

REVIEWS OF BOOKS : BOEKRESENSIES

OBESITY

Obesity: Its Cause, Classification, and Care. By E. Philip Gelvin, M.D., F.A.C.P. and Thomas H. McGavack, M.D., F.A.C.P. Pp. xi + 146. \$3.50. New York: Hoeber-Harper. 1957.

Contents: Preface. 1. Definition and Clinical Features. 2. Adipose Tissue. 3. Intermediary Metabolism of Carbohydrates and Fats. 4. Lipogenesis and Fat Mobilization. 5. Classification of Obesity. 6. The Normal Regulation of Intake of Food. 7. Etiology: Hereditary, Psychological, Nervous and Dietary Factors. 8. Etiology: Metabolic Factors. 9. Etiology: Endocrine Factors. 10. Obesity in

Childhood. 11. Management: General Considerations. 12. Management: Increasing Energy Expenditure. 13. Management: Decreasing Energy Intake (Diet). 14. Management: Anorexigenic Agents. 15. Management: Endocrine Preparations. 16. Management: Miscellaneous Medications, Physiotherapy, Surgery. 17. Course and Follow-up. Bibliography. Index.

It was Hippocrates who said: 'Those who are constitutionally fat die young'. Since then the hazards of obesity have been amply shown by numerous statistical studies but the part played by constitutional factors in its development remains a controversial point.

In the first half of this monograph some of the current views on fat metabolism and the etiology of obesity are briefly set out. Unfortunately the authors have attempted to cover a great deal of material, and, in so doing, have sacrificed clarity for brevity. However, there is a full bibliography which should be of real assistance to any one interested in recent studies in this field.

It is obvious that the authors' own interests have been in the treatment of patients suffering from obesity. This aspect of the subject has been covered fully in the second half of the book. They present the results obtained in a large clinic over the last ten years and put forward a programme which is 'safe, effective and consistent with the principles of good nutrition, yet simple for the physician to prescribe and convenient for the patient to observe'. This section is well worth reading as it covers many aspects of routine care (including the details of suggested diets) and underlines the numerous difficulties. The authors rightly stress the importance of the patient's active participation and it is interesting to note that best results are obtained in girls aged 15-18 years who are being left out of social activities because of their appearance, single women in the early thirties who are not yet reconciled to spinsterhood and men who cannot get insurance at standard rates!

The whole book can be easily read at a sitting and is particularly recommended to practitioners who are primarily concerned with the individual management of patients with obesity.

T.H.B.

STRUCTURAL PSYCHOLOGY

Structural Psychology De Humani Mentis Fabrica. By D. and K. Stanley-Jones. Pp. vi + 179. 21s., postage 9d. Bristol: John Wright & Sons Ltd. 1957.

Contents: I. The Internal Structure of Emotion. II. Emotion and the Outside World. III. The Physical Basis of Anxiety. IV. The Anatomical Structure of Mind. V. Early Training and the Emotions. VI. The Cybernetic Pattern of motion. VII. The Structure of Mind and Brain. Glossary. Index.

The authors of this book have original views on the structure of the psyche, but their scaffolding is precariously tremulous in many places. They have a great interest in etymology and have read widely in neurophysiology, but one feels their building is more of an exhibition piece than a practical dwelling house.

In the first few pages they derive the word *oesophagus* (so puzzling to philologists) with calm assurance from a supposed habit of the ancients in swallowing osiers, hence *oisos* and *phagein*. A few pages later they condemn to troubled matrimony all those who had difficulty in getting milk into their as yet innocent oesophagi in infancy; and another two pages further on they state that the element of pleasantness is denied to sensory surfaces anywhere except at muco-cutaneous junctions. This tends to confirm the belief held by many that sunbathing is overdone but it must leave the Muizenberg loungers in a difficult position when it comes to explaining their horizontal attitudes.

The authors race on, quite untrammelled, till at p. 150 they state that neurotic symptoms are 'nothing if not the abnormal deflection of hypothalamic discharges into extrapyramidal channels.' If this is true then it would seem that the nothings have it.

It is very difficult to know for whom this book is written. A glance at the glossary does not lead one to feel that it is meant for anyone of much knock-about experience. Vagina is succinctly described as 'lower end of birth canal, below the womb'. The spinal cord is set down as being 'within the hollow of the backbone: it hangs like a pigtail from the base of the brain'. Unfortunately for modern Chinese readers the term pigtail is not explained. Circumcision is described as the 'cutting off of the tip of the penis'. It seems to your reviewer that the authors think that the Rabbis are as shaky as the foundations of the psychological structure of this crepuscular castle built in a neo-Freudian twilight.

J. MacW. MacG.

PITUITARY TUMOURS

Tumors of the Pituitary Gland and Infundibulum. By James W. Kernohan, M.D. and George P. Sayre, M.D. Pp. 81. 67 illustrations. \$1.00. Washington: Armed Forces Institute of Pathology. 1956.

Contents: Primary Tumors of the Pituitary Gland. Normal Anatomy of the Pituitary Gland. Tumors of the Neurohypophysis. Tumors of the Pars Anterior. Chromophobe Adenoma. Malignant Chromophobe Adenoma. Eosinophilic

Adenoma. Basophilic Adenoma. Hypopituitarism not Associated with Primary Tumors of the Pituitary gland. Hypopituitarism not Associated with Primary Tumors of the Pituitary gland. Adamantinoma. Parapituitary Epidermoid and Dermoid Tumors. References.

The authors have written a very comprehensive review of the pituitary tumours. The text is amply illustrated and the partly coloured reproductions of histological slides are excellent.

Predominantly the tumours of the pituitary are chromophobe adenomas. These usually lead to symptoms of hypopituitarism and to visual disturbances. This latter symptom is the one which demands surgery. The visual field defect is commonly explained by pressure and stretching of the optic nerves or chiasma by the expanding tumour. The authors also point out that the bizarre defects may be caused by pressure of the anterior cerebral and anterior communicating arteries on the chiasma or optic nerves as these structures are pushed upward by the expanding adenoma.

The malignant chromophobe adenoma is also discussed. Here there is some difficulty in establishing the criteria of malignancy. They mention that some authors use the term 'malignant adenoma' if the tumour has burst through its capsule and expanded rather widely. Others however have the histology only as their criteria.

The eosinophilic adenoma are usually related to gigantism and acromegaly. They can also cause visual disturbances.

The third large group are the Adamantinoma or Craniopharyngioma. These are commoner among infants and children, they are usually cystic and are often very big. The defects in the visual fields vary considerably and often the third ventricle is invaded causing internal hydrocephalus.

The histology of these and the rarer types of tumours found is discussed in great detail.

The book is compact and yet complete in detail. Any one who is interested in this field, whether physician, surgeon or pathologist, will find it most informative.

H.L.deV.H.

INDUSTRIAL MEDICINE

The Practice of Industrial Medicine. Second Edition. By T. A. Lloyd Davies, M.D., F.R.C.P. Pp. vii + 282. Figs. 15. 30s. net. London: J. & A. Churchill Ltd. 1957.

Contents: Preface to the Second Edition. I. Industrial Medicine. II. Historical and Introductory Survey. III. Medical Examination. IV. Accidents, Fatigue and Environment. V. The Social Functions of Industry. VI. Industrial Disease and Toxicology. VII. The Hazards of Coal Mining. VIII. Workmen's Compensation and Rehabilitation. IX. The Future. Index.

The growing industrialization, the development of new processes, materials and substances, some of which are toxic and some otherwise dangerous, created the need for many medical practitioners to have at least some knowledge of occupational hygiene. Indeed many educators advocate that the undergraduate medical curriculum should include the study of this subject. How to squeeze another subject into the already overcrowded curriculum is another matter!

Dr. Lloyd-Davies has helped to meet the need by producing a small book into which he manages to compress a great deal of information useful to the practitioner coming in contact with industrial workers, as well as to the industrial nurse.

The first six chapters are especially recommended for the excellent manner in which they convey a mass of information with a praiseworthy economy of words. In chapters II and III excellent advice is given which, if followed, would surely go a long way towards preventing the friction which is so often engendered in the somewhat ticklish tripartite relation between the medical practitioner, the employee and the employer.

The list of references at the end of the chapters is a very useful feature.

A.J.O.

SPOT DIAGNOSIS

Spot Diagnosis. Volume III. Compiled by the Editors of The British Journal of Clinical Practice. Pp. 141. Illustrated. 10s. 6d. London: Harvey & Blythe Ltd. 1957.

Contents: Part I. Spot Diagnosis. Part II. A Variety of Problems for Diagnosis and Discussion.

Visual methods of teaching medicine are coming into their own and this most excellent little book is an example of what can be done in

this field to assist students of all ages. The method used is to reproduce on one page a picture of a clinical condition, a cardiogram or an X-ray photograph together with a short statement or question offering some sort of clue to the diagnosis. Overpage appears a short and concise account of the condition concerned. The illustrations are on the whole extremely good, although the quality of some of the chest radiograms reproduced could be improved. The clinical descriptions are concise and accurate, avoiding controversial subjects.

The clinical problems which are discussed in a second part of the book were found to be both instructive and stimulating.

It is hoped that the editors of the British Journal of Clinical Practice will see fit to publish more volumes in this series in the future.

S.J.F.

CATALOGUE OF MEDICAL BOOKS

Medical Books. Pp. 39. E. & S. Livingstone Ltd. 1958.

E. & S. Livingstone Ltd., 15-17 Teviot Place, Edinburgh 1, have produced a catalogue of new medical books published by their firm. It includes 25 pages of New Books with shorter lists of Additional Titles Still Available and of Forthcoming Books and also lists of Alembic Club Reprints, The Catechism Series and Outlines of Dental Science. Particulars of journals published are included. The booklet concludes with an index of books classified under subjects. In submitting this catalogue Messrs. Livingstone intimate that a copy will be sent to anyone interested on application to them.

WORLD MEDICAL PERIODICALS

World Medical Periodicals. Second Edition. Pp. xxxiii + 340. \$6.00 or 30s. net. New York: World Medical Association. 1957.

Contents: Preface to Second Edition. Preface to First Edition. International Code for the Abbreviation of Titles of Periodicals. World Medical Periodicals. Principal International Abstracting Journals. Principal International Indexes. Index of Periodicals by Subjects. Index of Periodicals by Countries. *Index Des Matières.* Préface de la Deuxième Edition. Préface de la Première Edition. Code International pour l'Abréviation des Titres de Périodiques. Les Périodiques Médicaux dans le Monde. Bulletins Principaux Internationaux d'Analyses. Index Internationaux Principaux. Index des Périodiques par Matière. Index des Périodiques par Pays. *Indice de Matérias.* Prefacio a la Segunda Edición. Introducción a la Primera Edición. Código Internacional para la Abreviación de Títulos de Periódicos. Periódicos Médicos del Mundo. Principales Periódicos Internacionales de Resúmenes Analíticos. Principales Índices Internacionales. Índice de Periódicos por Materias. Índice de Periódicos por Países. *Inhalt.* Einleitung zur Zweiten Auflage. Einleitung zur Ersten Auflage. Internationaler Code für die Abkürzung von Zeitschriften-Titeln. Medizinische Zeitschriften Aller Länder. Wichtige Internationale Referaten-Zeitschriften. Wichtige Internationale Verzeichnisse. Zeitschriftenverzeichnis nach Gebieten. Zeitschriftenverzeichnis nach Ländern.

The appearance of the second edition of this book is a very welcome one. It is well known in the first edition, and is essential for all medical editors, medical libraries, and medical scientific institutions, giving as it does the 'titles of journals of Medicine, Pharmacy, Odontology and Veterinary Medicine which were in existence in 1957, together with those of well-known journals which have ceased publication since 1950'.

The preface states that in the present revision about 1,400 new titles have been added and 600 omitted, and this brings the book right up to date. In addition, 'new appendixes give (1) a list of some of the principle international abstracting journals, and (2) a list of the abstracting international indexing journals'.

The abbreviation of titles follows the code of rules use by the *World List of Scientific Periodicals*, as modified by ISO Recommendation R4: *International Code for the Abbreviation of Scientific Periodicals*, 1954.

This immense work could be improved, if criticism is permitted, by adding for each periodical the year of publication of the first volume; this would make it possible without difficulty to correlate volume with date.

Second edition is prepared by L. T. Morton under the guidance of a committee jointly sponsored by the World Medical Association and the International Union of the Medical Press.

T.S.

WORLD DIRECTORY OF MEDICAL SCHOOLS

World Directory of Medical Schools, second edition, revised and enlarged, World Health Organization, Geneva, 1957. 314 pages. Price: £1 5s., \$5.00, or Sw. fr. 15.--. French edition in preparation. Local Sales Agent: Van Schaik's Bookstore (Pty.) Ltd., P.O. Box 724, Pretoria.

Medical educators from all parts of the world have assisted in the compilation of the *World Directory of Medical Schools*. Like its predecessor, which was published in 1953, the present edition lists medical teaching institutions in more than 80 countries, giving a few pertinent facts about each. However, its scope has been considerably enlarged, since an outline of the general educational system and a description of the salient features of undergraduate medical training in each country have now been added. Other pertinent data, such as the number of medical schools existing in the particular country, their ratio to population, etc. are tabulated at the head of each chapter. A series of annexes summarize these data by continent and give the world totals. A representation of the ratio of physicians to population throughout the world is also included, in the form of a map. The division of the medical course into periods of pre-medical, pre-clinical and clinical training, and internship, varies considerably from country to country. In the interests of comparison, therefore, the Directory includes a table which shows, country by country, the period of time allotted to each of these stages.

Users of the Directory will be able to refer to the system of medical education in any country, to seek information on the training institutions existing therein, and to make their own independent analyses of medical education on a world basis.

CRYPTORCHISM

Cryptorchism. By Charles W. Charny, M.D. and William Wolgin, M.D. Pp. viii + 140. 28 Illustrations. \$5.85. New York: Paul B. Hoeber, Inc. 1957.

Contents: Preface. I. Introduction. II. Embryology: The Mechanism of Descent. III. Etiology. IV. Pathology. V. Symptoms and Complications of Cryptorchism. VI. Diagnosis and Treatment. VII. Results of Treatment. Bibliography. Index.

The paper and the print, the photography and the production are of the highest quality, and they add to the pleasures of the reading of this short monograph.

The chapter headings indicate its scope, and despite the brevity, a reasonably well-balanced review of the literature is given, and while points of view are argued closely, dogma is only slightly and occasionally in evidence.

The study of the pathology, the treatment and its results is based upon testicular biopsy at different stages. This is the essential contribution of the authors to a complex subject containing many contradictory viewpoints. That the histological picture is a valuable and important part of the assessment is readily conceded; but perhaps it is given too great and exclusive a place in this work.

Testicular biopsy shows that apart from early evidence of dysgenesis in some 20% of cryptorchid cases, there is no sustained difference up to the age of 9 years in the others. When orchidopexy is indicated, it should therefore be done at this age. This recommendation is at variance with the widely held view that the optimum age for operation is at about 6 years.

Despite the recognition of specific complications of cryptorchidism; trauma, torsion, hernia, inflammation and malignant degeneration (the last amounting to about 50 times the risk in a descended testis), the authors are so impressed with the high rate of post-operative atrophy, that they are averse to orchidopexy for the unilateral, symptomless case. They use small doses of gonadotrophin more for diagnosis than for therapy, as they accept the view that such treatment is only successful in those cases in which testicular descent would occur spontaneously.

These brief indications of some of the main conclusions derived from the new approach of pre- and post-operative testicular biopsy serve to demonstrate that the main value of this monograph is likely to be its stimulus to further careful and controlled work on a common condition about which there are contending theories and therapies.

W.K.