

**Diets for Sick Children.** DAPHNE J. W. DIXON, B.SC., S.R.D. Oxford: Blackwell Scientific Publications. 1965. Pp. x+111. Price 12s. 6d.

This excellent book is intended as a practical guide, as well as reference manual, for any who are concerned with providing or advising on special, in addition to ordinary diets, for sick children. It is not meant for parents of children on special diets, as these diets should be adjusted to suit the individual.

The wide experience gained from the material passing through the Hospital for Sick Children, Great Ormond Street, even for the rarer diseases, has provided the dietetic staff there with unique opportunities for developing attractive, varied and palatable diets based on scientific principles. However, no matter how good a diet may be on a scientific basis, it is completely useless if the child will not accept it. Mrs Dixon underlines the basic principles in dealing with such problems.

The book opens with recommended dietary allowances and normal diets, adapted to children's requirements, for different age groups. This is followed by special diets for various common, as well as, uncommon diseases—those for diabetes and coeliac disease being extremely well presented. In recent years the recognition and treatment of many inborn errors of metabolism has necessitated much new thought in this most important field—not the least of which has been the working out of correct dietary regimes. These have been adequately covered in separate sections for each metabolic disorder and form a large part of the book. Much of this material was hitherto unpublished. A unique and helpful suggestion is the invitation to the interested reader to write to the senior dietitian at the Hospital for Sick Children, Great Ormond Street, London, W.C.1 with any queries arising from the diet sheets given in the booklet.

The handbook is thoughtfully and very clearly laid out, and there is little to criticize in either its presentation, or in the accuracy of its contents and text. Its publication undoubtedly fills a long-felt need in the general care of sick children, and as Dr Barbara Clayton says in her foreword, Mrs Dixon should be most warmly congratulated on her achievement.

**Waiting in Outpatient Departments.** A Survey of Outpatient Appointment Systems. A survey made by the Operational Research Unit of the Nuffield Provincial Hospital Trust. London, New York, Toronto. Oxford University Press. 1965. Pp. ix + 69. Price 5s.

This is a remarkably thorough survey, begun in June 1963 and completed in March 1964, of approximately 12,500 outpatients and 900 doctors at 474 clinics in various specialties at 60 hospitals; but it is not an evaluation of the general theory of queueing.

Some of the findings are startling. Thus, the average time waited by patients after appointment time before seeing a doctor was 25 *minutes*; on the other hand, the time which doctors had to wait during clinics, because patients were late or failed to arrive, was negligible, on average over the whole sample 41 *seconds*. Only one clinic in five started early or on time, and on average clinics were 12 minutes late in starting. The late-