

Reviews.

FORMULAIRE DE THÉRAPEUTIQUE CLINIQUE. By Dr. L. Prou, Member of the Society of Therapeutics, with the collaboration of Dr. A. Cantonnet, Ophthalmologist to the Paris Hospital (Hôpital Cochin). Second Edition, Revised and Enlarged. Paris: Libraire Maloine. 1911. Pp. 527. Price 6 francs.

This handy little volume contains a great deal of information for its size, and as it only measures $6\frac{3}{8}$ by $4\frac{5}{8}$ inches by 1 inch can readily be carried by the busy practitioner for whom it is chiefly intended. The first 280 pages are devoted to an index of treatment, with references not only to diseases, but to certain common symptoms. The information given is in some cases necessarily brief, but the more important subjects receive greater attention. The section on the treatment of diseases of the skin is particularly good. Treatment of diseases of the eye follows, for which Dr. Cantonnet is responsible, and in the short space of forty pages he gives a good summary of the treatment which should be adopted in all the more important eye affections. Next in order is a section on the dietary treatment of certain diseases, such as diabetes, nephritis, diseases of the stomach, etc., followed in turn by a few pages dealing with organotherapy, serumtherapy, and treatment by vaccines. Other sections deal with the treatment of cases of poisoning, and analysis of urine, fæces, and gastric contents. There is also a list of compound preparations, their uses, doses, and ingredients; a list of mineral water spas, French and foreign; a list of sanatoria, besides much other miscellaneous and useful information. As will be seen from the above brief enumeration of the contents, Dr. Prou has succeeded in condensing a great many important subjects into a small space, and at the same time presenting them in an accurate and readable form. This should prove a useful little book.

O. L. R.

GUIDE TO PROMOTION FOR OFFICERS IN SUBJECTS (A) AND (B). By Major R. F. Legg. London: Gale and Polden, Ltd. Pp. xx and 160. Price 4s. net.

This book contains much information in a compact and easily accessible form. It will be found extremely useful to all engaged in company duties, and to officers on probation in the Corps.

The only objection to a book of this type is that as amendments to regulations come out, the book becomes more or less out of date.

A more detailed account of additional pay would be an advantage, and in the chapter on methods of wearing kit, etc., a list of all the articles carried by the officer and man on service would be a useful addition to the book.

K. M.

OUTLINES OF GREEK AND ROMAN MEDICINE. By James Sands Elliott, M.D., Ch.B. (Edin.) London: John Bale Sons, and Danielsson, Ltd. 1914. Pp. xii and 165. Illustrated. Price 7s. 6d. net.

This book is extremely interesting, and we can strongly recommend it to all those curious as to the origins of things—the story of early progress in medical science. Until recent years the history of the medical profession has been much neglected, and the great majority of medical practitioners are even now very ignorant of the history of the art they practise. In fact, a knowledge of the subject is not easily gained, for there

are few works on the subject which are readily accessible to the busy man. There should, therefore, be an opening for Dr. Elliott's book.

It claims to be only an outline of Greek and Roman medicine, but is remarkably complete, for no prominent writer or practitioner fails to be noticed, and the author has very wisely dealt more fully with the early schools of medicine and with the leaders in medicine and surgery, such as Hippocrates, Galen, and Celsus, whose influence pervaded medical thought and practice for a thousand years or more after their deaths.

Only too often, when examined in the light of history, ideas, theories, and practice brought forth as new and original, prove to be of very ancient origin. The reader of this book will find much to justify Bacon's opinion that medicine labours "rather in circle than progression." Let us dip here and there into this story of Greek and Roman medicine. We learn that Hippocrates (460 B.C.) recommended cold sponging for fever, was able to recognize fluid in the chest by percussion and auscultation, practised paracentesis, and operated for empyema, resected the ends of bones in cases of compound fracture, used the sound for exploring the bladder, operated for fistula and piles, used a rectal speculum, and amputated at the joint for gangrene.

Ammonius Lithotomos (287 B.C.) devised the operation for crushing a stone in the bladder. Celsus, later still, performed plastic operations on the face, lithotomy, and urethrotomy. He operated for the cure of hernia, applied ligatures to arteries to arrest hæmorrhage, resected ribs for the cure of sinuses in chest walls, and amputated limbs by the circular method. He operated also for cataract and goitre. In the first century of our era Archigenes described abscess of the liver and suggested the use of opium in dysentery. In Nero's time colchicum was given for gout, and nearly six centuries before Christ, Pythagoras introduced oxymel of squill into Greece from Egypt. The discoveries of the early anatomists are given, with some account of one Herophilus, whose name is still familiar to us. The hygienist will find some account of sanitation in early Rome. Sulphur was used as a disinfectant in Homeric times, and later as a cure for some skin diseases. The virtues of physical exercise, massage, and sea bathing were recognized in very ancient times.

The army medical officer will be interested to learn that in a campaign the Roman soldier carried on his person a field dressing. Our author states that, owing to the lack of surgical knowledge in the early Roman wars, more soldiers died of wounds than were killed in battle; but later, under the Empire, he fails to note that the Roman army had a good army medical organization, with a full complement of medical officers. There is an account, however, of Machaon, the first army surgeon, and of his brother Podalicius, the first phlebotomist and army physician, who fought as soldiers before the walls of Troy.

Sufficient has been said to indicate that Dr. Elliott's book is worthy of perusal, and deserves a permanent place among our books.

H. A. L. H.

THE JOURNAL OF AN ARMY SURGEON DURING THE PENINSULAR WAR.
By Charles Boutflower. 8vo. Pp. 181. Manchester: Refuge
Printing Department, Strangeways. 1912.

The journal kept by Surgeon Charles Boutflower, of the 40th Regiment, during the Peninsular War has recently been published *in extenso* by his relatives. It was kept, as the writer in his opening sentence states, "at

the request of one or two dear friends," and was not meant to come under the inspection of many others. There is a great deal in the 181 pages which, from a historical point of view, might have been left out. Camp rumours in any campaign are proverbial for their inaccuracy and for their frequency, and many of these have been recorded at length, although the writer refused to give them credence.

Boutflower was interested in the inhabitants, their customs, churches, etc., and frequently records his impressions in an interesting manner. There is practically no mention of his professional work and difficulties throughout the journal. There is an occasional reference to the bad state of health of the army. For instance, on September 11, 1811, he reported that in his regiment alone the returns of sick were fifteen officers and six hundred men, but he does not state how they were accommodated or what medical staff he had at his disposal. After describing the storming of Badajos, the writer quoted his estimate of casualties, and stated that "in his regiment twenty-four officers marched off from the camp ground, of which number only six escaped"; but there is no word about dressing stations or anything medical.

Although there is nothing in the book of medical interest, it ought to form an interesting addition to the war library of the regiment to which he belonged, as he mentions the names of practically all the towns and villages in which they were billeted.

The book is not divided into chapters, but dates are given in the margin.

J. V. F.

THE FÆCES OF CHILDREN AND ADULTS: THEIR EXAMINATION AND DIAGNOSTIC SIGNIFICANCE, WITH INDICATIONS FOR TREATMENT. By P. J. Cammidge, M.D. Bristol: John Wright and Co. 1914. Pp. viii and 516. Price 17s. 6d. net.

In the preface to the present volume Dr. Cammidge states that he was asked by Messrs. John Wright and Co. to prepare and edit an English translation of Dr. Adolf Hecht's "Die Fæces aus Säuglings und des Kindes;" but that on consideration it was decided that a book of wider scope, dealing with the fæces of both adults and children, would be more generally useful. The author is to be congratulated on this decision, as in addition to material drawn from Dr. Hecht's work, and from Schmidt and Strasburger's "Fæces des Menschen," the book contains the results of his own wide experience in this particular field of work during the past fifteen years. The result has been the production of a most useful and valuable book, of interest alike to the laboratory worker and the clinician.

The volume contains ten chapters and an appendix. Chapter I deals with the collection of the fæces and their general composition and characters, and forms a suitable prelude to Chapter II, which discusses the macroscopic examination of the fæces, including gall-stones, intestinal sand, and enteroliths. Chapter III describes the microscopical examination and appearances under the microscope of the fæcal constituents, and is well illustrated with coloured and other plates. In Chapter IV, which deals with animal parasites, there is a short section on pseudo-parasites and ova that should prove useful to the inexperienced observer in enabling him to avoid the pitfalls met with in the examination of the fæces for the ova of intestinal worms, etc. Chapter V deals with the

bacteriological examination, and Chapters VI and VII with the chemical examination, of fresh and dried fæces. Chapter VIII contains an account of the methods of chemical analysis which may be necessary in order to determine the origin of intestinal calculi or concretions.

The two final chapters are of special interest to the clinician. Chapter IX discusses the diagnostic value of the examination of the stools and the characters of the fæces in the more common pathological conditions arising from disturbances of the gastro-intestinal tract. The final chapter considers the indications for treatment which examinations and analyses of the fæces suggest as the most useful in dealing with the commoner pathological conditions. The appendix contains a selection of diet schemes suitable for cases of gastric and intestinal derangement.

The book, as a whole, is very well illustrated by a number of plates and smaller figures in the text; it is clearly written, and contains much information that is not otherwise accessible in English. O. L. R.

BEBERIBI. By Edward B. Vedder, A.M., M.D., Captain, Medical Corps, U.S. Army, Member of the U.S. Army Board for the Study of Tropical Diseases as they exist in the Philippines. December, 1910, to April, 1913. Illustrated by numerous engravings and five coloured plates. London: John Bale, Sons and Danielsson, Ltd. 1913. Pp. viii and 427. Price 18s. net.

The recent additions to our knowledge of the ætiology and causation of beriberi render the present time opportune for the appearance of an authoritative work on the subject, which should contain the latest available information. The present work, which was awarded the Cartwright Prize of the Alumni of the College of Physicians and Surgeons, New York, is the outcome of two years' investigation and experimental study of beriberi by the author while employed as a member of the U.S. Army Board for the Study of Tropical Diseases in the Philippines. It presents a comprehensive account and critical review of the entire subject, including a survey of the evidence presented in the literature. The subject-matter is presented in sixteen chapters prefaced by a brief introduction. Chapters I and II give a historical account of the disease and its geographical distribution and prevalence, Chapter III deals with the pathological anatomy and Chapter IV with the symptomatology, containing a clear account of all the symptoms, illustrated by photographs of cases. The author prefers to describe beriberi as a single disease, considering that a division into types for descriptive purposes is apt to prove misleading; although for reasons which are given in a later chapter he inclines to the view, held by the older writers, of two distinct diseases, dry beriberi and wet beriberi. At the end of this chapter the differential diagnosis is given in tabular form. Chapter V contains an interesting and well-illustrated account of the rice grain and the different modes of preparing it for food, with special reference to the physical and chemical differences between the polished and unpolished grain. The value of the P_2O_5 content of the grain as an indicator of the amount of pericarp present is discussed, and the conclusion expressed that this is probably the best chemical indicator of the safety of the grain as an article of food. The value of this test is, however, somewhat discounted by the fact that a microscopic examination of the grain, after it has been

stained with Gram's iodine solution, will give with a little practice an equally satisfactory evidence of the safety or otherwise of the rice.

Chapters VI, VII, and VIII are taken up with a critical review of the ætiology of beriberi in the light of modern knowledge, the conclusion being reached that beriberi is a specific disease, but is not the result of infection or the action of a toxin. In Chapter IX the discussion on the ætiology of the disease is continued and this chapter is one of the most interesting and important in the book. At the commencement of the chapter the view is put forward that beriberi is caused by the deprivation of some substance which is deficient in certain kinds of food. After marshalling all the evidence, experimental or otherwise, for and against such a theory, and after a comprehensive survey of all known facts, the writer concludes there is ample evidence to prove that beriberi is caused by some deficiency in diet. The nature of the deficiency is elucidated in Chapter X, in which is given an account of the experimental work carried out by Fraser and Stanton, Eijkman, Schaumon, Funk, Vedder, and Clark on polyneuritis gallinorum, the work of these observers affording proof that dry beriberi in man and polyneuritis gallinorum are the same disease, and that both are caused by a dietary deficiency, namely, the absence from the food (polished rice) of the basic substance isolated by Funk from rice polishings and named vitamine by him. The term vitamine was coined by Funk to indicate a nitrogenous substance which is essential in a diet on which health may be maintained. It may be used to indicate not only the substances the lack of which is the cause of beriberi, but also the substances the lack of which is the cause of the other deficiency diseases, such as scurvy. Chapter XI records the experimental evidence which tends to prove that animal beriberi is the same disease as human beriberi and polyneuritis gallinorum. Beriberi-like diseases of animals have occurred spontaneously, or as the result of one-sided feeding, entirely apart from any experimental attempt to produce the disease, and in this chapter experiments on dogs, goats, and monkeys are recorded and show that beriberi may be caused in animals by an exclusive diet of polished rice, or by any other diet lacking in the vitamins, which are necessary for the normal metabolism of the nervous system. Chapter XII gives an excellent description of infantile beriberi, a disease first described by Hirota in 1888, and subsequently in a further communication in 1898, when he gave an exhaustive clinical description of the disease.

Infantile beriberi is an acute or chronic disease affecting infants who are being nursed by mothers suffering from the same disease. Hirota showed that all the symptoms of the infantile form are present in the adult, and that the child usually recovers if removed from the breast and given artificial food. Captain Vedder and other observers investigated the prevalence of the disease in the Philippines, where it is common among the Filipino infants. They found that the death-rate among infants was extremely high and that the mortality was greatest among the breast-fed babies, in contrast to the mortality in Europe and U.S.A., where the mortality is highest amongst artificially-fed infants. A comparative table of the symptoms in adult and infantile beriberi is given, which shows the symptoms in the two diseases to be strikingly similar. The author and Clark produced most striking recoveries in breast-fed infants by administering extract of rice polishings; no other treatment was given and the infants continued to be nursed by their mothers.

Ship beriberi is described in Chapter XIII and is defined as a disease affecting European or American crews, particularly of sailing ships, which may never have had any connexion with the countries where beriberi is endemic, and is similar to Asiatic beriberi in its symptomatology. Evidence is produced to prove the practical identity of the two diseases, both depending on the same cause, some food deficiency. Epidemic dropsy is next dealt with and its similarity to beriberi indicated.

The two final chapters are concerned with theoretical and practical considerations arising out of the matters dealt with in earlier chapters. In the first of the two the writer discusses the manner in which a diet deficiency produces the pathological changes and symptoms characteristic of beriberi, and the relationship existing between dry beriberi, wet beriberi, ship beriberi, and epidemic dropsy. Captain Vedder puts forward the view, held by the oldest writers, that dry beriberi and wet beriberi are two distinct diseases frequently co-existing in the same patient, because cases of the oedematous form can be rapidly cured by the untreated extract of rice polishings, which will not cure dry beriberi. If, however, the extract is first chemically treated (hydrolyzed) and the poisonous product developed by this product eliminated, the remainder of the extract (Funk's vitamine) produces, as a rule, prompt cure in the dry cases. The reason why dry and wet beriberi are so generally associated is apparent; both of the vitamins which respectively prevent the two diseases are present in the outside layers of grains like rice and wheat; when the grains are highly polished both vitamins are removed and if an individual exists too exclusively on those grains he will suffer from the disease. The type of disease will depend on which vitamine is most completely removed and upon the relative susceptibility of the patient, or the disease may be of the mixed type.

In the practical considerations the necessity for action by the governments concerned is pointed out and the imposition of a tax on the local production of highly-milled rice is advocated. In conclusion, Captain Vedder states that his inspiration has been the desire to present a convincing exposition of the aetiology of beriberi and a solution of the sanitary problems found in the prevention of the disease; he is to be congratulated on the success of his efforts which have resulted in the production of this excellent book. There is a copious bibliography, an index to authors, and a satisfactory subject index. The book is well illustrated and printed on good paper. All who are interested in the problems of tropical medicine should read it.

O. L. R.