

know what they mean. Dr Max Hamilton in a series of lectures has most ably set out to teach the unmathematical the meaning of statistics. A reading of his book will bring to the ordinary practitioner a better insight into the meanings of the scientific papers that he reads in the journals. Those who are planning research projects will find much useful information in his pages and the wisdom of consulting a statistician early in their preparatory work will become even more apparent to them than it was before.

Dr Gray's little book is a class-book. In a manner reminiscent of the French conversation school-books he chooses as his examples the most unexpected things, and almost before we know where we are, Alice-like, we are charmed into considering the "distribution of left ear-length in white rabbits". In spite of this there is good, simple sense in this pamphlet and, armed with it and the tables of squares and square roots and Fishers tables that it contains, it will be possible for most of us to work out the simple statistical problems we meet in the course of our work.

The Casualty Officer's Handbook. MAURICE ELLIS, M.A., F.R.C.S., L.R.C.P., D.T.M. & H. London, Butterworths, 1962. Pp. v + 243. Price 42s.

This splendid handbook is designed for its purpose by a consultant surgeon who has great experience of casualty work. He evidently is equally experienced in teaching his skills to junior casualty officers. All the common injuries seen in a casualty department are dealt with in systematic order, and the instruction given is made comprehensible by a simple exposition of principles in every instance.

One wonders what might be the rationale of heparin compresses on the intact skin over a soft tissue injury, but it is difficult to find much to criticize. Every general practitioner who has to deal with minor casualties (and who does not?) should get this book. He will find it an invaluable guide to the modern practices used in dealing with such injuries. Doctors who give cover in general-practitioner hospitals will find the book indispensable.

Outline of Orthopaedics. Fourth Edition. JOHN CRAWFORD ADAMS, M.D., F.R.C.S. Edin. and London: E. & S. Livingstone Ltd. 1961. Pp. v + 448. Price 35s.

This book which has now reached its fourth edition, was first published in 1956 and this surely shows that it has supplied a long felt want for a small compact book on orthopaedics. Though it is intended primarily for medical students, practitioners will find it

readable and a useful reference book for almost all orthopaedic problems with the exception of fractures. The section on clinical methods is excellent and wisely gives due warning on the dangers of labelling symptoms as "hysterical", "functional", or "psychogenic".

The illustrations are of high quality. This is a book that will frequently be taken down from the practitioner's bookshelf.

Home Treatment in Injury and Osteoarthritis. W. E. TUCKER, C.V.O., M.B.E., T.D., M.A., M.B., B.CH., F.R.C.S. Edin. and Lond. E. & S. Livingstone Ltd. 1961. Pp. v + 80. Price 10s. 6d.

The subject of this book is of great importance to general practitioners in view of the frequency of these conditions in practice. One of the objects of the book is to call attention to the limitations of hospital treatment carried out on average for about 20 minutes twice or three times a week, and on the other hand to emphasize the value and scope of treatment which the patient can and should carry out several times a day in his own home under the supervision of his general practitioner.

It is written in two parts, the first in general terms for the practitioner, and the second as detailed instructions for patients on the physiotherapy and exercises which they can carry out in their own homes.

Those who have read Mr Tucker's companion book called *Active Alerted Posture* will not be surprised at his comments on faulty posture as a contributory factor in the production of strains and arthritis; and on the contribution that an alert, physiological posture can make to both the prevention and treatment of these conditions. In the same connection, he emphasizes the harmful effects of excessive weight, and in the section concerned with instructions to patients he includes a practical article by his wife on dieting as a means of reducing weight.

Mr Tucker mentions the danger of swelling associated with injuries leading later to adhesions and stiffness, and he emphasizes the necessity of treating such swelling energetically. It is a pity he has not mentioned the importance of firm bandaging immediately after injury as a vital first aid measure which can prevent such swelling; particularly as this book is written for general practitioners and patients who are the very people who have the opportunity of carrying out such preventive measures.

Those who know the author as a robust ex-rugger international