

## Book Reviews.

**THE COMMON SENSE OF THE MILK QUESTION.** By JOHN SPARGO, Author of "The Bitter Cry of the Children," etc. New York: The Macmillan Company, 1908.

MR. SPARGO'S book is an attempt to acquaint the general reader with the problem of the relation of the public milk supply to the public health. He very properly says that there are no mysteries in this problem that are beyond the comprehension of an intelligent layman; a thorough acquaintance, on the other hand, with the questions and difficulties involved is the best preparation for an intelligent attitude in the matter. As an introduction to the main body of the work, Mr. Spargo writes of "The rise in the value of babies" which has taken place with the course of time, and of the reasons for the failure of many mothers to provide the natural and best food for their infants, namely breast milk. Cow's milk as the best substitute is then considered and the various and devious ways in which this article of food suffers deterioration and adulteration while on the way from the cow's udder to the baby's mouth are fully presented. The summary of the problem is then stated, its expression being found in a few phrases: dirty milk, high infant mortality as a consequence, the great economic and political difficulties in the path of improving the situation. As a remedy for the evils Mr. Spargo proposes many far-reaching measures, among them the establishment of a "National Milk Reform Association"; rigid enforcement of certain standards of cleanliness and purity; infants' milk depots; the elimination of tuberculosis from the dairy herds; the education of mothers in the principles of milk hygiene, etc. This brief summary of the book's contents show that it is of interest both to the general reader and to the physician, who, above all, ought to have an intelligent opinion in the matters discussed.

**THE EVERY-DAY DISEASES OF CHILDREN AND THEIR RATIONAL TREATMENT.** By GEORGE H. CHANDLER, M.D. Chicago: The Clinic Publishing Co., 1907.

To those who are interested in the subject, this book may be welcomed as a practical expression of the efficacy of alkaloidal therapeutics in the treatment of the diseases of children. The arrangement and classification of the text are practically the same as in other works on pediatrics. Very little space is given to a consideration of diagnosis and prognosis, most of the work being devoted to therapeutics, especially to alkaloidal treatment. Like most members of this school of therapeutics, the author is a firm believer in the power of drugs to curtail disease. In speaking of the treatment of varicella, a disease which is self-limited, and whose treatment is simply symptomatic, the author, after advising the administration of a cathartic, says: "Calcium sulphide and arsenic sulphide are the two main remedies; the administration of gr. 1/3 of calcium sulphide every two hours and gr. 1/67 of arsenic sulphide after each meal checking the disease within four days. The papules cease to appear, the few vesicles shrink and rapidly dry up, and normal conditions are reestablished."

**DIAGNÓSTICO Y TRATAMIENTO DE LAS ENFERMEDADES DE LAS VÍAS URINARIAS,** por ALBERTO SUÁREZ DE MENDOZA, Profesor de Enfermedades de las Vías Urinarias en la Facultad de Medicina de Madrid. Madrid: Perlado, Páez y Ca., 1908.

ALTHOUGH his book is modestly offered as "elementary lessons," Professor Suárez de Mendoza covers the field of genitourinary diseases as exhaustively as is possible in 778 large quarto pages and 12 pages of an excellently made index. The general plan of the book follows that of Guyon's *Maladies des Voies Urinaires*, without, however, for that reason lacking in originality of presentation. As is proper in a text-book for medical students and junior practitioners, the author avoids polemics and consequently omits, without doing violence to facts as he observes them, minor points, such as for instance, the discussion of priority in methods, instruments, etc. It is therefore readily comprehensible that the author attributes a discarded form of the Valentine urethroscope to Luys. Suárez de Mendoza's attitude regarding the treatment of gonorrhea by irrigations is shown (p. 277) as follows: "Tens of thousands of patients in Spain have been treated and cured by this method. None other is employed in the San Juan de Dios where it was introduced ten years ago by Professor Sanz Bombin." The author most profitably and interestingly emphasizes the genitourinary conditions that may simulate other diseases, such as intermittent fever, gastroenterological conditions from dyspepsia to most obstinate constipation or diarrhea, joint diseases, neuralgias, rheumatism, etc. He shows, by most fascinatingly related histories, how readily they subside, as the genitourinary

affection is relieved. The second to the seventh lessons of this work are devoted essentially to disturbances in urination and their pathological significance. The forcefulness of his presentations are well demonstrated by lines which he emphasizes as follows: "When pollakiuria evinces itself as intensely at night as it does during the day, the existence of pyelonephritis must be sought" (p. 17), "...as Heister said, 'in case of retention there is no choice except to urinate or die'" (p. 21). In the treatment of urinary incontinence of children that has resisted the usual methods (p. 35) Suárez de Mendoza enthusiastically endorses Cathelin's epidural injections (fully detailed in the *MEDICAL RECORD*, September 26, 1903). In his study of anuria the author relates the case of a woman whom he successfully operated upon on the tenth day of suppression. He further recites that hysterical anuria presages death. The author's differentiations of the hematurias are most clearly presented. As an aid to urethral irrigations Suárez de Mendoza offers a double cannula, destined to avoid penetration of solutions into the bladder. He also describes a sterilizer for catheters and bougies, devised by him, that acts as a case for these instruments as well. It is singular that our author, striving to "render unto Cæsar," neglects to give Piffard credit for his small but important meatometer, which he describes and illustrates without mentioning its originator. It is regrettable that the space which can be allowed so generally admirable a work prohibits consideration of the parts devoted to major genitourinary surgery. The hope is justifiable that this important work will find a translator for the benefit of those who do not read Spanish.

**NURSING THE INSANE.** By CLARA BARRUS, M.D., Woman Assistant Physician in the Middletown State Homeopathic Hospital, Middletown, N. Y. New York: The Macmillan Company, 1908.

PUBLISHED in April, 1908, this is one of the latest books on nursing the insane. It is also one of the most complete. The asylum woman physician comes into close contact with both the attendant and the insane patient; and, at the beginning, her services were utilized, perhaps, more as a head trained nurse than as a physician. This early enforced experience has been of service to both physician and attendant, in many ways, and reacted to the benefit of the patient. An intimate knowledge of practical necessities in nursing and care of the insane seems to be reflected in this book; and from it the asylum nurse may gain many valuable practical suggestions both in regard to nursing and management of the insane, and to the more common medical and surgical conditions arising in any community; but she may also obtain considerable information respecting the insanity laws and customs of New York State. We are glad to note that but little space is devoted to psychology. Many useful hints are given in the moral (or mental) treatment of the insane. There are no chapters on anatomy or physiology. Theory, in fact, gives way to practice throughout the book. Homeopathic practice, *per se*, does not obtrude itself.

**PRACTICE OF MEDICINE FOR NURSES.** A Text-book for Nurses and Students of Domestic Science, and a Hand-book for all those who care for the sick. By GEORGE HOWARD HOXIE, A.M., M.D., Professor of Internal Medicine in the University of Kansas; Superintendent of the Eleanor Taylor Bell Memorial Hospital, Kansas City. With a Chapter on the Technique of Nursing by PEARL L. LAPTAD, Principal of the Training School for Nurses of the University of Kansas. Philadelphia and London: W. B. Saunders Company, 1908.

THE literature of nursing is increasing rapidly. Text-books are appearing on every branch of medicine and surgery, devoted to the needs (or supposed needs) of nurses. The present volume is on the Practice of Medicine, and covers the ground quite satisfactorily. But occasionally material is introduced which cannot in any way concern the nurse. For example, in the chapter on Malaria, we find: "The diagnosis of malaria, therefore, depends on finding these organisms in the blood; and without such finding a diagnosis of malaria is simply guess-work. It is necessary, therefore, for any physician who would diagnose malaria to have access to a high-power microscope, and be able to use the modern methods of staining the blood for examination." Again, in the same chapter: "We would reiterate the necessity of using a microscope to determine whether or not the patient ill with chills and fever has really malaria." Diagnosis is not within the province of the nurse. There is a useful chapter on the care of the patient and the sickroom, by a nurse (Pearl L. Laptad). The book contains much that will be of service to those for whom it was written.