

these mental disciplines provided was probably not in halting the progress of the disease, which seems to have undergone a spontaneous remission, but in enabling the patient to rid himself of residual symptoms. Mr. Ogdon's criticisms of the law relating to certification and of the standards of treatment meted out in mental hospitals will be read with sympathy. He may rest assured that, in the second of these, matters are changing very rapidly, and a change in the first is inevitable in the not very distant future.

ELIOT SLATER.

WAR MEDICINE

Inter-Allied Conferences on War Medicine 1942-5. Convened by the Royal Society of Medicine. Hon. Editor: Major-General Sir Henry Letheby Tidy, K.B.E., M.D. Assistant Editor: J. M. Browne Kutschbach, M.B., B.Ch., D.P.H. (Pp. 531. 50s.) London: Staples Press. 1947.

Sir Henry Tidy is to be congratulated on his collecting together in this volume various papers read at the Inter-Allied Conferences on War Medicine held between 1942 and 1945. Perhaps to those who served as medical officers—and the book will have little appeal to those who did not—the section entitled "Active Operations" will be the most interesting. The very names, which had at the time few but the most odious associations, have been endowed by the passage of years with a nostalgic attraction. Brigadier Wallace's characteristic account of the battle of El Alamein and the advance through Daba, Fuka, Matruh, Sidi Barrani, Sollum, Bardia, Tobruk, and on to Tripoli; the R.A.M.C. at Arnheim; the personal adventures of medical officers by sea and by land in Europe, Africa, and Asia—it is to these that the ex-Service doctor will turn with a feeling of satisfaction that he had, in however humble a capacity, some share in these experiences.

The papers on organization and professional subjects have an interest that is different, but no less. The control of dysentery and malaria, the studies of infective hepatitis, the organization of the blood-transfusion service, and the treatment of neuro-surgical, vascular, and maxillofacial injuries are all discussed. The lessons learned during 1914-18 were largely buried in the *Medical History of the War*, and in 1939-45 there was little time or inclination to disinter them from a work of such forbidding magnitude. Many of the lessons were relearned in the wasteful school of experience and are restated in this small—although unduly expensive—compilation.

R. BODLEY SCOTT.

THE APPENDIX

The Appendix. By R. J. McNeill Love, M.S., F.R.C.S., F.A.C.S. (Pp. 186: 54 illustrations. 12s. 6d.) London: H. K. Lewis and Co. 1947.

It is well known that the London Hospital was the home in this country of the expectant treatment of certain cases of acute appendicitis which is appropriately called the Ochsner-Sherren treatment, thus commemorating the "London" surgeon who popularized the method here. Mr. McNeill Love thoroughly considers the pros and cons of the matter, though the method is widely accepted and practised nowadays. However, he discusses not only acute appendicitis but all appendicular lesions, and although the book is much smaller than many others on the same subject it is one of the best summaries, especially from the practical point of view. The advice given is always wise and of real value to the surgeon, and the sections on differential diagnosis reveal the author's large experience. We found the chapter on chronic appendicitis particularly interesting and concur with the author's critical attitude towards the x-ray diagnosis of the condition. While not ignoring the help that x-ray examination may afford, he is especially careful not to let it sway his judgment. There can be no doubt that too many innocent appendixes are removed as a result of an x-ray diagnosis unconfirmed clinically and that more discrimination would reduce the number of wrong diagnoses. The numerous illustrations are useful and clear. Altogether this is an admirable addition to the literature of the appendix, not too long-winded and yet containing all the essentials.

NORMAN C. LAKE.

BOOKS RECEIVED

[Review is not precluded by notice here of books recently received]

The Medical Clinics of North America. Chicago Number. (Pp. 299. No price.) Philadelphia and London: W. B. Saunders. 1948.

A collection of papers chiefly on endocrinology.

Diseases of the Chest. By R. Coope, M.D., B.Sc., F.R.C.P. 2nd ed. (Pp. 541. 25s.) Edinburgh: E. and S. Livingstone. 1948.

An introduction for students and practitioners.

Textbook of Public Health. By W. M. Frazer, O.B.E., M.D., M.Sc., D.P.H., and C. O. Stallybrass, M.D., D.P.H. 12th ed. (Pp. 571. 30s.) Edinburgh: E. and S. Livingstone. 1948.

This well-known textbook has been brought up to date in the light of the recent Health and Insurance Acts.

An Introduction to Physical Methods of Treatment in Psychiatry. By W. Sargent, M.A., M.B., M.R.C.P., D.P.M., and E. Slater, M.A., M.D., F.R.C.P., D.P.M. 2nd ed. (Pp. 215. 10s. 6d.) Edinburgh: E. and S. Livingstone. 1948.

A general account for the clinician.

Liver Injury. (1) Transactions of the 6th Conference, May 1 and 2, 1947, New York. (2) Transactions of the 5th Meeting, September 26-27, 1946, New York. (Pp. 74 (1), and 127 (2). \$2.25 each.) New York: Josiah Macy, Jr., Foundation. 1947.

A variety of papers on experimental and clinical aspects of liver disease.

Surgical Treatment of the Abdomen. Edited by F. W. Bancroft, A.B., M.D., F.A.C.S., and P. A. Wade, A.B., M.D., F.A.C.S. (Pp. 1,026. £5 10s.) London: J. B. Lippincott. 1947.

A textbook, with operative details; includes section on anaesthesia.

New Biology. Edited by M. L. Johnson and M. Abercrombie. (Pp. 159. 1s. 6d.) West Drayton: Penguin Books. 1948.

Includes articles for the layman on statistics, hybrid vigour, and human teeth.

American Medical Research Past and Present. By R. H. Shryock, Ph.D. (Pp. 350. 14s.) London: Geoffrey Cumberlege. 1947.

A history of the growth of medical research in the U.S.A.

Emergency Surgery. By Hamilton Bailey, F.R.C.S., F.A.C.S., F.I.C.S., F.R.S.E. 6th ed. Part 1. (Pp. 180. 21s.) Bristol: John Wright. 1948.

The first of five parts in which the sixth edition of this well-known textbook is being published.

Normal and Abnormal Psychology. By J. E. Nicole, O.B.E., D.P.M. (Pp. 96. 8s. 6d.) London: George Allen and Unwin. 1948.

A concise account of normal and abnormal psychology for students.

Manual of Clinical Therapeutics. By W. C. Cutting, M.D. 2nd ed. (Pp. 712. 25s.) Philadelphia and London: W. B. Saunders. 1948.

A concise manual for house-men and practitioners.

Introduction to Medical Science. By G. L. Muller, M.D., and D. E. Dawes, R.N., M.A. 2nd ed. (Pp. 580. 20s.) Philadelphia and London: W. B. Saunders. 1948.

An introduction to pathology and medicine for student nurses.

Communicable Diseases for Nurses. By A. G. Bower, A.B., M.S., M.D., F.A.C.P., and E. B. Pilant, R.N. 6th ed. (Pp. 657. 20s.) Philadelphia and London: W. B. Saunders. 1948.

A general account for nurses.

Minor Surgery. By F. Christopher, B.S., M.D., F.A.C.S. 6th ed. (Pp. 1,058. 60s.) Philadelphia and London: W. B. Saunders. 1948.

A textbook, with lists of references and many illustrations.

Standard Radiographic Positions. By N. Davies, M.S.R., C.T., and U. Isenburg, M.S.R. 2nd ed. (Pp. 223. 21s.) London: Baillière, Tindall and Cox. 1947.

Many diagrams illustrate the positions.

Hong Kong University.—In a statement on April 9 about the re-establishment of Hong Kong University, Mr. CREECH JONES said immediate steps would be taken for the selection of men for the professorships in medicine, surgery, and pathology. An increased number of medical students would be admitted and provision would be made for postgraduate studies in medicine.

N.I.F. and N.H.S.—Mr. BEVAN told Major Lloyd on April 12 that although there was a relatively small contribution from the National Insurance Fund towards the total cost of the health services, those services were independent of the insurance scheme. The contribution was in no way based on the cost of the health services and no question of reducing that contribution could arise on the ground that expenditure on any particular part of those services was delayed.

Atomic Energy.—Mr. STRAUSS, answering questions on April 12, said it was considered that it would be at least ten years—and some held considerably longer—before atomic energy could be used on a considerable scale for industrial premises. A low-energy experimental pile had been in operation at Harwell since August, 1947, and a larger pile would come into operation there this summer. The production of fissile material at Sellafield was a further essential preliminary. Work was going forward in planning alternative designs of experimental piles for power production. He denied that the village of Imber was to be exposed to atomic bombing.

Medico-Legal

ASSAULT ON A DOCTOR

A patient who hit a doctor because he was dissatisfied with his treatment was fined by the Croydon magistrates recently.¹

Mr. Wright, a panel patient of Dr. J. Stanley Lane, was seen at his surgery and was found to be suffering from a mild dermatitis of the face. Dr. Lane prescribed a zinc cream. After getting the ointment dispensed the patient returned saying that he could not be expected to use such stuff and go about looking as if he had whitewash all over his face. Dr. Lane took a small amount of the cream and demonstrated on the back of his own hand that if it was lightly rubbed in it did not show.

The next day the patient returned and again asked for treatment. He said that he had applied fuller's earth to his face. When asked by Dr. Lane why he had not used the cream which had been prescribed he said that he could not use "that stuff." Dr. Lane then suggested that if he was not prepared to accept the treatment prescribed for him it would be better for him to change his doctor. He asked for the man's panel card so that he could sign it and facilitate the transfer. At this the patient apparently became angry and he proceeded to assault the doctor. The police were called, and as the patient refused to apologize the matter was reported by Dr. Lane to the Medical Protection Society, which prosecuted on his behalf.

In imposing a fine of £5 with 2 guineas costs, payable within twenty-eight days, the chairman of the Bench gave prominence to counsel's remarks concerning assaults upon doctors generally. There had been, he said, "several reports of patients, dissatisfied with doctors, taking it upon themselves to take the law into their own hands."

Croydon Advertiser, March 26.

Universities and Colleges

UNIVERSITY OF LONDON

A course of three public lectures on "Speech" will be given by Mr. D. B. Fry, Ph.D., in the Department of Physiology of University College, Gower Street, W.C., on Tuesdays, April 27, May 4 and 11, at 5 p.m. Details will be published in the diary column of the *Journal*. Admission is free, without ticket.

Miss Mary Barber, M.D., has been appointed to the University Readership in Bacteriology tenable at St. Thomas's Hospital Medical School, from Oct. 1.

Charles Granville Rob, M.Chir., F.R.C.S., has been appointed to the University Readership in Surgery tenable at St. Thomas's Hospital Medical School, from April 1.

The degree of D.Sc. has been conferred on F. Bergel, an internal student at the Lister Institute of Preventive Medicine.

ROYAL COLLEGE OF SURGEONS OF ENGLAND

At a quarterly meeting of the Council of the College, held on April 15, with Sir Alfred Webb-Johnson, Bt., President, in the chair, Mr. S. A. S. Malkin, Mr. C. Gill-Carey, and Prof. T. P. McMurray were admitted *ad eundem* Fellows of the College, and Dr. Ralston Paterson and Prof. Brian Windeyer were elected *ad eundem* to the Fellowship of the College.

Dr. C. A. Griffith, Dr. A. D. Marston, Dr. E. B. Alabaster, Mr. Ivor Lewis, Mr. H. V. Forster, and Mr. O. M. Duthie were elected Fellows of the College, being Members of over twenty years' standing.

The Jacksonian Prize for 1947 was awarded to Mr. Norman C. Tanner and a Certificate of Honourable Mention to Mr. Rodney Smith. The subject set for the prize for 1949 is "Malignant Disease of the Urinary Bladder."

Mr. Geoffrey Keynes was appointed Thomas Vicary Lecturer, and Sir Reginald Watson-Jones was appointed Robert Jones Lecturer, for 1948. Dr. A. F. Jackson and Dr. M. W. Carr were appointed Charles Tomes Lecturers.

The Begley Prize was awarded to Reginald Parker Davies (University of Leeds).

The following hospitals were recognized in connexion with the regulations for the Final Fellowship examination: General Hospital, Birkenhead (additional recognition of two surgical registrars and orthopaedic registrar); City Hospital, Nottingham (resident surgical officer and senior house-surgeon).

A Diploma of Fellowship was granted to James Cyril Angell (Middlesex Hospital).

Diplomas in Tropical Medicine and Hygiene, in Ophthalmic Medicine and Surgery, and in Child Health were granted, jointly with the Royal College of Physicians of London, to the following successful candidates:

DIPLOMA IN TROPICAL MEDICINE AND HYGIENE.—P. A. Allsopp, J. E. G. Baker, C. Castillo, A. Das Gupta, W. Davidson, N. Derounian, R. Dickie, A. J. Duggan, J. T. Erb, A. D. J. Farquharson, P. Feeny, S. L. Gauntlett, S. Ghosh, M. Ghousuddin, S. Ghousuddin, J. G. Guest, G. T. M. Hayes, Gladys I. Jeffree, D. E. Jeremiah, R. M. Jhala, W. H. Jopling, A. M. Khair, T. P. Loke, F. P. Morris, B. Nicholson, P. E. Parker, F. R. Roberts, R. W. N. L. Ross, S. Sas, K. R. Shroff, H. Spencer, Mildred A. R. Stilson, M. Srokowski, N. B. Thadani, Ing Thay The, B. M. Urs, J. M. Wilson.

DIPLOMA IN OPHTHALMIC MEDICINE AND SURGERY.—I. Aubrey, J. T. Baird, G. B. Barlow, N. Basu, Margaret A. Billingham, B. N. Consul, J. S. Conway, D. C. Coull, C. E. A. Cragg, G. D. Cumming, C. D'Silva, E. W. Dorrell, A. T. G. Evans, J. Fischer, J. B. Foster, J. Frankenthal, J. I. R. Gray, L. J. Green, G. S. Griffith, J. S. Groves, Elizabeth Hainsworth, M. Hashimi, Lillian Hodgson, M. E. Hollis, G. James, T. E. Jones, A. H. Katz, M. I. H. Kaufmann, J. N. Kerr, W. A. D. Lawson, G. H. Leven, R. F. Lowe, A. V. Madanagopal, E. T. Meyer, E. Miller, J. D. Milne, M. C. Mishra, N. D. Misurya, R. M. Moxham, S. I. Munib, D. R. Nanjappa, R. K. Pilcher, S. A. Raitlon, W. B. Ridsdel, H. Riley, L. A. Rook, A. M. Roy, I. Sacks, S. Sacks, L. Schrire, C. W. A. Searle, D. V. Sethi, J. V. Sheldon, J. W. Shield, M. S. Shroff, Cecilia M. Simmons, R. Sinha, A. T. O. Speirs, B. P. Srivastava, J. B. T. Thomas, S. W. Thomson, J. N. Tolia, J. L. Van Selm, H. E. Walker, F. B. Zwink.

DIPLOMA IN CHILD HEALTH.—J. R. G. Agius, Margaret C. Barron, R. G. G. Barry, Joan R. K. Bastable, S. Basu, J. S. Battersby, J. B. Berry, G. L. Brinkman, H. J. Brooks, Joyce B. Burke, R. U. Carr, H. Chandra, Kathleen M. Chipperfield, Betty L. Coles, W. M. Connell, Olive Cooke, Christine E. Cooper, R. D. G. Creery, Dorothy S. Critchley, N. A. A. Cust, M. J. Cutler, J. G. A. Davel, E. G. Donovan, D. M. Douglas, Honor Doyle, Jean Edmonds, Gisela Eisner-Kissmann, Dorothy I. Elkin, P. J. M. England, Kathleen E. Faulkner, C. M. B. Field, Mary I. Fleming, Margaret Fouché, C. B. Franklin, J. Z. Garson, L. E. Gellman, I. Gordon, C. N. Grainger, C. L. Grandage, A. L. Griffiths, E. P. Griffiths, F. L. Groarke, W. S. Hacon, Marjorie K. Hall, L. P. Harrington, Gwendoline Hewitt, J. G. Hoult, Irene E. Howorth, Myrtle M. Hutchins, W. P. U. Jackson, N. T. Jaco, J. James, J. G. Jamieson, V. H. Jones, J. P. Kelly, Katharine I. Kerr, A. C. Kirby, Daisy F. Lee, E. Lister, D. C. Little, R. M. Littledale, Jean B. T. Logan, L. P. L. Loorham, Sarah Lorimer, Catherine H. Mackie, T. P. Mann, A. R. C. Margetts, J. K. Martin, S. Mason, Kathleen Mathers, B. M. O. Megat Khas, F. S. Mellows, J. C. G. Mercer, Edith M. McAliffe, J. G. Millichap, Madeleine B. Morris, Sheila B. Moss-Morris, G. Mundel, Margaret H. Mutch, Nora Naish, P. M. Newton, J. A. O'Connor, W. E. Parkes, P. R. P. Pearall, N. K. Pein, Joan M. Pooley, Lois E. N. Price, E. Pringle, Mary Pringle, L. J. Prosser, J. F. P. Quinton, J. Rabkin, P. M. Ransford, Enid A. Reed, Dyls M. Rees, Iorwerth Rees-Mathews, R. Resnekov, Rosemary J. Reynolds, Nest G. Richards, D. S. Rosenberg, C. Royle, R. H. Scott, H. P. Scurlock, C. G. R. Sell, A. D. Shiley, H. Shrand, Esther E. Simpson, G. Solomons, F. Stern, Elizabeth M. Stokes, P. R. Swyer, B. E. R. Symonds, W. F. Townsend-Coles, N. S. D. Venkatswamy, Elizabeth C. Whyte, C. G. Williams, Joan Williams, W. H. D. Wince, Josephine H. Wood, Grace E. Woods, Jean L. Wybar.

ROYAL COLLEGE OF OBSTETRICIANS AND GYNAECOLOGISTS

The William Meredith Fletcher Shaw Memorial Lecture for 1948 will be delivered by J. M. Munro Kerr, M.D., F.R.F.P.S., Hon. F.R.C.O.G., Emeritus Regius Professor of Midwifery in the University of Glasgow, in the College House (58, Queen Anne Street, London, W.), on Friday, May 21, at 5 p.m. His subject is "Contracted Pelvis." All medical practitioners interested in the subject are invited to attend the lecture, but admission is by ticket only, obtainable from the secretary of the College.

Dr. Atso Soivio, Finnish Red Cross Hospital plastic surgeon, is in Britain until the middle of May under the auspices of the British Council. He specializes in the treatment of cleft palate and hare-lip, including speech therapy, and is here to meet British plastic surgeons and study operations.

APPOINTMENTS

Dr. Jules Maurice Curé has been appointed a Member of the Executive Council of the Colony of Mauritius.

H. H. Cavendish Fuller, M.B., has been appointed Chief Medical Consultant to the Railway Executive.

Dr. Cavendish Fuller qualified at Edinburgh in 1912 and obtained the M.D. in 1931. He is at present chief medical officer to the Western Region at Paddington Station and will continue his duties for that region while acting as consultant to the Railway Executive.

David Harley, M.D., Allergist to Moorfields Westminster and Central Eye Hospital.

Dr. Harley works in the Inoculation Department at St. Mary's Hospital. He qualified at Edinburgh University in 1929, proceeding M.D. (with Gold Medal) in 1941. He is also a Fellow of the Royal Institute of Chemists. He has published papers on allergic disorders and medico-legal blood-group determination.

Mr. W. G. Senior, O.B.E., L.D.S., has been appointed to succeed Mr. H. A. Mahony, L.D.S., as Principal Dental Officer of the Ministry of Health.

Mr. Senior was appointed to the Ministry in 1947 as senior dental officer and had previously been dental secretary of the British Dental Association since 1931.

BIRTHS, MARRIAGES, AND DEATHS

BIRTHS

Edwards.—On April 8, 1948, at Abingdon Hospital, to Judy (née Wilkin), wife of Flight Lieutenant Jack Edwards, R.A.F.V.R., a daughter—Susan Mary.

Fenn.—On April 8, 1948, at Builth Wells Cottage Hospital, Breconshire, to Betty, wife of Dr. C. M. Fenn, "Cerdyn," Llanwrtyd Wells, a daughter—Lynda Elizabeth.

Jarvis.—On April 12, 1948, at Queen Charlotte's Hospital, Hammersmith, to Anne, wife of Dr. H. Jarvis, 236, Park Street, Luton, Beds, a daughter—Ruth Sandra.

Valentine.—On March 26, 1948, at 31 (British) General Hospital, Austria, to Constance, wife of Major G. F. Valentine, R.A.M.C., a daughter.—Diana St. Clair Fotheringham.

MARRIAGES

Blair—Gilbert.—On April 10, 1948, at Ness Bank Church, Inverness, Dr. Robert Alexander Blair, son of Mrs. A. L. S. Blair, 3, Elliot Place, Edinburgh, and of the late Mr. R. A. Blair, F.M.S., to Dr. May Lois Gilbert, younger daughter of Mr. and Mrs. Robert Gilbert, Belle Vue, Inverness.

Denton—Moore.—On April 5, 1948, at St. Peter's, Vere Street, London, W., Mervyn Denton, M.R.C.S., L.R.C.P., D.A., to Willow Gwennap Moore.

DEATHS

Creagh.—Recently, at Folkestone, Percy Nagle Creagh, L.R.C.P. & S.I. & L.M., late Deputy Commissioner of Medical Services, Ministry of Pensions.

Crompton.—On April 6, 1948, at Mayfield, Hyde Road, Gorton, Manchester, Ralph Johnson Crompton, F.R.C.S.Ed.

Davies.—On April 2, 1948, at Bedford Lodge, Whyteleafe, Surrey, Herbert Rees Davies, M.D.

Edwardes.—On April 16, 1948, George Vernon Edwardes, L.R.C.P. & S.Ed., L.R.F.P.S.Glas., of West Clandon, near Guildford, Surrey, aged 82.

Fisher.—On April 11, 1948, the result of an accident, Nina, the wife of R. H. W. Fisher, M.R.C.S., D.P.H., 28, Cecil Street, Lytham, Lancs, daughter of the late Dr. Washington Epps.

Frankel.—On April 10, 1948, at Colindale Hospital, London, N.W., Peter Frankel, M.D., aged 33.

Goldie.—On April 6, 1948, Eric Avery Gordon Goldie, M.B., B.Chir., A.F.C., of 190, Sheen Road, Richmond.

Hancock.—On April 11, 1948, at Stoke-on-Trent, Arthur Hancock, M.B., Ch.B.

Henry.—On April 1, 1948, Keith Anthony Reginald Henry, M.B., Ch.B.Ed., aged 25.

Houghton.—On April 6, 1948, at Lyndene, Berkhamsted, Herts, Leonard Frank Houghton, M.R.C.S., L.R.C.P.

Jones.—On April 8, 1948, at General Hospital, Aberystwyth, David William Fenwick Jones, M.B., B.S.

Kendall.—Recently, Ernest Robert Kendall, M.S., of 7, Chester Crescent, Newcastle, aged 79.

Langstaff.—On April 12, 1948, James William Langstaff, D.S.O., L.R.C.P. & S.I. and L.M., Colonel, late R.A.M.C.

Latham.—On April 4, 1948, at Brig-y-don, Llanaber, Barmouth, Arthur William Latham, M.D., late of St. Helens, aged 74.

Lawrie.—On April 1, 1948, at Edinburgh, Thomas Harcourt Lawrie, L.R.C.P. & S.Ed., late of Polmont.

MacDougall.—On April 4, 1948, at 28, Manchester Road, Southport, Donald Kerr MacDougall, M.B., Ch.B.

McIntosh.—On April 5, 1948, at 38, Carlton Place, Aberdeen, James McIntosh, M.D., LL.D., Professor of Pathology in University of London at Middlesex Hospital, London, W.

May.—On April 2, 1948, at Godders, Botley, Hants, Henry James May, M.B., B.Ch., aged 80.

Mornement.—On April 16, 1948, at Royal Naval Hospital, Chatham, Robert Harry Mornement, O.B.E., M.R.C.S., L.R.C.P., Surgeon Rear-Admiral, R.N. retired, aged 74.

Packham.—On March 31, 1948, George Packham, M.R.C.S., L.R.C.P., of The Drive, Banstead.

Robb.—On April 3, 1948, at Charlescote, Duddingston, Edinburgh, Archibald Paterson Robb, L.R.C.P. & S.Ed.

Robertson.—On April 17, 1948, at 55, Upper Parliament Street, Liverpool, John Wight Robertson, L.R.C.P. & S.Ed., L.R.F.P.S.Glas.

Shennan.—On April 8, 1948, at Bulawayo, Southern Rhodesia, Arnold Hoseason Shennan, M.C., M.D., D.P.H.

Strathie.—On April 18, 1948, at Guy's Hospital, London, S.E., David Murray Strathie, B.M., B.Ch., of 56, North End House, London, W., aged 28.

Turner.—Recently, at Craigielea, Bishopston, Renfrewshire, George Nelson Turner, M.B., C.M.Glas.

Any Questions?

Correspondents should give their names and addresses (not for publication) and include all relevant details in their questions, which should be typed. We publish here a selection of those questions and answers which seem to be of general interest.

Food Value of Honey

Q.—What are the nutritive properties of honey, and is there any truth in the assertion that it promotes the formation of haemoglobin?

A.—Natural foodstuffs are so variable in composition that average figures may be misleading. However, according to V. L. S. Charley (*Chemistry and Industry*, 1947, p. 271) the following is an "average analysis" of honey: moisture 17.7%; invert sugar 75.0%; sucrose 2.0%; dextrin 1.5%; ash 0.18%; with traces of pollen, wax, and nitrogenous matter. Other authorities give figures over a range as follows: water 8–25%; glucose 30–42%; fructose 23–39%. The sugars in honey are readily absorbed and, with the exception of the small amount of sucrose, require no preliminary hydrolysis in the small intestine. Unlike starchy foods, honey does not give rise to gas in the intestine. It can be used in diets in place of glucose and cane sugar, and is preferable to the former as it is more palatable. It has been used in infant feeding, but it is slightly laxative. The statement that honey promotes the formation of haemoglobin can have no foundation as it contains none of the known haemopoietic factors and only traces of iron (about 0.11 mg. per ounce). Generally speaking, honey should be regarded solely as a source, and a very attractive one, of calories. Honey is never adulterated with cane sugar, which would ruin the taste. It is often blended with invert sugar, though the blending must be declared on the label, for such a mixture cannot legally be described as honey. There are considerable analytical difficulties in distinguishing between mixtures of honey containing moderate percentages of added invert sugar and pure honey. Certain by-products of the inversion process have sometimes been used; unfortunately, some bees appear to be able to make identical or similar products, thereby making life difficult for the analyst. Blended honeys consist of honeys from several sources. Diluted honeys consist of honey plus invert sugar. However, it is almost certainly true that no reputable manufacturer of branded or unbranded honey sophisticates it with undeclared invert sugar. A wide range of figures has been recorded for the vitamin C content of honey, but it is usually of the order of 5 to 20 mg. ascorbic acid per 100 g., so that even an unusually rich honey is unlikely to contribute much to daily requirements, unless it is taken in exceptionally large quantities. Convincing evidence for the presence of aneurin, riboflavin, or nicotinic acid in honey, at any rate in useful amounts, is not available. A solitary reference to the presence of "vitamin A" in honeycomb does not justify our regarding honey as a source of the vitamin, for it is not clear whether the reference is to vitamin A or to a carotenoid, and if, as seems much the more likely, to the latter whether to a true provitamin or not; nor is there any distinction drawn between the comb and the honey. There appears to be no trustworthy record of the presence of β -carotene in honey as consumed. Royal jelly, of course, contains considerable quantities of the B vitamins and is particularly rich in riboflavin and pantothenic acid.

Exercise in Middle Age

Q.—Is physical exercise desirable in middle age, or is it deleterious? What are the biochemical factors which make strenuous exercise beneficial in youth but fatiguing and possibly harmful in later life?

A.—These questions cannot be answered categorically. Bodily exertion of some kind, in greater or less degree, appears to be instinctive from the moment of birth throughout the whole of life, save in the case of the absolutely bedridden. In a state of nature the demand for physical exercise would be satisfied as instinctively as the demands imposed by hunger, thirst, or cold. But, excluding such natural occupations as farming, hunting, lumbering, and the like, the circumstances