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reflects as much degree of social incapacity and disturbance as extent of psychopathological derangement. And through the ages the aim of physical treatments or restraint has been to remove socially unacceptable states or behaviour.

Nothing shows this better than the breakdown of George III in 1788–9, the critical influence of which on the English political scene Dr. Derry examines in this book. He shows how the constitutional issues raised led to the break-up of the old Whig party although supported by the talent of Burke, Fox and Sheridan among others equally famous. That the Government emerged triumphant against the demand for a Regency was no less due to Pitt's political astuteness and the therapeutic confidence of the Reverend Dr. Francis Willis than to the remitting nature of the King's illness. Among the other royal physicians Dr. Richard Warren stands out for his adherence to the party of the Prince of Wales; the author suggests that his Whiggish views may have overshadowed his otherwise admirable prognostic acumen. But the diagnosis of manic-depressive insanity, arrived at only on the history of recovery and recurrence, and by ignoring many interesting and unexplained clinical features, will no longer do: the illness of America's last king deserves to be brought into line with modern psychiatric concepts.

RICHARD HUNTER

Anthimi de Observatione Ciborum ad Theodoricum Regem Francorum Epistula, edited and translated by Eduard Liechtenhan, Berlin, Academy of Sciences, 1963, pp. 86, D.M. 33 or 39.

Anthimus was a fifth to sixth-century Greek physician, and when he was ambassador to Theodoric, king of the Franks, he initiated a custom that was to become popular in the Renaissance. He wrote for him, in Latin, a book of advice concerning dietetics and cookery. Various foods, both animal and vegetable, are dealt with in turn and, together with methods of preparation, the therapeutic values are indicated. Cautions and simple common-sense advice are also included: 'But if oysters smell, and anyone eat of them, he has need of no other poison' (49); 'Kidneys of no animal should be eaten' (16); 'Apples, well ripened on the tree, and sweet, are good, but sour ones are not agreeable' (84). He summarizes the object of his work as follows: 'How all foods should be eaten that they may be well digested, and produce a healthy condition and not weakness of the stomach, nor distress in the human body.'

This edition of the text is based upon the manuscripts and there is a detailed analysis of it, together with a translation into German, and an index of grammar and words used. In addition to its medical content the text is of great linguistic importance for it was written in the period of transition from Latin to the Romance languages and is full of barbarisms and Greek words. It is said to be the last specimen of vulgar Latin.

This is a further contribution to the great German *Corpus Medicorum Latinorum* series and the precise philological scholarship of its predecessors is maintained. The only criticism concerns the Latin preface. Now that translations of the texts into the vernacular are appearing in the series, the value of this book, as well as its public, would have been increased if the Preface had received the same linguistic liberation.

EDWIN CLARKE

Incurable Physician. An autobiography, by WALTER C. ALVAREZ, Englewood Cliffs, N.J., Prentice-Hall, 1963, pp. xiii, 274, \$4.95.

To millions of daily readers in America the syndicated newspaper column on medicine by W. C. Alvarez has been a 'must' every morning at breakfast. Long before it

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became a household word his Spanish name was an inspiration to many Latin American medical students in their clinical training. On several occasions and in countries quite far apart I have been asked if I knew the man and his work, the questioners being not only physicians but business men and housewives as well. Indeed I knew him, and enjoyed telling stories about gracious hostesses let down with 'Poulet à la Robbia' and 'Mousse au chocolat Gengis Khan' because of Dr. Alvarez's allergies to chicken and cocoa, and about his passion for ultra-sweet gipsy music. For those who want to know, and the rest who should know, here is the story, the life of a great clinician and experimental scientist, his loneliness and bitter moments, together with his warm and inspiring role as medical consultant.

The pages of his life reflect the great changes in the practice of medicine in the United States during half a century and we are offered glimpses of some of its great figures as seen by Dr. Alvarez. This autobiography has a special meaning for the young physician because it carries on the message of a courageous individualist who challenged the easy conformity of the mediocre, and scorned the common practice of a 'decerebrate' medicine. This term Alvarez applies to the current practice of drowning the patient in unnecessary tests when the traditional clinical approach based on common sense can produce better results.

At the end of his autobiography there are some complementary chapters, one devoted to his thoughts on evolution and his dislike of psychoanalysis and contemporary dependence on Freud's ideas; another to his religious beliefs, the faith of a physician, where with great respect and courage Dr. Alvarez discusses the inconsistencies of Christian tradition, not to destroy the faith of the believer, but to express the ethical values which constituted the guiding tenets through his life.

The style is plain, straightforward, and as clear as his personality; he avoids an affected literary form that glamorizes the sentence but weakens the message, an *envoi* for every one of us who looks upon him as a great physician, as a wonderful old man.

FRANCISCO GUERRA

Eugen Enderlen 1863-1963, ed. by W. WACHSMUTH, Berlin, Springer-Verlag, 1963, pp. 60, D.M. 9.00.

Let us now praise famous men! This small paperback of 60 pages consists of four tributes to his work as a surgeon, a researcher and a man, by former pupils and associates of the German surgeon, Eugen Enderlen, on the occasion of the centenary of his birth.

Like many continental surgeons and physicians, he seems to have received little notice here. However, perhaps the hierarchical system of hospital and university appointments has something to do with the German attitude to their professional elders, and the fact that commemoration of their accomplishments comes more naturally.

Enderlen was born in 1863 in Salzburg. From 1882 to 1887 he studied medicine at Munich and worked in the Institute of Hygiene there under the renowned Pettenkofer's successor, Buchner. As was then the custom, he began a series of moves to different centres.

In 1896 he went to Marburg, working in the anatomy department of Emil Gasser. In 1904, when aged forty-one years, he was called to Basle, where he remained for four years, before going on to Würzburg and Heidelberg. There he carried on the studies for which he is perhaps best known—organ transplantation and blood transfusion. Possibly his earlier researches in bacteriology led him on to this.