

treatment is that the plaster jacket for the time being supersedes the muscles in supporting the body, and in consequence the more important line of treatment—viz., the training of the postural activity of muscle—cannot be proceeded with.

Once the deformity is corrected treatment proper is commenced. Our aim should be to teach the patient to hold his body in the correct position—i.e., the patient has to learn a habit. A habit is acquired by constant repetition, so that something which at first was only performed by voluntary conscious effort becomes automatic. The patient therefore must be constantly striving to hold himself correctly until it becomes habitual for him to do so. Naturally, at the same time he must avoid bad postures, and attention must be paid to his attitude when sitting at a desk at school, and the seat and desk altered so that the most comfortable attitude will be the correct one. For the same reason fatigue should be avoided and, if practicable, children should be made to rest in the prone position for an hour two or three times a day. Games are not harmful because they strengthen the muscles, but they are not curative any more than muscle-building exercises are. One is aiming, not so much at strengthening the muscle, as at teaching it postural activity.

The rôle of the masseuse can now be defined. It is her task to mobilise the spine and to loosen it so that the patient is capable of holding himself correctly. Her second duty is to show the patient the correct posture. She can do no more. It is the patient who must by persistent repeated efforts train his own muscles to hold his body erect. Much, of course, can be done by a careful mother.

Artificial supports, such as jackets and round back braces, require consideration. In the minor degrees of spinal deformity they are to be avoided because they do more harm than good. If they give no support they are useless, and if they give support they usurp the function of the muscles, and as I have tried to explain the aim of treatment is to teach the muscles to function properly.

We have seen that the erect posture is maintained by the postural activity of skeletal muscle. If postural activity is faulty a spinal deformity results which may be of two kinds—round shoulders and lateral curvature. From the point of view of treatment it is important to know whether the deformity is fixed or not. Treatment consists in first mobilising the spine, then in strengthening the muscles and in training postural activity. Postural activity is encouraged by persistent voluntary maintenance of the correct position, by avoiding incorrect postures, and by avoiding fatigue.

---

Our publisher desires that readers of the JOURNAL should be informed that it would be possible to supply covers for binding the numbers for the year if there is a reasonably large demand for such.

## EDITORIAL NOTES

### POST-GRADUATE WORK IN PROVINCIAL CENTRES.

As will be remembered, reference to this matter has been made in the Editorial and Correspondence columns in our successive issues from September last. We gladly take this opportunity of reporting progress. Inquiries having reached the Executive Committee of the FELLOWSHIP OF MEDICINE from places outside London as to the feasibility of sending lecturers from the staffs of Hospitals associated with the FELLOWSHIP to give lecture-demonstrations, they decided that teachers should be encouraged to go to these centres in the provinces whenever at any particular centre 20 members of the FELLOWSHIP were enrolled. The Executive Committee next approached the lecturers, asking if they would be prepared to do such work if requested, and notifying them that the FELLOWSHIP would wish to defray travelling expenses incurred, but could not offer any special fee. Within a very short time some eighty acceptances of this invitation were received, and so provision is being made for provincial teaching in all departments of our work and obtainable in any district. A really fine panel of teachers is therefore available. The next step is for those concerned to send requests for this assistance in developing their own post-graduate opportunities.

\* \* \*

As a nation we have had happy experience of coördinated research and prevention of disease among our own colonies, if we may employ that word to-day, and at no time perhaps more happily than under the direction of the late Mr. Joseph Chamberlain as Colonial Minister. A similar remark applies to other European countries and notably also to the United States of America. But never, we believe, until to-day has a public health service for the world been coördinated as that from Geneva through the Health Section of the League of Nations. The Epidemiological Intelligence Department of the League now promulgates a weekly bulletin on epidemic disease, and has arranged to "broadcast," as from Jan. 15th, a daily report in regard to influenza. A medical correspondent in Geneva, where the victims of influenza have reached their thousands, writes that in his opinion the epidemic resembles in type that of the black year 1918, only less serious in degree.

\* \* \*

All this raises again the question of the unrivalled opportunities of the man in active general practice for research. We have for long held the view that a post-graduate institution—a post-graduate university it might be—should include among its main aims the encouragement of research among medical practitioners, and to this matter we hope to return in a future issue. Among

other lines of investigation open to them, as it appears to us, in respect of influenza are, first, the matter of differentiation between cases grouped as "influenza." We have, doubtless, all heard the gibe that from a diagnostic point of view "influenza is a refuge for the destitute." Secondly, the matter of periodicity particularly, is the "thirty-three weeks formula of recurrence" a sound one? And, thirdly, although in this matter laboratory assistance would usually be required, is what we may, for shortness, call the idea of symbiosis, one phase of which is, Are all supposedly incriminated microbes secondary?

\* \* \*

We regret to have to record the untimely loss, at the age of 48, of Mr. JOSEPH E. ADAMS, M.S., F.R.C.S., who at the time of his death on Dec. 22nd was surgeon to St. Thomas's Hospital and senior surgeon to the East London Hospital for Children, Shadwell. He lived a strenuous and devoted life as a surgeon and surgical teacher, and that in spite of a heavy handicap in the matter of health due, it was proved, to a congenital diaphragmatic hernia. No later than Oct. 21st last he gave one of the Fellowship Lectures as part of the course on "Emergencies in Medicine and Surgery," his subject being "Acute Appendicitis." We hope shortly to publish this lecture in the POST-GRADUATE MEDICAL JOURNAL. As fellow workers in post-graduate education we mourn his loss.

\* \* \*

#### HOW TO HELP.

We feel confident that some indications to the readers of our JOURNAL as to how they can help on post-graduate work, and incidentally the JOURNAL, will be welcomed by them. One way, of course, is by drawing the attention of their medical brethren to the JOURNAL and asking them to become subscribers, or, better still, members of the Fellowship—membership including the delivery of the JOURNAL. Another practical way is to mention the name of the JOURNAL when writing to advertisers for information about matters advertised in its pages. We need not, in explanation, labour the points that the Fellowship is not conducted for profit and that its working expenses are substantial. A not-less valuable and practical way would be to write to the chairman of the Editorial Committee on points of principle in post-graduate work, suggestions as to new lines of activity—e.g., mentioning subjects on which courses of lectures or demonstrations might be organised, and criticisms accompanied, for choice, by suggestions as to improvement. All criticism is welcomed—destructive or even iconoclastic, but especially constructive criticism. Comments are invited, for example, on the large subject now calling for development, the forwarding of the post-graduate idea in districts outside the sphere of university centres.

Although we cannot find space for printing all the kind things that are being said about the POST-GRADUATE MEDICAL JOURNAL, yet we cannot refrain from publishing the *ipsisissima verba* of one of the later, dated Jan. 11th, from across the Irish Sea. It was addressed to our publishers and runs: "I enclose 6s. (cheque) for 12 months sub. to the POST-GRADUATE JOURNAL. If future Nos. are as good as the one for January it will be a very cheap investment. Any chance you would make it a weekly?"

\* \* \*

#### OFFICIAL INTIMATIONS.

THROUGHOUT the month of February there will be conducted a four weeks' course in Dermatology at the London School of Dermatology (St. John's Hospital), comprising clinical instructions in the out-patient department and formal lectures twice weekly dealing with the various affections of the skin. For those desiring instruction in the pathology of skin disease a course can be arranged.

Likewise a four weeks' course will begin on Feb. 7th in Venereal Diseases at the London Lock Hospital. This course, which is of a most comprehensive character, deals with the up-to-date methods employed for combating syphilis. Clinical instruction is given by members of the staff daily, afternoons and evenings. In addition there will be a series of formal lectures dealing with this subject.

From Feb. 7th to 19th a combined course in diseases of children will be undertaken by the Paddington Green Children's Hospital and the Victoria Hospital for Children. This will be an all-day course, so that those interested in the study of children's diseases will have every opportunity of obtaining tuition in this particular branch of medicine.

The Royal Northern Hospital is holding a course in general medicine and surgery and in the various specialities, open to all practitioners free of charge, from Feb. 21st for one week. This will consist of two lectures daily at 2.15 and 3.15. The remainder of the time available during the mornings and afternoons will be devoted to teaching in the wards and in the different departments of the hospital. As intimated in our January issue the Royal Northern Hospital will hold, during the first fortnight in March, a course on recent advances in medicine suitable for the M.R.C.P. and other higher examinations. The fee for this course will be five guineas.

Special attention is drawn to the well-known post-graduate course in Neurology held at the National Hospital, Queen-square, three times a year. The present one, which will continue for eight weeks, includes clinical lectures and demonstrations, teaching in the out-patient department, and lectures on the anatomy, physiology, and pathology of the nervous system.

The Fellowship of Medicine has arranged the following courses for March: on Diseases of the

Chest at the Brompton Hospital, on Diseases of Children at the Queen's Hospital, in Gynæcology at the Chelsea Hospital for Women, Ophthalmology at the Royal Eye Hospital, Orthopædics at the Royal National Orthopædic Hospital, and a Practitioners Course in general medicine and surgery and the specialities at the London Temperance Hospital.

Applications for the syllabuses of any of the foregoing Courses should be made to the Secretary of the Fellowship of Medicine, 1, Wimpole-street, W.1.

It should not be overlooked that the Fellowship of Medicine can accommodate post-graduates with courses in obstetrics at the Queen Charlotte's Hospital and the City of London Maternity Hospital. Clinical Assistantships can be arranged at the Samaritan Hospital for Women. Practical courses in Anæsthetics can also be arranged.

\* \* \*

We are desired to remind our readers that the second series of lectures arranged by the Fellowship of Medicine on Emergencies in Medicine and Surgery is now in progress. The lectures are arranged for 5 o'clock on Thursdays in the lecture hall of the Medical Society of London, 11, Chandos-street, W., and all members of the medical profession are cordially welcome to attend. The programme for February is as follows:—

- Feb. 3rd—Mr. H. W. Carson, Complications of Gall-stones.  
 ,, 10th—Dr. W. McC. Wanklyn. Exanthemata, with special reference to Small-pox.  
 ,, 17th—Dr. Wilfred Harris, Trigeminal Neuralgia.  
 ,, 24th—Dr. G. A. Sutherland, Fits and Faints.

Special demonstrations in Surgery and lectures in Ophthalmology have also been arranged by the Fellowship, which are free to members of the medical profession. The programme in Surgery is as follows:—

- Feb. 10. .3 P.M.—Mr. W. H. Trethowan at the Royal National Orthopædic Hospital.  
 ,, 14. .2 P.M.—Mr. Harold Kisch at the Central London Throat, Nose and Ear Hospital.  
 ,, 24. .2 P.M.—Dr. Andrew Wylie at the Central London Nose and Ear Hospital.  
 ,, 28. .3 P.M.—Mr. H. W. Carson at the Prince of Wales's General Hospital.

Those post-graduates desirous of attending the demonstrations at the Central London Throat, Nose and Ear Hospital are requested to notify the Secretary of the Hospital of their intention to be present. Telephone: Museum 1539.

The programme for lectures in Ophthalmology, which will be delivered at the Royal Westminster Ophthalmic Hospital at 5 o'clock, is:—

- Feb. 3. .Mr. Elmore Brewerton: Non-paralytic Squint and its Treatment.  
 ,, 9. .Sir Richard Cruise, Examination of the Eye as an Aid to Diagnosis.  
 ,, 18. .Mr. G. Viner: Ocular Palsies.  
 ,, 23. .Mr. C. L. Gimblett: Affections of the Cornea.

We have been asked to announce that the West London Post-Graduate College has arranged a

series of free lectures and demonstrations, according to the following programme:—

- Feb. 3. .Dr. Snowden: The Conversion Neuroses.  
 ,, 7. .Mr. Addison, Surgery of Stomach and Duodenum.  
 ,, 11. .Dr. Sydney Owen: Heart Disease in Infancy and Early Childhood.  
 ,, 14. .Staff Consultation at 5 P.M. on cases of special interest.  
 ,, 17. .Dr. Snowden: Mania and Depression.  
 ,, 21. .Mr. Tyrrell Gray: Gall-stones.  
 ,, 24. .Sir Henry Simson: Meddlesome Midwifery.  
 ,, 28. . " " The Supports of the Uterus.

The time of delivery of lectures is 4 P.M.

\* \* \*

The following Discussions will be held during February at the Post-Graduate Hostel, Imperial Hotel, Russell-square, W.C., at 9 P.M., and all medical practitioners are welcome.

- Wed. 2nd—Sir WM. WILLCOX: Parenteric Infections.  
 Mon. 7th—Mr. A. CLIFFORD MORSON: The Peccant Prostate.  
 Thurs. 10th—Dr. R. M. BRONTE: The Medical Witness in Relation to Crime.  
 Wed. 16th—Dr. G. F. STEBBING: Fractures of the Upper Third of the Femur.  
 Thurs. 17th—Mr. ERNEST CLARKE: Ophthalmic Emergencies.  
 Wed. 23rd—Mr. H. W. CARSON: Ulcers of the Lesser Curvature, their diagnosis and treatment.  
 Thurs. 24th—SYMPOSIUM: Ulcers over the Tibia. (Chairman: Sir D'ARCY POWER.)  
 Mon. 28th—LADIES' NIGHT: The History of Bloomsbury. (Mr. E. MUIRHEAD LITTLE.)

## Reviews

### ENGLISH WOMEN IN LIFE AND LETTERS.

By M. PHILLIPS and W. S. TOMKINSON. Oxford University Press: Humphrey Milford. 1926. Pp. 408. 10s. net.

It is difficult to know which to admire most, the excellent text of the book or its 200 illustrations. The industry of the authors must have been prodigious in collecting such a mass of material, and the reproduction of the pictures called from most out of the way sources is as good as it can possibly be. The book is mostly concerned with the life of English women during the seventeenth and eighteenth centuries, but there is a short account of an earlier period and of the first part of the nineteenth century. Rich and poor alike are described, virtuous and dissolute women, blue stockings, and the frivolous and idle. Although Moll Flanders is quoted, perhaps the class she represents is too lightly touched upon to give quite a fair picture, but with that possible exception, which certainly makes the book the more pleasant, the sense of proportion is admirable. Here and there we find things interesting to the physician. Dorothy Osborne bore iron badly; she took it for "the spleen," and prepared it by leaving steel lying in white wine; even this simple preparation made her sick. It is difficult to imagine the terror of small-pox in her day; we are told that men even refused to marry a woman unless she had had small-pox. An advertisement of the celebrated quack medicine called Cordial Balm of Gilead is of interest, as the proprietor prints two texts from the Bible in support of his rubbish, and there are receipts for many quack and domestic medicines. The picture of a half-naked girl drawing a coal truck in a mine in 1800 is horrible, and makes us thoroughly ashamed that our ancestors should have permitted such a practice. We must give up quoting and conclude by saying that this book is one of the most absorbing that we have seen for a long time.

# Fellowship of Medicine

AND

## Post-Graduate Medical Association.

TELEPHONE : MAYFAIR 2236.

### OFFICERS, 1927.

*President—*

Sir W. ARBUTHNOT LANE, Bt., C.B., M.S.

*Honorary Treasurer—*

Sir WILLIAM HALE-WHITE, K.B.E., M.D.

*Chairman of Executive Committee—*

Sir THOMAS HARDER, Bt., K.C.V.O., M.D.

*Honorary Secretaries—*

HERBERT J. PATERSON, C.B.E., M.C.

ARTHUR J. WHITING, M.D.

The Secretary (Miss M. ROY, at 1, Wimpole Street, W. 1), to whom all inquiries should be addressed, is in attendance daily from 10 a.m. to 5 p.m. (Saturday 10 a.m. to 12 noon).

The Fellowship provides open Post-Graduate Lectures; Special Courses in all the specialities of Medicine and Surgery, at individual hospitals, for fees and details of which application should be made to the Secretary of the Fellowship; a General Course at the 50 general and special hospitals affiliated to the Fellowship, the fees being as follows:—1 week, 2 gns.; 2 weeks, 3 gns.; 1 month, 5 gns.; 2 months, 9 gns.; 3 months, 12 gns.; 6 months, 18 gns.; 1 year,

20 gns. Holders of General Course tickets for one month or longer are entitled to certain privileges in regard to Special Courses. Arrangements are made to meet the needs of practitioners unable to do whole-time study. Cheques should be made payable to the Fellowship of Medicine and crossed "Barclay & Co."

The *minimum* Annual Subscription for Membership of the Fellowship of Medicine and Post-Graduate Medical Association is 10s. (or \$2.50) per annum, which includes the subscription to the POST-GRADUATE MEDICAL JOURNAL and admits the member to certain special lectures and demonstrations.

## SPECIAL COURSES.

### FEBRUARY.

Diseases of Children	.. .. .	Feb. 7 to Feb. 19—	Paddington Green Children's Hospital; Victoria Hospital for Children. All day. Fee £3 3s.
Dermatology	.. .. .	Jan. 31 to Feb. 26—	St. John's Hospital. Every afternoon. Fee £1 1s. (Practical Pathological Demonstrations arranged. Fee £4 4s.)
Venereal Diseases	.. .. .	Feb. 7 to March 5—	London Lock Hospital. Afternoons and evenings. Fee £3 3s.
Practitioners' Course	.. .. .	Feb. 21 to Feb. 25—	Royal Northern Hospital. Afternoons, No fee.
Neurology	.. .. .	Jan. 31 to March 25—	The National Hospital, Queen Square.
Functional Nerve Disorder	.. .. .	Feb. 14 to Feb. 25—	Tavistock Clinic. Fee £2 2s. (These Lectures are free to members of the Fellowship of Medicine. Apply 1, Wimpole-street, W. 1, for admission card.)

### MARCH.

Diseases of the Chest	.. .. .	March 7 to March 12—	Brompton Hospital. All day. Fee £4 4s.
Diseases of Children	.. .. .	March 28 to April 9—	Queen's Hospital. All day. Fee £3 3s.
Gynæcology	.. .. .	March 14 to March 26—	Chelsea Hospital for Women. Mornings and/or afternoons. Fee £5 5s.
Ophthalmology	.. .. .	March 28 to April 9—	Royal Eye Hospital. Afternoons only. Fee £1 1s.
Orthopædics	.. .. .	March 21 to April 2—	Royal National Orthopædic Hospital. All day. Fee £2 2s.
Practitioners' Course	.. .. .	March 21 to April 2—	London Temperance Hospital. Late afternoon, 1½ hrs. Fee £1 1s.

### APRIL (Easter Monday, April 18.)

Medicine, Surgery and Gynæcology	.. .. .	April 25 to May 14—	Royal Waterloo Hospital. Afternoons and some mornings. Fee £3 3s.
Electro-Therapy	.. .. .	April 27 to May 18—	Royal Free Hospital. Wednesdays 5.15 p.m. Fee £1 1s.
Tropical Medicine	.. .. .	April 26 to May 19—	London School of Hygiene and Tropical Medicine. Tuesday and Thursday afternoons. Fee £2 2s.

### MAY.

Diseases of Infants	.. .. .	May 16 to May 28—	The Infants Hospital. Afternoons. Fee £3 3s.
Diseases of the Throat, Nose and Ear	.. .. .	May 9 to May 28—	Central London Throat, Nose and Ear Hospital. All day. Fee £5 5s. (Operative class £7 7s.)
Psychological Medicine	.. .. .	(date not fixed)—	Maudsley Hospital. Afternoons. Fee £5 5s.
Urology	.. .. .	May 2 to May 28—	All Saints' Hospital. Afternoons and evenings. Fee £5 5s.
Venereal Diseases	.. .. .	May 2 to May 28—	London Lock Hospital. Afternoons and evenings. Fee £3 3s.
Practitioners' Course	.. .. .	May 16 to May 28—	Hampstead General Hospital. Late afternoons, 1½ hrs. Fee £1 1s.
Neurology	.. .. .	May 2 to June 24—	The National Hospital, Queen Square.

NOTE.—Practical Courses in Anæsthetics can be arranged at any time, and information on Clinical Assistantships in London Hospitals given. Courses in Obstetrics arranged.

Copies of the Syllabuses of above Courses and tickets of admission can be obtained from the Secretary to the Fellowship of Medicine, 1, Wimpole-street, W. 1.