

As with most multi-authored books, this one tends to be disjointed at times. Yet this approach also contributes to the strength of the volume, that being that the authors of each chapter have both an experiential and an empirical base in their respective areas. The emphasis on research gives the volume credibility for the serious student yet makes it slow reading for others.

Behavioral medicine is a topic of increasing importance to hospital personnel. Much of the research presented is directly related to therapists, yet many conclusions are generalizable to educators and others in the health-care setting. The volume can serve effectively as (1) an introduction to medical psychology, (2) an overview of the current state of the art of behavioral medicine, (3) a handbook for developing behavioral program components, and (4) a good reference for compliance studies. I believe that the book will be most useful as a reference, to be skimmed at first and then relevant sections to be read as needed rather than being read from cover to cover. It will be an excellent addition to libraries of health-care professionals or health-care institutions.

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**Annual Review of Gerontology
and Geriatrics (Vol 3)**

Carl Eisdorfer, ed.,
Springer Publishing, New York, 1982

As the title indicates, this volume constitutes one of a series of annually published reviews, with contributed chapters covering selected topics in gerontology (as a general area of study) and geriatrics (as a clinical specialty). As such, it is intended neither as a general textbook on aging nor as an in-depth review of any given specialty.

The objective of this series is to augment the body of basic knowledge regarding the aging process per se and clinical issues in delivery of services to the elderly. It is not intended for health education. Emphasis is not placed on direct application in clinical, service, or educational settings, although the authors are appropriately careful to emphasize the individuality of older adults relative to normative statements made about basic facts of aging. As such, professionals in need of educationally structured material who do not have the luxury of time to abstract factual information for personal or clients' use or who are planning skills-training programs would be well advised to look elsewhere.

The chapters themselves, however, should be informative sources for persons interested in reading about the particular topic areas. I found the chapters on depression, infection, nutrition, health policy, and time perspective to be especially readable and informative. A background in the "hard sciences" will make the chapters on the immune system, pharmacogenetics, infection, nutrition, and depression easier to read. The content of certain chapters does seem more pertinent and more readily translatable than others to patient-education programs intended to increase knowledge. Included here would be those on infection, depression, and nutrition; but again, abstracting key points will take time, since they are not highlighted.

In sum, it is certainly worth a health educator's time to check out the tables of contents in this series of annual reviews. It is likely that individual chapters from this volume and previous volumes will be relevant to and adaptable for health education. An institution's library would be an especially suitable place for a general resource book of this type.

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