the amount of surplus adipose tissue is an obvious line of treatment, which not only may help the patient's subjective feeling but which does show the patient that an interest is being taken in his case. Over-eating, over-indulgence in alcohol, the ingestion of very spicy and other indigestible foods must be avoided; otherwise a normal plain mixed diet may be allowed, with perhaps a slight preponderance of the vegetable foods. Whisky, well diluted with plain water, and drunk with meals is probably the best of the alcoholic beverages, if the patient insists upon some form of "stimulation." It has the added advantage that it helps to allay that restless feeling from which so many of these patients suffer. Moderation in all things, including smoking, must be enjoined.

Attention must be directed towards any obvious focal sepsis, but a balanced outlook must always be maintained in such a controversial matter as this. Multiple radiographs and investigations tend to do more harm to the patient psychologically than they do therapeutically.

In the hypertension so common in women at the menopause, the administration of tab. stilboestrol 0.5 mgm. once or twice daily will often help considerably, not only subjectively but also by reducing the blood pressure slightly in many cases.

Perhaps at some later date, further advances in endocrinology or the use of "renin" may help us further towards more successful therapeutic measures than are now at our disposal.

Lastly mention must be made of the necessity for using discrimination and care in our attitude towards the hypertensive patient. His life must obviously be regulated by the state of his heart, kidney and cerebrum, but needless and irksome restrictions must not be applied too early in the disease process. Rest in bed, coupled with sedatives, is probably the best therapeutic card which we hold, especially when the patient has an exacerbation of symptoms directly referable to the disease.

Practicalities Vol. II, dealing with diseases of the respiratory system, will begin in the July issue.

BOOK REVIEWS

SYNOPSIS OF BLOOD DISEASES

By A. PINEY, M.D., M.R.C.P. Pp. 120. William Heinemann, London. 1942. Price 10s. 6d.

In preparing a new synopsis of blood diseases, Dr. Piney sets out "to write a book that will give as much information as the average physician and general practitioner will read and which will also serve the purpose of senior students," illustrated in what the author describes as "a more impressionistic method of drawing and painting." The style throughout, presumably for the sake of brevity, might be described as impressionistic. In the short space of 120 pages, an account is given of all blood diseases and of abnormal blood pictures associated with other conditions, such as infectious and certain tropical diseases. There is also a glossary, an index and charts showing the characteristics of different cell types. Unfortunately, the author seems unacquainted with much of the extremely important recent work on pigment metabolism and haemolytic conditions. For instance, the presence of urobilin in the urine in acholuric jaundice is most unusual except in the presence of liver damage, but it is quoted as a constant finding. No mention is made of the value of vitamin K in haemorrhagic disease of the new born, in fact, vitamin K does not appear in the index. The demonstration of specific lysins in patients with nocturnal haemoglobinuria both by workers in the States and in this country is ignored.

A synopsis to be of value should be both up to date and correct in its information. Dr. Piney has wasted an excellent opportunity.

TROPICAL AND SUB-TROPICAL DISEASES

By LIEUT.-COL. C. H. BARBER, D.S.O., M.A., D.M., M.R.C.S., L.R.C.P. Oxford University Press, London, 1942. Price 5s.

If the experience of the last war is a reliable guide, young medical officers proceeding on service to the tropics often find themselves at a peculiar disadvantage when they are called upon to treat patients under conditions that are entirely strange and with facilities for diagnosis much inferior to those to which they have been accustomed at home. Bewildered often by an almost complete absence of physical signs, they are tempted to take the easy course of diagnosing every fever as malaria, and every case of diarrhoea as "gyppy tummy." What they require is a small text-book of tropical medicine that will give them a simple straightforward account of the common diseases they are likely to meet with and assist them in their diagnosis. The Oxford War Manual on "Tropical and Sub-tropical Diseases" by Lieut.-Col. C. H. Barber should supply this want. In spite of its small size, the author has succeeded by means of a summarised style, aided by line drawings and a number of differential tables, in packing into it much useful information. The order of the contents is at times illogical, typhoid fever, for example coming between bilharziasis and smallpox; and much of the bacteriology is out of date or misleading. These faults may perhaps be remedied in a second edition. In the meantime we wish the present volume every success.