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NEW BOOKS

Royat Treatment in Cardiovascular Disease. By P. N. Deschamps, M.D. Paris. London: Balliere, Tindall & Cox. 1935. (5s. net.)

The subject of medical hydrology finds no place in the medical curriculum in this country; those who have not made a special study of the subject are left to rely on advertisements issued by spa authorities. The extravagant claims so often put forward in pamphlet form cannot fail to produce unjustified optimism in some, and complete scepticism in many. To both classes, this welcome little volume will come as a refreshing antidote. While enthusiastic in his advocacy of thermal carbon dioxide baths in suitable cases, and under skilled supervision, the author is careful to recognize the limitations of the treatment, and to avoid over-stating his case. In the course of the text he reveals an intimate knowledge of cardio-vascular disease which cannot fail to impress and to command respect for his views.

Part I of the book summarizes the physical, chemical and physiological properties of the various springs at Royat. In Part II the therapeutic indications in different varieties of cardiovascular disease are discussed; we were particularly gratified to note the reference to the emotional and mental reactions of hypertensive patients, and the recognition of the existence of a “hypertension psychoneurosis.” Part III deals with the technique of treatment and includes a chapter on diet, the recommendations in which might with advantage receive wider recognition. A useful bibliography is appended.

Much information has been compressed into the short space of 100 pages, yet the book is written in easy, readable style. There is a tendency at times to use a literal translation of French terms in place of the accepted English equivalents. The second sentence of par. 3 on page 47 is ambiguous, and would be better worded as follows:—“... the electrocardiograms frequently showing abnormalities of the ventricular complex.” On page 56, line 11, the word “not” should be omitted; the sentence as it stands is in direct contradiction to the context of the remainder of the paragraph. On page 7 read “lithium” for “lithine,” and on page 61 read “atypical ventricular complexes”
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for "atypical ventricular syndromes." These minor errors are insufficient to detract from the general merit of the book, which can be recommended to all who desire a short introduction to the subject.

Forensic Medicine: A Text-Book for Students, and a Guide for the Practitioner. By Douglas J. A. Kerr, M.D., F.R.C.P.E., D.P.H. London: A. & C. Black, Limited. 1935. (15s. net.)

This work is primarily meant for the medical student, and the author has to be congratulated in presenting a successful text-book, and one which should form a valuable addition to the list of students' favourite class-books, and as such we strongly recommend it. It also serves as an excellent book of reference for the medico-legal problems which confront the practitioner in practice. The text is well arranged and each section of the subject has been fully dealt with and evenly balanced, and the information is very concisely put and accurately stated. The author's wide experience as police surgeon, medico-legal reporter and referee, as well as a teacher of students, is reflected in its pages, and is shown in the discussion of the clinical and laboratory aspects of the book.

It would be very difficult to accredit one section more than another as having received special consideration, as similar treatment has been allotted to each, whether it be the legal considerations, the pathological lesions, the laboratory investigations, the study of poisons, or the questions of insanity, criminal responsibility, or drunkenness in relation to the law. The illustrations are good, and are practically entirely obtained from the author's own collection of photographs. The publishers have also to be congratulated on the manner in which the book has been produced.

Prescription Writing and Formulary: The Art of Prescribing. By Charles Solomon, M.D. With a Foreword by Lewellys F. Barker, M.D. London: J. B. Lippincott Company. 1935. (21s. net.)

It is fashionable to speak of prescription-writing as a lost art. The explanation usually offered is that the medical curriculum has increased so rapidly that there is now no time to instruct students in this important branch of therapeutics. Young practitioners only too readily adopt the simple and ingenious methods of the proprietary chemists who are able to guarantee a system of "Prescribing without Tears." Dr. Solomon's recent publication is offered to the profession
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as a "sound, scientific basis for prescription writing." About half the book is devoted to the formulary. The prescriptions are set out simply and clearly in full Latin along with their English equivalents. The classification adopted is a therapeutic one, and this greatly enhances the value of this section as a work of reference. It is interesting to compare these prescriptions with those in many older formularies. There is a refreshing simplicity in the selection of the ingredients which says much for the scientific outlook of the author. The "blunderbus" prescription finds no place here. A physician or student well grounded in pharmacology will rejoice to read such prescriptions, for it is obvious that the method lends itself to extemporaneous writing and does away with the need to remember complicated combinations of drugs.

In many of the sections of this book Dr. Solomon has mobilized a great deal of valuable information which is often sought in vain by the student and practitioner. Thus the cost of drugs, the prescribing of proprietary medicines, the official equivalents of certain proprietary preparations, the contents of the doctor's handbag, the selection and care of syringes and needles, solubilities, and numerous other out-of-the-way subjects are dealt with in a practical manner. In addition to a detailed table of contents there are vocabularies, a general index, an index of prescriptions according to symptoms and diseases, and a bibliography, all of which have been compiled with care.

There is room for improvement in the matter of illustrations. Several of them appear to be unnecessary, e.g., the semi-popular ones showing the sites of absorption and administration of drugs, the "hypodermic" tray, testing the strength of a needle, &c. The diagrams and calculations in the chapters on dosage and administration are perhaps unduly elaborate.

The book is not devoid of humour. Thus, in his preface the author states that "A well-written prescription . . . is one of the few legitimate means by which a physician can advertise his knowledge." Again, regarding the use of Latin in prescription-writing—a practice favoured by the author—he says that "it enhances the patient's regard for the physician's education; and it lessens the possibility of the patient's discovering information which, in many cases, he were better off without." In the Old World illegibility is usually considered to be a greater safeguard. This is a book that can be warmly recommended.

Tonsils and Nasopharyngeal Sepsis. By E. A. Peters, M.D., F.R.C.S.
London: Bailliere, Tindall & Cox. 1935. (5s. net.)
A good little book which should be in the library of most general
practitioners. We have read it with interest. Mr. Peters, however, might have expressed some of his statements with greater clarity.

Recent Advances in Laryngology and Otology. By R. Scott Stevenson, M.D., F.R.C.S.Ed. London: J. & A. Churchill Limited. 1935. (15s. net.)

This book contains 22 chapters all on subjects of real recent advance in throat, nose, and ear problems. It is very well indexed, 14 pages being required for this. A glance through the index will show the multitude of subjects included. From the evergreen tonsil problem, to the latest work on inner ear function, the author presents in very readable form the most modern views of the foremost authorities. Where called for, a summing up is given in a clear and impartial manner, which greatly enhances the value of the work. The amount of reading and research necessary for the compilation of this book can be judged by the number of references given after each chapter, thirty-two after Chapter 1 (The Tonsil Problem). The major part deals with questions of therapy. The latest views on treatment of various diseases by ultra-violet rays, radium and deep x-ray are given. Information is offered of the present knowledge of the function and physics of the special organs concerned. The work is largely technical, and should prove a very valuable book of reference for all specialists and for those wishing to be up-to-date in matters affecting the pathology, physiology, and therapy of the throat, nose, and ear.

St. Thomas' Hospital Reports. Vol. LVII. 1933. London: Adlard & Son, Limited. 1935.

Although for most part these reports take the form of a series of statistical tables dealing with medical, surgical, and "so-called" allied specialties, much useful information is presented in the nature of short clinical notes. The report of the Skin Department is not at all enlightening or instructive; mere figures are only of interest to hospital directors for purposes of propaganda. However, the general arrangement and classification of details appear to have been carefully executed, hence, reference is made easy.
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The Chemical Control of Conception. By John R. Baker, M.A., D.Phil. London: Chapman & Hall, Limited. 1935. (15s. net.)

In this book the author presents the results of work extending over seven years on the spermicidal power of pure chemical substances and proprietary preparations. In his experiments Dr. Baker has studied in a very thorough manner the various factors influencing this property, and his results are of great practical importance as well as of scientific interest. It is pointed out that it is almost impossible to compare the efficacy of different spermicidal agents clinically, owing to the numerous factors which cannot be controlled, and the advantage of purely laboratory investigation such as the author's, is that a comparison can be made since conditions can be controlled.

A very interesting chapter on the pathology of contraception is contributed by H. M. Carleton, who stresses the possible danger of cancer following prolonged irritation of the cervix, either by chemical or mechanical methods.

The perfect chemical contraceptive is still to be discovered, and Dr. Baker does a service in revealing the weakness of those at present in use. The book should be read by all who are liable to be called upon to give contraceptive advice.

An Introduction to General Therapeutics. By H. K. Fry, D.S.O., B.Sc., M.D.Adel., D.P.H.Oxon. London: Cassell & Co., Limited. 1935. (6s. net.)

This publication is simply a dry synopsis of modern methods of treatment. It is in consequence difficult to read and will not benefit the student for whom it is primarily intended. Instead of aiming at the exposition of broad principles the author attempts to cover the whole field of therapeutics and fails to be convincing.

The opening chapters about the use of drugs are no more than bald statements without adequate evidence of his assertions. After reading these chapters through it is difficult to understand how the student will learn from them anything beneficial. They are long uninteresting statements which may be memorized but not intelligently appreciated. About a quarter of the text is given to drugs, and the rest is divided among physiotherapy, climatology, psychotherapy, organotherapy, immunology, immunotherapy, and dietetics. In these chapters far too much is attempted in the space, and much of the information is too specialized to be useful. The book is not practical enough for the student, and is valueless as a reference for anyone more senior.
In our generation there have been many additions to our knowledge, e.g., in diseases of the heart, which should have been of great assistance to us in the art of prognosis, but the wisdom which should come of all this new knowledge seems to linger. Our medical journals to-day are full of inductive reasoning. The modern English school of medicine seems to favour this method of advancement of our knowledge. It is very seldom that we see recorded follow-up studies of large numbers of cases.

This book contains a collection of articles on prognosis by a large number of specialists in all branches of medicine. With one or two exceptions, however, their contributions are disappointing. Most of the writers seem more concerned about advocating particular methods of treatment and management of their patients, and indicate that their results are more or less good. Very few of them confirm their ideas of prognosis by records of their own cases. The most useful effect of this publication is to reveal our modern neglect of the art of prognosis.

Ante-natal and Post-natal Care. By Francis J. Browne, M.D.Aberd., D.Sc., F.R.C.S.Ed., F.C.O.G. London: J. & A. Churchill, Limited, 1935. (15s. net.)

This work, by one of the pioneers of ante-natal care and treatment in this country fulfils a long-felt want in the realm of obstetrics. The author, to whom we are indebted for a number of favourite books on obstetric subjects, has based this book on a large experience gained in various centres at which he has worked.

The volume has been very carefully arranged and the facts have been placed before the reader in a form which, while being simple and easily read, is at the same time complete in detail. The chapters on examination of patients and routine clinical work are very full and yet the methods used are simple enough to be carried out by the busy practitioner in his daily round of work. The greater part of the work is devoted to the complications of pregnancy and their diagnosis, prognosis, sequelæ and treatment. The arrangement of these abnormalities and complications is particularly good. Only the last chapter of the book is devoted purely to post-natal care, but the treatment of this subject at this part is general, and the ante-natal complications are followed into the post-natal stages in the ante-natal description. There are a number of important and useful appendices and a bibliography which will be found invaluable for reference.
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In conclusion, it may be stated that this book although comparatively short is one of the most complete surveys of diseases complicating pregnancy and the puerperium, and it will be found most valuable by students, practitioners, and all who study the practice of obstetrics from a scientific viewpoint, and who have a desire to improve the lot of the expectant mother.

John Whitridge Williams: Academic Aspects and Bibliography. By J. Morris Slemans. Baltimore: The Johns Hopkins Press. 1935. (7s. net.)
The author of this book is to be congratulated on successfully condensing and balancing the salient facts in the academic life of one of the world's greatest and best-known obstetricians. He has succeeded in covering the ground of a busy life in a short space while retaining considerable detail of universal interest. The book has been divided into the various phases of activity in the life of Professor Whitridge Williams, and in it are described his work, ideals, objects, and desires. This is followed by four excellent bibliographies which are devoted to the works of Whitridge Williams, his contributions to literature, his discussions of papers, and a collection of addresses in memoriam. The volume is well printed and bound, and very easily read in a short space of time.

The Hair and Scalp. By Agnes Savill, M.A., M.D., M.R.C.P.I. London: Edward Arnold & Co. 1935. (12s, 6d. net.)
It has been well said that in dermatology there is need of fewer textbooks and more monographs, and to the rather meagre catalogue of the latter, Dr. Savill has made a notable addition. Few practitioners escape cross-examination on matters pertaining to the hair, and fewer still are able to speak of them with any real assurance. Here is to be found a very full account of both the normal and the abnormal. Most valuable is a description of the physical effects of such cosmetic procedures as permanent-waving, and a discussion of their possible dangers. Extraordinarily novel and interesting, even to the specialist, is the chapter by Mr. W. T. Astbury on the molecular structure of the hair, as revealed by x-ray analysis. Actual diseases of the scalp and hair are classified and discussed according to their most prominent symptoms, this being perhaps the most helpful method for the man in
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practice. The influence of Sabouraud is strong in this section, and is freely and gratefully acknowledged by the author. This is one of those not very common books which can be unreservedly recommended to a large public.

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No Mean City—A Story of the Glasgow Slums. By Alexander McArthur and H. Kingsley Long. London: Longmans, Green & Co. 1935. (7s. 6d. net.)

This novel has caused a great sensation, due to a large extent to the clever way in which it has been advertised. The real author, Alexander McArthur, an unemployed baker, writes with obvious personal knowledge about a section of the population living in a part of the Gorbals district of Glasgow, and presents an extremely sordid and at times revolting picture of their life and environment.

As his principal character becomes the leader of a gang a large portion of the story is devoted to gang fights in which all sorts of weapons, but chiefly razors, are used. Gang fights have always been a feature of a portion of the Glasgow community, just as they are, probably, in other large industrial cities, but during the period of the story which is from 1921-1930 there was an exacerbation of the evil.

From a medical point of view the most interesting feature of the book is a description of the slums and a suggestion that their occupants have their lives distorted by their surroundings. While everyone will condemn the structure of these houses, and in particular the communal water-closets on the stairs, anyone who has visited these dwellings must have been struck by the presence of houses which have been kept scrupulously clean by persons who have maintained their individual identity and respectibility amidst their squalid surroundings. These houses are fast disappearing, but one is afraid that until the character of the majority of their inhabitants is altered a mere change to new houses will not suppress the evil.

The book should be read by all social workers.

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St. Bartholomew's Hospital Reports. Vol. LXVIII. London: John Murray. 1935. (Subscribers, 15s.; Non-Subscribers, 21s.)

Following the usual custom a symposium occupies an important place in this volume. On this occasion the subject chosen is "Urinary Infection," and a series of excellent short papers is provided by A. M. Boyd, Geoffrey Evans, W. Girling Ball, John Beattie, and Lawrence
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P. Garrod. The remainder of the volume is occupied by contributions to the study of important conditions; for example, “Carcinoma of the Oesophagus,” “Raynaud’s Disease,” “An Investigation into the Nature of Leucorrhoea,” “The Treatment of Haemophilic Haemorrhage,” and “The Prognosis in Carcinoma of the Stomach.”

During the year 1934 a Cancer Department was instituted at the Hospital and its report is included.

We feel that the entire volume merits praise, and we congratulate the hospital staff upon the high standard maintained.

Midwifery for Nurses. By Aleck W. Bourne, M.B., F.R.C.S.
London: J. & A. Churchill, Limited. 1935. (5s. net.)

This volume bears the impress of the individuality of the author, a well-known London teacher. His opinion that “if there is a fault in the teaching and examining of midwives it is that too much emphasis is laid upon the treatment of abnormalities beyond the first-aid that would be required of a nurse,” is sound and probably correct. Nevertheless, a text-book for nurses ought to take full notice of opinions which are held generally, and the personal opinions of the author must not obtrude unduly. The chapter on contracted pelvis, for example, would certainly not satisfy examiners in Glasgow, where that complication is so frequently met with; and it is surely wrong to speak of “Occipito Posterior Presentation.” The chapter on delays in labour is extremely well done and should prove very helpful. One notes, with satisfaction, details of exercises for the patient in the puerperium. There is an obvious error in the description of the diagram on page 131, which would readily confuse a nurse. The book is very well produced and is a credit to the publishers.

Food Values at a Glance. By Violet G. Plimmer. London: Longmans, Green & Company, Limited. 1935. (3s. 6d. net.)

It is difficult to decide for whom this book was written. It consists of about a hundred pages and discusses diet from various angles—why we eat, what we should eat, and how much. The discussion is for the most part elementary. The enormous numbers of facts are arranged principally as tables and in diagrams “coloured on the Neapolitan ice principle.” Catering for schools and the economy of diets are con-
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sidered and sample diets given. The appeal of this book to the physician is probably in the tables of calories and composition of the common foodstuffs.

Diseases of the Nose and Throat for Practitioners and Students. By Charles Imperatori, M.D., F.A.C.S., and Herman J. Burman, M.D. London: J. P. Lippincott Company. 1936. (35s. net.)

This book is essentially the course given by the authors to the Post-Graduate Students of the New York Post-Graduate Medical School of Columbia University, and therefore gives detailed instruction in the methods of clinical examination and in treatment technique. The arrangement of the material differs from the usual text-book in discussing symptoms, diagnosis, and treatment first, and leaving aetiology and pathology to the end of each discussion. It is questionable if this is an improvement. A feature of this book is the excellent illustrations found on almost every page.

Endoscopic technique, including gastroscopy and duodenoscopy, is described in detail, and the chapter on plastic surgery is well illustrated. There is a separate chapter dealing with physical therapy and radiation and another describing laboratory aids. Pre- and post-operative care is described for each operation. The whole text is thoroughly up-to-date and, although the arrangement in outline form makes it somewhat difficult to read through, it greatly facilitates its use as a book of reference. For its detailed account of procedure it will be appreciated by the family physician and for its ease of reference by the specialist.

Health and Human Progress.—An Essay in Sociological Medicine. By Rene Sand, Lecturer at the University of Brussels. Translated by Dr. C. F. Marshall. London: Kegan Paul, Trench, Trubner & Co. 1935. (10s. 6d. net.)

This book gives an admirable survey of the growth of the ideas of public health and their development into the new science and philosophy of sociological medicine. The author, in virtue of his contact with the League of Nations, has based his experiences on data which are international. The "Essay," however, is no mere compendium but a vital integration of these data. Such a viewpoint and interpretation are refreshing, so far removed they are, from any cramping or mechanistic outlook.

The writer notes how medicine, at first nourished by physics and
chemistry, later received the contribution of bacteriology and is now, although reluctantly, adopting the newer sciences of psychology and sociology. He rightly emphasizes that much illness and all chronic diseases are intimately bound up with the whole social economy, including politics and finance and even religion. Sociological medicine "wants to recognize the whole nature of man as shaped by his parents, his home, his work, his recreations, his difficulties and his aspirations." The methods and data of sociological medicine are discussed.

Then the existence of classes in society is reviewed and the question asked:—"How far are these differences dependent on heredity or environmental factors?" Heredity receives two chapters. The author notes that "it is far from certain that different social classes possess a different hereditary endowment," and he considers that in a proper understanding of the environment (both physical and psychological) is to be found the clues to many of the problems of human illness, unhappiness, and inequality of social status.

The factors of environment are fully surveyed and individual chapters are devoted to occupation, housing, economics, sanitation, and education. Each of these sections contains illustrative examples and data taken from all over the world. These examples alone make the book a useful one to every medical man who is required to think, write or lecture on any of the environmental aspects of health.

The author defines the aim of sociological medicine as "the protection and development of human personality, considered both from its economic and spiritual values."

This book is obviously written by the enthusiast who, however, has succeeded not only in sticking to facts, but also has the range of intellect necessary to interpret them. An extensive bibliography is provided.

For and Against Doctors. An Anthology compiled by Robert Hutchison and G. M. Wauchope. London: Edward Arnold & Co. 1935. (7s. 6d. net.)

Anthologies are regarded by many people as unsatisfactory books: there is an inevitable want of continuity, a tendency for the book to become a string of snippets, a lack of mental food for the serious minded. Dr. Robert Hutchison and Dr. Wauchope have, nevertheless, done the profession a substantial service in publishing this very readable collection of Sayings For and Against Doctors, and we highly commend its perusal to all those members of the profession—and they are many—who are fond of treading the bypaths of literature. It will
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prove exceedingly useful also to the doctor called upon, as sometimes he may be, to make an after-dinner speech in reply to the toast of the medical profession.

In the Foreword Dr. Hutchison mentions that part of the material in this anthology was used by him in the MacAlister Lecture for 1934, which gave "The Times" an opportunity for writing a leading article, entitled "What the Patient Thinks." Dr. Hutchison's lecture and the leading article were the starting point of a considerable correspondence, which showed that there was a wide interest in the subject, and encouraged the publication in book form.

That the anthology is of exceedingly extensive range may be indicated by the scope of its six chapters, and also by the fact that no fewer than 210 authors are quoted. The sayings and quotations are drawn from Proverbs, The Ancients, Mediaeval Literature, Literature from the Fifteenth to the Seventeenth Centuries, Literature of the Eighteenth Century, and Modern Literature. It is interesting to note that Dr. Hutchison has printed The Oath of Hippocrates in full. Readers of this Oath will be much struck by the far-reaching broad outlook of that ancient physician.

The Retrospect of three short paragraphs, with which the book closes, is beautifully written by one who evidently looks on his professional brothers with a kindly, whimsical, philosophic eye. Anthologies are often recommended as good "Bed Books," and this one would serve that purpose, and many others, admirably.

Milk—Production and Control. By W. Clunie Harvey, M.D., D.P.H., M.R.San.I., and Harry Hill, M.R.San.I., A.M.I.S.E. & M.S.I.A. London: H. K. Lewis & Company, Limited. 1936. (21s. net.)

This book has been written from the control rather than from the production standpoint. The authors are supporters of the "clean milk at any cost" campaign, and believe that the small dealer who cannot modernize his plant should either amalgamate with other firms or close his business in the interests of the public. They regard the health of the people as transcending business interests, and consider that milk should be dealt in only by those capable of maintaining a high standard of purity and quality.

The subject is treated in all its branches from cattle feeding to laboratory control, and the information given is summarized in tabular form at the end of each section. Exception might be taken to the
over-condensation of the first chapter, and the fact that a later edition of Griffith's table of comparative incidence of bovine and human types of infections might have been used.

Distinction is made between "clean" and "safe" milk, and stress is laid on the dangers which arise from the sale of untreated bulked milk, even of good quality. Modern bulking of milk without effective heat treatment makes possible widespread epidemics of infectious disease, the source of which it may be impossible to trace. In the author's opinion, only milk of the highest quality bottled on the farm should be sold untreated.

Complete descriptions of the latest types of pasteurizing plants are given and also a note on stassanization—a short-time high temperature method of milk treatment which has been successful at the Danish State Experimental Farm but has not yet been generally accepted. The advantages and disadvantages of the various plants are tabulated, and reference is made to Dalrymple-Champneys' "Guiding Points for Officials Investigating the Efficiency of Pasteurizing Plants."

There is an excellent chapter on designated milks, and the authors recommend that, instead of the five grades at present permissible, only two grades, labelled No. 1 and No. 2, should be sold, all other milk being pasteurized. Modern opinion tends to go even further and allow of only two standards as at present in use in Italy—"Certified" milk and "Pasteurized" milk.

The law in relation to milk is gathered together in one chapter, but the need for a consolidating act is obvious. No mention is made of the differences between the law in Scotland and in England. The future of the milk industry is considered, and the authors come to the conclusion that the final aim should be one grade of milk—the highest. On the other hand, the Fraser-Harris germicide is considered a step in the right direction—a surprising decision in view of the present trend to make the provision of all preservatives illegal. An appendix is included giving examples of bulletins and notices which might be used in a clean milk campaign.