

Books and Pamphlets.

A Report on the Hygiene of the United States Army, with Descriptions of Military Posts. War Department, Surgeon-General's Office, Washington, U. S. A., 1875.

This report, which extends over five hundred and sixty-nine pages, comprises the returns made by the various surgeons in charge of the numerous military posts scattered throughout the United States. The information in these reports is classed under the following general heads: 1. On the food of the Army, its quantity, quality, and mode of preparation; diet of sick, etc. 2. Duties of medical officers on scouting parties and expeditions; nature and amount of medical supplies required. 3. Personal cleanliness of the men; regulations in regard to bathing. 4. On military punishments, and their effect on the health and morale of the soldier.

In addition to this there are very full and complete meteorological tables, covering a period of four years. These were compiled and completed under the direction of Assistant-Surgeon J. J. Woodward, and furnish very valuable indications for the medical geography of the country. On this subject there are reports from over two hundred posts, scattered from Alaska to Florida, giving a range of all climates, altitudes, and soils, with the hygienic and endemic influences peculiar to such. The effects of high altitudes and mountain climates upon lung diseases are, in some instances, particularly treated of, and the general conclusion is arrived at that altitude and a rarified atmosphere are not, *per se*, beneficial in cases of phthisis, but that it is the dryness of the air, the exercise, and the out-door life which produce good results in those cases which are "able to stand it."

Taken in detail and as a whole the report is a very exhaustive and complete one, and will furnish much valuable information to those interested in the subjects of which it treats. The work is in quarto form, and is illustrated with seventy-six wood cuts, and a large number of lithographs, maps, etc.

Plain Directions for the Care of the Sick, by a Fellow of the College of Physicians of Philadelphia, and Physician to several of the Charitable Institutions of the same City. New York, 1875.

This little work, comprising some seventy-two pages, was originally designed for gratuitous distribution among the sick. The expenses incident to the publication were borne by a generous friend to those in distress. In the case of the present edition, the Mutual Life Insurance Co. stand in the stead of the kind donor, and present to each of their policy holders a copy of the work. The book pro-