

BOOK REVIEWS

"ORTHOPAEDICS IN GENERAL PRACTICE"

Is it Rheumatism, Doctor?

by W. H. Gervis, M.B. (Cantab.) F.R.C.S.

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Published by: William Heinemann, Medical Books Ltd., 99, Great Russell Street, London W.C.1

Price 10s. 6d. net.

As the sub-title of this book suggests the author sets out to explain that not all painful conditions can be passed off as rheumatic in origin, as many patients believe.

The main theme of this work is "that minor ills of this life are the results of bad posture, the continual wearing of bearings in one position, combined with the loss of the habit of stretching and putting trunk and limbs through full range of movement, to maintain the natural greasing and elasticity of the parts."

Prevention is better than cure and to achieve this the author says that propaganda is necessary for both the public and for schools through physical training.

A physiotherapist would find much interest and help in this book. The author discusses a great variety of conditions met with in general practise such as painful neck, tennis elbow, backache, minor injuries and flat foot. The latter is discussed in some detail, along with other foot troubles found in both children and adults. Many interesting points are raised and fresh ideas put forward which should prove stimulating to physiotherapists who find the treatment of "flat foot" just as monotonous as the patient finds the old routine exercises.

Many suggestions for treatment with heat and massage and most important of all, movement and exercise are described for the various conditions, in a bright and cheerful way, and illustrated entertainingly with "stick-men" and photographs.

As the author has had experience in both general practice and specialist work he knows what is most likely to be met with in both hospital and private practice. He answers many questions which crop up daily in a physiotherapists life.

It is a short concisely written book easily read and easy to use for reference purposes, so should prove of interest to all physiotherapists in general practise.

"PHYSIOTHERAPY IN CHEST DISEASES"

Torsten Bruce, M.D., Caroline Reuterswärd, Birgit Westin.

Published by: National Association for the Prevention of Tuberculosis, Tavistock House North, Tavistock Sq., London W.C.1, England.

Price 12/6.

"Physiotherapy in Chest Diseases" should more properly be called "Physiotherapy in Pulmonary Tubercular Disease," as the treatment given for other conditions is totally inadequate.

The medical orientation by Torsten Bruce is excellent and easily understood with clear diagrams. It covers briefly and simply all surgical procedures, and gives the rationale for, and stresses the importance of, physiotherapy; instructive for both student and post-graduate.

The second section, by Caroline Reuterswärd and Birgit Westin, on the other hand, is useful only as a guide for someone new to a thoracic unit, since it presents only one point of view and that somewhat outdated in some instances, e.g. the treatment of pleurisy and empyema. It deals with the physiotherapy treatments in pleural affections, resections and collapse therapy in its various forms.

The layout of the book generally is clear and the main headings and heavy type catch the eye and emphasize important points. It is a pity however, that one has continually to refer back for specific exercises, e.g. in chronic

bronchitis one is referred three times to previous pages for the exercise programme, breathing technique and postural drainage. The X-ray plates are well reproduced and illustrate the text accurately; but the photographs of patients doing exercises with their chests entirely covered fill one with horror, as it is impossible to see how the patients are breathing, not to mention their posture.

It is encouraging to see that Miss Reuterswärd and Miss Westin continually stress one of the basic essentials in the physiotherapy treatment of chest conditions, viz: that the full confidence and co-operation of the patient must be gained in order to obtain the best results.

This is a good introduction for those with no experience in thoracic treatments.

LIST OF JOURNALS RECEIVED.

1. The Australian Journal of Physiotherapy, March and July, 1958.
2. The Physical Therapy Review, American Physical Therapy Association.
3. Rehabilitation Bulletin No. 13 and 14, World Veteran Federation.
4. Suomen Lääkintävoimistelija Finlands Medikalgyrnast.
5. The Journal of the Canadian Physiotherapy Association.
6. "Physiotherapy", Chartered Society of Physiotherapy, London.
7. S.A. Medical Journal.
8. "Medical Proceedings," S.A. Journal for advancement of Medical Science.
9. Heilgymnastiek Massage en Physiotechniek, Nederlandsch Tijdschrift.
10. Sjukgymnasten—Kvinnliga Sjukgymnasters Riksförbund.
11. Tidsskrift for Danske Fysioterapeuter.
12. Revue des Kinésithérapeutes—Organe de la Fédération des Masseurs—Kinesithérapeutes de France et de L'Union Française.
13. Krankengymnastik—Offizielles organ des Zentralverbandes Krankengymnastik E.V.
14. Le Journal de Kinésithérapie—Cercle d'Etudes Kinésithérapiques.

The above journals can be borrowed on request from the editor, before being filed for reference.

COUNCIL OF ALLIED MEDICAL PROFESSIONS.

The past few months have been devoted to the final draft of the Constitution. This draft has now been submitted to, and passed by all groups.

To encourage students to enter the fields of Physiotherapy and Occupational Therapy, the Provincial Authorities have elected to pay students in training. It was felt by the representative bodies that this might lead to exploitation of the students, and the matter was taken up by C.A.M.P., with the Provincial Authorities. However, we have their assurance that the payment is to be regarded as a bursary, the only condition being that the students who accept payment must be prepared to sign a contract to work, upon graduating, for a stated period in a Provincial Hospital.

A very well attended Symposium on The Doctor and his Allies, was held in the Harvian Theatre of The Medical School on October 2nd. A silver collection was taken, the proceeds of which went to the Dart Memorial Fund—a fund to commemorate the work of Professor Raymond Dart, by establishing a chair for "The Study of Man in Africa" at the Witwatersrand University.

It is hoped that symposiums will be held more frequently in the future, as this is an excellent way of getting to know exactly what each group does.

S.A.S.P. representatives:—

- Miss M. Humphrey.
- Miss M. Blackie.