MODERN DIETARY TREATMENT.
By M. ABRAHAMS and E. M. WIDDOWSON. 
Pp. 401. Bailliére, Tindall & Cox. 1940. Price 10s. 6d.

During recent years the subject of nutrition has completely changed owing to considerable advances in our knowledge of vitamins, metabolism and in methods of food analysis. The subject is dealt with in a very practical and complete manner in this book. In this second edition the subject matter has been brought up-to-date and new matter is included. Thus a diet for jejunostomy is described with instructions for its administration together with the description of a low phosphorus diet for hypoparathyroidism.

The first two chapters are devoted to the consideration of the principles of nutrition with reference to the constituents of the normal diet and food requirements. There are descriptions of high and low calorie diets and of invalid diets. An important section of the book deals with diets in diseases of the alimentary system, in diabetes, in diseases of the kidneys, gout and rheumatism and in disturbances of mineral metabolism. Useful chapters are given on recipes and the chemical composition of foods.

This book is recommended to practitioners, nurses and dietitians.

A TEXT-BOOK OF PUBLIC HEALTH.
By W. M. FRAZER, M.D., M.Sc., D.P.H., and C. O. STALLYBRAS, M.D., Ch.B., D.P.H. 

A standard text-book has the advantage that each immediately previous edition has undoubtedly been used as a draft for revision, and therefore each successive edition should approach nearer to the ideal. It has the disadvantage that unless the revision is done ruthlessly and amendments are carefully incorporated, it will present a variform appearance, and may not even be correct. The variformity is marked in this, the tenth edition of the book, for which edition Professor Frazier and Dr. Stallybrass are responsible. But it is true to say that the seemingly more dated parts are those which matter least to the modern student—meteorology, atmospheric pollution and so on—while the more important sections bear the stamp of common sense modernity. Even vital statistics, that section which is so dreadfully tedious to the average student, is made pleasantly readable, and is greatly enriched by the lucid exposition of gross and net reproduction rates based on Kuczynsky's work. The sections on genetics and on mental hygiene deserve a special word of praise. A short chapter is added on medical aspects of civil air defence, a somewhat heroic effort in view of the ever-changing front produced by official memoranda.

The authors are both officers of the corporation of Liverpool and members of the academic staff of the University so, perhaps inevitably, there is a little too much local atmosphere. The result is that the details of county borough administration rather obscure the small but essential differences in non-county borough areas. But the book remains useful both as a background for medical students and as a text-book for post-graduate public health students, and in addition it should find a place "on the line" of the reference shelves of public health authorities.

MANSON'S TROPICAL DISEASES.

Every one who has served in the tropics is familiar with Manson's Tropical Diseases. This work was first published in 1898 and was designed by Manson to be "a manual of the diseases of warm climates, of handy size, and yet giving adequate information." It now appears in its eleventh edition.

After the death of Manson the work has been edited by Dr. Manson-Bahr who has endeavoured to carry out Manson's original object. The editor has succeeded in producing a handy volume, crammed with information about the diseases met with in warm climates. The work is well up to date in spite of the rapid advances which have been made in our knowledge of these diseases during the forty odd years following the publication of Manson's first edition. The editor explains that "this rapid progress has necessitated a complete revision of the book every three or four years."

The present edition presents certain new features. Two chapters have been added at the beginning of the book on "life in the tropics." This addition will be much appreciated by those who wish to know something of the physical requirements of individuals who propose to live in the tropics. In these chapters the physiological effect of climate and environment on Europeans is discussed and explained. Rules are laid down in regard to the use of clothing, food, and exercise in the tropics. Other principles for increasing bodily comfort, there, are discussed.

The second chapter might well have ended at this point but, sandwiched into it, there is an account of certain forms of anaemia which might have found a place in some other part of the work.

The story of these anemias is followed by an enumeration of certain diseases met with in temperate climates but which also occur in the
tropics. Some of these diseases, as for example appendicitis, carcinoma of the stomach and intestinal tract, diseases of the gall-bladder, rheumatic fever, gout, scarlet fever, diphtheria, and syphilitic disease of the nervous system are said to be comparatively rare among the inhabitants of the tropics as compared with their prevalence among the people in a temperate climate. On the other hand, there are certain diseases which are more frequently met with among the inhabitants of tropical lands than among the people of temperate climes, such for example, as primary carcinoma of the liver, cirrhosis of the liver, vesical and renal colitis, gonorrhea, diabetes, and fatal forms of pneumonia.

Special attention has rightly been drawn to tuberculosis which "is gradually being recognised to be prevalent to a much greater extent in the tropics than was formerly thought possible." The rapidity of the spread and the malignity of the course of pulmonary tuberculosis in the Pacific Islands, as described by Robert Louis Stevenson, is referred to. Attention is drawn to the statement by Rorers in 1919 that no less than 9 per cent. of deaths in India were due to tuberculosis. "This disease has been proved to be the main cause of death in Jamaica, the Gold Coast, the Philippines, on the Congo, and in Tanganyika, where it has been studied by Willcocks." "Scott has shown that during the last ten years there has been an enormous increase in prevalence: in some cases, as in Nigeria and British Guiana, it has been five- and six-fold." It has become a veritable plague in those parts of the tropics which are slowly progressing towards a higher standard of civilization or social and economic advancement. These changes have been contemporaneous with industrial development. Here we have the beginnings of an industrial revolution. We are reminded that history repeats itself.

Another feature of the new edition is an account of vitamins, their classification and chemical constitution. This serves as an introduction to Section II which is concerned with the vitamin deficiency diseases. It is an asset to the discussion of a condition which is unfortunately only too common in the tropics among a people with a low economic status.

Special attention has been devoted to the subject of virus diseases. The description and study of these diseases in section E is prefaced by what is called a preliminary statement. This gives a brief outline of the history of our knowledge of virus diseases, the action of viruses on cells, their cultivation, filtration, and physical properties. A brief account of the epidemiology, treatment, and prophylaxis of virus diseases closes this preliminary statement.

The virus diseases met with in the tropics are next described and the last chapter in this section is concerned with Pock diseases. Interesting facts are detailed regarding the detection
and cultivation of the elementary bodies of smallpox, and some remarks are made on the treatment of the disease but no detailed account of it is given. The fact, however, is mentioned that 82,640 cases of smallpox occurred in British India in 1938 with a mortality of 27 per cent. In place of an account of smallpox Alastrim is described, a rare pock disease which is seldom fatal. The reviewer believes that smallpox is now so infrequently met with in this country that very few medical students or practitioners have seen patients suffering from it, so that, in his opinion, a description of the disease would be useful to medical men who have to serve in the tropics where the disease is common.

In perusing this work it is obvious that the editor is constantly confronted with the difficulty of determining which diseases are to be regarded as tropical and which are not tropical. On page 619 he says that he has been criticised for including yaws in the list of tropical diseases. It has been suggested that yaws and syphilis should be included as one disease: “rather it is better,” he writes, “to adhere to the idea that yaws represents a form of primitive spirochetosis which is found only at the present day in the tropics.” The reviewer is thus forced to put the question, as to when will we come to learn that the use of the term tropical disease, as currently understood, is incorrect and misleading? The diseases which are generally regarded as tropical diseases to-day, malaria, plague, cholera, leprosy, dysentery, and a host of other diseases, were common in Europe not many centuries ago when the social and economic status of the people inhabiting Europe was not far different from that of the people inhabiting many parts of the tropics to-day. There is no doubt that the prevalence of these diseases among a population depends far more on their social and economic status than on the climatic conditions to which they are exposed. Perhaps enough emphasis has not been given to this aspect of the problem in this book.

It is unnecessary, here, to refer to the subject matter contained in the previous editions of this very comprehensive work, other than to say that the description of the many diseases mentioned has been brought up to date. In certain instances whole chapters have been rewritten because of the rapid progress of our knowledge within quite recent years, of the diseases described. The chapters on yellow fever and on the typhus group of diseases are examples. Much additional matter, too, has been added to the chapter on malaria, especially in regard to the treatment of the disease by synthetic drugs.

The reviewer is of the opinion that the relegation of many zoological details, about the parasites which cause disease and their intermediary hosts, to an appendix, separated from the description of the diseases associated with them, has resulted in a good deal of repetition and has involved the introduction of cross references which have consumed space. This is not an improvement in his opinion, for there is a tendency for readers to neglect the contents of an appendix which they regard as relatively unimportant. A less comprehensive view of a
disease is obtained if this practice is followed. The prevention or suppression of the disease is particularly neglected in these circumstances.

This work would be greatly improved if at the end of every chapter some references were supplied to the more important and more recent papers concerned with the study of the particular disease or diseases dealt with in the chapter.

LANDMARKS AND SURFACE MARKINGS OF THE HUMAN BODY.

By L. Bathe Rawling, M.B., B.Ch., F.R.C.S. H. K. Lewis & Co. 1940. Price 8s. 6d.

The eighth edition of this well-known book differs from its predecessors by being written in the British Revision of the B.N.A. Terminology, those older terms still used in the surgical textbooks are retained as alternatives.

The author has given with commendable brevity the main markings of surface anatomy in a practical and easily-remembered form, not merely as a series of isolated markings but rather as a development of the student's previous anatomical knowledge. Objection might be raised to some of the markings, especially certain of those in the chapter on the abdomen, on the ground that they are too dogmatic, but this objection is not really valid if the book is to retain its present concise handy form.

In plate vii the transtubercular plane is incorrectly shown as, and incorrectly stated to be, the plane joining the highest points of the iliac crests. This is remedied in the chapter on the abdomen where the true location of the plane is given, and it is explained that a line joining the highest points of the iliac crests cuts the spine at the level of the disc between the 3rd and 4th lumbar vertebrae, and not at the level of the body of the 5th lumbar vertebra as does the transtubercular plane.

Additionally in plate xxv the tendon of extensor hallucis longus on the left side is shown being inserted into the distal portion of the distal phalanx of the big toe instead of into the base of this phalanx.

Despite these slight blemishes the illustrations are excellent, clarity being obtained by the bold use of colour, a strictly limited number of structures on each plate, and the provision of many plates.

Altogether this is a book which can be highly recommended to those wishing to gain a sound working knowledge of the subject.

**Forthcoming Medical Books.**

**HENRY KIMPTON,**


"Principles of Surgical care, Shock and Other Problems." By Alfred Blalock M.D. In one large octavo volume of 325 pages, illustrated. Cloth. Price 22s. 6d. net.


**LEWIS'S BOOKS**

NEARLY READY. With 6 Coloured Plates and 133 Illustrations in the text. Demy 8vo. 30s. net; postage 6d.

VENEREAL DISEASES

By E. T. Burke, D.S.O., M.B., Ch.B., Lieut.-Col. (late) R.A.M.C., Director, L.C.C. (Whitechapel) Clinic; Consulting Venerologist, Public Health Department of L.C.C., Lecturer in V.D. at London Hospital Medical College, University of London, etc.

BUCKLEY'S ARTHRITIS, FIBROSI SIS AND GOUT

With 14 Plates containing 24 Figures. Demy 8vo. 7s. 6d. net; postage 6d.

"...a most complete and concise handbook..."—Practitioner.

RAY'S RHEUMATISM IN GENERAL PRACTICE:

A Clinical Study. (General Practice Series.) With a Foreword by Lord Horder, K.C.V.O. With 6 Plates. Demy 8vo. 10s. net; postage 6d.

"... the best account of rheumatism in our language."—Medical Press and Circular.

COMPLETE CATALOGUE POST FREE ON REQUEST.

LONDON: H. K. LEWIS & Co. Ltd., 136, GOWER STREET, W.C.1