"You see a great many delicate young Girls taken into the Hospitals to do the most slavish work there, who by being daily employed in pretty hard Labour, become so strong and healthy, that you would scarce take them to be the same Persons." "What a confirmed State of Health do most Physicians enjoy, who are almost constantly hurrying from one Place to another." Singing was the salvation of monks and nuns, who were usually healthy though they took little other exercise. He betrayed his opinion of spas in one paragraph: "Lastly, How conducive Exercises is to Health, appears from the good Effects of it, when accompanied by the use of mineral Waters; for those Effects are so considerable, that it is often a Doubt, whether the frequent Cures performed by the use of those Waters, is more owing to them, or to the Exercise. It is plain that for the most part they are of no service, nay frequently hurtful, unless they are assisted by walking."

Andry regarded corpulence as "a very great Deformity, especially in young Women" and advised: "1. Not to sleep too much. 2. To drink plenty of Tea and Coffee. 3. To abstain from Chocolate, Beer and every thing that is capable of producing too nourishing Juices. 4. To eat and drink very moderately . . . 5. To take a great deal of Exercise on foot. 6. To take every day, for several Weeks, a little of the Ashes of Cray-Fish, mixed with a fresh Egg, or diluted with broth." If the last is as unappetising as it sounds, all this seems very good, up-to-date advice. He recounted, however, the sad tale of a plump young lady of great fortune and a blooming complexion who, receiving other advice from a woman, fell into a decline, with cough, sputum, breathlessness and wasting. "When her Body was opened, the Lobes of the Lungs were found all full of Tubercles . . . I would advise young People to reflect upon this Case."

Andry, in his insistence on bodily form, did not neglect the mind. He well knew that expression could make or mar a face, whether fair or plain. He spoke of a "Leanness into which Children sometimes fall by certain secret Shagreen's (chagrins) . . . When you suspect that this Leanness proceeds from any Shagreen, you must examine on the Occasion of it; and for the most part you will find that it arises from People in the House showing more Fondness for some other Child, which excites him to Jealousy. One cannot imagine how painfully sensible Children are of this Partiality; they conceal their taking it amiss, and keep it as a Secret not to be revealed: but you must guess of their trouble . . . As soon as the secret is discovered, you must . . . show the greatest Fondness possible for him, but in such a manner as he may not discover the Trick; for Children have more Cunning than we can well imagine. They penetrate into the very Breasts of those who are about them; and indeed in this sense we are frequently their Dupes; for they make it their whole business to drive into our thoughts."

Of Andry, the man, something has been said already in this Journal (1949, 31-A, 675). Even for his time, he was contentious, and his many injunctions about children would alone make him difficult to live with if he practised at home all that he enjoined in his orthopaedia; he was married three times and had one daughter.

His views of the opposite sex were sometimes to the point, though disapproving: ". . . in general, it may be said of the most part of them, what was formerly said of the Poets, viz. that they are easily provoked." In his thesis, he wrote "There are two female Members of that School, who are said to have made a great figure, and to have writ some very learned Books. It is very probable that they were the Authors of that Book, intitled the *Schola Salernitana*, which it would be unjust to ascribe to Physicians who understood their Business." In speaking of cosmetics, he quotes La Bruyere that all men "protest against the artifice which the Women use to render themselves ugly. That it would seem as if God had reserved this for Men, as the last and infallible Method to cure them of the Women."

Reginald Cheyne Elmslie, a little before he died, gave your reviewer his English "Andry," and it has continued to be a frequent companion of its owner. Now that we have this facsimile, other chiefs might follow this example.—H. Jackson BURROWS.

Coxa Vara Infantum. By Pauli V. PYLKKÄNEN. 9×6 in. Pp. 120 with 24 figures and 33 tables. 1960. Acta Orthopaedica Scandinavica. Supplementum XLVIII. Copenhagen: Ejnar Munksgaard. Price Dan. kr. 20.00.

This is a review of all patients with infantile coxa vara treated at the Orthopaedic Hospital of the Invalid Foundation, Helsinki, over a fifteen-year period (1944-58). The material consisted of sixty-two children's hips and fifty-two adult hips in a total of 102 patients.

The hips in twenty-five children were investigated histologically, but his findings did not allow him to draw any definite etiological conclusions, although it is clear that there is a disturbance of the process of ossification and growth originating in the medial portion of the subcapital epiphysial plate

so that deformity is accentuated when walking begins. Pylkkänen cannot agree with those who consider infantile coxa vara to be a less severe degree of congenital short femur, neither can he find enough evidence to support a theory of an invariable congenital etiology.

With regard to treatment, only surgery gives satisfaction, and good results were obtained in forty-two children's hips. The earlier the surgical intervention the better the results, and the best operation, in the writer's view, is F. Langenskiöld's intertrochanteric osteotomy (*Acta Chirurgica Scandinavica*, 1949, **98**, 568). Six bad results were due to partial necrosis of the head of the femur. Late cases in adult hips were treated by osteotomy and a McLaughlin plate except where there was a pseudarthrosis, in which Brackett's operation was remarkably successful. The operative results in children are greatly superior to those in adults.—W. D. COLTART.

Diseases of the Intervertebral Disc and its Surrounding Tissues. By Reuben RABINOVITCH, B.A., M.Sc., M.D., Assistant Professor in Neurology and Neurosurgery, McGill University, Faculty of Medicine, Montreal; Assistant Neurologist, The Department of Neurology and Neurosurgery, The Royal Victoria Hospital and The Montreal Neurological Institute. $9\frac{1}{4} \times 6\frac{1}{4}$ in. Pp. xii+152, with 78 figures (three in colour) and frontispiece. Index. 1961. Springfield, Illinois: Charles C. Thomas, Publisher. Oxford: Blackwell Scientific Publications Ltd. Price 68s.

Considering that so many surgeons now have a very considerable personal experience of disc surgery, it is rather remarkable that the number of surgical monographs on this subject is still quite small. The type of monograph which is still needed is one written by a clinician who has passed a long way beyond the early phases of pain-myelographic defect-surgery. The present monograph leaves one rather dissatisfied in that it is based mainly on observations made at the naked-eye or histological level of the routine post-mortem. There are obvious limits in elucidating the difficult problems of disc surgery to which this type of observation can go.

The most remarkable omission, for a book published in 1961, is a suitable reference to biochemical aspects of the nucleus pulposus and the physico-chemical changes which accompany degeneration. Indeed, the concept of disc degeneration as a "normal" process accompanying senescence, and in certain sufferers apparently taking an exaggerated form in isolated discs at an early age, seems to pass without particular comment. Having decided that simple traumatic factors cannot explain the conditions found in many discs at post-mortem, the writer does not appear to distinguish the process of what might be called "normal degeneration." In a detailed account of the post-mortem findings in a fifty-nine-year-old male all the discs in the lower half of the spine were found to be affected by "widespread swelling, or narrowing, or necrosis," and the writer appears to be surprised because the degree of abnormality of the discs had not been suspected by examination during life: he comes to the final conclusion that "in the absence of any known factor which could be recognised for the generalised pathological changes in all of the discs, it was concluded that this should be considered a case of disc disease due to unknown cause." This same post-mortem conclusion, "disc disease due to unknown cause," is reported in two other routine post-mortem examinations showing what one imagines would commonly be reported as extensive disc degeneration. Scientific humility is an admirable quality, but there are limits to the usefulness of self-abasement before the unknown.—John CHARNLEY.

Synovial Joints. Their Structure and Mechanics. By C. H. BARNETT, M.A., M.B., F.R.C.S., Reader in Anatomy, St Thomas's Hospital Medical School, University of London; D. V. DAVIES, M.A., M.B., B.S., Professor of Anatomy, St Thomas's Hospital Medical School, University of London; and M. A. MACCONAILL, M.B., D.Sc., M.R.I.A., Professor of Anatomy, University College, Cork, Eire. $9 \times 6\frac{1}{2}$ in. Pp. xii+304, with 60 figures. Index. 1961. London: Longmans, Green and Co. Ltd. Price 50s.

This very excellent and interesting book deals with the biological and mechanical aspects of synovial joints and should be read by all medical students, physicians and surgeons who are in any way concerned with joint function. It is the only book which summarises the present state of knowledge of articular mechanics. For example, there is an interesting section on joint lubrication and wear in which the theories of hydro-dynamic and boundary lubrication are discussed. This is a topical subject and will be of particular interest to those concerned with hip and knee surgery.

The contents have been so arranged that each chapter is a concise synopsis of a particular aspect of the subject, nevertheless collectively forming a coherent whole. It is a source book of research, stimulating to read.

There is an excellent bibliography and the authors are to be congratulated on picking out the salient facts from the considerable experimental work published in recent years.—John T. SCALES.