

The book contains an account of much new work, which is represented in a clear and interesting manner. Whether the chemical constitution of the carbohydrates deserves quite as much space as the author has given to it is a matter of opinion. It is possible that biochemistry may develop more rapidly in the future on the dynamic and biological side. If this should prove to be the case some method will have to be found of presenting to the student the fundamental chemical conceptions which it involves, without loading him too heavily with chemical detail.

### INTRANASAL IONIZATION FOR HAY FEVER

*Hay Fever. With Special Reference to Treatment by Intranasal Ionization.* By Clive Shields, B.M., B.Ch. (Pp. 57; illustrated. 7s. 6d. net.) London: H. Milford, Oxford University Press. 1937.

This book adequately fulfils its function of giving practitioners and students a detailed description of the author's technique of intranasal ionization in the treatment of hay fever. It contains a historical account of the aetiology of the disease which is excellent in every way. The description of the symptomatology and differential diagnosis will also be found interesting and helpful. There is an account of the anatomy and physiology of the nose and accessory sinuses, and of the action of various drugs and their component parts on the mucosa; this, too, is admirable, and as it is illustrated by photomicrographs it will carry conviction.

Some of the author's generalizations may be taken, however, *cum grano salis*, because he appears to regard any other method than his own as being useless. For instance, the results of previous desensitizing injections in a series of his patients are given as 82 per cent. no relief, 18 per cent. slight relief, and none great relief, whereas the results of his own form of treatment are given as "complete relief, or 90 per cent. relief, in 93 per cent. of cases." This seems to the impartial observer a rather high average. The last chapter gives a clear and concise account of the technique of the author's method of treatment, and from this point of view Dr. Shields's book is of interest; it is not, however, an unbiased contribution to the literature of hay fever.

This volume is excellently produced and printed, and is of interest as giving an understandable account of one particular form of treatment of hay fever.

### MENTAL DISORDER IN TIMES PAST

*Historical Notes on Psychiatry. (Early Times—End of 16th Century.)* By J. A. Whitwell, M.B. (Pp. 252; 10s. 6d.) London: H. K. Lewis and Co. 1936.

Dr. J. R. Whitwell, well known as the honorary librarian of the Royal Medico-Psychological Association, and formerly medical superintendent of St. Audrey's Hospital, Melton, Suffolk, writes a curiously interesting book. The title is too modest for the contents, which discuss in the light of modern knowledge the various forms of mental disease which have afflicted men from the earliest times to the end of the sixteenth century. Dr. Whitwell shows himself to be a man of very wide reading and an excellent scholar. He groups his notes into instances taken from the Bible, from the Talmud, from the Koran, from the classics, and from mediaeval literature. The mental states of Saul, David, Nebuchadnezzar, St. Paul, Hector, Achilles, Ajax, Cambyzes, and many others come under consideration, and are placed in their proper classification. The views of Pythagoras, Plato, and Aristotle are considered, and extracts are given from many of the classical

medical writers from Hippocrates and Avicenna to Felix Plater (1536–1614), the acute clinical observer who was among the first to look for a pathological basis of mental disorder.

The book is full of odd information. The reader will learn that fifty-one names have been given to epilepsy; he will learn much about the Nightmare, and will be able to answer the question, "What is acedia?" which was long numbered fourth amongst the seven deadly sins. Of the Iodestone he is told: "This hath a discerning faculty of a woman that is chaste and of her that plays the adulteress, for if any do set it secretly upon ye bed of ye chaste woman she, being overborne with sleep, both opens her hands towards her husband and cleaves close to him, but the other being troubled with dreams with foul labours falls out of bed." The latter part of the book contains a series of extracts and translations from many early writers on mental diseases which will prove a mine of information for those less skilled in the classics than is Dr. Whitwell. The last section contains some valuable chronological data.

### Notes on Books

Dr. A. G. AULD's book, *The Nature and Treatment of Asthma, Hay Fever, and Migraine* (H. K. Lewis and Co., Ltd., 12s. 6d.), includes a selection from the author's clinical investigations, which have been largely occupied by the subject of allergy. With the exception of one chapter all the material published in this volume has appeared in the columns of the *Lancet* or the *British Medical Journal*. The opening item is a lecture on asthma, given at the North-East London Post-Graduate College in 1908, and the final item is a case-history dated 1885.

Dr. ISRAEL BRAM, medical director of the Bram Institute for the Treatment of Goiter and Other Diseases of the Ductless Glands, has in *Exophthalmic Goiter and its Medical Treatment* (Kimpton, 25s.) brought out what is a nominal second edition of a work published in 1920, but the text has been so completely revised and enlarged that this is really a new book. It is based on an experience of more than five thousand cases during a quarter of a century, and concentrates on the success of medical, psychotherapeutic, and hygienic measures. The author draws a sharp distinction between toxic adenoma, which he regards as primarily a local condition and amenable to surgery, and Graves's disease, which is a constitutional state and does not respond in a satisfactory manner to "mere thyroid ablation." Dr. R. G. Hoskins of the Harvard Medical School in a brief and cautious foreword makes the best of this appeal against thyroidectomy, and remarks that "habitual reliance upon surgery as the therapy of choice may lead to a mental scotomatosis." It must be freely admitted that the thyroid may be secondarily and not primarily affected in Graves's disease, but on the other hand, from a practical point of view, the available evidence points to thyroidectomy as the most successful form of treatment. The author, who has obviously taken much trouble not only in the collection of his matter but in the manner of its presentation, describes about twenty-four different types of Graves's disease, and the "Bram quinine test" for hyperthyroidism—namely, tolerance to 30 to 90 grains of quinine daily for several weeks.

*Dietetics for the Clinician*, by Dr. MILTON A. BRIDGES of New York, which was reviewed in our issue of August 18, 1934, has now reached its third edition (Kimpton, 45s.). In preparation for this new edition the author has made an extensive survey of the literature on diet therapy, and has rewritten much of his text in the light of recent knowledge of foods and their nutritive, vitamin, and mineral constituents.