

Practical Aspects of Human Nutrition

THE text of a lecture entitled "The Place of Vegetables and Fruit in the Well balanced Diet", which was delivered before the Royal Horticultural Society by Dr. G. E. Friend, is printed in the Society's *Journal* of July (62, 7, 286-295). A review of modern conceptions of the nutritional needs of the human body dealt principally with the quality of diet, rather than with quantity. Dr. Friend has charge of the health of the boys at Christ's Hospital; perhaps the members of this and similar closed communities may be regarded as adequate critics of palatability and other human aspects of diet. The nutritional value of fresh fruit and vegetables varies considerably, and but little is known about factors affecting variation. Emphasis is placed upon the necessity for co-ordinating human and plant nutrition. The best way of ensuring qualitative adequacy of protective vegetable foods is to begin with their cultivation. Soil conditions must be suitable for the production of sufficient amounts of vitamins and the minor essential elements necessary for human nutrition. Such high-grade vegetables naturally cost more to grow, and one of the problems of the future will be to convince those who hold the economic control of diet of the value of such improved produce.

The Tobacco Problem

IN an address on this subject before the Southampton Medical Society on October 6, Dr. J. D. Rolleston maintained that the tobacco habit is quite as much a concern of public health as that of acute infectious disease, a view which appears to be gaining ground in Germany, where many members of the public health service are of opinion that the harm done by nicotine is as great as that caused by alcohol. In Great Britain, however, apart from the Society for the Study of Inebriety and Drug Addiction, there has been little discussion in scientific meetings of the tobacco problem, like until recently any aspects of the sexual question. In a survey of the action of tobacco on the various systems of the body, Dr. Rolleston remarked that though in most cases little harm is likely to ensue from a mild degree of smoking, some smokers, even those of long standing, are liable to develop toxic symptoms after only a small amount of tobacco, while a considerable proportion of all tobacco consumers smoke to excess. Other subjects discussed in the address were the incidence of smoking in different countries, the relation of tobacco to cancer of the upper respiratory and alimentary tracts, tobacco in training, smoking in hospital wards, the occurrence of extensive fires due to smokers' carelessness and the formation in 1926 of the National Society of Non-Smokers.

A Philosophical Overhaul

WE have received the first chapter of a book entitled A "Philosophical Overhaul" by Oscar Ljungström, printed in English by H. Ohlsson of Lund. It is a well-written philosophical disquisition on such subjects as force, gravitation, chance, free will, causation, time, etc. It is most readable and forces one to think. The author begins "A philo-

sopher is a doubtful man, and he puts all kinds of unnecessary questions. Not like Socrates in the forenoon, to the citizens of his own town. For if he did that nowadays they would probably turn him out with the American injunction: 'If you have nothing to do, don't do it here'. So it is safest for him to keep his doubts within his own soul, murmuring some answers to himself." The questioner has contracted the habit of writing books and so he gives the first chapter of a proposed book. He suggests that gravitation may be explained by cosmic radiation and that time cannot be measured at all. He has the merit of not being dogmatic and his suggestions are interesting and put forward modestly.

A Business Man's Library

A SELECTED list of books under the heading "A Business Man's Library" compiled by the Management Library has been issued by the National Book Council, 3 Henrietta Street, Covent Garden, London, W.C.2, from which copies may be obtained. The list covers purchasing, factory management, personnel and industrial psychology, sales management, market research, advertising, transport, general management, accountancy and statistics, commercial law, industrial biography and industrial history. While not exhaustive, it includes most of the significant recent additions to the literature of this field and is a useful adjunct to the more comprehensive "Business Man's Guide to Management", the fifth edition of which has just been published by the Management Library (23 Bloomsbury Square, W.C.1). In addition to the classified lists of books, with brief descriptive notes on their scope or contents, the latter contains a subject index, a publisher index and an author index as well as suggested courses of reading. Reference to the main divisions, general management, accounting, production, distribution, company secretary, psychology, industrial economics, in which the books are listed is facilitated by use of different coloured paper for these divisions.

Library of the American Philosophical Society

THE report on the library of the American Philosophical Society for 1936 includes details of the more important additions (Philadelphia: American Philosophical Society). Among the new exchanges of publications established during the year is one with the library of Armstrong College, Newcastle-on-Tyne. At the end of the year the Library contained 80,918 volumes, 48,468 pamphlets and 5,374 maps. The Library does not attempt to develop all fields of learning, but only those in which it is already strong or has historic interest. No expansion in modern books on medicine is contemplated owing to the existence in Philadelphia of a very important medical library, but fields in which development is intended include exploration; botany, scientific and applied; the history of science; the inter-relation of the sciences; the co-operation of learned societies and institutions. Further contributions have been made to the promotion of the Union Catalogue of Philadelphia, and the report includes a summary list of archival materials in the possession of the Library,