

depended largely on local produce and where fresh vegetables largely replaced maize flour in the diet. An experimental diet, of which the chief features were the introduction of a meat ration and insistence on a daily issue of fresh vegetables, led to the disappearance of pellagra and xerophthalmia in the two prisons in which it was instituted. It is claimed, therefore, that the dietetic advantages of local produce, notably sweet potatoes, over imported maize flour are clearly established. The utilization of local foodstuffs should therefore be encouraged, and, if revision of the scale of diet is contemplated, a greater latitude of choice should be allowed to local authorities. In this connexion it appears that each prison should be made self-supporting and that the first claim on prison labour should be for purposes of food cultivation.

[The simultaneous occurrence of both pellagra and xerophthalmia and the cure of both diseases by fresh vegetables receive explanation in recent work of E. MELLANBY (see *Kenya M. J.*, in press, and *Brit. M. J.*, 1930, Apr. 12th, 677), which shows the condition of sub-acute combined degeneration of the spinal cord associated with pellagra (and accentuated by high cereal diets) and infective conditions of the type leading to xerophthalmia are cured by supplying adequate amounts of vitamin A in the diet.]

DOUGLAS C. HARRISON.

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Reviews.

MEDICAL ANNUAL FOR 1930. Bristol: J. Wright and Son. 1930. Pp. viii + 676. Price 17s. 6d.

Surgery.—This volume, as usual, gives a most interesting and useful survey of the advances in surgery for the past year.

Amongst the many subjects dealt with, the following are possibly of special interest to those practising surgery in the Service.

(1) Carcinoma. The improved methods of dealing with malignant disease by radium are described and quite promising results are recorded for growths of the tongue, mouth, tonsil, larynx and breast. In cancer of the rectum the results are much less certain. Reference is also made to the treatment by lead, with the warning that it should not be used before radium, or the activity of the growth may be enhanced.

(2) Burns. A good practical account is given of the treatment by tannic acid which appears to have superseded the older methods. Another treatment suggested is by spraying on horse-serum, which is said to lead to less scarring.

(3) Fractures. A valuable paper giving the end-results of a long series of fractures is summarized.

A method of controlling the position of bones in compound fractures by means of bradawls and plaster is described.

The value of direct skeletal traction in the treatment is emphasized. The reaction of bone to metallic fixation is described and the routine plating of fractures is condemned. Some degree of osteitis occurs in many cases, and in about 75 per cent of cases the functional result suffered as the result of this inflammatory complication.

(4) Intestinal obstruction. In the treatment of this condition, as an adjunct to surgery the intravenous injection of hypertonic saline has gained in popularity, but anti-gas-gangrene serum is less favourably reported on.

The retransfusion of extravasated blood after citration, in cases of intra-abdominal hæmorrhage, is noted.

(5) Blood transfusion. Important practical observations are made on blood-grouping. The four-group theory of Moss contains the truth, but not the whole truth, and is a dangerous guide in practice, particularly with reference to the so-called "universal donor," who may prove a very dangerous person. The prospective donor should always be tested against the recipient and "cross-testing" should be carried out.

When using the citrate method the solution should always be *freshly* made in distilled water. Even when every care has been taken in grouping, etc., severe reactions sometimes follow for which there appears to be no explanation.

The newer methods of blood-grouping, based on the peculiarities of the red cells, are said to be more reliable.

(6) Post-operative treatment. Many interesting points are described with reference to shock, acidosis, vomiting, distension of the intestines, etc. "The shocked patient is lethargic, while mental alertness and anxiety characterize the bleeding patient."

(7) Hernia. Different methods of operating are discussed, including one by E. M. Hodgkiss, of closing the gap by living fascial sutures from the rectus sheath, which appears of interest.

There are many other reports of practical interest, including surgical diseases of children; surgery of the blood-vessels; genito-urinary surgery; emphysema; cholecystography and surgical diseases of the gall-bladder and ducts; surgery of cerebral tumours with special reference to removal by the high-frequency current, X-ray diagnosis, etc.

References are given at the end of each article. An illustrated description of new surgical appliances is included.

As an epitome of, and reference guide to, the surgery of the past year, this publication is of the very greatest practical value.

Medicine.—Of special importance to the Service officer is an article on post-vaccinal encephalitis which should be read by all whose work involves the primary vaccination of recruits.

Diseases of the Heart. In the review of this subject attention may be

drawn to the section on functional diseases of the heart which serves to remind the medical officer of the complex nature of many of these cases.

Tropical Diseases. Recent work on a large number of different maladies is ably reviewed by Sir Leonard Rogers. New treatments for malaria, blackwater fever, leprosy, kala-azar and sprue are reviewed, and a good résumé of the present position of knowledge of the *abortus* group of fevers is given.

The volume contains the usual index of new pharmaceutical preparations and medical and surgical appliances, a feature which is of great use for quick reference.

This volume is well up to the standard of its predecessors and can be recommended as one of the most useful publications issued in this country.

BRITISH RED CROSS SOCIETY HYGIENE AND SANITATION MANUAL. By Lieutenant-Colonel G. S. Parkinson, D.S.O., late R.A.M.C., M.R.C.S. Eng., L.R.C.P.Lond., D.P.H. London: Cassell and Co., Ltd. 1929. 2nd Edition. Pp. xiii + 246.

The first thing that strikes one in roughly glancing through the manual is the orderly fashion in which the text is arranged, and the numerous and excellent illustrations which it contains.

Hygiene is a subject which includes some very dry reading, but Colonel Parkinson has treated it with such simplicity and straightforwardness that one's interest throughout is maintained. The author has the rare gift of describing what he has to say in everyday English, and this fact in itself makes the book of outstanding value, for it brings the subject within the understanding of all.

Nothing is absent that matters, and what is present is treated in its true and correct perspective.

I could not imagine a more suitable book, unless it were even more fully illustrated, for, apart from its contents, its size, its flexible yet strong binding, and the ease with which information can be obtained, make it ideal for the purpose for which it is intended.

AFFECTIONS OF THE EYE IN GENERAL PRACTICE. By R. Lindsay Rea, B.Sc., M.D., F.R.C.S., Surgeon to Western Ophthalmic Hospital, etc. London: H. K. Lewis and Co., Ltd. 1930. Pp. xvii + 155. Price 10s. 6d.

This little book is rightly dedicated to the general practitioner. It is easy reading, and is very well printed.

The chapters are well arranged, and they deal with the diseases commonly met with in everyday life. The various affections of the eye are described simply, without too much technical detail, and the treatment laid down is just as dogmatic as it should be, and is easy to carry out.

In the short chapter on errors of refraction the usual optical diagrams are wisely omitted.

The object of the book, however, is evidently forgotten in giving a description, sketchy as it is, of an operation for cataract.

Under injuries of the eyes we are told that the general practitioner should know what course to follow when the eye has been perforated. There follows the detail of a recent example of perforation, and the operation performed with success by the ophthalmic surgeon, while the only course followed by the general practitioner was to telephone at midnight to the specialist.

The chapters on examination of the eye in nervous and brain diseases are very good, and the therapeutic formulæ at the end of the book are of great practical value.

The illustrations are disappointing, especially the coloured plates of external diseases of the eye, and a coloured plate to illustrate plastic repair of perforation of the cornea is outside the scope of the book.

In the coloured frontispiece of the normal fundus one is asked to note the lighter colour of the arteries and the darker veins, but it is impossible in the diagram to distinguish arteries from veins either from the colour or size of the vessels.

The index has been carefully compiled and is excellent.

The price is 10s. 6d.; an outlay very well worth while for the young medical officer of the Services.

HÆMODYNAMICS. By P. B. Kittel, F.R.C.S. London: H. K. Lewis and Co., Ltd. 1929. Pp. xii + 196. Price 10s. net.

In this book the author discusses the mechanism of the circulation with special reference to the flow of blood in the veins and capillaries and the changes that result from varicosity. Œdema, both venous and lymphatic, is also considered. The concluding chapters deal with the author's experience in the treatment of varicose veins by injection.

THE SOYA BEAN AND THE NEW SOYA FLOUR. By C. J. Ferree. London: W. Heinemann, Ltd. 1929. Pp. xi + 79. Price 6s.

This little book deals in a clear and concise manner with the commercial and domestic possibilities of the soya bean, the value of which has long been appreciated in the East, but to which little attention has been paid by western nations until recently. The new flour is a product in which all the good qualities of the bean have been preserved. It is rich in fat and protein, closely resembling milk casein in biochemical properties, and is also a valuable vitamin-containing food.

The concluding chapter gives a number of useful recipes for the employment of soya bean flour in the kitchen. For this purpose it is used as an adjunct to the cereal flours and provides the proteins and fats in which those in common use are deficient.

ACCIDENTS AND EMERGENCIES. By A. T. Gooding. London: John Bale, Sons and Danielsson, Ltd. 1930. Pp. 62. 1s. net.

This small book is compiled from the instructions laid down by the St. John Ambulance and British Red Cross textbooks, and is designed to be of assistance to those who have already studied these manuals and who wish to consolidate or refresh their knowledge of first aid.

It is often a great help to the student to find his subject matter presented from a fresh point of view and in a novel form. In this respect the book will be found most useful. A glance down the large print headings will suggest questions, and gaps in knowledge can be quickly discovered and remedied.

The sections on injuries and poisons are arranged in alphabetical order, and the section entitled "Important Memory Notes" has a separate detailed index, so that there is no waste of time in searching for references.

The medical officer who is concerned with the examination of Voluntary Aid Detachments will find in this book many suggestions for questions, together with the answers which he might expect to get from a well-instructed candidate.

DEMONSTRATIONS OF PHYSICAL SIGNS IN CLINICAL SURGERY. By Hamilton Bailey, F.R.C.S.Eng.. 2nd Edition. Bristol: J. Wright and Sons, Ltd. 1930. Pp. xviii + 268. Price 21s.

The author is to be congratulated upon having produced a book which fills a definite gap. It is profusely illustrated with excellent photographs, some coloured plates and line sketches, which add very greatly to its usefulness. Produced primarily for the use of fourth-year students, it may well be read by candidates for higher examinations and practitioners.

J. M. W.

Correspondence.

THE ADMINISTRATION OF QUININE.

TO THE EDITOR OF THE "JOURNAL OF THE ROYAL ARMY MEDICAL CORPS."

SIR,—The education of one's grandmother is an ancient, evergreen and pleasurable pastime. Mutually pleasurable. Fortunately, Youth never realizes what an immense amount of enjoyment Age derives from the process. Were it otherwise, the fun would stop. What old stager has not hugged himself on hearing a youngster deride the monaural stethoscope, or scorn the recently revived word "diathesis," or explain why no one should smoke before the port is stoppered, or deny that there was a war of any consequence prior to April 1, 1916—the day on which the colt landed at Boulogne?