

**MULTIPLE SCLEROSIS: THE KINDER SIDE.** By Lyn Risidore. Published by Chadwick MacDonald Publications. 201 pages. \$14.98.

Multiple Sclerosis: The Kinder Side is a book written by an individual with MS for others with the disease. The author, Lyn Risidore, has emphasized the milder forms of MS, unlike other current literature which tends to deal with more advanced disease. Her writing is a personal reflection of the difficulties and triumphs in dealing with a chronic illness.

The book is well organized into four sections and concludes with a synopsis. The first is composed of the author's recollections of her diagnosis and the frustrations surrounding the tests and numerous consultations with physicians. She describes her ordeal of being labeled neurotic and the self-doubt she experienced prior to diagnosis. Such a revelation is comforting to others with Multiple Sclerosis who have shared similar circumstances.

In the second section, Mrs. Risidore lays out some of the physical management techniques she employs in coping with her disease. It includes a chapter on some useful hints for fatigue management and a contribution from Dr. R.J. Duke on making the best use of a physician. The author also examines pregnancy in a chapter and offers some valuable and factually

accurate advice to women pondering over the decision of raising a family.

The feelings and management methods of eight other individuals with MS are explored in the third section entitled "Personal Glimpses of Others". The group includes the "world tour cyclist" Richard Belcroft who writes an inspirational message about his experiences dealing with his diagnosis and symptoms. It closes with personal writings from the author's husband and two daughters who offer encouragement to other MS families.

In conclusion, the author sums up her own techniques used for dealing with the stresses and depression that often accompany MS. She uses anecdotes from her own life to describe these methods and the tone of the entire section is very positive.

Mrs. Risidore's book is definitely a needed and welcome addition to the present lay reading lists of MS literature. It is of value not only to those with MS but to their families and caregivers. It is a very insightful look at the whole MS experience. The author's enthusiasm for all aspects of life leaves the reader with a sense of optimism unlike much of the existing MS literature.

*Colleen Harris  
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## Books Received

**DRUG-INDUCED HEADACHE.** Edited by H.C. Diener and M. Wilkinson. Published by Springer Verlag. 173 pages. \$78Cdn approx.

**EPILEPSY AND THE RETICULAR FORMATION: THE ROLE OF THE RETICULAR CORE IN CONVULSIVE SEIZURES.** Series: Neurology and Neurobiology. Volume 27. Edited by Gerhard H. Fromm, Carl L. Faingold, Ronald A. Browning, W.H. Burnham. Published by Alan R. Liss. 224 pages.

**EXPERIMENTAL NEUROONCOLOGY, BRAIN TUMOR AND PAIN THERAPY.** Edited by W.J. Bock, W. Wechsler, L. Beck and E. Grundmann. Published by Gustav Fischer Verlag. 328 pages. \$116Cdn approx.

**INFERON TREATMENT OF NEUROLOGIC DISORDERS.** Edited by Richard Alan Smith. Published by Marcel Dekker. 368 pages. \$108Cdn approx.

**INTERNATIONAL REVIEW OF NEUROBIOLOGY.** Volume 29. Edited by John R. Smythies and Ronald J. Bradley. Published by Academic Press. 374 pages. \$78Cdn approx.

**INTRODUCTION TO THEORETICAL NEUROBIOLOGY.** Volume 1. Linear cable theory and dendritic structure. By Henry C. Tuckwell. Published by Cambridge University Press. 291 pages. \$59Cdn approx.

**INTRODUCTION TO THEORETICAL NEUROBIOLOGY.** Volume 2. Nonlinear and stochastic theories. By Henry C. Tuckwell. Published by Cambridge University Press. 265 pages. \$59Cdn approx.

**METHODS IN CLINICAL TRIALS IN NEUROLOGY.** Edited by R. Capildeo and J.M. Orgogozo. Published by MacMillan Press Ltd. 327 pages. \$108Cdn approx.

**POLYMYOSITIS AND DERMATOMYOSITIS.** By Marinos C. Dalakas. Published by Butterworths. 347 pages. \$67Cdn approx.

**REGULATORY ROLES OF OPIOID PEPTIDES.** Edited by P. Illes and C. Farsang. Published by VCH Publishers. 540 pages. \$117Cdn approx.

**SLEEP '86.** Proceedings of the 8th European Congress on Sleep Research, Szeged, September 1986. Edited by W.P. Koella, F. Obal, H. Schulz, P. Visser.