

REVIEWS OF BOOK : BOEKRESENSIES

WHO PHARMACOPOEIA, VOL. II

International Pharmacopoeia. First Edition Volume II. Pp 350 + xx. £1 15s. 0d. Geneva: World Health Organization. 1955.

Contents: General Notices. 2. Monographs. Appendices. Annex. Index to Volumes I and II.

The activities of the World Health Organization in coordinating and unifying the health services of its member States led to the urgent publication of volume I of the *International Pharmacopoeia*. Volume II now supplies omissions from the first volume and deals with various forms of insulin, tubocurarine chloride, and with certain antibiotics and synthetic chemical drugs recently introduced into therapeutics. This volume consists of 217 monographs, 26 appendices on reagents, tests and assays, and 1 annex on solutions for cardiopilin and lecithin in serological tests. There is a table giving the usual and maximal doses for adults of the substances described in the volume. In addition there is a table of usual daily doses for children of drugs which are in general use in pediatrics. Another appendix contains a list of the International Biological Standards approved by the Expert Committee on Biological Standardization. All international standards at present available are in this list, not only those required for biological tests of the *International Pharmacopoeia*. The detailed alphabetical index in this volume includes that of volume I in order to facilitate reference. A list of the contents of volume I is also given in this volume.

The *International Pharmacopoeia* is only a recommendation and not a legal pharmacopoeia in any country unless adopted by the pharmacopoeial authority of that country. Any member State of the World Health Organization may incorporate a translation of all or part of the work in its national requirement.

N.S.

EAR, NOSE AND THROAT NURSING

Ear, Nose and Throat Nursing. By F. Boyes Korkis, M.B., Ch.B. (N.Z.), D.L.O. (Eng.), F.R.C.S. (Ed.), F.R.C.S. (Eng.), F.I.C.S. Pp. 168 + v, with illustrations. 12s. 6d. London: J. & A. Churchill Ltd. 1955.

Contents: 1. An Introduction to Otorhinolaryngology. 2. The External Ear. 3. The Middle Ear. 4. The Internal Ear. 5. The Nose. 6. The Throat. 7. The Trachea and Oesophagus. 8. The Out-Patient Department. 9. Pre- and Post-Operative Care of In-Patients. 10. Throat, Nose and Ear Operations. Index.

This is a new book designed to assist nurses in their care of ear, nose and throat cases. It is based on the experience gained in lecturing to nurses and cover the fields of anatomy, physiology and pathology so far as it is necessary for the nurse to have knowledge of these sciences.

The rest of the book deals with the practical aspects of the nurse's work in the out-patients' wards and the theatre of the Otorhinolaryngological Department.

The book is well illustrated and simply written and will be an asset to any nurse who wishes to make the best of her profession.

A.H.T.

OFFICIAL RECORDS OF THE WORLD HEALTH ORGANIZATION

Official Records of the World Health Organization No. 67. The Work of WHO 1955. Annual Report of Director-General to the World Health Assembly and to the United Nations. Pp. xxi + 241. 10s. Geneva: World Health Organization. 1956. Local Sales Agent: Van Schaik's Bookstore (Pty.), Ltd. Also available in French and Spanish.

Contents: Introduction. Part I. General Review. 1. Communicable Diseases. 2. Public-Health Services. 3. Environmental Sanitation. 4. Education and Training. 5. Peaceful Uses of Atomic Energy. 6. Services in Epidemiology and Health Statistics. 7. Drugs and other Therapeutic Substances. 8. Publications and Reference Services. 9. Public Information. 10. Constitutional, Financial and Administrative Developments. Part II. The Regions. 11. African Region. 12. Region of the Americas. 13. South-East Asia Region. 14. European Region. 15. Eastern Mediterranean Region. 16. Western Pacific Region. Part III. Co-operation with other Organizations. 17. Coordination of Work with other Organizations. 18. Expanded Programme of Technical Assistance for Economic

Development. Part IV. Project List. Project in Operation in 1955. Annexes. 1. Membership of the World Health Organization. 2. Membership of the Executive Board in 1955. 3. Expert Advisory Panels and Committees. 4. Organizational Meetings and Meetings of Expert Committees and Advisory Groups held in 1955. 5. Tentative Schedule of WHO Organizational Meetings in 1956. 6. Non-governmental Organizations in Official Relations with WHO. 7. Regular Budget for 1955. 8. Structure of the Headquarters Secretariat. 9. Numbers and Distribution of the Staff. 10. Composition of the Staff by Nationality. Maps. 1. International Sanitary Regulations: Position at 31 December 1955. 2. Regions and Offices of the World Health Organization.

Introducing his Annual Report for 1955, the Director-General of WHO, Dr. M. G. Candau, points to a number of important new developments and changes of emphasis.

Perhaps one of the boldest measures yet taken against any one disease—the campaign aiming at the eradication of malaria in the shortest possible time, wherever this may be technically feasible—has been virtually dictated by the capacity of the anopheline mosquito to acquire resistance to insecticides. The operation and timing of the campaign will vary considerably; for certain countries it is believed that the spraying of houses over a period of four or five years will effectively break the transmission of the disease; elsewhere conditions are less favourable, and in some countries, particularly those of Africa, 'pilot projects' will be necessary before any full-scale eradication plan can be attempted.

Radical changes in methods of treatment of tuberculosis are considerably influencing the organization of programmes for its control. Now for the first time effective domiciliary drug-treatment of infectious cases, together with mass immunization and possibly chemoprophylaxis, may make it possible to treat patients and prevent transmission without the expensive organization that the conventional methods require and which are beyond the means of under-developed countries.

The problems entailed in the production and large-scale application of a safe and effective vaccine against poliomyelitis have been studied with the help of an international group of experts, who made some important recommendations.

The Director-General also draws attention to the numerous requests which the Organization has received from Member States for consultants on various aspects of trachoma control. Important advances have been made in the understanding of the epidemiology of this disease. In Morocco and Tunisia operations in 1955 were mainly directed against the seasonal conjunctivitis which often accompanies trachoma infection and a definite improvement in both the course and the severity of the underlying trachoma was noted.

Reference is also made to developments in connexion with the peaceful uses of atomic energy. One of the most urgent needs in this field is for trained personnel in the various categories. Specialized training is necessary for physicians and 'health physicists' who will work in atomic energy laboratories or plants and for medical users of radio-isotopes, and more general training is required for public-health administrators who will have to deal with problems of radio-active waste disposal and the protection of communities against the radiations which may be expected to result from the increasing use of atomic power in industry. There is also a need for the collection and distribution of information on a variety of medical and health problems arising from the use of atomic energy, the establishment of international standards and codes of practice, and the stimulation and coordination of research.

These various new developments must however be seen in their proper perspective within the context of WHO's long-term programme. Dr. Candau draws attention to the substantial success achieved during the year in 3 categories of programmes of fundamental importance: the fight against communicable diseases, the strengthening of national health services, and the raising of standards of education and training for all types of health personnel.

Progress was also recorded in such aspects of WHO's permanent world-wide services as the collection and distribution of epidemiological information, the improvement of vital and health statistics, and the establishment of international standards for drugs and other therapeutic substances. The International Sanitary Regulations, which in 1955 concluded their third year of operation, have now become the health charter for international travel for the greater part of the world.

In the body of the Report, these and many other subjects are

dealt with in more detail, and there are separate descriptions of work performed in each of the 6 WHO regions: Africa, the Americas, South-East Asia, Europe, Eastern Mediterranean and the Western Pacific. The special needs and conditions of each region are explained and are illustrated by descriptions of selected projects.

The extent and variety of the Organization's work are shown in the detailed list of some 370 projects given as Part IV of the Report and occupying over a hundred pages.

Sixteen pages of photographs give local colour and human reality to the work described in the narrative, and a number of annexes contain statistical and tabular information required by the official bodies—the World Health Assembly and the Economic and Social Council of the United Nations—to which the Report is addressed.

A COMPENDIUM OF THERAPEUTIC PREPARATIONS

The Compend. Compiled by W. Hetherington, F.P.S. Pp. 669. Bristol: John Wright & Sons Ltd. 1955.

Contents: Monographs. Approved Names. International Units and Standard Values. Guide to Monographs. Therapeutic Index. Names and Addresses, Etc., of Manufacturers and Distributors. Appendix. Index of Advertisers.

This is a useful reference book for the prescribing practitioner who is bewildered at times by the (literally) thousands of names of ethical preparations which come to his notice. The monographs, which cover 580 pages, are arranged alphabetically and reference is easy while the information given is adequate.

Long-suffering practitioners will welcome this handy reference book, which also contains a useful therapeutic guide related to proprietary preparations and much general information on the subject as indicated by the index above.

A.H.T.

JOINT FAO/WHO EXPERT COMMITTEE ON MEAT HYGIENE

Joint FAO/WHO Expert Committee on Meat Hygiene. First Report. World Health Organization: Technical Report Series 1955, No. 99, 52 pages. Price: 3s. 6d., \$0.60, or Sw. fr. 2.—Also available in French and Spanish. Local sales agent: Van Schaik's Bookstore (Pty.) Ltd., P.O. Box 724, Pretoria.

Contents: Introduction. 1. Scope of the problem. 2. Public health and economic importance. 3. The principles and objectives of meat hygiene in relation to the quality and standards required by the consumer. 4. Meatborne diseases. 5. Reporting and investigation of food poisoning. 6. The abattoir. 7. Meat inspection. 8. Laboratory services in meat hygiene. 9. Laboratory methods. 10. Hygiene of meat handlers. 11. Transport of meat. 12. Sanitation of retail shops and restaurant kitchens. 13. Education and training of meat inspectors. 14. Problems requiring investigation. 15. Public support for improved meat hygiene. Annexes.

The present world scarcity of protein foodstuffs makes it necessary to conserve and utilize meat supplies to the fullest possible extent. In addition to the nutritional aspect of meat hygiene, there is a health problem; even in countries with a relatively high standard of hygiene, more than half of the outbreaks of epidemics of foodborne diseases are caused by meat, particularly processed meat.

In this report of an FAO/WHO expert committee composed of public-health experts, and veterinarians, certain fundamental principles in meat hygiene are set forth and recommendations are made which are valid for both economically developed and less-advanced countries.

Ways of improving the construction, management, and use of abattoirs are considered from the standpoint of reducing the risk of contamination and facilitating the detection of parasitic infestations and diseases of the animals. All operations which are carried out in abattoirs, including slaughtering and dressing, should be subject to control by a meat-inspection service, and the report describes the techniques of ante- and post-mortem veterinary examinations, the conditions under which these examinations should be made, and the measures to be taken with regard to carcasses displaying the pathological signs which represent the most danger from the public-health point of view.

The role of the laboratory in meat hygiene is given special attention. Laboratory tests provide the surest basis of evaluation for suspect carcasses. They make it possible to exercise continuous control of the hygienic conditions of the abattoir and of the handling of the meat after it leaves the abattoir, and they are indispensable in the investigation of cases of poisoning or of epidemics caused by food.

The compulsory notification of cases of food poisoning and the epidemiological investigations which supply public-health authorities with information concerning the pathogenic agents most frequently responsible and the foodstuffs incriminated are the subject of one section of the report. Another deals with a topic of particular interest to the directors of veterinary schools and the heads of meat inspection services: the education and professional training of inspectors, both veterinarian and non-veterinarian.

To illustrate or to give more detailed information concerning certain recommendations made by the Committee, the text of the report is followed by several annexes, in which are included plans for abattoirs, instructions concerning meat inspection, descriptions of laboratory tests, a specimen form to be used in investigations of epidemic outbreaks of food poisoning, and a selection of publications on meat hygiene.

JOINT FAO/WHO EXPERT COMMITTEE ON NUTRITION

Joint FAO/WHO Expert Committee on Nutrition. Fourth Report. Pp. 58. 3s. 6d. Geneva: World Health Organization. 1955.

Contents: 1. Introduction. 2. Programmes of FAO and WHO. 3. Requirements for Calories. 4. Requirements for Protein. 5. Protein-Rich Foods for Feeding Infants and Children. 6. Enrichment of Dried Skimmed Milk with Vitamins A and D. 7. Additives to Food. 8. Education and Training in Nutrition. 9. Pellagra. 10. Endemic Goitre. 11. Nutrition and Degenerative Diseases. 12. Anthropometry Applied to Nutrition. 13. Assessment of Nutritional Status. 14. Nutritional Aspects of the Welfare of the Aged. Annex.

Nutrition, one of the basic health problems in many countries, has been the object of considerable action on the part of two of the United Nations specialized agencies—the Food and Agriculture Organization (FAO) and the World Health Organization (WHO). In this report of the Joint FAO/WHO Expert Committee on Nutrition, a summary description of the principal nutritional needs in various parts of the world and an account of internationally aided efforts to meet these needs are given, within the framework of a review and evaluation of the relevant programmes of the two organizations.

Attention is then turned to specific problems in nutrition, among them the revision of the 1950 FAO report on caloric requirements, which has served as a guide for studies in a number of countries; the education and training of nutrition workers; anthropometry in the assessment of nutritional status; endemic goitre; food additives; and problems of diet and health, including deficiency diseases.

Protein malnutrition and its solution through the provision of greater supplies of protein-rich foods for the more vulnerable population-groups—pregnant and nursing women, infants, and children—are given particular consideration. It is suggested that there is need, in certain regions, to develop foods which utilize good sources of protein other than milk.

The enrichment of dried skimmed-milk with vitamins A and D is discussed. Milk in this form is coming into increasing use, and has been found valuable as a source of easily-assimilated animal protein in supplementary and emergency feeding programmes. However, the skimming process removes vitamin A. Provided technical difficulties can be solved, the addition of vitamins A and D to dried milk for use in nutrition programmes in areas in which deficiency of these vitamins is prevalent could do much to increase the value of this 'surplus' food.

Pellagra is another subject which is discussed. It is emphasized that the information available on pellagra needs to be assembled and published in order to call attention to the disease as a public-health problem and to stimulate research and control efforts.

Of considerable interest is a section of the report devoted to the relationship between diet and the development of degenerative diseases not generally suspected to be nutritional in origin. There is evidence to suggest, for example, that degenerative heart-disease, which is the most frequent cause of death in many countries, may be due in part to habitual diet, particularly to high-fat diets. This is a subject which warrants internationally coordinated investigation.

Another problem of increasing importance which is considered in the report is that of the addition of non-nutritive substances to food—colouring matters, flavouring and sweetening agents, preservatives, and other additives, the number of which is growing and the nature of which varies greatly from country to country. While many such substances are innocuous, others may be detri-

mental to health. International study of this problem, with the object of laying down acceptable, broad, general principles for the use of food additives, is proposed.

An annex to the report outlines methods and content of education in nutrition, which is an essential part of any effort to improve habitual diet.

EYE, EAR, NOSE AND THROAT

The Year Book of the Eye, Ear, Nose and Throat (1955-1956 Year Book Series.) Edited by Derrick Vail, B.A., M.D., D.Oph. (Oxon), F.A.C.S., F.R.C.S. (Hon.), and John R. Lindsay, M.D. Pp. 471. \$6.50. Chicago: The Year Book Publishers, Inc. 1956.

Contents: The Eye. The Orbit and Adnexa. The Conjunctiva and Cornea. The Uvea. Refraction and Motility. The Lens and Cataract. Neurology and Visual Fields. The Retina. Glaucoma. Surgery. Therapy. Miscellaneous. The Ear. Vestibular Function and Vertigo. Hearing and Hearing Tests. Tubal Function and Inflammatory Ear Disease. Otitis Media. Fenestration and Stapes Mobilization. Miscellaneous. The Nose and Throat. The nose and Sinuses. The Mouth Oropharynx and Nasopharynx. The Salivary Glands. The Hypopharynx, Larynx and Neck. Tracheotomy. The Trachea and Bronchi. The Esophagus. Allergy. Miscellaneous.

The latest edition of this well-known series has been produced on similar lines to past editions and contains abstracts from journals received between October 1954 and September 1955. Its perusal allows one to obtain a bird's eye view of recent work done in the western world. Condensation, of course, makes it difficult for one to grasp the technique of new procedures, such as tympanoplasty, but the scope of the work is nevertheless very wide. As is usual in a work of this kind the editors do not intrude their own views, but where occasion demands it their comments on individual abstracts are often helpful in giving the reader a more balanced impression of a particular subject.

From the otologist's viewpoint it is interesting to observe the increase in articles on mobilization of the stapes as opposed to fenestration. While there will probably always be a place for the latter operation the comparative simplicity of the first procedure makes it an attractive proposition.

The development of methods of plastic repair of defects of the middle ear has great promise and offers the possibility of permanently improved hearing to the largest group of the deaf.

An adequate index and an index to authors make this a very useful reference work indeed.

W.F. D-C.

NEUROLOGY, PSYCHIATRY AND NEURO-SURGERY

Year Book of Neurology, Psychiatry and Neuro-surgery—1955-1956 Series. Edited by Roland P. Mackay, M.D., S. Bernard Wortis, M.D., Percival Bailey, M.D. and Oscar Sugar, M.D. Pp. 576. \$7.00. Chicago: Year Book Publishers, Inc. 1946.

Contents: Neurology: Introduction. Anatomy. Physiology. Pathology. Infectious Diseases: Meningitis. Encephalomyelitis. Poliomyelitis. Vascular Disturbances. Degenerative Diseases: Motor System Diseases. Multiple Sclerosis. Spinocerebellar Degeneration. Cerebral Palsies of Childhood. Myasthenia Gravis. The Myopathies. Miscellaneous. Metabolic Disorders. Trauma. Convulsive Disorders. Exogenous Toxins. The Neuropathies. Diagnostic and Therapeutic Methods. Psychiatry: Introduction. General Topics. Psychodynamic Studies. Psychosocial Medicine (Social Psychiatric Subjects). Suicide. Psychophysiological Studies. Electroencephalographic Studies. Experimental Psychiatry. Organic Disorders. Acute and Chronic. Paroxysmal Convulsive Disorders. Schizophrenia and Affective Disorders. Miscellaneous Clinical Syndromes. Mental Deficiency. Psychosomatic Disorders and Psychoneuroses. War and Military Neuropsychiatry. Medicolegal Psychiatry. Therapy: General Problems and Evaluation of Therapy. Electroconvulsive Therapy. Insulin Therapy. Carbon Dioxide Therapy. New Drugs. Rhythmic Sensory Stimulation. Neurosurgery. Neurosurgery: Introduction. Haemorrhage. Tumours. Lobotomy. The Hypophysis. Epilepsy. Trigeminal Neuralgia. The Sympathetic. Herniated Disks. Stereotaxy. Radioactivity. Anaesthesia. Dyskinesia. Vascular Lesions. Angiography. Hemispherectomy. Infections. Injuries. Hydrocephalus. Miscellaneous.

Each section of this book contains an introduction in which the outstanding events of the previous year in the fields of Neurology, Psychiatry and Neuro-surgery are discussed and, as far as possible put into clinical perspective; e.g. the development of an effective vaccine against acute anterior poliomyelitis, work on to so-called tranquilizing drugs, the eager study of convulsive disorders, the broadening of the field of experimental psychiatry, and a critical evaluation of the place of leucotomy in the treatment of mental disorder. The rest of the book includes short summaries of recent

publications as well as a list of the more interesting recent psychiatric and neurological publications.

Like its predecessors, this volume should be on the shelves of every practitioner in the fields of Neurology, Psychiatry and Neuro-surgery.

A.P.B.

UROLOGY

Year Book of Urology: 1955-1946 Series. Edited by William Wallace Scott, M.D., Ph.D. Pp. 398. Figures 82. \$6.50. Chicago: The Year Book Publishers Inc. 1956.

Contents: The Tenth Congress of the International Society of Urology. General Considerations: Infections, Including Gonorrhoea. Calculi. Anesthesia. Urography, Instruments and Appliances. Miscellaneous. The Kidney: Anomalies. Tumours. Trauma. Renal Failure. Nephritis and Nephrosis. Hypertension. Physiology. Transplantation. Hydronephrosis. Surgical Technic. Miscellaneous. The Adrenals: Cushing's Syndrome, Adrenogenital Syndrome and Cortical Tumours. Medullary Tumours. Adrenalectomy for Hypertension and Cancer. Miscellaneous. The Ureter: Anomalies. Calculi. Ureterointestinal Anastomosis. Miscellaneous. The Bladder: Micturition. Surgical Technic. Miscellaneous. The Prostate: Choice of Operation. Prostatitis. Prostatectomy. Carcinoma. The Genitalia: Penis. Urethra. Epispadias and Hypospadias. Testis Tumours. Scrotal Swellings. Cryptorchism. Fertility and Sterility. Miscellaneous.

One has come to look forward to this yearly production, and this issue is as fresh and helpful as its predecessors. The previous high standard is steadily maintained. Personally I regard the Year Book of Urology, the only one I read—as of inestimable value. It gives a concise and accurate record of urological writing extracted from all the important medical journals. The extracts are in sufficient detail to save reading the original article and all necessary illustrations are reproduced. The greatest value of the Year Book undoubtedly lies in the reputation of the editor. Here we have the skilled urologist and experienced student who sorts the wheat from the chaff and frequently provides his personal opinion in a small and valuable footnote.

This book is essentially for urologists and surgeons who do urological surgery. The complete index of both subject-matter and authors make it a valuable reference for the enquiring practitioner and student.

P.J.M.R.

ATLAS OF ANATOMY

Standard Atlas of Human Anatomy—1 Set—(Volumes I & II). By M. W. Woerdeman, M.D., D.Sc. hon. causa (Oxon.). Volume I, 512 Figures, Volume II, 642 Figures. £4 0s. 0d. Amsterdam: Butterworth & Co. (Publishers) Ltd. 1955.

Contents Volume I: Osteology (Systema Sceleti). Articulations (Iuncturae Ossium). Musculature (Systema Musculorum). Index. *Contents Volume II:* Splanchnology: Digestive System (Tractus digestivus). Peritoneum and Spleen. Respiratory System (Tractus respiratorius). Pleurae. Thyreoid, Parathyreoid and Thymus Glands. Urogenital System (Tractus urogenitalis). Suprarenal and Mammary Glands. Angiology: Cardiovascular System (Systema cardiovasculare) (Heart, Pericardium and Blood-vessels). Lymphatic System (Systema Lymphaticum) (Lymphatic Vessels and Lymph-nodes). Nervous System: Central Nervous System (Systema nervosum centrale), Hypophysis cerebri and Meninges. Peripheral Nervous System (Systema nervosum periphericum). Organs of Sense: The Eye (Organ visus) and Accessory Organs. The Auditory and Static Organs (Organon auditus et staticum). Gustatory Organ (Organon gustatorium.) Olfactory Organ (Organon olfactorium). Skin (Integumentum commune). Index.

The second edition was printed only for the USA and the appearance of a third only 7 years after the first indicates the general acceptance of this type of anatomical atlas. There are many excellent atlases available today, each with its own distinctive features. There are pros and cons as regards the use of highly-coloured plates, and Professor Woerdeman prefers uncoloured ones, for he believes they train the power of observation. However, he himself resorts to the use of colour in quite a number of plates. The figures are drawn from dissections, of which there are many unusual views emphasizing various relationships.

In the osteology section great attention has been paid to the fibrous structure of ligaments, fasciae and muscles and one section is devoted to illustrating the direction of action of the muscles. It is a pity that some bones used for illustration exhibit osteoarthritic changes and excessive bone deposition on the ridges normally produced at the attachment of certain muscles (e.g. plates 65 and 66).

It is gratifying to find a detailed section on the lymph glands

and ducts. A defect observed by the reviewer is that the axillary lymph glands are placed superficial to the deep fascia. The reviewer finds it difficult to understand why in an atlas of human anatomy, there appear two plates (300 and 301) showing casts of the cavities of the heart of a pig. There is no accompanying note explaining any differences from or similarities to the human heart.

The section on the nervous system appeals most to the reviewer,

although generally, irrespective of the above minor criticisms, all the sections are thoroughly dealt with.

The B.N.A. nomenclature is taught in a more anglicized version in South Africa, so that the strictly Latin terminology in this atlas may appeal less to medical students here. However, as an adjunct to the study of anatomy, this atlas is well worth the price.

R.S.