

REVIEWS.

Diabetic Dietary and Cookery. By P. J. CAMMIDGE, M.D.
University of London Press. 1920. Price 10s. 6d.

IN this volume the principles underlying the modern treatment of diabetes mellitus are briefly reviewed. The arrangement of diet with reference to the individual patient is emphasised, as also is the importance of education and co-operation of the patient. In the dietetic treatment of diabetes the author believes that the first essential for success is that the urine should be permanently sugar free, and that the blood sugar should be kept within normal limits. It is refreshing to find the latter point so strongly stated. It is surprising that the rather loose observations of Guelpa, of Paris, are given more prominence than the monumental, painstaking and laborious studies of Allen of the Rockefeller Institute. As a matter of fact, Guelpa's observations were based on a false premises, and the principles of treatment (if, indeed, they can be so called) elaborated by Guelpa are fundamentally different from those formulated by F. M. Allen. The author believes with Allen that loss of weight in diabetes is, within limits, an advantage. In arranging diets the author has devised a system of interchangeable "rations" of proteins, fats and carbohydrates. The system seems to us unnecessarily complicated and rather loose. We personally prefer the use of simple diet tables, giving the percentage composition of ordinary foodstuffs.

Cambridge favours a system of intermittent fasting rather than one prolonged fast of eight or ten days to get the blood-sugar normal, a point of view with which we generally agree. The method of again building up the diet is described. On the whole, the methods are similar to those originally described by Allen.

There is an excellent section on testing the urine and

blood for sugar, but we personally prefer a colorimetric method for the latter to that of Cammidge. There are useful notes on diabetes in children, elderly patients, and on atypical forms of diabetes. Complications are well discussed.

The remainder of the volume deals with aphorisms and precepts for diabetics and with diabetic cookery. The latter section is really excellent for the amount of valuable information contained therein, especially in relation to the cooking of vegetables. There are a number of cookery recipes appended.

HENRY F. MOORE.

Transactions of the Section on Genito-Urinary Diseases of the American Medical Association. American Medical Association Press. 1918.

THIS volume contains the papers read at the American Medical Association, with an abstract of the discussions. There is a wide range of subjects relating to genito-urinary surgery. The paper on the relation between intestinal stasis and colon bacilluria is suggestive, and reminds "urologists" that the patient has more than kidneys and a prostate. The urethroscopic appearances of the posterior urethra are the subject of another paper in the discussion, on which useful hints on the treatment of vesiculitis can be gleaned. The paper on the kidney in pregnancy is good, and contains a valuable bibliography. Experimental hydronephrosis is well described, while the technique of ureterovesical anastomosis is given in detail. The discussions show the interest recently taken in America in ureteral strictures; some observers seem to think that difficulty in passing a ureteral catheter denotes a stricture, dilatation of the ureter above the impediment is the only diagnostic feature in this rather uncommon lesion. Taken as a whole, these papers show the trend of thought in

American genito-urinary circles. There is the searching after some new thing, but it is not altogether at the expense of research on such subjects as the renal complications of pregnancy and the treatment of genital tuberculosis.

Massage and the Swedish Movements. By KARRS W. OSTROM. Eighth Edition.

THIS little text-book is well known to teachers and students of massage and medical gymnastics. The present edition has been edited by Mr. P. Silföörberg, G.D., at the request of the late Mr. Ostrom's publishers, and contains some additional suggestions on treatment as well as a short article on dislocations written from his own viewpoint. The movements used in massage and the original Swedish exercises are well described, and the illustrations—sixteen of which have been added in the present edition—greatly increase the value of the book. The instructions as to the various treatments and their effects are sound and admirably concise, and as such will be found extremely useful by beginners.

Anatomy: Descriptive and Applied. By HENRY GRAY. Twenty-first Edition. Edited by PROFESSOR HOWDEN. London: Longmans, Green & Co. 1920.

IT is now sixty-two years since Gray published the first edition of his *Anatomy*, which then ran into 750 pages. The twenty-first, like the two previous editions, adopts the Basle nomenclature, which has never been popular with the clinical teachers in Dublin.

The section on Embryology is very comprehensive, and in it we find the latest known details of the early fertilised

ovum most interestingly described. Stress is laid on the rôle of the chromosomes in fertilisation of the ovum. In lower forms of life, when the mature ovum is mechanically or chemically stimulated into producing a new being, the sex of that being is always male. The development of a female necessitates the presence of a spermatozoon containing a specialised chromosome.

The way in which the applied anatomy is described gives the student a very live interest in the part.

The diagrams and drawings throughout are excellent. We have no hesitation in saying that as a text-book of descriptive anatomy it is unsurpassed.

I. W. C.

Diathermy in Medical and Surgical Practice. By CLAUDE SABERTON. London : Cassell & Co. 1920. Pp. 138. Illus. 33. Price 7s. 6d. net.

NOT every practitioner understands the implements he uses or the *rationale* of his treatment, and relatively few of those who employ electricity are sufficiently trained in the principles of its application to the human body. This book sets out to explain the meaning of diathermy and to describe the apparatus necessary for its various applications. It ought to be of very considerable help to those who desire to use diathermy; but, though simply written, some knowledge of electricity is necessary to follow the technical descriptions, which are suggestive rather than detailed. The chief value of the book lies in the chapters on the medical and surgical applications of diathermy, for they contain the indications for this method of treatment. No practitioner would waste time by reading this part of the book, and his patients would gain by the perusal. There is no doubt that diathermy will accomplish more than the knife with greater safety in many cases of superficial lesions, while its usefulness in tumours of the mouth

and bladder is now beyond dispute. The effects of high-frequency currents and ionisation on diseases of the circulatory and nervous systems are described.

The book is a useful one and of a convenient size. It repays the time taken for its perusal.

The Systematic Treatment of Gonorrhœa in the Male.

By NORMAN LUMB. Second Edition. London: H. K. Lewis & Co. Cr. 8vo. Pp. viii + 123. Price 5s. net.

THE aim of this book is to give practical details of methods of treatment which have been tested in a large number of cases during the war. The author gives a clear description of the course of the disease, the examination of the patient, and the treatment indicated. The book is one which might be read with advantage by those who have had no experience in the management of gonorrhœal cases. The chapter on the examination of the urine explains more clearly than usual the appearances commonly observed. We fear it is not possible to apply methods evolved in military practice in their entirety to civilians. The latter will not rest in bed during the acute stage of the disease. In common with most observers, the author believes that permanganate of potash is as efficient, if not more so, than more expensive and more fashionable drugs. His experiences with ionisation do not encourage others to attempt that form of treatment. With vaccines he has had considerable success. The volume gives what may be taken as the usual established treatment of gonorrhœa, and no one will go far wrong by following its teaching. More might have been said of vesiculitis, for not every case requires posterior urethroscopy and highly specialised treatment. The last chapter, on the physiology of the patient and the test of cure, is good, but might be elaborated with advantage.