physical, mental and spiritual deformation consequent on modern industrialism must be guided and controlled by an inspired rationalism. The scientist must take the lead, and turn the present chaos of conflicting speculations about physical education into a cosmos of orderly teaching and practice." It is to be hoped that Dr. Griffin's readers generally will be more fortunate than the reviewer in their attempt to understand what that means.

MODERN TREATMENT IN GENERAL PRACTICE.

Vol. III.

Edited by CECIL P. G. WAKELEY, D.Sc.,
F.R.C.S., F.R.S.E. 436 pp., 54 figs.
The Medical Press & Circular, London.
1937. Price 10/6 net.

This third volume of *Modern Treatment* contains fifty-one articles by as many writers of distinction on as many subjects. One is struck by the frankness and directness of many of the articles, especially on surgical subjects. Only men of great experience and courage could write these revelations of things as they are and point the moral. The articles on the treatment of hare lip, and the diagnosis and treatment of fistula-in-ano are very illuminating as to anatomy and method compared with a generation ago. In the article on breast cancer and its treatment by radium a plea is put forward for every district to have its cancer hospital, just as it has its asylum, tuberculosis hospital, and infectious diseases hospital. In all there are six articles on cancer treatments.

It is refreshing to read under chronic bronchitis, "It has long been a habit of mine to advise chronic bronchitics dwelling in town to close their bedroom windows on cold, damp, and foggy nights" and "In the more advanced cases, this practice may have to be extended . . ." There follows valuable advices on drug treatments. The value of a compressed-air chamber in emphysema is recognized and explained and substitutes described and objections met.

Behaviour disorders in children and psychological problems in childhood, organic aspects of psychiatry, and psychiatry and general practice are also dealt with concisely. And many others, including injuries about the wrist-joint, and industrial injuries of the hand and foot.

In an article on dietetic essentials in general practice the following statement occurs, which is contrary to historical facts in regard to adenoids and rickets at any rate:—"It is important to remember this (heat coagulates some of the constituents of milk, notably albumen; it kills the friendly bacteria, and drives off the vitamins and enzymes), because in the pre-vitamin days, when the microbe dominated not only the surgery but the kitchen, it was an unchallenged axiom that all milk, and nearly all other foods, should be, ought to be, must be, cooked. And they were; with the result that adenoids, appendicitis, rickets and various other deficiency diseases filled the wards and out-patient rooms of the hospitals, breeding criminals, pansies, and village idiots . . ." After having been brought up in the faith that milk is a too watery food for adults most readers will be surprised to read that "The proportion of protein in milk ($3\frac{1}{2}$ —4 per cent.) is admittedly very much more than is required in an ordinary adult diet." Of course, this paradoxical statement is false, since the average adult diet, allowing for watery content, is about fifty ounces of foodstuffs, and so, to yield $3\frac{1}{2}$ to 4 ounces of protein, must contain for the whole of it, 7 to 8 per cent. of protein; the average being obtained from mixing beef steak, chops, ham, all 17—19 per cent. of protein, with potatoes, cabbage, carrot, butter, apples, etc., all 1—2 per cent. protein, and adding some bread, 9 per cent.; egg, 15 per cent.; cheese, 26 per cent.; sugar and starch, nil per cent.; etc., etc.

The whole volume is an excellent and varied feast or diet, highly recommended for study in measured amounts, daily or weekly.

THE DIAGNOSIS OF NERVOUS DISEASES.

By SIR JAMES PURVES-STEWART, K.C.M.G.,
C.B., M.D., F.R.C.P. Edward Arnold
& Co. 1937. Price 35/-.

This book must have been the *vade mecum* of legions of students, house-physicians and doctors in acquiring an understanding, and a facility in the diagnosis of nervous diseases, proof of which is surely amply revealed by the fact that it has passed through eight editions in the space of thirty years. When the book made its first appearance in 1906 it was hailed