

## Book Reviews

### *Hill in the Ascendant*

**Both Sides of the Hill.** By Lord Hill of Luton. (Pp. 261 ; illustrated. 35s.) London : Heinemann. 1964.

Here is a success story if ever there was one. We are used to hearing of the poor boy with 1s. 6d. in his pocket who makes good in commerce and ends up in the managing director's chair of a multi-million business. Here the clever boy passes from the elementary school to grammar school and a top university and a medical degree. Our educational system is not without its opportunities. Hill leaves medical for office work, and after 18 years' service at B.M.A. Headquarters changes to politics, working up into ministries and ultimately reaching Cabinet rank. At this point he ends the political phase of his progress and finds himself in the House of Lords, with an administrative post to keep, as he says, the "wolf from the door." And all this by the age of 60. An

interesting feature of this progress—it could hardly be called a career—is the apparently accidental way it has proceeded from one job, well done, to something entirely different. With it all the ability and enthusiasm to adapt himself and the industry to make good each time.

The story of his period with the British Medical Association might give the impression (which he disclaims) that he provided the bright ideas and policies of the B.M.A. which it was the duty of the Council to carry out. Very well he did it, as he says, as a backroom boy. When the time came, 1950, to leave the B.M.A. for politics, he went off with a bang.

His broadcasting as the "Radio Doctor" had made him a public figure. Some of

these talks, as well as the famous election broadcast, are reported in the book. He would agree that in cold print, without the effect of his deep and sonorous voice and delivery, they have lost much of their effectiveness.

A notable feature of the book is the appraisal of people with whom he has worked, medical and political. These sketches are penetrating and without malice, and obviously give an accurate picture of the people as they appear to Hill.

Nowhere in his political story does he show political bias or make party political points. The stories of work in several ministries and the experiences in the Cabinet take the reader into intimacies without disclosing secrets.

The title "Both Sides of the Hill" seems misleading. We are only shown one side. Should it be called "Ascending the Hill"? Perhaps some day there may be told a "second side."

GUY DAIN.

### *Manipulation for Symptoms*

**Vertebral Manipulation.** By G. D. Maitland, A.U.A. (Pp. 146 + viii ; illustrated. 37s. 6d.) London : Butterworth. 1964.

This book represents a laudable attempt by an Australian physiotherapist to synthesize for the benefit of his colleagues the work of different schools of manipulation. This is an admirable object, since physiotherapists are increasingly asked by doctors to manipulate without (at least in Britain) ever having received appreciable undergraduate grounding in these methods. Moreover, only one other book exists on manipulative technique for physiotherapists, far less eclectic in its approach. Mr. Maitland deserves a large audience, the more so since Professor Bowden announced that the Chartered Society proposes increased attention to manipulation in the forthcoming syllabus.

The book is divided into four sections, the important ones being the second and third, in which the actual techniques are described and illustrated. The text is detailed (though not always grammatical) and the drawings informative and clear. Examination (11 pages, 18 drawings) is conducted entirely on osteopathic lines, palpation during passive movement of each spinal area being practised in a variety of different ways. Neurological signs are dismissed in two sentences, and are evidently considered irrelevant to a decision on whether or not to manipulate. Nor is mention made of examining the limb itself for a possible alternative source of symptoms.

Mobilization (57 pages, 58 drawings) follows. Good points are made. The patient must relax ; he must be held in a posture that stretches the joint at fault ; the manipulator must learn to feel the tissue tension mounting towards the extreme of range ; he must administer a number of small oscillations

about that end-point. Mobilization apparently includes traction (7 drawings) and is described on standard lines with seven references dating back to 1955, whereas the original description of spinal traction was given in the *B.M.J.* in 1950. Professor de Sèze is credited with noting lumbar antalgic postures, whereas the original article was R. H. Young's in 1951. Manipulation (13 pages, 18 drawings) involves taking the joint as far as it will go and then forcing it further with a sudden thrust. Illustrative cases (50 pages, 25 drawings) are useful for encouraging the tyro. Seventeen cases treated by manipulation or traction—all successfully—are described.

The author's most important statement lies half way through his preface. He advises manipulation based on symptoms and signs, not on diagnosis. His plea to the medical profession appears to be: Argue to your heart's content about the significance of physical signs ; be as academic as you like. Meanwhile, please, pending agreement on diagnostic criteria, allow us to put your patients right for you within the medical sphere, rather than let them go off by default to get cured by lay manipulators. Here indeed is food for thought.

JAMES CYRIAX.

### *Encyclopaedia of General Practice*

**Encyclopaedia of General Practice.** Edited by G. F. Abercrombie, V.R.D., M.A., M.D., and R. M. S. McConaghey, M.D. Vol. 3. Gall-bladder to Lymphatic Vessels. (Pp. 620 + x. £4 15s.) Vol. 4. Malaria to Pneumonia. (Pp. 596 + ix. £4 15s.) London : Butterworth. 1964.

The third and fourth volumes of the *Encyclopaedia of General Practice* maintain the excellent standard of their predecessors.

Many of the articles are written, as they should be, by general practitioners, but the list of authors contains also the names of many famous specialists.

Minor criticisms there must be of a work of this kind: it would be unfair to specify them. The only major fault seems to lie in the length of the articles. Many of them are excellent short textbooks, others are very brief. Sometimes this is as it should be: "Pharmacology" obviously deserves more space than "Haemospermia." But why should "Nerves (Cranial)" have 11 pages and "Nerves (Peripheral)" 36 pages, though "Nerves (Sympathetic)" are allowed only two pages? "Orchidalgia" gets two pages too.

One of the best features of this great enterprise is the list of books for further reading at the end of each article, though many are so full and so excellent that further reading for the general practitioner would be a work of supererogation.

RAYMOND GREENE.

### *Medicine and University*

**Crisis in Medical Education.** By Lester J. Evans. (Pp. 101 + vi. \$4.00.) Ann Arbor, U.S.A. : University of Michigan Press. 1964.

The achievements of medical education in North America since Flexner wrote his celebrated report in 1910 are universally acknowledged and need no emphasis. It is a little surprising, therefore, to find that the author of this monograph thinks it necessary to pose the question, "Whether medicine any longer needs the university, and, if so, why?" His answer is that it does but not necessarily for the same purposes as in the past. Curiously enough on this side of the Atlantic the question has lately been put in reverse order—Do

universities need medical schools and teaching hospitals, and, if so, why? But that is another matter for argument beyond the scope of this review.

Dr. Evans admits the dramatic advance of medicine based on the natural sciences and the disappearance or control of many "killer diseases" of the past, but he is worried because, though to-day's American patient population is primarily afflicted with chronic illness and emotional disturbance, medical schools have not taken note of the changing trend and social need but continue to direct their attention almost exclusively to the scientific study of disease processes, ignoring to some extent the comprehensive care of the whole man embedded in the matrix of his family and subcultural preference groups within society.

Criticism of medical education in terms of sociological jargon is now fashionable, but surely it is not unreasonable to hope that the methods which have proved so successful with the "killer diseases" may yet solve the riddles of much chronic illness. After all diabetes, syphilis, pernicious anaemia, and Addison's disease of the suprarenals not long ago were chronic maladies, and a good deal has been accomplished in their treatment without the intervention of psychologists and rehabilitation teams. With regard to the problems of widespread emotional disturbance the author is convinced that social and behavioural sciences and psychology have much to contribute, and he advocates communal teaching of medical students with graduates in these subjects—very much in the manner of Keele University in their plan for a new faculty of medicine. An experiment of this kind would be interesting, but I am not as optimistic about its result as Dr. Evans, and by strange chance I noticed in *The Times* (19 October) before I wrote this note an announcement that at long last in Philadelphia a serious attempt will be made to determine whether psychotherapy in any of its forms does any good.

In England some medical schools have experience of inter-faculty lectures and teaching. My limited experience of the adventure suggested that its value was not as great as that of intimate contact in halls of residence between students of different disciplines. And that may serve as a partial answer to the question whether medicine needs the university and vice versa.

A. P. THOMSON.

## Experimental Chemotherapy

**Experimental Chemotherapy.** Edited by R. J. Schnitzer and Frank Hawking. Vol. 3. (Pp. 647 + xviii. £7 17s. till 31 December 1964. Thereafter £8 18s. 6d.) New York and London: Academic Press. 1964.

This is the third volume of a comprehensive treatise on experimental chemotherapy. The first volume dealt with general topics and with the chemotherapy of protozoal infections and the second volume with synthetic drugs which are active against bacterial infections. The present treatise discusses in the first section antibacterial substances of natural origin; the second section is devoted to the chemotherapy of fungal, rickettsial, and viral infections.

The contributors have been chosen for their specialized knowledge of the fields on which they write; eight of the 21 are British and the remainder from the U.S.A. The stress is on the mode of action of the substances described and therefore mainly on laboratory investigations. Toxic effects in man are described only briefly and little is said of the use of these agents in clinical medicine. An interesting chapter deals with the experimental chemotherapy of virus diseases, although it is surprising that the significance of idoxuridine (IDU) and related compounds is not more fully discussed; it is disappointing that so much effort in this important field has produced so little of clinical value.

This volume will be of interest mainly to pharmacologists and microbiologists, but it is an indispensable book of reference for the experimentalist working on the chemotherapy of bacterial infections.

EDWARD WAYNE.

## Control of Treponemal Infections

**Proceedings of the World Forum on Syphilis and Other Treponematoses.** Washington, D.C., 4-8 September 1962. Sponsors: American Social Health Association, American Venereal Disease Association, U.S. Department of Health, Education, and Welfare, Public Health Service. (Pp. 521; illustrated. \$4.00.) Atlanta, Georgia: U.S. Department of Health, Education, and Welfare, Public Health Service Communicable Disease Center, Venereal Disease Branch. 1964.

The World Forum on Syphilis and Other Treponematoses was held in Washington in September 1962 and was attended by 1,500 delegates from more than 50 countries; the *Proceedings* have just been published. The papers were divided into three sections entitled "Public Health Methods"; a "Medical Section" relating to techniques of diagnosis, treatment, and research; and "Behavioural Science," in which the social and psychological aspects of venereal diseases and promiscuity were discussed.

Under Public Health Methods, Dr. Guthe, of the World Health Organization, reviewed the world-wide problem of the treponematoses and Dr. William Brown gave a warning on which all public health administrators should ponder: ". . . as a disease control programme approaches the end-point of eradication, it is the programme, not the disease, which is more likely to be eradicated." Among the many points made by speakers were the need for better and more speedy contact tracing, education of the medical profession, patients, and the public, and for money and yet more money. Success would not be possible without the co-operation of private practitioners who were failing to report cases of infectious syphilis to public health departments. Emphasis was placed on the need for high standards in serological testing and for health departments to assist and promote the availability of a satisfactory serological service. Other speakers discussed the role of non-governmental organizations in promoting co-ordination between public health physicians and other branches of the medical profession and with the importance of exchanging information about infected contacts between countries.

The Medical Section contains much valuable information on clinical and serological

methods in the study of syphilis. The considerable section of the meeting which was devoted to study of the social background of the behaviour leading to venereal infection may be regarded as a welcome attempt to deal with a neglected aspect of this problem. Much investigation remains to be done, and it is to be hoped that this publication will act as a stimulus. It is a noteworthy addition to the literature of syphilis and should prove valuable to all interested in the subject and perhaps to others who might be more interested.

A. J. KING.

## A Career in Medicine

**Choice of a Medical Career.** Essays on the Fields of Medicine. Edited by Joseph Garland, M.D., Sc.D.(Hon.), and Joseph Stokes III, M.D. 2nd edition. (Pp. 260 + x. 45s.) London: Pitman. Philadelphia: J. B. Lippincott. 1964.

Twenty-four contributors, all in posts of authority and most professors in their subjects, have written essays for this book, sketching—sometimes in detail and from the earliest times—the history of the specialty, describing its nature and scope, its prospects, demands, and rewards, and the steps required for entry to it in the United States. Besides the technical specialties the subjects include general practice, occupational medicine, administration and public health, and service in the Federal Government, and there is an introductory essay on "The Art and the Science" and a final one on "Caritas Medici."

Inevitably the essays differ in presentation and emphasis and some move rather heavily, but all are informative and some inspiring and the book as a whole shows most convincingly how wide and how varied are the fields of endeavour, exploration, skilled exercise, service, collaboration, and individual adventure which spread before the medical graduate on both sides of the Atlantic.

L. W. BATTEN.

## The Retreat, York, in 1813

**Description of the Retreat.** An Institution near York for insane persons of the Society of Friends. By Samuel Tuke, 1813. Reprinted with introduction by Richard Hunter and Ida Macalpine. Psychiatric Monograph Series 7. (Pp. 227 + 26 + xx. 70s.) London: Dawsons. 1964.

The philosophy of the Enlightenment had a profound effect on the attitude towards, and the handling of, the mentally disturbed. Perhaps the best example of this is the establishment in 1796 by William Tuke, a Quaker tea-dealer, of a mental asylum near York called the Retreat. His grandson, Samuel Tuke (1784-1857), also a layman, likewise took charge of it and in 1813 he published his *Description of the Retreat*, which was essentially a report on the experiences gained in the housing and handling of mental patients. As such it is a very important document in the history of psychiatry, and the appearance now of a photolithographic reproduction with an introduction will be welcomed