

Dr. Cox's book is an epitome of all that is required and known to date. It contains references to all the most modern authors, a list of contraceptives, chemical and mechanical, with the manufacturers' names and addresses. There is also given a useful list of rules for the patient to observe if she is to achieve success and avoid dangers incident to contraception. In fine it is a most valuable addition to modern medical literature.

### MEDICO-LEGAL ASPECTS OF THE RUXTON CASE.

By JOHN GLAISTER, M.D., D.Sc., Barrister at Law, Regius Professor of Forensic Medicine, University of Glasgow, and JAMES COUPER BRASH, M.A., M.D., F.R.C.S.Ed., Professor of Anatomy, University of Edinburgh. Edinburgh: E. and S. Livingstone. 1937. Pp. 284. 21/-.

This book is unique as a monograph for the medico-legal library. In the past have been published the famous series of volumes recording important criminal trials, but never before has a book been produced which deals exclusively with the scientific work in the laboratory with regard to one criminal case, and its presentation in Court.

It is also an outstanding record of a case where the materials produced for investigation demanded the co-operation of a number of experts, each a specialist in his own department. Mention may be made of the medico-legal experts, anatomists, serologists and dental surgeons.

It illustrates well the fact that a medico-legal expert is in himself not sufficient to carry out the necessary thorough investigation, and that many minds, each an expert in his own speciality, should co-operate in unravelling a mysterious problem under the guiding hand of the medico-legal expert.

The Ruxton Case will long remain a *classic* with regard to the identification of human remains, and in this respect, the work which was carried out by the anatomists is unique. It is good that a detailed description of this has been put on permanent record. The work of the dental surgeons also shows what meticulous care was taken in a lengthy and laborious investigation with regard to the teeth and jaws of the two murdered women.

The book is well illustrated, as it should be in such a volume as this, and the whole story of the gradual piecing together of the evidence which was eventually to bring Ruxton to the scaffold reads with extraordinary thrilling interest.

It will be of particular value to those who are engaged in medico-legal work, and should be read by all who are pursuing post-graduate study in forensic medicine.

### A SURVEY OF CHRONIC RHEUMATIC DISEASES.

(Contributed by contemporary authorities in commemoration of the bicentenary of the Royal National Hospital for Rheumatic Diseases, Bath, 1738-1938.)

Compiled under the direction of the following editorial committee: R. G. GORDON (Chairman), J. BARNES BURT, R. WATERHOUSE, G. P. R. ALDRED-BROWN, F. J. POYNTON, G. D. KERSLEY. Humphrey Milford, Oxford University Press. 1938. London, New York, Toronto. Pp. 338, illustrated. Price 18/- net.

The International Congress on Rheumatism and Hydrology has met quite recently, there has been a Trans-Atlantic broadcast on rheumatism, and now Bath, one of the oldest spas in England, has produced a survey of the rheumatic diseases.

Truly, rheumatism, so long neglected, has come into its own at last!

The Royal National Hospital for Rheumatic Diseases, better known as the Royal Mineral Water Hospital, finds that it cannot cope with the demands for its services, and that it has become necessary for it to find a new site and new buildings, and in a foreword has been sketched a brief history of the work that has been done within its doors for the last two hundred years.

Thirty contributors have combined to make the survey complete and to the point, and they hail from all over the world, so that an enormous amount of work, and a long time must have been necessary to correlate and co-ordinate their work.

All the problems which continually confront rheumatologists are dealt with here, and the fact that they still are problems is rather a depressing thought, for indeed, although treatment has advanced a long way, essential ætiology still lags behind, and there seems little doubt that an entirely new angle will have to be taken on the rheu-

matic diseases before they can be dealt with really effectually.

Just as rickets and scurvy could be dealt with from the treatment side before vitamins were thought of, so rheumatism can to some extent be controlled, but we still await the basic thought which will make our control complete and logical. And indeed it does not follow that some specific virus need be discovered to bring this about, for the world famous allegory of the "seed and the soil" may be found to have its most complete vindication in the field of the rheumatic diseases.

Sir Humphrey Rolleston draws a most accurate and readable picture of the history of rheumatism. Hench of the Mayo Clinic discusses whether rheumatoid arthritis is a disease of microbic origin, and quotes 175 references, and concludes rather hesitatingly, that "experience with large numbers of patients has given me the distinct clinical impression that a programme of treatment based on approval of the microbic theory is superior to those programmes which . . . relegate it to a place of minor importance." We feel that Dr. Hench could have said nothing which more aptly fits the evidence, and it is a fitting tribute to the pertinacity of mankind that he considered 175 references necessary to justify his conclusion.

Ralph Ghormley states the pathology of non-specific arthritis clearly, and states very truly that only material obtained at operation is likely to be useful in elucidating the disease and that this is comparatively hard to come by.

Copeman very rightly deprecates the attempt to dogmatise about the pre-arthritis stage of rheumatoid arthritis, and says, what badly needs saying, that papers and results published on the treatment of arthritis in the "pre-arthritis" stage should be considered with reserve. There is no doubt that this should be borne in mind by those enthusiasts who are convinced that they are able to recognise a "pre-arthritis" stage clinically, although it should be no deterrent to the recognition of the disease in its very early stages.

The editing of a book of this size, concerned with so many diverse contributors, must of necessity be a big task, but consideration should be given to the fact that its circulation may be large and possibly

world-wide, and every care should be given to this side of the work. There is, therefore, no need to spoil Dr. Bernard Schlesinger's very excellent article on Still's disease by putting in one of the X-ray plates upside down, and there are, besides this, a good many printer's slips in the book, some of which might be misleading to the less initiated.

On the whole, however, the book is excellent, covers the field which it set out to cover adequately and with distinction, and is a fitting memorial for the occasion which it celebrates.

### ANATOMY AND PHYSIOLOGY OF PHYSICAL TRAINING.

By MAJOR R. W. GALLOWAY, D.S.O., M.B., Ch.B., R.A.M.C. Edward Arnold & Co. 1937. Price 6/-.

In his book on the Anatomy and Physiology of Physical Training Major Galloway has made a praiseworthy attempt to show that the human skeleton is not merely a mass of dry bones and that muscles are made for movement. Too often is the muscular system looked upon as static and the importance of function is either forgotten or made subservient to structure.

The paragraph on postural defects might well have been elaborated, with perhaps a little more stress on synergic action and correlated relaxation, but a useful chapter on the main muscle groups follows (though a misprint of *Splenius* in the diagram on p. 39 requires correction) and is well capped by a chapter on Corrective Exercises.

Wise words are to be found on p. 62 regarding the use and abuse of the heart muscle, while the value of a good vital capacity is fully stressed. Then follow some valuable hints for the keeping of medical records and detailed methods of carrying out tests, but by far the most interesting part of the book is the small section on research figures.

The influence of smoking on vital capacity and endurance is well brought out and the figures confirming the great advantage of the non-smoker over the smoker are very conclusive. Major Galloway and his collaborator Major Stevenson might have done an even greater service, to athletes in particular, and humanity in general, had they produced experimental evidence of the effects of