to contact with chemicals. He deals with diseases of the skin or mucous membranes in which aromatic amines are often responsible.

In dealing with these substances the writer suggests that benzene, as distinct from benzol, is relatively harmless, but in recent years cases of chronic poisoning from motor fuels not containing benzol have been reported. From some confusion in nomenclature this has occasionally been overlooked.

The author notes that the association of lead poisoning with chronic vascular disease is disputed, and that in the latter the blood picture may suggest lead poisoning but may have another explanation.

In discussing carbon monoxide poisoning Koelsch describes the grave damage to nerve tissue that may occur. It seems that much of this can be irreversible so that it is difficult to avoid the word chronic in describing later effects.

This little book provides a useful summary of the law on the subject in Western Germany.

G. C. PETHER

Nutrition and Health, being the Cantor Lectures delivered before The Royal Society of Arts, together with Two Earlier Essays. By Robert McCarrison and a postscript by H. M. Sinclair. (Pp. 125; 8 figures. 16s.) London: Faber and Faber. 1962.

Sir Robert McCarrison's Cantor lectures were delivered before the Royal Society of Arts in 1936, and published in the same year. A second edition appeared in 1953, and now, after McCarrison's death, a third edition has been published, with a preface and last chapter by Dr. H. M. Sinclair.

It says much for McCarrison's foresight that these lectures do not seem "dated", even today. Great advances in the science of nutrition have been made during the past 25 years, but these largely fill in the details, and the basic principles were all clearly recognized by McCarrison a quarter of a century ago. McCarrison spent much of his life in India, where his pioneer work led to the foundation of the Nutrition Research Laboratories at Coonoor. He was interested in such problems as the cause of goitre among people living in the foothills of the Himalayas, and the reason why the diets eaten by various Indian races led to poor health and stunted growth. He fed rats on typical Indian diets and showed that they responded as man did to the unsatisfactory food.

In the last chapter entitled "Recent Advances", Dr. Sinclair sets out McCarrison's thesis as "the greatest single factor in the acquisition and maintenance of good health is perfectly constituted food", and he shows how the knowledge accumulated in the past 25 years everywhere supplements, and nowhere corrects, the thesis.

Those who are interested in the importance of nutrition in medicine should read or re-read this book, and anyone who is called upon to lecture to a non-specialist audience on some aspect of nutrition might do far worse than take the subject matter of this publication as his text.

E. M. WIDDOWSON

Toxicology of the Eye. By W. Morton Grant. (Pp. ix + 641; 2 tables. \$16.50.) Springfield, Illinois: Thomas. 1962.

This book is unique and from the industrial point of view will be a treasure, for within its pages a mine of information is gathered. It summarizes what is known (and some things as yet generally unknown) about a vast number of chemical substances that may cause harmful effects on the eye—some 1,600 in all—detailing the experimental work carried out in each case and the clinical observations in the literature. The whole is arranged alphabetically as in an encyclopaedia and, packed with information as it is, is quite unreadable (even to a reviewer); but a sample study of a number of the annotations is sufficient to indicate its value as a source of reference to the doctor in industry, a value enhanced by the useful cross-references in the index. The full bibliographies to each short section make it easy to pursue in greater detail the effects of any particular chemical substance, and no effort is made to conceal our comparative ignorance of many of them. A final chapter, full of common sense, deals with the emergency and long-term treatment of chemical lesions of the eye.

STEWART DUKE-ELDER

Accident Prevention. The Role of Physicians and Public Health Workers. Editorial Consultant Maxwell N. Halsey. (Pp. v + 400; illustrated. 93s.) New York, Toronto, and London: The Blakiston Division. 1961.

Accidents don't happen; they are caused. It is this generally, but not entirely, accepted thesis which is the basis of the new work by a number of American medical and lay authors. Much of the text is concerned with the complex causation of accidents as they occur amongst various social and occupational groups.

Most chapters are sufficient to provide adequate teaching material for both the advanced undergraduate and the postgraduate. The presentation of subjects is also suitable for the interested non-professional reader, such as the staff officer, the works manager, and other representatives of management and the trade unions. A useful, if entirely American list of references, is given with most chapters.

No attempt has been made to oversimplify the subject. Some readers, particularly the non-professional ones, may be critical and at times confused by the repeated comparison of an accident with a disease.

The point is made that the physician should keep accident prevention constantly in mind, using his special position as an adviser to influence others. Prevention is also stressed as a responsibility of each individual, and succeeding chapters illustrate, in places very graphically, how each person, whatever his age or calling, can actively help to decrease accidents in the home, during leisure hours, in the street, or in the factory. In chapter 3 (The Epidemiology of Accidents) Dr. Ross McFarland reminds the reader that accidents are a leading cause of death, and a primary one up to the age of 35. The use of the word epidemiology is itself an indication of the vast scale of the problem.

In some of the chapters the approach may tend to be rather idealistic, but on the whole the presentation of the subject is comprehensive, understandable, and authoritative.

The choice of diagrams and illustrations has been wisely limited to those which clearly and pointedly add to the context. It is believed that this readable work could be a useful addition to the library of all doctors interested in preventive medicine as well as to enlightened and far-sighted administrators who are primarily responsible for industrial production.

J. S. GRANT

Protective Clothing and Devices. By N. T. Freeman. (Pp. xii + 193; illustrated. 31s. 6d.) London: Industrial Safety, United Trade Press. 1962.

At the present time employer and employed are showing increasing concern for the safety of the worker. In general, the larger organizations are well supplied with expert personnel to handle industrial safety, but in the smaller firms management has to deal with safety as one of many tasks. For these Mr. Freeman's new book will be especially useful. In it will be found a review of the whole field, including a brief statement of the law and of the principles governing protection, for example, against toxic gases, vapours, and dusts, head and eye accidents, and damage to feet and hands. Here is a synoptic review by an experienced Industrial Safety Officer that will be of value to anyone concerned with safety at work, not least for the advice given on the choice of protective clothing, devices, and respirators.

It is useful to find a list of maximum permissible concentrations in an appendix, but it is surprising not to find any indication that these limits were issued by the Ministry of Labour in March 1960 (with amendments in March and September 1961).

Since a useful book like this will certainly reach a second impression, perhaps the reviewer may offer a criticism of the physical make-up. This is a book which ought, in many cases, to be "on the shop floor" and coated paper is notoriously unsuitable for these conditions: any moisture and the book is spoilt. A calendered paper can be made to take half-tones almost as well with more care in the presswork than is evident here. Indeed the typographical appearance of the book is sadly amateur and the printing not more than fair.

P. C. G. ISAAC

Principles for First Aid for the Injured. By H. Proctor and P. S. London. (Pp. xiii + 244; 71 figures + 5 tables. 35s.) London: Butterworth. 1962.

This, the fourth book on the subject of first aid to appear in recent months, is on a much higher plane than the others in that the authors from the Birmingham Accident Hospital have aimed at instructing the teachers, especially those medically qualified.

The book is formal in layout and includes chapters on shock, haemorrhage, asphyxia, fractures, burns, head injuries, and the whole gamut of conditions likely to be

met. There are some 71 excellent photographs and clear line drawings which add much to the text.

In the early chapters the overwhelming importance of shock, haemorrhage, and asphyxia are stressed together with the urgency of evacuation to hospital where blood loss can be replaced. This is a theme which runs throughout the book and reiterates that injured patients do not remain static, but are subject to continual change. It behoves the first aider of the 20th century to be aware of the various factors that influence the condition of the patient and to keep a continuous watch on face, pulse, temperature, and look for haemorrhage, and to be well equipped in technical skill to deal with them.

Unfortunately, these principles are often forgotten in the treatment of the actual casualty or by those who stage first aid competitions. Many valuable minutes are expended on definitive treatment of minor conditions which may be useful in gaining marks, or keeping the spectators amused, but are not in the best interests of the patients. It must, however, be admitted, in fairness, that there are often long waits for an ambulance particularly in road accidents when the time can be spent profitably in such refinements of treatment.

This excellent book is the most comprehensive and technical of all first aid books and should be read by all medically qualified persons who teach first aid—it is doubtful whether it would be understood by others. What is important is that first aiders should know the principles involved, and that their teachers especially doctors will interpret them into simple terms that can be understood. There is no doubt this book will have a universal appeal to doctors who work in industry.

R. A. TREVETHICK

Advanced First Aid No. 1 "How Much Blood?". (52s. 6d., inclusive of teaching notes.) London: Camera Talks. 1962.

This film has been produced professionally with the advice of Mr. P. S. London, F.R.C.S. the co-author of "Principles for First Aid for the Injured".

The strip explains in diagram and coloured picture, how to estimate blood loss both from external visible haemorrhage and internal haemorrhage, from fractures and soft tissue damage. The unit of measurement is the closed fist which represents 1 pint of blood loss. In addition a piece of putty of similar size to the fist is laid on the surface of limbs to show the degree of swelling equivalent to one or more pints of blood.

Sold with the strip is a booklet which explains the purpose of each frame and can be used as lecture notes.

The standard of picture and diagram is excellent, apart from no. 40, 41, and 42 which are confusing, and chaos is further added to by the wrong captions in the booklet appearing opposite these numbers.

The strip is an excellent teaching medium and will give first aiders clear information on the assessment of total blood loss, and therefore the severity of shock which governs the speed of evacuation of injured patients to hospital.

R. A. TREVETHICK