

faunal drift has been ultimately from the Indo-Malayan region, with a sprinkling of Australian forms, but whether the Islands were populated by oceanic dispersal or by way of hypothetical land bridges seems difficult to decide, and the author gives the arguments for and against both possibilities. Whatever the origin of the fauna, it dates from not later than early Tertiary times, and as might be expected isolation has resulted in the development of a high proportion of species distinctive of the Islands, although between the isolated islands of the group, variations are pronounced only in certain families. Naturally the fauna contains a varied assortment of species, particularly mammals and birds, introduced by man, some, such as the so-called 'native' rats and pigs, probably by the early Polynesian voyagers, and all the other mammals, with the doubtful exception of dogs and mice on some of the Islands, by white adventurers.

### European Rural Life

A PUBLICATION of much interest has been produced by the International Institute of Agriculture in Rome. It is entitled "Documentation for the European Conference on Rural Life, 1939", but in spite of its title it contains much of real value and much that has not previously been collected into one volume. Especially valuable is the long chapter on land reclamation and improvement in the different countries of Europe, including statistical information. This leads to a chapter on the improvement of crops, stocks and rural industries, where again various State efforts are discussed. In addition, there are useful summaries of land tenure systems in Europe and a full discussion of the present and potential density of agricultural populations as well as discussion on the economics of farming in different countries. The publication runs to nearly four hundred pages, and has various references to other sources of information.

### Music in Mental Diseases

DR. ARTHUR H. HARRINGTON, late superintendent of the State Hospital for Mental Diseases, Howard, Rhode Island, states that in some public institutions in the United States the value of music systematically applied with a therapeutic purpose has been recognized as an aid in institutional activities (*Mental Hygiene*, 23, 601; 1939). He has found that though technical instruction for groups of patients has only a very limited value, and does not produce sufficient return for the time and effort expended, mass and group singing of properly selected compositions under proper direction with the psychological aim always in mind, has a definite therapeutic value. Instrumental music of a subdued type seems to have a desirable psychological effect at meal-times, when it produces quiet and repose. In Dr. Harrington's experience the physical act of singing increases a number of bodily functions, stimulates respiration and heart action, gives increased oxygenation to the tissues and often has a favourable effect upon morbid mental states.

### Memorandum on Influenza

THE Ministry of Health has issued a revised edition of the Memorandum on Influenza, first published in 1919 and revised in 1927 (Memo. H.M. Stationery Office. 2*d.* net). It is pointed out that since the great and fatal pandemic in 1918-19, influenza epidemics in England and Wales have shown a decided preference for the first quarter of the year. The disease is caused by a filterable virus, and the incubation period is about 48 hours. Infection is conveyed from the sick to the healthy by the secretions of the respiratory surfaces. Beyond adequate ventilation, with perhaps gargling with an antiseptic solution after close contact with infection, little can be done for personal protection. At the first feeling of illness, the patient should go to bed in a room by himself, keep warm, and seek medical treatment.

### Health Problems of Industry

THE investigations carried out under the direction of the Industrial Health Research Board, Medical Research Council, during the year ended June 1939 are contained in the nineteenth annual report of the Board, recently issued (H.M. Stationery Office. 6*d.* net). These include a research on the toxicity of various volatile organic substances, now increasingly used as solvents in industry, work on mental integration with special reference to accidents and vocational fitness, and on vocational aptitudes, and researches on the physiological problems of heating and ventilation. Environmental conditions, such as lighting and vision, noise and deafness, and the effects on health produced by inhalation of dusts met with in industry, have also been investigated, and summaries of the results obtained are included in the report.

### National Research Council of Japan

A RECENTLY received report of the National Research Council of Japan (2, No. 8) covers the period April 1938-March 1939. In addition to particulars of the serial publications issued, the report includes summarized accounts of the annual general meeting and of the various divisional and committee meetings, with notes on the thirteenth conference of the International Union of Chemistry and the Tenth International Congress of Pure and Applied Chemistry and other international meetings at which the Council was represented. Besides details of the officers, members and committees of the Council, the report includes a long obituary notice of Baron J. Sakurai by Dr. N. Matsui (see also *NATURE*, Aug. 5, 1939, p. 234), reviewing not only his scientific work but also his work in promoting research activity in Japan and her international cultural relations. Appendixes list serial publications received from abroad and tabulate those of the Council already issued.

### Phytopherol: a Standardized Solution of Vitamin E

VITAMIN E is now being manufactured in Great Britain on a commercial scale and has been put within the reach of all by the British Drug Houses, who issue it as capsules of an oily solution containing