

cell histiocytosis (LCH) was confirmed by lymph node biopsy.

Although the nail changes were very characteristic but not diagnostic, they were missed initially because of its rarity. The differential diagnosis includes pachyonychia congenital, dyskeratosis congenital, onychomycosis, psoriasis and chronic mucocutaneous candidiasis or Darier

disease. In these cases, however, the constellation of typical clinical findings is a clue for diagnosis.

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BOOK REVIEWS



Blood Borne HIV: Risks and Prevention

M CORREA,
D GISSELQUIST AND DH GORE.
*Orient Longman Private Limited;
Chennai.*
Pages: 91; Price: Rs.95/-.

It is a well written and thought provoking literary work that particularly highlights the non-sexual transmission of HIV especially through injections, blood tests, dental and operative procedures and even cosmetic services such as tattooing, shaving, piercing and pedicures!!

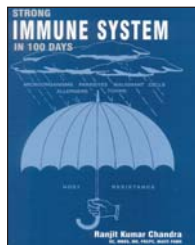
The book is well divided into 4 chapters with chapter one covering history and statistics of HIV transmission and spread of the epidemic. Chapter 2 covers the already known risk factors for HIV

transmission and transmission rate of each risk factor. Chapter 3 remains the main highlight of the book and covers various other means of transmission and how to prevent with safe practices. Practices such as skin piercing procedures, injection sterilization practices, dental care, blood transfusion safety, tattooing are especially well covered.

This book, on the whole, dispels lots of myths related to HIV and at the same time highlights the need to emphasize on non-sexual transmission of HIV, which also needs to be tackled to overcome this epidemic.

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Strong Immune System in 100 Days

RANJIT KUMAR CHANDRA
*Kiran Publishers,
Gurgaon.*
Pages: 173

Dr Ranjit Kumar Chandra has put forward his views on a holistic approach to healthy living very succinctly. That he has vast experience in the field of

nutrition in general, and nutrition immunology in particular, needs no gainsaying. This expertise is clearly reflected in the lucid manner in which he has handled such a complex subject. This book is a 'must read' for the layman and professional alike.

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