Home Care in Rheumatoid Arthritis. Issued by the Medical and Scientific Committee of the Arthritis and Rheumatism Foundation of New York. Pp. 24. 10 cents; 1s.

This pamphlet has been prepared for distribution by doctors to patients suffering from rheumatoid arthritis. It is intended to supplement the physician's work, not to replace it, and with this object, appropriate physiological exercises, designed to prevent and correct deformity and muscular weakness and wasting, are fully described. The place in the treatment of rest, the importance of proper posture, suitable mattresses in bed, and the best type of chair to use when up, receive attention. Simple apparatus which can be used in the home for treatment by heat to relieve pain and stiffness, the temperature which is most suitable and the duration of treatment, locally or by means of such baths as are possible in the home, are fully described. Throughout, the necessity of medical supervision in the selection of the appropriate exercises and treatment is emphasized; and doctors, especially those in country practice or where hospitals are not within easy reach or domestic circumstances make them difficult of access, will certainly find it very helpful in the management of their rheumatoid cases and probably in certain other conditions.

The pamphlet may be obtained from the Arthritis and Rheumatism Foundation, 23 West 45th St., New York 19, N.Y., U.S.A. C. W. BUCKLEY.

La Spondylarthrite Ankylosante. By J. Forestier, F. Jacqueline, and J. Rotes-Querol. 1951. Masson, Paris. Pp. 330, 143 figs. Fr. 2,650; 58s. 6d.

This book contains a detailed clinical account of ankylosing spondylitis, followed by sections on morbid anatomy and on treatment. The clinical section is based, in the main, on a series of 200 cases, some of them studied over very long periods, and is of great value for its analysis, not only of spinal, sacro-iliac, and peripheral symptoms, but also of those more bizarre manifestations that make this condition so interesting to the rheumatologist. There are good chapters on modes of onset and progress, and on clinical forms—the authors recognize both a *forme latente* and a *forme fruste*. Rather surprisingly, they found psoriatic lesions in thirteen of their 200 cases, and they consider that this association is another variant.

Sacro-iliac joint affection was almost always found radiologically in their series, and x ray of this region is considered of great importance in diagnosis. The authors suggest that the onset of symptoms may precede the appearance of radiological signs by some months, and they also suggest that early sacro-iliac changes may be in rare cases reversible so that the joint returns to normal. Such a case is cited; but it seems to have been an odd and atypical one.

The section devoted to morbid anatomy is concerned both with the study of bony specimens and with autopsy findings. Particular attention has been paid to the structure and formation of the calcific bridging between vertebral bodies, here called *syndesmophytes*, which are considered to be an important radiological sign in the diagnosis and progress of the disease.

Because affection of the peripheral joints is the main reason for crippling deformity, the authors stress the importance of treating them as well as the spinal column. Radiotherapy, though of value in the relief of painful symptoms, probably does not affect the course of the disease: thorium x and radon are, in the authors' experience, of equal value.

The laconic and clear style, the numerous and technically excellent photographs and x-ray reproductions, and the extensive bibliography make this a good book both for reading and for reference. There is no doubt that this is a valuable contribution to our advancing knowledge of ankylosing spondylitis. B. E. W. MACE.