

Reviews.

FOOD VALUE CALCULATOR. Issued by the Research Laboratories, Vitamins, Ltd., Hammersmith, W.6. Price 2s. 6d.

This ingenious Calculator has been designed to act as a ready reckoner for estimating the food value of the different items of the diet.

The publishers specifically state that its use is mainly in large scale dietary surveys, where the use of the round figures set out in the Calculator will not lead to any significant inaccuracies.

The Calculator is circular in shape and constructed of cardboard. The food-stuffs are divided into nine groups, and by an arrangement of revolving discs, the protein, calorie, calcium, iron, and vitamin A, B, and C contents of any of the foods in common use in this country can be read at a glance for one ounce or for six multiples of this.

The values of the different nutrients correspond with those given in various food tables in standard use in this country at the present time and the Calculator can be thoroughly recommended to all whose duty it is to assess the nutritive value of the diet in large scale surveys.

I. A. A.

DISORDERS OF BLOOD PRESSURE. By Various Authors. Edited by Sir Humphry Rolleston, Bt., G.C.V.O., K.C.B., M.D., F.R.C.P., and Alan Moncrieff, M.D., F.R.C.P. "The Practitioner" Booklets, No. VI. London: Eyre and Spottiswoode (Publishers), Ltd. 1942. Pp. ix + 83. Price 6s.

This small book, based on contributions to *The Practitioner*, contains six articles by different authors dealing with various aspects of blood-pressure.

Professor Pickering's introductory paper gives an admirably clear and concise review of the significance of high blood-pressure in general. Dr. Shirley Smith describes how to measure the systolic and diastolic pressures and explains their interpretation relative to life assurance examination. Though the sphygmomanometer is popularly regarded as an instrument of precision, the results obtained by different observers in the same patient often show surprising discrepancies. This arises partly from errors of technique and partly from the difficulty of obtaining basal conditions on the part of the patient. Dr. Shirley Smith's directions for estimating blood-pressure are based on the recommendations of expert committees and most of us could refer to them with profit.

Dr. McAlpine's article deals with the cerebral complications of arterial disease and includes a résumé of his own studies of hypertensive encephalopathy, a condition still frequently confused with uræmia.

Professor Thomson describes the renal changes associated with benign and malignant hypertension. The differential diagnosis from nephritic hypertension is adequately discussed. Little reference is made to recent work on experimental

renal hypertension, perhaps because its clinical significance has yet to be determined.

Treatment is dealt with by Dr. John Hay and, if his simple directions were to be followed by the profession at large, many patients with high blood-pressure would be happier, and some would be healthier not to mention wealthier. If the concluding article on hypotension by Dr. Starling seems by comparison the least satisfactory, this is because it reflects the relatively meagre knowledge that is as yet available on this aspect of blood-pressure.

It would be unfair to criticize a booklet of this size on grounds of omission, yet the absence of a section on hypertensive heart disease is noticeable. Heart failure is surely the most frequent cause of death in high blood-pressure, and is actually more important than either its cerebral or its renal complications. This omission might with advantage be remedied in any future editions. As it stands, however, the booklet can be recommended to all who regularly use the sphygmomanometer.

DISEASES OF THE NOSE, THROAT AND EAR. By L. Simson Hall, M.B., Ch.B., F.R.C.P.E., F.R.C.S.E. Edinburgh: E. & S. Livingstone. 1941. Pp. xvi + 446. Price 15s. net.

The appearance of a second edition of this informative and stimulating book in the space of four years indicates its sterling value to a wide circle of readers.

The book has retained its previous high standard, is concise, clearly printed and well illustrated. It offers a quick and comprehensive reference for the busy practitioner and is sufficient in itself for the final year student.

Mr. Simson Hall's many years in general practice are reflected in his wide knowledge and understanding of the values of early signs, differential diagnosis and treatment of diseases.

The value and dangers of chemo-therapy are stressed, particularly in regard to acute otitis media. The technique of minor surgical procedures in the ear, nose and throat is well illustrated and carefully described. Details of the major surgical aspect have not been omitted but are without unnecessary detail. The chapter dealing with endoscopy stresses its significance and value. Many will welcome the clear description and method of investigation of the types of deafness and the functions of the labyrinth.

This book should prove a source of sound knowledge and a genuine guide in the subject of oto-rhino-laryngology.

J. L.

ILLUSTRATIONS OF BANDAGING AND FIRST AID. Second Edition. By Lois Oakes, S.R.N., D.N. (Leeds and London). Edinburgh: E. & S. Livingstone. 1942. Pp. viii + 256. Price 4s. 6d.; de luxe 6s.

Bandaging and First Aid in hæmorrhage and fractures are dealt with in over 300 excellent illustrations with instructions. There are frequent blank pages for notes.

As a guide this book can be strongly recommended.

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