

times when this may be urgently required. 'Clinical Nutrition' must therefore be welcomed for assembling so much valuable data in a form that makes it available for quick reference. The authors describe the various diets used in clinical work and provide chapters on specific treatments, each of which is written by an expert in his own field. They remind us also that the therapeutic diet should be a modification of the normal diet based on natural foods which are available to the particular patient, allowing for seasonal and environmental variations.

Chapters are also included on dietary and medical history, clinical manifestations of malnutrition, principles of therapy, dietotherapy, treatment of various types of obesity, relation of nutrition to health and its effects upon growth, nutrition in industrial medicine and the effects of low nutrient intake upon efficiency.

The nutritional requirements in health and disease are given and there is an appendix containing a selection of dietary patterns which, allowing for certain present limitations in this country, should be of great assistance. Tables giving the nutritional values of over 250 common foods are presented.

Altogether this is a book of merit and one to be warmly recommended.

R.M.S.

### MANSON'S TROPICAL DISEASES

Edited by SIR PHILIP H. MANSON BAH, C.M.G., D.S.O., M.A., M.D., D.T.M.&H., F.R.C.P. 13th Edition. Pp. xiv + 1136, with 26 plates and 412 figures. London: Cassell & Co. 1950. 45s.

The first edition of 'Manson's Tropical Diseases' was published 52 years ago and its growth in size from then has been steadily progressive, apart from two rapid increases, the first in 1921 under the first able editorship of Manson's son-in-law, Sir Philip Manson Bahr, and now the 13th edition appears under the same distinguished name. These sudden increases in size reflect the accumulated knowledge gained in the two world wars.

In no branch of medicine has the intensive applied research due to the war yielded such dividends; the 'sulpha' drugs in dysentery, antibiotics such as chloromycetin in typhus and typhoid have revolutionized treatment. The introduction of potent new antimalarial drugs both for cure and prophylaxis, persistent insecticides such as D.D.T. and Gammexane, insect repellents such as dimethyl-phthalate have altered the conditions of life in the tropics. Our greatly increased knowledge of the vitamin deficiencies, a knowledge only gained at the cost of intense human suffering in the jungles of Burma and in P.O.W. camps in the Far East should, if world conditions permit, lead to their final abolition.

The introduction of potent oral drugs such as miracidin in schistosomiasis, hetrazan in filariasis and

sulphone and its derivatives in leprosy have provided the worker in the tropics with easily administered remedies which can be used on a large scale, both curatively and prophylactically without necessitating hospitalization of the patient.

The editor is to be congratulated on the successful completion of this herculean task of bringing this edition up to date; this is the best 'Manson' ever, and by saying that, it is synonymous with saying that it is the best one volume work on tropical medicine in the world. With such a feast provided, one hates to ask for more but a list of new references added between the 12th and the inevitable 14th edition would be a boon to the isolated worker in the tropics.

T.C.S.T.C.M.

### A SYNOPSIS OF MEDICINE

By SIR HENRY TIDY, K.B.E., M.A., M.D., F.R.C.S. 9th Edition. Pp. xx + 1243. Bristol: John Wright & Sons. London: Simpkin Marshall 1949. 30s.

For the past 30 years Tidy's 'Synopsis of Medicine' has been a *sine qua non* to countless students. For the final year, when so much has to be covered, there is no better book of reference and when examinations have been safely negotiated how many men have packed it up with, perhaps, Pye's 'Surgical Handicraft' for their first locum.

In this, its ninth edition, Sir Henry has managed to include a vast amount of new material, but by dint of careful revision and pruning has enlarged the text by only four pages. As a sound basis for the student's reference there can be no question that its 1100 pages contain an enormous amount of pithy knowledge, excellently arranged and indexed in most handy form. It is strongly recommended and will undoubtedly more than uphold the reputation so deservedly gained by its predecessors.

### A SYNOPSIS OF OBSTETRICS AND GYNAECOLOGY

By ALECK W. BOURNE, M.A., M.B., B.Ch., F.R.C.S. 10th Edition. Pp. vii + 530, with 167 illustrations. Bristol: John Wright & Sons, Ltd. 1949. 21s.

This very useful and comprehensive book for the non-specialist student has been thoroughly revised in the fourth edition. In the preface the author says that he has omitted many out-dated ideas and methods but kept in mind the demands of examiners. Advances in knowledge have been incorporated and, generally speaking, it is thoroughly up to date.

Over the whole this is an excellent book, both for students and general practitioners. Differences of opinion naturally mean that few will agree with every statement but differing opinions have been mentioned where possible, and generally a medium way has been advised in treatment. In a book of