REPORTS.

NEW BOOKS.

Report on the Health of the Army for the Year 1925. Vol. LXI.
London: H.M. Stationery Office. 1927. (3s. 6d. net.)

This report is issued, not only for the information of the public, but also, as the Director-General indicates in his introductory letter to the Under-Secretary of State, to enable officers of R.A.M.C. "to appreciate more clearly the various matters affecting the health of the Army that need particular attention." The figures under the various headings show an improvement on recent reports and "now closely approximate to those for the last pre-war year, 1913." The report is in three parts, of which Part I gives a general survey of the health of the army at home and abroad, Part II furnishes summaries of the work of the various special departments, and Part III deals with the various Commands at home, abroad, and on board ship. While the several parts are of great interest, Part I will undoubtedly appeal most strongly to the non-service medical reader. The admirably summarised "Notes on Diseases," contained in this part of the report, reflects the experience of the Army Medical Service as regards the diagnosis, clinical features and treatment of many conditions which occur both in army and civil practice; and the reader is enabled at a glance to contrast his own work with that of his Service colleagues. Enteric fever and protective inoculation, influenza, venereal diseases, and the research work on gonorrhoea appear early in the "Notes." Middle-ear disease "heads the list of conditions for which invaliding was carried out" during the year under review. The majority of the cases were "recruidences of trouble originating in civil life," and it is evident that a considerable number of such cases elude detection on enlistment. Gastric and duodenal ulcer, and appendicitis receive considerable attention, and the results of surgical as well as medical treatment are set forth. In the operative treatment of fractures it is noted that the deliberate removal of plates and wires has found considerable favour. In Part II the work of the special departments is summarised. The arrangements for establishing modern operating centres are referred to, as also anaesthetics; and recent advances in the radiological department are given in considerable detail. The work of the hygiene and the pathological departments is referred to at some length, as also that of the dental department. Part III deals with the various Commands,
and perhaps appeals more particularly to the Service reader. The Report is a document of great value, and it reflects credit on the Director-General and the staff of the Medical Department of the Army.

What’s Best to Eat? By S. Henning Belfrage, M.D., M.R.C.S., L.R.C.P. With a Practical Supplement by Lucy H. Yates, M.C.A. London: William Heinemann (Medical Books), Limited. 1926. (7s. 6d. net.)

This book is written by one who has sat at the feet of Sir William Arbuthnot Lane, and who has imbibed sufficient of his teaching to render him an ardent disciple of the “intestinal stasis” school. While acknowledging that many diseases originate from such stasis, we can only view with alarm, and some degree of scepticism, the ever-increasing list of very varying diseases which it is claimed are caused, or predisposed to, by intestinal stasis. Meantime, the explanation given of how the poisons generated by intestinal stasis reach the blood, and carry out their deadly work, belongs to the realm of speculation, in support of which little experimental proof can be adduced. The author gives in some detail the principles of diet, emphasising the important part played by the mineral salts and the vitamin content. He appears to lay too much stress on the relative deficiencies in vitamins, and seems to regard such deficiencies as more universal than they really are in this country. He makes a sweeping recommendation for “roughage” for children, even “from their earliest years,” which few will be prepared to accept. The work strikes one as presenting a rather biased view of the relations of diet to health and disease, but the supplement is what it claims to be—a very helpful and practical addition to the book.

Epidemic Diseases of the Central Nervous System. By A. S. MacNaIty, M.A., M.D.Oxon. London: Faber & Gwyer, Limited. 1927. (12s. 6d. net.)

This book is based on the Milroy Lectures for 1925. It forms a review of the epidemiology of cerebro-spinal fever, acute poliomyelitis, and epidemic encephalitis, which is of a high degree of value and contains much that is original. In Part I the increasing susceptibility of the central nervous system to attacks of epidemic disease is discussed, and the evidence of the incidence of nervous diseases in animals is reviewed. The author’s contention that while the “seed” is worthy of consideration, the “soil” must also be studied, deserves emphasis. In this connection attention
is directed to the first appearance of epidemic encephalitis when
the central powers were feeling the full effect of war privation and
the standard of individual living was at low ebb. The history and
epidemiology of the three diseases are dealt with fully and in
detail. Most interest, perhaps, attaches to the chapters on epi-
demic encephalitis, the actual incidence of which is almost cer-
tainly greatly in excess of the official notifications. The problems
involved in the study of these diseases are of importance alike to
practitioners, neurologists, and public administrators. The
present work contains in concise form information which it would
be difficult to obtain elsewhere. Dr. MacNalty is to be con-
gratulated on the contribution of real value which is most clearly
and attractively written, and should make a wide appeal to all
branches of the medical profession.

A Text-Book of Orthopaedic Nursing. By Evelyn C. Pearce.
London: Faber & Gwyer, Limited. 1927. (5s. net.)
The publication of this small text-book is yet another proof, if
this be required, of the activities of the Liverpool area in the field
of orthopaedics. The writer holds both nursing and massage
qualifications, a combination which is, at the present time, only
too rare, the inclination being to keep the two trainings in
water-tight compartments. The nursing of all the common orthopaedic ailments is discussed in detail in the book, which is
profusely illustrated with excellent photographs. A valuable
appendix deals with plaster work and splints, and Sir Robert
Jones and Dame Agnes Hunt contribute short opening chapters.
We can cordially recommend this book, which is the first of
its kind published, to senior nurses, and the medical graduate
would find much of value in its pages.

Hand-Book of Ophthalmology. By Humphrey Neame, F.R.C.S.,
and F. A. Williamson-Noble, F.R.C.S. London: J. & A.
Churchill. 1927. (12s. 6d. net.)
The appearance of still another systematic treatise on ophthal-
mology causes one to ask whether there is really room for such
a volume when the field is already occupied, and so well occu-
pied, by such well-known text-books as those of Fuchs, Swanzy,
Parsons, and others. A new text-book, or handbook, as the
present work is modestly called, can only justify itself by being
"different" and in some respects better than its predecessors.
A careful examination of Neame and Williamson-Noble's "Hand-
Book of Ophthalmology" leaves one in little doubt that it will
meet with a cordial reception from the practitioners and students to whom it is addressed. The authors have very successfully attained their purpose of omitting the rare and non-essential, and directing attention to the commoner affections of the eye, with the result that in a volume of little more than 300 pages they have constructed a picture of their subject which bears a reasonable resemblance to ophthalmology as it presents itself to the student in his clinical course or to the medical graduate in practice. The first chapter, of over 30 pages, is devoted to a very careful description of methods of examination of the eye and its surroundings. From this we pass to a simple discussion of refraction and its anomalies, and in the succeeding chapters the parts of the eye are taken up in order and considered under the headings of anatomy, injuries, diseases, treatment, &c. A useful chapter is devoted to the commoner ophthalmic operations, and a special section deals with methods of treatment, general and local, in eye diseases. A feature which will appeal to the student is the presentation, in tabular form, of the differential diagnosis of the varieties of detachment of the retina, of the inflammations and neoplasms of the orbit, and of glaucoma and iridocyclitis. In the last of these we note with surprise the omission of any reference to hardness of the eyeball and sickness among the signs and symptoms of acute glaucoma. We have found the book exceedingly readable, and in economy of words and lucidity of expression the authors have set a standard not always attained in more ambitious text-books. The illustrations, both coloured plates and black and white diagrams, are ample; and print, paper, and general production leave nothing to be desired. If the authors, in future editions, can preserve the present character of the book, and resist the temptation to enlarge it beyond its present scope, it seems likely to remain a student's favourite for many years to come.

De Lamar Lectures, 1925-1926. Johns Hopkins University. London: Baillière, Tindall & Cox. 1927. (22s. 6d. net.)

The volume for 1925-1926 of the De Lamar popular lectures on Hygiene, arranged by the School of Hygiene of Johns Hopkins University, includes a variety of interesting topics. David Marine, dealing with the prevention of endemic goitre, expresses the view that iodine is effective when administered in any form and by any means. Alice Hamilton, speaking on industrial toxicology, describes the recent poisonings by tetraethyl lead, a constituent of certain motor fuels. Louis I. Dublin, with reference to body-build and longevity, submits results adverse to the original Dreyer tables. Joseph Goldberger, discussing pellagra, has no reasonable doubt that it is due to a diet deficient in a factor P.P., hitherto
The Principles of Pathology. By C. Powell White, M.D., F.R.C.S. London: Longmans, Green & Co., Limited. 1927. (15s. net.)

Dr. Powell White has written a book dealing with the principles of pathology in a novel and stimulating way. This work is not a text-book of pathology in the ordinary sense, but consists of an attempt to treat of pathology as a science, dealing with its fundamental principles as one would with those of general biology divorced from all consideration of, or application to, medicine. In its scope it embraces all biological processes and reactions, the author's thesis being that a state of equilibrium is established and is maintained by the normal organism, and that all departures from this state have to be considered here. Examples of these processes are as freely taken from protozoa and the lower metazoa as from the higher mammalia. The first nine chapters deal with general considerations, the structure and development of the organism, the nature of life, and the nomenclature of the subject; the next five deal with causal factors. Departures from the normal are here considered as being consecutive, adaptive, or autonomous, and the remaining twenty-three chapters discuss all pathological processes in the light of this classification. This mode of presentation makes us realise how seldom we are accustomed to differentiate clearly in our minds these fundamentally different processes. There follows a valuable reconsideration of the various factors of cause and effect which should be more often borne in mind in assessing the importance of these different factors in diagnosis. The chapter on life contains some interesting suggestions, worthy of further consideration at the present time when ultra-microscopic viruses occupy so much attention in pathological circles. While the arrangement of the subject-matter cuts right across conventional lines, and will provide much food for thought and discussion, it leads to a number of unnatural groupings; for example, tattooing is included with jaundice and haemochromatosis in "pigmentation," and "protective mechanisms" brings together teeth, stings, digestive juices, animal mimicry, and natural and acquired immunity. Many of the terms used are employed in a very restricted sense in spite of the wider application of conventional usage, e.g., hyperplasia is restricted to the process which results in one of a pair of organs owing to congenital aplasia or hypoplasia of the other;
this is clearly distinguished from the hypertrophy following removal or destruction of one of a pair of organs already developed, even where such hypertrophy leads to increase in number as well as size of the constituent units. "True adaptive hyperplasia," says Dr. White, "occurs in anticipation and not as a result of increased functional demand." The term "lymphadenoma" is here restricted to a tumour of lymphoid tissue, while Hodgkin's disease is described as an "endotheliosis" among the progressive autonomous fibrotic processes. Surgical shock should no longer be attributed to accumulation of blood in relaxed abdominal veins, nor can the pyrexia of inflammation be justifiably referred to as "traumatic fever." Gigantism of pituitary origin should be separated from other unrelated forms, but is not separately mentioned, and Gaucher's disease can scarcely be considered as analogous to diffuse carcinosis. In spite of the provocative treatment of the subject, Dr. White's book leaves us with a feeling of disappointment. He seems to expend all his time and energy in clearing the ground of preliminaries, but in the end fails to come to grips with the real heart of the matter. The book will find its chief value in stimulating discussion, and forcing the reader's mind out of its accustomed grooves.

Applied Refraction. By Homer Erastus Smith, M.D., New York. Edinburgh: E. & S. Livingstone. 1927. (15s. net.)

This little book presents an unconventional treatment of the subject of refraction. In the words of its author, it is "not written for the beginner in refraction work." It "has little to do with the science of refraction. Its purpose is the exposition of the art. . . ." At the outset one is struck by the omission of any reference to retinoscopy. After some discussion of the details of equipment—the room, the chair, the test types, trial case, trial frame, &c.—we are introduced to the author's routine method of testing. The visual acuity is recorded, then the corneal curvature is measured by the ophthalmometer. On the basis of the ophthalmometer findings a rough subjective test is made and amplitude of accommodation is measured. Then comes a careful subjective test under a cycloplegic, followed by a post-cycloplegic test. The author discusses in great detail the methods of "juggling with" the spherical, cylindrical, and crossed cylinder lenses. Two pages are devoted to a short chapter on the "psychology" of refraction work, but what the author calls "psychology" forms part of almost every chapter in the book. Occasionally, too, he relieves the dulness of technical instruction with flashes of humour, of which the following is a sample:—"To turn on all the lights and ask 'What do you read?' has
often evoked the answer, 'Nothing, doctor, except the daily papers.' Now you have a loose contact with the engine missing on all six cylinders, to say nothing of the spheres.' The author shows an unusually intimate knowledge of the workshop side of refraction work, and of what can be asked and expected of the spectacle maker. He has much that is both interesting and valuable to tell us of the virtues of the different types of bifocal lenses, and of the small but important adjustments necessitated by different occupations. The methods of overcoming the undesirable cylindrical and prismatic effects of strong lenses in oblique vision, the discomforts of the anisometropic correction, and the difficult problems of cataract glasses receive a good deal more attention than we meet with in most works on refraction. Both because of his transatlantic idiom and for other reasons the author's meaning is not always quite plain, but he has much to say that will be helpful to those who are already well-grounded in refraction work but are seeking guidance in the difficult art of prescribing.

Cystoscopy. By James B. Macalpine, F.R.C.S. Bristol: John Wright & Sons, Limited. 1927. (25s. net.)

The cystoscope is now the vogue among surgeons. It is not difficult to learn to use the instrument, but to understand what one sees through it is a matter requiring long experience. We have known of cases where the surgeon said he saw an ulcer or tumour within the bladder at a cystoscopic examination; operation advised and performed revealed a normal bladder. Given the guidance of a book such as this, and a certain amount of practice, such errors will be avoided. For these reasons alone we would welcome Mr. Macalpine's book, but there are others, for the advanced technique is fully described and many comparatively rare conditions discussed; in short, whether regarded as a primer or book of reference on cystoscopy it is complete. Commencing with a short historical chapter, the cystoscope is then described in detail, its method of working, how to sterilise and care for it, &c. The third chapter is devoted to the examination of the patient, order of investigation, indications and contra-indications to cystoscopy, anaesthesia and preparation. In the fourth chapter the normal bladder is discussed, and the text (as throughout the book) interspersed with numerous diagrams, photographic reproductions and coloured drawings, all beautifully clear and true to life. The next ten chapters are given to detail consideration of acute and chronic inflammatory conditions, trabeculation, tumours, calculus, foreign bodies, ureterocele, varix and malakoplakia, each fully describes and suitably illustrates these various conditions as seen through the cystoscope. Chapters on prostatic hypertrophy, bladder altera-
tions from physiological and pathological changes in the uterus, ureter catheterisation, stone in the ureter, diseases of the kidney, renal function tests and pyelography complete the book. These chapters are all excellent, but one cannot help commenting on the last chapter—that on pyelography—it is one of the best descriptions we have seen incorporated in any book on this comparatively new but now universally used diagnostic method. Mr. Macalpine wisely directs attention to the difficulty in reading accurately the pyelogram, and, what is more, gives many useful hints in differentiating normal from abnormal. The book is beautifully produced, it is never tiresome to read, and, moreover, is a credit to author, publisher, and artists. It may be regarded as essential for surgeons.

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Human Pathology. By Howard T. Karsner, M.D. London J. B. Lippincott Company. 1927. (45s. net.)

It seems to us that human pathology should embrace more than morbid anatomy, but Dr. Karsner's text-book deals principally with the latter division of the subject. It is good enough in its way without being superlative, and offers a fair general presentation of the main facts of human morbid anatomy. The book is of readable size, and is well printed with many illustrations. Its general arrangement follows conventional practice, the first 414 pages being devoted to general pathology, while the remainder of the volume (472 pages) deals with the pathology of the various organs. Dr. Karsner is to be commended for the extremely up-to-date character of his text, which includes such recent and noteworthy additions to morbid anatomy as Bailey and Cushing's work on cerebral tumours and on the pituitary gland. The reticulo-endothelial system is also described and its relation to Gaucher's disease, Nieman's disease and lipoid metabolism is considered. It is, we think, unfortunate that Dr. Karsner has referred so frequently to the published works of others, since it is manifestly impossible to embark on an encyclopaedic review of the world's literature. We are left with the impression that the literature to which he so freely refers has not been subjected to a very critical scrutiny. Dr. Karsner states in his preface that it is essential to medical education that the student should acquire familiarity with the "names which have furnished its heritage." The principle is sound, but it is surely essential that the names included should be those which are universally honoured for their pioneer work. We note particularly the omission of the name of Ehrlich in connection with anaemias and the differentiation of the blood cells, Dale in connection with shock, and Haldane on anoxæmia. But other omissions could also be mentioned. Human pathology is incomplete without a
concise presentation of the general phenomena of immunity. Dr. Karsner's chapter on the principles of infectious disease is inadequate, and fails to give the new student a proper perspective. The illustrations are numerous but of indifferent quality, being too full of detail which obscures the essential purpose of illustrating the words of the text, e.g., Figs. 7, 60, 323, et al. convey little to the eye, and are useless to new students. The coloured plates are poor, the register frequently being extremely bad. Plates XIV. and XV. might well be omitted without sacrificing anything useful. The description of Fig. 292 omits the most obvious abnormality, viz., the compensatory hyperplasia of the liver lobules, and in the text no mention is made of this highly important change in "central or cardiac cirrhosis."

It is, of course, generally easy to pick out faults in a new text-book, and doubtless these will be modified in the light of experience and criticism. Dr. Karsner's text-book will, we think, prove more interesting to the reader who is advanced in the subject than to the novice. The bibliography at the end of each chapter is unusually full, and should be of great service to senior students and practitioners.

Variations in the Form of the Jaws, with Special Reference to Their Etiology and Their Relation to the Occlusion of the Dental Arches. By J. Sim Wallace, M.D., D.Sc., L.D.S. The Cartwright Prize Essay, 1920-25. London: Bailliére, Tindall & Cox. 1927. (17s. 6d. net.)

The possession of sound teeth, regularly arranged, is a great asset in human beauty and not less in human welfare. It is a subject therefore of wide interest, attracting the attention of "the man in the street," and likewise of many different classes of thinkers and observers. From his previous writings Dr. Wallace has shown himself to be eminently well fitted to present the subject in an attractive, suggestive, and practical fashion to his readers, and in the present volume he offers us the result of his studies in a field in which he is an acknowledged master. After a consideration of the normal variations of the jaws, he discusses the growth and formation of bone, with special reference to the effects of pressure and tension strains on the jaws, the influence of disease and ill-health on their growth, and the size and position of the tongue in relation to variations in the jaws and dental arches. The antero-posterior growth of the jaws, crowding of teeth, and mal-occlusions such as open bite, pre- and post-normal occlusion, are fully taken up. He then discusses the effects of mouth-breathing and adenoids, and of loss and absence of teeth. A chapter on accessory food factors follows, and will be found of special interest.
to medical practitioners. The volume closes with a consideration of heredity and environment, and of natural selection. The work is a thoughtful presentation of an interesting and important subject, and enhances the already high reputation of the author. The text is handsomely printed, and is enriched with many beautiful illustrations, and the volume is a credit to the publishers.

**An Introduction to the Law and Tradition of Medical Practice.**

By Wm. Sanderson, M.A., LL.B., and E. B. A. Rayner, B.A., LL.B. London: H. K. Lewis & Co., Limited. 1926. (7s. 6d. net.)

This book is a summary of a larger one dealing with "The Law and Tradition of Medical Practice," a treatise on the rights and duties of physicians, surgeons and dentists, with a complete description of the status of apothecaries and midwives. Written by members of a sister profession, it possesses on that account an interest not usually found in medical writings. By those who shun law on all possible occasions the parts dealing with traditions and customs will be most appreciated. The authors have dealt with this aspect of the subject from an historical point of view, and the numerous quotations themselves make interesting reading. The more strictly legal part of the work is succinctly and clearly dealt with. We found the volume much more interesting than the title promised.

**Imhotep, Vizier and Physician of King Zoser.** By Jamieson B. Hurry, M.A., M.D. London: Humphrey Milford (Oxford University Press). 1926. (7s. 6d. net.)

We have read few books dealing with the early history of medicine with more pleasure than the present monograph on one of the earliest of known physicians. Dr. Imhotep, as Osler has called him, lived in the reign of King Zoser, a Pharaoh of the IIIrd Dynasty (circa 2980-2900 B.C.). He is the earliest physician of whom historical details have survived. He was also a man of many parts. As Grand Vizier, Architect, Chief Lector Priest, Sage and Scribe, Astronomer and Magician-Physician, he played a leading part in the history of his time. He is recognised as the architect of the famous step-pyramid of Sakkarah, near Memphis—the earliest large stone structure known to history. It was constructed of hewn stone instead of bricks. It was as a physician, however, that his name was to survive, and while he rendered service both to the bodies and spirits of the sick and afflicted while he lived, after his death he was raised to the dignity of a
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demigod, and at a much later date to that of Egyptian God of Medicine. Three temples were built to his honour, one of which on the Island of Philae still survives in part. After the conquest of Egypt by Alexander, the Greeks amalgamated Imhotep with their own and much more modern Asklepios (Æsculapius). The book contains several good photographs and other illustrations. It should be secured by all who are interested in ancient medicine.

NEW EDITIONS.

Hints to Probationer Nurses in Mental Hospitals. Second Edition.
By Richard Eager, O.B.E., M.D. London: H. K. Lewis & Co., Limited. 1926. (Is. 6d. net.)

These hints are published to help those who are starting their ward duties, and who have had no previous training. Beginning with a few fundamental rules, the reader is taken through a series of common emergencies and the measures to be taken in coping with them. Thereafter ward duties are dealt with, first generally, then those of special importance in more detail. The remainder of the book is given to an introduction to the study of psychology, which should prove useful to those who are about to be introduced to many new terms, which at first must seem rather bewildering.

Venereal Disease: Its Prevention, Symptoms and Treatment. By H. Wansey Bayly, M.C. Third Edition. London: Faber & Gwyer, Limited. 1927. (10s. 6d. net.)

All sections have been carefully revised and numerous small additions have been made. The book is much improved. It gives briefly a reliable account of modern methods in regard to gonorrhoea and the early stages of syphilis. We like the sections on gonorrhoea best, and we like least those parts of the book dealing with the clinical aspects of late syphilis.

Urinary Surgery. By William Knox Irwin, M.D., F.R.C.S.E. Second Edition. London: Baillière, Tindall & Cox. 1927. (10s. 6d. net.)

The previous edition of this book was entitled "Surgical Urology," but that was said to be ambiguous—hence the present title. Many books have recently appeared on the subject of urology, but most of them have been of interest chiefly to the general surgeon
or urologist; not so this book, which is essentially one for the general practitioner. The author discusses the urinary apparatus from the symptomatological point of view, grouping the chief symptoms under the following headings:—Incontinence of urine, frequent micturition, difficult micturition, retention, pain, haematuria and pyuria. Treatment is discussed under each heading, and many good "tips" are given, but details of operative procedures are omitted, and this, we think, is the correct attitude for an author in a book designed for the practitioner rather than the specialist. Theoretic and debatable matter is excluded: it is clearly written and, above all, practical. The book is one which should be in the possession of every medical man.

Compendium of Regional Diagnosis in Affections of the Brain and Spinal Cord. By ROBERT BING, Basle. Third English Translation by F. S. ARNOLD, B.A., M.B., B.Ch.Oxon. London: William Heinemann (Medical Books), Limited. 1927. (15s. net.)

As a book of reference, and when confronted with some difficulty in locating a lesion of the brain or spinal cord, this volume will be found of great help to the physician and surgeon, as well as to the neurologist. It is not in any sense a treatise on nervous diseases, but rather one on the applied anatomy and physiology of the nervous system. There are several alterations in the illustrations in this edition, and these constitute quite an important feature of the work as a whole. We have found the book very useful in past editions, and have no doubt that the present translation will meet with a deservedly good reception.

Pocket Cyclopedia of Medicine and Surgery. By GOULD and PYLE. Third Edition. Revised, Enlarged, and Edited by R. J. E. SCOTT, M.A., B.C.L., M.D. London: H. K. Lewis & Co., Limited. 1926. (12s. net.)

Though the general plan of this compact little volume remains unaltered, the book has been thoroughly revised, much of it has been rewritten, many new articles have been incorporated, and a few of the old ones omitted, with the result that the work has been brought well into line with present-day knowledge and requirements. For those in search of immediate information given in an abbreviated form the book should prove valuable. It is arranged alphabetically, cross references are numerous, and, where likely to aid the reader towards quicker assimilation, a good deal of material is provided in tabular form.