

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

cannot fail to recognize his dynamic personality in the pages of this book, urging patients to take an active attitude to recovery, rather than passively submitting to their disabilities.

Principles for First Aid for the Injured. H. PROCTOR and P. S. LONDON. Butterworths: London, pp. 234, Price 35s.

This book is a splendid step forward in the exposition of the principles of initial treatment for casualties, and there is so much of value in it that it seems unjust to offer any criticisms. The surgical principles of wound management are particularly well explained, and there is an excellent summary of the difficult problem of shock, which makes it sound much less difficult.

The statement on page 150, that drinks are permissible for burned patients, should have been qualified at once. It is made clear in a sentence on page 151 and another on page 227, that drinks are only advisable if the patient is far away from hospital—if he can be quickly admitted, “giving anything to drink is a crime”.

The reader with anaesthetic experience will be disappointed that more is not said about the use of chloroform, with particular respect to its convenience and its grave dangers. The serious hazard of anaesthesia to shocked, or potentially shocked patients, is insufficiently stressed. Perhaps in the next edition an anaesthetist might be asked to contribute a short section.

But lest these comments have left the wrong impression, it is a book which every doctor interested in first aid (and who should not be) should study.

The Young Man's Guide to Medicine. ERIC J. TRIMMER, M.B., B.S. Lond.: Hamish Hamilton. 1962. Pp. v + 192. Price 15s.

This is another book in the series “The Young Man's Guide” and it describes the many aspects of a career in medicine. The book is divided into three sections, the first being a short history of medicine, the second an account of how to qualify as a doctor, and the third tells of the many branches of the profession open to the young doctor.

The first section, on the history of medicine deals very briefly with the subject and covers the period from pre-Hippocratic times until the late 19th century. It sketches the development of medicine from a primitive art, closely interwoven with the supernatural, to the beginnings of the scientific medicine of today. As the author develops his story, he introduces the great pioneers of medicine,