

now evidence that this sort of exercise produces a marked rise in blood pressure at the time, and is therefore potentially dangerous—perhaps particularly so in that section of the community at whom the booklet is aimed. With this exception it can be recommended as a useful keep-fit guide to all busy men, not least to our own profession.

The Medical Annual, 1966. Editors: SIR RONALD BODLEY SCOTT, *K.C.V.O.*, M.A., D.M., F.R.C.P. and R. MILNES WALKER, *C.B.E.*, M.S., F.R.C.S., F.A.C.S. (Hon.)- Bristol. John Wright & Sons Ltd. 1966. Pp. xxiv + 667. Price 52s. 6d.

The eighty-fourth issue of the year-book follows the same style as its predecessors. There are special articles on gall-stones, ulcerative colitis, and wound healing. All branches of medicine are well covered. The section on general practice by doctors John Hunt and Michael Linnett deals with measles immunization. Simple and rapid pathological tests in general practice, ancillary medical workers, and special vocational training for general practice. The standard of excellence remains the same and it is recommended as the best annual of medical progress for the general practitioner.

Medical books, libraries and collectors. Second edition. JOHN L. THORNTON, F.L.A. London. Andre Deutsch Ltd. 1966. Pp. xvi + 445. Price £4 4s.

Those who take an interest in medical history in any degree at all must sooner or later find themselves beset by the difficulty in obtaining reliable information on many of the problems with which they find themselves confronted. If they do not wish to consult sources, and these are so often difficult to find without the resources of a well-equipped library, they have to consult a bibliography, but the average bibliography is dry meat except for the voracious book collector. Mr Thornton has produced a work which should fill the need of most of those who wish a guide through the maze of medical literature. In the small space of 445 pages he has condensed an enormous amount of information not readily to be come upon elsewhere. Furthermore, he has brought his material right up to date. In so vast a subject what to leave out must have been a greater difficulty than deciding what to include. Each reviewer will look for mention of those subjects in which he is especially interested, and each collector will look particularly for the inclusion of those books which have become his warm favourites and have occupied an honoured space on his shelves. In so wide a work disappointment is bound to happen. This reviewer misses any mention of the translation of Sydenham's works by Thomas Swan, and would have liked to have read something of that quaint compiler and translator of the medical treatises of the surgeons and apothecaries of his day, William Salmon "professor of physick", nor is there a mention of that catalogue of surgical instruments Johannis

Scultetus. What is included is of great interest and will remain a favourite reference book for many years to come. The time and trouble which Mr Thornton must have put into this work has resulted in a most readable account of medical literature.

Stedman's medical dictionary. Twenty-first edition. Edinburgh and London. E. & S. Livingstone Ltd. 1966. Pp. xlix + 1,836. Price £5 5s.

This illustrated dictionary is a standard work which has long been noted for its authoritative definitions and its wide coverage. This new edition has added since 1961, 9,183 new entries; as the American publishers remark in their delightful preface to this edition, "The language of medicine is a living, growing language. It gives birth to prematures and abortions, to monstrosities and cover girls, to drop-outs and Rhodes scholars". Readers should be careful to note Americanisms in terminology and in spelling, but they should not be put off on this account, for there are features in this dictionary which are most attractive. One of these is the inclusion of many tables bringing together all the words associated with certain subjects; not only are there Tables of Bones, of Joints and of Arteries, but there are Tables of eponyms related to such subjects as Operations, Stains, Methods, Signs and so forth.

Some words seem to have a quite different meaning on the other side of the Atlantic, for example 'Sinter' with us is a noun denoting a hard incrustation or deposit formed upon rocks, etc., by precipitation from mineral waters (Shorter Oxford Dictionary), whilst in America it is a verb 'to heat a powdered substance without thoroughly melting it, causing it to fuse into a solid but porous mass' (sure, it was Lot's wife who sintered).

This is a heavy book with its 1,836 pages but in spite of this it is easy to handle, well printed and illustrated with well-chosen plates and diagrams.

Antenatal illustrated. GRANTLY DICK-READ, M.A., M.D. London. Heinemann Medical Books Ltd. 1966. Pp. viii + 53. Price 6s. 0d.

Relaxation and exercises for natural childbirth. HELEN HEARDMAN. London and Edinburgh. E. & S. Livingstone Ltd. 1966. Pp. 31. Price 1s. 0d.

Both these books are third editions edited after the deaths of the original authors, Dick-Read's by his wife who learned antenatal care from her association with him, Helen Heardman's by Maria Ebner, a qualified physiotherapist.

Dick-Read gives four essentials, education, correct breathing, relaxation and exercises in that order of importance, but he gives almost as many pages to relaxation as to education. Eleven pages on education in the processes of pregnancy and labour together with four on hygiene of pregnancy tells the expectant mother, only a fraction of what she needs to