

abolition of the practice of removing the germ and cortical layers of the wheat which at present are given to cattle or poultry, and urges that millers should be compelled to supply flour containing all the nutritious elements of the grain.

The last three chapters, which have no obvious connexion with the rest of the work, are devoted to pernicious anæmia, non-pernicious anæmia and glycosuria and diabetes mellitus respectively.

**The Medical Press and Circular, 1839-1939**  
A Hundred Years in the Life of a Medical Journal. By Dr. Robert J. Rowlette. Pp. x+127+10 plates. (London: Medical Press and Circular, 1939.) 10s. 6d.

**T**HE *Medical Press and Circular* was founded in Dublin by Dr. Arthur Jacob in January 1839 under the title of the *Dublin Medical Press*. The medical profession was entirely unorganized at the time of its foundation, and Jacob was one of the first to recognize the need for organization. To mark its centenary (see NATURE, Feb. 11, p. 237) Dr. Robert Rowlette, for many years Irish editor, has written this interesting history of the *Journal* and its development, and has woven into his account the medical history of the times.

The *Medical Press* was published in Dublin up to 1866; but in that year it absorbed a London periodical, the *Medical Circular*, founded in 1852 by Dr. James Yearsley, a well-known aural surgeon, and edited by Dr. George Ross during the fourteen years of its existence.

Arthur Jacob was a prominent surgeon in Dublin, and he was the discoverer of the layer of rods and cones in the retina of the eye. He was succeeded as editor by his son, Dr. Archibald Jacob, and the *Journal* then took a close interest in the betterment of the profession employed under the Poor Law system. In the 'nineties, in common with other journals, it pressed for reforms in the Army Medical Services, and in recent years has pursued an editorial policy of providing concise and authoritative articles upon the latest methods of diagnosis and treatment.

Dr. Rowlette's "History" is attractively produced, being printed on cream antique laid paper, and bound in crash canvas with green labels lettered in gold, and is illustrated with ten excellent plates.

#### Diets for Diabetes

Arranged in Menu Form. By Dr. G. E. Beaumont. Pp. vi+49. (London: J. and A. Churchill, Ltd., 1938.) 2s. net.

**I**N this short booklet, diets for those suffering from diabetes are presented in menu form, so that the patient need not calculate equivalent food values from tables. Having been informed by his doctor of the amount of carbohydrate, etc., and number of calories appropriate to his condition, the patient may thus select meals suitable for him, and which appeal to his appetite and his taste. First of all, tables are given of the carbohydrate, protein and fat content and calorie value of fruits, vegetables, meats, etc., after which a number of daily menus is set out, each with its dietary constitution and calorific value. The

diets suggested commence with a scanty one of only 178 calories and become progressively more and more generous. The information given should be very useful to the sufferer from diabetes, and will alleviate some of his trials.

#### Viscosity of the Blood

The Cause and Cure of High Blood Pressure. By Major Vincent Nesfield. Pp. 96. (London: R. Cobden-Sanderson, Ltd., 1938.) 5s. net.

**I**N this work, which is based on eight years' research, the author maintains that high blood-pressure is due to increased viscosity or thickness of the blood, for the measurement of which he has devised a special instrument or viscometer.

The chief cause of viscosity of the blood is stated to be over-eating and lack of exercise, which account for its rarity in farm labourers, among whom the author had a practice for more than fifteen years, and its frequency among the well-to-do. Treatment of the condition, therefore, should consist in a reduction of diet and in bleeding, which though carried out to excess in the past has been too much neglected at the present day.

#### Miscellany

##### Essential Facts about the League of Nations

Ninth edition (revised). Pp. 349+9 plates. (Geneva: League of Nations; London: George Allen and Unwin, Ltd., 1938.) 1s.

**T**HIS admirable but lucid recapitulation of the essential facts about the League of Nations provides an indictment of recent statesmanship which is the more impressive because the book is wholly free from polemics. The bare statement of the achievements of the League, the outline of its contribution to human welfare in many technical fields as well as in the political, make it the more amazing that nationalist policies anywhere should have hampered that continued development and contribution. The immense amount of readable information provided here in pocket form and easy of reference in itself emphasizes the necessity of a return to the League system and the evolution from within its framework of a more perfect structure where required. Only as the principles upon which the League is based are recognized can there be for any nation either the security or the amelioration of economic conditions which in these last few years have been sought increasingly but in vain by very different methods.

##### Catalogue of Lewis's Medical and Scientific Lending Library

New edition, revised to the end of 1937. Part 1: Authors and Titles. Pp. viii+550. (London: H. K. Lewis and Co., Ltd., 1938.) 16s. net; to Subscribers, 8s.

**T**HIS new edition of Part 1 of the Catalogue of Lewis's Medical and Scientific Lending Library has been revised to the end of 1937. It contains the list of authors and titles, estimated to be some twenty thousand in number, of the works in the