

this volume refreshing. It cannot, however, replace the infectious diseases-oriented texts for complete coverage of each specific disease.

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THE BREAKING OF BODIES AND MINDS: TORTURE, PSYCHIATRIC ABUSE, AND THE HEALTH PROFESSIONS. Edited by Eric Stover and Elena O. Nightingale, M.D. New York, W.H. Freeman and Company, 1985. 317 pp. \$11.95. Paperbound.

In too many countries today, health professionals directly or indirectly inflict needless suffering through their complicity in acts of torture. They participate in crimes such as the falsification of medical reports on prisoners tortured or killed in custody, examination and treatment of patients with the goal of preparing them for further torture, and the administration of drugs and treatments whose sole purpose is to cause physical or psychological pain. Psychiatrists label political or social misfits as mentally ill and arrange for their indefinite confinement in psychiatric hospitals. *The Breaking of Bodies and Minds* is a grim look into this situation, with horrifying examples, yet, at the same time, it provides concrete suggestions as to how health professionals can help to combat these abuses.

The book is organized into two major sections, with chapters contributed by twenty different writers. The first section, on torture, includes chapters on such topics as medical ethics, testimony and case histories of torture victims—for example, Joelito Filártiga—and reports on the physical and psychological effects of torture on victims and their families. The last chapter of the section discusses medical action against torture and outlines principles (both existing and proposed) which define the physician's primary responsibility to his or her patient, even in situations of emergency or personal danger.

The second section explores the issue of psychiatric abuse, particularly in the Soviet Union. Chapters in this section discuss the development of psychiatric abuse for political purposes in the Soviet Union, beginning in early nineteenth century Czarist Russia, the methods used to diagnose dissidents; case studies; the current state of Soviet psychiatry; and the response of the World Psychiatric Association and the American Psychiatric Association to reports of abuse in the Soviet Union.

The final chapter is a general discussion of the prevention of torture and psychiatric abuse. The authors propose a twelve-point approach, including international publicity and condemnation of acts of torture and abuse as they are uncovered, legal action on the part of victims or their families, compensation, care and rehabilitation for victims, government safeguards against incommunicado detention, and other actions. Also included are appendices describing codes of ethics and declarations on abuse, selected organizations concerned with torture and psychiatric abuse, and a bibliography.

On the whole, the book is well written. The authors make their points without overdramatization. Although the final chapter is a bit idealistic, this is a subject where idealism and concerted efforts are needed. This volume will remind physicians and other health professionals of the difficulties facing their counterparts in many

countries, when the decision to uphold the Hippocratic oath might easily lead to personal danger.

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CANCER BIOLOGY. READINGS FROM *SCIENTIFIC AMERICAN*. New York, W.H. Freeman & Company, 1985. 156 pp. \$12.95. Paperbound.

Cancer Biology is a collection of thirteen *Scientific American* articles. These articles have been grouped into four sections: Cancer: The Nature of the Problem; Environmental Carcinogens: Biological Effects and Detection; Mechanisms of Carcinogenesis; and Tumor Progression and Spread. Within these sections, the articles cover diverse topics, including DNA repair, bacterial tests for potential carcinogens, oncogenes, tumor vascularization, and cancer immunology and metastasis. Each section is preceded by an introduction by Errol Friedberg, the director of the Cancer Biology Program at Stanford University. The articles are reprinted exactly as they were originally published, and were written by extremely well-known researchers who include John Cairns, Howard Temin, Robert Weinberg, and Judah Folkman.

The articles can be understood by anyone with some background in science who is not already familiar with cancer biology and research. These are not intended to be rigorous scientific papers written to persuade other researchers of the validity of a piece of experimental work, but rather to clearly, concisely explain a significant concept already accepted in cancer biology. The important experiments that lead to understanding the concept, its significance, and important unanswered questions and directions for future research are included in the discussion. The articles have clearly been carefully thought out and meticulously edited to make them both self-explanatory and easy to read. Experiments are discussed in enough detail to be comprehended and have accompanying illustrations for further clarification. Careful attention is given to explaining what the specific experiment adds to understanding of the main point. Background detail is included as necessary to make the article understandable without reference to outside sources. After finishing an article, the reader, with a minimum of effort, has gained a good conceptual understanding of an important topic in cancer biology.

Combining the articles into one volume allows the reader to gain, indirectly, a historical perspective into cancer research. In each article, the researchers who contributed are given credit and each experiment is placed in its proper time frame. Groff Conklin's 1949 article on "Cancer and Environment" is still relevant thirty-five years later. The four articles in the Mechanisms of Carcinogenesis section offer special insight into how cancer research builds on previous research. The first of these articles, written in 1972, discusses RNA tumor viruses that transform normal cells to cancer cells. The second article, written ten years later, considers the discovery that the genes in these viruses responsible for transformation are also found in the genomes of normal cells. The next article, written in 1983, builds on the preceding one by describing the discovery and isolation of other oncogenes. The final article, written the following year,