methodologically suspect, while the negative studies are accepted uncritically! The book ends with a chapter by Peter Skrabanek which is, as expected, witty and provocative, but makes no contribution to the scientific arguments.

At the beginning the reader is exhorted to "read on and make up your own mind about environmental tobacco smoke". I still have not made up my mind about it. That would be impossible from such a partial book.

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Most countries have long had food policies based on economic issues but nutrition policies relating to health are rare. This book examines several aspects of the setting up of nutrition policies in Norway and Greece. The two countries make an interesting comparison for they have much in common—small, mountainous countries, small populations, limited agricultural land, extensive coastline, and a history of food shortages, but obvious differences such as climate, traditional diet, political situation, and patterns of diet related disease.

This book is written by Elizabeth Helsing who is the Nutrition Officer in the European Office of WHO. She has made major contributions by putting nutrition into the forefront of any discussion of the chronic diseases in Europe. Her views are therefore of particular importance. However, I think this book does not make easy reading. It is based on Helsing’s PhD thesis and does not seem to have been rewritten for publication and a broader readership. It is tedious, with numerous subheadings, wordy definitions and much repetition. And yet some of the analyses are superficial, with no consideration of the economics, and sadly, the actual nutrition policy of Norway, which was well ahead of its time, is not described in any detail. The section on Greece, with no nutrition policy, is almost twice as long. I missed any feeling for the author’s perspective, which is suprising in view of her WHO role.

There are many unfortunate typographical errors and omissions, and it is sometimes hard to distinguish these from the unusual use of English and strange paragraphing. Nearly one third of the book is an abridged version in Greek. The references are extensive and the work does contain a wealth of interesting information, but on the whole I found this a frustrating and disappointing book.

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This book describes a classic and well known longitudinal study of young people’s smoking. The research covered a period from 1974 to 1984, starting when the cohort of children was 11 or 12 years of age. Surveys were carried out at intervals until they were 21 or 22. Smoking prevalence and uptake were analysed in relation to a wide range of background factors.

Analyses included parental smoking and attitudes; hobbies, sports, and spare time interests; training; part time jobs; positive reasons for and against smoking; attitudes to school, realisations of health hazards of smoking; peer pressure. At the young adult stage, facts relating to employment were added. The more subtle psychological beliefs held by children about smoking and effects of advertising were not included.

It must be borne in mind when reading this book that, although a classic, this study is now historical and may not reflect the current situation with regard to young people’s smoking. This effect is also seen in some of the concepts expressed in the introduction when research into children’s smoking was in its infancy.

Most of the study findings have already been published as papers, and two useful features of this book are that it lists the references to these 21 previous publications and that it presents the study as a whole.

The book is useful methodologically because it contains a considerable amount of information on the methods of analysis used. For example, 90 of the 231 pages are the questionnaires in full in their original layout. A breakdown of the variables used for the analyses is also provided. With additions and updating in the light of the current knowledge and information needs, these questionnaires would provide a useful basis for the development of similar surveys. The descriptions of the complex analytical methods used to convert data from non-statisticians, could also be very useful.

Overall, this book provides an invaluable overview of smoking among teenagers growing up in the 1970s and helps to provide a guide for constructing such studies in the future.

ANN RALPH

It is four years since this popular book, composed of articles first published in the BMJ, appeared. Much in the world of AIDS has changed in this time and the second edition reflects this. Earlier omissions are corrected with the inclusion of sections on the problems of drug abuse and on HIV infection in children, while original material has been rewritten and updated.

The book’s total length is slightly increased to 72 pages within which an impressive range of subjects has been tackled. The basic science using the highly convenient epidemiology, virology, and immunology, are succinctly described, and HIV disease is reviewed by body system. The publication’s practical emphasis (its primary audience is the health worker faced with HIV/AIDS for the first time), is underlined by several chapters which address management issues within specific patient groups and strategies for prevention, counselling, infection control, nursing care, and drug treatment of infection.

This is achieved with a minimum of unnecessary duplication, and, in a subject where facts have a very limited shelf life, is, for the most part, up to date.