

the colon in the newborn infant. Irritability of the large bowel following injection of barium is probably not more marked in the infant than in the adult. The mucosal contours of the healthy infant's colon rarely show any defect. When such defects are present, it is believed that they may be due to adherent meconium or feces. Haustrations in the newborn are nearly always present, but they are more shallow and less numerous than in older infants and adults. Roentgen studies would indicate that the sigmoid is always redundant in early infancy, but this may sometimes be overemphasized if too much barium mixture is used. Redundancy of the

descending colon, splenic flexure, transverse portion, hepatic flexure, and ascending colon was encountered frequently, but it occurred most often in the region of the hepatic flexure, being about as common here as in the sigmoid. The cecum was found to be at the level of the right iliac fossa in 50% of the infants in this group. In 25% it was located above the level of the iliac crest, but a true subhepatic cecum was not found. The terminal ileum is easily visualized, but this is not as a rule desirable, because so much barium enters the ileum that the cecum, ascending colon, and a part of the sigmoid are apt to be obscured.—Franz Lust.

Book Reviews

The Advancing Front of Medicine. By George W. Gray. New York, Whittlesey House; McGraw-Hill, 425 pp., 1941. Price \$3.00.

This is a delightful series of essays written by a layman for laymen. Fortunately, Mr. Gray has had the wisdom to go personally to consult with medical men who were thoroughly conversant with the problems that he intended to discuss. One often wishes that other lay writers in the medical field would go to such lengths to make certain of their facts. Mr. Gray has a pleasant style, and physicians will be glad to see that he does not attempt to fill his articles with excitement and emotion. The book can be heartily recommended.

Foods of Our Forefathers. By Gertrude I. Thomas. Philadelphia, F. A. Davis Company, 227 pp., 1941. Price \$2.50.

The reviewer is particularly pleased with this book because he has always been interested in learning of the diets of our ancestors and the way in which the choice of food has changed through the centuries. This is an entertaining book and a valuable one, not only from the dietetic but from the historic point of view. Miss Thomas is to be congratulated on having saved for future generations a record of how our early American settlers ate and cooked. Attractive are the many recipes given for preparing some of the foods that tickled the palates of our grandparents.

Nutrition and Chemical Growth in Childhood. Vol. 1. Evaluation. Springfield, Illinois, Charles C. Thomas, 432 pp., 1942. Price \$5.00.

This is a highly scientific book written by the Director of the Research Laboratory of the Children's Fund of Michigan. It is a volume that all research workers in pediatrics will have to have. It deals not only with the practical problems of studying the nutrition of children and adjusting diets to them, but also with the highly technical problems of estimating the amount of digestion going on and of carrying out studies of the metabolic balance of many chemical substances. Over a third of the book is taken up with the description of such technics. There is a large bibliography.

"Psychotherapy in Medical Practice." By Maurice Levine, M.D. The MacMillan Company, New York, pp. 320, 1942. Price \$3.50.

Psychoanalysis is a term applied to a method of examination which stems from the work of Freud. An individual analysis requires many months or even several years. The patient is

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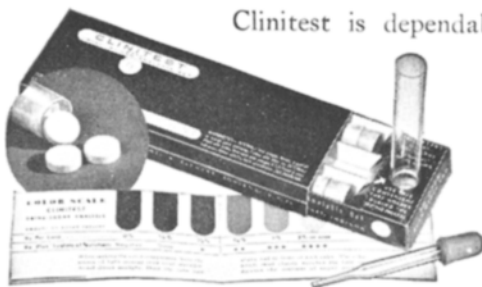
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examined one hour each day, six days a week, month after month. The hourly fee has to be higher than in any other kind of medical work, because the psychiatrist can see so few patients in a year, or even in his life time. It is still true that there are many things which are not known about human beings, and that every psychoanalysis is in a sense an exploration into new territory. About seventy per cent of persons analyzed are cured or very much improved. The analyst does not do the physical examinations, as this tends to introduce unnecessary complications. Psychoanalysis is contraindicated in

illnesses predominantly physical in origin, in persons of defective intelligence, in those possessing deficient "ego strength" and in persons past middle age where the emotional patterns have become too fixed and unamenable to alteration. Usually it is contraindicated in paranoia, schizophrenia and manic-depressive psychoses. It is of special value in most of the neuroses, such as hysteria, anxiety neurosis, organ neurosis, phobias, and compulsion, and for sexual perversions, some cases of drug and alcohol addiction and marital adjustments.

One of the things brought out so

well in this book, and which is a little surprising to those not too familiar with human psychology is the amazing list of difficulties with which certain minds may be presented. To know that all these hurdles exist is part of the physician's education, which makes this book valuable. No doubt psychoanalysis has discharged a dual function: it is a means of frequently successful treatment in a domain of illness resistant to any other kind of medical therapy; it is, also, from the broadest biological angle, a tremendous contribution to the task of descriptive analysis. It has helped greatly in understanding the total make-up of human individuals, and in arriving at an approximate definition of mental normality.

The author stresses in this work only those simple and advanced methods of psychotherapy which can be used by the general practitioner. He states that "only the autopsy pathologist can avoid being a psychotherapist." His appraisal of the present short-sighted attitude toward psychotherapy is summed up in the following statement: "The fact that there is more loss of prestige in connection with the overlooking of physical facts than of psychological facts, is social distortion in medical circles." The chief and underlying fact of all psychopathology is the existence of drives within the human being about which the human being does not know. It is equally true, no doubt that the underlying fact of all normal psychology is the presence of favorable drives equally beyond conscious recognition. Levine supports the contentions of psychosomatic medicine in his statement that—"the separation of the human being into body and mind is an artificial separation which has been rather an obstacle to progressive thinking in this field." Naturally, however, some illnesses do not seem to be connected with the ideas or thoughts of the patient, and in these cases, the illness must be regarded as physical.

This book probably fills a very great need, because it does supply the general practitioner the basic teaching he requires to be able to objectify psychotherapy in practice. Both general science and general philosophy have already passed beyond the tenets of mechanism which have characterized the past unfortunate generation and, along with medicine, are attempting a new adjustment of facts tending to increase the importance of mind as a tangible factor in the workings of the universe. Psychoanalysis, as a study of man, has led the way out of medical mechanism. Even for those who do not entirely approve of Freud's tenacious emphasis on the sex life as an important cause of abnormal adult behavior and



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emotion, few will deny that Freud originated a method of diagnosis in the field of nervous illness, unrivalled by that of any other psychologist.

Often enough we would prefer to believe that our maladjustments depend upon more advanced frustrations than those associated with the sex life of infancy or puberty, or the fantasy life of childhood, yet in most persons suffering from disturbing mental influences, these will be found to be associated with matters, seemingly very trivial. This is entirely because of the emotional aura which the individual uses to surround the central idea. It is not the factual

idea but the individual's abnormal emotional reaction to it that makes the deep impression upon the mysterious mind-stuff which constitutes the subconscious mind, and later may not yield to mature adjustment.

Psychiatry in Medical Education. By Franklin G. Ebaugh and Charlie A. Rymer, 619 pages, N. Y. Commonwealth Fund, 1942. Price \$3.50.

This is a report of the present status of the teaching of psychiatry in American medical schools. It deals with the content of the curriculum, the methods of teaching, and the general status of education in the

field of psychiatry. There are two parts of this study: (1) dealing with the training of the man who is to be a physician, and (2) dealing with the training of the psychiatrist.

For some time it has been obvious to a few thinking men that with insanity, one of the commonest of diseases, the almost complete lack of training in psychiatry in American medical schools was all wrong and responsible for the performance of hundreds of thousands of useless operations on psychoneurotic men and women. The doctor who has never had any training in psychiatry naturally fails to recognize for what they are, the many psychopaths who come each day to his office.

At last, something is being done about this bad situation, and this book, it is to be hoped, will stimulate college deans to see to it that their students are shown at least a few mildly insane persons before they go out into the world to prescribe vitamins and to take out appendices and ovaries.

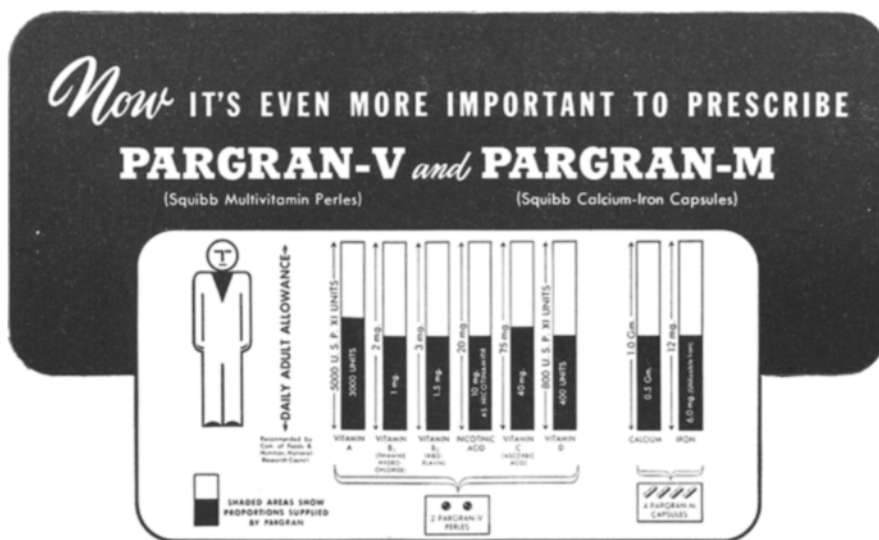
Social Insurance and Allied Services: Report. By Sir William Beveridge. The MacMillan Co., New York, 1942.

This book will be of great interest to all socially minded persons who are concerned with the great changes that are likely to come after the war. Already, President Roosevelt is proposing legislation to take care of the soldiers who return—to insure them from want of money and a job, and to provide them with medical and hospital care.

The men who will draft these new laws may well be influenced by this report of Sir William Beveridge. Under his plan an unemployed man in Great Britain will receive 24 shillings or \$4.84 a week. The allowance for a child will be 8 shillings a week. To help in bearing a child a woman would get £4. As a retirement pension, a man and wife would get at least 40 shillings or \$8.00 a week. The only big money, \$80.00, is to be paid for a funeral!

As Beveridge says, a great effort should be made to abolish dire want and to level out a man's burdens during the times when he has a job and when he hasn't, or when he has several children to educate, feed and clothe, and later when they are all grown up and earning for themselves. There should be grants for widows, and for brilliant children whose parents cannot afford to educate them, and for intelligent and fine young married folk who should have children, for the good of the State, but who cannot afford to.

Modern Bread from the Viewpoint of Nutrition. By Henry C. Sherman and Constance S. Pearson. New York,



UNTIL RECENTLY the chances were three to one against the American family getting enough of the foods needed for optimum efficiency and stamina. Now, with many foods rationed and hard to obtain, the odds are even greater. The need for a balanced vitamin-mineral supplement for use where food sources are inadequate becomes increasingly apparent.

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The Macmillan Co., 118 pp., 1942. Price \$1.75.

This is an interestingly written and authoritative monograph on bread and the question whether it should be enriched with vitamins, iron, and other substances. As the writers state on page 96, "much of the news writing about Enriched flour and bread has been misleading in carrying the implication that, if one uses bread enriched to official standards of, for instance, thiamine, one's thiamine requirement is thereby taken care of. In fact, of course, the official standard attempts only to ensure that the bread shall take care of its share of the thiamine requirement."

A large number of those who have written on this subject have also failed to see that the enriching of bread is of importance very largely to the poorer people who use a great deal of bread. A well-to-do person who occasionally takes a slice of bread with his meal cannot be helped by the campaign for a better bread. On page 14 one finds the statement that one survey showed that breadstuffs and equivalent grain products furnish 25 per cent of the total food calories in the diets of white farm families of the North and West, and 38 per cent

in families in comparable economic conditions in the South and East. In families with yet lower incomes a still higher percentage of the total food calories is supplied by breadstuffs. In the families of professional men, breadstuffs may supply about 19 per cent of the calories.

From recent publications it appears that in this country the campaign to increase the use of enriched bread has not taken hold well.

Modern Drug Encyclopedia and Therapeutic Guide. By Jacob Gutman. 2nd ed., New York, New Modern Drugs, 1644 pp., 1941. Price \$10.00.

This book, now in its second edition, is a most helpful and valuable one. It gives brief descriptions of 11,114 non-pharmacopeial medicinal preparations which are now being advertised to physicians. The book can be very valuable to a physician if only to help him to find out now and then what a patient has been taking. Often a patient will claim that he has gotten marvelous results with some new drug, and perhaps he wants a prescription for more. Then if the physician cannot find out what the drug is, he will be in an unpleasant situation. If he admits ignorance, the patient may think that he is not up-

to-date and trustworthy as a medical advisor. Usually on getting the formula, one finds that the new and wonderful drug is simply a combination of old drugs whose properties are well known.

One helpful thing about the Encyclopedia is that it gives the action, uses, dosages, and what is even more important, the way in which a drug is supplied to the trade. Obviously the doctor can make it less expensive for both druggist and patient if he can prescribe an unbroken bottle of tablets or capsules. He cannot do this unless he knows that a drug comes in, let us say, 1 grain tablets, forty in a bottle.

Another advantage of this book is that every month a supplement is put out to keep the information up-to-date. It is a mighty handy volume to keep within reach.

The Reception of William Beaumont's Discovery in Europe. By George Rosen. New York, Schuman's (20 East 70th Street), 97 pp., 1942. Price \$5.00.

Every student of gastro-intestinal physiology, every well read and thoughtful gastro-enterologist, every historian of medicine, and certainly every admirer of Beaumont will have to have a copy of this interesting little book, which is so full of information in regard to the early work done in Europe on the physiology of the stomach and the way in which Beaumont's discoveries were received.

All those physicians who are historically minded owe a debt of gratitude to Dr. Rosen for having done so much research and for having written up the material so well. Everyone should be indebted also to Mr. Henry Schuman for his idealism in publishing the attractive little volume.

It is interesting that the Germans were the first to recognize Beaumont's work. Then came the English and finally the French. It is interesting that the English at one time wanted to take up a subscription to pay Alexis St. Martin to come to London.

Communicable Disease Nursing. By Theresa I. Lynch. St. Louis, C. V. Mosby Company, 678 pp., 1942. Price \$3.75.

This looks like an excellent and most valuable book. It is printed attractively with good clear headings for every paragraph, and it is well illustrated. It is an excellent book not only for nurses but for interns and doctors who have to work in hospitals for communicable diseases. It should be a valuable book to go into the library of every army hospital.

Miss Lynch is Instructor in Education at New York University and was formerly Superintendent of

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BEEF LIVER	8.2	70	5.7
OATMEAL	4.1	96	4.6
APRICOTS (dry)	3.1	100	4.0
EGGS	5.0	47	3.1
WHEAT	3.0	62	2.4
RAISINS (Muscat)	3.2	50	1.9
PARSLEY	3.0	50	1.6
BEEF MUSCLE	5.8	22	1.3
OYSTERS	1.8	72	1.3
MUTTON	5.1	22	1.2
LETTUCE	1.5	63	0.9
SPINACH	2.6	20	0.5

***Brer Rabbit Molasses—Gold Label (light, mild flavored)
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1. Am. J. Dig. Dis. Vol. VI No. 7 (Sept.) pp. 459-62, 1939



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Nurses and Director of Instruction at the Willard Parker Hospital in New York. A valuable addition to the book is a series of bibliographies at the end of each chapter.

Nutrition and Diet Therapy. Fairfax T. Proudfit. 8th ed. New York, The Macmillan Company, 1069 pp., 1942. Price \$3.25.

This is an attractive book of 1069 pages. The fact that it has gone into the eighth edition shows that it is good and that it has met a need. It is a good book to be used as a text for women being trained in dietetic practice. There are many menus and there are the usual tables of food values.

On page 549 we regret to find included in the list of low residue foods the usual milk, which many researches have shown is one of the substances which leaves the highest residue in the terminal ileum and which often is one of the poorest foods to give persons with diarrhea.

The author is Instructor in Nutrition and Diet Therapy at the University of Tennessee College of Medicine, and Director of the Dietary Department at John Gaston Hospital in Memphis.

The National Formulary. Seventh edition. Washington, D. C., American Pharmaceutical Association, 690 pp., 1942.

This is the seventh edition of this most important work.

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