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## Book Review

### *The Truth About Rhythm*

I. E. GEORG, M.D.

#### Review by

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The translation of another work on periodic continence lends further support to the contention that European Catholic medical researchers and practitioners have shown more concern with problems relating to family regulation than have their American colleagues. On reflection this greater interest should not surprise us, since the fertility of the industrialized European nations has been subjected to marked control for at least a century and the corresponding need to find acceptable means has consequently been acute for some time.

According to the information on the dust-jacket, the present study is the work of a prominent Austrian (Czech?) who is a world authority on the rhythm method of family planning. The author — I. E. Georg is a *nom de plume* — was an early adherent of the Ogino-Knaus rhythm theory as synthesized by Smuld-

ers, though he has continuously revised his approach in the light of later findings and now includes the use of basal temperature curves, glucose tests and other symptoms of what Holt has termed the "ovulation syndrome." With most of his contemporaries he advocates using a version of the Ogino-Knaus method to determine the pre-ovulation sterile period and one or several other methods to ascertain the precise date of ovulation and the ensuing sterile period.

The work is divided into three parts. The first contains a fairly adequate, non-technical description of the physiological processes of the female body relating to reproductive function, ovulation, fertility and sterility. Part Two deals with the patterns of the cycle, their uniqueness, variations and means of being studied. Here the author explains his own method of calculating the fertile and sterile days for various cycle-patterns. Part Three contains an interesting brief treatise on sex, marriage, conception control, chastity and

population problems. Models of the author's own Chart Sheet, Date Counting Slide Rule and Back Counting Slide Rule, together with an explanation of their use, are presented in an Appendix.

In general this work offers a balanced, adequately conservative and practically insightful summary of the present state of theory and method relating to rhythm. We suggest that the current reliability of glucose tests remains more questionable than the author implies, and that the findings of Jayle and Geller on

the functioning of the yellow body should be taken into consideration in estimating the post-ovulation sterile period. It is interesting to note that Part Three reflects the European's greater awareness of the practical implications of current population trends — an American Catholic writer would probably have devoted relatively more space to spelling out the conditions justifying the use of rhythm.

**The Truth About Rhythm**

New York: P. J. Kenedy & Sons  
1962

xiii+212 pp., \$4.95

**FEDERATION EXECUTIVE BOARD  
MEETING SCHEDULED**

The Executive Board of the National Federation of Catholic Physicians' Guild will hold its annual meeting June 16, 1963. Time: 9:30 a.m. Place: Dennis Hotel, Atlantic City, New Jersey.

The Officers of the national organization and one delegate from each active constituent Guild comprising the Board will conduct business.