

welcomes modifications, and alternative definitions, to improve the dictionary. I think that this is an excellent start.

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ALCOHOL AND ALCOHOLISM – EFFECTS ON BRAIN AND DEVELOPMENT. 1999. Edited by John H. Hannigan, Linda P. Spear, Norman E. Spear, Charles R. Goodlett. Published by Lawrence Erlbaum Associates. 292 pages C\$97.93 approx.

This book gives a comprehensive account on studies in the effect of alcohol on the developing brain. Every chapter is clearly written with a good summary which explains the current status of knowledge related to the topic. The first two chapters discuss the deleterious effects of alcohol on the structural and neuropsychological development of the brain as well as the risk factors for brain damage. This leads naturally into the next chapter on studies in neuroplasticity. The following chapters on temporal windows of vulnerability, modulation of GABA receptor-gated ion channels, as well as genetics leave many open-ended questions. Based on animal models, the next four chapters have more clinical relevance which might provide more insight into adolescent drinking problems, alcohol deprivation, alcohol transfer to milk and its interaction with infants, as well as the alteration of drug responsiveness in infants by alcohol. There still exists a question of how to relate these animal studies to humans. The chapter on treating individuals with alcohol problems, though well-written, is somewhat incongruous in the context of this book. There is a large jump from various animal studies on alcohol-related neurodevelopmental disorders to practical rehabilitation management of alcohol abuse in the human. Though it is well-appreciated that prevention of such disorders may be achieved by treatment of women with alcohol abuse, this chapter does not appear to relate to any of the previous chapters.

As a reader, I would like to see more illustrations on the neuroanatomical defects and more diagrams or images (such as microscopic sections, in-situ hybridization photographs, etc.) related to various experimental designs. The graphical presentations in this book are all line graphs and bar graphs, some of which are complicated and difficult to interpret.

Overall, the book provides a complete review on the current animal models for studies in alcoholism. It is a useful reference for those interested in the field and it provides useful information for physicians who manage patients with problems of drug abuse.

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MULTIPLE SCLEROSIS THERAPEUTICS. 1999. Edited by Richard A. Rudick, Donald E. Goodkin. Published by Martin Dunitz Publishers. 592 pages C\$227.05 approx.

The advent of disease-modifying therapies for relapsing - remitting MS in the early 1990s represented a watershed in MS management: gone was the therapeutic nihilism of the past, replaced by hope that further major therapeutic advances against MS would occur in the near future. In its 574 indexed pages and 40 multi-authored chapters, this book comprehensively reviews the field of

MS therapeutics and partially fulfills this expectation. All aspects of MS treatment are covered including the use of interferons and glatiramer acetate in relapsing-remitting disease as well as chapters on primary and secondary-progressive MS and symptomatic management. The scope of the book is much broader than this, as it also contains detailed chapters on MS clinical trial methodology, measures of impairment and disability, neuropsychological function, quality of life, MRI measures of disease burden and activity and many other more obscure aspects of MS therapeutics.

I believe this is the most comprehensive book written to date on this subject. Each chapter is well-referenced and the index is more than adequate. Like all multi-authored texts, there is a certain unevenness in style from one chapter to the next as well as opinions between authors on specific subjects which are at times discordant. However, since most issues in the management of multiple sclerosis are open to debate, this discordance is a reflection of reality.

Particularly strong chapters in this book which are essential reading for any MS-oriented neurologist include the preface by Dr. Henry McFarland, chapter 1 on clinical trial design by Richard Rudick and Donald Goodkin, chapter 9 on magnetic resonance spectroscopy by Dr. Douglas Arnold and Paul Matthews and chapter 19 on MS Pathogenesis by Bjorg Oxenborg and Steven L. Hauser.

Unfortunately, the article on the management of relapsing-remitting MS, arguably one of the most important in terms of its practical effect on patient treatment practices regrettably departs from the strictly evidence-based style of the other 39 chapters, in favour of the personalized perspective of its author Dr. E. Frohman. To quote "The therapeutic approach described in this chapter represents the opinion of one dedicated MS physician. In some instances there is little literature-based evidence to support opinions" (p416). That is certainly correct.

For example, he strongly endorses the early and indefinite use of disease-modifying therapy "in all patients with a confirmed diagnosis of RRMS or SPMS" (p 427), or even first attack patients with multifocal MRI changes (p 426-7). The importance of adequate dosing with interferons is down-played. The recommendation that patients on disease-modifying therapy not stop treatment until they are actually pregnant (p 435) seems risky: by the time this fact is established, most women are well into their first trimester and the safety of these drugs in pregnancy has not been established.

Other quibbles include no mention of the risk of potentially fatal hepatotoxicity from pemoline in the chapter on fatigue management [ch 34], and no mention of surgical approaches to the management of spasticity [ch 35].

Overall, this is a very good, comprehensive reference work on MS therapeutics, of interest to all neurologists who deal with patients with MS, and a must-have item for 'MS-ologists'.

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SLEEPMEDICINE. 1999. Edited by Michael Aldrich. Published by Oxford University Press, Inc. 382 pages C\$176.00 approx.

This volume provides accurate knowledge for evaluation and treatment of patients with sleep abnormalities, based on fresh sleep and chronobiological research underpinnings to provide a better understanding of sleep mechanisms. The first part describes all aspects of normal sleep including phenomenology, physiology,