

Reviews and Book Notices.

HEREDITY HEALTH AND PERSONAL BEAUTY.

—By John V. Shoemaker, A M., M.D., Professor of Materia Medica, Pharmacology, Therapeutics, and Clinical Medicine, and Clinical Professor of Diseases of the Skin, in the Medico-Chirurgical College, of Philadelphia, &c., &c. Cloth, \$2.50; $\frac{1}{2}$ Morocco, \$3.50. F. A. Davis, Publisher, Philadelphia.

The title of this book is different from those customarily met with in Medical Review columns. Dr. Shoemaker intended the book for other educated men besides medical men; though the contents will be as interesting to the latter as to the former.

It is very difficult to summarize the work, the contents are so varied. There is valuable information upon matters concerning the general laws of Health, coupled with much philosophic and scientific consideration of the laws of life, and growth and evolution. A chapter on "The Sentiment of the Beautiful," introduces the subject of personal beauty; then follow chapters on "The Source of the Beauty of the Fair Sex," with references to sexual selection; "Grace the Crown of Beauty," "The Art of Walking," "The Evolution of the American girl," &c. Then follow chapters dealing with the skin, the bath as a promotive of health and beauty, the cosmetic care and treatment of the face, hands, feet, hair, nails, teeth, &c.; construction and care of the eye and ear; food in its relation to health, beauty and pleasure; clothing in relation to health, ventilation, the circulation and digestion. Finally chapters are devoted to "Cosmetic Treatment," and "Cosmetic Articles," "List of Medicated Soaps," and Household remedies. We recommend this book to any medical man taking a philosophic interest in the subjects mentioned; we recommend it to any man who is a little proud of his moustache, whiskers, or complexion; and even more to any man who is not proud of the same, because he will find many practical hints as to how to get *those things* into a condition to be *proud* of. If one wants to know the best article for the hair or skin, the best soaps for shaving, and the best for washing; if one "should take a fancy to make colognes or other preparations" or to put up Twigg's (of Mexican war fame,) hair dye, or "something for refining and imparting lustre to the surface of the nails," get this book, because it has detailed information on all these matters.

Any medical man having no personal use for such information, should at least add it to his repertory of knowledge, and turn some honest dollars out of imparting some of it to his fair patients. The book is nothing if not interesting, and while we must imagine that Dr. Shoemaker wrote it largely in hours of recreation, we are also satisfied that his name is a guarantee that the information given in regard to the cosmetic treatment, is

accurate and valuable. The practitioner's advice is often sought in matters affecting the personal beauty of his patient;—at one time a not old man, who finds his scalp becoming prematurely denuded, or his nose unpleasantly and innocently red: at another, a young lady who bemoans the redness and roughness of her face,—and this book furnishes him with information not found in ordinary medical works.

Selections.

MANAGEMENT OF LINGERING LABOR.

A discussion on the modern methods of managing lingering labor, before the British Medical Association, was opened by Dr. W. S. Playfair. After referring to the dread of meddlesome midwifery, on the part of leading obstetricians, of thirty-five years ago, and the readiness with which these men resorted to bleeding and debilitating medication, the speaker proceeded to review the methods of the present day. The mere wear and tear of a labor lasting more than twenty-four hours seemed to him to be a very serious thing, and he did not think it right that we should sit with hands folded waiting until severe symptoms should arise before taking action. He first considered the frequently-met-with difficulty arising from non-dilatation caused by inertia, or by irregular and cramp-like pains, premature rupture of the membranes, and over-distension of the uterus from excessive liquor amnii. For the relief of rigid os uteri prolonging the first stage of labor, Dr. Playfair advocated most strongly the internal administration of chloral hydrate. Under the use of this agent the pains become longer, steadier and more efficient. The patient falls into a somnolent condition, dozing quietly between the pains, which are not lessened or annulled as when chloroform is used. The wild state of excitement is calmed and soothed. Fifteen grains should be given at the first dose, repeated in twenty minutes. Possibly a third dose may be required, but never more.

As an oxytocic Dr. Playfair recommended quinine. In a labor with feeble, ineffective pains, one or two doses of quinine of fifteen grains each will have a beneficial effect in altering the character of the pains. This drug does not possess any of the dangerous properties of ergot.

Speaking of mechanical means for producing dilatation of the os, the speaker