
There is no doubt that the protection of the back from strain plays a very important part in the management of low back pain and, if carried out meticulously, often results in considerable improvement in symptoms.

This American book is written with two objects, first, to analyse the type and location of the pain and its relationship to various activities. This is done in the form of a questionnaire and pain time chart which, when filled in, would be useful to the doctor seeing the patient, especially a rheumatologist, orthopaedic surgeon or industrial medical officer. The second object, following this analysis, is to show the sufferer from low back pain correct ways to move, sit, stand, lie and lift and also how to carry out every possible activity of daily living, even including sexual intercourse, in ways that will avoid hurting the back. This is done in considerable detail, illustrated with plentiful diagrams. Some exercise regimes are included with the very appropriate warning that they should be done only if they do not cause pain. It also deals briefly with such things as analgesics, spinal fusion and gynaecological aspects.

I believe that for the intelligent patient this book will provide a lot of useful information. I would disagree with only a few minor points in the text, particularly the suggestion that low back pain is affected by wet, cold or draughts, a somewhat dated concept. Although rather an awkward size, it is neatly set out, easy to follow and not expensive to buy.

A. ZINOVIEFF


Nearly 20 years have passed since the Guide to Hygiene and Sanitation in Aviation was first published, during which time little has remained unchanged or unchallenged within the aviation industry, other than those basic principles which have governed its various activities. It is these basic principles as applied to hygiene that the new edition of the guide has restated and clothed in a wealth of accurate and factual advice and, as a result, a very good book has been produced. Moreover, it is one which gives practical advice in sufficient detail to be useful without producing that degree of complication which will deter the faint-hearted, as can so easily happen.

The Guide is intended to be used in conjunction with the IATA Code of Practice which itself became available two years ago and together they constitute just that degree of guidance which is required. Both are complementary and while basic concepts are identical there are, between the two publications, some inevitable differences in emphasis. Probably the most important of these is the emphasis placed by the writers of the IATA Manual on the paramount importance of storage of food between production and consumption. This is also emphasised in the present Guide but the process of ‘time stamping’ which IATA recommended has not been taken up. This is not always an easy practice to enforce but it does have very great advantages which can safeguard this most crucial period as can no other procedure. Date stamping is now an accepted part of retail food distribution and sale, and time stamping could most usefully be adopted in airline catering work.

However, both as a work of reference (in which it is helped by an adequate index) and as a manual of practice it is a measure of the Guide’s worth that only small criticisms can be advanced. On the credit side some passages can be singled out as of outstanding worth and it would be difficult to express almost all that is best in food preparation techniques as succinctly as has been achieved in Section 4:6. Here and there the presence of correcting hands can be discerned but, on the whole, it is an eminently readable book. What a pity a 170-page paperback has to cost nearly £8!

P. J. C. CHAPMAN


The British Rubber Manufacturers’ Association has good reason to be proud of this publication which is a model of its kind. It is a revised and improved edition of a booklet which first appeared in 1971, and which was almost entirely concerned with toluene diisocyanate (TDI) alone.

Both medically and technologically the diisocyanates constitute one of the most interesting groups of chemicals in industrial use today. The very real medical problems associated with industrial exposure have been the subject of much comment, frequently ill-informed, in both the lay and the technical press. From time to time suggestions have been made that the isocyanates are too hazardous for industrial use. This Code of Practice gives an adequate description of the hazards and biological properties, both of TDI and other important isocyanates, and even more important, gives a detailed account of the measures needed for medical surveillance and to ensure safety in use. It describes proper storage requirements, the design of polyurethane production plant, proper fume extraction, the advisability of scrubbing systems, personal protective equipment, atmospheric monitoring, sound operating practices, and information for employees. The trade names of various isocyanate compounds are given, their chemical and physical properties, and their suppliers. Also listed are the names and addresses of suitable spirometers, respirators and other protective equipment, atmospheric monitoring de-