

Cause and effect relationships between airway disease and congenital or acquired malformations are explored in two chapters that comprise the third section of the monograph. The possible relationship between impaired nasal respiration ("mouth breathing") and altered dentofacial development (*i.e.*, the need for orthodontia) is an interesting concept, but the chapter that explores it is difficult to access. A well written review of the pathophysiology, diagnosis, and treatment of gastroesophageal reflux and its airway consequences closes the third section.

The final group of articles are uniformly strong and deal with management of selected airway problems. These include discussions of the evaluation of tracheal stenosis and selection criteria for laryngotracheal reconstruction, anesthetic management for laser surgery, airway obstruction in the Robin sequence, and postoperative complications of surgery to correct velopharyngeal incompetence. The final chapter is an informative review of the indications for and technique of flexible fiberoptic bronchoscopy in infants.

Pediatric airway problems comprise the primary cause of morbidity and mortality in pediatric anesthesia. A monograph dedicated to the pediatric airway is a useful addition to the library of anesthesiologists who care for infants and children. Although the articles are informative and provide useful information, clinicians will be frustrated by the lack of practical information concerning the anesthetic management of these challenging patients.

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Lawful Exit: The Limits of Freedom for Help in Dying.

By Derek Humphry. Junction City, The Norris Lane Press, 1993. Pages: 165. Price: \$9.95 (Paperback).

Euthanasia Is Not the Answer: A Hospice Physician's View. By David Cundiff, M.D. Totowa, Humana Press, 1992. Pages: 190. Price: \$17.95 (Hardcover).

In a recent article in ANESTHESIOLOGY, authors Truog and Berde note the increasing public support for euthanasia. They suggest that anesthesiologists acquaint themselves with this issue because, as experts in the management of pain and in the use of the drugs that might be used, they likely will "occupy a central role" in its practice. Practitioners may learn more about this movement from two recently published books.

Lawful Exit is the most recent of six books about euthanasia written by Derek Humphry. The first of the series, *Jean's Way*, describes how he assisted the suicide of his wife, who was dying of bone cancer. His fourth book, *Final Exit*, which describes methods for those contemplating suicide, remained on the *New York Times* bestseller list for 18 weeks. Humphry used proceeds from sales to found and fund the Hemlock Society, an organization that promotes the legalization of euthanasia. The Society's efforts almost succeeded in bringing to passage a "Death with Dignity" referendum in California and Washington.

Lawful Exit deals with the "Death with Dignity" Act. It argues for euthanasia, gives reasons for legalizing it, describes provisions of the

Act, and explains why the referendum failed in the two states. The book, largely a personal account, is written in the style of a newspaper article.

Euthanasia Is Not the Answer was written by David Cundiff, a physician who specializes in hospice work. He states that pain and suffering are the primary factors that cause terminally ill patients to consider suicide. He contends that modern methods of medical, psychological, and social management, if properly used, can alleviate or abolish the need for euthanasia. Cundiff examines the guidelines for euthanasia promulgated by the Royal Dutch Society for the Promotion of Medicine and suggests why they have failed. The book also touches on medical, social, and ethical issues surrounding euthanasia and the care of the dying.

In objectivity, Cundiff's book has a clear edge. Both books lack balance, however. Each pushes a specific solution—euthanasia or hospice care—for a problem that has many difficult personal, social, medical, economic, and ethical ramifications. For example, both exclude from their discussion euthanasia for children, for mental depression, or for chronic diseases that incapacitate without threatening life. Humphry deals only superficially with problems of implementation and monitoring a euthanasia law. Cundiff's treatment of funding an extensive hospice program, the type he recommends, also appears shallow, particularly at this time, when political and economic factors are moving to curtail many established medical programs. Readers who want a primer on all the issues would do better to read the article by Truog and Berde.

Nor do the two books explore alternatives to the solutions that they so passionately espouse. For example, they take no account of the many people who continue to work and live productively with a debilitating, terminal, or painful disease without recourse to euthanasia or hospice care.

Readers who wish to explore these issues, then, must go to other sources. For example, *Sons and Lovers*, a novel by D. H. Lawrence probes one family's response to euthanasia. *Love in the Ruins*, by physician/author Walker Percy, explores personal and ethical problems for the medical profession. Poems by L. E. Sissman, *Hello Darkness*, chronicle his reaction to the diagnosis, treatment, remission and, finally, his approaching death from Hodgkin's disease. Personal accounts of Anatole Broyard, *Intoxicated by My Illness*; Olive Ann Burns, *Leaving Cold Sassy: The Unfinished Sequel to Cold Sassy Tree*; and Eugene T. Maleska (the *New York Times* crossword puzzle editor), in the *New York Times* "News about the Magazine" section describe how each continued to work until days before their death from cancer. Recent books that address suicide and mental depression include William Styron's personal account, *Darkness Visible*, and the more extensive work by Alfred Alvarez, *The Savage God*. Alvarez is a poet and critic who had been a friend of several poets who took their own lives.

Pain, death, and euthanasia do concern anesthesiologists. They are complex and difficult problems. The two books reviewed here give contrasting but important views. The reaction of individuals and society to these problems, however, is far more complex than either would have the reader believe.

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