

SURGERY OF THE INTESTINES

A Handbook of Operative Surgery. Surgery of the Small and Large Intestine. By Charles W. Mayo, M.D. Pp. 340 with 94 plates. \$9.00. Chicago: Year Book Publishers, Inc. 1955.

Contents: 1. Diet. 2. Surgical Instruments. 3. Incisions. 4. Blood supply and Lymphatic Drainage of the Small Intestine. 5. The Duodenum. 6. The Jejunum. 7. The Ileum. 8. Obstruction in the Small Intestine. 9. Surgical Considerations of the Vascular System. 10. Preoperative Preparation. 11. Postoperative Care. 12. Benign Lesions: Surgical Treatment. 13. Malignant Lesions: Surgical Treatment. 14. Colostomy: Surgical Technics. 15. Intestinal Anastomosis: Surgical Technics. 16. Congenital Malformations of the Rectum and Anus. 17. Prolapse of the Rectum. 18. Anal Surgical Technics. Index.

This book, by the Professor of Surgery, University of Minnesota, deals purely with surgery of the intestines including the rectum. It does not cover the oesophagus, the stomach or the biliary tract, or the surgery of abdominal hernia. The obvious intention, as stated in the preface, is to present concise descriptions and illustrations of the more common procedures pertaining to this field of surgery. The book deals almost entirely with surgical technique. The illustrations are numerous, semi-diagrammatic but of good quality, and integrated with the text; the description of technique is in the form of numbered paragraphs with the illustrations applicable to each paragraph correspondingly numbered. This arrangement is very convenient in that the text and the corresponding illustrations are always on facing pages.

The techniques described are, on the whole, standard procedures, but in several respects it is interesting to note how they differ from current practice in South Africa and England. It is doubtful if the established surgeon or the surgical trainee will find this book much to his liking for, in trying to be concise, the author has sacrificed detail. For the undergraduate, on the other hand, its scope is unnecessarily wide.

J.M.H.

PHYSIOLOGY

A Textbook of Physiology. Edited by John F. Fulton, M.D. Seventeenth Edition. Pp. 1275+xlii, with 600 illustrations. \$13.50. Philadelphia & London: W.B. Saunders Company. 1955.

Contents: 1. An Introduction to the Study of Nervous Tissue. 2. The Nerve Membrane, Excitation, and Impulse Conduction. 3. Nerve After-Potentials and Metabolism. 4. Special Physiology of Nerves and Tracts. 5. Special Properties of the Soma and Axon Endings. 6. Synaptic Mechanisms. 7. Principles of Spinal Reflex Activity. 8. Functional Activity of Muscle. 9. Energy Transformations in Muscle. 10. Acetylcholine and Energy Transformations in Nerve Cells. 11. The Human Spinal Cord: Spinal Injuries. 12. Decerebrate Rigidity and the Postural Reflexes: Medulla Oblongata and Reticular Formation. 13. Autonomic Nervous System: Peripheral Division. 14. Hypothalamus: Autonomic and Somatic Functions. 15. Limbic System: Autonomic and Somatic Functions. 16. Cerebral Cortex: Structure and Motor Functions. 17. Basal Ganglia and Cerebellum. 18. Somatic Sensation. 19. Neural Basis of Somatic Sensation. 20. Pathophysiology of Pain. 21. Taste, Olfaction, and Visceral Sensation. 22. Audition and the Auditory Pathways. 23. The Eye as an Optical Instrument. 24. Vision. 25. Binocular Vision and Central Visual Pathways. 26. Association Areas and the Cerebral Cortex in General. 27. General Properties of Blood: The Formed Elements. 28. Physical Chemistry of Blood. 29. Coagulation of Blood. 30. The Capillaries and the Lymphatics. 31. Hemodynamics. 32. Mechanical Events of the

Cardiac Cycle. 33. Electrical Correlates of the Cardiac Cycle. 34. Cardiac Output: Regulation and Estimation. 35. Nutrition of the Heart. 36. The Pressure Gradient in the Vascular System: Its Establishment and Estimation. 37. The pulse. 38. Vasomotor Regulation. 39. Circulation through Special Regions. 40. Anatomy and Physics of Respiration. 41. Gas Exchange and Transportation. 42. The Neurogenesis of Respiration. 43. Regulation of Respiration. 44. Physiology of Body Fluids. 45. The Kidney. 46. The Urinary Bladder. 47. Cerebrospinal Fluid. 48. General Functions of the Digestive System. 49. The Mouth and Esophagus. 50. The Stomach. 51. The Small Intestine. 52. The Large Intestine. 53. Energy Exchange. 54. Intermediary Metabolism. 55. Nutrition. 56. Regulation of Energy Exchange. 57. The Hormones. 58. The Hypophysis. 59. The Pancreas. 60. The Adrenals. 61. The Thyroid Gland. 62. The Parathyroid Glands. 63. Reproduction in the Female. 64. Reproduction in the Male. Index.

The seventeenth edition of this justly popular book maintains the high standard set by its predecessors. It has been brought well up-to-date and there are a number of new contributors, including Helen Payling Wright, who describes the general properties of blood and its formed elements, Rosemary Biggs, who presents current views on blood coagulation and its disorders, W. D. Blake who is responsible for the section on body fluids and kidney function, and I. R. Forbes, who writes one of the chapters on reproduction. As a result of judicious editing the new edition is no larger than its immediate predecessors.

Recent work on the nervous impulse and on synaptic transmission is well presented and, in the section on the central nervous system, a whole chapter is now devoted to the hypothalamus and another to the rest of the limbic system. A disproportionate amount of space is devoted to the nervous system and special senses (503 out of 1252 pages of text) but, in spite of this, there are no serious gaps in other sections of the work. Throughout the book emphasis is laid on the clinical applications of recent discoveries in physiology.

As in previous editions each chapter ends with a useful list of references to recent work, in some cases as recent as 1954.

It is hardly necessary to recommend such a well-established general text-book. While, in the reviewer's opinion, it is rather large and too advanced for a first text-book of physiology, Fulton will continue to be popular with advanced students, postgraduates, and professional physiologists. The physician or surgeon who wishes to bring his knowledge of physiology up to date, should read this book.

A.W.S.

GYNÆCOLOGY

Gynaecology. By Douglas H. MacLeod, M. S. (Lond.), F.R.C.P. (Lond.), F.R.C.S. (Eng.), F.R.C.O.G. and Charles D. Read, M.B. (N.Z.), F.R.C.S. (Eng. & Ed.), F.R.A.C.S., F.R.C.O.G. Fifth Edition. Pp. 864+xii with 551 illustrations. 80s. London: J. & A. Churchill Ltd. 1955.

Contents: 1. The Anatomy and Development of the Female Genital Organs. 2. Physiology. 3. Methods of Examination. 4. Disorders of Development. 5. Disorders of Function: Menstruation. 6. Disorders of Function: Conception. 7. Disorders of Function: Extra-Uterine Gestation. 8. Infections of the Female Pelvic Organs. 9. Diseases of the Vulva and Perineum. 10. Diseases of the Vagina. 11. Diseases of the Uterus. 12. Endometrial Hyperplasia—Uterine Polypi. 13. Fibromyomata of the Uterus. 14. Endometriosis. 15. Carcinoma of the Uterus. 16. Carcinoma of the Uterus: Cancer of the Cervix. 17. Carcinoma of the Uterus:

Carcinoma of the Corpus Uteri. 18. Chorionepithelioma. 19. Sarcoma of the Uterus. 20. Injuries to the Uterus. 21. Inversion of the Uterus. 22. Displacements of the Uterus. 23. Prolapse of the Pelvic Organs. 24. Tubal Cysts and Cysts of the Broad Ligament. 25. Inflammation of the Fallopian Tube and of the Ovary. 26. Tumours of the Fallopian Tube. 27. Tumours of the Ovary. 28. Tumours of the Ovary: True Neoplasms of the Ovary. 29. Tumours of the Ovary: Carcinoma of the Ovary. 30. Connective-Tissue of the Ovary. 31. Tumours of the Ovary: Teratoma and Complex Tumours. 32. Tumours of the Ovary: Functioning Tumours. 33. Complications of the Ovarian Tumours. 34. Clinical Features of Ovarian Tumours. 35. Gynaecological Diagnosis and Treatment. 36. General Considerations of the Technique of Gynaecological Operations. 37. Abdominal Operations. 38. Vaginal and Vulvar Operations. 39. The After-Treatment of Gynaecological Operations. Index.

McLeod and Read must be congratulated on the fifth edition of their book. In the 20 years that have elapsed since the previous edition great strides have been made in every field of medicine. Despite this the layout of the book is virtually set by Eden & Lockyer. A valuable innovation is the inclusion of references as a 'Guide to further reading' at the end of each Chapter.

The first chapter, on Anatomy and Development, has been completely rewritten and the old illustrations replaced by line drawings which are most effective in supplementing the text. The section on embryology is particularly well written and easy to follow.

Welcome additions to methods of examination are the colposcope and details of the technique of taking vaginal smears and cervical scrapings.

A better understanding of endocrinology has necessitated the rewriting of the chapters on Physiology and Disorders of Function. While space does not permit discussion of some of the finer details of the subject the broad outlines are boldly sketched in. Excellent photographs illustrate the conditions mentioned in the text. The section on infertility deserves special mention and will be of great assistance to anybody faced with this only too frequent problem.

The development of antibiotics has revolutionized the treatment of infections. The descriptions of their symptoms and clinical course, however, still holds good although the severe advanced case is now seldom encountered.

Carcinoma of the cervix presents interesting features. On the one hand the value of smears in the diagnosis of pre-clinical cancer is now established. On the other hand, owing to the development of antibiotics and a better understanding of the metabolic response to surgery, more extensive operations can be performed than ever before. It is interesting to note that the authors consider surgery to be the treatment of choice in stage-I and stage-II cases.

In cancer of the body, while surgery remains the treatment of choice, it is noted that the cure rate is substantially improved by the use of pre-operative intra-uterine irradiation or X-ray therapy.

In the surgical section the common gynaecological operations are described and illustrated. Some of the less commonly performed operations described in earlier text-books have been omitted. The importance is stressed of performing total rather than a subtotal hysterectomy.

The section on post-operative management and complications has not been brought fully up-to-date. Fowler's position is still advocated post-operatively and prostigmine recommended for patients with paralytic ileus.

This book gives a comprehensive review of the present state of gynaecology and will be found to be invaluable to students, general practitioners and specialists.

D.M.

EXPOSURE TO COLD

Man in a Cold Environment. Physiological and Pathological Effects of Exposure to Low Temperatures. By Alan C. Burton, Ph.D., and Otto G. Edholme, M.B. B.S. Pp. 273+xiv with 75 illustrations. 30s. London: Edward Arnold (Publishers) Ltd. 1955.

Contents: 1. Homeothermy and History. 2. The Problem of the Homeotherm, the Heat-balance and Physical Laws. 3. The Thermal Insulation of the Air. The Thermal Insulation of the Clothing or Fur. 5. The Thermal Insulation of the Tissues of the Body. 6. The Possibilities of Maintaining a Thermal Steady State in the Cold, and how Arctic Animals do so. 7. The Estimation of the Thermal Demand of the Environment. 8. Vascular Reactions to Cold. 9. The Metabolic Response to Cold. 10. Acclimatization to Cold. 11. Hypothermia and Resuscitation. 12. Local Cold Injury. 13. Problems for Future Research. Index.

This book is the second of the new series of monographs being published by the Physiological Society. It deals with the physiological problems associated with life in a cold environment and with the pathological results of failure to maintain the body temperature in such an environment. Much of the work described was performed during the second world war and has previously been published only in special military reports.

The physics of heat transfer from the 'core' of the body to the skin and thence to the environment is explained and correlated with the physiological factors which influence the rate of heat loss from the body. The 'clo' unit for the thermal insulation of clothing is defined and its application illustrated. Experiments are described which demonstrate the metabolic response of man and other animals to a cold environment, and the question of human acclimatization to cold is discussed at length. The effects of hypothermia are described as are those of local injury due to cold; the appropriate treatment for each of these conditions is detailed.

Although the book is on a highly specialized subject it is written from the point of view of the general physiologist, physician, or surgeon, whose work falls into this field. The book is well presented, readable, and singularly free from errors. It may be recommended with confidence as an authoritative review of the subject.

A.W.S.

THE PTERIDINES

Ciba Foundation Symposium on Chemistry and Biology of Pteridines. Edited by G. E. W. Wolstenholme, O.B.E., M.A., M.B., B.Ch., and Margaret P. Cameron, M.A., A.B.L.S. (Pp. 425 +xiv, with 143 illustrations and diagrams. 42s.) London: J. & A. Churchill Ltd. 1954.

Contents: 1. Ring-opening reactions of pteridines. 2. The alkylation of pteridines. 3. The reduction and reoxidation of some 8-substituted pteridines. 4. The mono-substituted pteridines. 5. Some aspects of the ultraviolet absorption spectra of the pteridines. 6. The use of o-aminotrioso compounds in the synthesis of pteridines and some analogous ring-systems. 7. Recent developments in pteridine synthesis. 8. Chromatographic and electrophoretic studies of pteridines. 9. The constitution of urothione. 10. The pteridines of *Drosophila melanogaster*. 11. The constitution of fluoresceyanine. 12. New observations on fluoresceyanine. 13. New observations on fluoresceyanine B. 14. Sulphonamide derivatives of pteridines. 15. Some dipyrimidopyrazines. 16. Structural studies on pyrimidopyridines—the structure of 'bisalloxazine' and 'diuracilpyridazine'. 17. Some unresolved problems. 18. Metabolic relations between p-aminobenzoic acid and folic acid in micro-organisms. 19. The function of folic acid in the biosynthesis of purine and pyrimidine derivatives. 20. The effects of folic acid analogues on the growth and cell division of micro-organisms. 21. Antimetabolic and antimicrobial properties of certain 2:4 diaminopyridines. 22. Derivatives of condensed pyrimidine systems as antimetabolites. 23. The biological activity of folic acid and certain substituted pteridines for *Tetrahymena*. 24. The yellow pigment of the argentine cells of the mammalian gastro-intestinal tract. 25. The mode of action of folic acid antagonists and the function of the *Leuconostoc citrovorum* factor. 26. The effects of folic acid antagonists on embryonic development. 27. Studies on pteridine metabolism. 28. Some aspects of disordered folic acid metabolism in man. 29. Occurrence of hepatic fibrosis in children with acute leukaemia treated with folic acid antagonists. Index.

The story of the pteridines started in the school days of Sir Frederick Gowland Hopkins, when he used to catch butterflies. One day he happened to put the wings of a butterfly in a spoon, put some water on them and heated them over the kitchen fire. To his amazement he saw the pigment streaming out into the water. This impressed him so much that when he had finished his medical training and had become a young doctor at Guy's Hospital in 1889 his first scientific investigation was concerned with the pigment in the wings of butterflies. Later work in 1896 led him to the conclusion that the pigment was a derivative of uric acid.

Some 40 years later Wieland and Purmann of the Munich school of organic chemists showed that the pigment was not a purine but a related substance of a group hitherto unknown. This group is now called the pteridines. The work on the chemistry of these substances might have remained of academic interest had it not been for the discovery in 1945 that a vitamin first found in green leaves but later shown to have a widespread distribution is a pteridine compound. This vitamin is folic acid and it occurs in the form of several modifications of the same basic structure known as pteroyl-glutamic acid.

Part I of this book is a reflection of the tremendous strides that pteridine chemistry has made in the last 15 years. It can be understood and appreciated only by those who possess an advanced knowledge of organic chemistry.

Part II makes easier reading and the last two chapters especially, will appeal to readers of this *Journal*.

Investigation of such problems as the function of folic acid in the biosynthesis of the purines and the pyrimidines, the effects of folic acid antagonists on embryonic development and studies on cell growth show how important and fundamental the functions of the pteridines have become.

H.Z.

CEREBROVASCULAR DISEASE

Cerebrovascular Disease. By J. Peter Murphy, M.D. Pp. 408 with illustrations. \$12.00. Chicago: Year Book Publishers, Inc., 1954.

Contents: 1. Embryology of the Intracranial Vessels. 2. Anatomy of the Arteries of the Brain. 3. The Veins and Dural Venous Sinuses. 4. Nerve Supply of the Intracranial Vessels. 5. Physiology of the Intracranial Circulation. 6. The Acute Cerebrovascular Accident: Examination. 7. Cerebral Vasospasm. 8. Cerebral Thrombosis; Infarction. 9. Cerebral Embolism. 10. Cerebral Hemorrhage. 11. Subarachnoid Hemorrhage; Intracranial Aneurysm. 12. Vascular Tumors: Arteriovenous Malformations of the Brain. 13. Intracranial Venous Disease; Venous Sinus Disease. 14. Hypertensive Brain Disease. 15. Cerebral Arteriosclerosis. 16. Inflammatory and Collagenous Diseases. 17. Blood Dyscrasias; Vitamin Deficiencies; Poisons. 18. Headache. 19. General Management of the Patient. 20. Diagnostic Technics. 21. Therapeutic Technics.

Some few neuro-surgeons have written ably and well on subjects somewhat broader than the confines of their own very special techniques and this book on cerebrovascular disease by an American neuro-surgeon is an example of this. It is doubly welcome because it is not only a good book but also because it is so good to see very specialized surgeons mastering every conceivable aspect of their limited fields.

Cerebrovascular disease stands high on the classified list of diseases as regards both mortality and morbidity, and there is no doctor, be he general practitioner, physician, neurologist or neuro-surgeon, but has frequently to deal with these cases, so varying in type. All of them will find this book most useful, for it brings between a single cover a survey of every aspect of disease of the cerebral vessels, such as is otherwise only to be found scattered through many different volumes and monographs.

The opening chapters on the embryology, anatomy and physiology of the cerebral circulation are particularly good and the author has obviously made a very careful study of all the available literature and presents his facts succinctly yet completely. He is equally satisfactory in dealing with surgical conditions, such as intracranial aneurysms and other vascular anomalies. Some other conditions may not receive the same high standard of treatment, and this is especially so in the types of illness that seldom if ever come within the purview of the neuro-surgeon. It is misleading to state that the mortality from puerperal cerebral venous thrombosis is as high as 30 to 56%; the condition is commoner than is realized and the less severe cases with very good prognosis far outnumber the serious ones with poor prognosis. It is doubtful whether the inclusion of the meningo-encephalitides, collagen diseases etc. is necessary in a book of this sort; they are very superficially dealt with and are not really comprised in the term cerebrovascular disease.

The book can be thoroughly recommended despite these minor criticisms and should be of great use to the majority of active practitioners.

S.B.

CHILDBIRTH WITHOUT FEAR

Childbirth Without Fear. By Grantly Dick Read, M.A., M.D. Third Edition. (Pp. 243+xii. 10s 6d.). London: William Heinemann, 1954.

Contents: 1. The Science of Obstetrics. 2. A Philosophy of Childbirth. 3. Anatomy and Physiology. 4. The Pain of Labour. 5. Factors Predisposing to Low Threshold of Pain Interpretation. 6. Fear. 7. Imagery and the Conditioning of the Mind. 8. The Fear of Childbirth Part I, II and III. 9. Diet in Pregnancy. 10. The Phenomena of Labour. 11. The Relief of Pain in Labour. 12. Hypnosis in Childbirth as a Means of Pain Relief. 13. The Conduct of Labour. 14. Breast-Feeding. 15. The Husband and Childbirth. 16. Antenatal Procedures. 17. In Conclusion. Index.

First published in 1942 as 'Revelation of Childbirth', this book has enjoyed ever-increasing popularity and earned its author world-wide renown.

In preparing this edition large sections have been completely re-written and much new material added. The main theme, however, remains unchanged, viz. that with adequate preparation and management childbirth can be relatively, if not actually painless in 96% of cases.

The author maintains that pain in labour arises from excessive uterine neuro-muscular tension, initiated or aggravated by fear—the 'fear-tension-pain syndrome'. To abolish fear and promote confidence he evolved a scheme of antenatal education which includes supervised physical relaxation and exercises, constant reassurance, and elementary instruction in the physiology of

childbirth. His methods, now widely and often successfully practised, demand conscientious and time-consuming effort if the excellent results he claims are to be equalled.

Special features of this edition are chapters on 'the husband and childbirth' and on breast-feeding, and photographs to indicate postures assumed during relaxation, antenatal exercises and labour.

Although the efficacy of his technique is not doubted, some of Dr. Read's opinions and premises invite serious criticism on academic grounds. Furthermore, he often appears overenthusiastic and, while dramatic, even lyrical, portrayal of situations is permissible in a 'medical' book intended primarily for laymen, scornful and patronizing reference to 'unenlightened' colleagues is surely bad taste and unworthy of a doctor. One must concede, however, that by his tireless efforts to dispel the traditional fear of childbirth and secure a better understanding of the emotions of the expectant mother the author has rendered humanity a service of which he may rightly be proud.

This book should prove helpful to all closely concerned with childbirth, and the author's remarkable insight into feminine psychology assures it of an even wider appeal.

D.R.M.

FOOD AND FEED RESOURCES

A Survey of the Food and Feed Resources of the Union of South Africa. By G. van de Wall, M.Sc. Agric. (Pret.) and E. D. Alford, Jr., M.Sc. Agric. (Pret.). Pp. 312+xiv, with figures. Pretoria: J. L. van Schaik, Ltd. 1954.

Contents: Part I. The Nutritional Background of the Animal Industry and the Contribution of the Industry to Human Food Requirements. Section I. 1. Introduction. 2. General Methods of Approach. Section II. The Resources Available for the Nutrition of Animals. 1. Natural Veld. 2. Supplementary Feeds. 3. A Comparison of Veld and Supplementary Feeds. 4. Summary. Section III. The Livestock Population. 1. Numbers and Trends. 2. Maintenance Requirements of Grazing Stock. 3. Requirements for the Production of Pastoral Foodstuffs. 4. Regional Study, 1945-46. 5. Summary. Section IV. The Production of Foods of Animal Origin Used for Consumption by Humans. 1. Meat. 2. Dairy Products. 3. Fish. 4. Eggs. 5. Summary. Section V. General Discussion and Conclusions. 1. Discussion. 2. Summary and Conclusions. 3. Literature Cited.

Part II. The Production and Consumption of Primary and Secondary Foodstuffs for Human Consumption. Section I. 1. Introduction. 2. The Problem and the Plan. Section II. The Production of the Primary Foodstuffs. 1. Grains and Derivative Products. 2. The Vegetable Crops. 3. The Saccharine Materials. 4. The Fruit Crops. 5. Summary and Conclusion. Section III. The Utilization of the Primary and Secondary Foodstuffs for Human Consumption in the Union. 1. The Utilization of Grains and their Derivative Products. 2. The Utilization of the Vegetable Crops. 3. The Saccharine Materials. 4. Fruits. 5. The Imports and Exports of Miscellaneous Primary and Manufactured Foodstuffs. 6. Summary. Section IV. The Conversion from Production Units into Nutritional Units of all Primary and Secondary Foodstuffs used for Human Nutrition. 1. The Conversion Factors. 2. The Contribution by the Various Categories to the Total Nutrition. 3. Summary. Section V. General Discussions and Summary. 1. Population Growth and Trends. 2. Human Food Requirements as Compared with Total Available Food. 3. Conclusions and Recommendations. 4. Deficiencies in the Statistics. 5. General Summary. 6. Literature.

This is the first attempt to investigate in detail the food resources of South Africa, and thus represents work of a pioneering nature that must have required much patience and hard work. Carefully planned, fully documented, and illustrated by means of numerous tables, graphs and maps, this study should serve as a mine of authentic information for the growing number of students who are concerned about the future of a country where food production is beset by many difficulties, where soil erosion is widespread, and where it is believed the population will have doubled before 1990. The authors make a particularly valuable attempt to estimate the food-production contribution made by our veld, both in animal products and food crops, and then proceed to determine the total amounts of protein, carbohydrates and fats, and hence calories, available to the present population and to consider their adequacy when judged by the standards set up by the National Nutrition Council. In their conclusions the authors point out that the total consumption of food in this country has been increasing at a considerably faster rate than its production, 'indicating the possibility of a serious shortage of internal food supplies in the near future'. We may compare this statement with the opinion of the Department of Agriculture that our food production now requires to be increased at the rate of some 20% every 10 years. The writers are highly critical of the low average efficiency of production and remark that 'compared with other countries South Africa is at best only a third-class agricultural country.' Since they agree that the possibility of expanding the area under arable farming is limited they are convinced that it is in this improvement in agricultural efficiency

that the hope for the future lies. If, however, our natural resources were better used, they believe that we could remain nutritionally self-sufficient, even when the population has doubled. It is a pity that there is no index, but the publishers are to be congratulated on the excellence of their work.

F.W.F.

World Population and World Food Supplies. By Sir E. John Russell, D.Sc., F.R.S. Pp. 513, with 45 illustrations. 50s. London: George Allen & Unwin Ltd. 1954.

Contents: 1. The Problem: Feeding the World's Population. 2. The United Kingdom. 3. Methods of Increasing Food Production. 4. Northern Europe's Intensive Producers: The Netherlands, Denmark, Sweden, Finland. 5. France: the Peasant Producers of the Mediterranean Lands; Spain, Portugal, Italy, Israel, Egypt. 6. Africa's Southern Regions: the White Man's Farming. 7. Africa: The Central Regions: Eastern Group; African Peasant and European Farming. 8. Africa: the Central Regions: Western Group; African Peasant Farming. 9. Asia, India and Pakistan: Problems of Growing Population. 10. Asia, China, Japan, Indonesia and the Rice Exporting Countries. 11. The Food Exporters: (1) The United States, Canada. 12. The Food Exporters: (2) Australia, New Zealand. 13. Potential Suppliers: the South American Countries. 14. Trends in Food Production. Index.

In 1948 Sir John Orr, as Director of F.A.O., remarked that the rising tide of population and the falling reservoir of land fertility were the biggest problem that mankind had to face. The issues involved have been widely debated since the end of the last war, with conclusions reaching from extreme pessimism to great optimism.

Putting such speculations aside, the writer of this remarkable book set out to study the facts as far as they can be ascertained for each of the main food-producing countries of the world, excluding Russia. This was a formidable task, but Russell was in an exceptionally good position to undertake it for, as Director of the Experimental Station at Rothamstead, he had studied soils and food production in most of the areas concerned. In the introduction he recalls that the present is the third occasion when the likelihood of a world shortage of food has been prophesied; the first being in the days of Malthus and the second in 1898, when Crookes delivered his sensational presidential address to the British Association.

Readers will naturally turn to the section which deals with Africa's Southern Regions, where 25 pages closely filled with facts and figures are devoted to the Union of South Africa; it is

stimulating to compare what he has to say here with the more detailed local study recently published by De Wall and Alvard.

The picture which finally emerges from this world-wide survey is described by the author as one of 'tempered optimism'. He reaches this view because of 3 main reasons: (a) the marked gap that exists between the present achievements of the average farmer and the best farmers, even in the most advanced countries, (b) the enormous disparity between the foregoing and the levels of food production that exist in those vast areas where agricultural conditions are still primitive, and (c) the completely unpredictable, but almost certainly great, possibilities for new scientific achievements in this field. But he is careful to insist that mere numbers will outstrip the food resources of the world unless, along with these developments a sound population policy is also developed.

F.W.F.

SEXUAL DIFFICULTIES IN MARRIAGE

Any Wife or Any Husband. A Book for Couples Who Have Met Sexual Difficulties And For Doctors. By Medica (Dr. Joan Graham). Second Edition. Pp. 144+xi. 10s. London: William Heinemann Medical Books Ltd. 1955.

Contents: 1. Present Day Sexual Problems. 2. Theoretical Considerations. 3. The Range of Sexual Capacity. 4. Common Disorders in Women. 5. Common Disorders in Men. 6. Common Sexual Problems. 7. Common Sexual Deviations. 8. Common Adaptations. 9. Treatments. Appendix. Bibliography. Index.

This book combines a frank and open discussion of sexual problems in married life, together with a brief psychiatric description of their origins.

The author has further subdivided her subject matter into problems peculiar to women, those peculiar to men, and those common to both sexes. She gives a bibliography for those desiring further references.

'Any Wife or Any Husband' is partly a guidance on sexual problems in marriage and partly a short text-book on common sexual disorders. The book reads well and should prove of value as a handbook for marriage counsellors and doctors. It is doubtful if it is sufficiently detailed for those interested in psychiatry—and conversely perhaps, too detailed for the average lay couple with sexual difficulties. It could, however, be recommended to suitable couples by their doctors.

P.W.