REVIEWS.

WEIGHT REDUCTION, DIET AND DISHES

By E. E. CLAXTON, M.B., B.C. (With Recipes by Lucy Burdekin.) Messrs. William Heinemann, London. 1937. Price 8/6 net.

Dieting is an important factor in reducing weight, and this book tells how to do it. It is written for the layman, but the tables and recipes should be helpful to doctors. The first half of the book is a simple and readable account of energy, work, and calories. It will interest those who have had no preliminary training, but no attempt is made to discuss endocrinological aspects. The reader is advised to consult his or her doctor.

The tables of food values are well set out, and the carbohydrate, protein and fat content, as well as the total caloric value, are given. Some authors give the amount of food in ounces, that corresponds to 5 or 10 grams of (e.g.) carbohydrate; others give the grams of (e.g.) carbohydrate contained in 1 ounce. The food tables in this book appear to combine both methods, and although this has no disadvantage in reference, it does not help memorising. Some useful hints are included, such as the use of liquid paraffin for frying, a butter substitute of no food value, and the preparation of a saccharin-kaolin dust sugar.

A number of recipes for sweets (desserts) of given value should be helpful, as this is often a difficult point in prescribing a diet. Food value for alcohol, beer, cocktails might be given with advantage although these are forbidden to the adipose by the author.

This book does undoubtedly serve a useful purpose.

ST. THOMAS'S HOSPITAL REPORTS.

2nd series. Vol. I. 1936. Price 10/-.

This is the first of a new series of reports, edited by Professor De Wesselow and Mr. Max Page, which it is proposed to issue as an annual volume. Its aim is

a reflection of recent work carried out at St. Thomas's Hospital.

Professor Dudgeon's article on the demonstration of particles of malignant growth in the sputum by means of the wet-film method is of great clinical value and the technique of the method merits the widest possible recognition. The investigation includes 102 cases of suspected malignant growth of the lung, of which 43 were diagnosed by examination of the sputum according to the wet-film method which he describes, revealing fragments of new growth in the sputum.

The contribution by Dr. Elkington on metastatic brain tumours is noteworthy. The bulk of the cases with which he deals originated in a primary bronchial carcinoma where it is exceptional to find marked physical signs in the lung. X-ray examination of the chest in such cases is an extremely valuable adjunct in diagnosis. This article, whilst not original work, is of great practical importance.

Further contributions by members of the hospital staff on the treatment of pituitary basophilism by means of X-ray therapy, on a possible multiple origin of diabetes, on the physiology of menstruation, on modern methods in the diagnosis of plumbism, on the care of the premature infant and on the decompression of the intestine by nasoduodenal suction are all of great value in clinical practice.

The omission of a statistical table in this new series is all to the good and the general presentation of the volume leaves nothing to be desired.

RECENT ADVANCES IN ANÆSTHESIA & ANALGESIA, INCLUDING OXYGEN THERAPY.

2nd Edition. C. LANGTON HEWER, M.B., B.S. Messrs. J. & A. Churchill. 1937. Price 15/-.

The very fact that within five years a complete revision in this second edition has been necessitated, gives some idea of the progressive developments that are being made in anæsthesia. Almost every chapter