers and discussions from the 16th Annual Meeting of the American Society of Ocularists, Dallas, Texas.

An ocularist is one who fabricates and fits ocular prostheses of various sorts. He may thus have to deal with enucleations, eviscerations, exenterations, deformed eyelids and sockets, or possibly normal eyes with deformed eyelids.

This is a fascinating book for the practising ophthalmologist because it gives, in a very practical way, a tremendous amount of information about distressing

albeit infrequent problems which have to be faced from time to time and about which there is often no satisfactory information available in standard texts. We find, for example, Fasanella on operative complications of enucleation, Shannon on post-enucleation ptosis, Jahrling on contracted socket, several excellent articles on evisceration including one cautionary tale of four cases of sympathetic ophthalmitis, and various excellent articles on implants.

The material about exposure is also valuable, including a description of the silicone band sling for seventh nerve palsy.

The book, which is well produced and lavishly illustrated, is a worth-while addition to any ophthalmologist's library. REDMOND SMITH

Toxicology of the Eye. By W. M. GRANT. 2nd ed., 1974. Pp. 1201, bibl. Thomas, Springfield, Ill. (\$47.50)

It is good that a new edition of this excellent book has now been published. This must have been a formidable task; a note on the book jacket indicates that nearly as many reports have appeared in the last 10 years as in the previous hundred.

A useful innovation in this edition is the introductory section where types of toxic effect are classified into site of action, symptoms, and signs. Chemical agents are clearly listed under each heading with an indication whether the effect has been observed in humans or only in animals.

The main section follows the first edition where chemical substances are listed in alphabetical order, and some systemic effects of drugs used in ophthalmology are noted. A selection of references is given after each agent and a bibliography at the end of the book for sources referred to more than three times.

The third section, dealing with treatment of chemical burns, has been brought up to date by newer developments such as collagenase inhibitors. However, the sobering point is made in the summary that few forms of therapy have been proved to produce better results than simple conservative management.

A brief section describes testing methods and species specificity. Included in the cross reference and index is a rating for agents according to the severity of damage to rabbit cornea in 24 hours. There are no illustrations but the book is well printed and lucidly written.

This monumental book is established again as the essential reference text for ocular toxicology and should be available to all ophthalmologists and toxicologists.

S. J. CREWS