Book Reviews

Topics in Public Health. By J. M. Mackintosh. (Pp. 293 + vii; 42s.) Edinburgh and London: Livingstone. 1965.

These essays catch up many facets from the author's varied and distinguished career as a young school medical officer, as Chief Medical Officer for Scotland, as Professor of Public Health at the London School of Hygiene, and as adviser at large to medical planners. His subjects range from the past of public health to his vision of the future of medical care. There is a wide variety of subject matter and, one imagines, of audiences to whom the essays were first addressed. The uncertainties of the critic in defining the targets of the book, however, are relieved by a treatment of the material which is highly personal.

One essay is the record of a descent into blindness caused by cataract, and of happier experiences of its surgical treatment. Other essays deal with the early expression of modern personal hygiene in the report of the Interdepartment Committee on Physical Deterioration of 1904; with the organization of hospitals and with social medicine and the teaching of public health; with children and with the aged. Most medical readers should find entertainment or instruction within this array of topics. The quotations are erudite, the style readable.

M. SUSSER

Anaesthetics, Resuscitation and Intensive Care. A textbook for students and residents. By Walter Morris and Donald Campbell. (Pp. 253; illustrated; 30s.) London: Livingstone. 1965.

The authors of this volume have already proved themselves capable of writing textbooks in a simple and comprehensive manner; for their book *Anaesthetics, Resuscitation and Intensive Care for Nurses* has already gone to a second edition within only a matter of a year or so of publication.

The present volume is aimed at medical students and residents. It sets out all the detailed information which is essential for the resident in any specialty who is called on to deal with an emergency in the post-operative period. It is almost impossible to find any of the more straightforward aspects of anaesthesia, local or general, except that for neurosurgery, and of intensive care with which the authors do not deal adequately, yet briefly and succinctly. The care of the unconscious patient, management of the airway, resuscitation both by first aid and mechanical methods are fully described. There is a most useful description of the principles on which lung ventilators work, though the authors have wisely omitted any descriptions of individual machines, for these are now so numerous that it would need another

book to describe how to use them all. Expired air resuscitation and cardiac massage are fully dealt with.

The whole volume is exceedingly well produced and freely illustrated with clear line drawings and half-tone illustrations. Indeed there are 118 illustrations in a book of 253 pages. There is a comprehensive index. There are no references in the usual sense of the word but at the end a list of books for further reading is given.

Both the authors and the publishers are to be complimented on the production and layout of this volume which should be a *vade mecum* for every hospital resident for many years to come. It should also be read by any medical practitioner whose work brings him into contact with the care of the unconscious patient.

A. R. HUNTER

Maximum Permissible Weight to be Carried by One Worker. Occupational Safety and Health Series, No. 5. (Pp. 112 (duplicated); 9 figs.; price not stated.) Geneva: International Labour Office. 1964. (Also published in French and Spanish.)

The carrying of loads is one of the oldest forms of work. Despite the rapid rise of mechanization workers of all ages are still called upon to do it although in many countries the maximum weight allowable is fixed by law or regulation. The problem was considered at international level as long ago as 1914 by the International Association for Labour Legislation and since then trade unions, employers organizations, and governments have studied it and reported on almost innumerable occasions. Upper weight limits to be carried by one worker have been recommended by various bodies and have ranged from 60 kg. to 100 kg. In 1963 the International Labour Office decided to convene a meeting of experts comprised of representatives of governments, employers, and employees with two industrial physicians to study the question. Professor Leo Noro was chairman.

The meeting considered the physiological capacity of workers for weight carrying and the influence on it of factors such as climate, environment, vocational training, organization of the work, packaging, and medical supervision. It aimed to arrive at standards which would be applicable to all countries. Many considerations were taken into account—lifting, carrying, setting down, bending; optimum load (reduction in weight of load beyond certain limits may prove 'uneconomical'); total load carried during working day; incentive payments (may lead to neglect of safety rules or overtaxing of strength); importance of nutrition.

Many obvious conclusions were reached. Age affects the maximum capacity for work. Women and young people are incapable of the same energy output as men,