

**BOOK REVIEW**

**THE SPINAL LESION.** Stanley V. Paris, N.Z.S.P., M.C.S.P. Pegasus Press, Christchurch, New Zealand. 1st Edition, December, 1965.

This is the best book on spinal manipulation that this reviewer has yet come across. This difficult and controversial subject has been clearly and logically presented. The author is a New Zealand trained physiotherapist who has undertaken special study and evaluation of spinal treatments, including spinal anatomy, physiology, mechanics and pathology at the Otago Medical School. One has only to glance at the list of references at the end of the book to realise how widely read Mr. Paris is in this field. Furthermore, he undertook an extensive tour to the United Kingdom, Europe, Canada and the United States, where he studied ideas and techniques current today—both orthodox and unorthodox—medical, osteopathic and chiropractic. He evaluated his findings in the light of his own experience and the result is this most informative and fascinating book.

The book could be discussed and quoted at length, but suffice it to say that Mr. Paris advocates the exacting and very skilled "specific manipulation" techniques rather than the more "general manipulations" used by some. His

approach is that of most physiotherapists interested and experienced in the spinal field—sound knowledge of anatomy and function, a careful clarifying examination by the physiotherapist (including a detailed history), a clear understanding of the extent and limits of present-day knowledge of spinal pathology, carefully acquired manipulative skill (including traction techniques), constant vigilance and reassessment of signs and symptoms, and attention to the important adjuncts to spinal treatment with particular reference to the patient's habits of daily living.

The cases listed in the appendix bring to mind similar cases in one's own experience. Enough plates have been included to clarify the text, although one would often like to discuss a point further or consider an explanation with the author. A pity that there are quite a few spelling or printing mistakes, but these will no doubt disappear in subsequent editions.

The author is to be congratulated. It cannot be easy to condense knowledge as extensive and practical as his into the limited confines of a reference book, yet cover the field so clearly and adequately.

B.W

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