

Nutrition," considers classes of foods. Not only is the nutritive value pointed out but appropriate cookery methods, season and good storage practices are indicated.

The title of this book, "Eating for Health," is not a glamorous one nor, we fear, will it appeal to the ordinary man who reads only as he browses. Those interested in health, however, will like the title. A number of those who have been led astray by faddists will be attracted to it and will benefit along with many other people from reading this new book by Pearl Lewis.

PAULINE MURRAH

Basic Principles of Ventilation and Heating—By *Thomas Bedford*. London: *H. K. Lewis & Company, Ltd.*, 1948. 401 pp. Price, 25s. net.

The scope of this book is wider than might be suggested by its title. Its first nine chapters deal with the "basic principles" of the relations of the thermal environment to the health and comfort of man and its last twelve chapters with the "basic principles" of the art of air-conditioning. Dr. Bedford has an unusual familiarity with the literature and practice on both sides of the Atlantic, combined with excellent judgment and discrimination. The first part of the volume tells the engineer what he should know about the fundamental physical and physiological problems involved, while the second part tells the health expert what he needs to know about the work of the heating and ventilating engineer. The book is strongly recommended to both health officers and sanitarians as the best brief summary of this field of public health now available.

C.-E. A. WINSLOW

Health Services in England—By *R. C. Wofinden*. Baltimore: *Williams & Wilkins*, 1947. 186 pp. Price, \$2.50.

Health Services in England was awarded a prize for ". . . the best essay

on the treatment of the sick poor of this country and the preservation of the health of the poor . . ." In true British fashion neither the title nor the award gives one any indication of the scope of the book nor of the genius of the author in his treatment of the material. Dr. Wofinden has accomplished one of the most difficult feats in writing, that of compressing a mass of material without losing its vividness or its significance. The growth and development of the various health services in England come alive in this small book.

The introduction summarizes the growth of the health services in England from the 16th century to the beginning of the last war, including a number of acts dealing with social conditions as well as those concerned primarily with health. Throughout the whole book the author shows a keen appreciation of the interrelationship of social and economic conditions with health conditions. Following the introduction, the book is divided into chapters on The Treatment of the Sick, The Preservation of Health, Achievements of the Health Services, The Future, and a Postscript on the National Health Service Act of 1946.

In the space of three pages, Dr. Wofinden describes the growth of the general practitioner services, including the district medical service, and introduces philosophical points pertaining to treatment of the sick under the various schemes that have been developed since the first Poor Law Amendment Act of 1834. He points out some of the particularly successful schemes such as the one worked out in the Highlands and Islands of Scotland. He then describes the formation and development of the nursing service and calls attention to crucial problems of the present day in relation to the survival of voluntary organizations.

Under "Achievements of the Health Services," the author gives due consider-