

Incidentally, facts were observed tending to show that the extracellular organisms were *Rickettsia pediculi* and the cause of trench fever.

The clinical observations of Palfrey are of special value because he had exceptional opportunities for careful study from selected material.

Not the least important data are the observations on the pathology of typhus in the guinea pig.

The contributors and members of the commission merit congratulation not only for their important contributions to the knowledge of typhus fever but also for the excellent presentation of the data.

*Foods of the Foreign-Born in Relation to Health.* By BERTHA M. WOOD, Dietitian, Food Clinic, Boston Dispensary. With a Foreword by MICHAEL M. DAVIS, JR. Pages 98. Boston: Whitcomb & Barrows. 1922.

This small book by the dietitian of the Food Clinic at the Boston Dispensary is written for the purpose of comparing "the foods of other peoples with that of the Americans in relation to health."

Michael M. Davis, Jr., in his foreword remarks that "to know the characteristic foods of the foreign-born, the food flavors, the food habits of each of the chief races of immigrants found in this country, is an essential part of the knowledge which should be possessed by the physician, the public health nurse, the social worker, and the dietitian who deal with these newcomers in America."

In her discussion of "Dietary Backgrounds," Miss Wood well summarizes the dietary situation from the point of view of the new arrival in this country in the following paragraphs:

"It is much easier for the dietitian to learn the foods of the foreign-born than for these people to adjust their finances to a new dietary. They are willing to learn, but who will teach them? Who knows their food? How many and which ones shall they continue to use to meet their daily needs and their new financial responsibilities? Where shall they buy them? Even the dishes to cook in are of a different type. Which kind produces the familiar results? Their housing conditions are changed; their style of clothing must be changed; many of their social customs as well as their religious ideals must be given up; the only habit and custom which can be preserved in its entirety is their diet. This is made possible because they find in America, as in no other country, all their native raw food materials.

"There is much that we may learn from these people, and equally much for them to

learn from us with profit. If we then study their customs and acquaint ourselves more and more with their foods, we shall not only broaden our own diet by the introduction of new and interesting dishes but also we shall be better able to help these foreign born to adjust themselves to new conditions with as few changes as possible.

"A dietitian has never been so honored, in college or out, as she will be by these foreign-born people when once she talks to them of their familiar foods. An Armenian storekeeper found a fellow-countryman, a chef in an Armenian restaurant, who was suffering from indigestion. He said to him, 'You come with me. I take you to the smartest woman you ever knew. She knows our foods; she tell you what to eat; you feel better.'"

"To meet the foreign-born taste, the principal requirement is to give the flavor; any nurse or dietitian can measure the amount in calories or grams when she once knows the materials and how to combine them."

Miss Wood has considered the foods of the Mexicans, Portuguese, Italians, Hungarians, Poles and other Slavic peoples, the peoples of the Near East, and the Jews. The only regret is that her review has not also included the foods of the French, the Germans and the Scandinavians. It is to be hoped that these may be included in the next edition of this little book.

The book itself should interest those discriminating persons who enjoy worth-while additions to their own dietaries. It cannot fail to stimulate all health workers to consider the dietary problems of the foreign-born from a new and wholly rational point of view—that of the psychological reactions of peoples to involuntary changes in their national food habits.

*Principles of Medical Treatment.* Fifth Revised Edition. By GEORGE CHEEVER SHATTUCK, M.D., A.M., with contributions by other writers. Case History Series. Boston: W. M. Leonard. 1921.

In these days of multivolume systems of treatment, filled with theory and speculation, it is refreshing to come upon a small volume containing the results of practical clinical experience. In the "Principles of Medical Treatment" these are given in sufficient detail to insure utility, and with sufficient brevity to avoid obscurity. The principles given represent the personal experience of the writers, and are therefore free from inherited fallacies that often persist through generations of "systems."

The arrangement of the text is excellent. Of particular value are the sections on diagnosis.