

THE SPINE AND LIMBS

Examination and Diagnosis of the Spine and Extremities. By B. Howorth, M.D., Med.Sc.D. Pp. xiii + 178. Illustrated. \$10.50. Springfield, Ill.: Charles C. Thomas. 1962.

This useful book comprises the methods of examination relating in the main to locomotor disorders. There is a short chapter on differential diagnosis, which is essentially a table indicating muscle function tests and giving the terminal deformity that may be expected from paresis of such muscles.

The rest of the book is chiefly an atlas of clinical photographs and X-rays relating to orthopaedic disorders, and its chief value lies in the excellence and variety of these illustrations. The conditions described and discussed are in the main common clinical material seen in the average orthopaedic or physical medicine practice.

This is an extremely useful book for the orthopaedic house surgeon and for the orthopaedic and physical medicine registrar. It should also be of considerable interest and help to the general practitioner. C.W.C.

NERVE BLOCKS

Local Analgesia. By C. Jolly, M.B., B.S., M.R.C.S., L.R.C.P., D.A., F.F.A.R.C.S. Pp. vii + 112. Illustrated. R1.50. London: H. K. Lewis. 1962.

This attractive and yet inexpensively bound monograph was designed for inexperienced doctors. Not enough was done to clarify and classify the theoretical side, but the book will enable busy practitioners to get on with the commoner nerve blocks.

Jolly does not mention the repeatedly proved prophylactic and therapeutic value of oxygen in combating the toxicity of local analgesics; this must be regarded nowadays as almost criminally negligent. He is also wrong in contending that the Tuohy needle ought not to be threaded back over the indwelling epidural catheter. This monograph will nevertheless fulfil the need of all practitioners of a handy reference book on nerve blocks if, as is generally the case, the extra ten rands are not spent on Moore's superb handbook (*Regional Block*, Blackwell), or on the last word in this matter, Hans Killian's monumental *Lokalanästhesie und Lokalanästhetika* (Thieme, Stuttgart, circa 22 rands). J.W.M.

DERMATOSES

Dermatoses due to Environmental and Physical Factors. Ed. by R. B. Rees, M.D. Pp. xix + 303. Illustrated. \$12.25. Springfield, Illinois: Charles C. Thomas. 1962.

The articles in this book were presented and discussed at a symposium at the University of California School of Medicine. The subjects include: contact dermatitis from cosmetics and sensitizers found in the home and in industry, the ageing skin, photosensitivity, cold and heat hypersensitivity, sweat-retention syndrome, and skin disorders of leg stumps. This

book can be recommended as an excellent refresher course in its field. J.M.

IONIZING RADIATION

Ionizing Radiation. By G. Tievsky, M.D. Pp. xix + 154. Illustrated. \$8.00. Springfield, Ill.: Charles C. Thomas. 1962.

It was realized soon after the discovery of X-rays in 1895 and the discovery of radioactivity in 1896 that there was some danger associated with these invisible rays. The monument erected in Hamburg on 1 March 1936 to over 100 X-ray martyrs, gives some indication of what the radiation hazard was to the early workers with ionizing radiation during the first 25 years of this century. Their deaths were due to chronic painful injuries leading to cancers with wide dissemination. One writes this with considerable feeling. There must be a good many of the older generation of radiologists, even in South Africa, who knew some of these martyrs.

These dangers and injuries, however, had little impact on the general public or even on the medical profession as a whole. It was a matter for physicists and radiologists.

It was not until the end of World War II, with the reports of what happened in Hiroshima and Nagasaki, that the public was made aware of the dangers of ionizing radiation. The highly colourful reports in the lay press of the possible effects of 'fall-out' from atomic-bomb tests have made the public realize that there are dangers not only from 'fall-out', but also from the unskilled use of X-rays, although the public think mainly of the possible effects of nuclear explosions in their own particular countries and districts.

As far as South Africa is concerned, we are fortunate that there has been no danger from radioactive fall-out up to the present, but there is considerable danger from the unskilled and untrained user of X-rays for medical purposes. This is of far greater concern to us than any risk from fall-out.

Many books have been published on ionizing radiation by physicists and radiologists since the War, but these have not been published in the main for the general medical profession or general public. Doctors, whether they use X-ray machines or not, have complained that they cannot get suitable books on the subject.

With the publication of this monograph on ionizing radiation, no medical man, non-radiological user of X-ray machines, medical student or member of the general public whose level of education is that of the matriculation, need complain that there is not a suitable book for him to read to enable him to grasp the essentials of this subject.

This monograph only contains about 127 pages in large print, easy to read and to understand. There are no complicated diagrams or mathematics. It is written in an excellent style, and although it is obviously impossible for one man to tell the whole story in one small monograph of this type, the author covers the ground extremely well and even deals with genetics and medico-legal aspects in sufficient detail to illustrate his point.

His book is not for the expert physicist, radiobiologist or

radiologist, but it will prove of the greatest value to the general medical practitioner, the dentist, the veterinary surgeon, and the dermatologist, particularly to those using their own X-ray machines.

The author reminds us, as everybody else who has written on the subject has done, that all X-rays, no matter how little, must cause some damage to human tissues, and the use of X-rays can only be justified for diagnostic or therapeutic purposes if the benefit derived by the patient justifies the harm the radiation is likely to do. The author stresses over and over again what is so very obvious—that it is only the trained radiologist who can minimize the risk of using ionizing radiation whether for diagnosis or therapy.

Part of a paragraph on p. 117 is worth quoting: 'A serious question is posed as to whether radiation therapy for benign conditions should not be entirely discarded, limiting its use solely to the treatment of neoplasms. Certainly, conservative medical practice dictates that all other modalities be used before recourse to radiation and that careful reappraisal of the true clinical value of radiation in benign conditions be made in view of the unfolding story of late serious radiation sequelae'.

This book gives the reasons for this universally accepted attitude towards radiation among those who have been trained to work with ionizing radiation. M.W.

CLINICAL TRIALS

Clinical Trials. Report of a symposium organized by the Department of Pharmaceutical Sciences of the Pharmaceutical Society of Great Britain at the School of Pharmacy, University of London, 5 April 1962. Pp. v + 83. R1.50. London: Pharmaceutical Press. 1962.

There have been a number of symposia and publications in recent years dealing with controlled clinical trials of drugs. This has become very necessary in view of the overwhelming advances in chemistry and pharmacology. In the symposium here reported, the following papers were presented: 'When can clinical trials be undertaken?'; 'The organization of clinical trials in hospitals'; 'Clinical trials in general practice'; 'Pharmaceutical collaboration in clinical trials'; 'After the trial—what justifies the general distribution of a new drug?'; 'The adequacy of the trial—is distribution usually justified?'

This is a valuable contribution to the subject of clinical trials which will increasingly be undertaken in properly staffed hospitals and by general practitioners. N.S.

PSYCHOTHERAPY

Aspects of Psychotherapy. By I. Atkin, M.D. (Lond.), D.P.M. Pp. vii + 103. R1.05, postage 7c. Edinburgh and London: E. & S. Livingstone. 1962.

This is a collection of articles which had for the most part already appeared in the medical press.

There is very little that is stimulating or original in the book, but it reads easily. The author's approach is sober and balanced and he stresses the constant interaction between psyche and soma. M.V.B.

MEDICINE

The Year Book of Medicine (1962 - 1963 Year Book Series). Ed. by P. B. Beeson, M.D., C. Muschenheim, M.D., W. B. Castle, M.D., T. R. Harrison, M.D., F. J. Ingelfinger, M.D. and P. K. Bondy, M.D. Pp. 735. Illustrated. \$8.00. Chicago: Year Book Medical Publishers. 1962.

It is a commonplace that the volume of medical literature published throughout the world has become overwhelming: *World Medical Periodicals* now list some 6,000 journals! As a consequence, virtually every busy practitioner has felt the need for assistance in the selection of medical reading. Publications of abstracts are useful, but from an abstract it is often impossible to evaluate the importance and significance of a paper.

The Year Book Series has for many years been an admirable help in this problem, and the current *Year Book of Medicine* is a worthy member of this series. The papers have

been carefully chosen and are drawn from all the important journals of the English-speaking world. Inevitably there is a preponderance of articles from American publications, but it is difficult to find fault with those selected for inclusion and it is doubtful whether any important contributions have been omitted. The editorial comments at the foot of each paper are the most valuable feature of the volume. These comments are pithy, sometimes amusing and always instructive and to the point, serving to correlate the findings in different papers and to evaluate the importance of the results.

The editors of this *Year Book of Medicine* are again to be congratulated on the excellence of their production, which remains a *must* for every busy physician and general practitioner. H.M.

THE OPERATING THEATRE

Operating Theatre Technique. A textbook for nurses, technicians, medical students, house surgeons and others associated with the operating theatre. By R. J. Brigden, S.R.N. Pp. viii + 580. Illustrated. R7.50. Edinburgh and London: E. & S. Livingstone. 1962.

This is a well-balanced, carefully thought out, helpful book, which fulfils its stated purpose. The illustrations are excellent and profuse. The presence of this book in every operating unit concerned with general surgery and its major subdivisions would be of help, not only to the theatre sister, but also to every nurse in training. It is worth its place in any and every nursing library. R.D.H.B.

CARDIAC OUTPUT STUDIES

Cardiac Output and Regional Blood Flow. By O. L. Wade, M.A., M.D., M.R.C.P. and J. M. Bishop, M.D., M.R.C.P. Pp. xv + 268. R4.50. Oxford: Blackwell Scientific Publications. 1962.

This is a well-written account of modern work on cardiac output in health and disease. A foreword by K. W. Donald, who is now Professor of Medicine at Edinburgh, but formerly from Birmingham, where much of this work was done, sets the stamp on the authenticity of the physiological studies.

The cardiac output at rest and during exercise, and methods of studying blood flow in regional circulations, are dealt with adequately. Specially interesting is the chapter on cardiac output and its distribution in chronic lung disease and primary disorders of the pulmonary arteries.

Chapters on myxoedema, constrictive pericarditis and disorders of cardiac rhythm, and their effect on the output are a *must* to any cardiologist interested in the physiology of his subject.

Sometimes the charts are a little difficult to understand and could have been simpler. The charts on pages 121, 122 and 123, by attempting to show too much, become difficult for the reader to understand.

However, as a collection of recent research in this field, the book is excellent and a credit to the school from which it comes. M.N.

ILIOPSOAS MUSCLE ANOMALIES

Iliopsoas. Development of anomalies in man. By A. A. Michele, M.D., M.Sc. (Orth. Surg.), F.A.C.S., F.I.C.S. Pp. xiv + 550. Illustrated. \$25.75. Springfield, Ill.: Charles C. Thomas. 1962.

The erect posture involves, both phylogenetically and ontogenetically, a degree of extension of the hipjoint considerably exceeding the maximum possible in quadrupeds. Dr. Michele argues that very nearly all disorders of the hipjoint and the lumbar spine depend in some way on failure of the iliopsoas muscle to adapt itself to this hyperextension, and in support of this plausible concept, he has brought together a massive body of evidence, anthropological, embryological, anatomical and clinical.

His anthropological argument unfortunately ignores practically all work on the evolution of human posture carried out during the last 30 years, and in particular the contributions

of Dart, Broom, and Robinson relating to posture in the South African fossil ape-man; because of this Dr. Michele infers that the fully erect posture was not assumed by Man until much more recently than in fact seems to have been the case. This misconception does not necessarily vitiate his main thesis, which must be evaluated primarily by the criterion of its clinical merits.

L.H.W.

BODY MOVEMENT

Clinical Kinesiology. By S. Brunnstrom, M.A. Pp. viii + 339. Illustrated. R4.80. Oxford: Blackwell Scientific Publications. 1962.

This book is based on courses in kinesiology given to students in physical and occupational therapy and includes some references to abnormality of the neuromuscular system which serve to illustrate specific muscle actions.

Chapters 1 and 2 deal with the basic mechanical and physiological principles of movement and muscle work. The main part, chapters 3-9, is concerned with the joint movements and muscle actions in the various body segments.

Chapter 10 discusses posture and Chapter 11, locomotion, with the addition of some information on energy costs in terms of calorie consumption in relation to variation in speed and length of stride.

There are excellent photographs and some diagrams which illustrate very clearly the text, which is concise but sufficiently comprehensive to cover the subject matter at the level required in a work of this kind.

The appendix and extensive bibliography add to the value of this book.

It should prove a most useful addition to the libraries of all workers interested in the science of body movement.

M.H.S.R.