

Book Reviews

Stampar: Internationally Minded Physician

Serving the Cause of Public Health. Selected Papers of Andrija Stampar. Edited by M. D. Grmek. (Pp. 258; illustrated. \$7.) Zagreb: Andrija Stampar School of Public Health. 1966.

This book is a memorial volume in honour of Professor Andrija Stampar (1888–1958), who in the preface by Dr. M. G. Candau, the Director General of the World Health Organization, is described as “one of the greatest and most internationally minded of the physicians, teachers, and public health administrators of our time.”

Stampar was the son of a village teacher in Drenovac, Croatia. He studied medicine at Vienna, then in the heyday of its fame as a medical centre. On return to his native land he became, after a short spell as a hospital doctor and a general practitioner, a district medical officer. The Balkans were impoverished by war, and the lack of education and sanitation fostered epidemics which were prevalent. Soon after the first world war he was appointed, at the early age of 31, the head of the newly established Yugoslav Health Service; he set to work with a will, and, despite opposition, succeeded during the next 10 years in laying the foundations of an efficient national service, including a network of 250 health centres which ranged from the Central Institute of Hygiene in Belgrade to child health centres in villages. But like many other pioneers he made enemies, who forced his retirement in 1931.

He found, however, an outlet for his stupendous energy in international health

work represented at that time by the Health Organization of the League of Nations, which sent him to China for three years to report on health conditions there. On his way back to Europe he spent some time in the Soviet Republic, and after that he was appointed to a League of Nations Commission to study European schools of public health. After this long absence he returned home, where former animosities had been forgotten and he was elected to the chair of hygiene and social medicine at Zagreb. But this did not last long; he was soon caught up in the second world war and spent some years in a German internment camp. After the liberation of his country his university elected him dean of the faculty of medicine and subsequently rector. Towards the end of his life he received the further honour of election as president of the Yugoslav Academy of Sciences and Arts.

The story of his international work would be incomplete without mention of the essential part he played in the inauguration of the World Health Organization; he was chairman of the Preparatory Commission and was president of the first Assembly which met in 1948.

This volume contains in 20 chapters selections, in chronological order, from his more important writings; they cover a wide range

of subjects. Papers flowed ceaselessly from his pen from the time when he was a student in Vienna (1911) until the year of his death. In many fields he was years in advance of his contemporaries, especially in his advocacy of health education of the masses and his insistence that better industrial and economic conditions and better housing and medical care should be the responsibility of the State. His ideas were set out clearly in his inaugural lecture as professor of hygiene and social medicine at Zagreb, when he said, “from the physician who cured and protected the health of the individual, there came the physician who cured and protected the health of the community, then the health of the whole nation, and in recent times the health of all nations.”

A long chapter reproduces his report on China in pre-Communist days; others deal with rural health, America, the Nile Valleys, and Britain; others are progress reports on W.H.O. and the medical school at Zagreb.

The main reflection on putting down this book is admiration for the writer. His compulsory retirement at the age of 42 would have broken most men, but he transferred his energy to the wider field of world health and he became an influential figure before returning to his homeland, which belatedly recognized his qualities. In the midst of adversity he never lost heart, and anyone feeling depressed and pessimistic by setbacks will gain new courage by reading this real-life story.

ALLEN DALEY.

Monograph on Hip Arthrodesis

Ischio-Femoral Arthrodesis. By John Crawford Adams, M.D., M.S., F.R.C.S. (Pp. 112+vi; illustrated. 35s.) Edinburgh and London: E. & S. Livingstone. 1966.

This new book by John Crawford Adams is based on his essay which won for him the gold medal of the British Orthopaedic Association—the Robert Jones Prize in 1961. It was a very good essay and probably justifies publication in book form. It must be said at the outset that this is a monograph on a narrow subject—namely, one operation for arthrodesis of the hip, albeit a very good operation.

Reading this book, and like all his writing it is most readable and clear, one is left with few questions about the background to this procedure, the indications, the techniques, and the final results. One of the main features is the excellence of the illustrations, which make every point in the text crystal clear. In fact, some of the photographic displays are superb, and their mode of presentation in a medical textbook is much to be commended.

The great advantage that the operation of ischio-femoral arthrodesis by graft and nail has over its rival techniques is the freedom of the knee, which allows early weight-bearing and knee movements; the author

allows weight-bearing and knee movements within six weeks, and some of us have tried earlier. One of the really serious problems of arthrodesing the hip in the elderly—and it is mostly these days in the elderly that we need to do this—is the fear that we shall not only have a stiff hip but also a stiff knee. This combination of stiff joints presents insuperable difficulties, whereas an isolated stiffening of the hip is, as the author rightly states, a relatively minimal problem to most patients.

The combination of a painful stiff hip and severe backache, due to osteoarthritis of the lumbar spine, is common. I was glad to see that John Adams is prepared to arthrodesis the hip in the presence of such a painful stiff spine. It has often been regarded as a contraindication, whereas I have yet to see a patient whose back gave him more trouble after his hip arthrodesis than before it. I believe this is because when a patient has a very painful hip he holds it rigid by muscle spasm and thus is compelled to use his spine to provide compensatory movements of the pelvis as though he had an arthrodesed hip. Indeed, I believe it to be somewhat easier to walk with a painful back and a stiff hip than with a hip that has to be held stiff by voluntary effort of muscles.

For the operating orthopaedic surgeon this is a valuable monograph by one of today's clearest orthopaedic writers.

J. I. P. JAMES.

Glaucoma

Lectures on Glaucoma. By Paul A. Chandler, M.D., and W. Morton Grant, M.D. (Pp. 431; illustrated. 93s. 6d.) London: Henry Kimpton. 1965.

How fortunate the students of ophthalmology at Harvard are if *Lectures on Glaucoma* is an example of the teaching they receive. Of course this volume has been made possible by two factors. Firstly, a specialization by the two authors in the subject of glaucoma, which has absorbed their energies from Monday to Friday, week after week, month after month, year after year. Secondly, the authorship is an example of intellectual symbiosis, the senior author being interested mainly in treatment, both medical and surgical, and the junior in laboratory and clinical investigations. The more personal a contribution is the more valuable it seems to be in its application to daily problems. This book is the result of carefully documented clinical notes and constant reassessment of methods of approach and challenge to cherished ideas. The result is a series of practical, thoughtful, stimulating, and searching lectures. No time is wasted in reviews of past literature. This is regarded as ground well covered not once but many times. Every aspect of glaucoma is considered except the historical.

Following two introductory chapters on general considerations and on methods of examination the text falls into three main