

HOW TO GIVE UP SMOKING

The Cigarette Habit: A Scientific Cure. By Arthur King. (Pp. 93. 10s. 6d.) Surrey: The World's Work (1913) Ltd. 1962.

This small book, originally published in the United States, is written for laymen in an enthusiastic and journalistic style. Mr. King's cure for smoking begins with a 21-day regime leading to "Q-Day" (Q for quitting), and including successive changes in the brand of cigarette smoked, oral hygiene rituals, contemplative exercises, and note-making. On Q-Day ("Wake up, you've got nothing to do but have fun to-day"), the "addictive" smoker is to start a five-day course of "dexedrine" (dexamphetamine sulphate) and phenobarbitone obtained from his doctor; for the merely "heavy" smoker, caffeine and antihistamine pills available without prescription are thought sufficient. The text contains numerous other suggestions laced with exhortation and encouragement.

It is easy to disparage a contribution of this sort, but while doing so to forget that patients who seek medical help in overcoming the smoking habit tend to find that their doctors have little to offer. This book is more likely to do good than harm in the hands of those smokers who are both firmly convinced of the need to stop the habit and temperamentally disposed to be helped by a routine or schedule. It cannot be more generally recommended, if only because of its dangerous reassurance to "light" and "medium" smokers that their habit is harmless.

Mr. King supplements the exposition of his cure for smoking by a number of general impressions and speculations concerning the tobacco habit. He postulates that "addictive" smoking differs qualitatively from other forms of heavy smoking. In this he may well be right, but his argument draws too confidently upon analogies with alcoholic drinking patterns. He also suggests that addictive smokers may be specifically more susceptible to lung cancer than other smokers. No satisfactory evidence to support this latter hypothesis can either be found in this book or be deduced from available relevant statistics, but the field of inquiry is so important and so widely open that every guess is worth noting.

DENIS PARR.

BOOKS RECEIVED

Review is not precluded by notice here of books recently received.

The Essentials of Paediatrics for Nurses. By I. Kessel, M.B., B.Ch., M.R.C.P.(Lond.), M.R.C.P.(Edin.), D.C.H.(Eng.). Second edition. (Pp. 258+xii; illustrated. 30s.) Edinburgh and London: E. and S. Livingstone Ltd. 1963.

Family Medical Care. A Report on the Family Health Maintenance Demonstration. By George A. Silver, M.D. (Pp. 359+xvi. \$9.75.) Cambridge, Mass.: Harvard University Press. 1963.

Comparative Nutrition of Man and Domestic Animals. Volume One. By H. H. Mitchell. (Pp. 701+xxi; illustrated. \$25.) New York and London: Academic Press. 1962.

Enzyme Histochemistry. By M. S. Burstone. (Pp. 621+xii; illustrated. \$22.50.) New York and London: Academic Press. 1962.

Ophthalmic Plastic Surgery. By Sidney A. Fox, M.S.(Ophth.), M.D., F.A.C.S. Third edition. (Pp. 493+xiv; illustrated. \$19.50.) New York and London: Grune and Stratton. 1963.

The Technology of Washing. By G. R. Perdue, B.Sc., A.R.C.S., A.R.I.C. (Pp. 251; illustrated. 21s. members, 42s. non-members.) London: British Launderers' Research Association. 1961.

Modern Public Health for Medical Students. By I. G. Davies, M.D., F.R.C.P., D.P.H. (Pp. 483+viii; illustrated. 36s.) London: Edward Arnold Ltd. 1963.

Collagen. Edited by N. Ramanathan. (Pp. 579+xiv; illustrated. £7 10s.) New York and London: Interscience Publishers, a division of John Wiley and Sons. 1962.

Psychoanalytic Clinical Interpretation. Edited by Louis Paul, M.D. (Pp. 276+viii. 38s.) London: Free Press of Glencoe, Collier-Macmillan Ltd. 1963.

All About Psychoanalysis. In Questions and Answers. By Joseph Rosner. (Pp. 159. 30s.) London: Crowell-Collier Press, Collier-Macmillan Ltd. 1962.

Recent Advances in Physiology. Edited by Richard Creese, M.B., Ph.D. Eighth edition. (Pp. 471+viii; illustrated. 55s.) London: J. and A. Churchill Ltd. 1963.

Recent Advances in the Surgery of Trauma. Edited by David N. Matthews, O.B.E., M.D., M.Ch., F.R.C.S. (Pp. 452+x; illustrated. 65s.) London: J. and A. Churchill Ltd. 1963.

The Waking Brain. By H. W. Magoun, Ph.D. Second edition. (Pp. 188+viii; illustrated. \$7.75.) Springfield, Illinois: Charles C. Thomas. 1963.

Neuroradiology Workshop. Volume II: Intracranial Tumors other than Meningiomas. By Leo M. Davidoff, M.D., Harold G. Jacobson, M.D., and Harry M. Zimmerman, M.D. (Pp. 402+viii; illustrated. \$22.50.) New York and London: Grune and Stratton. 1963.

Textbook of Biophysical Chemistry. By Edward Staunton West, Ph.D. Third edition. (Pp. 435+x; illustrated. 70s.) New York and London: Macmillan. 1962.

Clinical Physiology. Edited by E. J. Moran Campbell, B.Sc., Ph.D., M.D., M.R.C.P., C. J. Dickinson, B.Sc., M.A., D.M., M.R.C.P., and J. D. H. Slater, M.A., M.B., M.R.C.P. Second edition. (Pp. 605+xiii; illustrated. 57s. 6d.) Oxford: Blackwell Scientific Publications. 1963.

Gerontology. A Book of Readings. By Clyde B. Vedder, Ph.D. (Pp. 430+xv. \$9.50.) Springfield, Illinois: Charles C. Thomas. 1963.

Pathohistologie—nach den Prinzipien der Pathologie. By Prof. Dr. med. Alexander Bienenbraber. (Pp. 211; illustrated. DM. 19.80.) Jena: Veb Gustav Fischer. 1963.

Das Lupus erythematodes-Phänomen und die antinukleären Faktoren. By Prof. Dr. med. Albrecht Beickert. (Pp. 111; illustrated. DM. 25.) Jena: Veb Gustav Fischer. 1963.

Phenylketonuria. Compiled and edited by Frank L. Lyman, M.D. (Pp. 318+xiv; illustrated. \$12.75.) Springfield, Illinois: Charles C. Thomas. 1963.

Medical Biometeorology. By S. W. Tromp. (Pp. 991+xxvii; illustrated. Dutch florins 120.) Amsterdam, London, and New York: Elsevier Publishing Co. 1963.

Drugs, Medicines and Man. By Harold Burn, M.D., F.R.S. New edition. (Pp. 235. 18s.) London: Unwin University Books. 1963.

Infant Care in an Urban Community. By John and Elizabeth Newson. (Pp. 268. 42s.) London: George Allen and Unwin Ltd. 1963.

Chemistry of Thrombolysis: Human Fibrinolytic Enzymes. By Kurt N. von Kaulla, M.D. (Pp. 333+xvi; illustrated. \$12.75.) Springfield, Illinois: Charles C. Thomas. 1963.

Living with Epileptic Seizures. By Samuel Livingston, M.D. (Pp. 348+xix; illustrated. \$6.50.) Springfield, Illinois: Charles C. Thomas. 1963.

Russian Popular Science Texts. Compiled by R. V. Grigor'enko. (Pp. 294; illustrated. 5s.) Moscow: Foreign Languages Publishing House. London: Collet's. 1963.

Physiology. Edited by Ewald E. Selkurt, Ph.D. (Pp. 735+xiii; illustrated. 55s.) London: J. and A. Churchill Ltd. 1963.

Progress in Allergy. Volume VII. Edited by Paul Kallos and Byron H. Waksman. (Pp. 331+xi; illustrated. DM. 60.) Basle and New York: S. Karger. 1963.

Temperature Volume Three. Part 3 Biology and Medicine. Edited by James D. Hardy. (Pp. 683+xii; illustrated. £9.) New York: Reinhold Publishing Corporation. London: Chapman and Hall. 1963.

An Rh-Hr Syllabus. By Alexander S. Wiener, M.D., F.A.C.P., F.C.A.P., and Irving B. Wexler, M.D., F.A.A.P. Second edition. (Pp. 104+xvi. \$4.50.) New York: Grune and Stratton. 1963.