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Book Review

Marriage and Periodic Abstinence

J. G. H. Holt, M.D., K.S.G.

Adapted by John Marshall, M.D., F.R.C.P., M.R.C.P., D.P.M.

Book Review by

Alice Holoubek, M.D.

Dr. Holt's second edition of this book claims to give an almost unqualifiedly "sure" procedure to determine the time of ovulation. However, his description of the only thing new in the book, the simple technical expedient of a windowed indicator to simplify reading of the temperature chart, seems inadequate to this reviewer. His confidence in this method gained by analysis of thousands of temperature charts seems to be somewhat exaggerated considering the fact that he advises women with very irregular menstrual periods to seek expert help. Also, as all other investigators, the author finds this method unreliable in cases of "illness, extraordinary fatigue, or special emotion."

His history of the discovery and studies of this method of determination of time of ovulation is comprehensive, but, particularly in regard to the animal investigations, may prove distasteful to the American female reader. The reviewer feels that this book gives a good technical reference for the use of this method and a quite practical one, especially if the average reader is told to use the summary provided instead of reading pages 1 to 64. However, other methods of the determination of the time of ovulation are presently being studied, and certainly must not be ignored.

Marriage and Periodic Abstinence

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