

examinations, what strange experiences lie in store for her; the aged spinster, bitter and resentful as she feels life has passed her by without even a glance. These underlying psychological situations are not just interesting to know about, they are often vital to the health and well-being of our patients. These 'side issues' may in fact be the cause of the trouble. The flamboyant symptoms they produce for our attention are there to sidetrack the patient from what he wishes was not there, from what he is trying to forget. To hunt down these fears and anxieties, to expose them and finally if possible to neutralize or soothe them, requires in a majority of patients no costly equipment and no vast experience. Three things are essential: an interest in people, a listening ear and patience."

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### **Your Pregnancy**

JOHN PLOUGHER; with chapters on antenatal and post-natal exercises by MOLLY PLOUGHER. London: Heinemann. 1956. Pp. vi and 109. Price 3s. 6d.

This handy little book, written by a general-practitioner obstetrician, gives a wealth of practical and useful information to the woman who is pregnant for the first time and will also fill in many of the gaps in knowledge of those who have already borne children.

The author has tried, fairly successfully, to keep the style simple and the text easily understood, but unfortunately has slipped into technical medical terms on several occasions, for instance he refers to "adhesions in the tubes" without explaining what this means. The spelling "caesarean" with an "i", and a too liberal use of capital letters are other minor faults in the text. Furthermore there are several inaccuracies, the most glaring of which is the statement (repeated twice) "that the mother's blood circulates through the babies' body". Many practising obstetricians would not agree that internal examinations should be made at the first visit and again at the thirty-sixth week, or that no routine examination is necessary after the thirty-sixth week in the majority of cases. Nor is it generally accepted that the position of the baby may be accurately ascertained by auscultation; nor that exerting pressure on the abdomen is a usual method of hastening expulsion of the placenta; but these are minor details.

There are two instructive chapters on ante and postnatal exercises as well as some useful administrative information. Many practitioners will have no hesitation in recommending this guide to their patients and some may even carry a small stock for their ante-natal clinics. The booklet has the advantage of being small in size and cheap to purchase.