

may be acquired in hospital, but with many others which mercifully are not, including syphilis, anthrax, and arthropod-borne viral encephalitis. The final section is a description of the properties and uses of disinfectants and antiseptics: by comparison with this, very little space is given to the equally important subject of sterilization by heat.

The book is essentially a review of the work of others, and the reference lists will be found helpful, though they would be easier to consult if they were alphabetical. It is surprising to find no mention of Lowbury's work in connexion with skin disinfection, and on the same subject the reviewer is quoted as saying something he did not. There are no illustrations. The summaries at the end of each chapter or section are a useful feature, and will be helpful particularly to the staffs of smaller hospitals, who may yet be unaware of the full implications of this difficult subject.

L. P. GARROD.

### ORTHOPAEDIC TRACTION

*A Clinical Manual of Orthopedic Traction Techniques.* By Gerhard Schmeisser, Jr., M.D. (Pp. 60+ix; illustrated. 31s. 6d.) Philadelphia and London: W. B. Saunders Company. 1963.

This is a primer of traction technique particularly suitable for the new house-surgeon in the orthopaedic wards. The standard positions are all well described and illustrated.

Points of interest are: the use of a traction screw in the ulna in place of a transfixion wire; the illustrations of the American variety of Thomas splint which has a transverse half ring and an adjustable strap. While this makes it more adaptable, it also makes it more difficult to settle it firmly on the ischial protuberance, and this may account for the fact that there is no description of the combinations of fixed distraction and continuous traction which are possible with the Thomas splint. Curiously, in no illustration is a Thomas splint shown bent at the knee. Flexion, if required, is always accomplished by the addition of a Pearson knee flexion attachment. This is not always convenient. A few common-sense points in systematizing treatment are discussed, but the volume is primarily concerned with technique.

J. G. BONNIN.

### FITNESS

*Teach Yourself Physical Fitness.* By Lindsey W. Batten, M.B., M.R.C.P. (Pp. 118; illustrated. 6s.) London: English Universities Press Ltd. 1963.

This little book will surprise no one who knew Lindsey Batten before his retirement as the ideal general practitioner compounded of wisdom, kindness, and wide knowledge. His book is written very simply and very well and is obviously intended for the laity, but unlike most books intended for popular consumption it is physiologically impeccable. It should be read by doctors also. They may not gain much knowledge in the hour or so, but it will teach them an excellent approach to the whole subject of physical fitness and a way of teaching which will help their patients.

Dr. Batten begins with the old question, "Fit for what?" and answers it, in effect, by "Fit for enjoyment." "Never to feel so well that we yearn for strenuous exercise is to lead a half-baked, lop-sided existence." He goes on to discuss food, deploring rightly the high consumption of carbohydrate which still prevails, the natural functions, smoking and drinking, the teaching of fitness in childhood, its continuance in the middle years, its preservation in old

age. All is done with common sense, knowledge, and a refreshing absence of dogma and of puritanism.

If this book could be prescribed on E.C.10, the N.H.S. would save a lot of money.

RAYMOND GREENE.

### BOOKS RECEIVED

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

*Progress in Nutrition and Allied Sciences.* Being a contribution marking the first fifty years of the Rowett Research Institute. Edited by D. P. Cuthbertson, C.B.E., M.D., D.Sc., LL.D., F.R.S.E. (Pp. 452+xvii; illustrated. 50s.) Edinburgh and London: Oliver and Boyd Ltd. 1963.

*Parkinsonismo y Atetosis.* By Dr. David Fairman. (Pp. 111; illustrated.) Buenos Aires: La Prensa Medica Argentina. 1963.

*Einführung in die Reflexmikroskopie.* By Prof. Dr. Albert Westphal. (Pp. 112; illustrated.) Stuttgart: Georg Thieme Verlag. 1963.

*Electroencephalography.* Edited by Denis Hill and Geoffrey Parr. (Pp. 509+viii; illustrated. 90s.) London: Macdonald. 1963.

*Poison Detection in Human Organs.* By Alan S. Curry, M.A., Ph.D., F.R.I.C. (Pp. 150+xxi; illustrated. \$6.75.) Springfield, Illinois: Charles C. Thomas. 1963.

*Thyrotropin.* Edited by Sidney C. Werner, M.D., D.Sc. (Pp. 392+xi; illustrated. \$11.75.) Springfield, Illinois: Charles C. Thomas. 1963.

*Pleural Effusion.* By Stephen Sulavik, M.D., and Sol Katz, M.D. (Pp. 90+x; illustrated. \$5.) Springfield, Illinois: Charles C. Thomas. 1963.

*Management of Anxiety for the General Practitioner.* Edited by Nathan K. Rickles, M.D., F.A.P.A. (Pp. 108+ix. \$5.) Springfield, Illinois: Charles C. Thomas. 1963.

*La Tuberculosis.* By V. Monaldi. Volume One. (Pp. 351; illustrated.) Rome: "Il Pensiero Scientifico" Editore. 1963.

*The Mental Patient Comes Home.* By Howard E. Freeman and Ozzie G. Simmons. (Pp. 309+xii. 60s.) New York and London: John Wiley and Sons, Inc. 1963.

*Family Planning Today.* By Mary Pollock, M.B., Ch.B., M.R.C.O.G. (Pp. 159; illustrated. 3s. 6d.) London: Four Square Books, New English Library Ltd. 1963.

*Chemical Exploration of the Brain.* By Henry McIlwain. (Pp. 207+viii; illustrated.) Amsterdam, London, and New York: Elsevier Publishing Company. 1963.

*The General Practitioner.* A Study of Medical Education and Practice in Ontario and Nova Scotia. By Kenneth F. Clute, B.A., M.D., F.R.C.P.(C.). (Pp. 566+xvi. 96s.) Toronto: University of Toronto Press. London: Oxford University Press. 1963.

*Acquisitions Médicales Récentes.* 1963. Under the direction of Professor P. Valléry-Radot and Professor P. Milliez. (Pp. 199; illustrated. NF. 31.50.) Paris: Expansion Scientifique Française. 1963.

*An Introduction to the Science of Human Behavior.* By John I. Nurnberger, M.D., C. B. Ferster, Ph.D., and John Paul Brady, M.D. (Pp. 379+xvi; illustrated.) New York: Appleton-Century-Crofts. 1963.

*Sleeping and Waking.* By Ian Oswald. (Pp. 232+ix; illustrated. Dutch florins 22.50.) Amsterdam and New York: Elsevier Publishing Company. 1962.

*Psychology: A Study of a Science. Study II, Volume 5.* Edited by Sigmund Koch. (Pp. 967+xii. £5 4s. 6d.) New York, San Francisco, Toronto, and London: McGraw-Hill Book Company, Inc. 1963.

*A Handbook of Operative Urological Surgery.* By John Swinney, M.C., M.D., M.S., F.R.C.S.(Eng.), and Douglas P. Hammersley, B.A. (Pp. 271+vii; illustrated. 55s.) Edinburgh and London: E. & S. Livingstone Ltd. 1963.

*A Textbook of Neurology.* By H. Houston Merritt, M.D. Third edition. (Pp. 803; illustrated. 93s. 6d.) London: Henry Kimpton. 1963.

*Zur Methodologie der Psychiatrischen Diagnostik und Forschung.* By Willi Schumacher. (Pp. 116. DM. 20.) Basle and New York: S. Karger. 1963.