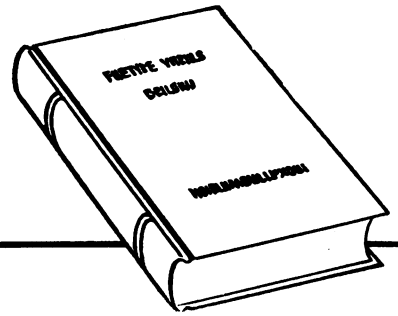

THE PHYSICIAN'S *Bookshelf*

CLINICAL METHODS OF NEURO-OPHTHALMOLOGIC EXAMINATION—Second Completely Revised and Enlarged Edition—Alfred Kestenbaum, M.D., Lecturer, Formerly Associate Clinical Professor, New York University; Neuro-Ophthalmic Surgeon and Chief of Neuro-Ophthalmic Service, New York Eye and Ear Infirmary. Grune & Stratton, Inc., 381 Park Avenue South, New York 16, N. Y., 1961. 577 pages, $16.75.

The second edition of Dr. Kestenbaum's book on Neuro-ophthalmologic Diagnosis follows 15 years after his first edition. It is with considerable pleasure that we greet this expanded and modernized edition of a book which has become a classic in its field. Dr. Kestenbaum has revised every chapter but has maintained the general organization of his first edition. His chapter on neuroanatomy of the visual pathway has been greatly expanded to include not only a thorough review of modern visual and oculomotor anatomy but also a general survey of neuroanatomy as it pertains to neuro-opthalmological problems.

Subsequent chapters on the visual field, the optic nerve, the chiasm, the ocular muscles, supranuclear gaze mechanism, nystagmus, and pupillary phenomena have been completely revised and modernized. Throughout the book one recognizes the personal interest and observations of a man who has been a life-long student of neuro-ophthalmology. The value of this work is increased by the addition of a greatly expanded bibliography and by the specific comments of the author regarding the value of the various ocular signs and examination techniques in terms of his own experience.

This book is not a primer for the student but rather a thoroughly sophisticated clinical work which should be a valued possession of the neurologist and the ophthalmologist alike for years to come. It is well printed and illustrated. The bibliography and the index are outstanding. In fact, the format comes up to the standards of Grune and Stratton.

FREDERICK C. CORDES, M.D.

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YOU CAN PREVENT ILLNESS—Edward R. Pinckney, M.D., Former Assistant Editor of the Journal of the American Medical Association, and Director of the Comprehensive Medical Clinic at Northwestern University Medical School. J. B. Lippincott Company, East Washington Square, Philadelphia 5, Pennsylvania, 1960. 152 pages, $3.50.

This well conceived, brilliantly written and exceedingly readable little book was written primarily to tell people what they can do to stay healthy and help protect themselves and their families from accident in disease. No home remedies or self-prescribing is mentioned anywhere in this text. Stress is definitely on prevention and thus this becomes an outstanding contribution to public health and health education. The emphasis on education and prevention is readily understandable since the author has long been an outstanding specialist in preventative medicine.

The volume covers a wide array of subjects from immunizations, inoculations, and vaccinations during infancy and childhood to coronary disease in old age. Medical subject matter, usually difficult to describe, such as serum cholesterol values (one of the best chapters in the book), radiation, the measuring of x-rays, and the influence of stress on the human organism are explained in simple terms which are readily understandable and comprehensible to the average reader.

However, in this reviewer's opinion, the best chapter in the book is the last, written by the author's wife, Cathy. It deals with mental disease and its prevention. Cathy distinguishes between the real progress that psychiatry has made against neurosis and overt mental illness, and the harm that some analysts have done in sometimes imposing needless guilt feelings on patients. "There is too much needless guilt," says Cathy Pinckney, "suffered by the man who loses his house keys repeatedly, only to find months later that his child has been caching them away in the toy chest. He really does want to come home every night, despite what his wife, and her analyst say."

M. COLEMAN HARRIS, M.D.

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CARDIAC ARRHYTHMIAS—A Guide for the General Practitioner—Brendan Phibbs, M.D., Casper Clinic, Casper, Wyoming. The C. V. Mosby Company, 3207 Washington Blvd., St. Louis, 1961. 128 pages, $7.50.

This small volume is designed as a simple primer to teach physicians who are not cardiologists to diagnose and treat cardiac arrhythmias. The material which the author has introduced is clearly described and illustrated and will be helpful to the general practitioner. There is insufficient detail and insufficient discussion of variants to be helpful to the experienced internist.

The text is accurate with a few exceptions, notably the following:

1. The author states that the most effective way of giving quinidine is to give a dose every hour for twelve doses and at the end of the twelve hours to check carefully for evidences of toxicity. There is no evidence of which the reviewer is aware that indicates that this is a more effective or safe method than when the drug is given at two to four hourly intervals. Further, the advice to check for toxicity after twelve hours suggests that it is not necessary to check before that time, whereas in fact the patient should ideally be checked before each dose.

2. The author recommends quinidine when ventricular tachycardia is the mechanism for Adams-Stokes attacks in complete heart block. This is generally considered to be unwise, and isuprel is preferred.

3. The author states that sinoatrial block is of no consequence. This is not strictly correct, since it often is the result of digitalis and may be the mechanism for Adams-Stokes attacks. Sinoatrial block may also occur during quinidine therapy.

In general, the clear text and diagrams will be helpful to those who want a short, "unsophisticated" account of the practical aspects of cardiac arrhythmias.

MAURICE SOKOLOW, M.D.