

## REVIEWS OF BOOKS : BOEKRESENSIES

## POLIOMYELITIS

*Poliomyelitis*. Second Edition. By W. Ritchie Russell. Pp. xi + 147. 16s. net. London: Edward Arnold (Publishers) Ltd. 1956.

*Contents:* Preface to First Edition. Preface to Second Edition. I. Introduction. II. Infectivity, Quarantine, Epidemiology and Prevention. III. Clinical Features of the Disease. IV. Physical Examination. V. Factors which Influence Cell Vulnerability. VI. Management of Treatment. VII. Treatment of Bulbar Poliomyelitis. VIII. Management of Intermittent Positive Pressure Artificial Respiration (I.P.P.R.). IX. Treatment of Respiratory Paralysis in Spinal Cases. X. Care of Muscles and Joints. XI. Convalescence and Rehabilitation. XII. Physiotherapy. XIII. Future Prospects. References. Index.

The first edition of this admirable monograph could hardly have been more unfortunately timed. Published in 1952, it missed the fantastic poliomyelitis-epidemic in Denmark that year and the classic advances emanating from it—particularly in the treatment of respiratory failure by tracheotomy and intermittent positive pressure respiration. This second edition not only corrects this unavoidable omission but includes the newest research, in which the author himself figures so prominently.

The book, attractively written and well illustrated, adequately covers the subject in a scientific and practical manner. Thus, the aetiological factors dealt with include those which provoke or aggravate paralysis during or before the 'few critical hours or days'. They merit close study by education authorities in order that school children may avoid strenuous exertion such as athletics and swimming when poliomyelitis is rife. The biphasic character of the clinical features are lucidly described, and actual cases are briefly presented to bring home typical and atypical symptoms to the reader. The recommended examination aims at diagnosis with the least disturbance of the patient at a time when this may aggravate paralysis.

The attention paid to management of the disease is perhaps the book's most valuable attribute. The precise description of treatment of the acute stage covers the care of paretic and paralytic muscles, bulbar paralysis, and respiratory paralysis of spinal type. In addition to the use of the best types of 'iron lung', both the cuirass-type respirator and the 'rocking bed' appear to merit a place in treatment. The treatment of the dreaded combined bulbar and respiratory paralysis by the new intermittent positive-pressure respiration (Copenhagen method) using the Oxford bellows and the Radcliffe respiration-pump is described in detail and well illustrated. Finally, the chronic stage is well treated, including the best means of securing the psychological and physical rehabilitation of the patient.

It is impossible to overrate the importance of this timely 'great' little book and the only criticism can be that there is not enough of it. Its value is greatest to the officer responsible for the treatment of the acute phase of the disease, but it is of no less interest to the health officer, the physician and the orthopaedic surgeon. Indeed, no medical practitioner can afford to be without it.

H.R.A.

## MEDICAL WRITING

*Medical Writing*. MD International Symposia No. 2. By Walter C. Alvarez—Hugh Clegg—Felix Marti-Ibanez—Hans Selye—Henry E. Sigerist. Pp. 66. New York: MD Publications, inc. 1956.

*Contents:* Thoughts on the Physician's Writing and Reading, By Henry E. Sigerist. How Not to Write a Medical Paper, By Hans Selye. An Editor's Prejudices, By Hugh Clegg. Medical Writing, By Walter C. Alvarez. Books in the Physician's Life, By Felix Marti-Ibanez. Biographical Notes on the Contributors to the Symposium on Medical Writing.

The five distinguished authors whose essays appear in this little volume give their views on how physicians should write papers, and give advice on medical reading-matter in general. Sigerist considers clear thinking and command of the language in which one writes as the two prerequisites for good writing. Also the colloquial words used in a lecture must be avoided in writing. It is generally recommended that scientific papers should be short and factual, but this can make dull reading. In another paper Selye covers many aspects of the writing of articles from the point of view of possible mistakes in scientific reasoning; the article is written in Selye's own style. The editor of the *British*

*Medical Journal*, H. Clegg, reveals the harassing, exacting, worrying and ungrateful job an editor has, and the quality he needs. He indicates the desirability of clarity, lucidity, simplicity and brevity in medical writing—qualities that are rare. He stresses the necessity to distinguish between the spoken and the written word. Alvarez makes practical suggestions for the benefit of the reader and how his attention may be caught and held by the writer. Good summaries are obviously important, and he would like to see them at the beginning of articles. The last in the book is a fine essay by Marti-Ibanez dealing with the reading expected of a physician and how he may because of this and his medical training very well become a great writer.

N.S.

## UROLOGY FOR GENERAL PRACTICE

*Clinical Urology for General Practice*. By Justin J. Cordonnier, M.D., F.A.C.S. Pp. 252. 47 Illustrations. South African Price £2 17s. 6d. St. Louis: The C.V. Mosby Company. 1956.

*Contents:* I. Steps for Urologic Diagnosis. II. Obstructive Uropathy. III. Neoplasms of the Genitourinary Tract. IV. Infections of the Genitourinary Tract. V. Renal Failure. VI. Urinary Calculi. VII. Neurogenic Bladder Dysfunction. VIII. Senescence, Fertility, and Impotence in the Male. IX. Injuries of the Genitourinary Tract. X. Female Urology. XI. Congenital Anomalies.

To the best of my knowledge there is no text-book of urology suitable for undergraduate students or general practitioners wishing to refresh themselves in this subject. This book in my view certainly fills this hiatus admirably.

Urology admittedly is a subsection of surgery, and for the medical student it is dealt with in the ordinary surgical lectures and tutorials. It is my experience that the average student gets scant benefit from his tuition in urology, owing (*inter alia*) to overcrowding of the medical syllabus and lack of interest in this special branch of surgery. A probable contributing cause is the fact that a short, concise and readable book has not been available.

This *Clinical Urology for General Practice* is a relatively small book of some 250 pages printed in bold print with clear chapters and paragraphs. It covers the field of urology for students and general practitioners completely and gives an up-to-date account of modern methods of treatment. The text is beautifully illustrated throughout with well-chosen photographs and X-ray reproductions. The book has made such a good impression on me that I hesitate to voice a few minor criticisms, and especially when such criticism is a matter of opinion. The Thorek two-stage operation for undescended testis which is recommended by the author is regarded as a poor method of surgical treatment by a British school. Such differences of opinion can readily be rectified by the tutor and do not really detract from the great value of this book for medical students.

I have no hesitation in recommending this book highly to general practitioners wishing to rejuvenate their knowledge of urology, but particularly to medical students who suffer with urology, and to their tutors burdened with the duty of teaching the subject.

P.J.M.R.

## A BOOK FOR EXPECTANT MOTHERS

*Preparing for Motherhood*. By Samuel R. Meaker, M.D. Pp. 196+19 Illustrations. \$2.00 post paid. Chicago: Year Book Publishers, Inc. 1956.

*Contents:* I. So you're Going to Have a Baby. II. How Do You Know That It's True? III. Later Signs of Pregnancy. IV. What is Going on in Your Body. V. Some Interesting Predictions. VI. Your Doctor Takes Charge. VII. The Care You Should Give to Yourself. VIII. The Food That Is Best for Your Baby and You. IX. Watch Your Weight! X. Common Discomforts, and Ways to Relieve Them. XI. Some Troubles That Need Prompt Attention. XII. Plans and Preparations. XIII. The Arrival of the Baby. XIV. Ways of Making Child-birth Easier and Safer. XV. The Care You Will Need in the Next Few Weeks. XVI. Breast Feeding. XVII. The New Member of the Family.

This is one of the best books of its kind one has come across. It is in fact a miniature text-book of midwifery written for the intelligent laywoman (and layman!).

The language is simple and the style easy. The author makes it clear that the purpose of the book is not to replace the doctor's instructions but that it should be read as a sort of home work. When there may be differences between the recommendations of



the patient's doctor and those of the author 'in such matters follow his (the doctor's) advice unhesitatingly'. There is in fact very little about which the average practitioner will disagree. About the risk of having a baby Professor Meaker states: 'I'm sure that it is less dangerous to produce a baby than to drive an automobile daily over a period of nine months.' The chapters on Diet and Weight Control in pregnancy are a treat to read, if one may single out any in such a wellwritten series.

This book should find a wide appeal and may be recommended to patients with confidence. Perhaps one may be so bold as to suggest that midwives, medical students and even doctors, will glean very useful information from this excellently produced little manual.

E.M.S.

#### PAIN IN CANCER

*Management of Pain in Cancer*: Edited by M. J. Schiffrin, Ph.D. Pp. 245. \$4.50. Chicago: Year Book Publishers Inc. 1956.

*Contents*: I. Systemic Analgetics, by M. J. Schiffrin and E. G. Gross. General Considerations. Nonaddicting Drugs. Adding Drugs. Adjuncts and Miscellaneous Agents. II. Nerve Blocks for Pain in Malignancy, by Max S. Sadove and Reuben C. Balagot. Principles of Nerve Blocking. Different Types of Blocks and Technics. Agents Used for Blocks. Blocks for Different Regions. Pre-medication. Reactions to Local Anaesthetics. III. Neurosurgical Aspects of Pain Management, by Oscar Sugar. Peripheral Nerve Section. Cranial Nerve Section. Nerve Root Section. Spinothalamic Chordotomy. Spinothalamic Tractotomy. Stereotaxic Lesions. Frontal Leukotomy. Miscellaneous Procedures for Relief of Pain. Neurosurgical Aspects of Pain by Region. IV. Humoral and Chemical Palliation of Malignancy, by Samuel G. Taylor, iii, and M. J. Schiffrin. Clinical Management of Malignancy. Pharmacologic Properties of Hormones and Drugs. V. Surgical Procedures in Control of Pain in Advanced Cancer, by Henry Schwarz, ii General Considerations. Specific Situations Requiring Surgical Intervention. VI. Radiation Therapy in the Relief of Pain in Malignant Disease, by J. W. J. Carpender. Radiation Combined with Chemotherapy and Surgery. Prevention of Pain. Quality of Radiation. Artificial Radioactivity. Metastatic Disease and Local Extension. Other Complications. Radiation Sickness. VII. Psychological Aspects of Pain in Terminal Malignancies, by V. Richard Zarling. General Considerations of Pain. Mental or Psychological Factors in Pain. Modification of the Pain Reaction Pattern by Psychological Support. Modification of the Pain Reaction Pattern by Hypnosis. Index.

The misery and suffering which invariably dominates the terminal lingering months of malignant disease, is a problem which is always with us, and one which concerns most members of the medical profession and, in particular, the general practitioner; for it is usually he who has to see the patient through this trying period.

This is an important field of medicine and one which unfortunately has been neglected far too much by the profession. The authors are to be congratulated for having chosen this aspect of cancer management as their subject and, in addition, they are to be commended for their very excellent production.

The 7 chapters are well written, easily readable and right up to date, and they cover pretty well every aspect of malignant disease in its incurable stages.

Chapter I discusses fully both the non-habit-forming and the habit-forming analgesics, and is full of valuable practical information. Special mention is made of 'maximum analgesic intensity', an important property of all narcotics, but one not generally appreciated sufficiently. In this respect, too, a warning is sounded on the ease with which drug addiction is produced, especially in protracted cases, and then the additional misery of addiction is superimposed upon an already miserable existence.

Nerve-blocking procedures are discussed in detail both as regards technique and the blocking agents—anaesthetic and necrotizing. Here too, we find an excellent assessment of the pros and cons of these numerous procedures in the many regions where they can be employed.

Nerve section is dealt with in another chapter where all the procedures, from peripheral nerve section under local anaesthesia, to the more complicated operations of chordotomy, tractotomy and leukotomy, are considered.

Palliation by means of hormones in carcinoma of the breast and prostate is dealt with in detail, and here the more recent operations of adrenalectomy and hypophysectomy are included. All the known chemotherapeutic agents used in the treatment of the reticuloses are discussed in some detail, and mention is made of more recent substances not yet fully explored.

All too frequently malignant disease is discovered when it is beyond cure, but the patient's existence can be made tolerable and reasonably comfortable by means of palliative surgery. The authors have appropriately included this aspect of terminal cancer

and a wide range of this type of operation is critically discussed. Such operations often require considerable judgment and careful assessment in the individual case so that the patient is not left worse off than he was before. This chapter should be a useful guide to the physician.

X-irradiation is dealt with briefly, and the more commonly used radio-active isotopes are discussed in some detail.

The book concludes with a discussion on the psychological aspects of pain in cancer and the occasional value of hypnosis.

There can be no question that the authors have succeeded in producing an excellent little volume which should be of considerable value to all members of the medical profession.

W.G.S.

#### RADIODIAGNOSIS

*The Chest. A Handbook of Roentgen Diagnosis*. By Leo G. Rigler, M.D. (Pp. 380, with 338 illustrations. Second edition. \$8.00.) Chicago: Year Book Publishers, Inc., 1954.

*Contents*: Introduction. I. Normal Observations. 1. Normal Chest. 2. Physiology of the Respiratory Tract. II. Pathologic Conditions. 3. Diseases of Bronchi and Lungs. 4. Diseases of Mediastinum. 5. Diseases of Pleura. 6. Interpretation of Roentgenograms of Chest. 7. Lungs and Bronchi. 8. Pneumonia. 9. Lobar Pneumonia. 10. Cardiac Density in Pneumonia. 11. Atypical Pneumonia. 12. Bronchopneumonia in Childhood. 13. Acute Bronchiolitis. 14. Miscellaneous Types of Pneumonia. 15. Resolution in Pneumonia. 16. Atelectasis. 17. Emphysema and Bronchial Asthma. 18. Foreign Bodies in the Respiratory Tract. 19. Bronchitis; Bronchiectasis; Bronchial Obstruction. 20. Pulmonary Abscess. 21. Cysts of the Lung. 22. Pneumoconiosis. 23. Lipoid Pneumonitis. 24. Radiation Fibrosis. 25. Lung Fibrosis; Lungs and Pancreatic Fibrosis. 26. Interstitial Fibrosis; Nonspecific Hemosiderosis. 27. Pulmonary Mycoses. 28. Sarcoidosis. 29. Erythema Nodosum. 30. Pulmonary Tuberculosis. 31. Tumors of Chest. 32. Tumors of Chest Wall. 33. Bronchial Tumors: Benign Adenoma. 34. Bronchogenic Carcinoma: Tumor Mass. 35. Bronchogenic Carcinoma: Bronchial Obstruction. 36. Bronchogenic Carcinoma: Atelectasis. 37. Bronchogenic Carcinoma: Bronchography. 38. Bronchogenic Carcinoma: Inflammatory Changes; Abscess. 39. Carcinomatous Abscess: Body Section Roentgenography. 40. Bronchogenic Carcinoma: Bronchography. 41. Bronchogenic Carcinoma: Early Stage. 42. Nodules in the Lung. 43. Pulmonary Metastases. 44. Lymphoblastoma. 45. Mediastinum. 46. Thymus Gland Enlargement. 47. Thyroid Gland. 48. Lymphoblastoma. 49. Tumors. 50. Masses: Differential Diagnosis. 51. Pleura. 52. Thickening. 53. Thickening and Calcification. 54. Pleurisy with Effusion. 55. Effusion. 56. Pneumothorax. 57. Pneumothorax: Adhesions. 58. Hydropneumothorax. 59. Pneumothorax: Encapsulated. 60. Pleural Cavity: Opaque Mediums. 61. Tumors. 62. Thorax: Post-operatively. 63. Lungs: Post-operatively.

The new edition of this handbook maintains the high standard set by the original. The reproductions are excellent, and they are so numerous as to constitute an atlas. The descriptive part is for the most part concise and accurate. A wide field of radiological pathology in the chest is covered, and the section devoted to the relationship between pathology and radiology is particularly good. There is also much that is new.

A paragraph on the risks of diagnostic radiology has been added. This rather overstates the case, while there is no mention of the simplest precautionary measures. It is, however, an apt reminder for the general medical reader to whom this volume is directed. Rightful emphasis is placed upon the fact that 'a negative fluoroscopic study does not exclude pulmonary tuberculosis, . . . silicosis, . . . diffuse fibrotic lesions, . . . and its usefulness is largely related to the coarser lesions of the thorax'. The limitations of fluoroscopy are carefully considered.

Certain technical features of the previous editions such as the discussion on phototimers have rightly been omitted, but the brief dismissal of the water-soluble contrast media for bronchography does not reflect present practice, and is unjustified. The statement that the trans-crico-thyroid method is rarely used today reflects an experience that does not embrace the water-soluble contrast media, where a needle of narrow bore can be used with advantage. Figure 27 is not adequate for a modern bronchogram.

The reproductions are good, but it is a pity that reference from figure to text has been made so difficult, and some tabulation here would be advantageous, e.g. Figures 17-32, and others. The method of introducing new figures is good.

New chapters on arteriovenous aneurysm, erythema nodosum, nodules in the lung, etc. have been added. The value of bronchography in the diagnosis of primary lung-neoplasms is perhaps over-emphasized.

On the whole this handbook achieves its purpose—to provide a ready reference and a standard of comparison for the non-radiologist to use to review his knowledge of chest radiology. It is also likely to be of value to the radiology student, and possibly the radiologist.

H.J.