hesitation in saying will be an useful addition to surgical pathology.

The whole book is comprehensive and very successful. Its get-up, illustrations (237 in a book of 233 pages) and above all the contents are uniformly satisfactory.

We have nothing but wholehearted praise of Professor Inglis's splendid investigations and his achievements. The only point to which we would like to draw his attention is that he has used the term 'cancer' throughout the text.

M. N. D.

RURAL WELFARE IN INDIA IN 1936.—By C. F. Strickland, C.I.E. Humphrey Milford, Oxford University Press. Pp. 54. Obtainable from Oxford University Press, Bombay, India. Price, As. 8.

MR. C. F. STRICKLAND has brought together in a convenient form the activities of the various organizations in India, governmental and other, which are actively helping the rural uplift movement in the country. The Government of India has made a sum of Rs. 3½ crores available to the provincial governments as grants to assist them in developing rural-welfare work. Some provinces such as Madras, Bengal, Bihar, Orissa and Assam are devoting the bulk of their grants to the improvement of water-supply, sanitation and rural roads. Bombay, the Central Provinces, the Punjab and the United Provinces have already had in progress various schemes for the amelioration of the condition of the agricultural population in the villages. The grants made by the Central Government have therefore helped to stimulate further the activities of these provinces.

Mr. Strickland has rightly drawn attention to four points which are essential if the rural welfare movement is to achieve success. The work of the various departments undertaking a share of the work should be co-ordinated and the necessity for linking together the official and non-official agencies should not be lost sight of, if overlapping and waste of effort are to be avoided. The employment of trained personnel is another important matter. They need not be experts in their own subjects, because experts can be called in whenever necessary. But the rural-welfare workers, men and women, should be trained to appreciate the villager's point of view and to win his confidence. Otherwise nothing can be achieved. A third criterion of success is that the cost should be kept down to the minimum. The fourth and perhaps the most important is that of permanence. The zealous servant of the government or the missionary may, through personal influence, bring about temporary improvements in village life, but lasting results can be achieved only through a change in the outlook of the people. All over the world the experience of reformers is that nothing lasting can be accomplished in less than a generation. The children have to grow up under the new conditions in order that the changes may be assimilated into the life of the people. It is therefore an essential condition for success that the governments and other agencies intent on developing rural welfare in India should be prepared to persevere with their schemes for a period of thirty years.

The work of the various provincial governments and of some of the Indian States has been briefly described, with helpful criticisms at each stage. Nor has Mr. Strickland lost sight of other agencies working in the same direction, such as the Red Cross Society and the Harijan Sewak Sabha under the guidance of Mr. Gandhi. The excellent work done by the Y. M. C. A. in several centres in the country deserves special mention.

Lastly, the questions of debt relief, consolidation of agricultural holdings, child marriage and broadcasting for the education of the rural population and for increasing their happiness have been briefly discussed.

The Indian Village Welfare Association, under whose auspices this small book was published, has been founded in Great Britain for the purpose of stimulating interest in the life of the rural population of India and two similar booklets have already been published for 1932 and 1934. The activities of the Association, which include periodical lectures by persons familiar with village conditions in this country as well as the organization of a 'school' every year at Easter time for persons proposing to undertake work in rural India, deserve commendation, especially when we remember that 89 per cent of the population live in the villages.

CONTRACEPTION AS A THERAPEUTIC MEASURE.—By Bessie L. Moses, M.D. 1936. Baillière, Tindall and Cox, London. Pp. xiii plus 106. Price, 4s. 6d.

THIS book is a report on the medical aspects of the work of the Bureau for Contraceptive Advice which was opened in Baltimore in connection with the John Hopkins University in 1927.

The primary purpose of this bureau was to collect about 1,000 cases of women who required contraceptive advice on therapeutic grounds, to keep careful records for analysis and to obtain data as to the effectiveness of the methods of birth control advised. The patients were referred to the clinic by their own doctors on definite medical indications, and no propaganda was carried out. During the five years in which the bureau operated the data were collected and advice given by Dr. Moses herself with some assistance during the last two years from another woman physician. Careful follow-up work was done at the time of return visits to the clinic, and by letters and home visits if necessary.

One thousand one hundred and fifty-two patients were referred to the clinic, 944 white and 208 negro. The average age at the first visit to the clinic was 30 years and the average number of previous pregnancies was five.

65 per cent of the cases were sent for definite medical reasons of which more than a third was for systemic diseases—venereal diseases and obstetrical indications (such as previous Cæsarean section) and nervous and mental diseases accounted for the majority of other medical reasons. Amongst the other (not strictly medical reasons) were multiparity, indications in the husband, and eugenic reasons.

The method advised in nearly all cases was a vaginal occlusive diaphragm pessary and a spermicidal jelly. A soap and water douche to be used after removal of the pessary was also advised in most cases. The results of advice given were carefully analyzed according to race, intelligence of the patient, continued use of the method, and the occurrence of pregnancy. Approximately 45 per cent of the total number of treated cases attended the clinic and used the method successfully for periods of six months to six years.

Amongst the treated cases in which pregnancy occurred in only 2.7 per cent could this be shown to be due to failure of the method. In the group that became pregnant 71 per cent were of low intelligence. It is stated by the author that no sterility could be shown to have resulted from the use of the methods advised by the bureau.

This report is a valuable contribution to the literature on contraception.

M. N.

PRINCIPLES OF BIOCHEMISTRY.—By Albert P. Mathews, Ph.D. 1936. Baillière, Tindall and Cox, London. Pp. x plus 512. Price, 20s.

THIS is a textbook meant for medical students who have not the time to consult for themselves much of the original literature. As an experienced teacher of biochemistry for nearly 40 years, the author has tried to correlate and synthesize the numerous facts of