who are interested in the treatment of the diseases of this gland.

H. W. A.

BACKACHE.—By L. F. Barker, M.D., LL.D., and J. H. Trescher, M.D. London: J. B. Lippincott Company, 1931. Pp. xiii plus 235, with 55 illustrations. Price, 21s. net. Obtainable from Messrs. Butterworth and Co. (India), Ltd., Calcutta. Price, Rs. 15-12

THE Everyday Practice Series is a comparatively new series of monographs which will be appreciated by those practitioners who require short and concise accounts of various ailments of common occurrence. The present volume, *Backache*, by Dr. Barker and Dr. Trescher of the Johns Hopkins University is a valuable addition to the series.

Perhaps no other symptom is so common or so distressing as pain in the back, and in many cases the cause of the pain is so obscure that only empirical treatment can be carried out.

The authors have attempted to remove some of the difficulties that surround this subject and it may be stated at once that, to a great extent, they have succeeded.

Following a short introduction, the practical anatomy and physiology of the back as a supporting column and a mechanical entity are described. The important points in the clinical history and the methods of carrying out a thorough physical examination are then discussed and this section includes the roentgenographic examination. The section concludes with 'Comments upon interpretation of data accumulated'.

The various diseases of the spine and back are then described in a systematic manner, and the diagnosis and methods of treatment are fully discussed.

Many backaches are dependent upon conditions other than disorders of the muscles, bones and joints of the back, and these find their place in this book.

The authors are of opinion that gynaecological conditions, although frequently blamed, are in reality a quite uncommon cause of backache, and that the popular and dramatic advertisements which implicate the kidney and uric acid are the result of imagination rather than of practical experience.

The book concludes with a chapter on apparatus designed to immobilize the spine, massage and exercises. The volume is well produced, well illustrated, and contains a bibliography and complete index.

There is no doubt that every medical practitioner will find much in this monograph which will help him in elucidating and treating the frequent and distressing symptom of backache.

H. H.

NUTRITION AND PHYSICAL FITNESS.—By L. J. Bogert, Ph.D. Philadelphia and London: W. B. Saunders Company, 1931. Pp. 554. Illustrated. Price, 14s. net

THE subject of nutrition and its relationship to physical fitness is one that should interest all educated people. Indeed, so important is it that it might well form part of the curriculum in schools and colleges, taking a place amongst the basal subjects taught therein. For a knowledge of how to attain to optimum health, and of how to remain in that desirable state, is surely a necessary part of a sound education. It is well, therefore, that textbooks dealing with this subject should be available for the instruction both of the young and of older people. The book before us—*Nutrition and Physical Fitness*—is one of the best of its kind, and though intended primarily for the American people its utility is not limited to them. It gives a comprehensive and up-to-date account of the whole subject; the physiological conception of nutrition being emphasized throughout its pages. The reader is told all that is needful in regard to the essential components of a properly constituted diet and how these should be combined with one another for the maintenance of nutritional harmony. He learns what the body does with

food and what faulty food does to the body: how bodily functions—digestive, respiratory, endocrine, excretory and others—are dependent on the use from infancy to old age of a diet suitably constituted for each period of life; and how bodily states—physical defects, posture, over-fatigue, mental strain, etc.—may interfere with the attainment to optimum nutrition, an aspect of the matter that is sometimes neglected. But in dealing with physical defects the authoress does not make it sufficiently clear that some of these defects may themselves be the result of faulty nutrition at an earlier period of life; their presence establishing a vicious circle. Some sixty pages, comprising part IV of the book, are devoted to the planning of meals, to food economics and influences of cooking, to food fads and fancies, and to 'recent trends in American dietary habits'. The last hundred pages (part V) contain much useful information in regard to diet for children, for pregnant and nursing mothers, for people over forty, for the convalescent, for the constipated, for the obese and for malnourished subjects. There is an appendix in which tables are given of '100-calorie portions of common foods' and of average heights and weights in men and women, boys and girls: all useful for an American public, but of limited interest to an Indian one.

This book is written in simple but somewhat prolix language; it tends to be overloaded with details which those who have no knowledge of chemistry or physiology may find it difficult to assimilate. But educated people, who are ardent enough to study it, will find it replete with sound teaching.

HYDROTHERAPY AND PHYSIOTHERAPY.—By Lionel C. E. Calthrop, M.B. (Durh.), M.R.C.S. (Eng.), L.R.C.P. (Lond.). London: William Heinemann (Medical Books), Ltd., 1931. Pp. xi plus 172. Illustrated. Price, 5s. net

THIS small volume which contains a great deal of information has been written for the use of nurses and bath attendants.

The contents are based upon the lectures that the author has given at the school of instruction for bath attendants at Harrogate.

The general principles of hydrology, the various methods of treatment and the technique involved are fully explained. There are chapters on radiant heat and light with a brief description of the simpler forms of electrical treatment. This book should prove as necessary and as useful to the bath attendant as the nursing textbook is to the nurse.

H. H.

LEGAL MEDICINE AND TOXICOLOGY.—By R. W. Webster, M.D., Ph.D. Philadelphia and London: W. B. Saunders Company, 1930. Pp. 862. Illustrated. Price, 37s. 6d. net

DR. WEBSTER is part author and one of the editors of the well-known two-volume work on legal medicine and toxicology of Peterson, Haines and Webster, the second edition of which appeared in 1923. This is a valuable standard work of reference and includes articles by no less than 42 specialists.

One's first thought in examining Dr. Webster's new single-volume work was to see what relation it bore to the earlier, larger work. Of this his own preface gives some indication. The purpose of the new work is stated to be to form a fairly concise guide for practitioners to the problems of legal medicine and to serve as a textbook for students. While the book is ably written we do not think the author has been quite successful in this. What the practitioner and student require is concise information on those problems of legal medicine which affect the daily work of the medical man, as distinct from details of chemical analysis which are the domain of the toxicological expert. While the author has followed the example of several others, we consider it no longer desirable to present these subjects in one volume. A student's textbook on forensic medicine, while it must contain an adequate

account of the medical side of toxicology, *e.g.*, symptoms and signs of poisoning, treatment, antidotes, fatal doses, and mode of performance of post-mortem examination in poisoning cases, it should not be burdened with details of toxicological analysis which should form the subject of separate laboratory manuals. Had the author proceeded on this plan the sections on toxicology could have been considerably curtailed. If a compromise is desired details of analysis can be relegated to brief appendices as has been done in some recent works on forensic medicine.

The sections on medical jurisprudence are also capable of some condensation. This would leave room for more adequate treatment of new branches of the subject, *e.g.*, the application of blood grouping tests to paternity which is dismissed in one page. While we think, as stated, that toxicological analysis on account of the size and complexity of the subject should be omitted, it is justifiable to include at any rate for the present a description of other forms of analysis which, either on account of their not being large enough subjects for separate treatment or by reasons of their novelty, do not find their way into laboratory manuals. For example, we see no reference to the use of the spectrograph, and the method of examination of projectiles by modern instruments is not discussed, though two figures taken from Sydney Smith's *Forensic Medicine* are given. The chapter on blood-stains is good though no mention is made of Takayama's important crystal test for blood. Figure 22, which is figure 85 of the larger work, showing the result of precipitin tests, is very unsatisfactory, the faint cloud shown being nothing like the actual result. In view of the difficulty of photographic reproduction a much stronger precipitation should have been chosen for the illustration in order that the inexperienced may realize that these precipitates are very definite things indeed.

Many of the chapters are very good, for example that on insanity and criminal responsibility, and we are glad to see numerous references to English legal practice in the matter. The section on gaseous poisons is interesting. The illustrations are mostly taken from the larger work above referred to.

R. B. L.

ANNALS OF THE PICKETT-THOMSON RESEARCH LABORATORY.—Volume I (in two parts), and Volume II. Part I. London: Baillière, Tindall and Cox. Pp. 296, with 50 plates and 7 figures in both parts of Volume I. Pp. 28, with 10 plates in part I of Volume II. Price, 42s. net per complete volume

FROM time to time the *Annals of the Pickett-Thomson Research Laboratory* have been reviewed in this *Gazette*. Recently, at our request, the publishers of these *Annals* sent us the first three numbers which had not previously been reviewed by us.

We are a little disappointed that the first volume does not tell us more about the genesis of the laboratory which, year after year, has given us these invaluable *Annals*. We must admit that except for the excellent work which they produce we know nothing about this laboratory; but industrious modesty is certainly a more satisfactory way of achieving lasting fame than using one's energies in the holding of public meetings and organising press campaigns to draw attention to oneself. The editor evidently decided to 'cut the cackle and got to the 'osses', as between the cover and the first article we are only given a contents list and some photographs.

The volume contains a number of papers on diverse subjects and suggests a wider distribution of the energies of the workers in this laboratory than was actually adopted in subsequent practice. The later tendency has been to concentrate more and more on a limited group of organisms; recent volumes have been devoted entirely to the streptococci.

The first paper is by David Thomson on the virus of smallpox and vaccinia. Though the weight of opinion is in favour of the inclusion bodies which he describes

and depicts—in the usual excellent coloured plates and photographs to which we are always treated in these *Annals*—being the causative organism, he rightly says that until they can be isolated and grown, no amount of circumstantial evidence will prove that they are the micro-organisms at all and, further, that until these cultivated organisms can be made to produce smallpox or smallpox-like lesions in animals or man they cannot be accepted as the specific cause of the disease.

Two other important contributions to this volume are on the aetiology of measles and scarlet fever, respectively, both by David Thomson. These subjects have been expanded considerably in the later *Annals*. There then follow some half dozen articles on various subjects, concluding with a report by the medical staff of F. N. Pickett et Fils on the treatment in cases of gas poisoning resulting from the demolition of gas shells.

In the second part of volume I, the editor has rectified an omission which was evidently noted by others besides ourselves; he now gives us a short preface in which he sets out the aims of the *Annals*. In the past, he says, there has not been sufficient photographic record of different species of micro-organisms; he proposes to issue from time to time fully-illustrated papers each containing from 300 to 400 photomicrographs (sometimes referred to by the editor as 'microphotographs'). Eventually, it is hoped, the accumulated volumes of these *Annals* will form an atlas of bacteria and other micro-organisms. At the same time he hopes to give an epitome of the literature and as complete a list of references as is possible, on each of the various pathogenic bacteria which come within the scope of the laboratory.

The second part contains papers on the preparation of media for germs which are difficult to grow, on *Bacterium pneumosintes*, on the bacteriology of the respiratory tract, and on the classification and identification of germs by microphotography (*sic*).

Part I of volume II is very small and contains only four short articles, including one on a new bacillus recovered from the throat, conjunctiva and skin rash in a case of measles.

Each part contains numerous excellently-reproduced photographs.

As we have repeatedly said, these *Annals* form an extremely important contribution to the world's literature on bacteriology; seven volumes have now been issued. In these difficult times it will be a strain on the finances of most libraries to purchase back numbers but to those who cannot afford to do this, we strongly recommend that they should start subscribing to these *Annals* immediately, in the hope that when better times come along they will be able to complete their sets by purchasing the back numbers.

L. E. N.

THE ANOPHELINE LARVÆ OF THE COUNTRIES FROM INDIA AND THE ORIENT TO THE ANTIPODES.—By C. Strickland, M.A., M.D., B.Chir., and K. L. Chowdhury, M.B. Calcutta and Simla: Thacker, Spink and Co., Ltd., 1931. Pp. 36. Illustrated. Price, Re. 1-12

THIS is the only attempt to produce a key to the Anopheline larvæ, not of 'India, Burma and Ceylon', or of restricted areas further east, but to the entire segment of the globe, embracing two whole faunal regions, including western intruders from a third. As such it stands unique.

The booklet under review cannot be used without the original volume by the same authors, to which it is a supplement; it follows the same plan, which runs contrary to both of the generally accepted forms of 'key' compilation, but which has doubtless been found by the authors more useful than either for the type of students the senior author has to train, and as such must be accepted without further criticisms, though we find it more difficult and time-consuming to use ourselves than the form in general use.

One could wish that the illustrations were less amateurish, more symmetrical, and better finished off.