

dose-table arranged both in the metric system and in the apothecary system; hints on the immediate treatment of asphyxia and apnea; a table on the comparison of thermometers from Gould's new medical dictionary, and the usual table for calculating the period of utero gestation. In the pages arranged for the visiting list proper the value of the week's work is arranged in a special column on every page; then comes a column for the ledger page, and afterwards a good wide space for special memoranda. This is an excessively convenient arrangement.

The end of the book is taken up with pages for memoranda, addresses of patients and nurses, and four pages for bills and accounts asked for. This, in our experience, would seem rather superfluous. However, there may be patients who ask for their account, but any practitioner having sufficient of these to fill up four pages must be unusually fortunate.

Vaccination engagements, obstetric engagements, with the record of births, and ending with a very nicely arranged little cash account, completes one of the neatest physicians' visiting lists that we have seen this year. No practitioner should be without this book.

A. J. J.

*Man and His Poisons.* A Practical Exposition of the Causes, Symptoms and Treatment of Self-poisoning. By ALBERT ABRAMS, A.M., M.D. (Heidelberg), F.R.M.S.; Consulting Physician Denver National Hospital for Consumptives, the Mount Zion and the French Hospitals, San Francisco; President of the Emanuel Sisterhood Polyclinic; formerly Professor of Pathology and Director of the Medical Clinic Cooper Medical College, San Francisco. Illustrated. New York: E. B. Treat & Company, 241-243 West 23rd Street. 1906.

Practicians of all kinds and schools, professional and non-professional, agree that the regular evacuation of the colon is a good method of preserving health. It also helps to cure many nervous and mental diseases, which are caused by intestinal self-poisoning. Better a clean colon than many temper powders.

Dr. Abrams presents in clear language the principles of auto-intoxication. His book should be read by well-fed or over-fed people. After conning Fletcher's attenuated menu, which costs 10 cents a day, one is reminded of the words of the gormandizing preacher, who was unable to deliver an advertised sermon, because he had eaten too much mince pie. When groaning with the pangs of indigestion a friend asked him if he was afraid to die, and he had the wit to reply, "Not afraid, but ashamed to die."

Dr. Abrams claims to have obtained good results from massage and the sinusoidal current of electricity in cases of intestinal