

tudes to smoking and reduction in consumption, which is stopped in the fourth week. Thereafter reinforcement is applied by the signing and witnessing of a 'personal contract' not to smoke and encouragement to set out actively to persuade others to do likewise.

The *Organiser's Handbook* is designed for company staff running work-based schemes for an Occupational Quit Smoking Programme. The handbook gives practical advice to organizers and describes various forms of promotional material and how to obtain them. Suggestions for evaluating the success of the programme are included.

The authors' suggestion that a no-smoking campaign should be motivated positively by a co-operative effort between employers, employees, and trades unions is well worked out and is likely to be effective if support is forthcoming.

Each pamphlet is available at a substantial discount if 40 or more are ordered.

H. W. K. ACHESON

### THIRD AGE HEALTH

*Medical Advisory Panel,  
Pre-Retirement Association (1979)*

12 pages. Price 60p

This new publication (1979) of the Pre-Retirement Association replaces the original booklet, published in the mid-1960s, entitled "Notes for Speakers on Health on Pre-Retirement Courses".

The majority of doctors, or other health professionals, who are invited to lecture on pre-retirement courses organized by industry, adult education departments, or voluntary organizations are not well versed in educational methods and techniques. The aim of this booklet, is to guide the inexperienced lecturer and so avoid learning through trial and error.

The emphasis is on health and the encouraging evidence that the majority of retired people will remain reasonably fit for at least their first 10 years in retirement. However, it is wrong to give a glowing account of future health without pointing out also that some diseases, particularly of the degenerative kind, are statistically much commoner in the 75 to 85 age range: general guidance on such topics as the musculoskeletal system, heart and lungs, and special senses is clearly presented. The problems of smoking, alcohol, and the use and abuse of prescribed and purchased medicines are likewise discussed. Education in the rational use of the facilities available within the NHS and through

social agencies is also stressed.

The booklet has two excellent summaries for lecturers: a check-list for a pre-retirement course, and examples of alternative methods of presenting health information on pre-retirement courses.

Although the majority of general practitioners spend most of their professional time in the diagnosis and treatment of pathology, they are increasingly aware that more positive attitudes to health education will benefit not only the individual patient, but will ultimately reduce the heavy demand on health service resources. Medical lecturers are still at a great premium in this field.

The Pre-Retirement Association, 19 Undine Street, Tooting, London SW17 8PP (Tel: 01 767-3225) will supply the name of your nearest local retirement or pre-retirement association on request, and copies of *Third Age Health* are also available from the same address, price 60p including postage.

H. M. WHITE

### BREAST-FEEDING — A GUIDE FOR THE MEDICAL PROFESSION

*Ruth A. Lawrence*

*YB Medical Publishers  
London (1980)*

367 pages. Price £9.75

In the Western world man's ingenuity in displacing nature reached its nadir a few decades ago when it was the cult to feed babies on artificial milk. It became fashionable, even a mark of social distinction, not to breast feed one's baby. In recent years there has been a swing back, again led by the higher social classes, and there are many reasons to justify this.

It might be expected that a book on breast feeding by a paediatrician/gynaecologist who had herself breast fed her own nine children would be heavily biased in favour of this procedure. However, this is not so; Dr Ruth Lawrence's book is a dispassionate, warm study of every aspect of breast feeding. Her combined personal and professional experience must be unique. She divides her treatise into two sections: the first covers theoretical aspects such as anatomy, physiology, biochemistry, immunology, and psychology; the second deals with clinical aspects, such as the management of breast feeding and its pros and cons (a nicely balanced survey of emotional, physical and social factors), drugs, medical problems in mother and baby,

induced lactation, and human milk as prophylaxis in allergy. The section on bonding manages to combine, admirably, subjectivity with a scientific appraisal of the various behavioural, social, and familial components.

Dr Lawrence has researched her subject extensively and has reviewed the literature comprehensively; detailed references are given. The result is not only an authoritative treatise, but also a well illustrated book. It is eminently readable for those who wish to dip into it. It is also a notable work of reference for those who wish to pursue the subject in depth. However, the purchase of a book of more than 350 pages on breast feeding requires a more than routine interest in the subject.

G. R. FREEDMAN

### CHAMBERLAIN'S SYMPTOMS AND SIGNS IN CLINICAL MEDICINE. 10TH EDITION

*Colin Ogilvie*

*John Wright and Sons, Bristol (1980)*  
584 pages. Price £14

Every practitioner needs some reference books of his own and *Symptoms and Signs in Clinical Medicine* is almost an essential.

Profusely illustrated with pictures of genuine physical signs, it is a haven of traditional medicine in the general practitioner's sea of psychosomatic illness. Even a casual glance recalls in a nostalgic and refreshing way the signs upon which a diagnosis may be based.

This new edition is greatly superior to my old copy and the text is clearer. Sadly absent, however, are the small line cuts of the famous nineteenth century doctors whose signs and diseases have become eponyms. Even more illustrations would have been welcome in parts.

If it is to be used only two or three times a year the cost may not appear to justify buying this book. However, there are few medical skills more important than a knowledge of the symptoms and signs in clinical medicine and every practitioner should have such a book in his library.

A. ROGERS

### SO YOU HAVE DIABETES!

*L. A. Distiller*

*MTP Press, Lancaster (1980)*  
103 pages. Price £3.50

This book is not for the general practitioner but for his patients! The con-