

rules for municipal sanitary inspectors, and rules and orders regarding foods (Bengal and Bihar and Orissa). The experience of the author both as a teacher and sanitarian adds to the value of the book.

There are 105 illustrations, some of them are very good and explanatory.

The process of purification of water by rapid mechanical filters is clearly explained, but it would have been better if diagrams of both the Jewell and Paterson (gravity and pressure) filters had been given. Similarly, although the new process of purification of sewage called the activated sludge process is explained on pp. 324-25, yet an illustration would have added to the value of the description.

The chapter on medical entomology, p. 398, deserves special mention; it contains excellent pictures of mosquitoes, fleas, bugs, ticks and lice. The chapter on village sanitation and mass education also requires special mention.

The book is very well printed and well bound. We thoroughly recommend this book to all students and public health workers in India.

R. B. K.

BYWAYS TO HEALTH.—By T. D. Wood, A.M., M.D., and Theresa Dansill, A.M. London: D. Appleton and Co., 25, Bedford Street, W. C. 2. Cloth, illustrated. Pp. 198. Price, 5s.

THIS is an admirable little book, for the layman, for the doctor, and for the latter to prescribe to the former. Humour is the salt of life, and to judge by the delightful illustrations and the still more entertaining epigrams, quips and quotations with which this book is so profusely endowed, neither author is lacking in the first essential for a happy life. There are a hundred-and-one good stories in it; and all of them drawing-room stories. We should like to quote extensively; but considerations of space compel us to refer our readers to the original. The best tit-bit of all perhaps is the story of the lady who applied for admission to Heaven on the score that she had only been good in her life at one thing,—cooking; she was immediately admitted. The layman is apt to become rather tired of being told by his physician what he ought to do and ought not to do; what to avoid and what to pursue. But he will not become tired of this book; he will revel in it. If *Punch* brought out a health manual it might be on some such lines.

There are thirteen chapters in all; they deal with the necessity for a general stock-taking in health; nutrition—in connection with which such problems as breakfast or no breakfast, likes and dislikes in eating, over- and under-weight, are considered; with worry—a chapter which is altogether admirable; cheerfulness; rest and sleep; recreation and exercise; work in relation to health; happiness; “nerves”—again an excellent chapter; pirate-beacons—a much needed chapter on patent remedies and cures; headaches; “good to look at”; and taking a general individual inventory. The instructions given are clear, concise and to the point. “All about us”, write the authors, “are tired men and women who were meant for happiness..... In this vast army are professional and business men and women, mothers in homes, students in colleges and schools, workers in every vocation and walk of life. They have no actual disease or irremediable defect, but they are nervous, uncomfortable, restless, easily fatigued, and drag wearily through the day. They lose hours, days and weeks because of some minor illness that in many instances need not have been theirs. Sometimes a detour in their habits of living and thinking is what they need.” It is exactly what this book provides.

There are many admirable pages in this book. Constipation, it is claimed, is a curable disorder, even among women. The reason why perhaps the majority of modern women are constipated is simple,—they do not drink enough fluid during the day. On the other hand, the elderly male tends to drink too much fluid, and to suffer from obesity as the result. “Worry”

is an admirable chapter; we are counselled to take out-of-door exercise, not to strive to disentangle difficult situations in the hours which should be given to recreation or to rest and sleep. The bitter and the sweet are the common lot of life, and they should be taken as such. “Rest and Sleep” is another admirable chapter; in this connection even an elementary survey of the facts shews that different individuals differ enormously in this respect; some must have a nine hours nightly sleep if they are to be fit the next day, others can do with three hours; whilst age affects the problem. (In India for example it is customary for at least nine-tenths of the inhabitants to wake at dawn or earlier, but whether this custom, or that of the early morning ride for Europeans is or is not advisable, is a much debated point. The authors insist upon the value of the “beauty-sleep”; in India this is often between the hours of 5 and 7 A.M.). Sleep is the “great composer”; it alone renders human life tolerable.

The difficult subject of work is well dealt with. The instinct to work is born in most persons, only in some it never grows up. Modern conditions seem to be making the senses more keen and the perceptive faculties more acute. Change of occupation was Mr. Gladstone's recipe, and not a bad one. Organisation of one's duties so that they do not overwhelm one is a second alternative; the man who is always over-rushed is usually the one who has no mental tidiness, who cannot adjust himself to the strain of daily life. One can always adjust; even the turtle *had* to climb the tree when he was pursued by the alligator.

Sufficient has been said to shew the general scope of this charming and amusing book. Humour is rare in books of this type; it is perhaps all the more valuable as a means of education.

A TEXT-BOOK OF MIDWIFERY.—By Kedar Nath Das, C.I.E., M.D. Second Edition. Calcutta and Simla: Thacker, Spink & Co., 1926. Pp. 495, with 291 illustrations. Price, Rs. 12.

It is a pleasure to welcome a revised and second edition of this book, which has earned a well-merited popularity since 1921. The second edition has been brought up to date and contains all that any student in an Indian or European University would be expected to know. But if one might say so, how much more valuable would this volume be if it contained the personal touch, the personal experience, indeed the ego of the writer.

Dr. Kedar Nath Das holds a unique position in Bengal, for there is no other obstetrician in India who has 40 years' experience of specialist work to look back upon. For four decades he has been working and observing in one field alone and during these decades he has had countless opportunities of watching methods and results of treatment and prognosis in every branch of gynaecology and obstetrics among the Indians. Surely he could give us a list of aphorisms worthy of Swayne or Smellie applicable to the Bengali.

We cannot conceive a more worthy object in the next edition than to write it from a treatment and prognosis point of view as he has found things best and most suited for India and Indians.

Let him tell us what he does for breech, R.O.P., dry labour, and patients who refuse Cæsarean or interference.

Let him tell us of the tragedies of hyperemesis and ruptures of the uterus.

Let him tell us of the triumph of Nature in first labours and sepsis.

Despite the worst misgivings there are a thousand ways in which Dr. Das could help to enlighten the student, post-graduate and professor by his own ego.

All midwifery books are more or less alike, but one by a professor and teacher who has by sheer dignity, integrity and personal merit reached the position he has, in the Indian obstetric world, would indeed be a pearl of great price and a hundred years hence be a classic of what obstetric practice was like in the first