

'The Faith of Some Old Friend' the author touches very tenderly upon attitudes to death. A foreword and epilogue by the late J. W. Robertson Scott, so active-minded throughout his 96 years, add piquancy to the book.

The short chapters and clear wording express the very best that general practitioners can offer to their patients over 50 years of age. This reader knows of no other writer who expresses this completely.

Understanding Paraplegia. J. J. WALSH, M.D. London. Tavistock Publications. 1964. Pp. v+164. Price 21s.

There is no glossary in this book and yet the author succeeds in making clear to non-medical readers the results of damage to the spinal cord at various levels, the risks that the survivors run, and the management that will enable them to live actively after early treatment and training.

The writing is clear and free from needless technical phrases. The main principles of management that can make paraplegics, even tetraplegics, reasonably independent in their home and working lives are never obscured by the detail of instructions. The practical detail is there nevertheless. An account of the early treatment and rehabilitation both of body and mind is a record of magnificent work and the drive behind it which originated with Dr Guttman, director of the National Spinal Injuries Centre.

Chapters on the prevention of pressure sores, contractures and urinary infection must be of value to relatives, nurses and family doctors associated with paraplegics as well as to the men and women themselves who are contending so successfully with their disability. Many of these are young at the beginning of paraplegic life. Emphasis on activity in work and sport with the means of securing their independent mobility must excite all readers. This culminates today in international Stoke Mandeville games, now held every fourth year in the country chosen for the Olympic games.

An index is preceded by an appendix of spinal centres, limb and appliance centres and some useful photographs of appliances in use. This is a book for a general practitioner's desk. The increase in well-trained and adjusted survivors from spinal injury and disease means that they are widely scattered over the country. Their capacity for a happy active and satisfying life, up to damage at the level of 6th cervical vertebra is an impressive result of imaginative ingenuity allied to vigorous medicine. This book is a delight to any reader.

Understanding Duodenal Ulcers. ROBERT KEMP, T.D., M.D., M.R.C.P. London. Tavistock Publications. 1964. Pp. v+143. Price 17s. 6d.

This book has grown out of a pamphlet published by Dr Kemp in 1956, under the title "How to Live with your Duodenal Ulcer". It has been completely re-written and is designed to teach the patient with a duodenal ulcer a way of life which will reduce his ulcer to nothing more than a minor irritation. The reader is told enough about gastric function and the nature of duodenal ulcer for him to appreciate the reasons for the advice he is given about the timing and nature of his meals, the avoidance