able to consult the original texts he studied 14 languages. More clearly than any previous medical historiographer, to use the phrase which Sigerist seemed to prefer, did he endeavour to weld the history of medicine into the general scheme of things so that in reading his works one learns of the people, the patients, their ways in disease and their ways in health, and in so doing gets a clearer idea of their ideas and theories concerning disease. Sigerist was not only a great medical historian, he had the ability given to so few of being able to convey his meaning in clear, simple and very readable English. Many will welcome this cheap edition of a very great book.

Public health in Glasgow 1905-1946. SIR ALEXANDER MACGREGOR, *K.B.E.* Edinburgh and London. E. & S. Livingstone Limited. 1967. Pp. xi + 175. Price 25s.

The history of public health as usually encountered by its disciples is apt to be dry, a catalogue of legislation with interspersed tables of statistics. Water supplies, drainage and refuse disposal figure with slum clearance and rehousing. The few personalities are portrayed as writers of long and dry reports.

Only occasionally do we get an account of what was really happening during the time when the social services, as we now call them, were evolving. This is why this short book by one who has lived and worked through these momentous years is so important. That it purports to be concerned with the health of Glasgow only is not material. Indeed, Glasgow was one of the worst cities in the country for slums, rickets and consumption. How these and other problems were tackled is typical of what was happening all over the country. Sir Alexander MacGregor has succeeded in showing how the different problems presented and how they were successfully tackled. In doing so he has written a human story which is readable and instructive. It is a pity that a book so packed with information should have no index.

Food fact and figure. MARY E. BECK, S.R.D. Edinburgh and London. E. & S. Livingstone Limited. 1967. Pp. iv + 74. Price 6s.

Plenty of common sense with enough sound science are served up by a dietician in this useful book for laymen. Although the general practitioner may not agree with every detail, he may safely recommend it as a guide for those patients interested in and responsible for their own nutrition and that of infants, children, the elderly or the sick. The relationship between food and dental health is dealt with thoroughly, and there is a section which scotches the mythology of constipation. There are a few practical and acceptable recipes, and even suggestions for a packed lunch. Altogether an exemplary exercise in health education, indexed and wittily illustrated.

A synopsis of ophthalmology. Third edition. J. L. C. MARTIN-DOYLE, M.R.C.S., L.R.C.P., D.O. Bristol. John Wright and Sons Limited. 1967. Pp. x+271. Price 35s.

This latest edition of the *Synopsis of ophthalmology* is a short, compact, easy to handle book. The type is set well, headings are clear and understandable and the text is written with delightful simplicity. This is a thoroughly pleasant and easy book to study. Despite the fact that there are very few illustrations the