

of its virtues, and it is certainly the vices which most influence the characters of the young men, who in their turn make the Army. With the wealth of constantly changing material at its command, the Army has great potentialities for good. It can re-educate and re-mould to its own design, and if it does nothing else but inculcate the right sort of self-discipline and the knowledge of man's essential reliance on man, it will have done a great deal towards preventing that final Armageddon, which, if it comes, can only result in the destruction of all that is best and progressive in humanity.

Army psychiatry is once again experiencing the downward swing of the pendulum. With an almost dangerous lack of suitable specialists, adequately trained staff and hospital accommodation, particularly for women, it is only a skeleton of the efficient wartime organization which fully proved its worth. But despite his limitations the military psychiatrist can be an important and valuable link in the chain of Service medicine. In this connexion the concept of bio-psychic medicine is fortunately gaining ground. Those chronic psychosomatic conditions which failed to respond to unimaginative routine treatment are now being recognized earlier, and the psychiatrist is now called in for consultation at a stage when his help can be more effective and his therapy less drastic. Finally, if the Army psychiatrist is to be of any use, he must emerge from his ivory tower of theory and adopt a positive policy of mental health. He should know a little of everything, be impartial and objective, always take the common-sense and practical approach, and above all know a good deal of the personalities of those medical colleagues with whom he is going to work. He may not achieve all these objects, but even if he partially succeeds he will have done a considerable amount in helping to raise the status of Service medicine to that high eminence in the profession which it should rightly enjoy.

Review

BRITISH RED CROSS SOCIETY FIRST AID MANUAL No. I. Ninth Edition. By Sir Harold E. Whittingham, *K.C.B., K.B.E., F.R.C.P.*, and Sir Stanford Cade, *K.B.E., C.B., F.R.C.S.*, published by Macmillan & Co., price 3s. 0d.

This compact little volume provides a comprehensive vade-mecum for the practical first-aider.

The arrangement of the subjects with which it deals in their order of importance as life-saving measures and frequency with which they are encountered makes it especially valuable as a text book for instruction from elementary stages up to the standard of the skilled first-aider. The phraseology throughout is simple, and reference to the structure and functions of the systems and organs is restricted to the essentials necessary for a proper appreciation of the reasons for the various treatment advocated.

New and practical features in this edition are the chapters on miscellaneous emergencies, action at the incident, and first-aid in Civil Defence.

E. G.

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