

PREVENTIVE MEDICAL PRACTICE

The Prevention of Disease in Everyday Practice. By Isadore Givner, B.S., M.D., F.A.C.S. and Maurice Bruger, M.Sc., M.D., C.M., F.A.C.P. Pp. 964 with illustrations. £8 10s. 0d. St. Louis: The C. V. Mosby Company. 1955.

Contents: 1. A Practical Outline of Cancer Prevention. 2. Prevention of Poisoning—Accidental and Intentional. 3. Preventive Pediatrics. 4. Preventive Aspects of Infectious Diseases. 5. Prevention of Deformities in the Orthopedics of Childhood. 6. Prevention of Deformities in the Orthopedics of Childhood. 7. Prevention of Deformities Following Acute Anterior Poliomyelitis. 8. Preventive Hematology. 9. Preventive Aspects of Diabetes Mellitus and Spontaneous Hypoglycemia. 10. Preventive Cardiology. 11. Preventive Aspects of Peripheral Vascular Disease. 12. Preventive Aspects of Pulmonary Disease. 13. Preventive Aspects of Gastroenterology. 14. Preventive Aspects of Diseases of the Liver, Bile Ducts, and Pancreas. 15. Preventive Aspects of Arthritis and Allied Rheumatic Disorders. 16. Preventive Aspects of Tropical Medicine. 17. Preventive Aspects of Allergic Disorders. 18. Preventive Dermatology. 19. Preventive Psychiatry. 20. Preventive Neurology. 21. Preventive Radiology. 22. Preventive Aspects of Industrial Medicine. 23. Preventive Aspects of Surgery. 24. Preventive Anesthesiology. 25. Preventive Aspects of Abdominal Surgery. 26. Preventive Aspects in the Treatment of Fractures and Other Injuries. 27. Preventive Aspects of Thyroid Surgery. 28. Preventive Aspects of Thoracic Surgery. 29. Preventive Aspects of Cardiac Surgery. 30. Preventive Ophthalmology. 31. Preventive Otolaryngology. 32. Preventive Laryngology and Bronchoesophagology. 33. Preventive Aspects of Neurological Surgery. 34. Preventive Proctology. 35. Preventive Urology. 36. Preventive Aspects of Obstetrics. 37. Preventive Gynecology. 38. Preventive Dentistry.

This book consists of 41 monographs written by 47 practitioners, each of whom is a specialist in his subject. The book is not intended to be read like an ordinary text-book for it is really a reference book and covers almost the whole of medicine and surgery. It sets out to provide the general practitioner with reasoned guidance in the *prevention* of a large number of diseases and allied conditions and it is written in clear style, somewhat verbose in parts.

To achieve their object the writers have had to consult an enormous volume of literature, most of which is American; and the nature of their task made it imperative that all conditions should be considered from more than just the preventive angle. This is

both understandable and desirable, since prevention can be based only on a many-sided knowledge of the disease entities which it is the intention to prevent. All this has tended to swell the volume of this book without in the least appearing to be redundant, or out of place.

As each monograph stands on its own, it would be very difficult to select any as of outstanding value compared to others without being unfair to the individual authors. Yet this reviewer could not help enjoying the monographs on Cancer, Paediatrics, Diabetes and Tropical Medicine, especially the last-named.

It is interesting to read that in the matter of cancer prevention the Vitamin-B complex as well as iron seem to enhance the resistance of the tissues to cancer in certain situations such as the mouth, pharynx and oesophagus, and that an abuse of tobacco and alcohol may deprive the tissues of these protective accessory foods. Elsewhere 'universal circumcision' is advocated as a preventive measure of practical value against cancer of the cervix, penis and prostate. Wherever good penile hygiene, especially circumcision, is practised cancer at these sites is lowest, whereas the incidence increases 3-fold where it is rare.

All a twice throughout the book seems based on well founded observation and common sense. Still one would rather not *tell* a pregnant woman that she is Rh-negative while her husband is Rh-positive and that trouble may be in store for them; there may be nothing after all. Such telling will not *prevent* trouble for the perhaps anxious mother.

One author states that 90% and more of people today appear to suffer from what he calls 'spontaneous hypoglycaemia' with symptoms ascribable to anxiety and stress in our everyday life. It is to be regarded as a 'stimulative hypoglycaemia' and chiefly functional in nature and its effects are removed by high protein and low carbohydrate diet; 'a difference of opinion exists, however, as to the optimum number of meals or feedings which should be prescribed per day'.

Since many so-called tropical conditions and diseases also

present themselves in other regions (this reviewer has recently seen one case of flagrant pellagra mixed with beri-beri in the OFS), one author is of the opinion that prevention of such conditions should be brought to the notice of practitioners working outside the tropics as well. Such knowledge will tend to dissipate exaggerated and distorted ideas about tropical conditions resting on unscientific basis.

The book is crowded with most useful information emphasizing the fact that we have progressed far on the way towards 'warding off sickness and death' in a 'collective' manner although much has still to be learnt about many disease conditions requiring preventive measures based on such knowledge. This book is therefore an excellent attempt in this direction. Future editions should prove even more useful to practitioners in many branches of medicine. The book itself is well printed and well bound.

G. C. A. v. d. W.

UROLOGICAL PRACTICE

Urological Practice. Roger W. Barnes, B.A., M.S., M.D., F.A.C.S., F.I.C.S. and Henry L. Hadley, B.A., M.D., D.N.B. (Pp. 494 with 166 illustrations. £5 6s. 3d.) St. Louis. The C. V. Mosby Company. 1954.

Contents: Part I. Section 1. Leading Symptoms, Signs and Findings in Urogenital Diseases—An Index of Urogenital Symptoms Outlined for Use in Diagnosis. *Section II.* Symptomatic Treatment of Common Urogenital Complaints—An Index of Urogenital Complaints outlining the Symptomatic Treatment of Each. *Part II.* A Discussion, for the General Practitioner, of Genitourinary Diseases. 1. Genitourinary Diagnostic Procedures. 2. Differential Diagnosis of Abdominal Pain in Relation to the Diagnosis of Acute Abdominal Conditions. 3. Urogenital Infections. 4. Urinary Calculi (Urolithiasis, Urinary Stones). 5. Diseases of the Penis. 6. Malformations of the Penis and Urethra. 7. Diseases and Injuries of the Anterior Urethra. 8. Lesions of the Scrotum and Its Contents. 9. Surgical Procedures Applied to the Scrotum and Its Contents. 10. Infertility in Men. 11. Infertility in Women. 12. Sexual Maladjustment. 13. Chronic Congestion (Toxic Hypertrophy) of the Prostate. 14. Infections of the Posterior Urethra, Prostate and Seminal Vesicles. 15. Benign Prostatic Hypertrophy. 16. Carcinoma of the Prostate. 17. Miscellaneous Diseases, Injuries and Malformations of the Prostate, Posterior Urethra and Seminal Vesicles. 18. Surgery of the Prostate. 19. Urethral and Bladder Disorders in Women. 20. Cystitis and Infections of the Bladder. 21. Vesical Calculi (Bladder Stones). 22. Tumours of the Bladder (Vesical Neoplasms). 23. Miscellaneous Diseases of the Bladder. 24. Surgical Procedures Applied to the Urinary Bladder. 25. Enuresis (Bed-Wetting). 26. Diseases, Injuries and Malformations of the Ureter. 27. Hydronephrosis (Pyelocaliectasis). 28. Renal and Perirenal Infections. 29. Nonsurgical Diseases of the Kidney. 30. Movable Kidney, (Nephroptosis). 31. Kidney Stones (Nephrolithiasis, Renal Calculi). 32. Tumours and Cysts of the Kidney and Perirenal Space. 33. Malformations (Anomalies) of the Kidney. 33. Injuries and Surgery of the Kidney.

As will be noted from the contents, the first part of this book consists of an alphabetically arranged list of leading urological symptoms and signs. This is followed by an index of common urological complaints with the symptomatic treatment of each. This section is presumably included for easy and quick reference but, because of its brevity, is of doubtful value.

The second and main part of the book consists of a discussion of genito-urinary diseases for the general practitioner. No major surgical techniques are included, while stress is laid on office procedures. This section is very comprehensive and the subject is well covered. In a brief review of this nature, it is impossible to comment on individual chapters. A few remarks made at random follow: An unusual method of circumcision is presented and it is surprising to the reviewer that circumcision is suggested as the immediate treatment for paraphimosis. The section dealing with the technique of passing urethral instruments is well written. The reviewer notes that the authors suggest the use of sclerosing solutions in the treatment of hydroceles, without stressing the hazards. The rapid evacuation of an overdistended bladder is now accepted as perfectly safe, provided all precautions to prevent sepsis supervening, are taken.

The illustrations and radiographic reproductions are excellent. The book is unfortunately expensive and because of its limited field, is unlikely to suit the needs of the average general practitioner.

G.D.

ENDOCRINOLOGY

Textbook of Endocrinology. Second Edition. Edited by Robert H. Williams, M.D. Pp. 776 + xii with 173 illustrations. £5 10s. 6d. Philadelphia & London: W.B. Saunders Company 1955.

Contents: 1. General Principles of the Physiology of the Endocrines. 2. The Pituitary. 3. The Thyroid. 4. The Adrenals. 5. The Testes. 6. The Ovaries. 7.

The Pancreas. 8. Diseases of the Parathyroid Glands. 9. The Influence of the Endocrine Glands Upon Growth and Development. 10. Neuroendocrinology. 11. Obesity. 12. Laboratory Diagnostic and Assay Procedures. 13. Diagnosis and Treatment of Endocrinopathies; Hormone Preparations. Index.

In the 5 years that have elapsed since the 1st edition was published, the field of endocrinology has expanded so considerably that it has been necessary to re-write almost every chapter. In most instances the articles are remarkably up-to-date, and include references to many of the advances which were published during 1955. Thus one finds comments on such recently reported substances as triiodothyronine and aldosterone.

The contributors include such well-known experts as Lawson Wilkins, Reifenstein and George Thorn. The editor has himself contributed several chapters and his dissertation on the thyroid is of an exceptionally high standard. Unfortunately, some of the other articles are less worthy of praise. The discussions on sexual precocity and on the diagnosis of the different varieties of intersexes are distinctly poor. Careless editing is no doubt responsible for the reference to the XX chromosomes of the male!

The editor rightly stresses that the endocrine glands are not responsible for such conditions as obesity, mental retardation and homosexuality, and he strongly deprecates the indiscriminate usage of hormones, e.g. thyroid, in the treatment of these and other non-endocrinal conditions.

It is a pity that the volume possesses so few illustrations. Endocrinology, perhaps more than any other branch of medicine, demands an awareness of the appearances in the various disease states and this text-book would benefit by the inclusion of many more reproductions.

Finally, one must criticize the relative lack of recognition of work done outside of America. For instance the outstanding contributions of Dent and other British investigators in the field of calcium metabolism are not mentioned at all.

The accent in this volume lies on physiological considerations rather than clinical. This will make the book particularly valuable to those wishing to acquire an understanding of fundamental endocrinology. The established worker in the field will also benefit from a perusal of its contents.

R.H.

DIAGNOSTIC CLASSIFICATION OF TUBERCULOSIS

A New Classification of Tuberculosis with New Diagnostic Standards. By Milosh Sekulich, M.D. Pp. 63. 3s. 6d. London: William Heinemann Medical Books Ltd. 1955.

Contents: 1. History of the New Classification. 2. The Classification and Diagnosis. 3. Notation and Terms Used in the Classification. 4. Definitions of Types, Forms and Sub-Forms. 5. Differentiation of Primary from Secondary Tuberculosis. 6. Classification of Non-Pulmonary Tuberculosis. 7. How to Run a Chest Clinic. 8. Crucial Clinical Evidence in Favour of the Classification. 9. A Minimum Basic Classification for Epidemiological Purposes. Index.

In a brochure of 63 pages, the author discusses a classification, the result of many years' personal clinical observation. He classifies pulmonary tuberculosis thus:

1. *Primary Type*
 1. Inflammatory form (benign primary).
 2. Caseous form (Malignant primary).
2. *Secondary Type*
 1. Fibro-caseous form.
 2. Fibrous form.

He divides these forms into 29 sub-forms. The extent of the lesion is described by zones in the usual way. Eight different degrees of activity are suggested.

In the classification of non-pulmonary tuberculosis 23 terms are used.

A claim is made that the application of this classification can 'render the work of chest clinics at least 100% more efficient and economical than they are to-day'. One wonders, however, if the use of such terms as 'invisible benign primary tuberculosis' or 'quiescent malignant primary tuberculosis' is really helpful in the efficient administration of a tuberculosis service.

B.A.D.

MODERN PSYCHOSOMATIC MEDICINE

Modern Trends in Psychosomatic Medicine. Edited by Desmond O'Neill. Pp. 375 + xi with 29 illustrations. London: Butterworth & Co. (Publishers) Ltd. 1955.

Contents: 1. The General Practitioner and the Psychosomatic Approach. 2. The Psychosomatic Concept in Medicine. 3. Doctor, Patient and Student. 4. The Psychosomatic Approach in Paediatrics. 5. Significance of the Family Setting in the Evolution of Infantile Acroecyria. 6. Limb Pains in Children. 7. Psychological and Social Aspects of Sydenham's Chorea. 8. Studies on Ulcerative Colitis: Personality Structure, Emotional Conflict Situations and Effects of Psychotherapy. 9. A Psychiatric View of Skin Disorder. 10. Suggestion and Hypnosis in Obstetrics. 11. Constitutional Aspects of Psychosomatic Medicine. 12. Essential Hypertension. 13. Thyrotoxicosis. 14. Emotion and Eye Symptoms. 15. Psychogenesis and Psychotherapy of Bronchial Asthma. 16. Sexual Adjustment and Bodily Illness. 17. Anxiety and Muscle Tension. 18. Music and Migraine. 19. Group Psychotherapy in Psychosomatic Disorders. 20. Analytic Therapy. 21. Abreaction Therapy of Psychosomatic Disorders. Bibliography.

This book represents a phase of considerable significance in the development of medicine. It indicates the extent to which the psychological aspects of illness, for too long repressed, are now being re-integrated in the practice of medicine.

It is exceptionally well planned and the editor deserves our grateful thanks for the way in which he introduces these modern trends in psychosomatic medicine. The earlier contributions include little of the so-called 'jargon' to which so many practitioners take exception in other psychiatrically oriented studies. It is by a slow process that we are brought to the later sections of the symposium in which technical terms are more frequently used. It is indeed a tribute to the insight of the editor in his job of educating the profession to those skills which are so needed in practice.

It is not possible to single out for discussion any particular chapter of the 21 stimulating essays. The introductory chapter by a general practitioner describing his own growth towards psychosomatic thinking and of the satisfaction he has from the translation of this thinking into his practice strikes the keynote of sensitivity to patient needs which characterizes the book. To the physician in his ward and the teacher with his student this book is a vital contribution, but to the family physician it is indispensable—a must which is both enjoyable and stimulating. Apart from its content, the publishers have made it one of those books we like to handle and read.

S.L.K.

BIOCHEMISTRY AND THE CENTRAL NERVOUS SYSTEM

Biochemistry and the Central Nervous System. By Henry McIlwain, Ph.D., D.Sc. Pp. 272+vii with 43 illustrations. 40s. 0d. London: J. & A. Churchill, Ltd. 1955.

Contents: 1. Biochemical Studies of the Brain. 2. Metabolism of the Brain *in situ*. 3. The Chemical Composition of the Brain. 4. Metabolism of Separated Cerebral Tissues. 5. Cell-Free Cerebral Systems; Glycolysis and an Oxidative Pathway. 6. Pyruvate Metabolism; Oxidative Phosphorylation. 7. Amino-Acids and Cerebral Activities. 8. Vitamins and the Central Nervous System. 9. Cerebral Lipids. 10. Cytochemical and Histochemical Aspects. 11. Chemical and Enzymic Make-Up of the Brain During Development. 12. Acetylcholine, Sympathin and Related Substances. 13. Depressants and Excitants of the Central Nervous System. 14. The Speed of Chemical Change in the Brain. Author Index Subject Index.

This book is based on lectures given in the courses of physiology and psychological medicine in the University of London. It gives a clear account of the progress which has been made in our knowledge of the chemical constitution of nerve tissue and the chemical changes which underlie the activity of nerve cells.

Many of us have rather a dim and distant acquaintance with the chemical physiology of the central nervous system; we may have gathered that the brain has a blood supply which appears lavish for the work it does, that it needs an uninterrupted supply of oxygen and carbohydrate, and that glutamic acid is a mysterious nerve food for backward children and may be of help in hepatic coma.

The details of these and the many other facets of cerebral metabolism are described here as far as they are known at present: these details will be very valuable to a select band of physiologists and other advanced workers. But others, less exalted, may carry away general conceptions of great interest and importance; amongst these will be a realization of the enormous size of the cerebral respiratory exchanges and of the large number of chemical processes now known to be concerned; but perhaps most striking of all is the speed with which chemical changes take place so that a delay of a second or less may cause important chemical transformations to be missed altogether. In spite of such difficulties and the complexity of some of the substances concerned the progress recorded is very gratifying.

G.C.L.