

then, that in the words of Dr. Rogers (p. 433) "various changes in the self-perception of the client, in his personality organization, and in his daily behaviour occur as a concomitant of client-centred therapy". For the reasons given above, one must suspend judgment on his conclusion "that the psychotherapy is the effective agent of change, since changes of comparable magnitude do not occur in a control group or in our clients during a control period". With some reservations, we can accept his claim that "one defined approach to psychotherapy produces certain measurable and significant changes in the individual coming for help and that certain other changes which have also been hypothesized failed to occur in significant degree".

Not everyone will want to pay 45s. for this book, despite its many excellences, but every library, however small, which contains volumes on psychotherapy or neurosis should have this one too or be failing in its duty to the readers. Those who feel able to make pronouncements about the effectiveness of advice, counselling, therapy or any other brand of help for the psychologically maladjusted adult are asked to read this honest book and amend their future remarks accordingly.

ALASTAIR HERON

Mental Hygiene in Public Health. By Paul V. Lemkau. 2nd ed. (Pp. xiii + 486; 9 figures. 60s.; \$8.00.) London, New York, Toronto: McGraw-Hill. 1955.

Dr. Lemkau's book is interesting and useful, if only for the reason that there are so few textbooks written in the English language on this important subject. The teaching is simple, but it is a disappointment on laying down the book to realize how few ideas which are really new have been presented. We know that mental hygiene and public health are team-work jobs; we have certain things to do, certain tools to use; but the reader who seeks to discover new secrets of improving mental health will not be much rewarded. There are discussion groups to be organized, or film shows, lectures, and educational programmes, the help of the churches must be sought, etc., etc., but the advice given goes little beyond the improvements of good general health, the avoidance of stress and of brain damage, and other simple teaching. The ideas are well expressed, and there is advice to encourage the "flowering of capacity", the "correlation of life experiences".

Perhaps, after all, it is in the science of human relationships that we shall achieve true success. But for the industrial medical officer there is little in this book which is of direct help in his daily problems. Nevertheless, the author can be praised for his courageous venture into the important field of mental hygiene in its relation to public health.

J. L. BURN

The Determination of Toxic Substances in Air. Edited by N. Strafford, C. R. N. Strouts, and W. V. Stubbings. 1st ed. (Pp. xxvii + 226; 17 figures. 35s.) Cambridge: W. Heffer. 1956.

For most chemists, analytical chemistry is not an end in itself but an essential tool to solve problems in other fields. When methods for a particular purpose are

collected together it is essential that they should carry the authors' guarantee that they have been adapted for the purpose intended and have been adequately tested. The book under review fulfils this requirement admirably. It is intended for works' chemists in a variety of industries so that management may be able to satisfy themselves of the adequacy of the ventilation systems. The volume is a joint work of a group of 18 I.C.I. chemists, and the methods described are the result of a great deal of work on their adaptation to the determination of substances in air.

The preliminary chapter upon sampling techniques is particularly to be welcomed. This is the crucial stage of the analysis of air; it is often surprising (to the inexperienced) how inefficient badly designed bubblers can be. Again the construction of these sampling devices is given in great detail.

It has clearly been the aim of the authors that the description of a method for a particular substance should be understandable without reference to other methods. This has been a little overdone when methods are non-specific and identical reagents and procedure are used for several substances: for example, the formolite method for benzene, toluene, xylene, and chlorobenzene and the Fujiwara reaction for chloroform, trichlorethylene, and tetrachlorethane. These methods could easily and with advantage be brought together, and would have saved approximately 20 pages.

This book should prove invaluable to everyone requiring to analyse air for contaminants. The methods given are so well tried out and given with such a wealth of detail that those inexperienced in their field will find no difficulty in carrying out the analysis exactly as intended.

W. N. ALDRIDGE

Artificial Respiration with Special Emphasis on the Holger-Nielsen Method. By T. O. Garland. (6s. 6d.) London: Faber & Faber. 1955.

If ever a small scientific work written for the edification of the layman carried with it an aura of a best seller, this is it. It is an excellent little book and should become a standard textbook in school and factory. There are two schools of thought about teaching this subject. The first is for the expert to decide on the most valuable single method to the exclusion of all others, and the second is to explain the principles in a simple way so that in any situation, from the top of a pole to a small boat in a stormy sea, some real attempt may be made at getting breath in and out of the body.

Recently teaching has inclined to the former on the grounds that it is better to be thoroughly versed in one method than have a hazy knowledge of two or more. For this reason for many years Schafer's method had been the vogue generally in England and the U.S.A. whilst Sylvester's was (and is) the method of choice on the Continent. Dr. Garland has made a happy combination of the two views. He teaches the positions of the body in maximal inspiration and expiration, and shows how breathing can be enforced whether the victim is attended to while lying, sitting, or being carried.

Dr. Garland pays generous tribute to the bravery of Pask in England and the staff of the medical schools