This excellent work is one of the earliest volumes of the New Library of Medicine, which aims at a discussion or exposition of medical matters of the highest importance by the foremost living authorities, and in such a way that the books should be “welcome alike to doctor and to patient, to statesman as well as to scientist.” The Hygiene of Mind as here treated by Dr. Clouston entirely fulfils the purpose of the editor, for it “has a marked relation to personal and national life,” and, while not neglecting “the purely technical aspect of the subject,” it is mainly devoted to the application of the best scientific knowledge to practice. The conquests of medical science in the realm of theory are gathered together by a great expert of long experience and lucid power of exposition, and made the basis of a book which should illuminate medical practice, and help the intelligent layman and teacher to a wise guidance of life and education. There is no greater authority than Dr. Clouston on mental and moral health, and in this volume he deals in a masterly way with its development and conservation, and with the dangers to which at each period of life it is exposed. Evolution, heredity, physiology, psychology, sociology, medicine, all are made to converge on the central problem, and to contribute to an able treatise on the scientific wisdom of life. The author “sees life steadily, and sees it whole,” and his book will open the eyes of many to the same great vision, and prepare the way at once to greater fitness and to a larger charity.

Three classes of men—the physician, the clergyman, the teacher—should specially appreciate and benefit by this book. The modern physician has learned that he cannot neglect the mental condition of his patient, no matter what his ailment may be. The minister is slowly coming to recognise that moral and spiritual life are deeply affected by physical conditions and environment. The teacher is to-day being taught to look upon hygienic school conditions, and healthy body and brain, as necessary considerations in every good scheme of education. The members of all these professions should read, mark, and inwardly digest this book on the Hygiene of Mind—for they will thereby broaden their professional outlook and interest, and the health and well-being of the community will benefit.

The social reformer, the educational administrator, municipal authorities, and parliamentary statesmen, whose problems are complicated by the mysterious but undoubted influence of mind upon body; and body upon mind, will find these problems simplified by a study of Dr. Clouston’s book. And parents who would do their best for their children, both in the way of building up their physical, mental, and moral strength, and in guiding their choice of a career, will find practical assistance in this volume. The eighty pages specially devoted to the guidance of a child’s growth from infancy to the close of adolescence, should be a sacred scripture to parents and teachers. As
science advances, the greater should be the authority of the physician in education and the choice of a profession. How few parents have sense enough to realise this! Yet, as Dr. Clouston shows, these matters require "not only ordinary wisdom and common sense, but in many cases very special knowledge of health,—bodily and mental,—fitness, and temperament." Health defects, powers of resistance, bodily and mental conformation, hereditary tendencies and predispositions, should all be carefully considered in the choice of an occupation or profession. The family doctor could, from his special knowledge, warn off young men and women from certain trades and professions, and give indications towards others. A family history of consumption, for example, would warn against sedentary or indoor occupations; nervous constitution and heredity against the strain of examination; a lack of physical or nervous staying power would prevent certain young women from going into nursing, medicine, or teaching.

Dr. Clouston has much to say bearing upon the guidance of life, which should help men and women to adapt themselves to times of stress and strain, to avoid serious breakdown at the critical periods, and to grow old serenely and happily. The special difficulties and dangers of each period are dealt with in succession—and a prophylactic plan of campaign is sketched, which, if carried out, should contribute to increased and more widespread success in the modern battle of life.

*Modern Clinical Medicine: Diseases of Metabolism and of the Blood, Animal Parasites, Toxicology.* Edited by Richard C. Cabot, M.D. An Authorised Translation from "Die Deutsche Klinik," under the general editorial supervision of Julius L. Salinger, M.D. London: Sidney Appleton.

This book is made up of a series of monographs by various German writers, most of them of European reputation and each a master in his own field. A glance at the list of contributors, von Noorden, Naunyn, Gerhardt, Ebstein, Ewald, Reiss, Ehrlich, von Leube, Litten, von Jaksch, and other equally eminent authorities prepared us for the excellence of the contents, and we were in no way disappointed. We have put before us the fruits of years of clinical and laboratory research by hundreds of workers striving to elucidate the mystery of what are still often called the "Diseases of Obscure Causation."

Although it would seem as if the veil were being lifted from certain of the diseases treated in this volume, much yet remains obscure, and the theories brought forward to explain their pathology are of the most ingenious description. As examples we need only refer to Grawitz's view that chlorosis is a neurosis, and to the chapter on Acromegalia where Benda states an excellent case for his hypothesis that the actual primary change consists in an enlargement of the soft parts and especially of the tongue, the bony enlargement being secondary and to be looked upon as an attempt at compensation, forming a support for the increased mass of the soft parts.

The first two chapters are concerned with metabolism. In the first, Weintraud deals with the scientific researches of internal medicine in the clinico-chemical laboratory and the hospital ward; in the second, von
Noorden gives us the application of over-nutrition and under-nutrition to the treatment of disease.

The article on obesity is the work of Ebstein. He holds that the thyroid treatment is not rational, because the loss of body-albumin is considerable, and we are in possession of dietetic rules for the treatment of obesity which are as successful as they are devoid of danger. The spa "cure" is denounced as unscientific and sometimes actually harmful, and Ebstein holds to his original opinion, that every "cure" of this kind, as well as every drug treatment, particularly by purgatives, is to be rejected in obesity.

The chapter on Addison's disease by Reiss is worthy of the highest commendation. All that is known of the disease is summarised, and the logical conclusion of the facts is shown to be that there are important links absent in the chain of reasoning that would explain Addison's disease as an affection of the adrenals alone. We note that the writer considers that cases without pigmentation ought not to be classified as Addison's disease.

Of particular interest at the present time are the article on Pentosuria by Blumenthal, and von Leube's description of Leuk-anemia, a disease whose recognition we owe to him, and of which cases have been published recently in this country. Scurvy, hemophilia, and purpura are considered under the heading of the "Hæmorrhagic Diatheses." The writer, Litten, gives very complete genealogical trees of bleeder families. He maintains that the individual purpuric diseases are not essentially different and only vary in degree, that is the "varieties" depend upon the intensity of the affection. Under scurvy he gives credit to "the excellent naval regulations in which England has shown itself superior to all seafaring nations."

Ewald's article on myxoedema contains special reference to organo-therapy. He has found the administration of small doses of arsenic during thyroid feeding prevent symptoms of thyroidism.

The chapters on "The Animal Parasites of Man," by Peiper, and "Important Poisons and their Treatment," by von Jaksch, maintain the high standard of the previous sections.

A critical review of the book would be out of place, for it has undergone careful editing, and the editor's notes are always to the point. He has, for example, drawn attention to the omission of the high-colour index in pernicious anaemia, and the treatment of leukæmia and lymphadenoma by the X-rays. It would seem that in healthy adult males in America the number of erythrocytes to the cubic millimetre is "usually near 6,000,000, often above that figure." The translation has been made with skill and care, the book reads well, and an occasional split infinitive and a confusion in the wording of the sixth paragraph on p. 51, are the only defects we could find. "Carbonic acid" is the term used on more than one occasion when carbon monoxide obviously is the gas to which reference is made. To the drawing of the various absorption spectra of hæmoglobin no explanatory note is attached.

We venture to think that there is no member of the profession, however well informed, who will read this book without deriving from it new ideas and fresh facts of practical importance, and we can cordially recommend it alike to the senior student and to the practitioner.
A System of Dental Surgery. By the late Sir John Tomes, F.R.S. Fifth Edition. Revised and enlarged by Charles S. Tomes and Walter S. Nowell. London: J. & A. Churchill.

In considering this book, its genesis, of which the title-page gives an indication, must be taken into account. In 1845, the late Sir John Tomes, then Mr. Tomes, delivered a course of lectures on "Dental Physiology and Surgery" at the Middlesex Hospital. These lectures he published in book form in 1848, and they remained to constitute the standard English work on dentistry till 1859, when their author published the more extensive treatise which he called "A System of Dental Surgery,"—the first edition of the present work. In the second edition, published in 1873, Mr. Charles Tomes was associated as joint-author with his father. We may presume that filial piety has weighed with Mr. Tomes in determining him to preserve the form and arrangement of the original work almost unaltered. Yet it seems certain that it is to-day a quite impossible task for one man to write an altogether satisfactory text-book of the principles and practice of dental surgery. One man might edit such a work,—no one better than Mr. Tomes,—and he should associate with himself contributors selected for special knowledge of the branches of practice of which they were asked to treat. This is the method which our confrères on the other side of the Atlantic have adopted, with, we must acknowledge, a success which amply justifies them.

The first sixty pages of the book deal with teething and normal dentition. This, and indeed the same may be said of much else in the book, is anatomy and physiology, and is out of place in a system of dental surgery. There is a brief mention of diseases arising during teething,—but, this excepted, the matter of the first two chapters may be better studied in the author's "Dental Anatomy." The methods described for the regulation of teeth are rather old-fashioned in the main. A good deal of space is given to the description and illustration of Coffin's expansion plate, while Angle's work is dismissed in a paragraph as an old method which fell out of favour and has again come into use. Dr. Angle, doubtless, would argue this point, and we may leave it to him. No mention is made of cleft palate and its treatment by obturators and vela.

The chapter on the "Bacteriology of the Mouth" we can praise as presenting a most lucidly written, scientific, and satisfactory, though brief, résumé of the subject. But why does the author drag in at the tail of the chapter a description of antiseptic alveolar plugs of hard paraffin for use after extractions? It is true he offers no opinion as to their efficacy, but it would have been kinder and wiser to omit any mention of them. The chapter on "Dental Caries" is good, though space is still found for description of extinct and exploded hypotheses. When we come to the practical part of the book, it is impossible to be enthusiastic. The illustrations of instruments are few and poor; for example, there is no illustration of a dental engine, no word is said as to the superiority of the all-cord driven engine over the cable, and an obsolete form of the Bonwill engine-mallet is illustrated. In treating of pivots, crowns, and bridges, even though Mr. Tomes confines himself to the discussion of general principles, five pages seem inadequate. The
treatment of exposed pulp is well and fully dealt with; the same may be said of alveolar periostitis. In writing of empyema of the antrum of Highmore, trans-illumination is said to be of little diagnostic value, no mention is made of Logan Turner’s work on the “Anatomy of the Accessory Sinuses of the Nose,” and the danger of infection of the frontal sinus is not pointed out and insisted on, as it surely should be. A large spear-head drill in the dental engine is still recommended for opening the maxillary antrum through the alveolar border, and we are told that lavage of the antrum may be performed by the patient filling his mouth with water and forcing it through the antrum by pressure of the cheeks. We hope no one will adopt this procedure, which is unscientific and dangerous. We demur to the statement that slight rheumatic affections of the joint of the jaw are little amenable to treatment; it would probably find little support at Bath or Harrogate. On page 529 we read: “In the human subject an undoubted case is yet wanting to show that ankylosis between the teeth and the jaw is under any circumstances possible,” while on page 583 we are told that “such a condition is extremely rare, but there can be no doubt of its occasional occurrence.”

To Edinburgh men the chapter on “Extraction of Teeth” will be interesting from the historical standpoint. For the arrest of hemorrhage after extraction the authors depend on matico leaf. The use of perchloride of iron for this purpose is rightly condemned. Perchloride of iron should never be used, not because, as the authors state, it is an escharotic, but because the clot it forms is soluble again in serum. No mention is made of the cotton-wool, varnish, and alum plug, which is the routine and invariably successful treatment here. A fatal case is recorded, and its treatment described; this is intended, we hope, to be taken as an example of how not to do it.

If anaesthesia is treated of at all, it should be treated much more fully. A good deal is said about pyorrhoea, but as regards treatment the writers’ tone is pessimistic. Trichloracetic acid, a favourite remedy for this condition, receives no mention. Odontalgia and neuralgia are dealt with in a style which is reflective and reminiscent rather than illuminating. A capital account of what is known or has been written about odontomes will repay perusal by surgeons as well as dentists. Affections of the tongue receive attention to the extent of three pages and a half; here again omission altogether would be better than such excessive compression. The book is well printed and the proofs have been carefully read on the whole, though a few errors have escaped the reader’s vigilance. On p. 179 we find “Irregularities of the permanent teeth in which both the crowns and the roots are out of the normal position” standing as a sentence, which is not permissible, as there is no predicate. On p. 268, “They may be used in many ways, of which Gram’s method . . . being amongst the best” is a curious grammatical error. On p. 390 we find “maxtrix” for matrix; p. 391, “amadon” for amadou; p. 477, “plate” for palate; and on p. 515, “a perfectly loose sound tooth” should probably be “a perfectly sound loose tooth.” Although Mr. Tomes’ style is too deliberative, and his mental attitude too much of the non-committal type for a popular teacher, on the other hand, he avoids the flamboyancy and inaccuracy which so often disfigure and
discredit much that is written on dental subjects. Within its limits, this book is a dignified and sensible contribution to the literature of dentistry.

Text-Book on Diseases of the Heart. By Graham Steell, M.D., F.R.C.P.
Manchester: Sherratt & Hughes.

Dr. Graham Steell is so well known for his writings on cardiac affections that a special interest attaches to a text-book from his pen. This interest is enhanced by the fact that the book is published at a time when, as the author states, there is immediate prospect of a great advance in our knowledge of the anatomy, physiology, and pathology of the heart, which promises to lead to much improvement in the application of available remedies. Dr. Steell has adopted an unconventional, yet thoroughly sound and practical way of treating his subject. In place of following the usual custom and devoting a special chapter to the full consideration of each form of valvular lesion, he begins with an admirable description of the cardinal symptoms of heart disease in general. This is followed by a short statement of the clinical pathology of heart disease. The physical methods of examination are then described, this section being followed by an interesting chapter on the frequency of auscultatory signs of mitral stenosis based on a personal investigation of sixty cases. The author found that the pathognomonic presystolic murmur is the rarest, whilst the systolic, which has only an indirect relationship to stenosis, is the most common, the diastolic apex murmur standing between them as regards frequency. The instrumental examination of arteries and veins is discussed in a chapter which is based chiefly on the well-known work of Wenckebach and Mackenzie. A short statement is here given of the properties which are now assigned to the muscle fibres of the heart, namely, those of (1) Stimulus production, (2) stimulus conduction, (3) excitability, and (4) contractility; this being followed by a reference to the influences which modify each in a positive or negative direction, and to their effects as seen in medical practice. In this section the author has restricted himself to presenting a brief summary of present views on this new phase of our knowledge of cardiac affections. Angina pectoris, congenital diseases of the heart, affections of the pericardium, and septic or ulcerative endocarditis, are subsequently dealt with, after which a section of fifty-five pages is devoted to treatment. Nursing, diet, drugs, and management of the bowels are in turn discussed, the rules laid down for each being clearly expressed and thoroughly practical. The chapter on the Nauheim treatment leaves something to be desired. The author's statement that such treatment is naturally best carried out by those who make it their business, rather suggests that he has not formed a very high opinion of this therapeutic measure. As there is no doubt of the great value of this line of treatment in selected cases, it would have been an advantage to have had an authoritative statement as to the class of case for which it is suitable, with an account of the practical details in its management. In an appendix to the work, Professor Lorrain Smith gives an account of the volume of blood in relation to heart disease. We can cordially recommend Dr. Steell's book as giving an excellent and thoroughly practical account of the subject of which it treats.