tuberculosis in general wards, however many cases may gain accidental admission with another disease. Particularly will he find an echo in the hearts of most doctors about getting patients into hospital, especially the aged, and the regrettable fact that the patient can pillory the doctor before the Executive Council but the doctor has no similar redress against the patient. There is much strong feeling about this near relation of the "people's court" of less happily governed countries, and at least the doctor should be able to have equal rights before it.

The last chapter on "Looking Forward" sometimes means looking very far forward, and by no means all doctors will agree with parts of it, but this is an interesting chapter with many valuable suggestions on improving the Health Service. A member of the staff of Yale University Department of Public Health drew the administration of the Health Service on the blackboard and opened his lecture as follows: "Only in England, if anywhere, could such a thing work". The point is it *does* work fairly well and we should hasten slowly towards a soulless perfection.

J. P. W. HUGHES

Praktische Arbeitsphysiologie. By Gunther Lehmann. (Pp. viii+352; 145 illustrations. DM. 29.70.) Stuttgart: Georg Thieme. 1953.

The author is Director of the Max Planck (formerly the Kaiser Wilhelm) Institute for Industrial Physiology at Dortmund, and this book is based mainly on the researches carried out by himself and his colleagues. The book is intended as a practical handbook for doctors working in industry, engineers, and generally for those concerned with the management of labour. It outlines the results of researches in industrial physiology which are capable of practical application in such a form that they can be readily understood by one who is not a trained physiologist.

After some preliminary discussion, there comes a chapter which describes the structure and function of muscle, the phenomena associated with static and dynamic effort, reflexes, and motor coordination.

Then follows a long chapter on the conditions and effects of work. It deals with fatigue and recovery, and the effects of rest pauses and of adaptation. It is remarked that in determining human performance both physiological and psychological factors play their part, and that whatever the physiological capacity for work good performance also depends on the will to work. There are illustrations of the effects of sugar and phosphates, and of various drugs on performance; work-curves are discussed in relation to physiological rhythm; and there is a good section on posture at work.

A further chapter deals with energy production and expenditure. Calory requirements for workers in various occupations are tabulated, and for some occupations the varying rates of energy expenditure during working hours are shown. There is a detailed consideration of the relationship between the maximum effort that can be exerted and the duration of effort.

Members of the Max Planck Institute have made many studies of the energy costs of various types of work, such as shovelling, hammering, and turning cranks, and the data from these are used in a discussion of rational work in which physiological consideration in machine construction are also dealt with.

In a chapter on the working climate the measurement of warmth and the effects of work at low and at high temperatures are examined. The discussion of the effects of high temperature includes a section on radiant heat. Salt excess and salt deficiency are considered, as is also the question of how much and what the worker should drink.

A further chapter deals with the composition of the air and atmospheric pressure with special reference to mining and caisson work; and another discusses work in relation to vision, noise, and vibration.

A discussion of nutrition and work brings out the dependence of work on adequate nourishment.

Finally, there are two chapters concerned with wages systems and hours of work.

This book is an excellent one and it is well produced.

THOMAS BEDFORD

Some Common Psychosomatic Manifestations. 2nd edit. By J. Barrie Murray. (Pp. XI + 285. 17s. 6d.) London: Oxford University Press. 1951.

A physician who has taken a special interest in the emotional aspects of various diseases writes this book. "The communication is concerned entirely with the physical expression of the emotions irrespective of the personalities of the patients." He gives extensive accounts of effort syndrome and miner's nystagmus. Indeed the discussion of the literature dealing with these and of the author's personal experience of them occupies two-thirds of the pages. The remainder are devoted to short notes, mainly clinical, on the eye symptoms in thyrotoxicosis, the importance of emotion in precipitating or maintaining skin disease, "rheumatism" which has no obvious organic basis, and dysfunctions of the alimentary tract such as certain forms of colitis, constipation, proctalgia, and nervous dyspepsia.

The author's vocabulary is at times confusing. For instance, the introduction begins with the sentence: "There is little doubt that 60 per cent. of cases seen in a medical out-patient clinic are psychiatric in nature, and if these cases are not entirely psychiatric, they are predominantly so". It might have been better for the sake of clarity to have restated this sentence in such a way as, "When a physical examination of a patient is supplemented by psychological and social investigations new facts are often revealed which may be of considerable importance for treatment and prevention". As the sentence stands the figure of 60% is meaningless. Or again, "Recognition of the psychiatric nature of the patient's complaint, either as an entirely psychosomatic condition, or a somatic condition with a psychoneurotic element, is essential." But what is a "condition" and what is an "element"? One is reminded of the famous medical report which read, "The condition of this man's

stomach condition is in the same condition as it was a month ago".

The main value of the book, apart from its very full description of effort syndrome and miner's nystagmus, is its clinical observations from the psychosomatic point of view. The author emphasizes the frequency of unrecognized depressive states which are missed by the clinician who has concentrated solely on one or other of the various physical symptoms which may accompany them. He mentions the unusually high incidence of a history of urinary infections in cases of backache. (It would be interesting to know if many of these had been given an anaesthetic in the lithotomy position, for a stretched sciatic nerve or a slipped disc is a recognized complication of such circumstances.) He also mentions how microcytic anaemia may be provoked by stress and improved when the stress is removed. He attributes this to the possible diminution of appetite at times of anxiety. But some people during stress actually eat more than usual!

This is a sincere piece of work and the information which it provides will be of interest and value to many.

J. L. HALLIDAY

BOOKS RECEIVED

(Review in a later issue is not precluded by notice here of books recently received.)

Medicine. By Hugh G. Garland and William Phillips, with Foreword by F. A. E. Crew, Vols. I and II. (Pp. 2,146; illustrated. £6 0s.) London: Macmillan. 1953.

The Case Against Psychoanalysis. By Andrew Salter. (Pp. 179. 10s. 6d.) London: Medical Publications Limited. 1953.

Working Conference on Nursing Education. Technical Report Series, No. 60. (Pp. 30. 1s. 6d.) Geneva: World Health Organization; London: H.M.S.O. 1953.

Pulmonary Tuberculosis. A Handbook for Students and Practitioners, 3rd ed. By R. Y. Keers and B. G. Rigden, with Foreword by F. H. Young. (Pp. 324; 150 text figures. 24s.) Edinburgh: E. & S. Livingstone. 1953.

Personality Tests and Assessments. By Philip E. Vernon. (Pp. 220; illustrated. 18s.) London: Methuen & Co. 1953.

Health of Workers in Chromate Producing Industry. A Study (under the direction of W. M. Gafafer). (Pp. 131; 41 tables). Washington, U.S.A.: Government Printing Office, Federal Security Agency. 1953.

Taschenbuch für den medizinischen Arbeitsschutz und die werksärztliche Praxis. By Rudolf Hoschek and Walter Mutschler. (Pp. 168. DM. 11.80). Stuttgart: Ferdinand Enke Verlag. 1953.

Lehrbuch der Arbeitshygiene, Vol. II: Spezielle Berufshygiene. By Franz Koelsch. (Pp. 535. DM. 61.80). Stuttgart: Ferdinand Enke Verlag. 1953.

THE APRIL (1953) ISSUE

The April (1953) issue contains the following papers:—

Respirators for Protection Against Mercury Vapour. By V. B. Vouk, Z. Topolnik, and M. Fugaš.

The Action of Flint of Variable Size Injected at Constant Weight and Constant Surface into the Lungs of Rats. By E. J. King, G. P. Mohanty, C. V. Harrison, and G. Nagelschmidt.

Dust Sampling to Simulate the Human Lung. By H. H. Watson.

Pneumoconiosis of Coal Miners in Scotland. By John Black.

A Pilot Investigation into the Occurrence of Pneumoconiosis in Large Power Stations in South Wales. By Idris Davies.

The Expected Frequency of Bladder Tumour in Works Populations. By R. A. M. Case.

Methyloctylbenzenesulphonate: A New Industrial Sensitizing Agent. By C. N. D. Cruickshank and H. Howard-Swaffield.

Psychological Handicap in Relation to Productivity and Occupational Adjustment. By Morris Markowe and L. E. D. Barber.

A number of copies are still available and may be obtained from the Publishing Manager, British Medical Association, Tavistock Square, W.C.1, price 12s. 6d.