

of psychoanalysis are mentioned, but Jung does not appear in the index.

The book retains its basic structure, being divided into six parts, a child is born, laying the foundations, self and others, emotional development, the growth of understanding, and personality development. Each part is then further divided into chapters which contain several sections. The bibliography is collected together at the back of the book, authors names being listed alphabetically and their papers listed by year of publication, in the text authors and year are given. At the end of each chapter a list of recommended further reading is given. This new edition represents a complete review of both the fifth edition and of the entire field of child psychology. Much new material has been added on children thinking and an entire chapter has been included on genetics and heredity, a reflection of the recent interest in behavioural genetics such as the genetic make-up of criminals.

This is a vast work of over six hundred pages, which deals with all aspects of child psychology. It will be of little value to either the general practitioner or the medical student, but would be of great value to those whose work lies entirely in the care of children.

**A way to natural childbirth.** Second edition. HELEN HEARDMAN. Revised by MARIA EBNER, M.C.S.P., Dip.T.P. Edinburgh & London. E. & S. Livingstone Ltd. 1970. Pp. vii+127. Price 10s. 0d. (50p).

This book which was originally written in 1948 by Helen Heardman has now been revised and re-written by Maria Ebner. In the 20 years which have elapsed since the original edition, many advances have occurred in midwifery, but as the new author states "Mrs Heardman's pioneering efforts to give mental and physical help to the expectant mother were founded on sound principles".

It is refreshing to see stated early on in the book that childbirth is a natural, physiological process. This is so often forgotten, and a most important point to get over to the young expectant mother who is so often over-exposed to 'old wives' tales'. Following the introduction a short chapter is included on health education in childhood, a topic of growing importance in educational circles today. If carried out correctly this should ensure that newly-married couples fully understand the

physical and emotional differences between men and women, so essential for happy marriages. The main section of the book deals with the preparation for pregnancy, and is broken down into a series of suggestions for nine relaxation classes. Several exercises are described with the aid of diagrams, aiming at total relaxation during labour, and an accurate description of labour, not only describing the physical mechanics taking place, but describing also what the mother is liable to feel emotionally. There are also chapters on lactation and the puerperium, again with suggestions as to suitable exercises for the rapid return to non-pregnant health and also explanations as to what is taking place at this stage.

This is a most excellent book, short and concise, very nicely illustrated and of great value to anybody doing maternity work.

**The Medical Secretary's Handbook.** Second edition. M. DRURY, M.B., Ch.B., M.R.C.S., L.R.C.P., M.R.C.G.P. London. Bailliere, Tindall and Cassell Ltd. 1969. Pp. xii + 326. Price £2. (£2.00)

For anyone about to embark on a career as a medical secretary, this book will be invaluable. It is well compiled and illustrated and covers every aspect of the work, whether the secretary intends to work in a hospital or in general practice. Beginning with a short history of medicine, it goes on to tell of the inauguration of the National Health Service and of the functions of the local health authorities working in conjunction with the health service.

Great care has been taken to give the reader as much detailed information and help as possible. The hospital secretary can learn the exact procedure to be adopted when admitting patients to hospital, how to deal with outpatients as well as guidance on keeping accurate medical records and statistics. For the secretary in general practice, whose work is of necessity more varied and covers a wider field, this book is especially helpful. From it she can learn how best to play her part so that the work of the doctor and his surgery runs efficiently and smoothly. At the end of the book there are tables and a glossary of medical abbreviations and terminology which will be of great assistance. I would like to think that every medical secretary had access to this book as I am sure it would be in constant use for reference purposes.