

REVIEWS.

THE HYGIENE OF THE CHANGE IN WOMEN.

By ISABEL EMSLIE HUTTON, M.D.
Heinemann. 1936. Price 5/-

A book written by Dr. Emslie Hutton is assured of success as her previous publications have been of interest because of their sound advice. Her experience as a psychologist enables her to write with much authority since she has come into close contact with the fears and anxieties of those women who have reached the end of reproductive, but not of sexual life.

The main object of the book is to direct attention to the maintenance of health and preservation of that vitality and zest for life which is lacking in many women at this period.

The chapter on Menstruation is a valuable introduction to the study of measures for the prevention of abnormal conditions in later life. The various disorders of the menopause are described in a clear and concise manner. Advice is given as to the necessity for consulting a physician should unusual symptoms manifest themselves.

The whole aim of the book seems to be directed to the banishment of anxiety and fear, and for this it is to be especially commended.

The popular belief that mental aberrations at the menopause are by no means uncommon is proved to be erroneous. When these occur there has been as a rule some previous mental instability or at least a hereditary factor.

One could have wished that greater stress had been laid upon the dangers of neglected uterine hæmorrhage. So many cases of cancer remain undiagnosed until the disease has advanced beyond all hope of curative treatment, because of the mistaken popular belief that hæmorrhage at the menopause is not abnormal. Even certain members of the medical profession have been known to advise patients with uterine hæmorrhage to await the effect of the climacteric as a possible cure.

It is satisfactory to note that "alcohol is a real menace at the climacteric".

The advice as to open air and home exercises, together with swimming, baths, dancing, etc., is to be commended, so far

as in this way the feeling of youth may be retained.

Directions are given as to the safest methods of slimming, and useful menus for diets are indicated. The dangers of commercial cures for obesity are pointed out.

A special chapter is devoted to the consideration of husbands for whom information is given regarding a better understanding of the nervous conditions in wives at the menopause. If this advice is followed it would prevent much domestic infelicity and unfaithfulness and probably would lessen the number of divorce cases.

The title, in an age where brevity makes a special appeal, is somewhat cumbersome, and suggests the existence of a condition which it has surely been the author's object to dispel.

A MANUAL OF PRACTICAL OBSTETRICS.

By O'DONEL BROWNE, M.B., B.Ch., B.A.O.
F.R.C.P.I. John Wright & Sons, Ltd.
Bristol. 1936. Price 20s.

The author is to be congratulated on producing a book each chapter of which resembles an hour of bed-side teaching. This has been accomplished by omitting theoretical matter of a controversial nature, the author confining himself to accepted facts. Each page contains one or more lessons which the writer has himself learnt from clinical experience, and consequently the book will be of great value to students and practitioners for whom it has been primarily written. The linear diagrams are excellent, and valuable since they portray essential details only. As might be expected, the chapters dealing with the Toxæmias of Pregnancy contain but scant reference to methods of treatment other than the Dublin methods. This is to be regretted, since even if such other methods were negatived, such criticism might be of great value to students. A welcome feature is the chapter on Radiology in Obstetrics by Dr. C. L. McDonogh, who lays down the main principles clearly and concisely. Little has appeared on this subject in text books of Obstetrics up to the present, and this will add very considerable value to a book worthy of wide circulation.