

Human nutrition and dietetics. Fourth edition. SIR STANLEY DAVIDSON, B.A., M.D., F.R.C.P., F.R.S.E., LL.D. and R. PASSMORE, M.A., D.M. Edinburgh & London. E & S. Livingstone Ltd. 1969. Pp. xii + 899. Price £5 5s.

Hutchison's food and the principles of nutrition. Twelfth edition. HUGH M. SINCLAIR, M.A., D.M., D.SC., F.R.C.P. and DOROTHY F. HOLLINGSWORTH, O.B.E., B.SC., F.R.I.C., F.I.Biol., F.I.F.S.T., S.R.D. London. Edward Arnold (Publishers) Ltd. 1969. Pp. viii + 644. Price £6.

These two excellent textbooks have this year reached new editions. The publishers' gift to an overfed nation? What fun it is to dip into these volumes, packed full of information, some of it of the most curious. Hutchison tells us that the green turtle was so called because Sir Hans Sloane stated that its fat had a greenish colour and it imparts a yellow tint to the sweat of those who eat it. Does it? We are not told. Davidson, who ignores the turtle, tells us that the Roman snail (escargot) is "one of the glories of the modern French cuisine". Hutchison has no views on this mollusc but concedes that frogs' legs though of little food value are "easily digested and of a delicate flavour". On the subject of unusual foods Davidson wins with the incomparable sub-heading of "Khoa, rabri, churkom, dried reindeer milk and other delicacies".

Turning to the more important and oppressive subject of obesity, on this Davidson comes out the stronger of the two with the sweeping assertion that "a nation-wide attack on obesity would employ more dieticians than are at present registered by the British Dietetic Association". Your reviewer has found it almost axiomatic that the stress which the physician lays on obesity as an important factor in the management of his patients, is in inverse proportion to his weight. "Thin doctors thin"; we more substantial mortals can do little more than sympathize. The photograph of "a very obese patient" in Davidson seems scarcely necessary.

Both books are well-produced, well-written and easy to handle. Both are expensive.

Brain's clinical neurology. Third edition. ROGER BANNISTER, C.B.E., M.A., B.Sc. D.M., M.R.C.P. London. Oxford University Press. 1969. Pp. 435. Price £2.10p. (42s.)

Dr Roger Bannister is to be congratulated on his sensitive revision of this valuable textbook. He has preserved Lord Brain's original intention that this book should not be a small version of his *Diseases of the nervous system*, but a volume of use to physicians, general practitioners, and students, and that it should explain clearly how to diagnose and treat common neurological disorders.

Many fresh illustrations, including seven in colour, have been added to this edition, and new sections on the many modern techniques of

investigation are introduced, with practical advice both on their indications and on their risks to the patient. Valuable discussion on echoencephalography and on isotope encephalography have been added in order to show the clinician when the use of these techniques is indicated, and the way in which the information they provide will affect the management of an illness.

There is an interesting new section on temporal arteritis, and all aspects of treatment have been enlarged and brought up to date throughout the book. There is a good glossary, and a general list of relevant more-detailed reading, included at the end, is carefully classified. The sections also end with a small list of references. The index of about 1,200 items shows that every consideration has been given to helping the reader.

Dr Roger Bannister reminds us that neurology is a rapidly evolving subject, and his skilful revision gives promise that in the future *Brain's clinical neurology* will become a standard work of increasing value to general practitioners.

The fifth division of the text deals with psychological aspects of neurology, and will be read with attention. It gives a brilliant account of the interplay of hereditary and environmental factors in the precipitation of mental illness, and discusses the strengths and the limitations of psychotherapy in contemporary practice: ". . . however much account it may take of their past, it must always deal with people as they are now, and its methods, must therefore, often resemble those of the orthopaedic surgeon, who aims to make life easier for his patients by correcting deformities and giving support, though he can rarely hope to restore them to the state in which they would have been if they had not suffered from congenital deformity or an acquired illness".

The Oxford University Press deserves our gratitude for producing this work again in a beautiful form and at a very reasonable price.

BOOKS RECEIVED

Nutritional anaemias. World Health Organization Technical Report Series No. 405. Geneva. World Health Organization. 1968. Pp. 37. Price 6s. 0d.

Family planning for Ulster. Proceedings of the conference, Belfast—1968. Bristol. John Wright & Sons Ltd. 1969. Pp. 72. Price 18s. 6d.

Family planning for Wales. Proceedings of the conference, Cardiff—1968. Bristol. John Wright & Sons Ltd. 1969. Pp. 51. Price 15s. 6d.

Family planning for Scotland. Proceedings of the conference, Glasgow—1968. Bristol. John Wright & Sons Ltd. 1969. Pp. 67. Price 18s. 6d.