Because the volume is slim, most of the papers are extremely short and do not appear to have been assembled around any discernible structure. Their diversity, however, makes some of them invaluable guides to the variety of approaches being adopted throughout the world to the problem of hypertension, for example, the suggestion that any health professional (dentist, pharmacist, chiropodist or optician), and not just doctors and nurses, should check the pressure of their new patients. The reader is also taken to Nepal, Portugal, Zaire, Ethiopia, and South Africa, and told about Russian immigrants to Israel, the elderly, and children, and the impact on stroke of a campaign in Hammersmith. Bill Miall offers a thoughtful review of the MRC Trial with its powerful smoking/non-smoking differences, and there are papers on ion fluxes and obesity. The papers on the effectiveness of various drugs seemed out of place, but may have made a financial contribution to the conference and to this publication.

This is not a book for individuals to buy, but departments working on hypertension or librarians whose clients include such departments should have one on their shelves.

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Measurement in health promotion and protection. Eds: Abelin T, Brzezinski ZJ, Carstairs VDL. (Pp 658; Sw fr 90) Copenhagen: WHO Regional Publications, European Series No. 22, 1987.

The World Health Organization is renowned for its efforts to prevent the spread of infectious diseases—and for producing vast quantities of dense, impenetrable literature. This new publication on

measurement in health promotion and protection is a welcome exception to this general rule.

In 15 chapters embracing 47 contributions, this text covers the concept of health promotion—ways of measuring health and gathering information to monitor the health status of populations and individuals, and provides a forum for discussion of some of the major methodological issues in this area of research.

The first section provides a clear exposition of the concepts of health and health promotion with excellent chapters by Noack and Abelin. Health promotion is presented as comprising all efforts directed at the protection, maintenance, and improvement of health potential. It is, however, almost inevitable, given the number of contributors, that there is considerable repetition of definitions and 'background' information.

The second section introduces types of measurement in health promotion from physiological and environmental indices to health behaviour.

The third section provides a world-wide selection of instances of measurement in practice.

These two latter parts would have benefited from a general chapter discussing evaluation of health promotion activities and one tackling the cost-effectiveness or cost benefit of such programmes. Nonetheless, the book is a valuable resource in an expanding field.

One drawback of the volume is that it lacks an index. This makes it difficult to locate specific material quickly and may reduce its appeal as a source of reference. This should not detract readers from consulting an otherwise useful and informative book.

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