

microsurgery by J. Angell James and psychotropic drugs by Linford Rees are all explained in a way that those unversed in these subjects can easily understand.

Of the many medical annuals and year-books on the market *The Medical Annual* remains one of the best and most comprehensive.

Human Genetics. *British Medical Bulletin*, vol. 17, No. 3: The British Council, London, 1961. Pp. xiv + 264. Price 20s.

This excellent symposium, with an introduction by Sir Robert Platt, will be of interest only to those family doctors who want detailed or specialized information about particular aspects of this growing branch of medical knowledge. Chapters on mongolism, abnormal sexual development in man and the inheritance of congenital pyloric stenosis may have the widest appeal but each of the 15 chapters which make up the symposium is written by an acknowledged authority on his subject. Other subjects dealt with include, Turner's syndrome, Galactosaemia, Aminoaciduria, Pharmacogenetics, and the genetics of finger print patterns. A review is included of nine other important publications on human genetics or related subjects.

Handbook of Medical Laboratory Formulae. R. E. SILVERTON, A.I.M.L.T., F.R.M.S. and M. J. ANDERSON, F.I.M.L.T. London. Butterworths. 1961. Pp. v + 676. Price 90s.

This is a work for the laboratory technician and the assistant in bacteriological and pathological departments. It contains concise information on the formulae and methods of preparing solutions for the various techniques in use. As a reference work it serves a much needed purpose in that it brings this information together under one cover but it is hardly likely that the general practitioner would need to refer to it. The book is well produced.

The Ship Would Not Travel Due West. DAVID LEWIS, London, Temple Press Books. 1961. Pp. xii + 154. Price 21s.

Readers of the *Journal* will remember an account by Dr David Lewis of his reactions to sailing alone. In 1960 Dr Lewis took part in a solo race across the Atlantic. He arrived third in spite of the fact that his mast broke soon after leaving Plymouth and he had to return there for repairs. The book under review is an account of that passage and of his return home via the Shetlands. Those who sail the open seas and those who slip in and out of the little estuaries around our coasts will find this account fascinating. The endurance

and courage of Dr Lewis are extraordinary, and those who lack the adventurous spirit and have no opportunities to sail will also be interested. One of the objects which Dr Lewis had in mind when he set out was to ascertain the physical and mental reactions to living in solitude for a very long time. To find these out, he provided each competitor with a questionnaire and special form of log which they were asked to complete daily. The results of this investigation will be interesting to all medical men. They are important. During the race (and it must be remembered that this was not a cruise but a race, in which many hours had sometimes to be spent navigating the craft) it was found that the eating patterns of the participants varied, some doing without food for long times, some having frequent nibbles. Studies of mood were also interesting, when alone people's reactions are naturally uncoloured by any need to make a show for others than themselves. Solitude according to Dr Lewis is not the same as loneliness, such as is experienced by a friendless person in a large city. The competitors, he states, were rarely lonely on the voyage. Even, he says, during the long awe-inspiring nights illuminated by the Northern Lights on the homeward journey, he did not feel lonely, and, he points out, observations noted at the time are the only valid ones because memory plays tricks. He says, for instance, that he honestly forgot that he had been frightened at all during one gale until he looked up his notes. The degree of fear varied with the individual. One he says did not suffer acute fear at all. He finds that there were two types of fear, initial tension and anxiety, lasting for the first few days at sea and then replaced by calm confidence and enjoyment. After this he says "we were only afraid with due reason as in gales." Hallucinations seemed only to occur when solitude and fatigue were followed by monotonous occupations such as long hours of continuous steering. In spite of these medical observations which are naturally of great interest to readers of this *Journal*, the virtue of this book is in its fascinating account of a great adventure. It is well written and holds the attention even when technical details of sailing are described.

Some Famous General Practitioners and Other Medical Historical Essays. ZACHARY COPE, KT., London. Pitman Medical Publishing Co. Ltd. 1961. Pp. vii + 276. Price 40s.

For many years now Sir Zachary Cope has spared time from his many other interests to study the history of the general practitioner. In this volume of collected addresses may be found some small part of that accumulation of knowledge. Those interested in the subject will already have sought out and read some of these papers—but they all bear re-reading. The chapter on Famous General Practi-