

erythropoietin to human disease is still hampered by the absence of an *in vitro* method of estimation. Few laboratories maintain the colonies of plethoric mice that are the current test animals, and it has been disappointing to find that erythropoietin activity in polycythaemia vera is apparently normal. But in the anaemia of uraemia one cause seems to be lack of this hormone and hence the suggestion for treatment by cobalt or testosterone, substances known to increase erythropoietin secretion.

The reference list covers 104 pages, so it can be described as comprehensive. Certainly nothing has been missed, and this volume will be very useful to anyone interested in the subject.

M. C. G. ISRAELS.

High Blood Pressure

Hypertension: Causes, Consequences and Management. George Pickering, F.R.C.P., F.R.S. (Pp. 115; 35s.) J. & A. Churchill. 1970.

Pickering has written a further book on high blood pressure. This one is brief and intended for students and doctors wanting a bird's eye view of the scene. It is lucid and comprehensive. Not surprisingly, the part dealing with the variability of blood pressure and with the hopeless attempts of doctors to define high blood pressure is relatively long, but in keeping with Pickering's interests. There is an excellent section on treatment.

While the book is not a good source of references to the literature (nor was it intended to be) the research worker will doubtless enjoy it as a provocative survey of a broad and interesting field.

A. F. LEVER.

Ultrasonics and the Eye

Ultrasonography in Ophthalmology. Jan Vanysek *et al.* (Pp. 220; 76s.) Butterworths. 1970.

This book starts with the subject's essential background of physics, and contains so much mathematics that clinicians may be discouraged from reading further. This would be unfortunate as most of the volume is addressed exclusively to the clinical user, and pursues a very fair course between the

rival schools of thought on the subject. As the authors have worked closely together for many years, the material is well balanced and gives in a modest volume all that is needed for the beginner.

There are a few points where I have found myself unable to agree with the views stated, particularly in the diagnosis of intra-ocular foreign bodies. When a very small foreign body is being sought it is essential to use the smallest possible beam width. If probes with ceramics one or two millimetres in diameter are used a small foreign body is much more easily diagnosed and located than if a 5 mm. type is used, as appears to be the authors' usual practice. They also omit to mention that a sterile probe can be moved over the sclera to find the point at which the foreign body is nearest and even introduced into the incision as part of a forceps.

Though written and printed in Czechoslovakia, the style and presentation of this book is comfortable and familiar and could readily be mistaken for a British production.

DOUGLAS GORDON.

Teaching the Epidemiological Concept

Epidemiology: Man and Disease. John P. Fox, M.D., *et al.* (Pp. 339; 110s.) Macmillan. 1970.

As an introductory text for students from different backgrounds coming newly to the subject, this book is to be commended. It is intended as basic teaching material that can be read beforehand and then amplified by seminar discussion and the working of practical examples. Because more emphasis is laid in the United States than in the United Kingdom on training all potential members of an epidemiological team side by side, whether they be experienced microbiologists or health visitors, the presentation has to suit all tastes. The more sophisticated will find that it repeats facts already known from standard works on medicine. This, however, is inevitable in a text on the subject of epidemiology which tries to synthesize these facts into patterns that may indicate the causes of disease.

The personal experience of the authors in the investigation of infectious disease means that the examples are largely drawn from that field. As they say, this is not necessarily a fault, for the specific origins of disease and the mechanisms of immunity and transmission are as yet more clearly understood

in adult communicable than in chronic disorders. The principles of investigation can thus be readily appreciated and many illustrations are given of their application—for example, to the study of malignant disease.

The lay-out of the text follows traditional lines. A historical introduction to the development of epidemiological ideas and methods leads to a detailed discussion of the part played in causing disease by the agent, the host, and the environment. A clear succinct account of the sources and methods of analysis of vital statistics gives an adequate explanation of their use in epidemiology. The classical methods of investigation—from the study patterns in time, place, and persons to retrospective and prospective surveys—are briefly discussed, while some comments on the practical problems of epidemiology in public health form a useful tailpiece to a helpful book.

D. D. REID.

"... Sleep by Any Stealth"

Insomnia. Gay Gaer Luce and Julius Segal. (Pp. 370; 50s.) Longman. 1970.

Insomnia is so common a complaint, and sleeping pills are so plentifully prescribed, that many doctors would be interested in this book. It is written by two science writers employed by the National Institute of Mental Health in the U.S.A. and is intended for the general reader. However, it provides the most comprehensive and up-to-date available survey of the problem. Its style is at times a bit journalistic (it has to be an "attractive" young woman patient), but the information is accurate and the approach sound.

The authors are not afraid to criticize doctors for over-prescribing and for treating symptoms while evading the basis of a patient's insomnia. They are impressed by Yoga and hypnotism as means of overcoming sleep difficulties, but give prime importance to a regular life with sufficient exercise and avoidance of tobacco and other drugs.

The present state of knowledge about the nature of sleep is reviewed, and the varieties of insomnia are discussed, together with the sleep difficulties of children and the actions of hypnotic drugs. References do not intrude into the text, but at the end of the book are listed up to 30 pertinent references to each chapter. It makes easy bedtime reading.

IAN OSWALD

Books Received

Books noticed here may be reviewed later

Psychiatric Dictionary. 4th edn. Leland E. Hinsel, M.D., and Robert J. Campbell, M.D. (Pp. 816; 140s.) Oxford University Press. 1970.

A Primer of Immunology. F. A. Ward, M.R.C.Path. (Pp. 130; 42s.) Butterworths. 1970.

Modern Trends in Physiological Sciences: Essay of Protein and Polypeptide Hormones. Vol. 33. H. Van Cauwenberge, M.D., and P. Franchimont, M.D. (Pp. 243; 100s.) Pergamon Press. 1970.

Current Medical Treatment. 3rd edn. Ed. C. W. H. Harvard, F.R.C.P. (Pp. 882; 85s.) Staples Press. 1970.

Treatment for Children: The Work of a Child Guidance Clinic. David T. Maclay, D.P.M. (Pp. 247; 60s. Cloth 45s. Paperback.) George Allen & Unwin. 1970.

The History of Medical Education. An International Symposium held February 1968. Ed. C. D. O'Malley. (Pp. 548; 190s.) University of California Press. 1970.

A Guide to Medical and Surgical Nursing. 2nd edn. Eve R. D. Bendall, S.R.N., and Elizabeth Raybould, S.R.N. (Pp. 235; 35s.) H. K. Lewis. 1970.

The Differential Diagnosis of Fibroblastic Disorders. D. H. MacKenzie, F.R.C.Path. (Pp. 167; 55s.) Blackwell. 1970.

Morphology of the Blood and Marrow in Clinical Practice. Richard T. Silver, M.D. (Pp. 125; \$17.50.) Grune & Stratton. 1970.

Reform of Medical Education: The Effect of Student Unrest. Ed. J. R. Krevans and P. G. Condliffe. (Pp. 238; \$7.95.) National Academy of Sciences. 1970.

Understanding Abnormal Behaviour. L. E. Cole. (Pp. 736; 100s.) International Textbook. 1970.

The De Lange Syndrome. J. M. Berg, M.B., *et al.* (Pp. 127; 63s.) Pergamon Press. 1970.