

treatment are given, and the illustrations in the main are very helpful.

It would be churlish to be hypercritical of an excellent book, so the following remarks are intended as helpful criticism. An irritation to some readers will be the occurrence of such phrases as "King suggested. . .", "Mangus pointed out. . .", "Mygind proposed. . ." without the help of references or bibliography, which might well be given at the end of the chapters. Among the 18 coloured reproductions of conditions of the larynx it would be helpful to have one of a normal larynx for comparison. There are a few statements which came as a mild surprise; for instance, that a single dietary indiscretion can cause an attack of laryngitis and that otalgia may follow sexual disturbances, and nose blowing and douching are recommended for children with colds and maxillary sinusitis.

The book is well printed and easy to read. Only one minor spelling error was observed—a single "l" in "non-ampullated" on p. 321.

Lecture Notes on Diseases of the Ear, Nose and Throat. E. H. MILES FOXON, F.R.C.S., D.L.O. Oxford. Blackwell Scientific Publications. 1961. Pp. vii + 186. Price 18s. 6d.

This book is constructed from lecture notes and is intended for the use of students, general practitioners, and house officers. It is written by a surgeon and has a strong surgical bias. The common (and many rarer) diseases of the ear, nose, and throat are tabulated, as are the recommended lines of treatment.

A number of questions from recent final examination papers are appended and the book is designed to help the student in his attack upon them. This design may be achieved where a short answer is required and probably this is all that is intended. For a general practitioner or house officer, who is faced with the treatment of a simple condition of which he has no practical experience, this book will provide a ready source of help. For example, it will bring to mind all the common causes of hoarseness, but, as the course of the recurrent laryngeal nerves is not described, he will be left in the dark as to why the list of causes of left recurrent laryngeal paresis differs from that of the right.

The medical side of this subject is lightly touched upon. Less space is given to nasal allergy, or nasal catarrh, than is given to tumours of the nose, sinuses and nasopharynx. Perhaps this is as well, for the chapter on nasal catarrh is likely to be found unconvincing by many general practitioners. In many conditions drugs are recommended, but dosage is scarcely mentioned.

It is extremely difficult to condense a subject of such importance

into the confines of this book. If it were gone through carefully with an experienced and interested general practitioner, it could be considerably improved. Examples of loss of value by condensation of the subject matter are the description of the caloric test in vertigo without instruction as to how to read an abnormal result; the bald statement that vestibulitis of the nose occurs in nose-picking children and debilitated adults, the only treatment offered being the application of Ung. Hyd. Nit. Dil; the statement that acute infection of the maxillary sinus is seldom seen as a clinical entity in children, without reference to age of child or whether this refers only to hospital admissions.

The book is profusely illustrated. Many of the illustrations add little or nothing to the value of the text. For example a representation of three pairs of Walsham's forceps or four tuning forks of differing size seems unnecessary. Omission of the following figures would give room for a helpful expanding of the text—Figures 3, 4, 5, 9, 12, 13, 14, 15, 26, 27, 56, 57, 65, 67, 68, 75, 83, 88, and 93. It is of interest to note that gunshot wounds precedes diving as a cause of acute infection of the maxillary sinus; it precedes blows as a cause of injury to the larynx; in this country one would not quarrel about its precedence over tribal custom as a cause of septal perforation.

Psychotherapeutic Techniques in Medicine. MICHAEL AND ENID BALINT. London, Tavistock Publications, 1961. Pages ix + 229. Price 21s.

A bedside manner, common-sense, and reassurance are not enough. All doctors would be better at their job if they could be taught methods of psychotherapy based on proper professional skills. We do not yet know enough to teach these methods systematically.

With this as their long-term assessment and aim, Dr and Mrs Balint try in this book to clear the ground of some prejudices and to establish some reliable working principles about psychotherapy, particularly when it is carried out by doctors who are not specialists.

The book is addressed to general practitioners and consultants; it is not intended only for psychiatric consultants. It is a companion volume to *The Doctor, his Patient and the Illness*. The first book was provocative and sharply challenged many accepted beliefs and practices; it offered few solutions to the problems raised. The present book is provocative too, but it is more constructive; tentative solutions are offered.

Its four parts are only loosely related to each other. The first