

**MEASURING HEALTH –  
A GUIDE TO RATING SCALES AND QUESTIONNAIRES**  
*Ian McDowell and Claire Newell*  
New York: Oxford University Press, 1987, 342 pages, \$59.95

Not as one might think, a book on blood gases, hormone assays and basal metabolic rates, but one that is far more closely related to the practical needs of clinical assessment and chiropractic research; in that it deals with measuring such phenomena as physical disability, quantity and quality of pain, emotional and social well-being, quality of life, etc. In addressing these areas, the authors have drawn from the widely scattered literature in the social sciences, medicine, etc. and created a concise source of information in this field. The book has not only brought this information together, but it has compared, in summary form, one method of measurement with another, so that, knowing the particular needs of your study, you may choose the most appropriate measurement method. Such a table of information is invaluable in guiding one quickly to the test or tests more suitable for any one particular need.

The book contains 50 measurement methods, all of which are in the form of questionnaires or rating scales. Each one is described fully and copies of each instrument are included. The methods of application and scoring of each instrument are described. Each section is developed in such a way that it is of value both to the "users" as well as the "developers" of health measurement scales. Furthermore, each measurement method has been reviewed by the authors for the purpose of clarifying historical discrepancies and obscurities.

Following an introductory chapter, the second chapter deals with theoretical and technical foundations of health measurement. The concepts of validity and reliability are dealt with at some length. The various areas of health measurement dealt with as separate chapters in the body of the book are: Functional Disability and Handicap, Psychological Well-Being, Social Health, Quality of Life and Life Satisfaction, Pain Measurements, and General Health Measurements. The final chapter deals with the current status of health measurement and discusses guidelines for the development of health measurement methods.

The style of writing and the layout makes the book very readable. I found the amount of technical and statistical jargon by no means overwhelming, but should it prove to constitute an occasional problem, the Glossary at the end of the book will smooth the reader's path.

For the clinician, the book is of value in recording more objectively the progress of his or her patients. For the epidemiologist and health care researcher, it constitutes a valuable reference text.

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**FUNDAMENTALS OF ORTHOPAEDICS**  
*(Fourth edition)*  
*John J Gartland. Philadelphia: WB Saunders Company,*  
1988, 429 pages: \$37.50

Professor Emeritus of orthopaedic surgery at the Thomas Jefferson University Medical College, John J. Gartland, has recently revised his orthopaedics text which first appeared in 1965. The stated purpose of the text is to provide an introduction into the disorders of the musculoskeletal system for medical students.

The text itself is a relatively small (23 x 15 cm) hardcover book, that reflects the introductory nature of the contents. The text is of high quality glossy paper and includes numerous pictures, radiographs, and illustrations that greatly add to the appearance of the work. The contents of the book are organized into 15 chapters, as well as being completely referenced in the index. A glossary of orthopaedic terms is also included.

The text begins with an introductory chapter dealing with orthopaedic practise in general. The chapter gives a brief history of orthopaedics and then goes on to give us an idea as to what the remainder of the text will concern itself with.

Basically, the author describes bone structure and repair, and then discusses treatment. From the beginning, we see that emphasis is placed on surgical care, with very little attention paid to conservative approaches. As a chiropractor, I would have liked to have seen a greater emphasis given to non-operative procedures.

The ensuing chapters deal with general concepts such as Congenital Deformities, Disturbances in Skeletal Development, Disorders of Joints, Neuromuscular Disorders, and Bone Tumors. Throughout these chapters osseous conditions are covered quite thoroughly.

The remaining chapters deal with regional orthopaedics with the final chapter of 14 pages covering Orthopaedic Rehabilitation. It is in this chapter, the author finally discusses (although briefly) conservative care. The Physical Medicine section includes thermal, cold, electrical, and ultrasound therapies, as well as massage and exercise. Manipulation is not discussed.

In summary, John Gartland states that the purpose of his text is to provide an introduction into the disorders of the musculoskeletal system for medical students. As an introductory text, I believe that he accomplishes this purpose but unfortunately the students will need to seek another reference if they are looking for information regarding conservative therapy.

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**TOSCANINI'S FUMBLE**

Harold L. Klawans

Contemporary Books 1988, 180 North Michigan Avenue,  
Chicago, Illinois 60601  
ISBN 0-8092-4727-5

There is no way I can escape it. Graduating in 1960 puts me in the ranks of old-timers. We were brought up on a diet of Drs. Joe Janse, Mortimer Levine and Earl Homewood. Our subluxations were deeply involved with "neurodynamics". Even B.J. visited CMCC during my undergraduate days.

If we are products of our environment then my background explains my distrust of the profession's apparent reliance upon orthopedic tests as scientific affirmation of chiropractic's validity. At some point we ceased to be guided by nerve impingement and came under the suzerainty of joint dysfunction. I decided that it was time for me to update my neurology reading if I was to continue harboring a belief in chiropractic's essential neurodynamic nature.

*Toscanini's Fumble* bears the accurate subtitle, *And Other Tales of Clinical Neurology*. What a wonderful book! It is not even tinged by those dry and dreary commandments, "Uniform Requirements for Manuscripts Submitted to Biomedical Journals". Author Klawans focuses on a different problem in each chapter. Concerning the distressing tremor of Parkinson's disease, a tremor which disappears during sleep only to reappear on awaking mornings, Dr. Klawans counsels that we shouldn't ask why the tremor leaves during sleep but why it comes back the next morning. As scientists we have to be smart enough to ask the right questions.

The book's title comes from conductor Arturo Toscanini's transient ischemic attack in 1954. The TIA was due to a subclavian steal syndrome, unknown in 1954 and unknown by me in 1989 until I read of it here. A real cast of characters populates this highly readable publication. There's a major league pitcher who was afflicted with a thoracic outlet syndrome and retires early. There's a real estate magnate with leg weakness, possibly due to steroid myopathy or renal neuropathy ("steroid-induced weakness is proximal while neuropathy due to renal failure is distal"). There's even a woman who suffered a blinding migraine one day, following an intense orgasm while lovemaking with her physician-husband. He insisted she be examined for possible vascular complications. She had to let the neurologist know she'd had these migraines before, but not at home, so to speak. (Their repetitive nature meant there was "nothing for any of us to worry about, neurologically speaking".) There's more interesting patients, all engaging from the standpoint of neural function. Be warned; this book is entertaining as well as educational.

If you require your learning in a dry state, you'd better read something else. Among Dr. Klawans' concluding comments are gems for all practitioners:

*"Taking care of sick people, inserting your life and skill into their lives, and allowing their lives and problems and tragedies into your life is the best way I know to live life to its fullest. No matter what good I have done for my patients, they have done more for me."*

Ray Sherman DC

**THE FOUR-MINUTE NEUROLOGICAL EXAM**

Stephen Goldberg

Medmaster, P.O. Box 640028, Miami, Florida 33164  
ISBN 0-940780-05-4

*The Four-Minute Neurologic Exam* is a totally different book. It is just under 60 pages in length, no longer than some significant papers. It is a direct, well-organized little handbook for non-neurologists, designed to provide a screening exam "when five minutes or less is available", conditions that oftentimes apply to the busy chiropractic practitioner.

Goldberg's approach to cranial nerve examination is basic, almost simplistic, a plus factor for this antediluvian reviewer. Take his approach to Cranial Nerve 8 where the patient is asked to hum. "In conductive defects, the poorly hearing ear hears the hum louder. In sensorineural deficits, the normal ear hears the hum louder." Go ahead. Try it. Stick a finger in one ear and hum. The sound is loudest in the ear with the finger in it.

Will reading these books make you a better chiropractor? I don't know. Ask me in a year's time. I believe they will make you a more aware chiropractor. At \$25. and \$11. respectively, your expenditures will be only at petty-cash depth. Incidentally, both books were bought at the University of Toronto bookstore on a cold autumn Saturday. Once could do a lot worse than spending a portion of one's weekend browsing through this well-stocked, relaxing sanctuary.

Ray Sherman DC

**Answers to radiology quiz**

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| 1 E | 6 B  |
| 2 D | 7 A  |
| 3 B | 8 C  |
| 4 A | 9 A  |
| 5 D | 10 C |