

relation to metabolism and diabetes. There is, however, another aspect of his career much less well-known, but without which no final appreciation of his work is possible. This concerns his activities in the field of public health which are of no little historical interest and importance.

The Metropolis Management Act of 1855 required every Vestry and District Board in the London area to appoint a medical officer of health—the first occasion on which these appointments were made obligatory—and, in 1856, forty-eight men were duly appointed to the new posts. Among them was Dr. Pavy who, at the age of twenty-six, became the first Medical Officer of Health to the parish of St. Luke, Middlesex. His district comprised the crowded area immediately adjacent to the north side of the City of London, and later became the Metropolitan Borough of Finsbury.

A few weeks after taking up his new office, Pavy invited seven of his colleagues to his house at 3, Finsbury Square for a discussion of their work, and more particularly to consider the formation of a society. This meeting is a noteworthy event in the annals of public health. Its outcome was an invitation to all the medical officers of health in the Metropolitan area to attend a gathering on May 13, 1856, in the rooms of the Medical Society, Hanover Square. At this meeting, which was attended by thirty of those who had been invited, the Metropolitan Association of Medical Officers of Health was founded, with John Simon as its first President. This Association, which owed its inception to William Pavy, gradually widened its scope and membership, and has played an important part in the English public health movement since that time.

Pavy continued his work at St. Luke's for almost thirty years, while at the same time conducting his investigations into diabetes. This was a period which witnessed substantial improvements in the sanitary conditions of London, and the Reports which he submitted annually to his Vestry provide an interesting commentary on these changes and serve to illustrate his interest in matters concerning community health. Besides being Medical Officer of Health, Pavy was also the Public Analyst of his parish. He carried out this work himself, and it is interesting to reflect that while he was engaged on his studies on food and dietetics he was also testing the milk, foodstuffs and even the beer sold in the district he served. In 1884 he resigned his office in order to devote more time to his clinical studies and his private practice.

He retained his interest in public health to the end of his long life. When, in 1906, the Society of Medical

Officers of Health (as the Association later became) celebrated its Jubilee, Dr. Pavy, then aged seventy-seven, attended the commemorative banquet and made a short speech.

Although his principal interest lay in the field of clinical medicine, and it is for this that he is chiefly remembered, his work for public health is worthy of mention and should not, I think, be overlooked.

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## BOOK REVIEWS

THE HUMAN BODY—ITS ANATOMY AND PHYSIOLOGY. By C. H. Best and N. B. Taylor. Third edition, \$6.75, 723 pp., Henry Holt and Company, New York, 1956.

The third edition of this well-known college text has been greatly altered and expanded. According to the authors it "might best be described as a new book with parts taken from the old." The increased emphasis on anatomy handled simply with good illustrations will make for a better understanding of the functioning of each organ. This is a desirable feature for nurses and premedical students. An introductory chapter sketches modern concepts of the structure and movements of atoms and molecules in order to give a better understanding of solutions, colloids, osmotic pressure, diffusion, and hydrogen ion concentration as they apply in the maintenance of vital body functions. The chapters on the skeleton and muscular systems are well illustrated by color and line drawings with strong emphasis on the anatomical structure as it relates to function. Brief discussions of muscular efficiency and the chemistry of muscular contraction are included. The chapters in Part Three on the fluids of the body provide good descriptions of the functions and composition of blood and lymph. Parts Four, Five and Six, concerned with circulation of the blood, respiration and digestion are suitably discussed and well illustrated. Part Seven is devoted to metabolism and nutrition, renal and cutaneous functions. The last four parts concerned with the nervous and endocrine systems, the special senses, and reproduction are quite sufficient for a text of this type. The Appendix provides convenient tables of weights and measures, proteins and amino acids. The limited tables of food values are of pedagogical rather than practical use.

This book should fill a real need for an elementary

physiology text for college classes where a correlated emphasis on anatomy is desirable.

RECENT PROGRESS IN HORMONE RESEARCH: *Proceedings of the Laurentian Hormone Conference 1955. Vol. XII. Edited by Gregory Pincus. \$10, 453 pp., Academic Press, Inc., October 1956.*

The twelfth annual Laurentian Hormone Conference was held in Colorado to facilitate attendance by investigators in the western part of the United States. As is usually the case, the published conference report supplies up to date authoritative information about the current interests and activities of some of the outstanding researchers in the field. The fourteen papers are grouped under four headings: Hormone biosynthesis and metabolism, Hormones and metabolism, Pituitary hormones, and Sex hormones. The first category deals largely with observations that will be of greater interest to the chemist than to the clinician. Studies of reactions involved in the synthesis of thyroid, adrenal medullary and steroid hormones are described in some detail. The remaining categories are of more general interest. The discussion of the current status of aldosterone, introduced by Luetscher and including extensive comments by several others, is one of the high points of the volume. Krahl's paper, reviewing the relationship of insulin to protein synthesis and growth, is of considerable interest. A routine clinical laboratory method for the determination of urinary gonadotropins is described in detail by Albert who analyses critically alternative procedures. This chapter should be of considerable value to hospitals and clinical laboratories. Studies of hormonal control of melanin pigmentation are reported, as are certain aspects of male and female sex hormones particularly with relation to chemical changes, libido and reproduction. A paper describing clinical disorders of pituitary function leads to some critical evaluation of the use of available hormones in the effort to increase growth rates.

This volume should be read not only by investigators, but also by clinicians who have occasion to prescribe some of the hormones discussed at the meeting.

THE ADRENAL CORTEX. *By I. Chester Jones, B.Sc., Ph.D. \$7.00, pp. 316, Cambridge University Press, London.*

In his monograph, I. Chester Jones undertakes to discuss the adrenal cortex in all species of vertebrates. By far the largest segment—approximately one-half of the book—is properly devoted to mammals, the species in which these glands have been most extensively studied.

In this first portion of the book the author has done an excellent job of summarizing succinctly and clearly an immense quantity of material. He writes well, evaluates the many separate investigative findings critically, and presents a thoughtful synthesis. The chapters on the adrenal steroid hormones, their biosynthesis, and the control of adrenocortical secretion are particularly well executed. The majority of his discussions are remarkably up to date, although it is inevitable that there are occasional instances in which very recent reports have not been included. This applies, for example, to the discussion of aldosterone. Occasionally, however, such as in the brief paragraph on fat metabolism, work of less recent date has not been mentioned. A more serious defect is the incompleteness of material covered. In this present monograph striking lacunae are evident; one such is the omission of any discussion of the influence of adrenal hormones on blood pressure apart from a statement that tension falls after adrenalectomy; another is the failure to mention the influence of adrenal steroids on the course of infection, and but cursory mention of their relationship to antibody formation and immunity. A third is that the interconnections of thyroid and adrenal cortex are ignored, although sixteen pages are devoted to adrenal gonadal relationships. Most disappointing is the chapter on clinically encountered abnormalities of adrenal cortical function. This section is limited to seven pages which necessitates little more than outline presentation of the several disease states. Even in this outline several of the statements require qualification. The claim certainly demands modification that Waterhouse-Friderichsen syndrome is acute adrenal insufficiency, and that in all cases massive hemorrhage into the adrenals occurs. Indeed, many are of the opinion that the syndrome is the result of overwhelming sepsis alone, since instances of the clinical condition have been reported in which the adrenals at autopsy have shown no lesions. The statement that changes in gonadal function necessarily occur in Addison's disease also needs revision in the light of the number of successful pregnancies now on record in Addisonian patients on satisfactory maintenance. Finally, the failure to mention hyperaldosteronism is an obvious oversight.

From the point of view of the clinician the second half of the book, devoted to fish, amphibia, reptiles, birds and the platypus, is of limited interest. Tantalizingly little is known of the function of the adrenal cortex in many of these species.

Without more such information the variations of the gross and microscopic anatomy of the glands has at present little physiological interest and remains simply a cataloguing.