no significant difference in the inception rates but diabetics tended to have longer absences. Stabilization of the diabetes caused only a small part of the absence.

These results, with detailed individual information, indicate that diabetics present no special problem in several occupations and many are capable of heavy work, even outside normal shifts. But stabilization difficulties cause problems and the combination of diabetes with another condition may be disabling.

This valuable study is based on limited data and shows the need for further work, including "prospective" surveys. It also suggests the possibility of similar studies of other conditions.

C. J. CORNWALL

Work and the Heart. By 93 authors, edited by Francis F. Rosenbaum and Elston L. Belknap. (Pp. xxii + 537; illustrated. \$12.00.) New York: Paul B. Hoeber. 1959.

This book is an account, running into more than 500 pages, of the first Wisconsin Conference on work and the heart which was held in May, 1957. The 93 participants include many Americans who have made their name in cardiology and circulatory and exercise physiology; also Professors A. C. Burton, J. D. Hamilton and J. C. Paterson from Canada, Dr. A. Morgan Jones from Manchester, and Drs. G. Björck, M. J. Karvonen and H. H. Weber from Scandinavia and Germany. The conference was subdivided into five sections, meeting concurrently, which, between them, covered the basic and clinical physiology, pathology, re-employment, and workmen's compensation.

The book opens with a series of lucid articles describing basic cardiac physiology; these include the physics and biochemistry of muscular contraction and, from Dr. S. J. Sarnoff, an account of the oxygen consumption of the heart in relation to cardiac work and to factors affecting the coronary circulation. These are followed by chapters discussing cardiac activity in normal subjects, including coronary blood flow, the control of cardiac output, the regulation of heart rate (Dr. D. B. Dill), the effect of age (Dr. Milton Landowne), and of strenuous exercise (Dr. M. J. Karvonen). The assessment of cardiac efficiency is considered in relation to the strain to which the heart is subjected as a result of exercise; that arising out of emotional and thermal stress, and the additional effects of dilatation and cardiac failure. The need for better standardization of tests of fitness emerges clearly from this section of the proceedings.

The aetiology of coronary disease is considered by Drs. Ancel Keys and H. L. Taylor in relation to occupation and to physical activity insofar as these affect the serum cholesterol concentration. Dietary fat intake is mentioned briefly but not the possible prophylactic value of unsaturated fatty acids. The role of capillary haemorrhage and thrombosis is discussed in the section on pathology, as is the part played by physical and emotional stress in precipitating coronary occlusion. The significance of silent myocardial infarction and, in fatal infarctions, the common absence of coronary occlusion are also treated.

One section of the book is devoted to a consideration of re-employment of cardiac patients, including both suitability of jobs and employment record, and also the effect of employment on the course of the disease. This section, which will be of particular interest to industrial medical officers, includes accounts of cardiological experience in several industries and work situations as well as of the 35 work classification units in the United States, which have been set up to solve these problems. The place of these special diagnostic and rehabilitation units in the framework of the general medical and rehabilitation services of the community is discussed constructively.

The last section on workmen's compensation in relation to cardiovascular diseases in the United States includes both medical and legal viewpoints.

This brief survey indicates the range of subject matter covered by this large, well-produced book. Some of the individual contributions are in fact reviews; the majority are individual viewpoints. To one who is a physiologist, the first two sections in particular are immensely stimulating and the book should provide a valuable jumping off point for anyone interested in exploring further this fascinating field. Inevitably the picture they acquire will be out of date in some places and biased or incomplete in others, but with several hundred references to assist them they are unlikely to go badly astray. One reference which might be added is "Cardiac Control" by R. F. Rushmer and A. O. Smith (*Physiol. Rev.*, 1959, 39, 41). The conference promises to be followed by others in which current trends will be critically assessed; meanwhile the proceedings of this first conference can be recommended.

J. E. COTES

The Health of Business Executives. The Transactions of a One-Day Conference held in the Royal Festival Hall, London (November 20, 1959). (Pp. 126.) London: The Chest and Heart Association. 1960.

In November 1959 nearly 500 directors spent a day trying to find out how to avoid a premature death from an excess of work, travel, food, drink, and (all be they self-administered), drugs. Over 100 doctors attended the same conference, no doubt seeking, if not a new elixir, a fresh means of dispensing the elixir of life to directors.

For the doctors, there was no new elixir. For the directors, there was no primrose path, but some contributions, notably Sir Stanley Davidson's "Overweight and Diet", were models of how to present medical matters to the layman.

Business men deal with facts; philosophers with fancies. One of the difficulties facing the doctor who seeks to be a philosopher and friend to his executive is to find the right mixture of facts and fancies. It so often becomes a series of cautionary tales about "patients I have known". Sir Stanley's contribution summarizes excellently the theme which creeps into practically every contribution, namely, that the greatest hazard of living today is to be overweight, and this is by no means a health hazard that is confined to the executive.