

cology, by Artusio and Puleo—refreshingly modern in its outlook; spinal anaesthesia, by Vandam—clear, reasonable, and both well written and illustrated; and the control of pain, by Alexander and Lewis—a helpful and practical account of a difficult field. There is a brief foreword by a surgeon that is admirable in its sentiments, though its relevance to the book itself is obscure.

Every medical library must have this book, and so must those individuals who want to know what is being taught in the United States and what the anaesthesiologist is expected to know for his examinations.

W. W. MUSHIN.

## For the Family Shelf

**Home Truths for Home Doctors.** By Michael P. Winstanley. (Pp. 238; illustrated. 18s.) London: Frederick Muller. 1963.

One of the charms of this little book, is the author's obvious pleasure in writing it. He touches on this and that point which interests him and his style is chatty and gay throughout. It is in no sense a reference book even for the layman, and it is not meant to be. The most consecutive part is "Children's Corner," which covers most of the parents' worries, though his normal clarity is below its best in his paragraph on left-handedness.

There are excellent little essays on poliomyelitis and epilepsy. Particularly welcome are the pages on bronchitis, for which "medical science may seem to offer little more than a philosophical acceptance of the inevitable." Dr. Winstanley gives such a

clear account of the terrible situation that it makes one wonder why, as yet, no far-reaching steps have been taken to lessen this national disgrace. Preventable bronchitis brings domestic tragedy, crippling, and death to an extent that far outstrips road casualties, yet it receives far less publicity. Clearly, no real improvement can be achieved until there is a widespread understanding of how this disease comes about and of its devastating extent in areas of great atmospheric pollution. It is an excellent thing that in a book intended for the public the facts are put so frankly.

*Home Truths for Home Doctors* should be dipped into rather than read from the beginning, particularly because the first chapter is the duller and the most repetitive. Once it is on the family bookshelf the owner will say, "Let us see if Winstanley says anything about this," rather than, "Let us see what Winstanley says." Nowhere does he attempt detailed treatment, but throughout there is a great deal of common sense and clearing away of rubbish.

R. HALE-WHITE.

## Wanderlust in Africa

**Diary of Dr. Richard Watson Middleton.** 12 April 1901 to 18 July 1902. Edited by Michael Gelfand, C.B.E. (Pp. 68; illustrated. No price quoted.) Salisbury, Rhodesia: Bardwell. 1963.

Richard Middleton was born at Leeds in 1864, was left an orphan while still young, and brought up by his grandparents, who opposed his wish to be a doctor. He nevertheless earned his own living and achieved

a medical qualification (L.S.A.) in 1895. Having no roots in England he went to South Africa, filled a resident post at a hospital in Natal, and was then chosen as medical officer to accompany a prospecting expedition to the copper region of North Rhodesia led by George Grey.

This diary is an account of the journey of 862 miles from Bulawayo to Kansanshi. It took 176 days—an average of just under five miles a day. The native carriers were uncertain, most of the oxen and mules ultimately died, and fresh food was sometimes very scarce, yet Middleton kept his equanimity and sense of humour. When the spoor of an elephant was seen he commented, "The marks were about eight inches deep and twenty inches across and would have made excellent foot baths." Two lions were seen, but "we did not attempt to find them as neither of us were in need of a lion." A revealing touch is shown by the entry: "Last night a terrible calamity befell me. I dropped nearly a square inch of chocolate in a bunch of long grass. It took 6 people half an hour to find it."

Middleton made a record of the types of mosquito met with in each district, kept a good look-out for the tsetse fly, and treated several settlers and missionaries for black-water fever. He had a true wanderlust. "No sooner do I get settled in one place than I long to be on the move again—I think some of my ancestors must have been either gypsies or tramps." He afterwards returned to Natal and died in February 1913 quite suddenly—from sunstroke, it was reported.

Dr. Gelfand has done well to bring this interesting diary to notice.

ZACHARY COPE.

## Books Received

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

**Perspectives in Virology III.** Edited by Morris Pollard. (Pp. 292+xix; illustrated. £3 19s.) New York, Evanston, and London: Harper & Row, Publishers, Inc. 1963.

**The Control of Diseases.** Social and Communicable. By Hugh Paul, M.D., D.P.H. Second edition. (Pp. 538+x. £3 5s.) Edinburgh and London: E. & S. Livingstone Ltd. 1964.

**Lysosomes.** Ciba Foundation Symposium. Edited by A. V. S. de Reuck, M.Sc., D.I.C., A.R.C.S., and Margaret P. Cameron, M.A. (Pp. 446+xiii; illustrated. £3.) London: J. & A. Churchill Ltd. 1963.

**Diseases of the Kidney.** Edited by Maurice B. Strauss, M.D., and Louis G. Welt, M.D. 43 contributors. (Pp. 1,033+xx; illustrated. £11 10s.) London: J. & A. Churchill Ltd. 1963.

**Textbook of Medical Treatment.** By various authors. Edited by Sir Derrick Dunlop, Sir Stanley Davidson, and S. Alstead. Ninth edition. (Pp. 979+xvii. £3 5s.) Edinburgh and London: E. & S. Livingstone Ltd. 1964.

**Man's Image in Medicine and Anthropology.** Monograph IV. Institute of Social and Historic Medicine, New York Academy of Medicine. Edited by Iago Galston, M.D. (Pp. 525+xvii. £4 10s.) New York: International Universities Press Inc. London: Bailey Brothers & Swinfen Limited.

**Biographical Memoirs of Fellows of the Royal Society.** 1963. Volume 9. (Pp. 321; illustrated. £2.) London: The Royal Society. 1963.

**Psychiatric Social Work in Great Britain (1939-1962).** By Noel Timms. (Pp. 270+ix. £1 12s.) London: Routledge & Kegan Paul. New York: The Humanities Press. 1964.

**The Evolution of Psychiatry in Scotland.** By Sir David Kennedy Henderson. (Pp. 300+viii. £1 12s. 6d.) Edinburgh and London: E. & S. Livingstone Ltd. 1964.

**Anesthesia for Surgery of the Heart.** By Kenneth K. Keown, M.D., F.A.C.A. (Pp. 206+x; illustrated. \$7.75.) Illinois: Charles C. Thomas. 1963.

**An Introduction to Respiratory Cytology.** By Winifred Liu, M.Sc., M.D. (Pp. 115; illustrated. \$5.75.) Springfield, Illinois: Charles C. Thomas. 1963.

**Practical Diet for Heart Diseases.** By Richard Barrymore, M.D. Health Through Diet Series. (Pp. 47. 5s.) London: Arthur Barker. 1964.

**Being Ill.** A Handbook for Tourists. By Bernard Finch, M.R.C.S., L.R.C.P. In English, French, Italian, German, Spanish, and Russian. (Pp. 159; illustrated. 16s.) London: Peter Owen. 1964.

**Normale und Anomale Menschliche Hämoglobine.** By Hans Rudolf Marti. (Pp. 197+viii; illustrated. DM. 48.) Berlin, Göttingen, Heidelberg: Springer. 1963.

**British Anatomy 1525-1800.** A Bibliography. Limited edition. By K. F. Russell. (Pp. 254+xvii; illustrated. £15 15s.) London and New York: Cambridge University Press. 1963.

**Klinik des Lungenkrankheiten.** Edited by H. W. Knipping and H. Rink. (Pp. 997+xxii; illustrated. DM. 178.) Stuttgart: F. K. Schattauer. 1964.

**Community, Church and Healing.** A Study of Some of the Corporate Aspects of the Church's Ministry to the Sick. By R. A. Lambourne, B.D., M.B., Ch.B., D.P.M. (Pp. 179+ix. 18s.) London: Darton, Longman & Todd. 1963.

**Motor Function in the Lower Extremity.** Analyses by Electronic Instrumentation. By J. R. Close, M.D. (Pp. 156+xiii; illustrated. \$10.75.) Springfield, Illinois: Charles C. Thomas. 1963.

**Fiches Techniques de Mycologie Courante.** By J.-L. Bourdon, J. Gautier, and F. Poutrel. (Pp. 98; illustrated. 26 F.) Paris: L'Expansion Scientifique Française. 1963.

**Practical Diet for Peptic Ulcers.** By Richard Barrymore, M.D. Health Through Diet Series. (Pp. 47. 5s.) London: Arthur Barker. 1964.

**Use Your Senses.** The Value of External Examination in Determining the Cause of Death. (Pp. 8. 2s. 6d.) London: Association of Police Surgeons of Great Britain. 1963.

**Physical Properties of the Steroid Hormones.** Edited by Lewis L. Engel. (Pp. 488+viii. £7.) Oxford, London, New York, and Paris: Pergamon Press. 1963.