

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-

tioners contains short biographies of Jenner, Parkinson, McDowell, Beaumont, Francis Adams, John Snow, Manson, Hugh Owen Thomas and Mackenzie. Less known are the Cornish naturalist and general practitioner—Jonathon Couch, and Lockhart Clarke and Clarke's column.

The chapters on the origin of the general practitioner and the influence of the Society of Apothecaries on English Medical Education are of special interest. There, in surprisingly small compass, is a wealth of information on how the general practitioner developed into the family doctor as we know him today. This is a subject fraught with difficulties of interpretation and the last word on it will not be written for a long time yet, but Sir Zachary has made an essential contribution.

The other essays in this book are of great interest and all contain the results of long and deep study of original documents. The book is well illustrated and pleasing to handle.

**Good Health in the Tropics.** W. H. JOPLING, M.R.C.P., D.T.M. & H. Bristol. John Wright and Sons Ltd. 1961. Pp. v + 31. Price 3s. 6d.

This highly coloured little booklet contains the sort of simple, but nevertheless important information, of value to the prospective immigrant and person going overseas.

The contents are divided into essential procedures before departure and to advice to the traveller on arrival in the tropics. The information, all of which can be read comfortably in half-an-hour, ranges from designated centres for vaccination to anti-malarial tablets.

The value of this booklet is to the layman, and it might well be distributed by immigration authorities, travel agencies, and doctors responsible for medical examinations of such intending travellers.

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#### BOOKS RECEIVED

**Preparing for Your Baby.** PHILIP RHODES, F.R.C.S., M.R.C.O.G. *A Family Doctor Booklet* (British Medical Association). Pp. i—32. Price 1s.

**Hearing and Not Hearing.** R. SCOTT STEVENSON, M.D., F.R.C.S. *A Family Doctor Booklet* (British Medical Association). Pp. i—32. Price 1s.

**Smoking—The Dangers.** HARVEY FLACK, M.D. *A Family Doctor Booklet* (British Medical Association). Pp. iii—30. Price 1s.

**Your Baby and Your Figure. Post-Natal Exercises.** Planned by the Obstetric Association of Chartered Physiotherapists. Edinburgh and London. E. & S. Livingstone Ltd. 1961. Pp. i—14. Price 2s.

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