

## ADVANCES IN HUMAN NUTRITION

*Recent Advances in Human Nutrition.* By J. F. Brock, D.M. (Oxon.), F.R.C.P. (Lond.). xii+454. 35 illustrations. R5.00. London: J. & A. Churchill, 1961.

It is quite unusual to read a medical book which is as well written as this one—the language is clear, precise and unambiguous. Also helpful are the numerous cross-references. As far as the scope is concerned a less experienced author could easily have allowed the inclusion of metabolic processes not really germane to the subject or to a book of this kind.

It is worthy of note that many of the invited contributors are Professor Brock's co-workers and colleagues who have made significant contributions in nutritional research. To mention only a few: there is Dr. Hansen's demonstration that, whereas it requires an uncomfortably high intake of vegetable proteins (in the form of maize and/or pea flour) to achieve good nutritive value, the addition of only 10% of skimmed milk or 17% of fish meal will give adequate nutrition at intakes of reasonable bulk. With the frightening prospect of insufficient food supplies for the rapidly increasing world population, this work is of fundamental importance. At the other end of the spectrum in the field of over-nutrition, is Dr. Bronte-Stewart's more generally known work in dietary fats in relation to blood cholesterol and their probable effect on atheroma. The problem of oedema in deficiency states, as well as electrolyte abnormalities, is convincingly discussed by Professor Eales.

The subject of the 'nutritional' heart is a most fascinating one. Professor Thomson discusses it under the heading 'Cardiopathy of unknown origin' and Professor Eales deals with it also in the section on 'Abnormalities of fluid and electrolyte metabolism in malnutrition'. Professor Thomson quite rightly draws attention to the fact that the nutritional origin of these 'nutritional' heart conditions (not those due to beri-beri) has not been proved, and says that it is quite conceivable that more than one aetiological factor may be responsible. He wonders whether the 'nutritional' heart of Higginson, the cardiovascular collagenosis of Becker, and the endomyocardial fibrosis of Davies are not after all the same kind of heart disease. Having seen a number of 'hearts' in the collection of Davies in Kampala I am inclined to the view that some of his 'hearts' are different from those of the other workers. In some cases the disease can be recognized by inspection of the unopened heart.

To mention just a few interesting points encountered: Alcohol is not protein sparing—it leads to wastage of nitrogen and, moreover, has a high specific dynamic action. Low plasma sodium in cirrhosis is corrected by giving low sodium with a high protein diet. The section on 'Trace elements' might also be specially mentioned.

Professor Brock was wise to invite contributions from leading authorities whose work and experience have been in the (1) Spanish-Portuguese and (2) French-speaking countries. There was a misunderstanding with the author of the section dealing with experience in Germany, so that instead of a chapter dealing with general trends (which was the editor's intention) it covers trends in the nutrition of the aged.

F.F.

## THE PRACTICE OF MEDICINE

*'The Practice of Medicine'*—Sir John Richardson, M.V.O., M.D. (Cantab.), F.R.C.P. (London). Physician, St. Thomas' Hospital, London. (London: Churchill, 1961.)

This volume is the second edition of 'Richardson's Medicine', the first of which appeared in 1956. This edition has been thoroughly revised in all sections but is, refreshingly, slightly shorter than the original edition. Again it represents the combined effort of teachers

from a number of London medical schools. For the most part the authors are teachers engaged in the practice of general medicine or a medical speciality; each has set out what he actually teaches his students.

The result is a text-book, not an 'introduction', or an 'aid' or a 'guide' but a text-book which deals systematically with the whole content of medicine. With the undergraduate in mind it has been reduced to a reasonable minimum size and actually weighs 3½ lb. compared with 7½ lb. for a currently popular American text-book of Medicine! As a 'short' text-book it provides a volume sufficiently concise to be read from end to end by an undergraduate during his first year of clinical medicine; but the better undergraduate will find it inadequate as a book of reference.

For a text-book of multiple authorship the standard of the various chapters is consistently high. Much the most stimulating section of the whole book is the two-page first chapter by Sir John Richardson himself. Under the heading 'A Changing Subject' he discusses the influence of advances in basic sciences on clinical medicine. The subject matter of the book as a whole is conservative and correct and there are no weak sections. Of the various chapters, three on fluid and electrolytes (Prof. A. C. Dornhorst), neurology (Dr. Helen Dimsdale) and psychiatry (Dr. Dennis Hill) are particularly well done. Each chapter ends with a short list of a few publications under the heading 'A guide to further reading'. These carefully selected lists should be of great value to undergraduates.

For whom is this volume intended? Both the postgraduate physician and the upper-half-of-the-class undergraduate will demand a more detailed work as a systematic text-book; one which can be used as a book of reference. This volume would satisfy the requirements of the remainder of the class. Among postgraduates it will probably appeal to some general practitioners and to specialists in subjects other than medicine. For such readers it provides a source of correct, concise and up-to-date information. The printing and binding are good and the price moderate.

H.L.F.C.

## VOG- EN ELEKTROLIETEBALANS

*Body Fluids in Surgery.* Second edition. By A. W. Wilkinson, Ch.M., F.R.C.S.E., F.R.C.S. Pp. xi+276. 21s. net. + 1s. 5d. postage abroad. Edinburgh and London: E. & S. Livingstone Ltd. 1960.

Hierdie is die tweede uitgawe van 'n boek oor vog- en elektrolietebalans wat in 1955 vir die eerste keer verskyn het. Die skrywer is 'n outoriteit op hierdie gebied, en hierdie nou reeds bekende boek het in werklikheid geen aanbeveling nodig nie. Die skrywer behandel die fisiologie van water, natrium, en kalium in die liggaam, verstevings van hierdie stowwe, die suur-basis reaksie van die liggaam, die veranderings wat na trauma voorkom, die veranderings wat veroorsaak word deur skok en verlies van dermafskeidings met die verhouding van hierdie versteviging tot hart- en nieraandoenings, en die vog- en elektrolietebalans in kinders.

In hierdie tweede uitgawe is besondere aandag gegee aan die liggaamsreaksie na trauma en vog- en elektrolietebalans in die pasgebore baba wat 'n operasie moet ondergaan. Die skrywer is 'n praktiserende chirurg, en om hierdie rede is die boek geskrywe uit die praktiese, chirurgiese oogpunt. Dit is betreklik eenvoudig geskrywe, maar tog volledig. Hier en daar kom 'n klein tekortkoming voor. So byvoorbeeld is daar geen verwysing na die gevaar van metaboliese asidose wat na 'n periode van hipotensie mag voorkom, of na die gevaar van suurstof-terapie in respiratoriese asidose nie.

Hierdie boek kan met vrymoedigheid aanbeveel word.

B.J.vR.D.

## PSYCHOANALYSIS

*Current Approaches to Psychoanalysis.* The Proceedings of the 48th Annual Meeting of the American Psychopathological Association, held in New York City, February 1958. Edited by Paul H. Hoch, M.D. and Joseph Zubin, Ph.D. Pp. xiii+207. \$6.50. New York and London: Grune & Stratton, Inc. 1960.

This volume consists of 3 sections dealing with theoretical approaches, clinical applications, and evaluation studies. The theoretical section consists of a very brief outline of the general psychoanalytic theory of the neuroses, followed by 4 papers giving the main developments and conceptual differences according to the ideas of Rado, Horney, and those of H. S. Sullivan and Eirch Fromm as utilized by the William Alanson White Institute. Criticisms and conflicting views are well brought out in the discussions. The clinical section deals more with the general application of theory and consequently lacks case material, but there are two good essays on the basic practical features of the psychoanalytical method and the process of cure in psychotherapy. In section 3 there are described 3 techniques for appraising clinical changes occurring during treatment and also for the prediction of success in psychoanalytic training. These will require modification and improvement, but are a welcome contribution towards more exact evaluation.

The purpose of the symposium was to bring together some of the outstanding current trends in psychoanalysis by providing a platform for their representatives.

W.A.S.

## PEPTIC ULCERATION

*Peptic Ulceration—A Symposium for Surgeons.* By Charles Wells and James Kyle, M.B., M.Ch., F.R.C.S., F.R.C.S.(I). Pp. xi+260. 44 illustrations. 42s. net. + 2s. 1d. postage abroad. Edinburgh: E. & S. Livingstone Ltd. 1960.

This book attempts to present, in detail, recently acquired knowledge about peptic ulceration. The content of the various sections is therefore proportional to the amount of new material they contain, rather than to their relative importance in day-to-day surgery.

In this it has succeeded and consequently it provides a pleasant and painless means of acquiring the latest additions to our knowledge about this very common condition. As some basic knowledge is assumed, it is not suitable for undergraduate students, but postgraduates and all practitioners will benefit from reading this book.

The aetiology, complications, and treatment of peptic ulcers are particularly stressed and the various chapters are well written. Although there is not much operative detail the various techniques are clearly indicated.

The book is very well produced and freely illustrated, and can be strongly recommended as a most valuable source of information for routine reading. The extensive lists of references at the end of each chapter make it a useful source of reference.

D.J.dP.

## DIE SEREBRALE KORTEKS

*Some Papers on the Cerebral Cortex.* Vertaal van die Frans en Duits deur Gerhardt von Bonin. Pp. xxiv+396. 42 illustrasies. 92s. 0d. Springfield: Charles C. Thomas. Oxford: Blackwell Scientific Publications Ltd. 1960.

Die verhandelinge van 12 wetenskaplikes wat bygedra het om kennis van die serebrale korteks op te bou, word in hierdie werk bevat. Dit dek 'n tydperk vanaf 1824 tot 1917.

In die inleiding verstrek von Bonin interessante opsommings oor die verskillende skrywers en skets hy die ontwikkeling van die begrippe wat mekaar aanvul en opvolg in die artikels van Flourens, Baillarger, Broca, Fritsch en Hitzig, Munk, Goltz, Meynert, Flechsig, Brodman, von Monakow, Cajal, Leyton en Sherrington.

Sommige artikels bevat beskrywings van klassieke eksperimentele werk terwyl andere weer 'n logiese beredenering is van destydse begrippe in 'n poging om die struktuur en funksie van die korteks met mekaar te verbind. Ons weet vandag dat baie van hulle gevolgtrekkings destyds nie suiwer was nie, maar wat Munk in 1881 gesê het, is vandag nog net so toepaslik, nl. 'as ons nogtans nog nie duidelikheid bereik het in verband met hierdie gedeelte van die korteks nie is dit hoofsaaklik te wyte aan die feit dat ons nog nie die nodige begrippe het om dit te analiseer nie'.

J.F. v. E.K.

## TROPICAL DISEASES

*Tropical Diseases.* Second edition. By A. R. D. Adams and B. G. Maegraith. Pp. x+540. 72 illustrations. R5.25 net. Oxford: Blackwell Publications Ltd. 1960.

The alphabetical format of this book is at first disconcerting, for it is surprising to find ainhum followed by amoebiasis and schistosomiasis followed by sickle-cell anaemia. The separation of schistosomiasis and filariasis from worm infections might annoy some readers, but nevertheless the book makes easy reading.

The famous authors have produced a clear concise exposition, and though some might object to the intentional dogma, the facts are readily available in a form likely to be appreciated by students and those needing a quick reference.

One would have liked more of the excellent pictures, but perhaps this is asking too much.

This is certainly a book for the shelves of those meeting tropical disease, and in particular for those whose contact with these diseases is intermittent.

R.E.-D.