

## BOOK REVIEWS

**The Art and Practice of Love.** By Albert Ellis, Ph.D. 1961. Pp. 367. (Published in the U.S.A. in 1960 as "The Art and Science of Love"). Souvenir Press, London. (30s.).

It is surprising how little has been added to our knowledge of the art and practice of love since the beginning of recorded time. In the last few decades, however, an endless succession of marriage manuals has rolled off the presses of the Western World. When yet another appears one surely is allowed to ask why. Albert Ellis is perhaps one of the best known American psychotherapists, marriage counsellors, and writers in this field, and the reasons he gives for another publication on this topic appear valid.

The book follows the usual approach, dealing firstly with the anatomy, physiology, and psychology of sex. It differs from others in its strong psychobiological flavour. Sexual intercourse in humans he believes, requires both learning and conditioning and this indeed is his main theme. He demolishes the common misconceptions. He points to the wide range of sexual activities which, since Kinsey, are accepted as normal sex behaviour. He discusses frankly pre-marital and extra-marital relationships showing that both have advantages as well as disadvantages to at least the mature and well-informed. In dealing with sex problems and disabilities he is a rational therapist. He has abandoned psycho-analysis for this more direct approach to the "here and now" situation. Emphasis is placed on the patient's illogical attitudes, and how these sustain the disability, rather than on his deep psychological process. The patient is encouraged, urged, and helped through a process of re-education to focus his attention on the essential pleasures of his sexual activity.

In the main, the chapters on sexual deviations, sub-fertility, and birth control are ably tackled. While the author's psychological approach and terminology will be found heavy going to the general run of V.D. clinic patients, without hesitation this book can be recommended to the intelligent layman. To the educated British reader such phrases as "catastrophizing sentences" and "overly much" will be found hard to bear. There is one feature which will annoy the professional reader. On almost every page a reference by name and year of publication is shown in brackets, but no detailed reference list is given in the index. R.S.M.

**Atlas of Medical Mycology.** By E. S. Moss and A. L. McQuown. 2nd ed., 1960. Pp. 335. Baillière, Tindall and Cox, London. (88s.).

This book has a wider scope than might be expected from the title. The clinical features of human infections caused by fungi are briefly but clearly described and their treatment outlined. Those in search of purely clinical information may feel that these sections are insufficiently detailed, but the laboratory worker will find full descriptions of the investigations to be undertaken in the

diagnosis of fungal infections and of the morphology of the fungi of medical interest. Mycological methods for the culture and staining of fungi are described and there is a very useful chapter on the characteristics of common laboratory contaminants. A short list of selected references is given, but cites only American publications.

An atlas must be judged by its illustrations. The reproductions of clinical photographs and photomicrographs (some of which are in colour) are of a very high standard and justify the rather high cost of the book. This has been considerably enlarged since it first appeared in 1953 and the two reprints which have been called for show its popularity. It is recommended to those who want a simple and practical guide to the investigation of fungi in the clinical laboratory. A.E.W.

**Concepts of Medicine.** Edited by Brandon Lush. 1961. Pp. 286. Pergamon Press, Oxford and London. (50s.).

This book collects together some 26 essays by distinguished British and American men and concerns itself with concepts of health and disease, of medical research and of medicine in general. While each essay has been published previously, usually in a medical journal, it is convenient to have these examinations of established and new concepts within one volume. All the essays are of outstanding quality and most are contributed by leaders in the hospital and academic spheres, but two of the most enjoyable are by general practitioners. These essays should be read not only by doctors but by all those, lay and professional alike, concerned with medical teaching, medical research, and the administration of the health services. S.M.L.

**World Directory of Venereal-Disease Treatment Centres at Ports.** World Health Organization, 2nd ed. 1961. Bilingual English and French. Pp. 164. H.M.S.O., P.O. Box 569, London, S.E.1. (8s. 6d.; \$1.75; *Swiss frs* 5).

In addition to listing the times and addresses of V.D. facilities in ports throughout the world, this bilingual publication describes the Brussels Agreement of 1924 and the W.H.O. personal booklet which should be issued to the seaman on his first visit to a treatment centre. A useful list of code numbers extracted from the International Classification of Diseases, in respect of conditions due to V.D., is included. A copy of this World Directory should be available in all clinics dealing with seafarers. S.M.L.

**A Short Manual of Venereal Diseases and Treponematosis.** By R. C. L. Batchelor and Marjorie Murrell. 2nd ed., 1961. Pp. 332, 89 illus. Livingstone, Edinburgh and London. (25s.).

The first edition of this Edinburgh textbook, which appeared in 1951, was intended primarily for nurses but proved also to be of value to medical students and general practitioners. The second edition is amplified for