

solutions of the equations of elasticity for cylinders and solids bounded by planes, and numerous other important problems, selected, however, with a view mainly to practical applications. The volume forms a sequel to the third volume of the series, in which the elements of the theory of elasticity are dealt with.

Problems are every day occurring in engineering and naval architecture which require for their solution a knowledge of the subject-matter contained in this book. Very often such problems lead to differential equations, the solution of which, subject to the given boundary conditions, would keep a pure mathematician occupied for years. It is gratifying to learn from the preface that in Germany, at any rate, the larger industrial works are attaching importance to including on their engineering staffs specialists possessing theoretical knowledge of the kind here treated.

A further stimulus in the same direction has been afforded by the somewhat recently instituted degree of Doctor of Engineering. In these circumstances engineering science is bound to progress in Germany, and important new developments and improvements may be anticipated. In England not one man in a hundred who graduates at our universities in mathematics attains the standard of this book, and the majority of engineering students consider that their education in mathematics has reached a very high standard if they really understand the meaning of a differential coefficient and a moment of inertia. They practically never get beyond EI divided by Ro.

*Fads and Feeding.* By Dr. C. Stanford Read. Pp. viii+163. (London: Methuen and Co., n.d.) Price 2s. 6d. net.

THIS is an admirably clear, well reasoned, and sensible little book. One can only hope that it may be widely read and may do something to counteract the ridiculous views on diet which are the result of the cogitation of that dangerous class of people who, having a little knowledge, supply the remainder from their own imagination. In spite of the importance of a suitable diet for health, there is perhaps no other subject which breeds so many fads. These are disseminated without discrimination by the cheap Press, and are assimilated by certain sections of the public who are always on the look-out for the latest new thing in the way of being different from their neighbours.

The key-word of Dr. Read's book is moderation; moderation in meat-eating, in tea-drinking, in the use of alcoholic drinks and the like. He is also moderate in the way he deals with the faddists, the vegetarians, the uric-acid-free dietists, the teetotalers, and the rest. Perhaps this method of dealing with them is the most effectual with the public, who, taken as a whole, are moderate, and temperate too. A reader is always apt to distrust the hammer-and-tongs argument, and to label those who adopt it among the faddists also.

Dr. Read does not concern himself with prescribing diets in disease, that is properly left to the medical attendant; he deals merely with the underlying scientific principles which regulate, or ought to regulate, the diet in health. There are, however, a few useful general hints laid down regarding the foods suitable in dyspepsia and in obesity. The golden rule for diet is to take in moderation the kind of food which experience has shown can be easily digested. The enthusiast who cannot see beyond his one idea is never a safe person to trust in any sphere of life. The accumulated knowledge which is the offspring of experience and physiological experiment is the only sort of knowledge which is trustworthy. It is impossible for every member of the public to wade through

physiological treatises; the least one can expect the non-scientific man in the street to do is to study such a book as the one under review, in which this mass of facts is boiled down and presented in a non-technical and palatable form. W. D. H.

*Über Nervöse Dyspepsie.* By Georges L. Dreyfus. Pp. iv+102. (Jena: Gustav Fischer, 1908). Price 2.50 marks.

ALTHOUGH this work of 100 pages claims to be a collection of psychiatric researches from the Medizinische Klinik at Heidelberg, it is of the nature rather of a critical digest than an attempt to add much to our knowledge of the subject with which it deals. The researches consist of careful investigation of twelve patients suffering from nervous dyspepsia, including the chemical analysis of the gastric contents after the administration of test-breakfasts. The cases are carefully recorded.

After a historical introduction the author proceeds to consider cases of dyspepsia in which mental disease, nervousness, hysteria and acquired neurasthenia are to be regarded as the primary cause and he rightly insists that the nervous disorder in these patients is not due to the dyspepsia; but he does not point out, as he should have done, that some rare cases of nervous disorder occur as the direct result of chronic dyspepsia of stomachic origin, and that in other cases dyspepsia and nervous disease have a common cause and are not dependent on one another. This view ought to be considered in dealing with acquired neurasthenia which is, according to some writers, probably due to the accumulation of fatigue products. The dyspepsias of Addison's disease and of exophthalmic goitre are mentioned, as well as cases in which degeneration of the plexus of Meissner was found *post mortem*.

In his summary Dr. Dreyfus maintains with justice that nervous dyspepsia is a symptom and not a disease, and that, although we are ignorant of the intimate physiology of the condition, we are in a position to assert that local treatment of the stomach by modifications of diet and other means is useless. In other words, the disease, and not the symptom, must be treated.

The bibliography of 10 pages is very full, so far as German work on the subject is concerned, and contains some references to papers in other tongues.

The volume, which is well written and easy of reference, will be welcomed by future workers on dyspepsia due to disease of the nervous system.

*The Metaphysics of Nature.* By Prof. Carveth Read. Second edition, with appendices. Pp. xiii+372. (London: A. and C. Black, 1908.) Price 7s. 6d. net.

AMONG the ways in which this edition differs from the first issue may be mentioned the fact that a preface has now been provided, and this introduction is of special interest as revealing the way in which Prof. Read himself regards his book, and his opinion of the reviews of the first edition. Referring to the nature of the work, the preface states:—"It is not a deductive system from principles, advancing from the simple to the complex, from the general to the particular, or according to some such formula; but is everywhere a reflection upon experience in the light of common-sense. It starts everywhere from the facts, and these may not have a necessary order." To elucidate further the more important doctrines of the book, the author has added in this edition appendices on truth, consciousness, transcendent being, and moral freedom. Unfortunately, no index is provided.