

### Book Reviews

would have served as well. I think this is worth saying, even in a short review, because of an apparently growing tendency to denigrate valuable work because of minor flaws in its substance. If I proceed to mention a few minor flaws in Miss Freeman's Catalogue it is to demonstrate—as she herself quotes—that 'nothing is more provocative of criticism than criticism'. The celebrated author of *The Origin of Species*, for example, appears with the unfamiliar heading (in capitals) as 'Robert Charles Darwin', despite the fact that the medallic inscription is correctly copied as 'Charles Robert Darwin'. William Harvey died at Roehampton, Surrey, and not at 'Hampstead' which is an inner suburb to the north west of London. The parish church of Hempstead in Essex, has the family vault where his body was laid to rest. The name of the town where he was born is spelt 'Folkestone'. The accents in foreign languages are not optional and names such as Laënnec should not be deprived of them. The biographical notes at times evade with amazing skill the one great contribution which a particular medical man or scientist made to his subject, even where the very medal described commemorates that contribution (see von Baer, Bichat, etc., and the Osler entry which makes no mention of the Osler Library or its famous catalogue). The sources quoted in these notes are not always the best nor the most authoritative and the bibliography on medical numismatics alone could be doubled in size by the addition of many important references, among them the invaluable and classic work of Moehsen.

The arrangement of the section of Local Societies might have presented fewer difficulties and anomalies if it had been divided into major national groups before giving alphabetical lists of towns and cities. As it is, Great Britain is followed by Idaho, Italy and London; the British Association appears under Great Britain, but the Royal Society of Health—which is just as 'national'—under London, and each is separated from the other by entries for Idaho and Italy.

The discerning reader will recognize these minor slips, errors of judgment, and gaps in bibliographical knowledge for what they are and acknowledge that they detract little from the usefulness of the work. The generous quota of illustrations—all beautifully reproduced—provide not only a check on the descriptions but also a rich source of portrait illustrations, some of them certainly among the best available of a particular subject. At least one reader will be making ample use of this catalogue in the preparation of the catalogue of another collection and will be very happy to acknowledge his indebtedness to Miss Freeman's splendid work.

F. N. L. POYNTER.

*Mind and Body in Eighteenth Century Medicine: A Study based on Jerome Gaub's 'De regimine mentis'*, by L. J. RATHER, London, Wellcome Historical Medical Library, 1965, pp. vii, 275, 30s.

It has been fashionable for many decades now to decry that form of medical literature called the 'Commentary' so commonly used by our predecessors; but how fruitful this form can still be when ingeniously and justifiably used.

Dr. Rather has contrived to present us with two works woven into one on the psychomatic medical ideas of the eighteenth century. The one consists of a very valuable translation of the two Essays of Jerome Gaub on the relation between

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Mind and Body; the other, woven into the first, consists of commentaries putting the various views expressed by Gaub into their historical and contemporary context, and comparing them on occasions with the present outlook on psychosomatic problems.

'Gaub was not a pioneer in the field of what is now called psychosomatic medicine' Dr. Rather tells us. 'For the most part he said nothing that hundreds of physicians had not said before him.' This very feature explains its interest, its immediate acceptance and its limited influence. It also explains its importance from the historical point of view: and Dr. Rather is to be congratulated on rescuing so concise a work expressing so clearly the mid-eighteenth century medical view of the relation between mind and body.

The first of these Essays (1747) Gaub produced with spontaneous enthusiasm. Here he obviously relished driving home the theme that the mind can be deranged by bodily disorders, and that even when mental disorder is not primarily due to bodily disease, treatment of the body is effective. Like Galen he cites the effects of alcohol as one of the clearest illustrations of his case. He goes on, however, to consider the very interesting possibility of apparently purely mental derangements nevertheless being due to undetected bodily ailments, 'As if here, too, there could not be bodily causes of unusual or less obvious nature, such as to bring about a change in the body recognizable by nothing other than mental illness'. The anticipation that this holds for us today of mental associations with biochemical abnormalities such as phenylketonuria is irresistible. And Gaub's plea that physicians should search for new drugs capable of affecting the mind, coming from a quondam lecturer in chemistry, suggests a pattern of thought which has only in recent decades reached the beginnings of satisfactory practical expression. As Dr. Rather points out the exhortation which closes the Essay 'might well pass as a manifesto for psychopharmacology.'

The second Essay of 1763 seems to play a compensatory role. Gaub was distressed at the materialistic bias of the first Essay being developed by La Mettrie into the theme of his *Man the Machine*. He therefore set out to remedy the lack of balance by setting forth 'the wards of health coming to the body from the mind'. Having discussed the harmful effects of anger, unrequited love, and terror he proceeds to consider their therapeutic effects. Perhaps the most interesting and least appreciated of these today is terror. 'The healing virtue of terror is both greater and more far-reaching than the other emotions extending to even more kinds of disease'—these include hysteria and hypochondria.

'Chance first taught physicians that a headlong fall into the sea or submersion in water . . . is of great help against many such diseases, and this has been confirmed by experience. The inhabitants of Lyons showed Borrichius during his travels in France a lofty site from which the insane were thrown headlong into the Rhone and repeatedly drawn out on a line in order to teach them sense again, this measure having been adopted for its good results and not as a punishment.'

Opinions of 'shock' therapy whether in the form of submersion, ECT or other devices have oscillated widely down the centuries. It is interesting to see it crudely but humanely described in the seventeenth century.

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Gaub's two essays have a fascination in their own right. The first of them is practically unobtainable in English, and the second is for the first time translated. This however, does not complete the debt we owe to Dr. Rather for he has embedded in the text of these essays copious notes, some of which are themselves short essays full of information and cogent comment. The result is therefore, a rich study, not only transmitting to us an original version of eighteenth century psychosomatic thought, but embellishing it by a commentary placing this thought in its context. This amplifies its significance immensely.

The work will be found illuminating and useful by all interested in medicine of the psyche, soma, or both. As an effective way of presenting medical history it well deserves the flattery of imitation.

KENNETH D. KEELE

*The Autobiographical Ana of Robley Dunglison, M.D.*, ed. by S. X. RADBILL, (*Transactions of the American Philosophical Society*, New Series Vol. 53, pt. 8), Philadelphia, 1963, pp. 212, \$5.

When John Morgan of Philadelphia graduated at Edinburgh in 1763 'with such reputation as few, if any, have ever obtained' he was already pondering on ways to transplant European standards of medical education onto American soil. In his day only a handful of physicians in Virginia could lay claim to a degree and to the formal training which went with it. By 1825 (when Robley Dunglison arrived to take up the first full-time medical professorship in the United States, at Jefferson's new University of Virginia) medical education was on its feet, but not yet of age; and it was during Dunglison's lifetime that American medicine and surgery showed the first real signs of maturity in the shape of fundamental discoveries made by American medical men. Dunglison himself played a significant part in one of these, viz. Beaumont's experiments on the gastric system, which he describes in his *Ana* (admirably edited and annotated) by personal comment and reproduction of correspondence.

The holograph volumes from which this book is transcribed have been lying in the Philadelphia College of Physicians, relatively unknown, for the last sixty years. They give an unrivalled, though intensely personal view, of nineteenth century medicine and its practitioners. The writer was born and apprenticed in Keswick; from where he went to London, Paris, Edinburgh, finally graduating M.D. at Erlangen, and afterwards adding the M.R.C.S., and L.S.A. He decided to specialize in diseases of women and children, but his early years in London were more notable for his literary excursions. He edited two periodicals, translated Magendie and Baron Larrey, and wrote articles on belladonna and malaria. It is a little disappointing not to have more details of his education in Paris and Edinburgh; but, as a diarist, he is always inclined to dilate on his literary labours to the exclusion of other things. Not surprisingly, the intensely practical bent of the American character often ran counter to the strong theoretical streak in his own, and his comments on this subject make interesting reading.

In Virginia Dunglison taught the theory and history of medicine, anatomy, physiology, medical jurisprudence (often to a mingled audience of medical students and public men), materia medica and pharmacy. Private medical practice never really