

## : : BOOK REVIEWS : :

### THE TWO JACKS

The TWO JACKS by Will R. Bird, the amazing adventures of Major Jack M. Veness and Major Jack L. Fairweather; published by the Ryerson Press, Toronto, 209 pages, Price \$4.00.

World War II has brought out many books about the adventures of members of Canada's Armed Forces and because of their authenticity they have endeared these men to the hearts of all Canadians. However, this book is even closer to us as Maritimers, since it tells the story of two New Brunswickers and their truly amazing adventures in Europe during World War II.

As members of the North Nova Scotian Highlanders, the Two Jacks recall their experiences in the Normandy invasion when the North Novas following the invasion schedule had advanced far ahead and while awaiting the arrival of the artillery, were 'caught in a trap' by the Germans.

Then the long trek to the prison camp, their first contact with an agent of the Maquis (the French Underground), and the description of the prison camp makes very interesting reading. The account of the prison trains and their escape is perhaps one of the highspots in the book. But their adventures had really just begun as they became members of the fighting Maquis under the in-

credible Capitaine Georges Le Coz. The 'expeditions' which they took with Le Coz could certainly be enough to fill any book. The defeat of Le Coz by the Germans in the battle for Loches made the Two Jacks strike out on their own and with the aid of Major Crown, leader of another Maquis group, they finally reached a secret airfield and were flown to England. After fourteen days leave followed by several months of routine work in England, both men requested to be posted to the front again. Both took part in the grim fighting in Holland that cleared the way to the Rhine.

Each man had been Mentioned in Despatches, Veness was promoted from Captain to Major within four months and Fairweather rose from Private to Major in less than three years and was the youngest Major in the entire Canadian Army and probably in all the British forces. At the present time, Veness is an Engineer for the Department of Highways in the Province of New Brunswick, while Fairweather is a member of the Class of '56 in the Dalhousie Medical School.

The experiences of the Two Jacks are put down very vividly by Will R. Bird and once the reader begins the book it is difficult to leave it until finished. For all lovers of 'true adventure', this book is a must.

H. J. P.

### **ALPHA TOCOPHEROL (VITAMIN E) IN CARDIOVASCULAR DISEASE.**

W. E. Shute, B.A., M.D.,; E. V. Shute, B.A., M.B., F.R.C.S.(C); and Contributors. Published by the Shute Foundation for Medical Research, London, Ontario. Printed and bound in Canada by the Ryerson Press, Toronto. 234 pages, illustrated, retail price \$7.00.

The great and increasing interest being shown by the general public as well as the medical profession in Cardiovascular Disease as a cause of death makes this book appear as another step in the battle against these diseases. Since cardiovascular disease came to the fore as a cause of death, much new and supposedly wonderful therapy has come and gone and yet the stigma of death from this disease remains with us. The world-wide scope of this problem is immediately brought to mind by a look at the contributors to this book.

The Biochemical and Physiological aspects of Vitamin E are discussed quite briefly. The most pertinent statements are: (1) Vitamin E in full therapeutic dosage—300 to 600 International units per day—appears to reduce the oxygen requirements of the myocardium; (2) Vitamin E is a major anti-thrombin in the circulating blood.

The chapter entitled "A Critique of Classical Cardiac Therapy" merely emphasizes what is known by the medical profession: that there is still a long way to go before ideal cardiac

therapy is reached. The superiority of Vitamin E over this classical therapy is indicated by the authors.

Among the specific entities which are discussed with regard to Vitamin E therapy are: coronary sclerosis, coronary occlusion, rheumatic heart disease, congenital heart disease, hypertensive heart disease, cardiovascular aspects of diabetes mellitus, indolent ulcer, arteriosclerosis of the extremities and incipient gangrene, thromboangiitis obliterans, kidney disease of infancy, collagenosis, and peripheral thrombosis.

In most sections, specific cases are cited to show the results with the use of Vitamin E. The numbers of these cases cited in most instances do not warrant the statement that "all the usual methods of cardiac therapeutics must be considered as adjuvants to Vitamin E therapy".

The chapter on dosage of Vitamin E emphasizes very greatly that "there is no simple rule-of-thumb applicable to every case" but that there is a dosage appropriate to every patient.

The veterinary aspects of Vitamin E therapy are discussed quite well. This is followed by the final chapter entitled "Hopeful Margins" which discusses the possibility of using Vitamin E as a prophylactic measure in some diseases and its possible roles in the future.

A reasonable amount of etiology, pathology, and treatment is discussed with respect to each entity. However, considering the evidence from a statistical point of view (and

this is of prime importance in deciding the validity of research), the number of cases cited in this book do not put Vitamin E therapy on a sound statistical basis, but it does give incentive for future research into the possibilities held for Vitamin E therapy.

To anyone interested in clinical research on Vitamin E therapy, this book would make a good starting point.

H.J.P.

### HANDBOOK OF DIFFERENTIAL DIAGNOSIS

by H. T. Hyman, M.D.,

Published by J. B. Lippincott Co.  
1953

Differential Diagnosis, for simplicity and accuracy, must be based on symptoms and signs. Following this concept, Dr. Hyman begins his book with an alphabetical list of approximately 1500 symptoms and signs with the corresponding page number on which the description of these symptoms and signs are found. Each symptom or sign is first explained and then the differential diagnosis is covered systematically with brief discussions on each one, followed by the immediate and necessary treatment, and also statements regarding any further methods of investigation which would help to pin-point the diagnosis to a particular disease or system.

For the medical student and intern who finds it necessary to learn to be methodical in reaching a diagnosis, this handbook would be very useful and even the general practi-

tioner would find this book useful in certain instances. This book covers adequately the purpose for which it was written and at the same time being concise and compact.

H. J. P.

### ESSENTIAL UROLOGY

by F. H. Colby, M.D.,

Published by Williams & Wilkins Co.  
1953

This book contains Urology in a 'nut-shell'. It is divided into three sections. The first section gives the embryology, anatomy, and physiology of the Genito-urinary organs. This is done in a very exacting way so that every aspect is covered. There are numerous drawings and photographs which aid greatly in studying and understanding this section. The second section is entitled "Examination of the Urological patient", and here all methods of examination, both office and laboratory, are discussed. Section three deals with the diseases of the Genito-urinary organs and each disease is discussed under the following headings: Pathology, Symptoms and signs, Diagnosis, Treatment, and Prognosis.

This book contains as complete and concise a discussion of the "essential" Urology as any student or resident in Urology would wish and its purchase by them should be a necessity. It should also be of great help to the General Practitioner and Urologist in the diagnosis and outline of treatment of the Genito-urinary tract disorders chiefly for its concise discussions.

H.J.P