

Bunting." Colloquial American verbs such as to "spark" (sponsor or stimulate?), to "highlight" (to emphasize or draw attention to?), or to "ferret" (elucidate?) may lend colour to spoken papers, but are perhaps best kept out of print. Must the fashionable word "parameter" be so grossly over-worked? In the preparation of future volumes more attention should be paid to such points.

T. MOORE.

## G.P. Study

**Depressive Disorders in the Community.** By C. A. H. Watts, M.D., B.S., M.C.G.P., D.Obst.R.C.O.G. (Pp. 174+vii; illustrated. 35s.) Bristol: John Wright. 1966.

Very slowly we are beginning to realize that psychiatry is too important to be left to the psychiatrists. Only a small minority of patients with psychological disorders find their way to the mental health services, which would indeed be overwhelmed were the large majority to follow suit. In this country the bulk of these patients confront the family doctor, who is still often untrained and ill-equipped to proffer more than nominal assistance. Fortunately an increasing number of practitioners are developing a more positive interest in these matters. Among them Dr. Watts is a notable figure, and he has based this book on the depressive disorders observed in his practice over the past 20 years.

Dr. Watts's direct style of presentation and his rich store of case-histories should ensure the interest of his fellow practitioners. It is to be hoped, however, that his material will not escape the attention of the specialists, and trainee-specialists, in psychological medicine. They may question his system of classification, his statistics, and some of his therapeutic pronouncements; they cannot ignore his evidence on the extra-mural dimensions of the problem or the relative infrequency of referral to their departments. And there are some sections—for example, those entitled "Technique of Questioning the Patient about Suicidal Ideas" and "Habit Changes"—which are unlikely to be found in the standard

textbooks, and testify to the author's knowledge of and care for his patients. Dr. Watts has amply illustrated his own precept: "The best way to observe the natural history of any illness in all its phases is to see what happens to the patient in the community over the years, and general practice is an excellent vantage point for such a study."

MICHAEL SHEPHERD.

## The Saccharine Disease

**Diabetes, Coronary Thrombosis, and the Saccharine Disease.** By T. L. Cleave, M.R.C.P.(Lond.), and G. D. Campbell, M.B., Ch.B.(Ed.), M.R.C.P.(Ed.). (Pp. 146+xi; illustrated. 32s. 6d.) Bristol: John Wright. 1966.

The authors of this book believe that not only diabetes, dental caries, and obesity but also myocardial infarction, peptic ulcer, colonic stasis, varicose veins, haemorrhoids, and *E. coli* urinary infections are all basically due to the failure of man to adapt rapidly to the consumption of refined carbohydrates—notably white flour and refined sugars. The conception of a single saccharine disease with its different manifestations is elaborated with an evangelical fervour in 10 chapters. The world literature has been combed for evolutionary and racial evidence to support the hypothesis, which, however, is mainly based on Dr. G. D. Campbell's own important and fascinating studies on diabetes and myocardial infarction in tribal and urbanized Africans and Indians in Natal. That the excessive consumption of refined carbohydrates is the main nutritional error in this country and in most others would be generally agreed; many of us think it far more deleterious than the excessive consumption of animal fats. Further, it is generally agreed to be one of the important factors in the causation of diabetes, dental caries, and obesity. Nevertheless, the authors have gone far further than this: according to them it is the *only* aetiological factor of importance in these and in many other disorders. One cannot help feeling that in saying this they have overplayed their hand: their cursory dismissal of lack of exercise as being of any importance

in the causation of obesity is an example of this. It seems too simple a theory to be true, but, as Dr. Richard Doll has pointed out in his cautiously worded foreword, it would be unwise to dismiss it solely on this ground, and were it indeed true the authors would have made a bigger contribution to medicine than most university departments make in a generation. The book infuriates but is exciting, interesting, and thought-provoking. I enjoyed reading it very much. The cynical might say that that is because I enjoy books like *Alice in Wonderland*.

DERRICK DUNLOP.

## Medical History

**A Catalogue of Printed Books in the Wellcome Historical Medical Library.** Vol. 2. Books printed from 1641 to 1850. A-E. (Pp. 540+xi. £10 10s.) London: Wellcome Historical Medical Library. 1966.

This journal, which fully appreciates the value of medical history as an integral part of medicine, from time to time has informed its readers of the great storehouse of information on the development of medical and scientific thought in the Wellcome Historical Medical Library. Every year this great library becomes increasingly well known and attracts investigators and students of medical history from all parts of the world.

The library also publishes books of outstanding merit which add to knowledge. Such books help to advance the scholarly research which it is designed to serve. Among these is the comprehensive catalogue of printed books in the library. The first volume, published in 1962, contained entries for all books published before 1641. The remainder of the catalogue comprising entries for books from 1641 onwards up to and including 1850 will be issued in alphabetical sequence. This second volume of the catalogue is the first part of the sequence, A-E, and contains about 18,000 items. Many rare books will be found in this sequence. The whole catalogue, when completed, will be a valuable guide to research workers in medical history.

ARTHUR S. MACNALT.

## Books Received

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

**Laboratory Technique for the Study of Malaria.** 2nd edition. By Percy G. Shute, M.B.E., F.R.E.S., and Marjorie E. Maryon, F.R.E.S. (Pp. 112+xii; illustrated. 20s.) London: J. & A. Churchill. 1966.

**Epidemiological Approaches to the Study of Cancer and Other Chronic Diseases.** Edited by William Haenzel. (Pp. 465+xi. No price given.) Bethesda, Maryland: U.S. Department of Health, Education, and Welfare. 1966.

**Paranoid and Paranoiac Psychoses.** By N. Retterstøl, M.D. (Pp. 259. 50 kroner.) Oslo: Universitetsforlaget. 1966.

**Current Perspectives in Cancer Therapy.** Edited by William S. Blakemore, M.D., and I. S. Ravdin, M.D. (Pp. 234+xiv; illustrated. 68s.) New York and London: Harper & Row. 1966.

**International Club on Arterial Hypertension.** First Meeting, Paris, 1965. Edited by Paul Milliez and Philippe Tcherdakoff. (Pp. 524; illustrated. 133 F.) Paris: L'Expansion Scientifique Française. 1966.

**Biologie de la Reproduction Animale.** Blastogenèse, Gamétogenèse, Sexualisation. By P. Brien. (Pp. 292. 49 F.) Paris: Masson. 1966.

**Éléments de Physiologie Cellulaire.** By A. Policard. (Pp. 435; illustrated. 74 F.) Paris: Masson. 1966.

**Précis de Pathologie Médicale.** Vol. 8. Système Nerveux. Psychiatrie. By Henri Péquignot. (Pp. 742+vihi; illustrated. 70 F.) Paris: Masson. 1966.

**Akute und Chronische Lebererkrankungen.** Edited by Prof. H. Begemann, Prof. H. A. Kühn, and Prof. R. Mancke. (Pp. 160; illustrated. DM. 46.) Stuttgart: Georg Thieme. 1966.

**Plaies et Cicatrices de la Face.** Brûlures Exceptionnelles. By C. Dufourmental, R. Mouly, J. Préaux, and M. Texier. (Pp. 178; illustrated. 68 F.) Paris: Masson. 1966.

**Purity and Danger.** An Analysis of Concepts of Pollution and Taboo. By Mary Douglas. (Pp. 188+vihi. 25s.) London: Routledge & Kegan Paul. 1966.

**A Doctor Speaks on Sexual Expression in Marriage.** By Donald W. Hastings, M.D. (Pp. 163+xvii; illustrated. 36s.) London: J. & A. Churchill. 1966.

**Vitamins and Hormones.** Advances in Research and Applications. Vol. 23. Edited by Robert S. Harris, Ira G. Wool, and John A. Loraine. (Pp. 424+xi. £6 12s.) New York and London: Academic Press. 1965.

**Human Nutrition and Dietetics.** 3rd edition. By Sir Stanley Davidson and R. Passmore. (Pp. 864+xii. 95s.) Edinburgh and London: E. & S. Livingstone. 1966.