

amount of liquid should be small, and be taken at the end of each meal; and recommends that the exercise be always in open air, and during sunlight; for the want of the latter, it is well ascertained, conduces to obesity.

All our rules, he says, should be given in writing, clearly and precisely, and enjoined as strictly as moral precepts, if we would succeed in the cure of obesity; for when left to general and verbal instruction, their chance of being adhered to is small indeed.

The emptiness or sinking at the pit of the stomach felt by those who begin a diminished diet, is best relieved by chewing a bean or two of coffee.

He thinks highly of full doses of liquor potassæ at the commencement of the treatment; and says that a few sweating baths prove likewise useful by bringing the skin into good condition.

In conclusion, we would remark that all medical writers are unanimous in their experience of the evil effects of vinegar and pickles, so much employed by young women for lessening plumpness; and also in saying that acids of any kind, taken for this purpose, impair the digestive powers and produce many dangerous complaints. W. E. B.

### Review.

**MILITARY, MEDICAL AND SURGICAL ESSAYS.** Prepared for the Sanitary Commission. Edited by W. A. HAMMOND, M.D., Surgeon-General U. S. Army, &c. 8vo. pp. 532. J. B. Lippincott & Co., Philadelphia. 1864.

This volume consists of seventeen distinct and separate treatises, compiled under the auspices of the Sanitary Commission, by eminent physicians and surgeons in the United States, who cheerfully gave their services for this noble work. They were originally published separately for gratuitous distribution among the medical officers of the army, and the demand was found so great, that every one of them had to be reprinted again and again. They are here collected, for the first time, in one volume, and are as follows:

- Military Hygiene and Therapeutics, by Alfred Post, M.D., and William H. VanBuren, M.D.
- Control and Prevention of Infectious Diseases, by Elisha Harris, M.D.
- Quinine as a Prophylactic against Malarious Diseases, by William H. VanBuren, M.D.
- Vaccination in Armies, by F. G. Smith, M.D., and Alfred Stillé, M.D.
- Rules for Preserving the Health of the Soldier, by W. H. VanBuren, M.D.
- Scurvy, by William A. Hammond, M.D.
- Miasmatic Fevers, by John T. Metcalf, M.D.
- Continued Fevers, by J. Baxter Upham, M.D.
- Yellow Fever, by John T. Metcalf, M.D.
- Pneumonia, by Austin Flint, M.D.
- Dysentery, by Alfred Stillé, M.D.
- Pain and Anesthetics, by Valentine Mott, M.D.
- Hemorrhage from Wounds, and the Best Means for Arresting it, by Valentine Mott, M.D.
- Treatment of Fractures in Military Surgery, by John H. Packard, M.D.
- Amputations, by Stephen Smith, M.D.
- The Excision of Joints for Traumatic Cause, by R. M. Hodges, M.D.
- Veneral Diseases, by Freeman J. Bumstead, M.D.

The article on military hygiene is ably written, and reflects much credit on its authors. But as we cannot realize any immediate prospect of our re-

quiring the experience of our neighbours on this subject, we shall not lay it under contribution, farther than to notice a fact that may be of use to our backwoodsmen: that, in coming out, the ground, by absorbing the emanations from the body, soon vitiate the air in tents, which require frequently to be taken down, and the ground purified, when they cannot be shifted to new situations. The French, during the Crimean war, employed copras (sulphate of iron) largely as a disinfectant, both for this and other purposes, mixing it with water, in the proportion of half a pound to the gallon, of which they allowed a quart for each square yard of surface.

In the excellent article on quinine, as a prophylactic against malarious diseases, Dr. VanBuren remarks, that from three to six grains taken daily, in one or more doses, will, in most instances, prevent disease in swampy districts, and always render it milder when it occurs. He gives some very interesting incidents to prove its efficacy. One in particular, of an overseer, who did not hesitate to take charge of several rice plantations in one of the sickliest regions in the south, the whole year round. He visited his rice fields without hesitation at any hour, day or night, when his business required it; and during ten years had never had an attack of fever, but had during the whole of this period enjoyed excellent health. It was his habit to take quinine daily, during the summer, before leaving his house.

It has long been a standing rule in the British navy, when men are to be sent on shore in tropical climates, to procure wool and water, or on other laborious duties, for the surgeon to recommend each man a drachm of Peruvian bark, in a little wine, before leaving the ship, and another similar draught on their return.

In the admirable essay on vaccination, we notice what certainly should be considered the true mode of restoring vaccine virus, when by long transmission through the human subject, it becomes too enfeebled to afford protection, or to produce the characteristic pustule, namely, the introduction of smallpox matter into the udder of the cow. This they affirm, becomes converted into vaccine, and produces a vesicle, bearing all the characteristics of a true vaccine vesicle, the serum of which, when re-applied to man, produces not the original smallpox, but true vaccinia. In corroboration of this opinion, the authors quote the thorough tests of Dr. Thiele of Kean, in Russia, who transmitted the virus, thus obtained, seventy-five successive times through the human subject, without any apparent loss of its efficacy. They also give the recent experiments of Mr. Geely of England, in proof of this conversion of smallpox matter into vaccine. We think, however, that Drs. Smith and Stillé do wrong in not stating that for this purpose matter from mild cases of smallpox alone should be selected; for Martin says, in the Boston Medical Journal, that he inoculated some variolous matter taken from a pock upon the body of a man who died of variola, into a cow's udder; and subsequently vaccinated about fifty persons with matter derived from the cow; and that most of those inoculated had small-pox, and three died.

They consider glycerine an excellent agent for preserving vaccine, and direct the scab to be reduced to powder before moistening it with it.

In Dr. VanBuren's rules for preserving the health of the soldier, nothing seems to have been omitted