

WHAT TO READ.

MEMOIRS—BIOGRAPHY.

- "The Foreign Policy." Sir Charles Webster.
 "The British Empire." Edited by Hector Bolitho.
 "The Plantagenets." John Harvey.

FICTION.

- "Woman of Property." Mabel Seeley.
 "Michael's Wife." Gilbert Frankau.
 "Far Cry." George Beardmore.
 "Linden on the Saugus Branch." Elliot Paul.
 "Image of Josephine." Booth Tarkington.
 "And to Dust." Caroline Rogers.
 "The Causeway." Winifred Lear.

TRAVEL.

- "I Return to Switzerland." S. P. B. Mais.
 "I Went on A-Roving." Leslie Bransby.

PROFESSIONAL.

- "Counselling in Schools of Nursing." Gordon Densford and Williamson.
 "Education and Health." R. Gamlin, M.A., M.B.B.C., M.R.C.S.
 "Remedial Exercises for Certain Diseases of the Heart and Lungs." Hester S. Angove, M.C.P.S.

REVIEWS.

REMEDIAL EXERCISES FOR CERTAIN DISEASES OF THE HEART AND LUNGS.*

By Hester S. Angove, M.C.P.S.

Written primarily to give students a working knowledge of the subject and as a reference book for physiotherapists in practice, this book should prove useful to all trained people having the care of patients suffering from these diseases.

Both acute and chronic heart and chest diseases are described, giving Ætiology, Pathology, Symptoms, Prognosis Treatment, etc.; it also includes the Nursing care.

Stress is laid on the importance of the pulse rate being taken for a full minute before and after the exercises, and the daily rate being closely watched, as even a slight rise would indicate a diminution or discontinuance of physical treatment.

Where this type of treatment would be harmful in particular diseases the author says so quite definitely.

It is interesting to read in the chapter on diseases of the veins that some cases of varicose veins have been successfully treated by massage and progressive muscular work. As might be expected in diseases of the lungs many of the remedial exercises are concerned with respiration and point to the importance of the correct practice of this essential act of breathing.

Throughout the book one gets the impression of the great need for co-operation between the doctor, nurses and physiotherapists dealing with patients suffering from diseases of the heart and chest especially where these treatments are being given.

N.D., S.R.N., M.B.C.N.

STRIKE A NEW LINE
PHYSICAL CULTURE THROUGH EVERYDAY
MOVEMENTS.†

By Inge Brandeis.

Simply written this book is easy for all to understand, and with a little concentration we should soon be enabled

* Faber and Faber Ltd., 24, Russell Square, London, W.C.1. Price 10s. 6d. net.

† Forum Publishing Company, 24, Buckingham Street, Strand, W.C.2. Price 7s. 6d. (including postage).

to correct our faulty habits in walking, standing, sitting and breathing.

The aim of this book is to show how to perform ordinary daily movements in a way that tones up the muscles, yet is more graceful and less tiring than the usual movements of most of us.

Exercises given are not intended as a Medical Treatment unless specifically ordered by a proper authority.

Those of us in a substantially healthy condition would certainly benefit by following the suggestions given.

The author shows how to use the group of muscles to counterbalance one another rather than to increase the size of any particular one, and to promote muscle tone without producing fatigue.

Exercises are given for sedentary workers, though these are not strenuous, the more active people would soon find a benefit by following the suggestions, one of which is completely straightening the knee in walking and going up steps.

"Housework and Health," "Mothers and Babies," "Playing for Health" and "Choice of Recreation" are particularly interesting chapters.

Those having the care of children would obtain a double benefit from carrying out the suggestions, as, owing to their natural habit of imitating their elders, the children, too, would develop improved physical habits.

The illustrations and drawings are good but could be better placed. For instance, Figure 9 though referred to on pages 1, 5, 11 and 22 is placed facing a further reference on page 50, whilst Figure 1 on page 4 is referred to on page 48.

The importance of breathing and relaxation are pointed out.

How many realise that the position of the foot has an influence on the spread of the hips; those who are interested in healthy and graceful movement should read what the author describes as an informal tour through the human body from the point of view of movement.

Exercises are given for a non-specialised training for everyday of life.

N.D.

LANDSCAPE GARDENS—PAST and PRESENT.
International Landscape Exhibition and Conference,
County Hall, London, S.E.1.—Aug. 9th to 21st, 1948.

The Duke of Wellington, Lord Lieutenant of the County of London, will open the International Landscape Architecture Exhibition at County Hall, London, S.E.1, on August 9th.

The finest examples of historic and modern landscape architecture all over the world will be shown from fourteen countries. Among them are the water-side parks of modern Stockholm, the famous Tivoli Gardens of Copenhagen, beautiful gardens on the borders of the Swiss lakes, and the latest developments in Holland, also Manhattan and Long Island, U.S.A. The historical sections of the exhibition will be of particular charm and interest, including gardens of the great 17th-Century French chateaux, and the 18th-Century landscape movement in England. English solutions to the modern problems of factory and industrial landscape will also be demonstrated, and include miners' recreation grounds and the surroundings of coal mines in Cumberland and the Forest of Dean, allotments, holiday camps, seashore development and housing estates.

A four-day International Conference, at which the varied aspects of landscape architecture to-day will be discussed by the most eminent authorities from each country, will be held from August 9th to 12th. Both the Conference and Exhibition are organised by the Institute of Landscape Architects. The latter will remain open to the public until August 21st.

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