

Book Reviews.

How to Live. By Irving Fisher and Eugene Lyman Fisk. New York: Funk and Wagnalls, 1915. Pp. 345. Price, \$1.00.

This is a manual of Personal Hygiene authorized by and prepared in collaboration with a large and distinguished board of the Life Extension Institute. The Introduction is by ex-president Taft. About half the book is devoted to a clear and wisely proportioned exposition of the principles of hygienic living. Nearly as great a space is devoted to the "Supplementary Notes." Here we have a fresh and interesting treatment of such subjects as Body-weight, Posture, Alcohol, Tobacco, Colds, and Eugenics.

The exposition is simple and yet scientific; it is as specific as possible and does not end in generalities. The use made of vital statistics will compel thought and the plea for periodic physical examinations is strongly enforced. The bibliography of Nutrition, Alcohol, and Tobacco is of exceptional range and value. With somewhat singular taste the book is embellished with portraits of its numerous sponsors.

Percy G. Stiles.

Bacteriology for Nurses. By Harry W. Carey, M. D. Philadelphia: F. A. Davis Co., 1915. Pp. 133, 17 illustrations. Price, \$1.00.

An Introduction to Bacteriology for Nurses is a book admirably adapted for the nurse who wishes to familiarize herself with modern views of infection and immunity.

The author states in his preface that it is difficult for anyone instructing nurses to decide just how much of the subject to attempt to teach. He has made a wise selection in this book, the outcome of a course of lectures given for several years to nurses of the Samaritan Hospital Training School, in Troy, New York. He has limited his description of bacteria and their functions to an outline, and details of the theories of immunity, so confusing to the average nurse, are not given. The destruction of bacteria is given considerable space and bacteria

of the common diseases are discussed in detail. A valuable chapter gives the technique of preparation and the collection of material for bacteriological examination.

In his attempts to explain the terms infectious and contagious, the author is somewhat misleading when he states that diseases like pneumonia, plague and tuberculosis cannot be transmitted through the air or by coming into the presence of the sick. He apparently minimizes the danger of droplet infection.

The book might be used as a text-book for a very brief course in bacteriology, as it contains the salient points of the subject for the nurse to review from time to time.

Edith A. Beckler.

Vicious Circles in Sociology and their Treatment. By Jamieson B. Hurry, M. A., M. D. Blakisten's Son & Company, Publishers, Philadelphia, Pa., 1915. 31 pages, 2 plates. Price, 80 cents.

In this little book, Doctor Hurry points out the analogy between vicious circles in disease and vicious circles in sociology. In so brief a space, the author can hardly do more than list and classify the many vicious circles of poverty, disease, crime, inebriety, etc. This he does, however, in a graphic and stimulating way. His book is as full of texts for the social preacher and the social worker as it is of quotations from most of the writers on sociology.

His first plate and first three chapters deal with the various circles, and their interrelations.

"The chief problem is poverty, the factor which complicates so many social disorders."

Two of the circles of poverty are:

"1. Poverty—malnutrition—debility—diminished earning power—poverty.

"2. Poverty—acceptance of low wages—charitable aid—perpetuation of low wages—poverty."

The vicious circle of disease is: disease—diminished earning power—loss of medical aid and proper food and care—greater susceptibility—disease. Doctor Hurry considers bronchitis,