

BOOK REVIEWS : BOEKBESPREKINGS

TECHNIQUES IN VASCULAR SURGERY

Indications and Techniques in Arterial Surgery. Ed. by P. Martin, *V.R.D.*, M. Chir., F.R.C.S.E., F.R.C.S. Pp. vii + 111. Illustrated. R3.00. Edinburgh and London: E. & S. Livingstone Ltd. 1963.

This excellent little book covers the clinical manifestation of ischaemia as it affects the limbs and also internal organs such

as the brain, bowel and kidney. Chapters are included on aneurysms and arterial embolism. Throughout the book, the emphasis is on a detailed description of techniques which have been tested and proved to work in practice. It is beautifully produced and a delight to read. Although our practice differs from that described in a few aspects, this book is highly recommended to all who are even remotely interested in vascular surgery.

W.M.R.

SUMMARY OF ENDOCRINE DISORDERS

Endocrinology. By A. S. Mason, M.A., M.D., M.R.C.P. Pp. 136. R3.60. London: Staples Press, 1963.

It is only possible to cover the whole field of endocrinology in 134 pages if short telegraphic sentences are used. This makes the book extremely unpleasant to read and at times not too easy to follow. Nevertheless, as a revision book for students it is up-to-date, reasonably full, appears to be generally reliable and is, of course, brief.

There are a few errors of proof-reading, and some doubtful remarks in the text caused by the severe compression, as is shown by the summary of the syndrome of 'prediabetes' in two lines. It is easy to criticize emphasis, but such contrasts as the inclusion of hyperparathyroidism as a complication of acromegaly with the omission of the polycystic ovary syndrome as a cause of secondary amenorrhoea need correction.

Although it is too expensive, I do not know of any other short summary of endocrine disorders to recommend to students.

W.P.U.J.

DIET FOR CORONARY DISEASE

Food for the Heart Sore. By L. Friedlander. Pp. 78. R1.20. Parow, Cape: Nasionale Boekhandel, 1963.

This small book of recipes for patients with coronary heart disease is compiled for the housewife confronted with the problem of providing varied menus for the patient on a diet low in saturated fats. It is simple in its explanatory section, and fills a need which has been felt by many involved in the preparation of this diet.

Unfortunately, exciting gourmet recipes are interspersed with elementary general cooking instructions, wasting much space and detracting from the congruity of the book. Furthermore, the recipes for weight-reduction purposes are, at times, unscientific and confusing to the layman for whom the book is intended.

However, in spite of these details, there is much information and helpful advice for the practical application of this dietary regime. A great asset is that the ingredients included are all freely available.

J.M.D.