

child) to see each member of the family as occupying his own particular place, as having his own particular part to play in relation to others.

For the World Health Organization, Europe includes both east and west Europe. The similarity of our problems is at once apparent in the opening sentence of the Czech contribution:

The psychiatric department of the University Polyclinic, Prague, is concerned like many other psychotherapeutic institutions throughout the world, with two main considerations; (1) how to establish a proper theoretical basis for psychotherapy and (2) how to make psychotherapy more effective, more accessible and less time-consuming. The latter is an especially acute question in a country such as Czechoslovakia, where, under the national health scheme, all medical care (including psychotherapy) is free.

The same chapter contains a most practical discussion of the problems of coping with husbands and wives when they are not seeing eye to eye, and ends with a list of factors related to family life which seem to be important in promoting mental health in Czech society. Such simple and direct statements of the pre-requisites for mental health are rare. This list is just as valid for society in the United Kingdom.

**Lecture notes on neurology.** IVAN T. DRAPER, M.B., CH.B., M.R.C.P. Oxford. Blackwell Scientific Publications Ltd. 1965. Pp. xii+230. Price 18s. 6d.

This recent addition to the Lecture series by the neurologist to the Western Infirmary, Glasgow, is designed to present the essentials of the subject in a manner suitable for rapid revision or for refreshing the memory. It is divided into three sections. The first covers the anatomy and physiology of the nervous system and relates them to symptoms of disease. The second offers a scheme for history taking and examination. The third and longest section reviews the commoner diseases of the nervous system. The book is naturally concise, and the condensation makes it more suitable for a final year student revising before his examination than for the general practitioner who wishes to look up the conditions he meets in his daily work. The section on anatomy and physiology is a well presented summary which can usefully be read as a refresher course, but most general practitioners will find the clinical section too condensed and didactic to be really profitable.

**Understanding rheumatism.** T. R. LITTLER, M.D., M.R.C.P. London. Sydney, Wellington. Tavistock Publications. 1966. Pp. xii+164. Price 25s.

To find a title for a technical book would not appear to be very difficult. But a technical book written for laymen must be entitled with some care or confusion and disappointment result as with the young lepidopterist who purchased "Hints for Young Mothers" only to find that he was

reading about human babies and not moths.

*Understanding Rheumatism* is an apt and useful title for a well written and useful book. The introduction warns the reader adequately not only of the loose connotation of "Rheumatism" as popularly used but also of the very definite meaning of the word in (say) acute rheumatism. The author deals, *seriatim*, with acute rheumatism, gout, rheumatoid arthritis, osteoarthritis, spondylitis and, for good measure, includes in "Spinal Disorders" the displaced disc, lumbago and sciatica. Under "Miscellaneous Rheumatic Disorders" he deals with wry-neck and frozen shoulder *inter alia*.

In a book of 160 pages exactly half is occupied by what, to the patient, is even more important than understanding rheumatism and that is the relief of pain and treatment generally. The chapter on physiotherapy and methods of home treatment, exercises and simple splints is excellent. The account of surgical treatment informs but does not alarm, and the concluding chapters on the social services and gadgets for the disabled will prove most helpful. There are numerous and clear illustrations, chiefly of gadgets and how to make and use them, and an adequate index. It would be invidious to look for faults in this good book whose virtues far outweigh any minor criticisms which could be made. It will prove really helpful not only to the sufferer but equally to those who have the care of the case.

**European seminar on child health and the school.** Distributed by the Regional Office for Europe. Copenhagen. World Health Organization. 1965. Pp. vi + 82.

This is a report of a seminar held under the auspices of W.H.O. and attended by school medical officers and other experts from 24 western nations. A very wide range of facts were discussed ranging from the physical and emotional stresses on the child at school entry to preparation for leaving school and taking up employment.

The training and duties of school doctors and nurses are considered and so is the purpose and frequency of routine examinations. Discussions took place on the relationship between the school and the family and the place of the school in the community, and there is an interesting section on the proper content of health education that can be undertaken at various stages of a school career.

Despite the fact that no family doctor appears to have attended this seminar, the importance of co-operation with the home doctor of children is repeatedly stressed. There is much good, sound common sense in this booklet and an excellent review of modern thought on the purpose of a school health service is presented. This booklet should be of interest to all general practitioners and of particular value to all who combine school medical work—in the public or private field—with their practice. It is worthy of general publication and it seems a pity that only a limited number of copies is available on application to W.H.O. Regional Office for Europe, Copenhagen.