

are used to emphasize the vitamin and mineral foods. Prenatal feeding is also added. Several of the chapters have been rearranged and the organization of the subject matter is in a finer sequence. The contents of the book are consistent with the conventional outline in use for the teaching of dietetics and suitable for the classroom or library of the dietetic department.

GERTRUDE I. THOMAS, *Director,
Department of Dietetics, University
Hospital, Minneapolis, Minnesota*

AMATEUR NURSE. By Mary Wright Wheeler, R.N. 234 pages. Illustrated. The Bobbs-Merrill Co., Indianapolis. 1933. Price, \$2.00.

THE title *Amateur Nurse* suggests, at least to my mind, entertainment and certainly I have thoroughly enjoyed reading this new book. It is written as a light, running narrative with many bright comments interposed which do not weaken the good advice presented in this "sugar-coated" manner. The author says the book was written for the sole purpose of passing around advice and encouragement to those who must at some time or another "play nurse during the course of bringing up a family."

There are ten chapters covering such topics as: Caring for a new baby; the child; daily routine; contagion; caring for an adult; post-operative nursing; caring for the aged; diets, and last but not least "The making of and encouragement to be a good invalid." The author says she is young and I think a few of the procedures she suggests in caring for the sick person in the home are in reality hospital procedures and routines which she will probably omit from her outlines when she has had a little more experience in the home. Her chap-

ters on daily routine, contagion, caring for an ailing adult, an aged invalid, and "good invalids" not only are entertaining reading but give some excellent suggestions and advice.

I enthusiastically recommend the book to nurses, for if it is available to the housewife and read by her, I think it necessary for nurses to realize how well informed the public is on good nursing and the bright and entertaining narrative will stimulate the nurse to better work and, I feel, should renew her enthusiasm for work with which she might have grown stale.

This book is the result of Mrs. Wheeler's first effort at writing and I hope she will not rest on her laurels but will give us more when she has assimilated the experiences of a wider and older life.

FREDERIKA FARLEY, R.N.

American Red Cross, New York City

THE WAY OF ALL WOMEN. A Psychological Interpretation. By M. Esther Harding, M.D. With an introduction by C. G. Jung, M.D. 335 pages. Longmans, Green & Co., New York. 1933. Price, \$3.00.

THE nurse more than the member of any other profession comes close to the life of the community when it is most open to emotional impressions. Her function of ministering to the sick makes her a sort of mother, and the whole family tends to look to her for a wisdom, not only in physical matters where her training has prepared her, but also in the emotional sphere, the realm of intimate and personal relationships where she finds herself at a loss. So a book like Dr. Harding's *The Way of All Women* will come as a friend in need. It discusses chiefly the emotional side of life which she considers the one of greatest interest to women. There are chapters on the major emotional adjustments of a

woman's life—to men, to women, to work, to children, to growing old, and to her own soul. The treatment of extra-marital sexual relationships and women's friendships is particularly valuable, for the author avoids both the rigidity of a sterile conventionality and the lawlessness of a mere reaction from it. Instead of taking a successful love relationship as just a bit of luck she shows how it is the product of the woman's whole attitude and development.

Not all nurses will want to read this book, nor is it suitable for wholesale distribution. Though the style is warm and richly illustrated by examples from the author's wide experience of men and women, the subject has the complexity of life itself. But for those women who are intelligent, well educated, and liberal-minded, and above all are seriously seeking a better understanding of their own fundamental problems, this book will be indeed guide, counselor, and friend.

FRANCES E. SHIELDS, M.D.
New York City

SOCIAL WORK YEAR BOOK.—1933.
Edited by Fred S. Hall. Second issue. 680 pages. Russell Sage Foundation, New York. 1933. Price, \$4.00.

THIS book, which is a veritable encyclopedia of social work, is about one-eighth larger than the first issue. Topical articles by experts in their respective fields, ranging from "Adoption" to "Youth Service Associations," constitute its bulk. That for public health nursing is by Katharine Tucker, Executive Secretary of the National Organization for Public Health Nursing. Some eighty pages are devoted to a listing, with brief descriptions, of national and state agencies.

A TEXTBOOK OF MATERIA MEDICA FOR NURSES. By Edith P. Brodie, A.B., R.N. Fourth edition, completely revised. 424 pages. Illustrated. C. V. Mosby Co., St. Louis. 1933. Price, \$2.25.

IN the fourth edition of her *Textbook of Materia Medica for Nurses*, Miss Brodie has so completely revised and improved her book that there is very little basis for comparison between it and the older editions.

The opening chapters on sources of drugs and on the history of materia medica are particularly well written, dealing with these subjects in an interesting and lucid manner. Much of the material on the historical aspects of materia medica will not be remembered by the student nurse, but it gives her a splendid background for the study of present-day therapeutics.

The illustrations interspersed throughout the book, the arithmetic review, and the chapter on Drug Legislation are valuable adjuncts to this edition. The chapter on Serum Therapy is modernized and is dealt with in a practical yet thoroughly scientific manner.

The author makes a few statements such as: "A drop of 2 per cent solution of silver nitrate is instilled into each eye of the newborn"; "No nurse should alter or change a label on a bottle"; "In acute articular rheumatism the salicylates promptly relieve the local symptoms and bring the temperature down to normal within two or three hours," which would seem to be too dogmatic. Regulations for the care of medicines and rules for checking doctors' order books, et cetera, are too explicit as the routine for such procedures varies so widely in different hospitals.

Many new, popular drugs such as Digifolin, Avertin, Pantopon, Numoquin, which seem to be quite