

cussing these points he refers (1) to the experiments which have led up to our present ideas upon infection, and the methods by which it may occur; (2) to the question of natural and acquired immunity. Medical men interested in sanitation will find the subject of Water-borne Diseases by the late Ernest Hart and Solomon C. Smith, of particular interest, especially the articles on typhoid fever, cholera and malaria. Dr. Dawson Williams, Editor of the *British Medical Journal*, contributes a good article on Incubation and Infectiousness in Acute Specific Diseases. We have been much edified by the elaborate paper on Smallpox by John W. Moore, of Dublin. Several excellent photographs of the lesions of the confluent type appear. Speaking of the *causa causans* of smallpox, the writer says that the bacteriology of variola is yet incomplete and unsettled. He refers to the work of several observers. A

coccus has been found by Cohn, a rod-shaped bacillus by Klein, and a bacillus found by Bay. Brouardel writes on vaccinia and Comby one on mumps.

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A Compendium of Insanity. By JOHN B. CHAPIN. Illustrated. Philadelphia: W. B. Saunders, 1898.

We have long held that the handbook on insanity would be a most useful book for the general practitioner who first and often comes into contact with victims of mental disease, a work, besides, which would be of use to the final student who now, in Canada at least, is expected to know something of the subject; and, also, to the lawyer, whose notions of medical psychology are often so hazy. This book supplies the want. The print is large, the paper good and matter well presented. The pictures are interesting.

Miscellaneous

A SIMPLE REGIMEN FOR OBESE PERSONS.—Dr. Cathell reports that he has had more than ordinary success during several years with a plan of treatment outlined below. In his view obesity is due to one or more of the following causes: Congenitally small lungs with a defective oxygenating capacity; eating excessively of all kinds of food; want of lung-expanding exercise; using alcoholic drinks to excess. Many of the drugs which have a known fat-reducing power exert an injurious action on the other tissues of the body, and if used persistently for any length of time or in efficient doses become dangerous to health. While the various obesity cures are so rigorous that few carry them out conscientiously, the treatment of the author is very simple. The patient has only to drink after each meal a glass of the artificial Kissingen water to be found at drug stores and soda-water fountains, and

on the succeeding day a glass of artificial Vichy water also half an hour after each meal. This is to be continued week after week until the patient comes down to a normal degree of stoutness, and the waters are then discontinued. While taking the waters the person should keep a weekly record of his weight, always using the same scales and wearing the same clothing, and should also, for his own satisfaction, record his chest, waist and hip measurements. If the loss in weight exceeds two pounds a week, the amount of each water should be made smaller; and if the loss has not equalled two pounds a week, a few teaspoonsful of lemon juice should be added to each glass of the Kissingen water to increase its acidity, and a teaspoonful of aromatic spirits of ammonia to the Vichy to increase its alkalinity. The diet should be light and contain only small amounts of fat, starch, sugar, and