



Book Reviews

“The Water We Drink”

We Americans are so used to opening a faucet and having pure water come out that we rarely give thought to what makes this possible and what the significance is when something goes wrong. Drs. Barzilay (internist) and Weinberg (infectious disease specialist with South-east Permanente in Atlanta) and Dr. Eley (who teaches at Emory University School of Medicine) have written a small, interesting, clearly written book on water quality and its surprisingly broad implications for health.

The Water We Drink is a book that will interest most physicians. It is well thought out, highly readable, and provides an opportunity for physicians to step back from the minutiae of everyday practice to consider global public health issues. For instance, how might trace contaminants ingested throughout a lifetime affect health? The book discusses the history of water purification as done in biblical as well as modern times. Who would have imagined that Jersey City—home of the notoriously corrupt Democratic political machine operated by Frank Hague—was the first American city to chlorinate its water

supply, in 1909? Everyone is aware of the relation between drinking water and infectious disease, but the details of *Cryptosporidium*, *Cyclospora*, and viruses are not known to most of us. The relation between drinking water and cancer, bone density, and hormonal activity is even more arcane. The discussion of bottled waters (which have become surprisingly popular in the United States, one of the relatively few countries where tap water is safe) is fascinating; so too is Appendix 4, which shows the enormous range of sodium content in bottled waters.

This book is well referenced, useful to physicians, and will be of interest to any intelligent general reader. Its approach is far preferable to that used in the reliable but overly long book on the same subject, *Is Your Water Safe to Drink?*, published by Consumers Union in 1986. ❖

The Water We Drink. Joshua Barzilay, MD; Winkler G. Weinberg, MD; J. William Eley, MD, MPH. New Brunswick, NJ: Rutgers University Press; 1999. ISBN: 0-8135-2673-6.

Paper \$17; cloth \$40. 192 pages.

“House Officer’s Guide to Arthrocentesis and Soft Tissue Injection”

Everyday practice requires more training in musculoskeletal problems than most internists and family practitioners have ever received. Dr. Bruce Anderson of the Department of Orthopedics at Northwest Permanente has written a helpful little book that actually provides more than its title implies. Although it graphically displays injection or arthrocentesis techniques for treating musculoskeletal conditions affecting 63 separate locations of the body, the book also succinctly summarizes each condition, specifies the range and sequence of appropriate treatments, and discusses as well as depicts the injection technique, size of needle, and dosage of medication used.

Discussion of aftercare is particularly helpful. The end of the book includes usefully arranged tables

of oral and injectable anti-inflammatory drugs, a brief discussion of current laboratory tests used in rheumatologic diagnosis, a comparative description of synovial fluid analysis in various conditions, and bibliographic references. Several pages describing the purpose of various radiographic techniques are also helpful.

This book delivers more than its size suggests. Physicians who wish to learn skills for joint injection or to improve or expand their present injection skills will benefit from its use. ❖

House Officer’s Guide to Arthrocentesis and Soft Tissue Injection. Bruce Carl Anderson, MD. Portland: J&R Medical Publishing; 1997. 2nd ed.

Softcover \$12.95. 248 pages.

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