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thoughtfully, with good taste and, for the most part, with meticulous accuracy. In several passages, however, words and sentences are incorrectly translated (see for example, Nos. 13, 85, and 216, pp. 42, 100, and 210-212, respectively). A few titles of subdivisions, moreover, have been ignored or overlooked as in No. 95, p. 108, where a new paragraph should read: *Dentifrices*: 'The white dentifrice used to arrest (cure) . . .' Also No. 99, page 110, should read: 'Another dentifrice for the aforementioned ailment . . .' and No. 102, p. 112, should read: *The Yahudi's (Jewish) Dentifrice* not the 'Jewish Tooth'. This possibly refers to a recipe prepared by Masar-jawayh or another Jewish physician of the eighth or ninth century. The discussion, identification, and arrangement of the materia medica on pages 225-345, together with the selected bibliography, are most welcome and useful additions.

From the wording of the title, the incipit of this treatise, and the repeated references to what al-Kindi 'dictated' (*amla*), wrote in his own hand, composed, and prescribed (*sifat*), I am inclined to believe that the treatise is not genuinely al-Kindi's in the true sense of the word. It is rather a formulary or, even better, a selection of remedial recipes a majority of which were gathered from a collection attributed to al-Kindi as his *Agrabadhin*. Doubt of its authenticity is further enforced by the fact that it is not listed in al-Nadim's *Fihrist* (completed 987/8), which, to my knowledge, mentions all writings completed by al-Kindi. It is possible that because of the fame of this 'Philosopher of the Arabs', his interest in natural history and medical therapy, and the number of recipes attributed to him, the text bears his name. Further light could be thrown on this matter if the names of pharmacists, physicians, and proprietors, referred to throughout the text, could be adequately identified. I must add that these names are not quoted in full and, hence, authentication becomes a difficult task. Uncertainty by no means minimizes the value of this commendable contribution.

The University of Wisconsin Press deserves to be congratulated on the excellent format, the fine reproduction of the Arabic manuscript, and the beautiful Arabic script included with the materia medica.

SAMI K. HAMARNEH

Elizabeth Garrett Anderson, by JO MANTON, London, Methuen, 1965, pp. 382, 42s.

In 1865 Elizabeth Garrett became the first woman to obtain a legal qualification to practise medicine and surgery in Britain when, in the face of overwhelming difficulties and hostility, she successfully fulfilled the requirements of the Society of Apothecaries under the 1815 Apothecaries Act. The daughter of a rich and successful merchant, Elizabeth Garrett was the product of that thrusting, self-made, Victorian middle-class energy and inventiveness which opened new worlds. Like many other intelligent Victorian girls Elizabeth rebelled against the constraints of conventional idle life. Writing to an aunt to tell of her decision to study medicine she said: 'During the last two or three years I have felt an increasing longing for some definite occupation which should bring me in time a position and a moderate income. I think you will not be surprised that I should feel this longing, for it is indeed far more wonderful that a healthy woman should spend a long life in comparative idleness, than that she should wish for some suitable work, upon which she could spend the energy that now only causes painful restlessness and weariness.' So too might Florence Nightingale have written, or a host of others. Elizabeth Garrett had no particular 'call' to medicine, but

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embarked on its study after attending a lecture by Dr. Elizabeth Blackwell, who had just qualified in America, and urged on by Emily Davies, founder of Girton, as a means of furthering the cause of opening the professions to women.

One of the most remarkable things about Elizabeth's career was not the strength of the opposition to her, but rather the strength and quality of the support she was able to command. As early as 1861 when she was forced to leave the Middlesex Hospital Medical School where she had been attending lectures unofficially because she had aroused the hostility of the students by doing too well in class and examinations, one of her supporters wrote to her 'The memorial has been got up by a minority and not by the best men. The signatures are mostly of the idlest set and many of the good ones stood up for you like bricks.' When she presented details of her course for registration at Apothecaries Hall her teachers were seen to include a Fellow of the Royal Society and Regius Professor, a Fellow of the Royal College of Surgeons, and three Fellows of the Royal College of Physicians. She had attended the physics and chemistry lectures of Huxley and Tyndall. She enjoyed the active support in her career of Sir James Young Simpson, Sir James Paget, Hughlings Jackson and many others among the leaders of the profession. With all this she was unable to be admitted to any British University to take the M.D. Paris was more enlightened, and on the Empress Eugenie's personal direction the Sorbonne, which had already admitted Mary Putnam to its medical course, was empowered to admit Elizabeth Garrett to its M.D. examinations without having undergone a French course of study.

The fiercest opposition to women came, predictably, from the rank and file of the profession. In 1874 Elizabeth Anderson was elected to the British Medical Association without the members noticing, but as soon as they did a resolution was passed which kept women out of the Association for a further nineteen years and Elizabeth had the doubtful privilege of being the only lady member for that time. *Punch* was caustic: 'What can the Council do . . . ? Only turn the young women out of their Society. The British Medical Association will always contain a certain number of irremovable old women.'

Miss Manton brings out the enormous importance of Elizabeth Garrett Anderson's personality and behaviour in furthering the cause of the women. Not only was she an extremely successful practitioner in an exacting profession, keeping abreast of the scientific advances of the day; not only did she help found the London School of Medicine for Women, and for ten years administer it as the first woman Dean of a medical school; but she continued unremittingly her efforts on behalf of women's education. She was the first woman to be elected to the London Schools Board, and in 1908, when she might well have retired to well earned rest, became the first lady Mayor, for the borough of Aldeburgh, her old home. And with all this she led a happy and fruitful married life.

It is very fortunate that so much of the Garrett and Anderson correspondence has been preserved. Both families were large and close-knit, and prolific writers; Elizabeth's own letters give a vivid and humorous picture of the trials and tribulations of her struggle. This is a fascinating book, beautifully written, richly and precisely documented.

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