loss" for whom the routine size is impracticable. Indeed, many women with a normal loss find the present size of pack inadequate for even a short period of time during the first two days of menstruation. Lastly, the supply for one period—viz., twelve pads—would always be better subdivided into four groups of three pads each in a plain opaque wrapper, thus forming the "supply for one day," which could be carried unnoticed in the handbag.

Medical Memoranda

Two Unusual Cases of Appendicitis

The following cases are worth recording on account of the rarity of the findings.

Case 1.—The patient, a man aged 63, had had a sharp attack of jaundice at the age of 21. During recent years he had suffered from indigestion and abdominal discomfort, a particularly bad attack occurring in 1936, when there were some "black stools." Radiographs of the stomach and gall-bladder were apparently inconclusive, but the films are unfortunately not now available. On July 5, 1941, he went to bed with abdominal pain and sickness, and when I saw him next morning he had typical symptoms of acute appendicitis. At operation the appendix was large, distended, and very tense; it was removed with some care to avoid rupture, and was felt to contain one or more foreign bodies. On examination after operation these were found to be three apparently typical gall-stones, one large and two small. They were greenish-black in colour, hard, with a mulberry surface, and the biggest was somewhat larger than a pigeon's egg, weighing 2.32 g. The pathologist's report states: "The stones consist of calcium phosphate and bile pigment." There seems to be no doubt that these were true gall-stones: they were quite different from the faecoliths which one so often meets. Had the big one moved down five years earlier when there was acute abdominal pain with melaena?

Case 2.—This patient, a man aged 50, gave a history of vague right iliac discomfort of some months' duration, and acute pain there for 8 hours. His temperature was 99.6°; there was no sickness or constipation. On examination a lump could be felt in the right iliac fossa, and I expected to find an abscess there. On incising the peritoneum some clear fluid was found and a large cystic mass occupied the whole fossa. This looked for all the world like a thick-walled ovarian cyst, but the sex of the patient was wrong! On investigation it was seen to be continuous with the caecum, and was in fact an immensely distended appendix. It was about the same diameter as the caecum, and one could only tell where the caecum ended and the appendix began by the disappearance of the anterior longitudinal bundle. The mass was separated with some difficulty owing to numerous adhesions, and removed by cutting between intestinal clamps, the proximal end being closed by through-and-through and then Lembert sutures. After removal the appendix was found to be 5 in. long and 7½ in. round the widest part; it weighed 9½ oz. and contained 5 fl. oz. of thick gelatinous material. Probably this was a case of cystadenoma of the appendix. It is extraordinary that so large a tumour had caused so little discomfort to the patient. The specimen is now in the Museum of the Royal College of Surgeons.

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The sixty-second annual meeting of the Mental After-care Association was held recently under the presidency of Princess Arthur of Connaught, when the principal speakers were Mr. W. J. H. Brodrick, metropolitan magistrate, and Col. Henry Yellowlees, the chairman of council. The annual report showed that during 1941 the number of patients sent for convalescence was 528, and the number of private and boarded-out patients was 524. The convalescent homes have been moved inland from coastal districts owing to the war, and are now well established and have had a very satisfactory year. All the homes supervised by the association are visited at frequent intervals, and each patient has an opportunity of stating privately any complaint. The number of boarded-out patients steadily increases every year. Employment has been found for 105 discharged patients, and few, if any, have left the employment found for them. The association's income last year was £28,166, made up chiefly of donations from Queen Adelaide's Fund, King Edward's Hospital Fund, and payments by public authorities, patients, and their friends.

Reviews

NUTRITION AND DIETETICS

Essentials of Nutrition. By Henry C. Sherman and Caroline Sherman Lanford, Columbia University. (Pp. 418. 15s.) New York and London: The Macmillan Company.

Diet and Nutrition for the Australian People. By the Nutrition Committee of the National Health and Medical Research Council of Australia, edited by F. W. Clements, M.D. (Pp. 99. 2s. 6d.) Commonwealth Department of Health: Angus and Robertson, Ltd.

Prof. Sherman has added yet another book to the many for which nutritionists the world over have to thank him. This time he and his collaborator have addressed themselves "both to those who do and those who do not expect to proceed later to a more detailed professional study of nutrition and dietetics," always a difficult task and only to be successfully achieved, as here, by those highly skilled in the art. That the result has been successful is evident from the fact that the book was first published in September, 1940, and needed a second printing in January, 1941. Our chief regret is that it should have taken so long to reach these shores. Yet it is not in any sense out of date, even for a book on so fast-moving a subject. Nor does the fact that many of the examples cited refer, naturally, to American rather than to British dietary practices or defects seriously reduce its value for us. In one respect, moreover, it may help to fill a serious gap in the outlook of many British workers in this field. Sherman as much as anyone in the world has been responsible for emphasizing the difference between "normal," "average," or "adequate" nutrition and that optimal condition frequently described by United States writers as one of "abounding" or "buoyant" health. The difference between this condition and what many in former times regarded, and some even to-day regard, as a reasonable state of nutrition furnishes for the dialectician an example of the "passage of quantity into quality"; the same is true of the difference between the state of deficiency disease and one of normal nutrition. In theory, and often in practice, one can interpolate between these states every degree of subdeficiency or suboptimal nutrition, as the case may be; yet the state at the end of each series is so different from that at the beginning as to justify our regarding them as of different quality. Dr. Sherman and Mrs. Lanford show on this subject, moreover, the same careful and balanced attitude that characterizes the whole of their book. They do not claim that a marked increase in all nutrients is capable of raising the plateau of nutritional health in the dramatic way that is achieved by certain specific dietary constituents. Obviously, above the necessary daily protein intake, for example, there is little to be gained by further increases. What is made clear is that a similar statement does not apply to certain other nutrients, notably to calcium and riboflavin, and possibly also to ascorbic acid and some other vitamins. This persistent emphasis on optimal nutrition makes the book not only outstanding and exceptional but of practical importance to-day. If its lesson is learnt in time the task of raising the beleaguered populations of the world—and which populations are to-day not beleaguered?—to the condition of perfect health that, according to Orr and others, should be the basic post-war aim for our "brave new world" may be still possible, if there has been no serious fall below "normal" or "sufficient" nutritional levels. Once the people of a country begin to descend the slippery slope of subclinical deficiencies, then the task of raising that generation to the optimal may be rendered impossible. That is why the search for even the smallest signs of incipient dietary deficiencies has a practical importance not realized, perhaps, by all of those responsible for guiding national policy.

The smaller and less ambitious book edited by Dr. Clements tells to the Australians, in terms particularly applicable to the inhabitants of the Commonwealth, the general findings of modern nutritional science. Although it bears signs of having been written by a number of different pens, and contains some observations that tempt the argumentative reviewer to corrective rebukes, to indulge in them would be an unjustifiable strain on limited paper resources, and we must content ourselves with commending the book to Australian readers and to those in this country who are concerned to draw their dietary deductions from the widest possible survey of dietary habits.