

EAR, NOSE, AND THROAT DISEASES

*Synopsis of Ear, Nose, and Throat Diseases.* By Robert E. Ryan, B.S., M.D., M.S. (ALR), F.A.C.S.; William C. Thornell, A.B., B.M., M.D., M.S. (ALR), F.A.C.S. and Hans von Leden, M.D., F.A.C.S., F.I.C.S. Pp. 335. 59 illustrations. South African price: £2 17s. 6d. Local agents: P. B. Mayer, P.O. Box 713, Cape Town, and Westdene Products (Pty.) Ltd. Medical Book Department, P.O. Box 7710, Johannesburg. St. Louis: C. V. Mosby Co. 1959.

This small volume is another of the new 'American Synopsis' series.

A practical and attractively bound book, it is written to serve as a handy guide for the busy general practitioner, house surgeon, and student.

It is divided into 4 parts, dealing with the ears, the nose and paranasal sinuses, and the larynx.

Each part commences with chapters on applied anatomy and physiology which serve as good bases for the chapters which follow.

On the whole the content is good and is attractively presented. The index is comprehensive, but there is no bibliography.

This book fulfils its aim and will prove useful to those who acquire it.

P.A.T.

FRUIT AND VEGETABLE JUICES IN DISEASE

*Die Rohsäfte-Kur* (The Raw Juices Treatment). By Eugen Heun, Dr. Med., Dr. Phil. Herborn/Dillkreiss. Germany. 288 pages DM.19.50 Stuttgart: Hippocrates-Verlag. 1960.

Dr. Heun is a specialist physician and has, for more than 40 years, been interested in, and done research on, the relationship between diet and disease. He has paid particular attention to the very important rôle played by diet, in its broadest sense, in the prevention and cure of disease, especially chronic disease.

In this book, which is a second and completely revised edition, the author describes the development of his method of treatment of disease with fresh fruit and vegetable juices and the therapeutic principles involved. He rightly agrees with Bircher-Benner that the prevention and cure of disease can

best be accomplished by diets consisting chiefly of fresh raw fruit and vegetables. These diets are also of great value in assisting the aged to retain their health and productivity as long as possible.

The book is divided into 3 main parts:

In Part 1, the author supplies details concerning the constituents of fruit and vegetables according to the latest analyses and scientific knowledge. Attention is paid chiefly to carbohydrates, nitrogenous substances, fats, aromatic substances, organic acids, minerals, trace elements, enzymes and vitamins. This information is of great value in the selection of the various fruits and vegetables in the composition of diets for different diseases. The recommendations are made on a biological and food chemistry basis.

In Part 2, a detailed description is given of the methods used in the application of the treatment with fresh raw fruit and vegetable juices. A harvesting calendar and weekly charts for the various seasons are given. However, it should be kept in mind that these apply to countries in the northern hemisphere. Useful diet sheets for spring, summer, autumn and winter are supplied. Details concerning general treatment, additional to that with diets, are given.

In Part 3, the author gives a detailed description of the application of treatment, as applied to various illnesses, with fresh fruit and vegetable juices. Also the results of the treatment are given. The author has found this method of treatment of great value in diseases of the mouth, gastrointestinal tract (including constipation), liver and gallbladder, blood-forming organs, heart and blood vessels, respiratory organs, endocrine glands, kidneys and bladder, skin, sex organs, and the nervous system. The great value of this monograph is materially enhanced by several hundred references to literature dealing with the subject matter of this book.

The author has succeeded eminently in his aim of informing the general reader of the great value of fresh raw vegetables and fruit in the prevention and cure of disease. This book is also most useful to those of us who are interested in the scientific aspect of diets, especially those including fruit and vegetables.

D.G.S.