have been made, but there has been a change of fashion rather than a great amount of new knowledge.

Dr. Naish writes as a general practitioner experienced in child welfare, and furthermore she is the mother of five children to whom she dedicates this book. It is not surprising, therefore, to find much common-sense and practical wisdom in these pages. Recently there has been a tendency to underfeed babies and it is refreshing to read the obvious statement that the most important thing of all is to feed the child. To provide as much as possible of that food from the breast is only a secondary consideration. There is no insistence on breast feeding alone if this leads to an underfed baby. There is, however, much good advice to help to ensure successful breast feeding.

The chapter on 'The Mind of the Mother' is admirable and should be read by all paediatricians. We are here given an insight into the emotional experiences of the newly delivered mother and a frank discussion of the various outside opinions influencing her at this time, including on occasions bad advice from doctors, nurses and health visitors.

The chapters dealing with the establishment of lactation are also particularly good. Dr. Naish classes the third to the sixth weeks as the danger weeks, as the majority of cases of failure in breast feeding occur then. She outlines the reasons for this and her recommendations for prevention of this failure are practical.

On p. 99 it is suggested that the most important remedy to stop a baby waking during the night is to put him in a room out of his mother's hearing. Few mothers would be happy with this arrangement, although most would agree to a separate room. The habit of waking at night usually disappears spontaneously if feeding is satisfactory. Meanwhile, it is surely better to feed the baby if he wakes from hunger. Three other minor criticisms are that on p. 131 sulphonamide is recommended for the treatment of breast abscess if penicillin fails. Most people would prefer to use another antibiotic. On p. 152 it is stated that a baby with a cleft palate cannot suck from a bottle. Many of these babies feed perfectly well from a bottle using a large, rather flabby teat. Furthermore, it is surely unnecessary to carry out a Wassermann test on every baby with such a common condition as snuffles, as recommended on p. 139.

The book is especially intended for general practitioners, midwives and health visitors. It is written in a pleasing style, set out well, making reading easy. Paediatricians will also profit from studying its pages.

Physiology and Pathology of Infant Nutrition, 2nd ed. By L. F. MEYER and ERIC NASSAU. Translated by Kurt Glaser and Susan Glaser. (Pp. ix+533; 61 figures. 82s. 6d.) Springfield, Illinois: Charles C. Thomas; Oxford: Blackwell Scientific Publications. 1955.

The Israeli authors of this book have the opportunity of seeing many nutritional disturbances which only occur infrequently nowadays in the western hemisphere, and this colours their whole work. In Part I, which deals

with the physiology of nutrition, the chemical advantages of breast milk are demonstrated, and the normal flora of the infantile intestines are well described. It is probably not widely known that *Proteus* and *Ps. pyocyanea* are present in the large bowel of two-thirds of normal infants, and 22% of them harbour paracolon bacilli. While the importance of breast feeding is adequately stressed, the psychological difficulties of the mother are sensibly and sympathetically considered. Artificial feeding is treated somewhat dogmatically, but some of the dogmata are sound, e.g., that the correct food for the child is that which gives an adequate gain in weight. Others are more questionable.

Many debatable recommendations are made about the management of the newly born and breast feeding. 'Rooming in' is said to cause a greater exposure to infection, the smoking mother is limited to five cigarettes a day, diabetes and a previous mastitis are given as contraindications to breast feeding, and the newly born baby is given weak tea and saccharin before the milk comes in. In describing suction, the serious mistake is made of describing the areola as the nipple. In discussing prematurity the astonishing statement is made that retrolental fibroplasia occurs in 60% of all premature babies and that it may be connected with the early intake of vitamins A and D. Dried milk is relegated to one small paragraph. The advice to use cereal waters for diluting cow's milk will find little support, and the addition of fat to milk mixtures is a harmful anachronism. Vegetable puree containing mashed potatoes from a plate may be considered rather advanced for a baby of 4 months even in these days. The use of egg white before the age of 9 months is not advised for fear of allergy—surely an excess of caution. The very advanced methods of feeding the child from the third month onwards contrast strangely with the advice to feed the newly born on very weak formulae.

Part II is devoted to the pathology of nutrition. Many pages are devoted to the treatment of atrophy and decomposition, which are seldom met with nowadays. Hiatus hernia is apparently uncommon in Israel. Adrenal cortical insufficiency is poorly described, and renal acidosis and idiopathic hypercalcaemia are not mentioned. On the other hand, 'Nehlnarschaden' and rickets, which are now very rare, are dealt with at length. Overfeeding is placed high in the aetiology of gastroenteritis, in the antibiotic treatment of which no mention is made of chloramphenicol palmitate, and aureomycin is said to be equally efficient as chloramphenicol. Intravenous drip therapy is inadequately described, and the dietetic treatment unnecessarily complicated. An interesting final chapter on constitution and disease contains such a good description of 'lymphatism' as almost to persuade the reader of its existence.

The book suffers from translation. Many expressions are rendered too literally from the German, and this makes difficult reading. Spelling mistakes abound and nearly all infinitives are split. The book cannot be considered suitable for students, but the experienced paediatrician will find it useful if he comes across nutritional disorders which are now out of the ordinary.