

**Sir Joseph Fayrer's scrap-book: Cuttings re his own retirement, his book  
On preservation of health in India, and his biography of Sir Ranald Martin**

**Publication/Creation**

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Retirement  
Preservation of Health  
Sir Hansard Martineau

*Newspaper  
Cuttings.*



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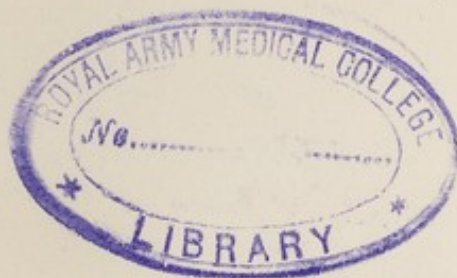
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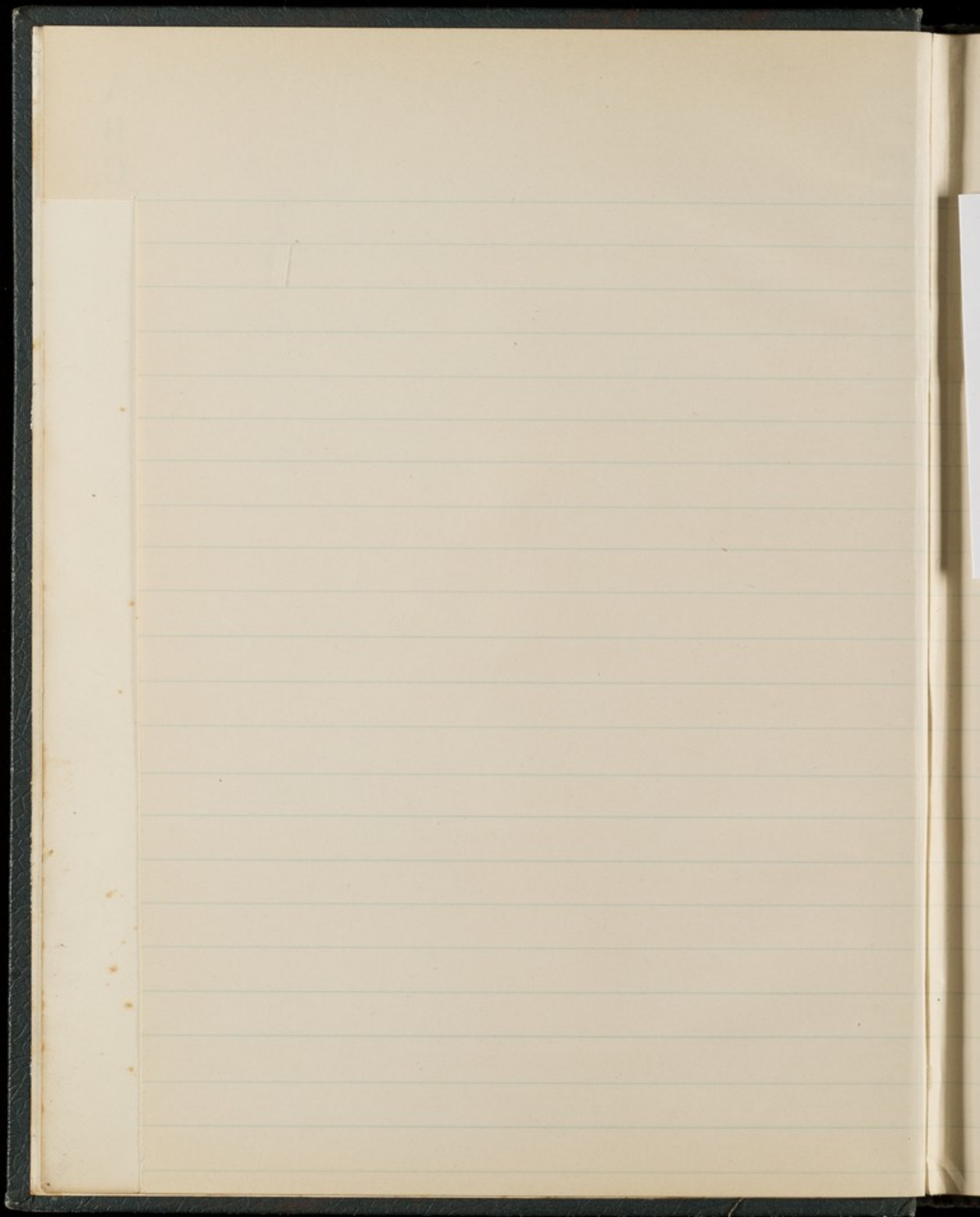


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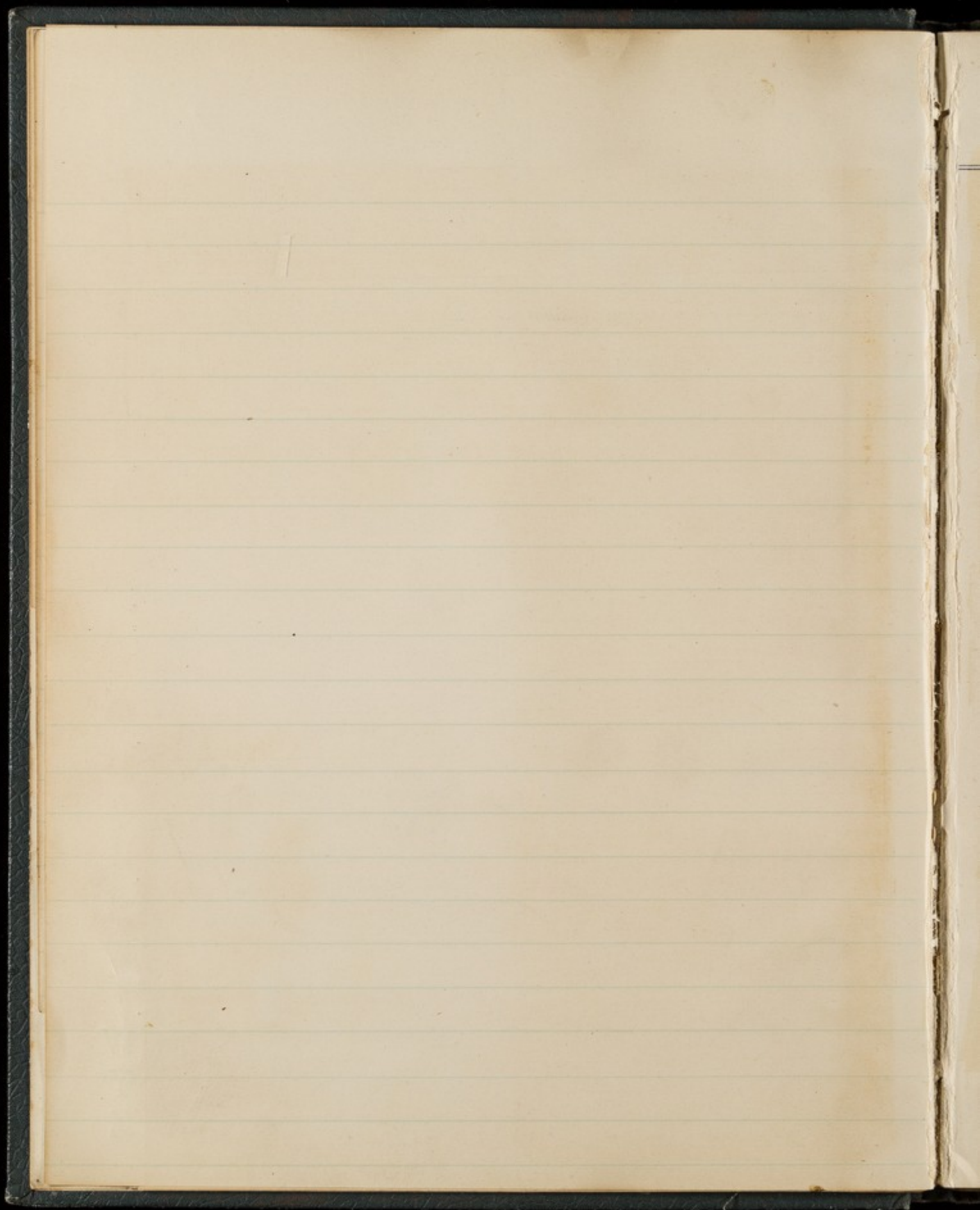




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We understand that Sir Joseph Fayrer, K.C.S.I., &c., the President of the Indian Medical Board, has been informed that he will be retained in office till Jan. 12, 1895, as it has been represented to the Secretary of State that his retirement under the Order of Feb. 2, 1892, would be detrimental to the public service. An exception to the rule of retirement at 65 was made in Sir Joseph Fayrer's case, but it would not be to the interest of the public if an officer of such long and varied service were allowed to resign the post he has held for so many years without some special recognition of the work he has done. Sir Joseph Fayrer has had a varied—we venture to say a unique—career. He entered the Royal Navy as assistant surgeon in 1847, and was borne on the books of the *Victory* for service in Haslar Hospital. From December 1847 to March 1848 he served in the military hospital at Palermo during the siege, and he was subsequently present at the siege of Rome in the latter year; in 1849 he passed from the naval to the military service, and was appointed to the Royal Artillery, but in the following year he entered the East India Company's service, and he was in medical charge of Indian stations and regiments from October 1851 till the outbreak of the Burmese War. He was present in the operations of the Burma Field Force, and at the siege and capture of Rangoon, where he remained till 1853, when Lord Dalhousie appointed him to the Residency at Lucknow as "the medical officer who had rendered the most approved services during the war." There he was found on the outbreak of the great insurrection which closely followed the annexation of Oudh. "Fayrer's house" was one of the chief garrisons of the Residency, and one of the centres of the gallant resistance, in which he took a distinguished part. In that house—it might almost be said in his arms—Sir Henry Lawrence died, and for his services in the defence Fayrer received the thanks of the Government and the brevet of Surgeon. For more than thirteen years subsequently he occupied appointments connected with his profession in India, and in 1870 he accompanied the Duke of Edinburgh on the tour which preceded and probably suggested, some years later, the visit of the Prince of Wales. When Sir R. Martin retired in 1874 he was appointed President of the Medical Board. Before he left Calcutta he organised a system of experiments to determine the nature of snake-poison, which proves fatal to more than 20,000 people in India annually. In 1875 he was appointed to take medical charge of the Prince of Wales and of his staff during the memorable visit, to which we owe the Imperial dignity assumed by the Queen. It would be impossible in a notice of this kind to enumerate all Sir Joseph Fayrer's services—they were many, varied, and continuous for forty-five years. They were handsomely recognised by words which did not, however, butter the parsnips of the officer who, on retiring in 1895, will have a pension nearly £400 a year less than he would have received had he in 1874 returned to India, instead of accepting the appointment of President of the Medical Board, for then he could have retired several years ago on £1,050 a year instead of

£665. Sir Joseph Fayrer accepted the appointment to the Presidency of the Board at a time when there was a warrantable presumption that he could hold the office for life, or as long as he could perform the duties. There is said to be *lex non scripta*, which is, however, nothing in fact but a custom or an official prejudice that the higher honours of the Bath and of the Star of India are not open to officers of the Medical Department. It would be a fitting occasion to break the bonds which have been forged by custom to reward a very eminent medical officer with a G.C.S.I. or with the K.C.B. in the person of Sir Joseph Fayrer when he is obliged to give up the appointment which he has held with such advantage to the public for so many years.

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*The Sanat April 8. 1893*

**SIR JOSEPH FAYRER.**

Our service contemporary, the *Army and Navy Gazette*, has an article on the career and services of this officer—whom we are glad to congratulate on being restored to good health and strength after his late illness—advocating that Sir Joseph Fayrer's services should be rewarded, at or before the end of his appointment as President of the Indian Medical Board, by a G.C.S.I. or a K.C.B. Sir Joseph Fayrer originally served in the Navy as an assistant surgeon before passing into the military service. He was at the siege of Palermo and that of Rome in 1847-48 and subsequently in the Burmese War and the Indian Mutiny and siege of Lucknow. Sir Henry Lawrence died in what is historically known as "Fayrer's House" at Lucknow. Sir Joseph Fayrer accompanied the Duke of Edinburgh and subsequently the Prince of Wales on their respective tours through India, and professionally distinguished himself in hospital and other work at Calcutta, so that his career has, at any rate, been sufficiently varied and not wanting in incident.

into operation; it is to be applied to him retrospectively, barring the two years' grace we have mentioned, and involves serious loss. We are, on broad public grounds, all in favour of this wholesome rule of retirement; but in this particular case full compensation is undoubtedly demanded if justice is to be done. Sir Joseph's loss in pension alone will be £385 per annum compared with what he would, on every ground of probability, have become entitled to had he finished his service in India. But, serious as this pecuniary loss is, what are we to say of its equity when the services of the man are considered? These it is no exaggeration to say are unique, for he has actually the triple distinction of having served as a medical officer in the navy, the army, and the Indian services. The equity of the case demands full compensation in pension for compulsory retirement, and honours should be dispensed with no niggard hand. Sir Joseph Fayrer is the very man the State should delight to honour, for there is none more fitted to bring to bear his ripe experience and wisdom in the highest councils of the nation. It is for such as he that life peerages are required.

*The Morning April 21 93*

**SIR JOSEPH FAYRER, K.C.S.I.**

We understand, says the "British Medical Journal," that, in accordance with the rule of retirement at 65 years of age, Sir Joseph Fayrer received intimation, through an Order in Council in February, 1892, that he would be called upon to retire from the Presidency of the India Medical Board in September; but that, in view of his retirement being "detrimental to the interests of the public service" and his "special and exceptional qualifications," it was decided he would be retained in the office until January, 1895. Such intimation was in itself flattering, and carried some acknowledgment of the great services of this distinguished officer, but it is far short of what the public and the medical profession will expect under the circumstances of the case. When, in 1874, Sir Joseph relinquished an already brilliant career, and the further prospect of the highest position and honours open to him in India, for the Presidency of the Medical Board in London, he did so on the implied understanding that the appointment—as in the case of his distinguished predecessor, Sir Ranald Martin—would be for life or fitness, although it was coupled with certain disabilities as to private practice which were not imposed on the previous occupant. Since his acceptance of the post the retirement rule at 65 has come

*The Globe April 22. 93*

SIR JOSEPH FAYRER would, in the ordinary course of events, have had to retire from the presidency of the India Medical Board in September, but his retirement being very properly regarded as detrimental to the interests of the public service, a special exception has been made, and he will retain the office until 1895. His war services extend from the sieges of Palermo and Rome in 1848 to the Mutiny in India "Fayrer's House" was in the thick of the fighting in defence of the Residency at Lucknow, and in it died, in Dr. Fayrer's arms, Sir Henry Lawrence. Sir Joseph enjoys the unique distinction of having served as a medical officer in the Army, Navy, and Indian service. He also accompanied the Prince of Wales during his Indian tour.



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Medical Board can only be fully appreciated by those who know the skill, tact, and firmness which must be brought to bear in that often difficult position. The President must possess a thorough knowledge of everything Indian, and delicately adjust his double duty towards individuals and the Government he guards; his power for good or evil over the efficiency of the service and the financial interests of the State are simply enormous. No man has performed these onerous duties with greater success than Sir Joseph Fayrer; and, although no one is indispensable, we are sure the Indian Government will find no little difficulty in fil-

ling his place. It seems the clear duty of those in authority that, in view of his retirement the great, varied and admirable services of this many-sided man should and must receive due recognition. The equity of the case demands full compensation in pension for compulsory retirement, and honours should be dispensed with no niggard hand. Sir Joseph Fayrer is the very man the State should delight to honour, for there is none more fitted to bring to bear his ripe experience and wisdom in the highest councils of the nation. It is for men like him that life peerages are required.



The Yorkshire Herald April 25. 93.

THE hope expressed by a medical journal that Sir Joseph Fayrer's eminent services to the State will be recognised in a more satisfactory manner than by merely permitting him to retain his post as President of the Indian Medical Board for a couple of years beyond the time prescribed by the retirement rule, is shared by a considerable section of the community. It has been pointed out that when Sir Joseph relinquished a brilliant career, with the prospect of the highest honours open to him, in India, he did so on the implied understanding that the appointment in question would be for life, or during fitness. The retirement rule has since come into operation, but there is a strong feeling that it ought not to be allowed to apply to him. It would also be a graceful compliment to one of the brightest lights of the medical profession if a peerage were conferred on Sir Joseph Fayrer, and his experience rendered available in the councils of the nation.

Madras Times April 26. 93

#### SIR JOSEPH FAYRER.

The following sketch of the career of this distinguished officer is from the current number of the *Army and Navy Gazette*:—We understand that Sir Joseph Fayrer, K.C.S.I., &c., the President of the Indian Medical Board, has been informed that he will be retained in office till Jan. 12, 1895, as it has been represented to the Secretary of State that his retirement, under the order of Feb. 2, 1892, would be detrimental to the public service. An exception to the rule of retirement at sixty-five was made in Sir Joseph Fayrer's case, but it would not be to the interest of the public if an officer of such long and varied service were allowed to resign the post he has held for so many years without some special recognition of the work he has done. Sir Joseph Fayrer has had a varied—we venture to say a unique—career. He entered the Royal Navy as Assistant Surgeon in 1847, and was borne on the books of the Victory for Service in Haslar Hospital. From December, 1847, to March, 1848, he served in the military hospital at Palermo during the siege, and he was subsequently present at the siege of Rome in the latter year: in 1849, he passed from the naval to the military service, and was appointed to the Royal Artillery, but, in the following year, he entered the East India Company's service, and he was in medical charge of Indian stations and regiments from October, 1851, till the outbreak of the Burmese War. He was present in the operations of the Burma Field Force and at the siege and capture of Rangoon, where he remained till

1853, when Lord Dalhousie appointed him to the Residency at Lucknow as "the medical officer who had rendered the most approved services during the war." There he was found on the outbreak of the great insurrection which closely followed the annexation of Oudh. "Fayrer's house" was one of the chief garrisons of the Residency, and one of the centres of the gallant resistance, in which he took a distinguished part. In that house—it might almost be said in his arms—Sir Henry Lawrence died, and, for his services in the defence, Fayrer received the thanks of the Government and the brevet of Surgeon. For more than thirteen years subsequently he occupied appointments connected with his profession in India, and in 1870 he accompanied the Duke of Edinburgh on the tour which preceded, and probably suggested, some years later, the visit of the Prince of Wales. When Sir R. Martin retired in 1874, he was appointed President of the Medical Board. Before he left Calcutta, he organised a system of experiments to determine the nature of snake poison, which proves fatal to more than 20,000 people in India annually. In 1875 he was appointed to take medical charge of the Prince of Wales and of his staff during the memorable visit, to which we owe the Imperial dignity assumed by the Queen. It would be impossible, in a notice of this kind, to enumerate all Sir Joseph Fayrer's services—they were many, varied, and continuous for forty-five years. They were handsomely recognised by words, which did not, however, butter the parsnips of the officer who, on retiring in 1895, will have a pension nearly £400 a year less than he would have received had he in 1874 returned to India, instead of accepting the appointment of President of the Medical Board, for then he could have retired several years ago on £1,050 a year instead of £665. Sir Joseph Fayrer accepted the appointment of the Presidency of the Board at a time when there was a warrantable presumption that he could hold the office for life, or as long as he could perform the duties. There is said to be *lex non scripta*, which is, however, nothing in fact but a custom or an official prejudice, that the higher honours of the Bath and of the Star of India are not open to officers of the Medical Department. It would be a fitting occasion to break the bonds which have been forged by custom to reward a very eminent medical officer with a G.C.S.I., or with the K.C.B. in the person of Sir Joseph Fayrer, when he is obliged to give up the appointment which he has held with such advantage to the public for so many years.



### EQUAL SERVICE, EQUAL HONOUR.

WE confess to a settled regard for monarchy, aristocracy, and everything which can give adornment and completeness to the outward symbolism of Imperial states. Democracy has its own peculiar merits; but its natural and necessary complement, not its antithesis, is aristocracy. Those democratic persons who can see a fitness in aristocracy—and they are many—always make it a condition that the aristocracy shall be true in substance, and, as far as possible, representative. High birth, it is admitted, may lay claim to distinction; so, too, in many cases, may great wealth. But we submit that on a full equality with these should be placed high intellectual capacity, noble achievement in science or literature, and great public services. These are truisms, and require no argumentation.

Ours are the days of democratic aristocracy, if the apparent paradox may be permitted. Nobody complained when Benjamin Disraeli was raised to the peerage. On the contrary, there was a universal shout of agreement from all sorts and conditions of men. If his great rival, Mr. Gladstone, had passed to the Lords after 1886, everybody, including the most democratic of his followers, would have considered that a fitting crown had been placed upon a long and distinguished career. It is a good thing to honour great service; it is a bad thing not to honour it.

It used to be said of the armies of the great Napoleon that every private soldier carried a field-marshal's baton in his knapsack. It may now be said, with one exception, of every honourable man in Britain that he carries a peerage in his pocket. The solitary exception is the doctor. By merely entering the medical profession a man casts away for ever his chances of all first-rate State honours. A knighthood he may attain to, and so may his grocer. Even a baronetcy is within his reach, as it is within the reach of a second-rate railway contractor. But that appears to be the doctor's limit. The railway contractor ascends by easy steps to the full honours of the peerage.

It cannot be expected that this state of things will satisfy medical men. They would be less than human if it did. The *British Medical Journal* has

waked many a sympathetic echo by demanding a life peerage for Sir Joseph Fayrer. If Sir Joseph Fayrer's claims be considered inadequate, the medical profession may give up all hope. Sir Joseph was an army surgeon so long ago as 1848. He passed through the Indian Mutiny. At the defence of Lucknow Sir Henry Lawrence died in "Fayrer's house," and in its master's arms. Sir Joseph was the medical guide, philosopher, and friend of the Prince of Wales all through his Indian tour in 1876. Professional honours of all kinds have been heaped upon him in Britain, in Europe, and in America. He has been for many years president of the India Medical Board. In addition to all this, he is an accomplished naturalist, and has written, among other books, the standard work on the *Thanatophidia of India*. As we have said, if all these public services do not entitle Sir Joseph Fayrer to a life peerage, then doctors may make up their minds that England, at any rate, has not the knowledge or the culture necessary for the appreciation of scientific medicine.

It has been whispered that no Government dare make a medical man a peer on pain of rousing to fever pitch the slumbering jealousy of his professional rivals. That we cannot believe. Medical men, we know, are human, some of them very human. But as a class, they are not more human than other professional persons; than clergymen, for example; or than lawyers. The worthiest medical men of to-day feel the slight of unrecognized merit much more on behalf of their profession than they do for their own individual sakes. It does not really matter to the individual what the world thinks of him so long as he can, as Carlyle said, "get his life lived honestly," and make a modest provision for his old age and for his children's start in life. A rational man at seventy probably thinks very little of the peerage. We are sure that Sir Joseph Fayrer thinks nothing at all of it. But the younger men, the men of generous instincts, of professional loyalty, the men who are beginning to understand the kind of capacity and character which are required to carry a man through all the intermediate stages to the very front rank of the medical profes-



sion—these men know how entirely worthy of honour their distinguished seniors are; and they feel a great deal of very honourable bitterness when those seniors are passed by in favour of men who have done nothing for humanity, nothing for the State, but have only filled their own pockets at the cost of other men's toil.

Medical men neither threaten nor make a noise. If they did they would carry their point. But it is not good policy to give everything he asks to the sturdy beggar and to deny the useful servant his just reward. The last Prime Minister and the present are both men who have keen eyes for merit and capacity. Both of them have shown a knowledge of modern medicine and its elevating and expanding tendency which is much to their honour. They can give a great impulse to the wider, profounder, and more philosophic study of medicine by selecting the broad, deep, and philosophic representatives of it for special recognition and distinction. The want of equality in honour depresses men exactly in the same way as the want of any other equality. It begets a sense of injustice; it sours, even if but a little, the very finest of human grapes.

The younger generation of medical men have made up their minds that some of their seniors who are now living shall take their place among the men who are most honoured in the land, and that by indisputable right. It is not that these younger men are blinded by the glamour of the peerage. They are much too good physiologists for that. We know, and nothing can persuade us otherwise, that some of the leaders of medicine are among the most potent forces for good which the nineteenth century has produced. Their knowledge is immense, their honesty is like the leaven and the salt of the New Testament

parables. They are singularly open in mind, and free from prejudice. They influence literature and life at a thousand points. Thanks very largely to them, human knowledge is becoming wider, deeper, and more philosophical with a rapidity unknown before. The British physicians, surgeons, teachers, and researchers of the present day exert the influence of a hundred Aristotles.

Services like these the country and the Government of the country cannot afford to ignore. Our aristocracy, to serve the highest purposes of an aristocracy, must, as we have said, be real and true in substance; and it must be representative of all classes. It must consist of the best of all classes. Then it will command the veneration and the influence which it ought to command, but not otherwise.

The exclusion of distinguished medical scientists from the peerage cannot be defended on any ground of expediency, still less on any ground of reason. It is a gratuitous insult to one of the noblest of the professions. We, who are among the loyallest of the Queen's subjects, feel that we are put upon a most distasteful and odious task, in that we are compelled from time to time to insist that our profession in the persons of its leaders shall be placed on an equality of honour with all the other classes of her Majesty's subjects. Literature, in the person of Lord Tennyson, added to the peerage one of its most distinguished ornaments. Science, in the person of Lord Kelvin, has made an illustrious body still more illustrious. We insist once more that the House of Peers can never be complete, or completely representative, until it is adorned by one or more of the many distinguished medical scientists, who confer honour upon our country and our generation.



Medical Press May 3. 93

Murphy's notes June 1. 1893

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SIR JOSEPH FAYRER's time to retire from the Presidency of the Indian Medical Board is up, but it is announced that, as a matter of special favour and cognition, of merit he will be allowed to retain the position until 1895. In the case of Sir Joseph a departure from regulation may be allowed and approved, but it should be recollected that the retention in office of an officer after the expiration of his regulation service time necessarily inflicts hardship on some other officers who are entitled to promotion and have to wait three years for it.

Indian Medical Gazette  
May 1893

SIR JOSEPH FAYRER.

THERE is a very sympathetic article in the *Army and Navy Gazette* on Sir Joseph Fayrer. After alluding to Sir Joseph Fayrer's extension of service until January 1895, our contemporary gives a short history of Sir Joseph Fayrer's career, which is an eminently distinguished one, and concludes by affirming that such great services are deserving of higher recognition than that of a K.C.S.I., and suggests a G.C.S.I. or K.C.B. We heartily concur with these remarks. Services of much less value to the State than performed by laymen have been rewarded with a peerage. Why are medical men debarred from this honour? ———

The *British Medical Journal*, in speaking of the services of Sir Joseph Fayrer to his country, says:—"These it is no exaggeration to say are unique, for he has actually the triple distinction of having served as a medical officer in the navy, the army, and the Indian services. His war services extend from the sieges of Palermo and Rome in 1848-49 and the Burmese campaign of 1852-53 up to the great Mutiny. 'Fayrer's House' was in the very thick of the fighting in the defence of the Residency at Lucknow, and in it died the great and good Sir Henry Lawrence in Dr. Fayrer's arms. Professionally Sir Joseph is no less distinguished, being either a graduate, member, or associate of the foremost medical schools and learned societies in this country, in America and on the Continent. He is an accomplished naturalist, and the author of a standard work on the *Thanatophidia of India*, besides other zoological works, and treatises on medicine and surgery. He was the professional friend and mentor of the Prince of Wales during his memorable tour in India in 1876, and the anxiety and responsibility which that position involved have only to be thought of to be realised. Finally, his services as President of the India Medical Board can only be fully appreciated by those who know the skill, tact, and firmness which must be brought to bear in that often difficult position.

Medical Press July 5. 1893

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SIR JOSEPH FAYRER.

THERE is a very sympathetic article in the *Army and Navy Gazette* on Sir Joseph Fayrer. After alluding to Sir Joseph Fayrer's extension of service until January 1895, our contemporary gives a short history of Sir Joseph Fayrer's career, which is an eminently distinguished one, and concludes by affirming that such great services are deserving of higher recognition than that of a K.C.S.I., and suggests a G.C.S.I. or K.C.B. We heartily concur with these remarks. Services of much less value to the State when performed by laymen have been rewarded by a peerage. Why are medical men debarred from this honour? —

The *British Medical Journal*, in speaking of the services of Sir Joseph Fayrer to his country, says:—"These it is no exaggeration to say are unique, for he has actually the triple distinction of having served as a medical officer in the navy, the army, and the Indian services. His war services extend from the sieges of Palermo and Rome in 1848-49 and the Burmese campaign of 1852-53 up to the great Mutiny. 'Fayrer's House' was in the very thick of the fighting in the defence of the Residency at Lucknow, and in it died the great and good Sir Henry Lawrence in Dr. Fayrer's arms. Professionally Sir Joseph is no less distinguished, being either a graduate, member, or associate of the foremost medical schools and learned societies in this country, in America and on the Continent. He is an accomplished naturalist, and the author of a standard work on the *Thanatophidia of India*, besides other zoological works, and treatises on medicine and surgery. He was the professional friend and mentor of the Prince of Wales during his memorable tour in India in 1876, and the anxiety and responsibility which that position involved have only to be thought of to be realised. Finally, his services as President of the India Medical Board can only be fully appreciated by those who know the skill, tact, and firmness which must be brought to bear in that often difficult position.

Medical Press July 5. 1893

THE *Army and Navy Gazette*, in commenting upon the extension of service granted to Sir Joseph Fayrer, suggests that Sir Joseph's distinguished career should be further recognised by conferring upon him either a G.C.S.I., or K.C.B. —



*The Lancet Aug. 11. 1894*

*Army & Navy Gazette Nov. 17. 94*

SIR JOSEPH FAYRER AND NETLEY.

WE believe that we are correct in stating that the occasion of the distribution of the prizes and delivery of an address by Dr. Weir Mitchell at the Army Medical School, Netley, was the last occasion of the kind at which Sir Joseph Fayrer was to be officially present. It is well known that the school is much indebted to him for the great and sustained interest he has always taken in it, and for the really valuable services he has rendered it. Sir Joseph Fayrer's career has been a very varied and distinguished one, not only in his profession and in science, but in services rendered under circumstances which fall to the lot of few people, and which have become a part of the history of this empire during the present century. We allude especially to the part he played in the Indian Mutiny of 1857 and the defence of Lucknow. It was in Sir Joseph Fayrer's house, when he was Residency surgeon of Lucknow, that Sir John Lawrence died. Whilst residing in Calcutta and acting as Professor of Surgery in the Medical College of Bengal and surgeon to the hospital, Sir Joseph Fayrer was distinguished for his boldness and skill as an operator and for his open-handed hospitality. His keen love of natural history and field sports is well known, and it was the reputation which he enjoyed in these respects, as well as his Indian experience and professional attainments, that contributed, no doubt, to his being selected to accompany the Duke of Edinburgh, and subsequently the Prince of Wales, on their visits to India. Sir Joseph Fayrer has always been loyal to his profession; he has never neglected an opportunity of advancing its interests or of upholding its dignity, and he has always zealously supported what he considered to be the rights of the medical services. It is in these respects more particularly that his retirement will be a great loss, for he has always had the courage of his opinions, and his name and position frequently gave him an opportunity of doing services to institutions and to medical officers and others the source of which they probably never traced.

SIR JOSEPH FAYRER, K.C.S.I., F.R.S.

The approaching retirement from his post as Physician to the Indian Council of Sir Joseph Fayrer, who presented the prize in Pathology at the close of the Netley session, was referred to in a speech on that occasion by Surgeon-General Maclean. He spoke of the great interest Sir Joseph Fayrer had ever taken in the Army Medical School and in the officers of both services, and referred to the occasion as being the last on which Sir Joseph Fayrer attended the distribution of prizes as a member of the Senate of the school. On many occasions he had used his influence to uphold the integrity and prestige of the school, feeling convinced of the absolute necessity of its existence, and of the value derived from the teaching given.

Sir Joseph Fayrer will return from his position as President of the Medical Board of the India Office on January 11, after forty-four and a-half years service in connection with India, and over two years in the Royal Navy and Royal Artillery. He served in India from 1850 until made President of the Medical Board in 1874, and has been at the head of that department for over twenty years. Considering all that he sacrificed in quitting active employment in India, and the great services he has rendered to the Indian Government, the least that can be done in acknowledgment of his distinguished career is the award of a surgeon-general's pension, to which he would have been entitled years ago had he decided to remain in India. Sir Joseph was created a K.C.S.I. in 1876, nearly nineteen years ago. So able and distinguished a servant of the State ought not to be allowed to retire without adequate recognition and reward.

*The World Nov. 21. 1894*

Sir Joseph Fayrer will retire in January next from his position as medical officer to the India Office. It will be his successor. Sir Joseph Fayrer, a member of the Medical Board of the India Office, whom he has been officially associated during

*The Lancet Nov. 24. 1894*

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SIR JOSEPH FAYRER, K.C.S.I.

Sir Joseph Fayrer, after nearly forty-five years' service in connexion with India, and more than two years' service in the Royal Navy and the Royal Artillery, will retire from his position as President of the Medical Board of the India Office on Jan. 11th next. He was made President of the Medical Board in 1874, and considering what he sacrificed in quitting active employment in India, and the services he has rendered to the Indian Government, he has certainly earned a Surgeon-General's pension, to which he would have been entitled years ago had he decided to remain in India.



*The Lancet Aug. 11. 1894**Army & Navy Gazette Nov. 17. 94*

## SIR JOSEPH FAYRER AND NETLEY.

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*The World Nov. 21. 1894*

Sir Joseph Fayrer will retire in January next from his position as Medical Officer to the India Office. It is believed that Dr. Kenneth McLeod, a member of the Medical Board of which Sir Joseph is President, will be his successor. Sir Joseph Fayrer has been a most valued public servant, and his retirement will occasion no little regret to those with whom he has been officially associated during his long professional career.

*The Lancet Nov. 24. 1894.*

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British Med. Journal Dec 1. 94

SIR JOSEPH FAYRER.

WE understand that the successor of Sir Joseph Fayrer as President of the Medical Board of the India Office has not yet been nominated. The names of possible successors are now under the consideration of the Secretary of State. We are glad to learn that Sir Joseph Fayrer's retirement, which takes effect on January 11th next, is not due to ill-health and does not indicate any diminution of his activities in other directions, but is brought about solely by the regulations of the service with regard to age, which have already been relaxed in his favour on previous occasions owing to the high value attached to his services by the India Office.

place which Sir Joseph Fayrer quickly earned for himself as a physician in London, a position which we trust he may long live to enjoy, it is not necessary for us to speak, and of his services as President of the Medical Board of the India Office, it will suffice to say that the Secretary of State has signified his appreciation thereof in handsome terms. A career so active, so meritorious, has earned for him many public recognitions, both from the Government of this and other countries, and from universities and learned societies; while his strong and upright character, his high sense of honour and duty, and genial breadth of view, have won him the affection and esteem of all those who have been brought into official or professional relations with him.

Brit. Med. Journal Jan. 12. 1894

SIR JOSEPH FAYRER.

THE long and distinguished official career of Sir Joseph Fayrer terminates on January 11th, when, in consequence of the operation of the age rule, he retires from the office of President of the Medical Board at the India Office. Sir Joseph Fayrer, who is the son of a naval officer, entered the medical service of the royal navy soon after qualifying in 1847, and was present at the sieges of Palermo and Rome. In 1849 he joined the Army Medical Department, but in the following year was appointed an assistant surgeon in the service of the Honourable East India Company. Shortly after his arrival in Bengal he served in the Burmese war in 1852, and in recognition of his services during that campaign was at its close appointed Residency Surgeon, and assistant political agent at Lucknow. He was at his post in that city throughout the Mutiny, and his intrepid and resourceful conduct during that period earned for him the medals and clasps, and brevet rank. Coming home on furlough after this terrible experience, he gave himself with characteristic energy to medical study, and obtained the degree of M.D. from the University of Edinburgh. In the same year he was appointed professor of surgery in the Calcutta Medical College, a post which he retained until his appointment in 1874 to the post of President of the Medical Board and physician to the Secretary of State for India, in succession to Sir Ranald Martin. During the fifteen years he spent in Calcutta he not only gained a high reputation as a surgeon, but threw himself into all works for the advancement of science and of education. He found time, however, to bring out his magnificent volume, the *Thanatophidia of India*, and to serve not only as President of the Medical Faculty of the Calcutta University, but also as President of the Asiatic Society of Bengal. He accompanied the Duke of Edinburgh and the Prince of Wales as medical adviser during their visits to India. Of the distinguished

Manchester Guardian  
Jan. 15. 95

The compulsory retirement of Sir Joseph Fayrer from the position of President of the Indian Medical Board has revived the outcry against the application of the 65 years' rule to distinguished specialists. The other day Dr. C. Riou was compelled under the warrant to abandon his post at the British Museum, and the University of Cambridge now has the benefit of his services as Professor of Arabic. If he had entered the employment of some foreign country the authors of the superannuation regulations would have looked rather foolish. The discharge of the eminent Egyptologist Renouf not only inflicted a great—almost say an irreparable—loss on the British Museum, but also filled the *savants* of the Continent with astonishment. Another case in point is that of Dr. Rostkie, who at the height of his intellectual activity and reputation as a Sanskrit scholar was deprived of the librarianship of the India Office, as if he were only a second-class clerk who could be replaced at a moment's notice. The question is raised whether the limit of age rule, salutary though it be in ordinary circumstances, was intended by its framers to drive from the service of the State such men as I have named. Sir Joseph Fayrer is, I hear, pecuniarily a great loser by his retirement. If he had remained in India he would have been entitled to a pension of about £400 per annum higher than what he will now receive.



*Black and White Jan. 19. 1895*

SIR JOSEPH FAYRER'S distinguished official career terminated on Friday last, when the famous surgeon retired from the Presidency of the Medical Board at the India Office, under the age rule. Sir Joseph, who entered the medical service of the Navy as long ago as 1847, was present at the Sieges of Palermo and Rome; after which he transferred to the Army Medical Department, and still later made a further change, joining the East India Company's service. In 1852 Sir Joseph Fayrer went through the Burmese war, and was appointed Residency Surgeon at Lucknow in recognition of his great services. This post he held through the Mutiny, and subsequently became Professor of Surgery at the Calcutta Medical College. In 1874 he accepted the appointment he now resigns, and his admirable occupation of it has not only earned for Sir Joseph the highest encomiums of the Government, but honours not a few from numerous universities and learned societies at home and abroad.

*Army & Navy Gazette  
Jan. 19. 95*

Sir Joseph Fayrer, K.C.S.I., has been retired under a heavy fire of official compliments. In the letter informing him of the appointment of his successor Sir A. Godley says:—

"Mr. Secretary Fowler desires to take this opportunity to place on record his high appreciation of your services during a long and distinguished career. Mr. Fowler need not recapitulate your services to the State in India, notably during the memorable siege of Lucknow. They have been recognised by the Government of India, and by the honours conferred on you by Her Majesty the Queen. These services, as well as those which you have rendered to science, are well known, and reflect honour not only on yourself, but also on the profession and service to which you belong. In leaving India in 1874, you were appointed president of the Medical Board of this office, and the Secretary of State for India in Council desires me to convey to you his cordial acknowledgments for the admirable manner in which you have discharged the duties of the post during the past twenty years. On your retirement you will carry with you the regard and esteem of the Secretary of State and his Council, and of all with whom you have had official relations during your tenure of office."

After which so far so good. But is that all? The Secretary of State for India forgot that Sir Joseph Fayrer had all the care and responsibility of the medical charge of the Prince of Wales during his memorable and most useful Royal procession through India in 1875-76; at least, he did not mention it among his other "well-known services," nor his work as member of the Army Sanitary Committee and of the Senate of Netley for twenty years.

*Medical Press & Circular  
Jan. 23. 1895*

**The Sixty-five Years' Retiring Rule.**

THE compulsory retirement of Sir Joseph Fayrer from the Indian Medical Board, which has just taken place, reopens the question of the expediency of the sixty-five years of age retiring rule, and a reasonable doubt exists whether this rule, salutary though it be in ordinary circumstances, was intended by its framers to drive from the service of the State men of worth, proved capacity, and possessing invaluable experience. Sir Joseph Fayrer, moreover, is pecuniarily a great loser by his retirement. If he had remained in India he would have been entitled to a pension of about £400 per annum higher than that which he will now receive. Another case in which this rule could scarcely have operated to the advantage of the State was that of Dr. Rostcie, who at the height of his intellectual activity and reputation as a Sanskrit scholar was deprived of the librarianship of the India Office, as if he were a second-class clerk who could be replaced at a moment's notice. It may be remembered, too, that Dr. C. Rich was recently compelled, under the warrant, to abandon his post at the British Museum.

But the University of Cambridge has now the benefit of his services as Professor of Arabic. Other instances of the kind could be mentioned just as notable as those above referred to, were it necessary to do so. It is evident, however, from the foregoing, that this warrant of compulsory retirement must, in particular cases, be productive of results exactly the reverse of satisfactory.



British Medical Journal  
Jan. 26. 1895

Indian Medical Gazette 11  
Jan. 1895

SIR JOSEPH FAYRER.

A MEETING of medical officers serving at Netley was held on January 16th, under the chairmanship of Surgeon-Major-General Giraud, P.M.O. Sir Joseph Fayrer, among the other offices which he held, was a member of the Senate of the Army Medical School, and the meeting, which was held to consider the best form which a testimonial should take, resolved to obtain a portrait, to be painted for the officers' mess at Netley, and that a replica should be presented to Lady Fayrer. A Committee was appointed, consisting of Director-General Sir William Mackinnon (President); Surgeon-Major-General C. H. Giraud, A.M.S.; Deputy-Surgeon-General H. Cayley, I.M.S.; Brigade-Surgeon-Lieutenant-Colonel J. L. Notter, A.M.S. (Honorary Treasurer); Brigade-Surgeon-Lieutenant-Colonel E. J. Fairland, A.M.S.; Brigade-Surgeon-Lieutenant-Colonel Kenneth McLeod, I.M.S.; and Surgeon-Captain W. W. Webb, I.M.S. (Honorary Secretary). Subscriptions are invited from officers of the Army Medical Staff and Indian Medical Service, as well as from other friends of Sir Joseph Fayrer and admirers of his long and useful official career. Subscriptions are to be limited in the case of officers serving at home or in the Colonies to 10s. 6d., and in the case of those serving in India to 10 rupees.

Lancet Jan. 26. 1895

PROPOSED TESTIMONIAL TO SURGEON-GENERAL SIR JOSEPH FAYRER, K.C.S.I., Q.H.P., M.D., F.R.S.

At a meeting of the medical officers serving at Netley, held on Jan. 16th, Surgeon-Major-General Giraud, P.M.O., in the chair, it was unanimously agreed that a testimonial should be made to Sir Joseph Fayrer on his retirement as Physician to the Indian Council, President of the Indian Medical Board, and Member of the Senate of the Army Medical School. The testimonial will take the form of a portrait, to be painted by an eminent artist, and to be placed in the officers' mess at Netley, with a replica for Lady Fayrer. All members of the Army Medical Staff and Indian Medical Service are invited to subscribe, and contributions will also be received from other friends and admirers of Sir Joseph Fayrer. The subscriptions are not to exceed 10s. 6d. from each officer serving at home or in the colonies, or ten rupees from officers in India. The following officers have been elected as a committee to carry out the details of the presentation: Sir Wm. Mackinnon, K.C.B. (Director-General, A.M.D.), president; Surgeon-Major-General C. H. Giraud, A.M.S.; Deputy-Surgeon-General H. Cayley, F.R.C.S., I.M.S. (R.P.); Brigade-Surgeon-Lieutenant-Colonel J. L. Notter, M.A., M.D., A.M.S. (hon. treasurer); Brigade-Surgeon-Lieutenant-Colonel E. J. Fairland, A.M.S.; Brigade-Surgeon-Lieutenant-Colonel K. McLeod, M.D., I.M.S. (R.P.); Surgeon-Captain W. W. Webb, M.D., I.M.S. (R.P.) (hon. secretary).

We have previously alluded to the services which Sir Joseph Fayrer has rendered the State and Indian Government during his long and distinguished career, and we are glad to notice that Mr. Secretary Fowler has taken the occasion of his retirement to refer officially to Sir Joseph Fayrer's services in eulogistic terms.

The retirement of Sir JOSEPH FAYRER from the Presidency of the Medical Board at the India Office takes place in January next. It is very hard lines for Sir JOSEPH, whose capacity is unimpaired and experience unrivalled, to have to submit to an age-condition which was not in existence when he accepted the appointment. I hope the authorities will take this into consideration and bestow on him such honorary and substantial compensation as his distinguished career and the loss of his appointment entitle him to. This is not the place nor perhaps the time to attempt any sketch of Sir JOSEPH FAYRER's eventful and most useful life. He has filled many high offices, and always lived and worked to the full level of their requirements. A high sense of honour, great abilities, true love of his profession, unwearied diligence, have combined to enable him to turn opportunities of distinction which fall to the lot of very few to high advantage. He has had his meed of praise, of success, of titles and honours, literary, scientific and social; but it seems to me that a life of such exceptional merit and value as his should not be permitted to close without impressing on it some token of recognition—a peerage, or even a baronetcy, for example—which would in some measure requite its desert and render it conspicuous for future imitation and emulation. Whatever may be done in this direction by the "powers that be" will be gratefully received by the Indian Medical Service,—effective and non-effective—as an honour bestowed upon an organization which has for so long and in so many ways deserved well of the British Empire.—*Indian Medical Gazette, January, 1895.*

9th Nov., 1894.

(London Letter).



Sir Joseph Fayrer's long and distinguished official career closes to-morrow, when he hands over the duties of President of the Indian Medical Board to his successor. In February, 1892, Sir Joseph was called upon to retire, he having passed the age of sixty-five, but owing to his "special and exceptional qualifications," and to the fact that his retirement would be "detrimental to the interests of the public service," he was permitted to retain his post until January, 1895. On all hands, I hear regret expressed that the service and the State should be deprived of the invaluable experience of this ornament of the medical profession. The age limit probably intended to apply was not, and certainly ought not, to apply to eminent specialists, but there is another reason why the rule acts with considerable hardship in the case of Sir Joseph Fayrer. When he gave up his appointment in India together with a large practice to accept the position in Whitehall, he quite understood that, like his predecessor, Sir Ranald Martin, he should hold it for life, or as long as he was able to satisfactorily discharge the duties. Nobody would say that he is to-day less capable of performing the work than he was when he joined the Board twenty-two years ago. A friend of his remarked to me the other day: "Why Fayrer, is at zenith of his authority as a physician." That his physical powers are not unequal to his mental vigour is shown by the fact that he was actually engaged in deer-stalking in the Highlands almost every day of last season, lying out in the snow for twelve hours at a stretch. If Sir Joseph Fayrer had stopped in India, as I daresay he now regrets not having done, he would in the ordinary circumstances have been entitled to a pension nearly £400 in excess of what he now receives. Moreover, he has been greatly out of pocket by the rather severe limitations imposed upon him by the India Office as to private patients. Of Sir Joseph Fayrer's record as a public servant it is unnecessary to refer in detail, nor need I refer to his many and conspicuous labours as a *savant* of world-wide repute; these things are known to everybody, and will doubtless receive some further recognition in his native country. The respect entertained by the Faculty for Sir Joseph Fayrer, and the admiration felt for his abilities, was shown during the recent discussion as to the propriety of raising some medical man of distinction to the peerage. Throughout the controversy there was one unanimous opinion that no more suitable member of the service could be selected for such an honour. If the next Conservative Government fulfils the expectation indulged in by some persons, and introduce a system of life peerages, Sir Joseph Fayrer might very properly be selected as one of the new class of legislators. In the meantime, if he were made a Grand Cross of the Bath, or the Star of India, the distinction would be worthily bestowed. "Sir Joseph Fayrer," said a leading medical journal not long ago, "has always been loyal to his profession; he has never neglected an opportunity of advancing its interests, or of upholding its dignity, and he has always zealously supported what he considered to be the rights of the medical services. It is

in these respects more particularly that his retirement will be a great loss, for he has always had the courage of his opinions, and his name and position frequently gave him an opportunity of doing services to institutions and to medical officers and others, the source of which they probably never traced." I believe the attention of the House of Commons

will be called soon after Parliament opens to the manner in which public departments are being injured by a too rigid and indiscriminating application of the sixty-five years' regulation. A strong case might be made out for some modification of the existing arrangement. Only the other day, the British Museum was deprived of the valuable assistance of the eminent Arabic scholar, Dr. C. Rieu. What happened? Although he was considered too old to remain in the public service, he was at once elected to the Arabic Professorship at Cambridge. It is fortunate that he was not enticed to some foreign university or museum. The case of the compulsory retirement of Renouf, the Egyptologist, is even worse. He cannot be replaced at the British Museum, and the spectacle of the Government of a country that calls itself enlightened treating an illustrious man of learning as if he were an ordinary Civil Service clerk, has made us the laughing-stock of Europe. I need only mention one other instance, that of the late Librarian of the India Office, the celebrated Dr. Rost, who, notwithstanding his enforced retirement, is at the height of his intellectual activity and reputation, and has just received from the Sovereigns of Germany and Sweden a most gratifying recognition of his services to Sanskrit scholarship.



Brigade-Surgeon-Lieutenant-Colonel W. R. Hooper has been selected by the Secretary of State for India to succeed Sir Joseph Fayrer as President of the Medical Board at the India Office. This officer held the office of Member of the Board some years ago and is well qualified by seniority, experience and disposition to perform the important duties of the appointment. Sir Joseph Fayrer's long and able services have been warmly acknowledged by the Secretary of State. It remains to be seen whether any more substantial recognition will be bestowed on him at the close of his forty-seven years of laborious and distinguished devotion to public duty and medical science. Among the new year's honours which have been announced, the medical profession has not been forgotten. A baronetcy has been conferred on Dr. J. Russell Reynolds, the President of the Royal College of Physicians, and Mr. John Eric Erichsen, the well-known author of the "Science and Art of Surgery," and formerly President of the Royal College of Surgeons. These distinctions have been worthily earned, and their bestowal has caused great and general satisfaction throughout the medical profession at home and abroad.

A movement has been started at Netley to collect subscriptions for the purpose of having a portrait of Sir Joseph Fayrer painted to be hung in the mess-room of the Netley School. It is well known that the authorities had at one time in serious contemplation the abolition of the institution, and that it was saved by the personal intervention of Sir Joseph Fayrer in high places. Besides this, Sir Joseph has for the last twenty years been a most active and useful member of the Senate of the Army Medical School. The movement is therefore a peculiarly fitting one, and I hope it will be extensively supported. I have in a previous letter referred to Fayrer's distinguished public career. He has always had the honour and welfare of the medical services at heart and has in many ways laboured to promote these. The amount of subscription has been limited to 10s. 6d. in this country and to Rs. 10 in India. Subscriptions are payable to the Honorary Secretary of the fund, Surgeon-Captain W. W. Webb, M.D., Odstock, Netley Abbey, Hants. I regret to say that Sir Joseph has been a victim to the recent outbreak of influenza and was for a time seriously ill. He is now, I am glad to report, convalescent.

15th March 1895. London letter

Morning Post May 8. 1895

THE LONDON GAZETTE.

WAR OFFICE, May 7.

Deputy Surg.-Gen. Sir J. Fayrer, M.D., F.R.C.S. Edin., K.C.S.I., retired 1st Indian Medical Service, hon. physician to the Queen, late President of the Medical Board, India Office, is granted the honorary rank of surgeon-general.

Morning Post July 25. 1896

Mr. Sydney P. Hall has had the honour of submitting to the Prince and Princess of Wales his portrait of Sir Joseph Fayrer, Bart., K.C.S.I., M.D., which he has been commissioned to paint for presentation to Netley Hospital.

Morning Post Aug. 6. 1896

LORD WOLSELEY at NETLEY HOSPITAL.

Lord Wolseley paid his first official visit to the Royal Victoria Hospital, Netley, yesterday, when there was a large assemblage to meet him. The Commander-in-Chief proceeded to the officers' mess, and there unveiled a portrait of Surgeon-General Sir Joseph Fayrer subscribed for by the officers of the department. After this Lord Wolseley went to the Army Medical School, and the gathering was presided over by Surgeon-General Giraud, who extended a hearty welcome to the Commander-in-Chief. The Director-General of the Army Medical Department, Professor Lane Nottor, read the report of the examiners, who said the work had been done most satisfactorily, and mentioned that the whole of the 26 surgeons on probation had proved themselves fitted to hold her Majesty's commission.

Lord WOLSELEY, in presenting the prizes, congratulated the winners, and called attention to the remarkable part played in the Army by the medical staff. He had served with some most distinguished men who had acquitted themselves as heroes. He wished to point to one case particularly where 15 years ago a doctor engaged in an expedition in which this country was defeated was shot through the back. Notwithstanding his great pain he gave instructions to one of the Army Medical Service men as to what he should do for the comfort of the wounded, and that man was also shot in both arms. Afterwards the enemy came up and treated them very kindly, and asked if there was anything they could do. The doctor asked them to attend to his orderly, and do what they could for him, directing them to inject morphia. The pain of the man was so great, however, that the doctor asked them to prop him up and bring the man to him, and he injected the morphia himself. That deserved as an act of bravery to be recorded in the history of the Army, to be talked of and remembered in the Medical Schools and in every regiment of the Army. He urged upon all present to emulate such heroic deeds as these, which would for ever maintain the glorious traditions of the British Army.



14 Brit. Med. Journal  
June 15. 1895

Homeward Mail  
July 2. 1895

#### SIR JOSEPH FAYRER.

SIR JOSEPH FAYRER retires from the India Office, after forty-six years' service, with testimonies to the value of his services such as fall to the lot of few men. The Secretary of State for India took the opportunity of placing on record his high appreciation of those services during a long and distinguished career. The letter from the India Office runs as follows:

Mr. Fowler need not recapitulate your services to the State in India, notably during the memorable siege of Lucknow; they have been recognised by the Government of India, and by the honours conferred on you by Her Majesty the Queen. These services, as well as those which you have rendered to science, are well known, and reflect honour not only on yourself, but also on the profession and service to which you belong.

In leaving India in 1874, you were appointed President of the Medical Board of this Office, and the Secretary of State for India in Council now desires me to convey to you his cordial acknowledgments for the admirable manner in which you have discharged the duties of that post during the past twenty years.

On your retirement you will carry with you the regard and esteem of the Secretary of State and his Council, and of all with whom you have had official relations during your tenure of office.

The resolution of the Senate of the Army Medical School was not less flattering and complimentary. The following is an extract from Senate minutes of January 6th, 1895:

SIR JOSEPH FAYRER'S RETIREMENT.—The Director-General said that, "as this was the last occasion upon which Sir Joseph Fayrer would be present as a member of the Senate, he took this opportunity to express on behalf of himself and his colleagues the very great regret with which they contemplated his retirement. The great interest which Sir Joseph Fayrer has always taken in the work and welfare of the Army Medical School, and his ever anxious desire to promote its interest and power for good for the Medical Services of both the British and Indian armies, render his withdrawal from the meetings of the Senate a very great loss to the School and Netley. His intimate knowledge of the work done there, and his constant visits during nearly every session, often at personal inconvenience, made him an invaluable adviser of the professors and an ever sympathetic friend to those passing through the School. In conclusion, the Director-General felt that he was only expressing the feelings of the other members of the Senate and of the past and present members of the Army and Indian Medical Services, when he said they felt deeply the loss of Sir Joseph's advice; probably no servant of the Crown had deserved a well earned rest more than he, and, in saying good-bye to him officially, he trusted that Sir Joseph might be spared many years yet to take the same interest in the work of the School at Netley as he has always hitherto done."

The other members of the Senate concurred in what the Director-General said, and hoped that he would convey officially to Sir Joseph this expression of their unanimous opinion.

The minute of proceedings of the Army Sanitary Committee of the meeting of May 9th contain the following:

Surgeon-Colonel W. R. Hooper, M.D., took his seat as a member of the Army Sanitary Committee, in the place of Surgeon-General Sir Joseph Fayrer, K.C.S.I., who has retired after twenty years' service on the Committee, during which time his knowledge and varied experience generally, but more especially in regard to questions of Indian hygiene and public health, have been of great value and assistance to the Committee in discussing the various sanitary questions that have been referred for their consideration and opinion.

With all these testimonies of a brilliant and quite exceptional services Sir Joseph Fayrer must be highly gratified; there is, however, one palpable omission which his friends cannot but feel all the more marked through the records of these unanimous and strongly worded testimonies. Under the circumstances stated it would appear to be a matter of course that Sir Joseph Fayrer should have received some public recognition and mark of distinction. It is indeed very generally understood that he had from many highly influential quarters been recommended for such a mark of distinction from the Crown, and it is to be regretted that it has been postponed, for it would have been graceful and timely as coinciding with the date of his retirement. We may, however, probably conclude that it is only postponed for reasons which we are unable to gather. That postponement, it may be hoped, will not be much prolonged, as for obvious reasons at the close of so long a career such honours gain greatly by the promptness with which they are offered.

#### THE NATIONAL LEPROSY FUND.

THE Permanent Under-Secretary of State for India has communicated the following letter, under date of June 19:—

India Office, Whitehall.

SIR,—I am directed by the Secretary of State for India in Council to request you to convey to H.R.H. the President, and to the Committee of the National Leprosy Fund, the thanks of the Government of India for devoting a portion of the subscriptions raised in memory of the late Father Damien to the investigation of the disease of leprosy throughout India, and to inform his Royal Highness and the committee that the Governor-General in Council has recorded in a resolution, of which I enclose a copy, his appreciation of the able and exhaustive manner in which the leprosy commissioners conducted their inquiry. Mr. Fowler desires at the same time to convey the expression of his high appreciation of the service to India and to science which has been rendered by the action of the committee of the National Leprosy Fund and the labours of the commission.—I am, sir, your obedient servant,

A. GODLEY.

Sir Somers Vine, C.M.G., F.R.G.S., Hon. Sec.,  
to the National Leprosy Fund,



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Observer Oct. 14. 1894

Spectator Oct. 24. '94

## PRESERVATION OF HEALTH IN INDIA.—

Under this title Messrs Macmillan and Co. have just issued a handy little volume by Sir J. Fayrer, K.C.S.I., whose wide experience of the conditions of life in our great Indian Empire fit him peculiarly for the task of advising the young Englishman whose career takes him to India of the special dangers which await him in his new home. In India, as elsewhere, experience teaches, and the seasoned Anglo-Indian may have discovered for himself the rules of conduct which Sir Joseph Fayrer lays down; but to the young civilian or soldier who is looking forward to his first glimpse of the mysterious East this little volume—it can be carried in the waistcoat pocket almost—should be a genuine boon, since careful attention to its precepts may save him from much serious illness, and must certainly add to the comfort and enjoyment of his new life. Sir Joseph Fayrer sums up the result of his experience in a sentence: "If the question be asked how a young man should live with the view to preserve his health in India, the answer is that he should live temperately in all things, always wear woollen, however light, next his person, avoid exposure to the direct rays of the sun and notoriously miasmatic localities, go to bed and rise early, eat moderately and at regular hours, smoke and drink as little as possible, and guard against giving way to passion, excitement, or the irritability of temper so easily acquired in hot climates." Excellent advice in any climate, but specially so in India, as readers of this admirable little handbook can scarcely fail to discover.

Home News Oct. 19. 1894

*On Preservation of Health in India.* By Sir J. FAYRER, K.C.S.I., M.D., F.R.S. (Macmillan.) We are glad to see that a new and handy edition of this useful little work has just appeared. It contains the substance of a lecture delivered to the students of the Coopers Hill College, by the President of the India Office Medical Board, and is full of practical hints for the guidance of those who are proceeding to India. A copy should be placed in the hands of every young man who is intended for an Indian career.

Warrington Guardian Oct. 20. '94

*Preservation of Life in India.* By Sir JOSEPH FAYRER. London: Macmillan and Co.

A useful purpose will be served by the publication of this little book. The contents are in substance a lecture delivered by the author to the students of Cooper's Hill College; but the lecture being out of print he has thought well to republish it in the present form. The preservation of health in India is a matter of the highest moment to hundreds of our fellow countrymen who year by year take up their abode there in growing numbers. Sir Joseph Fayrer, who as president of the Medical Board at the India Office is qualified to speak upon this important topic, runs the gamut of the ailments to which European residents in India are more particularly liable, and gives the treatment to be observed for their cure as well as useful advice for avoiding them.

Messrs Macmillan & Co., London, have issued in a book, uniform with their well-known "Science Primers," a work *On Preservation of Health in India*, written by Sir J. Fayrer, and based by him on a lecture which he delivered to the students of Cooper's Hill College. It is admirably brief, sensible, and practical, and may be heartily recommended to the attention of young people who contemplate going out to India.

Nature Oct. 25. 1894

*Preservation of Health in India.* By Sir J. Fayrer, K.C.S.I., F.R.S. Pp. 51. (London: Macmillan and Co., 1894.)

THE young European who is about to take up a long residence in India, could not do better than "read, mark, learn, and inwardly digest" what Sir Joseph Fayrer has to say about the preservation of health there. In this primer, so small that it will almost fit into the waistcoat-pocket, we find a good summary of information with regard to the physical characters and the climate of India. To obviate the deleterious action of the latter, and preserve health, the author lays down a few simple hygienic rules which must be observed. He describes the diseases and accidents in which immediate aid is required, and states briefly the antidotes to be employed in each case. Readers of the book will acquire, pleasantly and easily, a fund of useful knowledge on the most important points concerning health and possible sickness in our Eastern Empire.



For a youngster going out to India with a profound confidence in himself and his immaculate physique, and as deep an ignorance of an Eastern climate and its many points of divergence from the one he has been brought up in and accustomed to, we recommend the perusal and digestion of a little *brochure* by Sir J. Fayrer, the President of the Indian Medical Board, intitled, "On Preservation of Health in India," and being the substance of a lecture delivered to the students of the Cooper's Hill College. He wisely begins by giving a brief sketch of the size of India, and the various and varying climates this vast area includes. It possesses quite as many "samples" as does our little island, and so, as regards variety, our griffin would be fairly innured, but in respect of quality, the comparison fails. No doubt the evil effects of climate are over-rated. As an Irishman said of his comrades out there, "They eat and they drink, and they drink and they eat, till they die, and then they write home and say it was the climate that killed them." Given fair health, good habits, and freedom from tendency to organic disease, a young Englishman may live well and happily and return after a long residence "out there" able to enjoy life and to work as well as any others of his own age. But very much depends on himself. To be moderate in living, temperate in all things, to avoid exposure, wear woollen clothing, eschew smoking and drinking, use self control, take sufficient exercise, and never be idle. These are cardinal maxims, and to be adopted. The handbook is replete with suggestions and excellent advice on all that appertains to the hygiene of a resident in the East, and it has our unqualified approval.

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Lancet  
Nov. 10. 94

Army & Navy Gazette Nov. 17. 94

—Sir J. Fayrer's lecture to the students at Cooper's Hill on *Preservation of Health in India*, being out of print in its original form, appears as a tiny volume (Macmillan and Co.), which will incommode no one's baggage, and will prove a most useful companion to all who visit or reside in India. Simplicity of diet is one of its primest maxims.

*On Preservation of Health in India.* By Sir J. FAYRER, M.D., F.R.S., K.C.S.I., President of the Medical Board at the India Office. London and New York: Macmillan and Co. 1894.—This little volume is not a medical text-book, but the substance of a lecture delivered to the students of the Cooper's Hill College. Personal habits in India more than in temperate climates form the chief factor in the preservation of health. Sir Joseph Fayrer considers that those who are careful in this respect and of good constitution may return to England after long residence in India able to enjoy life and to work as well as others of a like age. His principal injunctions are temperance in all things, the constant wearing of woollen garments next the skin, avoidance of the direct rays of the sun and miasmatic localities, early rising, moderate but regular eating, and very sparing use of alcohol and tobacco. Protection against the sun is afforded by a good hat of pith or other light material, with a *puggie*, a white umbrella, and a pad of cotton twelve or fourteen inches long over the spine. The so-called cholera belt or band of flannel worn round the body is sometimes a valuable resource against sudden chills. Drinking water should always be passed through an ordinary but very clean sand or charcoal filter, and it is well to boil it. Cold bathing in the morning is recommended, but too much bathing should be avoided, and the warm bath is not a good daily habit. In the closing part of the book there are short references to malaria, cholera, dysentery, liver disease, hæmorrhoids, and snake bite. Sir Joseph Fayrer's long medical experience and thorough knowledge of India guarantee the soundness of his recommendations.



## HEALTH IN INDIA.\*

Sir Joseph Fayrer has written many valuable treatises on cholera, malarial fever, and other diseases to which people are liable in hot climates. The present little book is a reprint, the original of which appeared some years ago, and passed through several editions. It contains the substance of a lecture which was delivered to the students of Cooper's Hill College, to serve as a guide towards the preservation of their health when in India. As it deals with some of the most important points concerning health in that country, the author's suggestions and warnings may be applied with equal advantage to all who travel or reside in hot and maybe unhealthy countries. A short sketch is first presented of the geographical areas of India with respect to their climatic influences on health. These necessarily vary considerably in different parts of the peninsula. Where there is any choice, the early part of November will be found the best time to reach India, since the new-comer has the chance of becoming somewhat acclimatised before the great heats set in. His first enemy will be the sun, and he is warned against all unnecessary exposure to its direct rays. If this be unavoidable, special care and regard should be paid to suitable dress. Of course, Sir Joseph Fayrer has much to say about the necessity of a well-regulated diet. Alcohol and beer should be avoided, but where abstinence is impossible preference should be given to some light wine. "As a general rule people eat too much in India—more than they can assimilate." Nowhere more than in India should the old maxim be observed—"Leave off with an appetite." Most of the diseases common in India are passed in review, and plain directions, with recipes, given for their treatment before the arrival of a medical man. Some of the most prevalent disorders are brought about by exposure to heat, others take varied forms of liver affection, dysentery, and enteric fever, while many are derived from malaria in the forms of intermittent, remittent, and jungle fevers, and these are always difficult to get rid of. Useful hints are given as to how they may be avoided, or their effects kept in subjection, by those who reside in marshy districts and by sportsmen, who run many risks. Snipe shooting, in particular, "has much to answer for." Prevention is better than cure, and both one and the other may be effected most easily by those who lead well regulated, fairly occupied, and self-disciplined lives. But, as the writer adds, all coddling and over-anxiety about health must be avoided. Lastly, a few words are said as to the treatment of snake bites. These are rare among Europeans, though twenty thousand natives die every year from this cause. Once again we may commend this little treatise to all whom work or pleasure may lead to India or other hot climates.

\* On Preservation of Health in India. By Sir J. Fayrer, K.C.S., M.D., F.R.S., President of Medical Board at India Office. London: Macmillan and Co.

## HEALTH IN INDIA AND HOW TO KEEP IT.

Sir Joseph Fayrer has an official right to advise on the subject of this little book, which is, indeed, a reprint of a lecture delivered to the students of Cooper's Hill College, but, as he hopes, "useful to those, especially the young, who are about to spend a part of their life in India." As the mature opinion of an expert, who has had very unusual opportunities of observation, the following sentence should be reassuring to all who, for themselves or those dear to them, are needlessly alarmed about the results to be expected from service in India:—"A young Englishman starting with fair health, good habits, and freedom from tendency to organic disease may hope to live well and happily, find scope for the full development and exercise of his physical and intellectual energies, and return to England after long residence in India, able to enjoy life and to work as well as others of his own age, but probably not half his experience. This, however, will depend very much on how he has adapted himself to the varying conditions of life to which he is exposed." The advice as to clothing—though here and there somewhat grandmotherly—is what all Anglo-Indians of experience will think obviously sensible, and many young officers without experience will consider unnecessary except for invalids, and it seems a pity that the author should in the same sentence advocate the wearing of the useful kummerbund or waist belt, and deter timid readers from its use by calling it a cholera belt. It is commonly said that this alarming name is often found to create a prejudice against a very simple and comfortable precaution. In some few matters Sir Joseph's advice will seem rather antiquated, and not what our modern authorities could approve. The majority of doctors and the practical experience of most Anglo-Indians would now agree in recommending tepid and not cold baths, and whisky and soda in moderation as the safest of all drinks. But the venerable President of the Medical Board at the India Office is no dogmatic or intolerant doctrinaire. He does not denounce tobacco and alcohol like the fanatics who would make them evils to be cursed, *semper ubique et ab omnibus*, to borrow a familiar phrase, and he gives the following sensible advice which not a few Anglo-Indians might with advantage to themselves and their friends accept and act upon:—"A proper amount of precaution is right, but coddling and anticipating disease is much to be deprecated. Nothing is worse for a man in unhealthy places or in times of epidemic disease than a state of nervous expectancy and apprehension—it is as unwholesome as it is unmanly. The mind should be kept cool and collected, the ordinary rules for preserving health should be observed, and exposure to direct causes of disease avoided; but it is very necessary to be careful about conservancy and to see that all bath-room refuse is disinfected or destroyed. There is no need for supposing every headache is sunstroke or apoplexy; every pain in the stomach cholera or dysentery; every twinge in the side, liver. Frequently such things are merely transient disturbances and pass away. Neither undue apprehension nor unnecessary physicking should be allowed to induce real disease, as they may do. There is no greater mistake than to be always dosing for imaginary or even for real complaints, and sufficient real causes for anxiety exist without inventing imaginary ones."

sion nor unnecessary physicking should be allowed to induce real disease, as they may do. There is no greater mistake than to be always dosing for imaginary or even for real complaints, and sufficient real causes for anxiety exist without inventing imaginary ones."



Broad Arrow Nov. 17. 94

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ON PRESERVATION OF HEALTH IN INDIA.

By Sir J. Fayrer, K.C.S.I., M.D., F.R.S.

(London: Macmillan & Co.)

THE name on the titlepage of this little treatise is an ample recommendation of its contents. Nobody speaks with greater authority upon the subject of his theme than the President of the Medical Board at the India Office, whose vast Indian experience makes him a reliable guide on hygienic matters for the army of young men, both civil and military, who are annually called upon by destiny to serve in India. We have no hesitation in saying that if the canons of conduct laid down in the book are carefully studied and observed immense benefit will accrue to those who are wise enough to avail themselves of the advice and information afforded.

The Speaker Nov. 24. 1894

HEALTH IN INDIA.

THE PRESERVATION OF HEALTH IN INDIA. By Sir Joseph Fayrer, K.C.S.I., M.D., F.R.S. London and New York: Macmillan & Co.

A LITTLE book on a great subject is Sir Joseph Fayrer's manual on "The Preservation of Health in India." It consists of practical hints given, in the first instance, to students at Cooper's Hill College; and no doubt all who look forward to residence, or even temporary sojourn, in the East will be glad to avail themselves of these brief but explicit and valuable directions. Englishmen—at all events, the only type of Englishmen who are fit to live in India—possess great powers of physical endurance; and there is probably no race in the world which is better able to adapt itself to altered conditions of existence. Of course, this power of endurance may be greatly taxed, and a stubborn refusal to modify diet is accountable for a good many premature deaths. Once, in speaking of his departed comrades, an Irish soldier summed up the situation with unconscious humour. "They eat and they drink, and they drink and they eat, till they die, and—then they write home and say it was the climate that killed them." Sir Joseph Fayrer thinks that it is very desirable that Indian life should commence in the cold season, so that Calcutta or Bombay is reached early in November. The difficulties to be contended against are chiefly those which arise from extremes of temperature, dryness, moisture, and miasma. "If the question is asked how a young man should live with a view to preserve his health in India, the answer is that he should live temperately in all things, always wear woollen—however light—next his person, avoid exposure to the direct rays of the sun and notoriously miasmatic localities." This brief manual contains many further and detailed hints on climate, clothing, food, and the perils to health which lie in certain districts of the country.



Edinburgh Medical Journal Dec. 94

*On Preservation of Health in India.* By Sir J. FAYRER, K.C.S.I.  
London: Macmillan & Co.: 1894.

THIS little book is a reprint of a lecture given to the students of the Cooper's Hill College. It is useful and wise, but might, we think, have been somewhat extended with advantage. A good book of the kind is sadly needed, and no one could produce it better than the distinguished author of this brief sketch.

Birmingham Medical Review Jan. 95

ON PRESERVATION OF HEALTH IN INDIA.\*

THIS little book is a reprint of a lecture delivered some years ago to the students of Cooper's Hill College, who were preparing for the service of the Indian Department of Public Works. It contains a great deal of sensible advice, such as Sir J. Fayrer's long experience enables him to tender with authority, and we know of nothing better to place in the hands of anyone who is going out for the first time to reside in any part of our Indian or tropical possessions. Perhaps a little more intense conviction of the dangers of water and milk as vehicles for the conveyance of infective diseases would have made the author more usefully emphatic on the desirability of sterilising them; but it is something to find an Indian Government official even admitting the possibility of water-borne cholera.

Imperial Asiatic Quarterly Review Jan. 95

27. *Preservation of Health in India*, by SIR JOSEPH FAYRER, K.C.S.I.; 1894. This little book reproduces a lecture delivered at Cooper's Hill College, in which, after a description of the physical geography of India, Dr. Fayrer gives, in a discursive style, some excellent advice regarding health. He seems an enemy of tobacco; and regarding alcohol he gives out a rather uncertain sound; yet most people rightly think that both these gifts of nature can be used in moderation with advantage and pleasure even in India. Strangely enough, almost the first time in the book that the author gives the very necessary instruction of sending for the nearest medical aid, is at p. 40, regarding cholera,—just the one case in which it is almost absolutely useless. We recommend the book to those living in India and those about to go there, as a simple and useful guide for the preservation of one of nature's greatest blessings—that in comparison with which and without which all others are of little account.



Manchester Guardian  
Dec. 29. 94

Guys Hospital Gazette  
Jan. 26. 95

21

*On Preservation of Health in India.* By Sir JOSEPH FAYRER, K.C.S.I., M.D., F.R.S. London: Macmillan and Co. 12mo, pp. 51.

This is a reprint of a lecture delivered by Sir Joseph Fayrer to the students of Cooper's Hill College. After a brief account of the physical geography and climatology of India, the author discusses the question of clothing, food, and general habits of life, and gives much excellent advice, which all who are looking forward to a career in or a visit to India will find extremely valuable. Illness is apt to come on very suddenly in India, and the nearest doctor is often a good many miles distant. It is important, therefore, to all Anglo-Indians to have some notion what to do in the early stages of the more common ailments, and here again Sir Joseph Fayrer gives in small compass much useful information. Snake bite, though rare in Europeans, is very frequent among the natives, and a prompt carrying out in a case of the kind of the directions given by the author will often result in saving life. We can strongly recommend this little book to all would-be Anglo-Indians.

Public Health March '95

*Preservation of Life in India.* By SIR JOSEPH FAYRER. (Macmillan and Co., 1894). Price 1s.

This little book deals with a subject very important to Anglo-Indians, and its perusal and the adoption of the measures therein recommended, would be the means of preventing a large amount of disease. A brief sketch of the physical characters of India and of its climate and seasons is first given. Then the methods of avoiding the chief dangers are described. These dangers are chiefly extremes of temperature, dryness, moisture, and miasmata; and the advice under each heading is terse and practical and free from unnecessary technicalities.

Scottish Geographical Journal Jan. '95

*On Preservation of Health in India.* By SIR J. FAYRER, K.C.S.I., M.D., F.R.S. London: Macmillan and Co., 1894. Pp. 51.

This small book, by a distinguished author, is well adapted for its purpose, namely, to give some idea of the Indian climate to young people going to India for the first time, and also to give them some simple but important rules as to diet and mode of life generally.

The various diseases so common in the tropics are mentioned and "first aid" advised. It is very brief, almost too brief; hardly a superfluous word will be found in it, and it really contains more information than its size would lead one to expect.

We can cordially recommend the book.

*Preservation of Health in India.* By Sir Joseph Fayrer, K.C.S.I., M.D., F.R.S. (London, Macmillan & Co.). Price 1s.

This little book contains short, concise and popular directions for the maintenance of health in India, suggested by the author's wide experience and special knowledge of the subject. They will be invaluable to those who propose spending some years of their lives in that country. However, it is not only to Anglo-Indians that we would recommend this little volume, but also to those who have to treat patients who have lived in the tropics.

West Indian Commercial Advertiser  
Feb. 18 95

2. Sir Joseph Fayrer's latest work, entitled "Preservation of Health in India" (Macmillan & Co.), is worthy the careful perusal of all residents in the tropics. Couched in simple language, it is eminently adapted for the use of those who live in hot climates, and who regard health as the one thing needful.



22 The Hospital  
March 9. 1895

British Medical Journal  
March 23. 1895

ON PRESERVATION OF HEALTH IN INDIA. By Sir J. FAYRER, K.C.S.I., M.D., F.R.S., President of the Medical Board at the India Office. (London: Macmillan and Co. 1894. pp. 51. Price 1s.)

This little brochure contains the substance of a lecture delivered to the students of Cooper's Hill College. It commences with a brief account of the geographical boundaries of British India, followed by a few remarks on the varieties of climate found in the vast extent of that country. The climatic difficulties to contend against are, "chiefly, those due to extremes of temperature, dryness, moisture, and miasmata." "If," writes the author, "the question be asked how a young man should live with the view to preserve his health in India, the answer is that he should live temperately in all things, always wear woollen, however light, next his person, avoid exposure to the direct rays of the sun and notoriously miasmatic localities, go to bed and rise early, eat moderately and at regular hours, smoke and drink as little as possible, and guard against giving way to passion, excitement, or the irritability of temper so easily acquired in hot climates. He should pay attention immediately to all tendency to bowel complaint or other acute symptoms, avoid idleness and its consequent *causis* on the one hand, and overwork, mental or physical, on the other." All this is doubtless most excellent advice, but it may be feared that many young men could not follow it, and would not if they could. Avoidance of exposure is not always in the power of every person, for work must be done whether the vertical sun shines fiercely, or the frost of Upper India appears colder than that of Europe. And the carelessness of young people, both male and female, in India exceeds even that of young people at home. They will not "study well the clime," nor endeavour to "mould its manners to their obsequious forms." In the pride of a fleeting youth and passing strength, although they have probably read the classics, in which there are half a dozen instances showing there are desires the gratification of which is fatal, they do not profit thereby. Neither do they profit by the advice given them in various books on the subject. Let us hope that Sir J. Fayrer's little work will be more favourably received. The author also alludes to the importance of commencing Indian life in the cold season. He gives advice as regards hats, clothing, diet, drinking water, houses, and plain directions as to what should be done if a person unfortunately contracts one of those maladies so prevalent in the tropics, viz., malaria, dysentery, cholera, or sun stroke. Of course, being an authority on the subject, he gives advice respecting snake-bite. In short, the lecture, as it now appears, is *multum in parvo*, which every one proceeding to India should obtain and study.

ON PRESERVATION OF HEALTH IN INDIA. By Sir J. FAYRER, K.C.S.I., M.D., F.R.S. London: Macmillan and Co. 1894. (Fcap. 8vo, pp. 51. 1s.)

THIS is a reprint of a lecture originally delivered to the students of Cooper's Hill College. It is a concise and useful description of the conditions—geographical, climatic, meteorological, and otherwise—which are encountered in the various parts of the Indian Empire, and many of which make strong demands on the powers of vital resistance and adaptation to an unwonted and often unfavourable environment possessed by Europeans. The precautions as regards dwelling, clothing, food, drink, occupation, and amusement, which are necessary for the preservation of health under such circumstances, are fully and sensibly indicated, and good practical hints are given regarding the treatment of fever, cholera, dysentery, congestion of liver, and other ailments for which the engineer, forest officer, planter, or sportsman is not always able to secure medical advice. The importance of ventilation, conservancy, moderation in food and drink, boiling and filtration of water, and other sanitary precautions is strongly urged. Persons proceeding to India or other tropical countries would do well to "read, mark, learn, and inwardly digest" the excellent precepts contained in this admirable little book.

Lancet April 8. 1895

On Preservation of Health in India. By Sir J. FAYRER, K.C.S.I. London: Macmillan and Co.—This little book is a reprint of the substance of a lecture delivered to the students of the Engineering College at Cooper's Hill. The author begins by drawing attention to the size and extent of British India, a very necessary reminder, for there are still many people who think that if you live in Bombay you can pay morning calls in Madras. A short description of the various climates of India is then given and rules laid down for clothing, diet, the use of alcohol and tobacco, and the choice of the site for a dwelling-house. Sir Joseph Fayrer very properly lays stress upon the danger of being over anxious in regard to health and of undue physicking. Malaria is discussed, and rules given for avoiding, as far as may be, that scourge of India. Dysentery, cholera, and snake-bite are treated of, and directions given which a layman may carry out until the arrival of a medical man.

Guardian March 27  
1895

Sir Joseph Fayrer has compressed into a thin booklet, published by Messrs. Macmillan, all that can be said in a conversational way *On Preservation of Health in India*; and, as it is the talk of a distinguished physician with a long experience of India, it needs no commendation. The point on which Sir Joseph lays most stress amounts to a caution not to do as those of whom an Irish soldier wrote, "they ate and they drank, and they drank and they ate, till they died, and then they wrote home and said it was the climate that killed them."



Revue analytique et critique des Publications  
périodiques d'Hygiène.

Travaux anglais et américains.

Sir J. FAYRER.

*Préservation de la santé dans l'Inde.*

Les questions coloniales sont plus que jamais en honneur, et les savants de tous pays s'efforcent de les approfondir jusque dans leurs arcanes les plus secrets. Dernièrement le *Journal d'Hygiène* s'occupait de l'intéressante communication de Sir William MOORE sur *l'Influence que le climat de l'Inde exerce sur les Européens*; aujourd'hui, il se propose de compléter ces premières données en résumant le remarquable travail de Sir J. FAYRER, le distingué président du *Medical Board* de l'Inde.

La primordiale condition pour bien connaître les avantages et les inconvénients d'un pays, c'est, avant tout, de le posséder à fond: aussi la géographie des diverses contrées de l'Inde, les mœurs et coutumes de ses habitants, la situation climatérique et les conditions météorologiques par rapport aux saisons annuelles, les maladies régnantes et les affections endémiques de ce pays, sont de prime abord étudiés, résumés et analysés de main de maître.

Ces bases scientifiquement et rationnellement établies, suivent une série de conseils pratiques marqués au sceau d'une connaissance approfondie du sujet: il suffirait de les appliquer, pour surmonter triomphalement tous dangers inhérents à un climat si différent du nôtre.

Surveiller particulièrement les températures extrêmes: les mots chaud et froid ne sont que des termes relatifs, et l'on rencontre maintes fois la froidure sous le climat le plus torride.

Régler strictement son alimentation, sa boisson, son habillement et ses habitudes quotidiennes: un exercice très modéré, une tempérance absolue en toutes choses, une abstention presque complète des passions plus facilement excitable dans les climats chauds sont d'absolue nécessité.

S'occuper constamment, et combattre hardiment le spleen: les rayons d'un soleil tropical exercent d'insidieux ravages sur notre système nerveux, dépriment facilement notre énergie vitale, et affectent souvent nos organes internes, particulièrement le cerveau.

S'imposer l'obligation absolue de se conformer strictement aux coutumes indiennes et supprimer sans hésitation toutes les habitudes européennes: la viande animale, dont nous faisons généralement abus, engendre la pléthore, la dyspepsie, les congestions du foie; l'alcool prédispose aux affections internes; le tabac consommé en trop grande quantité nuit considérablement au développement normal de nos forces et paralyse souvent notre esprit.

Enrayer de suite toutes maladies avant qu'elles aient atteint leur développement complet. Les piqûres des serpents sont très dangereuses, et, bien qu'elles ne se constatent que rarement chez les Européens, elles demandent un traitement rapide: la ligature au-dessus même de la morsure est préférable à la succion, qui demeure presque toujours dangereuse. Les moustiques y sont très fréquents; l'eau de Cologne, le camphre et le jus de citron, auront facilement raison de leurs douloureuses atteintes. Les scorpions, par contre, ne s'y rencontrent que rarement: les lotions à l'ipécacouana et à l'ammoniaque neutraliseront généralement les plaies qu'ils auraient engendrées.

L'Inde constitue un pays relativement salubre, et les Européens qui se conformeront strictement aux recommandations qui leur sont faites s'y acclimateront rapidement.



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The Scotsman Nov. 15. 1897

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Although it is approaching a quarter of a century since *Sir Ranald Martin* (3) died, his biography appears at a time when the full significance of movements in which he was a pioneer is only beginning to be adequately realised. He it was who initiated, amid much opposition, the measures which have contributed so largely to the development of sanitary work in Calcutta, Bengal, and other cities of India, alike among the civil and military population. To him was due, also, the foundation of the Civil Hospital in Calcutta, which has become one of the largest clinical schools in the world. He was likewise instrumental in establishing a system of official records upon which could be based an estimate of the value of life in India, the progress of disease, and its influence upon the population. Indeed, so much did he do in this and other ways to improve the condition of the army in India that he came to be known as the "Soldiers' friend." Much good work as he did, however, in the prosecution of his profession in India during a period of twenty-two years, Sir Ronald Martin's splendid services to the cause of medical science did not end with his relinquishment, owing to failing health, of his post in the Indian medical service. Returning to London in 1840 he was soon afterwards engaged while practising his profession in the furtherance of the sanitary work which occupied so much of his attention in India. One of the most useful measures with which he is credited in this connection relates to the establishment of medical officers of health. "It was through his forcible arguments," writes Sir Joseph Fayrer, "that these appointments were entrusted to medical men. The idea that he combated was that they should be conferred upon attorneys, a proposal on which comment is needless, but from which misfortune the country was saved by his intervention." In other ways Sir Ranald Martin actively exerted himself in the public welfare. The extensive knowledge and experience he had acquired of tropical disease were made available to the profession in his books. He was zealous in his efforts to improve the status of his brother officers in the East India Company's Bengal service, and was successful in securing for them an enhanced scale of pensions after twenty-one years' service. Similarly he worked for those at home. It was largely through his exertions that medical officers of the army became eligible for the Order of the Bath and other Royal distinctions. The "Life" of this distinguished son of Skye—he was born at Kilmuir on May 12, 1796, being descended from the Martins of Bealoch—appears somewhat late in the day. Yet belated as it is, there must be many medical men and others who will be glad to become familiar with the life and work of "a man of great ability and unremitting industry, upright and honourable in every relation of life, who has bequeathed to posterity a record that inspires respect and admiration."

Sir Joseph Fayrer has found a congenial task in writing the biography, and if he has confined it within modest limits, he has conveyed a vivid impression of one of the earliest and most energetic of medical sanitary reformers. There is a little redundancy in the volume, but this evidently arises from the anxiety of the author to bring home to the reader the value and versatility of the work which Sir Ranald Martin did both in India and at home.

Manchester Guardian  
Nov. 18. 1897

*Inspector General Sir James Ranald Martin, C.B., F.R.S.* By Sir Joseph Fayrer. London: Innes and Co. 8vo, pp. xvi. 203. 6s.

This is a most important contribution to the history of State medicine. It is less biographical than historical. Of the man, apart from the results of his labours and some account of these, we hear little. The life of a great administrator, and assuredly Sir James Martin was one, is best studied by the drawing of a picture of his influence in his own sphere. The sphere in this instance was the army medical service, and especially that of the Indian army. We are shown clearly and with excellent judgment how unremitting determination founded on accurate observation succeeded in winning from the authorities the first partial recognition of the medical service as "an integral part of, and not an appendage to, the army." This was only a small part of the work of a life that lasted from May 12, 1796, to December 4, 1874, and that was given to the public service for 57 years. As an outcome of his devotion to the Indian army medical service, and in spite of the early snubs of commanding officers and ignorant bureaucrats (the picture being drawn in the living colours of extracts from official documents), there arose the Medical College of Calcutta—established in 1835 and completed in 1852,—inaugurating the study of public health in India and affording a medical education to natives. He left India in 1840, and remained in London till his death. Developing still the work that he had commenced, we find him serving on Royal Commissions—on the Health of Towns in England (1843-5), on the Medical Department of Her Majesty's Army (1857), and on the Sanitary State of the Army of India (1859-63). In the first of these his influence asserted itself with such weight that we owe to him the first appointments of medical officers of health in England.



Manchester Guardian  
Nov. 15. 97

Glasgow Herald  
Nov. 25. 97

It was through his forcible arguments that these appointments were entrusted to medical men. The idea that he combatted was that they should be conferred on attorneys (!), a proposal on which comment is needless.

From the second came the establishment of the great Army Medical School at Netley, wherein again he took an active part in framing the practical details and general regulations. Of the results of the last, whose report was largely attributed to him by the reviewers of the time, the following brief figures speak more than eloquently:—

Extract from the annual report of the Sanitary Commissioner with Government of India, 1895:—  
"It has been stated that the mortality per 1,000 of European soldiers in India was for the period 1800-1830, 84.60; for the period 1830-1856, 56.70; for the period 1859-1878, 19.30; for the period 1879-1888, 16.02. To this it may be added that the ratio for the period 1889-1894 was 15.91."

We have brought before us, then, with graphic detail a man who was a pioneer not only in sanitary work the world over, but also in urging the claims to consideration of the medical officers of the army, with sufficient power to obtain their admission to the Order of the Bath, the complete revision of their scale of pensions, and the general elevation of their status. A successor is wanted; recent experiences at the War Office have been simply calamitous in regard to the furnishing of surgeons to the army. The official and the combatant (as in the case of the engineers in the navy) still use too free a hand. It is in the lives of such able men as Sir James Ranald Martin that the coming man will find his example. Matter that is worthy of being taken home to the fireside exists in every page of Sir Joseph Fayrer's unpretentious book; and we regard it as being so valuable that succeeding editions should be provided with an analytical index. There is a good portrait as a frontispiece.

Glasgow Herald  
Nov. 25. 95

#### HISTORY, ARCHÆOLOGY, AND BIOGRAPHY.

*Inspector-General Sir James Ranald Martin, C.B., F.R.S.* By Surgeon-General Sir Joseph Fayrer, Bart., K.C.S.I., &c. (London: A. D. Innes & Co.)—The excellent man whose long, honourable, and useful life is chronicled in this interesting little book was one of the earliest pioneers of that sanitary movement for which this century is so remarkable that our motto has almost become, in the words which Lord Beaconsfield quoted from Leibnitz, "Sanitas sanitatum, omnia sanitas." Like so many other men distinguished in the service of their country, Sir Ranald Martin was a native of the island of Skye. That remote island, as Sir Joseph Fayrer reminds us, in the first half of this century gave to the public service 21 generals, 45 lieutenant-colonels, 600 majors, captains, lieutenants, and ensigns, besides 10,000 foot soldiers. Within the same period this island furnished four Governors of British

colonies, one Governor-General of India, one Adjutant-General of the British army, one Chief Baron of England, and one judge of the Supreme Court of Scotland." James Ranald Martin, not the least useful son whom Skye contributed to the service of the United Kingdom, was born in 1796, and died in 1874. In the interval he practically revolutionised the existing views of medical aid in military affairs, he organised the system by which the British army in India is still enabled to preserve a fair measure of health in spite of the trying climate, and he did much to establish the science of public health in this country on a secure basis of statistics and to give it the sanction of law. His career began in India, whither he proceeded in 1817 on having taken his medical degree at the Royal College of Surgeons. He had wished to go into the army as a combatant officer, but family reasons compelled him to abandon this desire and adopt the medical profession. He soon showed a readiness and ability to be as useful to the British arms as he could possibly have been in a more directly militant capacity, and as early as 1820 he contributed very directly to the success of a campaign in an unhealthy part of the country. Thus early in life he came to apprehend the importance of preventive measures with regard to the troops under his care. His service in India was distinguished not only in its medical aspect. On one occasion he drew a remonstrance from his commanding officer by forgetting his part so far as to head a charge, and on another he was specially thanked for the skill with which, in the dearth of European officers, he guarded a retreat. "He did, in short," says Sir Joseph Fayrer, with a not unnatural soreness, "what has frequently been done by other members of his service, and proved that he was not only capable of performing all his duties as a medical officer, but that when the need arose he was no less capable of performing those of a combatant officer, thus showing how unreasonable is that classification which still places the medical officer among the non-combatants—an invidious distinction which is discredited by the history of almost every military expedition in which the troops have come in conflict with the enemy, and where the medical officer necessarily shares all the danger incurred by the others." But Sir Ranald Martin's services to the Indian army, and indeed to our army all over the world, were far more extensive than the record of the battles and skirmishes in which he was present could possibly suggest. Sir Joseph Fayrer thus sums up this part of his subject's career:—"His efforts to improve the statistical records of disease among British troops at home and abroad, by which information was collected which is of the greatest importance to the statistician; his initiation of a series of topographical reports which have thrown much light upon the physical conditions of India wherever our troops are cantoned or our civil stations established; his project for improving the sanitary condition of Calcutta and its suburbs; his share in originating a great hospital which has become the clinical school of the [Army] Medical College; his unceasing and unremitting efforts to improve the conditions and position of the service of which he was so brilliant an ornament; . . . his valuable recommendations for the location of



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Nov. 25. 97

British troops in the mountainous districts of India, which have led to the foundation of hill-sanatoria, so conducive to the preservation of the health and efficiency of the British soldier, formed important elements in that accumulation of knowledge which has resulted in the evolution of measures that materially diminished the mortality and improved the physical well-being of the army and population in India." As Martin himself observed, "the exigencies of military service occasionally demand the sacrifice of military health," but the occasions on which this is inevitable should be made as rare as possible. The commander who succeeds best in this will, other things being equal, win the greatest number of battles. One of Martin's suggestions,

running curiously parallel to the scheme for a great Indian territorial army, which Mr Rudyard Kipling tells us that he thought out whilst he was watching Ortheris and his companions in the parade-ground at Fort-Amara, does not as yet seem to have made its way into the inner circle of official ideas. "Have we not," he asks, "in our Asiatic possessions, any mountain tracts conveniently situated wherein the European soldier might live in vigour through the advantages of a better climate and the proper application of his own labour? And if so, why are they not made use of? That such valuable localities abound, no one can doubt, and I am disposed to think that the calling the attention of authority to them for the important purposes stated will prove one of the most valuable results arising from the plan of calling on military surgeons for notices of the medical topography of the country generally." This certainly reminds one of Mr Kipling's vision how "we would buy back Cashmere from the drunken imbecile who was turning it into a hell, and there we would plant our much-married regiments—the men who had served ten years of their time—and there they should breed us white soldiers, and perhaps a second fighting line of Eurasians. At all events, Cashmere was the only place in India that the Englishman could colonise, and if we had foothold there we could. Oh, it was a beautiful dream!" There does not seem to be any reason why something corresponding to this dream should not one day become a reality, and it would strengthen our hold on India prodigiously. However, in this Martin was undoubtedly much ahead of his time. So he was in his attitude to the art of sanitation and the science of preventive medicine at home. One among many notable actions of his was the proposal and passing of the measure, which has been so fruitful in good results, for appointing a medical officer of health in our great cities. It is almost impossible for us to realise how much energy this involved fifty years ago, when Wakley was still engaged in his great struggle to have the coronerships placed in the hands of medical men rather than lawyers. It took all Martin's vigorous arguments to have the Officer of Health made a medical man. "The idea that he combated was that these appointments should be conferred upon attorneys, a proposal on which comment is needless, but from which misfortune the country was saved by his vigorous intervention." His reports on the sanitary state of six great manufacturing towns were very helpful and instructive to the Commission

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of Inquiry of 1843, of which he was a most valued member. In England, as in India, he familiarised sanitationists with the importance of statistics. The series of such reports which he organised in India has grown into a unique collection of reliable data upon which can be accurately based an estimate of the value of life, the progress of disease, and its influence upon the population." Sir Joseph Fayrer has performed his biographical task conscientiously, and brought out the value and importance of Martin's life-work. The only slip one notices is at page 134, where surely the wrong title has been assigned to Martin's book of 1856.

Daily Mail  
Nov. 26. 97

Since the publication of "Forty-One Years in India" there has followed quite a library of memoirs and reminiscences of men who have won distinction by their military service in the East. Among the latest of these books is Sir Joseph Fayrer's newly-issued life of "Inspector-General Sir James Ranald Martin, C.B., F.R.S.," whose work, however, was medical rather than military, his largest sphere of usefulness being opened up by his rational conception of the therapeutics of tropical disease. The larger part of this volume has reference to India, but much of it also deals with Sir Ranald Martin's professional life in London, and with his efforts to improve the standard of medical training in the Army. (Innes, 6s.)

Publishers' Circular  
Nov. 27. 97

From Messrs. A. D. Innes & Co.—'Inspector-General Sir James Ranald Martin, C.B., F.R.S.,' by Surgeon-General Sir Joseph Fayrer, Bart., K.C.S.I., LL.D., M.D., &c. Sir Ranald Martin died in 1874, after spending his life in rendering valuable services to India and to the army. He was a Skye man, being born in 1796 at Kilmuir in that island. In reference to this fact Sir Joseph Fayrer states that no part of Her Majesty's dominions or corresponding extent has contributed to the State a greater number of distinguished men, civil or military, than the Isle of Skye. 'In 1852 it was stated that within the previous forty years it had given to the public services 21 lieutenant-generals and major-generals, 45 lieutenant-colonels, 600 majors, captains, lieutenants, and ensigns, besides 10,000 foot-soldiers. Within the same period this island furnished four governors of British colonies, one Governor-General of India, one Adjutant-General of the British Army, one Chief Baron of England, and one judge of the Supreme Court of Scotland.' It would be interesting to know whether the island has kept up the record since 1852. On the female side the Martin family were distantly connected with the famous Flora Macdonald. Sir Joseph gives a full genealogy of his subject, which is extremely interesting, since the Martins have been in Skye for about four centuries, and have been connected with quite a long list of celebrated people. One of James Ranald Martin's tutors at Inverness was Professor Tulloch, who afterwards became the well-known Principal of St. Andrews University. The biography is a most interesting record of a well-spent life.



SIR RANALD MARTIN, By Surgeon-General Sir Joseph Fayrer. London: A D Innes and Co.

This is a very charming and very careful—when we remember the lack of material—biography of Sir Ranald Martin, who rendered such distinguished service to the State on the Medical Board at the India Office. Besides details more of interest to his private friends than to the public this book shows its subject to have been one of the first pioneers of sanitary reform for which this century is so remarkable. He understood and appreciated highly the value of public hygiene, and owing to his persistence in pushing his convictions before the world the strong public opinion was formed on the question. He was foremost also among those who insisted on the advancement of the interests of the medical service, and secured their claims to military honours and improved pensions. Owing to his moral strength, among other things, is due largely a more rational conception of the therapeutics of tropical disease. This biography, written by a friend who had served under him, reveals Sir Ranald Martin as a man of ability and character, who never shirked what he believed to be scientifically right to do because there was a strong public opinion against his so doing.

Inverness Courier  
Nov. 30. 97

A volume of interest to the medical profession and to many people in the Highlands is a memoir of *Inspector-General Sir James Ranald Martin, C.B.*, written by Surgeon-General Sir Joseph Fayrer. Sir Ranald was a native of the Island of Skye, a son of the Rev. Donald Martin, who was minister successively of the Parish of Kilmuir, of the East Church, Inverness, and of the united parishes of Abernethy and Kincardine in Strathspey. Mr Martin came to Inverness for the education of his sons, and late in life (at the age of seventy-one) he was transferred to Abernethy, where he died in 1838 at the age of eighty-nine. He was married to Ann Macdonald, eldest daughter of Norman Macdonald of Scalpa, a lady who had three brothers who attained the rank of General, and one of whose nephews is Lord Kingsburgh, Lord Justice-Clerk of Scotland. It was some years after the death of his wife, who left him with three sons and five daughters, out of a family of thirteen,

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that Mr Martin removed from Kilmuir to Inverness. James Ranald, the subject of the memoir, was born in 1796, and died in 1874. He was educated in the Royal Academy, and received his elementary instruction in medicine from Dr Robertson and Dr Macdonald of this town. In 1813 he entered as a pupil at St George's Hospital, London, and next year became a member of the Royal College of Surgeons at the early age of eighteen. On the recommendation of his uncle, Sir John Macdonald (who was Adjutant-General to the Duke of Wellington for twenty-five years), Ranald received an appointment as assistant-surgeon in the East India Company's Service, and sailed for Calcutta in 1817. His career in the public service in India, including an expedition to Burmah, extended over more than twenty years. As his biographer says, he was one of the earliest pioneers of sanitary reform, displaying steadfastness of purpose, capacity for administration, and keen appreciation of the importance of public hygiene. In 1830 he was appointed Presidency Surgeon for Bengal. His health failing, he returned to this country in 1840, and a year or two afterwards began private practice in London, but never ceased to take an active part in connection with the subjects in which he was specially interested. He was elected a Fellow of the Royal College of Surgeons, and a Fellow of the Royal Society, and he acted on important Commissions relating to the health of towns, and the condition of the army medical department. He also wrote books on tropical medicine which still continue to be authorities, and which, we are told, "exercised a most beneficial effect on the therapeutics of tropical disease, for they discouraged the spoliative methods of treatment by blood-letting, and the excessive use of calomel and other powerful drugs, by substituting for them milder and more reasonable modes of medication." His biographer says that there is no medical man to whom the army is more indebted than to Sir James Martin, who is rightly spoken of as the soldier's friend. "His whole life was one of activity and usefulness, and whether in his public capacity, or later in life in the private exercise of his profession, he was noted for the wisdom and judgment which he manifested, and for the influence for good which he exercised upon all with whom he was brought into contact." The biography is, perhaps, too official in its character to be a popular book, but it is a worthy record of an able, useful, and notable man. The publishers are Messrs A. D. Innes and Co., Bedford Street, London.



Western Morning News  
Nov. 30 '97

Home News  
Dec. 3. 97

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**SIR RANALD MARTIN.** By Sir J. Fayrer. (Innes. 6s.)  
This is an interesting and sympathetic memoir of an officer who in his day did no small work both for India and the army. Of good Highland family, Ranald Martin was originally destined for the Black Watch, but his parents decided otherwise, and after completing his medical education, he accepted a commission in the East India Company's medical department. He soon made his mark as a conscientious and able worker, saw service in the first Burmese War, and at his retirement after twenty years service was physician to the Governor-General, besides the acknowledged head of his profession in Calcutta. Sanitation was always his strong point, and his unwearied energy and sound judgment effected great improvements in Indian cantonments generally; nor after he had settled in practice in London did he show any diminution of zeal, but was constantly appealed to by Government for his opinion and advice, and was appointed physician to the Indian Secretary in Council. Another important departmental reform that he initiated and carried through was the formation of an army medical school at Netley, on the senate of which he was an original member, and his merits were repeatedly acknowledged and testified to by the high officials of his time. His portrait, as prefixed to the memoir shows an exceptionally fine and able face, the face of a strong as well as a clever man, and Sir Joseph Fayrer has done full justice to the memory of his old chief.

**SIR JAMES RANALD MARTIN.\***

WE cordially agree with Sir Joseph Fayrer that the life work of a man like Sir James Ranald Martin, who in his day rendered valuable services to India and to the Army, should not be left unrecorded. The decision having been taken to publish a biography, Sir Ranald's family were fortunate in being able to place the material at their command in the hands of one who is probably best qualified to appreciate the nature of the services reviewed. Sir Ranald Martin—a native of Skye, to which the Empire has been indebted for many gallant sons—was a man of more than average parts. Readily as his contemporaries recognised his rare worth, the honour paid him in life was inadequate. He served John Company first and his Queen subsequently, and he gave himself up to the cause of India and of the Britons whose business it is to govern India, with a singleness of purpose as striking as was the success which attended his efforts. He went to India in 1814 and he died in 1874, within a few days of retiring from the Presidency of the Medical Board at the India Office. His work could not perhaps be better summarised than in the words of Sir Joseph Fayrer, when he says that the information available proves Sir Ranald to have been one of the earliest pioneers of sanitary reform for which this century is so remarkable; and "reveals steadfastness of purpose, capacity for administration, and keen appreciation of the importance of public hygiene. It indicates the influence he exercised in advancing the interests of the Medical Services, and in securing the recognition of their claim to military honours and to improved pensions. It also shows that to him is largely due a rational conception of the therapeutics of tropical disease." Originally intended for the Army, he showed on at least one occasion that he had in him the makings of a splendid soldier. The Medical Service in India and elsewhere will welcome this memorial of one who did more in his time than any other man to secure the taking of the first steps towards the due recognition of the claims of the Army doctor to equality of treatment with other officers. That equality has not yet been conceded, but much has been done and the principle is at least admitted, thanks in no small measure to Sir Ranald Martin. His genius for sanitary science was an inestimable blessing to the British Army in India, and every addition to the series of statistical and sanitary reports now issued annually by the Local Governments and the Government of India is an unavowed tribute to his dogged perseverance in the cause of Indian sanitation. Not the least eloquent proof of the confidence his great work inspired was the practice of the Colonial Office, with which he was in no way officially connected, in soliciting his assistance when officers had to be appointed to the Colonies. He had, as was once said of him, a genius for medical topography. Nor was he only a great sanitarian, physician, and soldier; he was a pattern parent. A letter given in this volume from his pen, written to one of his sons on going to India, ought to be placed in the hands of every subaltern who turns his eyes to the East. He advises him to "avoid debt as the greatest of evils," to study Oriental languages and literature in the assurance that it will be of more avail in assisting his advancement than if he were the son of the Governor-General, to "be just, good-natured, liberal, and considerate" in all his dealings with the natives, and to avoid "the loose familiarity amongst officers" too frequent throughout India, leading as it does to laxity of discipline and other ill consequences. The letter is rather too long to quote here, but every syllable of it might be usefully pondered by all concerned with the morals and discipline of British officers in India or any other dependency of the Crown.

Bookman. Dec. 1897

FAYRER, Surgeon-General Sir J.—Inspector-General Sir James Ranald Martin, 6/- ..... Innes  
[Among army medical men Martin's name is highly honoured. The record of his public services in India is a long and important one, and indeed tropical diseases have had no more stalwart foe than he. Sir Joseph Fayrer has used the information at his disposal in a businesslike fashion.]

Leeds Mercury Dec. 7. '97

A brief biography which deserves prompt notice is Sir Joseph Fayrer's interesting sketch of his old friend "Sir Ranald Martin, F.R.S." In these days reputations die quickly, and biographers need to make haste to jog the memory of the public. Sir Ranald Martin died nearly a quarter of century ago at a ripe age, and with the reputation of an eminent surgeon. He was known in the East, where, indeed, the best years of his life were spent, as the soldier's friend, and he laboured hard in India to secure better sanitary conditions both for the troops in the open country and for civilians in great cities like Calcutta. He, more than anyone else, brought about the establishment of the great hospital in Calcutta, which has now attracted to it one of the largest clinical schools in the world; and he was the pioneer of medical topography in India, and almost the first to diagnose some of the most obscure and deadly of tropical diseases. These pages describe Sir Ranald's professional services not only in the East, but at the India Office, on the Army Sanitary Commission, and at Netley Hospital. Ranald Martin was a man of strong opinions, but he was inspired through a long and honourable professional career by a sense of public duty, and he did much to bring about not merely medical, but administrative reforms.



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*The Speaker*  
Dec. 4. 97

## FIRST IMPRESSIONS.\*

It is almost a quarter of a century since Sir Ranald Martin died, and it is well that there should be no further delay in regard to a biography of a man who rendered such valuable services to the Indian army. James Ranald Martin was born in the Isle of Skye in the year 1796, and Sir Joseph Fayrer, who has written this memoir, does well to insist on the number of distinguished men which that little corner of the Queen's dominions has produced in recent times. It seems that between the years 1812 and 1852 Skye gave to the public service twenty-one lieutenant-generals and major-generals, forty-five lieutenant-colonels, six hundred officers of more subordinate ranks, and more than ten thousand soldiers. Nor was this all, for within the same period Skye furnished four governors of British colonies, one judge of the Supreme Court of Scotland, one chief-baron of England, one adjutant-general of the British army, and one governor-general of India. It is claimed in these pages that Sir Ranald Martin went to India in a medical capacity early in life, and was one of the earliest pioneers of sanitary reform. The great improvements that took place in the sanitary condition of Calcutta were directly due to his exertions, and during his military service in Orissa and Burma he did much to safeguard the health of the troops. It was Sir Ranald Martin who made possible the great hospital in Calcutta, which is now one of the largest clinical schools in the world. Sir Joseph Fayrer states that he conferred inestimable benefit on the science of statistics by establishing a system of records for both the Military and Civil Departments under the Government of India. On his return to England, after an honourable as well as arduous career in the East, Sir Ranald Martin was recognised as an authority in all that relates to purely tropical diseases. But, apart from his practice as a consulting physician, his services at the India Office, on the Army Sanitary Committee, and on the Netley Senate, were memorable. He was the first to point out the necessity of the study of medical topography in India, and this found its practical application in the selection of cantonments and stations in the hills by which the health and efficiency of the European contingent, both civil and military, has been greatly increased. This memoir gives, in brief compass, a clear and interesting estimate of Sir Ranald Martin's claims as a medical reformer, as well as his estimable and attractive qualities as a man.

*The Newsagent*  
Dec. 11. 97

**Sir James Ronald Martin.** By Sir Joseph Fayrer. 6s. Innes.

This is the life of a distinguished medical man who had a successful career both in India and London, who was born in 1796 and died in 1874. A commission had been secured for him in the 42nd Regiment, but his father foresaw that without a long purse promotion would be slow, and induced him to enter the Indian medical service. Sir Joseph Fayrer has written a very pleasant life, but we are sure he will pardon us for saying that, except for the family circle, it is not quite the kind of book to enjoy much popularity outside of it. He did very good work, but there are hundreds doing the same in India and elsewhere. By the way, Lord Kingsburgh does not spell his name in the way it is spelt in this book.

*The Globe*  
Dec. 14. 97

## BIOGRAPHICAL BOOKS.

SIR RANALD MARTIN.

The Army Medical Service had in the late Sir Ranald Martin one of its most distinguished members and one of its greatest benefactors. The services rendered to his country by this advanced student of modern developments were acknowledged, as usual, in but sparing fashion by the Governments which had the opportunity of testing their value; but in his own profession, and in a large circle beyond it, Sir Ranald Martin's reputation was an established fact long before a knighthood and a C.B. were bestowed in recognition of his work. The story of his career has now been told by Sir Joseph Fayrer, whose biography of his friend and colleague is issued in a neat volume by Messrs. A. D. Innes and Co. Martin went out to India in the second decade of our century, and while John Company still maintained his armed forces for the protection of his territory. The sanitary reforms initiated by Martin were of the utmost value to our Indian troops, and in Calcutta especially he introduced hygienic measures which greatly reduced the European death-rate. His representations and ardent endeavours brought about a vast improvement in the status of Army medical officers, and established their right to military rank and their eligibility for professional decorations. At home, Martin's work resulted in the creation of that useful municipal authority, the Medical Officer of Health. Altogether, Sir Ranald Martin's life was one of continual progress and earnest devotion to duty, well meriting the eulogies of Sir Joseph Fayrer.

*Naval & Military Record*  
Dec. 16. 97

SIR RANALD MARTIN. By Sir J. Fayrer. (Innes. 6s.) This is an interesting and sympathetic memoir of an officer who in his day did no small work both for India and the army. Of good Highland family, Ranald Martin was originally destined for the Black Watch, but his parents decided otherwise, and after completing his medical education, he accepted a commission in the East India Company's medical department. He soon made his mark as a conscientious and able worker, saw service in the first Burmese War, and at his retirement after twenty years service was physician to the Governor-General, besides the acknowledged head of his profession in Calcutta. Sanitation was always his strong point, and his unwearied energy and sound judgment effected great improvements in Indian cantonments generally; nor after he had settled in practice in London did he show any diminution of zeal, but was constantly appealed to by Government for his opinion and advice, and was appointed physician to the Indian Secretary in Council. Another important departmental reform that he initiated and carried through was the formation of an army medical school at Netley, on the senate of which he was an original member, and his merits were repeatedly acknowledged and testified to by the high officials of his time. His portrait, as prefixed to the memoir shows an exceptionally fine and able face, the face of a strong as well as a clever man, and Sir Joseph Fayrer has done full justice to the memory of his old chief.



The Manchester Courier  
Dec. 15. 1897

Sheffield Daily Telegraph 31  
Dec. 15. 97

"Inspector General Sir James Ranald Martin, C.B., F.R.S." by Surgeon-General Sir Joseph Fayrer, Bart., &c., &c. London: A. D. Innes and Co. 203 pp. Price 6s.

Sir J. R. Martin came of a remarkable family, and was a native of the Isle of Skye, which has contributed a singularly large number of distinguished men to the public service. The author states that, in 1852, during the previous 40 years that small island had given to the public services no fewer than 21 lieutenant-generals and major-generals, 45 lieutenant-colonels, 600 majors, captains, lieutenants, and ensigns, besides 10,000 foot-soldiers. Within the same period this island furnished four governors of British colonies, one Governor-General of India, one adjutant-general of the British Army, one Chief Baron of England, and one Judge of the Supreme Court of Scotland. A somewhat elaborate reference is made to the distinguished family of which Sir J. R. Martin was not the least distinguished member. He became M.R.C.S. when only 18 years of age, and not long afterwards proceeded to India, in the capacity of assistant surgeon to the East India Company. Remarkable for his zeal, firmness, and energy, wherever he was despatched he rose high in the estimation of his brother officers, both civil and military. From this time onwards his progress in the service was rapid, and the ability which he displayed under exceptionally trying circumstances was remarkable. In 1830 he was offered the appointment of Presidency surgeon, a post peculiarly arduous. His report on subordinate native medical education, his plans for the amelioration of the sanitary condition of Calcutta, as well as on its topography and climate, proved of great value. After spending about 20 years in India, Mr. Martin returned to England, and was met with the greatest kindness and encouragement from his numerous English friends. While in the country he prepared a memoir to the Court of Directors on the defects of the organisation of the Medical Department of the Bengal Army. In 1843 he was elected a Fellow of the Royal College of Surgeons. From 1845 to 1857 he was most actively employed in professional work in London, and simultaneously with this he continued his publication of essays, &c., on the diseases of Europeans on their return from tropical climates. After many other public services rendered simultaneously with private work of no ordinary nature, he was made K.C.B., in 1860. To the granting of this distinction someone offered a technical objection, but before this could be rectified the Queen expressed approval of his services, and her desire to reward them, and created him a C.B., conferring on him at the same time the honour of knighthood. Sir Ranald Martin continued his useful work in the public interest till his death in November, 1874. His biographer adds of him that "he was in every sense an upright and loyal gentleman, one who maintained the prestige of his ancient family, and who left to posterity the record of an honourable and useful life."

#### SIR JAMES RANALD MARTIN.

In giving to the public the story of "Inspector-General Sir James Ranald Martin, C.B., F.R.S." (London: A. D. Innes and Co.), Surgeon-General Sir Joseph Fayrer has attempted to make known a great work done in India by a zealous and capable officer of the State in the interests of the people. Sir Ranald Martin was not a soldier, but a surgeon, and this perhaps naturally accounts for the fact that, whatever mark he made in the history of British ascendancy in India, was comparatively indistinct to the public eye. His record, however, is one that it is eminently good to read. It is that of a man—the type we would fain believe of a great army of Britons who have laboured in India—who did his duty for its own sake. A perusal of the book, which follows Sir Ranald Martin's career from the time of his departure for India in the service of John Company in 1817 to his death in 1874 in London, leaves the reader in full agreement with Sir Joseph Fayrer in his preface, that Martin was one of the earliest pioneers of sanitary reform, steadfast of purpose, full of capacity for administration, and keen in the appreciation of the importance of public hygiene. Martin exerted great influence in advancing the interests of the medical services, and to him is largely due a more rational conception of the therapeutics of tropical disease. It may also be remarked that his energies after his return to England and settlement in London were to a considerable extent devoted to the improvement of the public health, and that he was instrumental to a large extent in promoting measures with this object.

The Times  
Dec. 24. 97

SIR RANALD MARTIN, by Sir Joseph Fayrer (Innes), is a brief record of the public life and services of a very energetic medical practitioner, to whose exertions the commencement of sanitary reform, both in India and in England, both in towns and in military camps or barracks, was very largely attributable; and who may

fairly be credited with having effected, directly and indirectly, a greater saving of life than any other man of his century. The book appears at a time when attention is being directed to the claims of army doctors to substantive military rank, as a condition essential to the effective discharge of their duties; and their case was repeatedly supported by Sir Ranald in official memoranda of great weight, because founded upon extensive personal experience.



A more eventful and active life fell to the lot of "Sir Ranald Martin" (Innes), which is soberly and sympathetically recounted by Sir Joseph Fayrer. Sir Ranald was one of the first pioneers of sanitary reform in India, and spent his life, even after his return to England, in fighting for the proper recognition of the officers of the Army Medical Service. To his exertions and representations, too, the credit of the appointment of medical officers of health is to a large extent due. As his contemporaries recognized, and as India, and more especially Calcutta, has reason to remember to-day, his long and useful career was conscientiously devoted to the public good, and few men have rendered greater and more unobtrusive services to the Empire. His biographer has emphasized the importance of his life work with judgment and with intimate knowledge, but, again from the point of view of the general reader, the book seems to be overweighted with rather dry extracts from official documents and medical publications.

Western Press Dec. 23. 97

**INSPECTOR GENERAL SIR JAMES RANALD MARTIN, C.B., F.R.S.**

Surgeon-General Sir Joseph Fayrer, Bart., M.D., &c., has penned a very comprehensive biography of the late Sir James Ranald Martin, widely known as one of the devoted band of medical men who have been unceasing, both by example and precept, in endeavouring to advance the sanitation of India, the well-being of our troops, and the beneficence of the English rule. The work of the doctor is not carried out so directly under the eye of the public as is the task of the soldier, and consequently may not receive the immediate recognition or attention that is due to it, but when the progress of India is examined it can be seen how much is owing to the Indian medical staff, and how powerful has been their influence in the gradual amelioration of the lot of Europeans in our noblest possession. Sir James Ranald Martin spent the best days of his life in unceasing effort to lessen the awful tribute which disease and death demand from the Indian troops, and a worker in the same field—and a most distinguished worker—has now placed on record the invaluable service Sir J. R. Martin rendered. It is very noticeable that the Inspector-General found, as many an other has found, that it is difficult to get the mills of the gods of officialdom to move, but the persistent application brought its reward in part, after a long period; and when Sir James left India he had the satisfaction of knowing that the general health had sensibly improved, thanks, in great part, to his efforts. At the present time, when the eyes of Englishmen are constantly turned towards India, and increasing consideration is being given to the sanitation of the country, and the arresting of its specific diseases, this interesting memoir is worthy of attention; and it is impossible not to feel, after its perusal, that Sir James Ranald Martin was a leader in that band of noble men who have striven with all their power towards the stability of our most extensive possession, and although tardy justice may have been meted out in many cases, yet Englishmen are proud to be able to point to their names as prominent on the long roll of those who have given their lives in the service of their country. Messrs A. D. Innes and Co., London, are the publishers, and a fine photogravure of Sir James precedes the title page. \*

Birmingham Gazette  
Dec. 24. 97

Inspector-General Sir James Ronald Martin was one of those silent-working individuals whose efforts on behalf of humanity, humanity is slow to recognize. In this particular case the work done was of such importance that we should not have been surprised had Surgeon-General Sir Joseph Fayrer decided on two cumbersome tomes instead of the handy little volume issued by Messrs. Innes. As a member of the medical profession young Martin proceeded to India when that country was under the sway of John Company, and speedily turned his attention to the all-important work of health and sanitation. While in Calcutta he improved the statistical records among British troops; he initiated a series of topographical reports, which have thrown much light on the physical conditions of India; he laid out an excellent scheme of sanitation for Calcutta and its suburbs; and he took a prominent share in founding the hospital which has since become the clinical school of the Medical College. To the army he became known as the "soldier's friend," and many a modern warrior has reason to bless Martin for his researches into the nature of tropical diseases and his discovery of better methods of combating them. Sir Joseph Fayrer presents an excellent picture of an excellent man, with an enthusiasm which cannot fail to awaken a corresponding feeling in the reader.



## SIR RANALD MARTIN.\*

'It may be truly remarked of Sir Ranald Martin,' says his biographer, 'that whilst eminent as a sanitarian and physician, he was at heart what his appearance proclaimed him to be—a soldier. The present generation of Anglo-Indians knows Sir Ranald Martin only by tradition, and Sir Joseph Fayrer, who has collected, with no little industry, the slender materials available for his biography, did not make his personal acquaintance till 1872, when he served under him for a short time on the Medical Board at the India Office. It was in 1874 that Sir Ranald died, the last ten years of his life being spent in England, in harness till the last; but the record of his public services goes back to the second decade of the century. We can imagine nothing more encouraging to the young medical student who aims at an Indian career than the history of Sir Ranald Martin's life. It is usually held—we believe Sir Joseph Fayrer has himself laid it down—that severe attacks of malarial fever in India are almost fatal to a successful after-life in that country. Yet in 1820, when he had been barely three years in India and was twenty-four years of age, young Martin suffered so severely from that disease in Gambhalpur that his brother officers placed him in a boat and sent him down the river to Cuttack, where he arrived in a state of great exhaustion. He recovered, but for two years the fever returned at intervals, and it was only after a voyage to Mauritius that he was restored to health. Again in Burma, where he served in the campaign which ended in 1826, he was struck down by fever. Nor did the disease leave him till 1840, when, at the early age of 43, after twenty-two years' almost continuous service, he was compelled to resign a most lucrative practice in Calcutta and definitely retire from India, to enter on a not less useful and energetic life in London. From 1830 to 1840 Sir Ranald had held the appointment of Presidency Surgeon in Calcutta, a post which carried only a small official salary, but was worth a great deal to its holder—anything up to £15,000 a-year from private practice. Whether Sir Ranald saved much is not stated, but on his retirement the Court of Directors granted him a pension of only £191 instead of £250, which he would have been entitled to under the scheme which had just been sanctioned, largely on his representations. The scheme, however, was to come into force until July 10, 1842, and Sir Ranald had sent in his resignation in May, so that technically the Court of Directors were justified in their refusal. The Indian Medical

Service, and in a less degree all medical officers of the Army and Navy, have much to thank Sir Ranald Martin for on account of his strenuous fight with the authorities to get justice done to medical officers in the matter of military rewards and distinctions. Sir Joseph Fayrer has himself done a great deal in the same direction, and in this work he takes the opportunity to restate the case of the Medical Department in strong terms. Something has been done in the last few years to remedy the greatest grievance by the grant of military titles to medical officers in the Army, but the grudging spirit with which honours are given them in the *Gazette* indicates the continuance of the same jealous feeling on the part of high military authorities.

In January, 1859, Sir Ranald Martin—he was then plain 'Mr.'—was appointed to be physician to the Secretary of State for India in Council. His public services did not end with his performance of the duties of this post, but they are too numerous to be detailed here. It is interesting to learn that Sir Ranald Martin had a family of thirteen children—nine sons and four daughters. Two of the sons entered the Indian Civil Service, and no less than six entered the Army. One was killed by the mutineers in 1857 at the age of eighteen; another became General; and a third served with great distinction during the Mutiny. In spite of professional and family cares Sir Ranald is said to have been an incessant reader, his spare time being always occupied with a book.



*Sir Ranald Martin.* By Sir JOSEPH FAYRE. London: A. D. Innes and Co. Pp. 203. Price 6s.

IN his preface to this biography, Sir Joseph Fayre remarks that in undertaking the task he was actuated by the feeling that such valuable services as those rendered by Sir Ranald Martin should not be left unrecorded. In some sense the services have not been unrecorded for the materials from which the memoir has been compiled are for the most part collected from official records, the medical journals, and Sir Ranald Martin's published works. We are, however, indebted to the writer of the present volume for having brought vividly before us the life story of a strong man, upright and honourable in every relation—a man of marked and known ability and of unremitting energy.

The period during which Mr. Martin was employed in India extends from 1817 when, at the age of twenty-one years, he arrived at Calcutta after a voyage of nearly six months until 1839 when, owing to failure of health from frequent recurrences of the malarial fever which he had contracted in Gondwana and Burmah combined with the constant strain of unceasing professional work, he was compelled to resign. The history of these twenty-two years is one of almost continuous service of conspicuous utility and of devotion to the interests of the service and of medical and sanitary science. In 1830 he accepted the appointment of Presidency Surgeon. Officers holding this appointment received only a small official salary, but to it were not infrequently added other Government appointments and the medical practice of Calcutta was mainly in their hands.

In those days the practices of the leading men in Calcutta were very extensive. At that particular time £9000 per year was said to be the greatest amount realised by anyone, but in the Marquis of Wellesley's time as much as £12,000 and £15,000 per annum was said to have been made. In 1833 Mr. Nicholson, who had been the leader of medical practice in Calcutta for some years, was compelled by ill-health to go to the Cape of Good Hope. During his absence which lasted for two years Mr. Martin performed not only his own duties but those of his friend. The labour and strain involved in this work, to which were added a variety of self-imposed public duties, told even upon Mr. Martin's vigorous constitution, and probably hastened that gradual decline of health which ultimately obliged him to the great regret of the public and of his friends to leave India, which he did in 1840. Upon his arrival in England he was received with the most cordial welcome by all grades of the medical profession in London and he established himself in Grosvenor-street. The record of his professional life in London is, however, chiefly remarkable for the interest he continued to display in the welfare of the public service with which he had been so long connected and for which he had done so much. His suggestions and advice were frequently sought by the Government. To Sir Ranald Martin is due the foundation of the great civil hospital in Calcutta which has since become one of the largest clinical schools in the world. It was in the early days of this hospital that he devised and performed the

simple operation for the radical cure of hydrocele by the injection of tincture of iodine.

A subject which he had warmly at heart and on which he was a constant contributor to THE LANCET was the position and claims of the service medical officer, and the "Summary" published in our columns on Sept. 22nd, 1849, was written by him although his name was not given. To him the medical service is indebted for his assiduous and ultimately successful efforts to improve its status and the present biography will on that account alone be read with much interest by members of that service. In it they will find the expression of the views put forward by Sir Ranald Martin (then Mr. Martin) when in May, 1857, he was appointed by the Queen to serve upon a Royal Commission to inquire into the organisation, government, and direction of the Medical Department of Her Majesty's Army. In a memorandum presented to this Commission he said, "The grant of the military division of the Order of the Bath and that of the Victoria Cross to medical officers would appear to settle their status in the army, but their actual position ought not to rest upon chance, or upon the mere occasional circumstance of a decoration. It should be ordered and fixed by a royal ordinance as one of the permanent scientific corps of the army." The position of the service medical man is in some ways better than it was forty years ago, but the Royal Medical Corps yet awaits constitution.

When we remember Sir Joseph Fayre's own connexion with India, his twenty-four years in the Bengal medical service, his intimate acquaintance with the country, owing to which he was subsequently chosen to accompany the Duke of Edinburgh and at a still later date the Prince of Wales; when we think moreover of his many contributions to our knowledge of medical subjects in connexion with the East, it is an additional satisfaction to receive from his hands the record of a life which he of all men could best understand and appreciate and one to which he is particularly able to do justice.



*Inspector-General Sir James Ranald Martin, C.B., F.R.S.* By Surgeon-General Sir Joseph Fayrer, Bart. London: A. D. Innes and Co., Bedford-street.

The Isle of Skye is but a little spot—for the most part rock—surrounded and deeply indented by the melancholy ocean. Its inhabitants are perhaps under 20,000 all told. Yet this barren island in a period of forty years gave to the public services twenty-one lieutenants-general, forty-five lieutenants-colonel, six hundred majors, captains, lieutenants, and ensigns, and ten thousand foot soldiers, besides four governors of British colonies, one Governor-General of India, one Adjutant-general of the British army, one Chief Baron of England, and one judge of the Supreme Court of Scotland. This is by no means a bad record for soil so poor in quality and so limited in extent, and Inspector-General Sir James Ranald Martin was a worthy member of the stalwart stock. Descended from warlike ancestors—he was the uncle of Field-Marshal Sir Donald Martin Stewart, Bart., G.C.B., late commander-in-chief in India—he grew up with ambition wholly fixed on the life of a soldier. His youth-dream was to become associated with his darling "Black Watch," in which glorious regiment so many of his kinsmen distinguished themselves, and thus to achieve renown. But when his aged father—men married at 94 in those days and became fathers after—desired that he should become a physician and surgeon instead, the paternal wish was regarded as law. By degrees the natural disappointment of the lad gave place to a new enthusiasm, and Sir James Ranald Martin was not the sort of man to occupy a secondary place in any profession. It is to be regretted that twenty-three years should have elapsed after the death of the hero ere this memoir could be written, and also that the writer, as is evidently the case, should be "past his best" in the performance of a labour of love. There are numerous errors as to fact and otherwise—for instance, Dr. Tulloch is made Principal of Aberdeen instead of St. Andrews—but still the book is one that we should not have been without.

For Dr. Martin became a warrior in a sense, after all, and a very successful one, too. In the first Burmese war, indeed, he, upon one occasion—as many surgeons have often been known to do in "our rough island story"—took the place of a leader against the enemy in an emergency and acquitted himself nobly. Medical readers of this book will see that Sir James Ranald Martin was one of the pioneers of the movement for a recognised status being given the army surgeon; and if such readers hold, as probably they may, that a good part of this work has to be done over again, it may be worth their while to reflect that few men

have carried an equal enthusiasm, devotion, skill, and all that entitles a man to influence, to the discharge of all their duties. The city of Calcutta would to-day have been a very different place had Dr. Martin never been the surgeon of the Presidency and of the native hospital. The Indian army would have been enjoying much less of health and comfort and fitness for their work but for his studies and persistent endeavours. All the man's honours and most of his emoluments came to him after he had been compelled to quit India. He could not even serve long enough to participate in the pension scale improved through his instrumentality. It was freely confessed, however, that he had been the first of his kind who had shown the real genius of medical topography and thoroughly understood the effects of tropical diseases upon Europeans. On coming home he rapidly acquired a large practice in London, was appointed to several commissions and committees, and when the India-office obtained a Medical Council he became its first president. To a fine commanding presence and an obvious straightforwardness, which impressed all with whom he came in contact—from ministers and governors downward—he added an indomitable will, the nature of which may

be gathered from a letter of advice to one of his sons; and so it happened that Florence Nightingale and Sidney Herbert found in him the most puissant promoter of the schemes they had at heart, as, for instance, the Army Medical School at Netley. In his notes on the Army Medical Department, Royal Commission, he used certain strictures which are of special significance to-day. He said that "in all climates the soldier should do for himself whatever he can perform without injury to his health, morals, or discipline; and further, that he should be required to do whatever may be essential to his serviceable condition in the event of a failure of the necessary appliances. Before the soldier can be held as fit to undertake his duties to the State he must be made capable of maintaining everything which may be necessary to his personal ease and comfort." In commenting upon this opinion the "Quarterly Review" of January, 1859, said it was that of one who had "done more for the sanitary condition of the soldier than any living person." And even now the British soldier is the most dependent in Europe. Contractors follow him everywhere excepting into action, and when the necessaries of life are most needed he is a helpless man. Should we not revert to the doctrines of this great army surgeon, who was decorated and honoured as a long and eminently useful life neared its close?



Madame Dec 25. 1897

MESSRS. A. D. Innes and Co. have in the press two important works dealing with India, one an illustrated volume, called "Through the Famine Districts of India," which is an account of the experiences of Mr. F. H. S. Merewether, Reuter's special correspondent, in the districts stricken by famine. The second is an account of the life and work of Sir Ronald Martin, C.B., the great sanitary reformer in India, written by Sir Joseph Fayrer, Bart., K.C.S.I.

The Bookseller Innes '97

*Inspector-General Sir James Ranald Martin, C.B., F.R.S.* By Surgeon-General Sir Joseph Fayrer, Bart. (A. D. Innes & Co.)—It is now nearly a quarter of a century since Sir James Ranald Martin, at one time the medical adviser to the Indian Council, passed away, and his name will, outside the circle of his personal friends, be remembered only by those interested in the science of tropical medicine, and of sanitary reform in India and at home. Born of good Scottish parentage in 1796, he did good work as one of the earliest pioneers in advancing medical and sanitary science in the Indian Army during the first part of his career; for the last thirty years of his life he was one of the best known of London practitioners, and his Indian experiences made him a useful and important member of the many medical commissions and sanitary committees on which he was appointed to serve. Sir Joseph Fayrer, though only personally acquainted with him for the short space of two years, has nevertheless compiled an interesting and instructive biography, which gives a very adequate portrait of a man, who, as his biographer remarks, was "a man of great ability, and unremitting industry, upright and honourable in every relation of life, who has bequeathed to posterity a record that inspires respect and admiration."

Daily Chronicle Dec 29 '97

"Inspector-General Sir James Ranald Martin, C.B., F.R.S." By Surgeon-General Sir Joseph Fayrer, Bart., K.C.S.I., M.D., F.R.S., Q.H.P. (London: Innes and Co. 6s.)

The work done both in India and at home by Sir Ranald Martin was so good and so well done that the worker well deserves his meed of praise. To Sir Ranald the abolition of abuses was the essential point, whether he or another man got the credit of the reform being of very little import as far as he was concerned, for he always sank his own personality in his cause. This increases our admiration for the man, but, from the reader's point of view, renders the chronicle of his life somewhat less interesting, than it might have been had Sir Ranald been more self-assertive. History must always owe its chief fascination to men rather than to measures. Sir Ranald Martin during the whole time of his active career was always fighting for the introduction of sanitary

Daily Chronicle Dec 29 '97

measures, and for the increase of the attractions of the Indian Medical Service, so that the best men for the posts might be induced to apply for them. The fact that our Army in India has to face a far more persistent and relentless enemy in disease than in any combination of frontier tribesmen is in itself sufficient to emphasise the paramount importance and wisdom of his views, and to indicate the error of the short-sighted policy now unfortunately being revived, of so arranging the details of pay, leave, and substantive rank that the best men are repelled rather than attracted to the Army Medical Department. Sir Ranald was the son of a Scots minister, and was born in Skye, that rugged isle which seems to have something in its soil favorable to the development of qualities tending towards success in life. Sir J. Fayrer points out that between the years 1812 and 1852 the Isle of Skye gave to the public service twenty-one generals, forty-five colonels, and 600 other officers, in addition to a Governor-General of India, a Chief Baron of England, and a judge of the Supreme Court of Scotland.

At the early age of twenty-one, Martin entered the service of the old East India Company as assistant-surgeon, and from this time onwards throughout his whole life he remained in close touch with the Company, although during the greater part of his time in India he took duty with the regular Army. After twenty-two years of arduous toil—almost unceasing except when illness rendered him unfit for work—Martin left India, and settled in London. Here he was no less busy and no less successful, not only in practice, but also in the influence he brought to bear upon the Government when questions of public health were under discussion. Thus it was largely owing to his vigorous intervention that medical men were appointed, instead of attorneys, as was at first proposed, to act as officers of health to our large towns. Although the greater part of Sir Joseph Fayrer's book is devoted to the public life of Sir Ranald, yet here and there we find touches which show how loveable he was in private life, "in every sense an upright and loyal gentleman," who, whilst he maintained the prestige of an ancient family, also left to posterity the record of an honorable and useful life.



Literature Jan 8 '98

At present the part of Suchet's career which is best known to the general reader is the time of his Spanish campaigns from 1808 to 1814, of which he has himself left a couple of volumes of memoirs which at least one serious critic has gone so far as to compare to the Commentaries of Cæsar. Like that work, the memoirs of Suchet are written in the third person, and their most notable characteristic is that sage and sober prudence which caused Suchet to be commonly dubbed "the wise," as Ney was "the bravest of the brave." Suchet's success in the Peninsular War was conspicuous amongst the failures of his brother Marshals. He thoroughly understood the art of conducting a mountain campaign, as Sir James Ranald Martin pointed out in a notable minute written for the Indian Government, which has just been published in his life by Sir Joseph Fayrer. A book on Suchet's career is about to be published in Paris, and it will, no doubt, help to revive his reputation, which has certainly declined of late years in favour of men who accomplished showier deeds than he. The world being what it is, Suchet would, no doubt, have been more famous if he had been less sober of speech, and blazed more often into such gems of rhetoric as his well-known peroration before the Directory, after he had explained the hostile schemes of Austrian emissaries in Switzerland—"Mais l'armée Française était là!"

British Medical Journal Jan 28 '98

## REVIEWS.

INSPECTOR-GENERAL SIR JAMES RANALD MARTIN, C.B., F.R.S. By Surgeon-General Sir JOSEPH FAYRER, Bart., K.C.S.I., LL.D., M.D., F.R.S., Q.H.P., etc. London: A. D. Innes and Co. 1897. (Cr. 8vo, pp. 203, frontispiece portrait. 6s.)

JAMES RANALD MARTIN was a great man, and devoted a long life with conspicuous ability, diligence and tenacity of purpose to the saving of human life by means of the amelioration of those conditions which give rise to fatal illness. He has taken a chief place as a pioneer of preventive medicine in India, and has also asserted a right to a prominent position among the promoters of sanitary reform in this country. The story of his busy and fruitful career could not have been related more fitly than by his successor at the India Office, whose service abroad and at home, in its motives, its value, and its results presents so many points of resemblance to that of the subject of this memoir.

The task undertaken by Sir JOSEPH FAYRER has evidently been a congenial one, and has been executed with great skill and excellent taste and judgment. Martin came of a good Highland stock which in times past supplied not a few eminent soldiers to the British Army. His own early leanings were towards a military career, but at his father's persuasion he studied medicine. He was a pupil of St. George's Hospital and became a member of the College of Surgeons of England at the age of 18 years and 5 months. He obtained through family interest an Assistant-Surgeoncy in the Bengal Presidency and at the age of 21 proceeded to India. During the early part of his service he encountered severe outbreaks of cholera, fever and dysentery, and distinguished himself by the energy and assiduity with which he threw himself into the task of combating them. In so doing he was himself prostrated. On his recovery he obtained the coveted charge of the Governor General's bodyguard, in which capacity he served during the greater part of the first Burmese war, until in fact he was compelled by severe illness to fly that trying province. The experiences which he encountered of deadly disease and frightful mortality must have stimulated that ardent striving for sanitary reform which during the rest of



his life constituted its mainspring.

Having again regained his health he obtained a Calcutta appointment, which gave him charge of a large hospital and enabled him to acquire a lucrative practice. During the ten years of his Calcutta life he was constantly engaged in schemes and projects having for their object the improvement of the health of troops, prisoners, and the population at large. He devised new forms of statistical record, designed to display more clearly the influences affecting health and longevity. He initiated an important scheme of medicotopographical surveys and reports intended to shed light on the causation of disease. He promoted and aided in conducting a searching inquiry regarding the health and sanitation of Calcutta, and started that sanitary movement of which the capital city stood in such urgent need, and which is still in progress, and still far from being as real and effective as it ought to be. He was one of the main founders of the Calcutta Hospital and Medical School. He aided in reorganising medical education. He assisted in developing the medicinal resources of India. He recommended the location of British soldiers in the hills during the hot weather, and made many other valuable suggestions affecting military hygiene. In all these, and many other directions, he was able, by the force of his character, and by his urbanity and singlemindedness, to impress and influence those in authority.

During this period also he strove to raise and benefit his own service, and he succeeded in obtaining for them improved pensions and a share of the honours and rewards distributed for good service. He continued to urge the claims of the Medical Services to equal rank and reward with their combatant brother officers as long as he lived. In this matter he was at one with the ablest and greatest of Indian administrators, the Marquis of Dalhousie, who in a long minute contended that "the medical officer in respect of real rank, dress, honours, and promotion should be placed on a footing with his brother officers." This must come, and the wonder is that it has been delayed so long.

After leaving India Martin spent a busy professional life in London. He was largely consulted in tropical cases, and took a prominent part in the great sanitary inquiries and reforms of the day. He was an active member of the Health of Towns Commission and of the Commission which investigated the sanitary state of the army at home and abroad. He wrote valuable papers and books on sanitation and tropical medicine—valuable especially from the standpoint of causation, prevention, and treatment. He was appointed successively Physician to the Secretary of State for India and President of the India Medical Board, and served also as permanent member of the Army Sanitary Commission and of the Senate of the Army Medical School, Netley, in the organisation and management of which he took a keen interest. He may be said to have died in harness. He contracted his fatal illness only a few days after he retired from the Board in November, 1874, having attained the age of 79. In the year 1860 he was knighted and created a C.B. in recognition of his eminent public services, which were also acknowledged by several scientific associations. A subscription was raised after his death, in the medical profession, for the purpose of establishing the Ranald Martin Memorial Prize, which has been the means of eliciting some valuable essays on public medicine.

Such is a brief sketch of the man and the book. It is an interesting record of a noble character, of high and worthy purposes, of efforts well conceived and pertinaciously pushed to success in most cases. Even where they have not fully attained their aim, none of them have been futile; and they have all, complete or incomplete, contributed to the attainment of that increasing purpose which in sanitation, as in everything else, gathers bulk and force in its progress through the ages.



The Weekly Sun  
Jan. 25. 98

Liverpool Mercury  
Feb. 2. 98

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A GREAT tribute is paid to a man's character when a colleague of the same profession undertakes his biography after a personal acquaintance of only two years. That Surgeon-General Sir Joseph Fayrer should discharge this task in the case of "Sir Ranald Martin, F.R.S." (Innes), commands our respect. It would be too much to hope, however, that the achievements of Sir Ranald in the domain of medical science in this country and in India will be more widely known on that account. The compilation has all the faults of a too-friendly written biography. It is overloaded with a mass of irrelevant detail, of no interest whatever to anybody outside the family circle. The perusal of even a few pages is an affliction of the flesh; and the whole is unbearably dull, heavy, and tedious.

Birmingham Daily Post  
Jan. 26. 98

INSPECTOR-GENERAL SIR JAMES RANALD MARTIN, C.B., F.R.S. By Surgeon-General Sir JOSEPH FAYRER, Bart. [Innes and Co.]

Sir James Martin's work was not of the kind that bulks large in public view, and the record of it is rather for members of his own profession than for the general public. In his earlier years there is nothing exceptional, and his professional career may be taken to commence with his twenty-fourth year, when he obtained an appointment as surgeon on the Bengal medical establishment of the East India Company. Twenty years of steady and honest work in Orissa, in the Burmese war, as Presidency surgeon, and surgeon to the general hospital at Calcutta, gave him opportunities for acquiring valuable knowledge, which was embodied in 1837 in his Notes on the Medical Topography of Calcutta, dealing in a lucid and masterly way with the diseases of Bengal and their remedies. Two other hygienic works were published before he left India. Returning to England, he established a practice in the West End of London, and was elected a fellow of the Royal College of Surgeons and of the Royal Society. Somewhat later he became inspector-general of army hospitals, and a member of the Army Sanitary Commission. All his writings are professional, and his chief work is "On the Influence of Tropical Climates on European Constitutions." This passed through many editions, and when it reached the seventh Sir James rewrote it. His services to sanitary science have been warmly acknowledged by his professional brethren. Sir Joseph Fayrer has scarcely endeavoured to present us with the *man*: he was, he tells us, "in every sense an upright and loyal gentleman," at heart a soldier, fond of horses and of pictures. Such notes are, however too general to give us the impress of his personal character.

"Inspector-General Sir James Ranald Martin, C.B., F.R.S." By Surgeon-General Sir Joseph Fayrer, Bart. (London: A. D. Innes and Co. Price 6s.) With scanty material at his disposal, but a warm appreciation of a man whose life's work was on the same lines as his own, Sir Joseph Fayrer tells all he can of Sir Ranald Martin's labours and successes in bettering the conditions of the soldier's life in India. North-country folk will be interested in the first chapter, which speaks of the quite unusual number of British heroes who have hailed from the little Isle of Skye, of whom the subject of this memoir was one. Glimpses of service in India in the old John Company days form also interesting and instructive reading; but it is when we come to learn of the difficulties overcome in the old days by perseverance and self-devotion that our enthusiasm is stirred. Among the foremost of those who laboured in the fever-laden climate of Bengal, Sir Ranald Martin must rank, as is amply proved in this volume. Although a tardy recognition of a noble life, Sir Joseph must be congratulated upon its fulness and its fixity of purpose from beginning to end, which is to prove Ranald Martin to have been one of the earliest pioneers of sanitary reform for which this century is so remarkable.



on more than one occasion acted as a combatant officer and brought upon himself the censure of the military pedants. In the first year of this war the loss in actual warfare was three and a half per cent. of the British soldiers, to forty-five per cent. who perished by disease. Sir J. Fayer remarks "the result upon the whole is by far the most disastrous of any military expedition upon record." And Mr. Martin afterwards wrote of this expedition: "It was owing to the ignorance or neglect of military topography that every ultimate object of sending a force to Arakan failed; and it was a similar neglect of medical topography that caused the destruction of that force." Mr. Martin's services were fully recognized by Sir Archibald Campbell and Sir Willoughby Cotton, but he found the inferior officers just as obstinate in their obstructive policy, as he had met with from the members of the Medical Board in Calcutta.

In 1828, he was promoted to the rank of Surgeon, after a little more than ten years' service. In the same year Martin was appointed officiating Surgeon to Lord William Bentinck, who had just taken up his high office; and within a year he nominated Martin O. Surgeon to the General Hospital and Surgeon to the Garrison of Fort William. In 1830 he became Presidency Surgeon. In those days the income of one in large private practice was not infrequently £9,000 a year but in the Marquis of Wellesley's time so much as £12,000 and £15,000 per annum was said to have been made. In November of the same year, he succeeded Nicolson in charge of the Native Hospital of Calcutta. Hitherto his experience of native diseases had been chiefly confined to the sepoys of the North-Western India, but now he was brought into contact with the surgical as well as the medical diseases of the natives of Bengal, and it was here, in 1832, that he performed the operation for the radical cure, by injection of the tincture of iodine, of a particular enlargement. But recurring attacks of the malarial fever he had contracted in Gondwana and Burma, added to his own severe professional duties, compelled him to call a halt, and in January 1840 the necessity was laid upon him of leaving India for good. He was then only forty-three and he had put in nearly twenty-two years of continuous service. Sir Joseph thus sums up his Indian career. "His whole career had been one of conspicuous utility and devotion to the interests of the service, and of medical and sanitary science. \* \* \* He had acquired that large knowledge and experience of tropical disease which he subsequently gave to the world in his various works, and which was afterwards so valuable at home. As a reformer, he dealt on broad and catholic principles with the defects and shortcomings of existing systems, etc." The Governors of the Native Hospital bore testimony to the "valuable services he had rendered to the institution and to the great professional skill which for a period of more than nine years he had displayed in attendance on the native sick entrusted to his care." An address was presented to him signed by upwards of one hundred of the leading inhabitants, European and native, of Calcutta, in which he was asked to accept a piece of plate of the value of four hundred guineas to be selected from the list of this line are plentiful. Here is



[January 1, 1898.]

Stoughter. But inasmuch as Claudius claims to be an ideal editor, it is slightly stinging: "The type is clear but we regret to notice that a long list of errata which is inserted does not exhaust the misprints."

back as 1845, he was fighting, and successfully, the battle for your countrymen. It is now apparently from your account a day of "dry bones" with medical education in Bengal, and the old question arises "can these dry bones live"? The answer can only be given by the Government of India, and, for the present, with the enormous expenditure daily incurred in the war on the frontier, you must be prepared for an emphatic negative.

It is too sad to think of the collapse of a great institution like the C. M. C. But what Governor-General from the days of the great Dalhousie has taken the smallest interest in it? Lord Canning is fairly excused, but what of Lord Elgin, the father of your present Viceroy, and his successors? I am not aware that any one of them followed in the footsteps of Lord Dalhousie, and the result is shewn today in the melancholy picture you have drawn.

Space forbids my even giving a hasty sketch of all Sir Ranald Martin accomplished for the welfare of the army in conjunction with Mr. Sydney Herbert (afterwards Lord Herbert of Lea) and Miss Florence Nightingale. I can only again recommend the memoir to the present members of the I. M. S. and to your countrymen attached to the medical profession, that they may be able to appreciate what this great Scotchman did for them. And our hearty thanks are due to Sir Joseph Fayrer for having given to the world this sketch, though brief, of his illustrious predecessor. May Sir Joseph himself be long spared to us, to enhance the obligations we already owe him as one of the most distinguished of the profession he adorns!

London Correspondent:  
 "Rumours of Cabinet Changes. Lord Elgin is stated to be desirous of withdrawing with the New Year from the position for which he was selected by Mr. Gladstone over four years since, and the report is once more current that the choice of his successor will fall upon Lord George Hamilton, whose experience both as Under-Secretary for India years ago and as Secretary of State would enable him to carry out with not only knowledge, but full sympathy, the frontier policy of the present Administration. It that proved to be the case, the same idea of securing, as the head of the India Office, one possessed of similar knowledge and full sympathy might lead to the choice of Lord Lansdowne as Lord George Hamilton's successor. The present Secretary of War was freely named among politicians  
 December 10, 1897.

*The Indian Viceroyalty.* The "Birmingham Post," a generally well-informed paper, had the following in its issue of yesterday from its London Correspondent:  
 "Rumours of Cabinet Changes. Lord Elgin is stated to be desirous of withdrawing with the New Year from the position for which he was selected by Mr. Gladstone over four years since, and the report is once more current that the choice of his successor will fall upon Lord George Hamilton, whose experience both as Under-Secretary for India years ago and as Secretary of State would enable him to carry out with not only knowledge, but full sympathy, the frontier policy of the present Administration. It that proved to be the case, the same idea of securing, as the head of the India Office, one possessed of similar knowledge and full sympathy might lead to the choice of Lord Lansdowne as Lord George Hamilton's successor. The present Secretary of War was freely named among politicians  
 December 10, 1897.



the idea of establishing the proposed Mahomedan College, and was further pleased to grant the concession prayed for by us. Special scholarships were also founded by Government to enable Mahomedan students to read in Colleges. Since then a very large number of Mahomedans have been availing themselves of the increased facilities afforded them, and we are pleased to find dozens of them taking their degrees every year. This is indeed a matter of delight to the advocates of the Mahomedan cause.

Look on that picture and this. Remember the condition of English education among Mahomedans a quarter of a century back, and see what it is now. What a progress has been made within this period! If this progress go on steadily for a few years more, I am sure all of you will agree with me in thinking that a bright future awaits us and the stigma of backwardness will disappear. (Loud applause.)

#### OUR LONDON LETTER.

26th November, 1897.

*Tilak's appeal to the Privy Council.* This was disposed of last Friday, the Committee consisting of the Lord Chancellor, Lords Davey, Hobhouse, and Sir R. Couch. It is to be deplored so much partisan feeling has been introduced into the case. Here is the "Daily News" implying in a leader that the Chancellor should not have sat. Lord Davey, being a Radical, is pronounced to be the ablest lawyer in England. And the suggestion is made that probably Lord Davey differed in his law from the Chancellor. Not a word is said about the gross impropriety of Tilak being represented in the appeal by Mr. Gladstone's and Lord Rosebery's Home Secretary—Mr. Asquith. And it is not that he came into the Privy Council with clean hands, for during the recess he has been going about the villages in Fife (his constituency) making damning assertions against Lord Elgin, the Indian and Supreme Governments, repeating accusations which cannot be true. He has never attempted to answer Lord Northbrook, and still repeats his stale arguments, as if he were seriously arguing before the distinguished Court—Judge and Jury—that used to hold its revels in Covent Garden, half a century ago.

Tilak was ill advised to appeal from the judgment of the Chief Justice and two other Judges of the Bombay High Court. If the Secretary of State permits a relaxation of the sentence after some months, no one will rejoice more heartily than I. Tilak and Gokhale have been taught a lesson, and Sir W. Wedderburn, you may rest assured, will not again insult the House of Commons by allowing a Gokhale, a "spouter of stale sedition," to libel our British soldiers, with what he has himself now admitted to be not true. I had written what I have said above about Mr. Asquith, before I had seen the *Times'* leading article which I send you. The writer takes the same view of his appearing before the Privy Council, he himself being a Privy Councillor. The contention of the "Daily News" and the "Westminster Gazette" that the Lord Chancellor should not have presided, is a calumny on all of our highest Judges who hear appeals at the Privy Council. The insinuation is that the Chancellor's law is subordinate to his political faith. A charge of gross indecency, and one that cannot rest with the Chancellor only but would be equally applicable to Lord Hobhouse and Lord Davey. Lord Hobhouse's sympathy with the natives of India is well known, and both he and Sir R. Couch, on a question of criminal appeal from the judgment of three Judges of the Bombay High Court, carry far more weight than either the Chancellor or Lord Davey. On any question of English law, it would just be the other way.

*The Chitral question.* The latest and by far the most weighty deliverance on this question was made on Saturday evening at Wolverhampton by Sir H. Fowler, the late Secretary of State for India. It occupies three and a half columns of the "Times," and is well worthy of attentive perusal. When the first disturbances on the frontier arose, the "Chronicle" and the "Star" immediately commenced a crusade against Lord Salisbury for what they, in their political pority, were pleased to call "perfidy." But when they saw how such a charge recoiled on their own Viceroy, the charge was at once dropped. Sir Henry Fowler shows plainly why Lord Elgin was guilty of no perfidy. He had all along differed with his superiors at home as to the frontier policy to be pursued with reference to Chitral, but he accepted "loyally" their decision, and would see it carried out. But, when Lord Rosebery's Government suddenly collapsed, and Lord Salisbury came into office, on the new Government reversing the decision of Lord Rosebery's, Lord Elgin found himself in a position to fall back on the unanimous decision of himself and his executive Council. I always felt Lord Elgin would have resigned his high office rather than carry out a policy which he disapproved. And, apparently, it is just because he agrees with the frontier policy of the present Government, that he is made the mark of all the venom of the "Little Englanders" like John Morley and Mr. Asquith. After the above was written, Balfour, in a letter to the "Times" (which I send you), shows clearly that in the papers presented to the House of

Commons not one word appears as to "breach of honour" in the course recommended by the Government of India, and insists if such was raised in Sir H. Fowler's "private" letters or telegrams to Lord Elgin, these should now be made public.

*Coolie Emigration.* This is a question deserving your earnest consideration. We have not heard lately of the hardships inflicted on those of your countrymen who have gone to Natal. There is a native gentleman supposed to be looking after their interests. He may be actively employed on his special mission, but, as for getting hold of him, he might as well be shut up from human observation as the grand Lama of Thibet. It is unfortunate, as one would like to know what is being done by the Colonial Office here to protect these poor emigrants who have been lured to Natal.

I notice the coolies in the tea districts are recruited from both upper and lower Bengal. The physique of the former is much superior to that of the latter, the wheat-fed native of the north being much more vigorous than the anæmic inhabitants of lower Bengal. Migration to the tea districts is one of the best solvents of the difficult question of over-population, but to bear their fair share in the struggle for existence, your immediate countrymen will have to live on a more nutritious and strengthening diet than that of rice only.

#### SIR JOSEPH FAYRE'S LIFE OF THE LATE INSPECTOR GENERAL SIR RANALD MARTIN.

Singularly enough, your issue of the 30th October, containing an instructive leader on the Calcutta Medical College, reached me almost simultaneously with the above book. Sir Joseph, in the compass of 200 octavo pages does ample justice to his distinguished friend. Sir Ranald's birthplace is the somewhat inhospitable Isle of Skye—one of the Hebrides—on the North West coast of Scotland. It is amazing how many men of eminence have sprung from this island. Sir Joseph writes that in the year 1852, "it was stated that within the previous forty years it had given to the public services 21 Lieutenant-Generals and Major-Generals, 45 Lieutenant-Colonels, besides 600 subordinate officers and 10,000 foot soldiers. Within the same period this island furnished 4 Governors of British colonies, one Governor-General of India, one Chief Baron of England, and one Judge of the Supreme Court of Scotland." A wonderful record for so small an area! Sir Ranald was at first intended for the army, and had actually obtained a commission in the celebrated 42nd Regiment, better known in military history as the "Black Watch." But the "res augusta domi" (the father was merely a much respected clergyman of the Scotch Kirk) and the natural desire of the father to keep his son a little longer an inmate of the Manor, led to the son accepting another career, and he threw himself, with all the native energy of his race, into the preparation needful for qualifying himself for the profession of medicine. After a course of study at St. George's Hospital, London, and under such teachers as Charles Bell and Shaw, he became a member of the Royal College of Surgeons when he was only 18½ years old. His uncle Sir John Macdonald secured him a commission as Assistant Surgeon in the Company's service, and he landed at Calcutta on the 2nd December, 1817. He was soon appointed to do duty at the Presidency General Hospital, where so many eminent members of the Indian Medical Service began their career, such as Nicolson, Brougham, John Macpherson, Ewart, Bratton and others. In 1818 we find him appointed Assistant Surgeon at Fort William. After a short service in Cuttack, he returned to Calcutta in 1819, where he was appointed officiating assistant at the General Hospital, which gave him unique opportunities of "continuing to study the diseases of Europeans in India, and the effect of tropical climate on their constitution." In 1820 we find him attached to the Ramghur Battalion, doing duty in the unhealthy districts of Singbhum and Sambulpore, where he contracted a severe form of remittent fever, which compelled his return to Calcutta. In 1821, the Marquis of Hastings nominated him to the medical charge of the Body-Guard, in which position, although thwarted by the Medical Board but supported by the Governor-General, he carried out improvements in the regimental hospital and the men's huts, not forgetting the construction of tanks for pure water, and the improvement of the drainage.

Having recovered his health by a sea voyage to the Mauritius, he rejoined the Body-Guard, when, it is a singular illustration of Bengal life seventy years ago, he was selected by Lord Amherst to go to Hyderabad to minister to the then Resident, lying seriously ill, the celebrated member of the B. C. S. who afterwards became Lord Metcalfe. Returning to Calcutta, he took over for a time the large private practice of Dr. Nicolson, whose health required a short change. In 1824, the first Burmese war broke out, and, his regiment having volunteered for active service, Mr. Martin felt it his duty to accompany it, and abandon, for a time, the alluring prospects of settling down in Calcutta as a presidency physician. The conduct of the war was not such as to rouse the enthusiasm of the British forces. The operations extended over two years with a loss in life of about 20,000 men, "chiefly from disease which was more destructive in this case than it was in the Walcheren Expedition," and cost nearly fourteen crores of rupees.

In this campaign he not only distinguished himself professionally, but



Scourger. But inasmuch as Claudius claims to be an ideal editor, it is slightly stinging: "The type is clear but we regret to notice that a long list of errors which is inserted does not exhaust the misprints."

SIR JOSEPH FAYRER'S LIFE OF SIR RANALD MARTIN.  
No. II.

We propose now to give a rapid sketch of his London life, and then review the admirable series of original papers on the I. M. S., the Calcutta M. C. military topography, and sanitation Sir Joseph has selected for publication.

Sir Ranald's life in London extended from 1840 to 1874, when, on the 4th December of that year, he passed away after a brief illness of three days. Before that date he had resigned all his public appointments, and Sir Joseph says "had he realized the importance of avoiding the cold and damp fogs of London, by resorting to a southern climate, his valuable life might have been prolonged for many years." It is a curious fact that, after his long residence in Bengal, it required two years to re-acclimatize him to his home climate.

In 1845, he was elected a Fellow of the Royal College of Surgeons. In the same year, he was appointed a "Member of the Royal Commission of Inquiry into the sanitary condition of Large Towns and Populous Districts in England and Wales. He personally examined and reported on six of the great manufacturing and important towns—Leicester, Nottingham, Derby, Coventry, Norwich, and Portsmouth."

In 1847, we find him elected a Fellow of the Royal Society, entitling him to the much coveted letters F. R. S., which form the "cordon bleu" of all scientists, and which only on rare occasions are bestowed on busy windbags, whether of the corps of Engineers, or of the House of Commons, afflicted with "cacosthen scribendi," to be got rid of by the Council on the principle that was applied to the "important widow" in the gospel story.

In 1850, Sir Ranald was selected, out of one hundred candidates, for the high and distinguished position of "Physician to the Secretary of State for India in Council," an office to which his biographer succeeded on his retirement in 1874.

In 1860, Lord Herbert, Secretary of State for War, along with Sir Charles Wood, pressed his claims for the distinction of the second class of the Civil Order of the Bath, K. C. B., but some technical difficulty was raised, and he had to be contented with a knighthood and a C. B. Fully occupied with his large private practice and important services rendered gratuitously to the Government on questions of military topography and general sanitation, he worked on until November 17, 1874, when he perished for the last time

by miserring abroad, away from the damp killing fogs of London, he had unfortunately delayed his departure too long, and so within three weeks of his resignation he passed away in his seventy-ninth year, the victim of a chill contracted while returning from a dinner party. The day after his death, 4th December 1874, Sir John Kaye wrote of him thus: "In England Ranald Martin soon obtained a reputation not only as a skilful and experienced practitioner (especially in the disorders of the East) but as a high authority on sanitary subjects, especially those which affected the welfare of the army." And the "Lancet" wrote: "He was no less distinguished and honourable in his public career than blameless and irreproachable in his private life." It was befitting that the record of such a man should be put

together, by the most distinguished living representative of the Indian Medical Service, the first, on whom, in recognition of his great public services, hereditary honours have been bestowed. To Sir Joseph Fayrer, the book has evidently been a "labour of love," and one can only regret that nearly quarter of a century passed away before we were privileged to read these memoirs of so great an ornament to his profession and of the I. M. S.

We must now, before closing, take a hasty glance at the numerous memoranda and papers, to be found relating to these services. At page 154, there is a very characteristic letter of Macaulay's. He and Martin were on a footing of equality as to birth, and Martin's services to India as the pioneer of military topography and sanitation, were fully on a par with Macaulay's judicial labours, and possibly of far more enduring benefit to India. But then Sir R. Martin did not write for the "Edinburgh Review," nor was he a flunkey to the Holland House Whig set. Pages 154 to 158 give a remarkable state paper of Lord Dalhousie on the status, pay and pension of the I. M. S. He writes: "I will be answerable for it, that the Medical Service of the East India Company will be surpassed by none in the world, either in its civil or military branch."

I give you separately Lord Dalhousie's memorandum on the Indian Medical Service, in the hope that you may, if not immediately, some day, be able to give the whole of it in your columns. It is a catholic, masterly, statesmanlike document such as we are not accustomed to come across in these days, from the rulers of India.

But what will be of paramount interest to you and to many of your readers will be the papers now published in this volume, relating to Sir Ranald Martin's efforts to interest the Home Government and leaders of the medical profession in the development and efficiency of the Calcutta Medical College. His letter to Sir Benjamin Brodie (then President of the Council of the Royal College of Surgeons of England) of the 10th June 1845, is singularly suggestive when read in connection with the admirable article on "Our Medical Institutions" in *Reis and Rayvet* of the 20th October. The exposure you have made of the present position of affairs touching medical education came upon me as a surprise. Twenty years ago, as you write, when Fayrer and Chevers were ornaments of the College, "it once contained professors of mighty intellect. Now it boasts ordinary men of medicine and surgery," and Sir Joseph writes, "upon its completion about 1842, it became one of the largest medical schools of the world, fully recognized by the Medical Council of India as a complete school of surgery and medicine."

You will see from Martin's letter to Sir B. Brodie how, as far back as 1845, he was fighting, and successfully, the battle for your countrymen. It is now apparently from your account a day of "dry bones" with medical education in Bengal, and the old question arises "can these dry bones live?" The answer can only be given by the Government of India, and, for the present, with the enormous expenditure daily incurred in the war on the frontier, you must be prepared for an emphatic negative.

It is too sad to think of the collapse of a great institution like the C. M. C. But what Governor-General from the days of the great Dalhousie has taken the smallest interest in it? Lord Canning is fairly excused, but what of Lord Elgin, the father of your present Viceroy, and his successors? I am not aware that any one of them followed in the footsteps of Lord Dalhousie, and the result is shown today in the melancholy picture you have drawn.

Space forbids my even giving a hasty sketch of all Sir Ranald Martin accomplished for the welfare of the army in conjunction with Mr. Sydney Herbert (afterwards Lord Herbert of Lea) and Miss Florence Nightingale. I can only again recommend the memoir to the present members of the I. M. S. and to your countrymen attached to the medical profession, that they may be able to appreciate what this great Scotchman did for them. And our hearty thanks are due to Sir Joseph Fayrer for having given to the world this sketch, though brief, of his illustrious predecessor. May Sir Joseph himself be long spared to us, to enhance the obligations we already owe him as one of the most distinguished of the profession he adorns!



*Inspector-General Sir James Ranald Martin, C.B., F.R.S.* By Surgeon-General Sir Joseph Fayrer, Bart., K.C.S.I., F.R.S. (Innes & Co.)—In 200 octavo pages Sir Joseph Fayrer, the most eminent living representative of the Indian Medical Service, tells the story of his distinguished predecessor, Sir Ranald Martin. Sir Ranald was born in the manse of Kilmuir, in the distant island of Skye, on May 12th, 1796. The narrow income of a Scotch minister did

not permit of his joining the army, in which so many of his uncles and brothers had distinguished themselves, so he was prepared for the medical profession in Edinburgh and London. He passed for the Royal College of Surgeons when he was just over eighteen years of age, and having secured a commission as assistant-surgeon on the Bengal establishment of the East India Company's service, he landed in Calcutta on December 2nd, 1817. Passing through the ordinary routine of an assistant-surgeon's work, Martin, after only two years' service, had made a name for himself by his "firmness, decision, and energy, which raised him high in the estimation of his brother officers, both civil and military." In 1821 the then Governor-General (the Marquis of Hastings) conferred on him the much-coveted appointment of Surgeon to the Body-Guard. When Lord Amherst was drawn into the first Burmese war the Body-Guard volunteered for active service, and Martin accompanied the regiment. This war cost us in men 20,000 (principally the victims of disease), and in money 14,000,000*l.* Martin greatly distinguished himself not only in the discharge of his professional duties, but also as a combatant officer, and Sir Archibald Campbell and Sir Willoughby Cotton subsequently congratulated him in writing on the eminent services he had performed. After a distinguished career as Presidency Surgeon, and being the leading private practitioner in Calcutta (after his friend Dr. Simon Nicholson), he was compelled in the year 1840 to abandon his Indian service, owing to recurring severe attacks of malarial fever. It was at the early age of forty-three, and after twenty-two years of nearly continuous service, that Martin felt himself compelled to cut short his Indian work, and eventually establish himself in London. His home career was as distinguished as had been his Indian. In addition to a large private practice, he was ever at the call of the Government of the day for gratuitous services on many commissions to deal with military topography and the sanitation of large towns. Nor did he forget the claims of his old comrades of the Indian Medical Service, and the advancement of medical education among the natives of India. His labours on behalf of his own service were principally directed to obtaining the status of combatant officers, with relative pay and pensions, for those attached to the Indian Medical Service. Sir Joseph Fayrer has, in this connexion, disinterred a remarkable minute by Lord Dalhousie advocating in his own masterly way the

improvements for which Sir Ranald contended. Every officer of the Indian Medical Service should have it framed and hung up in his bungalow. For the natives Sir Ranald was ever an advocate—first with the Court of Directors, and after 1857 with the India Office—for the maintenance at the highest efficiency of the Calcutta Medical College, while his efforts to improve the sanitation of the great towns were unceasing. Who knows but if he had been listened to nearly half a century ago the decimating plague would never have had such a revel of death as has been witnessed lately in Bombay and Poona? What he did for army sanitation was borne ample testimony to by the late Mr. Sidney Herbert (afterwards Lord Herbert of Lea) and Miss Florence Nightingale. He resigned all his public offices in November, 1874, and succumbed in the following month to an attack of acute pneumonia. Thus passed away, after a long life of devoted service to his own country and to India, one of whom our author says, "He is rightly classed with the great military surgeons of the century, whether English or foreign." It is well a record of such a life should have been preserved, and we have only two regrets to express. The first is that so long a time as nearly a quarter of a century has passed away between the date of Sir Ranald Martin's death and the publication of his memoirs; and the other is that Sir Joseph

Fayrer should have been cramped for space to tell more fully the story of his lamented predecessor at the India Office. Most of those interested in the narrative would have been pleased to see more of the inner life and correspondence of this remarkable Scotchman, while the valuable letters and memoranda scattered throughout the book might have served a more useful purpose had they been brought together in chronological order and formed a second portion of the memoirs. But Sir J. Fayrer has accomplished so much in a busy life that it would be ungracious to complain.





SATURDAY, JANUARY 29, 1898.

A Great  
Army Doctor.

The life of Sir Ranald Martin (Fisher Unwin) by his friend and successor on the Medical Board at the India Office, Sir Joseph Fayrer, is much more than the history of a distinguished officer of the Indian Medical Service. It throws open in a few touches here and there episodically all over the book the avenues to most interesting information about the condition of the army in India, and its suffering and exploits for the first fifty years of this century. It will inspire the service to which Sir Ranald belonged with a nobler pride in the traditions of the splendid work achieved by those who went before them, while all who love the soldier will rise from its perusal with a keener appreciation of how deep a debt the country owes the medical service for the wondrous improvement in the bills of mortality, and the general level of the comforts that make for health such as now tend to make our army the best cared for in the world. For the first thirty years of the nineteenth century the mortality of European soldiers in India was 84.6 per 1,000. From 1830 to 1856 it was 56.7. Progress has been so steady ever since, that for the years 1889-94 the ratio has sunk to 15.9. Thus some 70 lives per thousand are now annually saved to the army which only seventy years ago were annually lost. Looking at the position with the eye of finance, no greater justification is needed for whatever expenditure is required to keep the medical department in a condition of efficiency, for that efficiency stamps itself on the fitness of the army. The cost of each private soldier is roughly estimated at £100 a year. Every life saved, every man kept "fit," is thus a considerable saving to the Exchequer. It needs little calculation to understand how great a burden is taken off the Treasury by lowering the death register among some 70,000 soldiers by even one per thousand a year. In the improvements so notably effecting British troops the native army, allowing for irremovable prejudices, fully participated. Indeed the sanitation of native lines in cantonments is the one great object lesson all over India of what Miss Florence Nightingale has been sighing for in the regeneration of the health department of the village commune. With a little organisation important sanitary results

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might easily be won by utilising the sepoy and sepoy officers, who go back to their villages on pension, carrying with them ideas not learned from books but from the orderly routine of camp regarding the value and methods of cleanliness. The influence of such men if properly encouraged would produce more practical fruit than rushing infant schools through the gamut of the sanitary catechism. The first Burmese War of 1824 is memorable for being in its mortality from disease the most disastrous of any military expedition upon record. This is saying a great deal, but nothing too much even when remembering the ill-fated Waleheren Expedition, and the terrible losses of the French Army in the recent conquest of Madagascar. The Burmese War lasted more than two years. It cost over 20,000 lives, mostly from disease, and over £14,000,000. Only 3½ per cent. of British soldiers were killed in action, while 5 per cent. perished by disease. The deaths in the 89th Regiment sometimes averaged one hundred a week. In the first three months of the campaign over 3,000 Europeans died, exclusive of the casualties in action. The singular feature of this disaster is that it was due in the main not to climate but to such a remediable cause as scurvy. The medical officer was apparently the last man in those days whose advice was sought or listened to in the selection of camping sites or the regulation of the ration. If we have changed all that it is chiefly due to the pressure within the army exercised by the medical department represented by such men as Sir Ranald Martin.

James Ranald Martin, born in the Isle of Skye in 1796, sprang from the blood of the Lords of the Isles, and was a connexion of the famous Flora Macdonald. He was a man of fine presence, with a commanding figure and a handsome face, and he had that peculiar charm observable in the best doctors which is engendered by the habit of winning or inspiring confidence among the suffering and the sick. He became a pupil at St. George's Hospital in 1813, and as he died only in 1874 we seem to be brought into touch with those illustrious men, Everard Home and Benjamin Brodie, who made St. George's famous a hundred years ago. Those who nowadays have to face a five years' curriculum, and its attendant expense, will look back with envy on the halcyon days of the medical student when it was possible if not usual for boys to qualify at the Royal College of Surgeons after a year's training. Though the regulation age for membership was 22 the rule was worked with such laxity as to pass students through at sixteen. This was the age



of the celebrated Military Surgeon, G. J. Guthrie, when he became a member of the College. Ranald Martin was only a year at St. George's when he got qualified at a little over 18. He landed in Calcutta in 1817, and had his share of the hardships of a marching regiment through the multitudinous operations that were of ordinary occurrence in those unsettled times. As Medical Officer of the Body-guard he had an opportunity of witnessing a mutiny among three regiments of native infantry stationed at Barrackpore. A sharp whiff or two from the guns scattered the mutineers, and martial law made an immediate example of the worst offenders. The promptness with which outbreaks of this sort were put down in the days when our Government was young raises melancholy reflections on the sluggish senility that confronted the first occurrences of 1857. Ranald Martin had the opportunity which not infrequently falls to medical officers in frontier wars of distinguishing himself as a combatant officer. In the absence of other officers he led a charge "most ably and gallantly," to use the words of Sir Archibald Campbell, Commander of the Army during the Burmese War. On his return to Calcutta we find him with only ten years' service on the high road to reputation and wealth as Surgeon to the General Hospital. Those were the days when an income of £10,000 a year was not uncommon for medical officers properly established at Calcutta. It was here in 1832 that he performed the operation for the medical cure of hydrocele by injection of tincture of iodine, a treatment that has no rival even in our own days. He retired after 22 years' service at the age of 43, with the greatest name in the East; doubtless with an ample fortune, but with the magnificent pension that ruled in those days of £191 a year!

When Martin drew up his memorandum on the Pension system in the Indian Medical Service in 1838 he was able to point to the following outrageous disparities between the treatment of the medical as compared with that of the combatant officer. While the rest of the army were paid by length of service, the doctors were paid according to the rank they held. A Captain of 24 years' service retired on a pension of £292. A Surgeon of the same standing drew only £190. A Captain of 34 years' service retired on full colonel's pension of £456 5s. A surgeon of the same standing on £190. The ten senior surgeons on the list at the time had 30 years' service or upwards, but were entitled to no higher pension than £191. Were it not for a fund of their own to which all medical officers subscribed which yielded £300 a year,

available after seventeen years if half the value of the annuity had been paid up, and if there were a vacancy, the position of the medical officer of the company's army would have been insupportable. It is right it should be known that to Sir Ranald Martin's exertions is due the first move upwards in the scale of pension introduced in 1842, which, beginning at £191 after 20 years' service, granted £700 a year after 38. As so often happens in the public service, the protagonist of the fight and the principal victor is the last to reap the reward of his victory. Sir Ranald Martin's pension remained to the end £191. Yet this is the officer who was the first to fight against prejudice, obstinate wrongheadedness, and rudeness in order to bring the statistical records of the army up to the level of any scientific value; who initiated the series of topographical reports on which the choice of site and the establishment of salubrious cantonments all over India depended; who did more than any one before his time in laying down rules for improving

the sanitary condition of Calcutta; who had the lion's share in originating the great hospital there which has become the clinical centre of the Medical College; who stimulated inquiry into the resources of the *Materia Medica* of India, thus laying out the road for O'Shaughnessy's important work; who pressed so strenuously for the removal of British troops to the mountainous districts of India that hill-sanitaria have become part of the ordinary establishment for preserving the health of the troops. To give one example of the haphazard way barrack sites were selected, and buildings put up without any settled plan or model, but absolutely at the fancy or ignorance of some individual on the spot, we may cite Berham-pore in Bengal—abandoned in 1835 for its unhealthiness, after 77 years of occupancy by British troops. The barrack and hospital accommodation had cost during that time nearly seventeen millions sterling. The ratio of mortality per 1,000 of strength of British soldiers exceeded 102 for twenty years of the present century. The buildings were good. The fatal element was the locality. It will astonish many people to learn that it was the retired Indian surgeon who proposed and carried a measure of the first public importance, that of appointing in our great cities at home a Medical Officer of Health. This was in 1845, in a memorandum laid before the Health of Towns Commission. In that memorandum how the following golden words light up the situation here, and indicate to Government even more than to the Municipality what quality,



paramount even over ability and exceptional accomplishments, is called for in a Medical Officer of Health who sets before himself the sanitary regeneration of this city. The one word that holds the key of the position is independence. The medical officer should be absolutely free to speak out and tell whomsoever it may concern, especially the landlord interest, what should and shall be done. Here are Martin's words: "As the Medical Officer ought to be placed on a footing independent of all local influences, so ought he to be independent of all local administrative bodies. In the execution of his duty, he should be responsible only to the superior and controlling power."

We have only room for allusion to Martin's "Memorandum of the Status of the Army Medical Officer" presented to Sidney Herbert's famous Commission for reorganising the Medical Department of the Army after the disclosures of the Crimean War. It begins thus:—"The present Commander-in-Chief of the Austrian Army in Italy, Marshal Radetsky, has said, 'The difference between officers as combatants and surgeons as non-combatants must cease. I see everywhere military officers and surgeons equally exposed to fire, and therefore surgeons shall enjoy advantages and distinctions in every respect equal to those of the officers.'" Martin goes on to say: "The attempts on the part of Government to lead educated men to the highest point of excellence and exertion by money alone is impossible of success." In 1856 Lord Dalhousie, then Governor-General, sent a memorandum to the Home authorities urging the settlement of the medical question on the lines laid down by medical officers of to-day to bring contentment and the proper assertion of self-respect into the spirit of the service. It is no new whim, no modern fancy, no product of agitating busy-bodies. The medical disabilities are a very old sore. The present deadlock is but the climax and expression of long years of unworthy class distinctions and inequalities. If Lord Dalhousie's advice had been taken in the fifties, the very best material from the schools would have rushed to the army as the most popular career in their profession. The following are the salient points in this State paper:—"(*a*) That the existing inequalities between the position of the medical officer and his brother officers, in respect of pension, honours, and rank, shall cease. (*b*) I respectfully submit that such inequalities are founded on no grounds of justice, expediency, or policy; no

valid reason has ever been or can be alleged for maintaining them. (*c*) Their effect is to depress the spirit of the medical officer, to deprecate a profession and class of service which ought to be held in the utmost respect, and supported equally from motives of prudence and gratitude. (*d*) All such inequalities should be at once removed, and the medical officer, in respect of real rank, dress, honour, and promotion, should be placed on a footing with his brother officers who hold the Honourable Company's commission like himself. (*e*) The absurdity of regarding a medical officer as a non-combatant is, I believe, abandoned. (*f*) The medical officer comes constantly under fire. Every campaign which is fought exhibits the names of medical officers in the list of killed and wounded; and the returns invariably show that they are still more often victims to their own exertions on behalf of their suffering comrades. (*g*) Proof can hardly be required of such well-known facts." Hardly!



Nature March 17. 1898

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*Inspector-General Sir James Ranald Martin, C.B., F.R.S.* By Surgeon-General Sir Joseph Fayrer, Bart., K.C.S.I., LL.D., &c. Pp. xvi + 203; plate i. (London: Innes and Co., 1897.)

THE name of Sir James Ranald Martin is known to few, and the details of his career to still fewer. It is for this reason that the volume before us will be welcomed by all interested in the birth and development of the medical profession, and sanitary science in India. Sir Ranald Martin left sanitary science, in the broadest sense of the term, and the position of the medical officer in India, in positions very different to those in which he found them. It would have been difficult—indeed, impossible—to have found a better biographer than Sir Joseph Fayrer, whose intimate knowledge of all that concerns medicine in India is absolutely unrivalled. So far as we are aware, the rôle of biographer is new to Sir Joseph; we can only say that from apparently scanty material he has constructed a biography accurate, interesting and instructive.

The biographer, put shortly, describes Sir Ranald's early life and early work in India, following him through the disastrous Burmah campaign 1824-26. Then follows a record of his public services in India. Amongst these, perhaps, the most striking are the inauguration of a system of medical statistics and the sanitary improvement of Calcutta. In 1840, at the age of forty-four, Sir James Ranald Martin returned to London, and took up his residence in Grosvenor Street. From this onwards, with the exception of some time devoted to literary work, which bore fruit in the shape of his treatise "On the influence of tropical climates on European constitutions," he devoted himself entirely to administrative work in connection with medicine and sanitary reform in India. His services in this direction met with but tardy public recognition, for it was not until 1860, sixteen years

before his death, that he obtained his C.B. and knighthood. His memory has been perpetuated in that branch of the profession which he so adorned by the establishment, at Netley, of the Martin Memorial Gold Medal, which is presented to the surgeon on probation who takes the highest place in military medicine at the final competition. The biography is exceedingly pleasant reading, and the author has done well to incorporate in it letters from many interesting persons to Sir Ranald, and also some extracts from official documents, in the compilation of which he was concerned.

F. W. T.

*Inspector-General Sir James Ranald Martin, C.B., F.R.S.* By Surgeon-General Sir Joseph Fayrer, Bart., K.C.S.I., &c. (Innes, 6s.)—This is a readable sketch of a useful life which was little known outside official circles. Young Martin went out to India in 1817 as an assistant-surgeon, in the service of good old John Company, and soon distinguished himself by a boldness of conception in sanitary matters which was a sad shock to his seniors, who cared little, because they knew little, of such things. Preventive medicine is a plant of recent growth. However, the audacious youngster had a winning manner and a fine presence, both of which go a long way in a personal interview, and though his seniors snubbed him the Governor-General listened. He gradually became a power. He left the regular military line for the more independent post of presidency-surgeon, which, being interpreted, is that he lived in Calcutta with certain official duties of a civil nature to perform, and with more or less leisure for private practice. He proposed, and eventually succeeded in carrying, measures for the sanitary improvement of the city, and he also effected real good in many other directions, such as the introduction of more accurate and better-framed statistics, the starting of a great hospital, the bettering of the position of the medical service, &c. Undoubtedly he did good work, and thoroughly deserved the respect in which he was held. Retiring from the service while still young—he had only been twenty-two years in India—he settled down to private practice in England, and was again successful. His deep knowledge of tropical diseases—a knowledge, perhaps, unequalled—made him an invaluable counsellor to Anglo-Indians at home on sick leave, and Government presently recognised his eminence in this department by appointing him physician to the Secretary of State for India in Council; and later on, when the Medical Board was established, by making him its first president. He held this important office till his death in 1874. His name will long be remembered in the profession as a pioneer—perhaps it should be said the pioneer—in military hygiene, while his striking personality will never be forgotten by those who knew him.



Sir Joseph Fayrer, in his life of INSPECTOR-GENERAL SIR JAMES RANALD MARTIN (Innes, 6s.), gives a formidable list of the distinguished persons emanating from the Isle of Skye. Not the least of them was Sir J. Ranald Martin, of whom we have here an interesting and readable account. He began as an Army surgeon, and as a volunteer in Burma took part in military as well as medical operations. He early realized the importance of site and sanitary precautions in the erection of Indian barracks, and was himself a sufferer from the disregard of his advice and the encamping of troops in Burma on the edge of a swamp. He settled in Calcutta, held various appointments, and had a good practice. His services to the general health of India included special reports, the introduction of an improved and uniform system of hospital statistics, and efforts towards the improvement of the Army medical service. He had constantly suffered during his residence in India from fever, and in 1840, at which time he was 44 years of age, he returned to England, and continued to practise in London until his death in 1874. To him was chiefly due the appointment of local medical officers; he was instrumental in establishing the Army Medical School at Netley, and he served on many important medical and sanitary bodies. The improvement of the *status* and pensions of Army surgeons was a subject upon which he was unceasingly active; and the book which he published upon the influence of tropical climates on European constitutions remains an authority. In character as in person he would appear to have been an excellent example of the fine type of Highlander; brave, courteous, hospitable, cheerful, with strong family feelings, and a most genuine devotion to his profession. His long, useful, honourable, and honoured life makes hopeful reading. Perhaps none of the many distinguished sons of Skye has in our own times deserved better of his British fellow-countrymen at large.

THE HOSPITAL,  
April 16, 1898.

"THE HOSPITAL" NURSING MIRROR.

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### A Book and its Story.

SIR JAMES RANALD MARTIN, C.B., F.R.S.

A QUARTER of a century has elapsed since Sir Ranald Martin\* died, but his memory still lives with us in connection with the advancement of sanitary reform, a work to which he devoted a lifetime. His memoirs, compiled by his friend Sir Joseph Fayrer, are interesting as the testimony of one whose services in the same cause are pre-eminent.

Sir Ranald Martin was born in 1796 at Kilmuir, in the Isle of Skye—a little island which within the 40 years preceding 1852 had given to the public service 21 lieutenant-generals and major-generals, 45 lieutenant-colonels, 600 majors, captains, and subalterns, and 10,000 foot soldiers.

James Ranald Martin was destined to follow the military calling, but certain family considerations led him to enter upon a medical career, and in 1813 young Martin proceeded to London, where he entered St. George's Hospital. Here, under Everard Home and Benjamin Brodie, he applied himself assiduously to laying the foundations of an after-career of much distinction. His hospital work over, Ranald Martin became a member of the Royal College of Surgeons, and obtained, through the interests of his uncle, Sir John Macdonald, a commission as surgeon in the Honourable East India Company's service. Quickly following on his arrival in Calcutta, he was appointed to duty at the General Hospital for Europeans, where many of the I.M.S. laid the founda-

tions of the reputations afterwards obtained. The conduct of the young surgeon, from the commencement of his career, was characterised by unflinching devotion to his duties. In recognition of his services, he was speedily appointed to the medical charge of the Governor General's bodyguard, a post of considerable distinction and emolument.

It was even at this early date that young Martin evinced a sense of the importance of hygienic measures by recommending extensive sanitary improvements in the cantonment of his own regiment. His appointment as medical adviser to the bodyguard was made at a period in the history of India when Sir Archibald Campbell, with the military and naval forces under his command, had achieved many successes over the Burmese, under Mande Bandoola. The expedition was rife with tragedy to the troops engaged. Ranald Martin was one of a few survivors at the end of the first year's campaign; 3 per cent. of the British soldiers were killed in warfare, 45 per cent. perished by disease. This campaign proved to be replete with hardships and privations, but, throughout, Mr. Martin conducted himself with his wonted zeal and devotion to duty. He continued to serve with the bodyguard throughout this and the following campaign. In his notes on the Medical Topography of Calcutta, published in 1837, in alluding to the causes of the suffering and loss of health in this expedition, Mr. Martin writes: "It was owing to the ignorance or neglect of military topography that every



ultimate object in sending a force to Arakan failed; and it was a similar neglect of medical topography that caused the destruction of that force."

In 1826, Mr. Martin arrived in Calcutta in enfeebled health; but on recovery was appointed, for the third time, assistant surgeon at the General Hospital. Later, he was appointed to the office of officiating surgeon to the Governor-General; thus, after ten years' service, and whilst still a young man, he was elected to hold an important public position. The following year he was appointed examiner at the Calcutta Medical College, and also member of a committee to inquire into subjects connected with the *Materia Medica* of British India. About this time Mr. Martin presented the Government with a *detailed report upon the medical topography, climate, and diseases of Calcutta*. Following on this, the appointment of presidency surgeon was offered him, a post which involved alike the duties of a general practitioner and of a consulting physician. Mr. Martin's career in India terminated in 1839, when he returned to England to continue a no less energetic and useful life than he had passed in India. In 1842, he severed his connection with the Indian Medical Service: the following year he was elected a Fellow of the Royal College of Surgeons, and the same year, in consequence of his services in the cause of hygiene in India, he was appointed a member of the Royal Commission of Inquiry into the sanitary condition of large towns and populous districts in England and Wales. To Mr. Ranald Martin is due the proposal that a medical officer of health should be appointed in all our large cities, a measure which, since it has been carried into effect, has proved of much importance as a great step in modern civilisation.

In 1845, Mr. Martin was elected a Fellow of the Royal Society, and in 1848 "he again appears on the scene of public duty, for he was appointed by Government first member of a board to report on the capabilities of the metropolitan workhouses for the reception and treatment of cholera cases. The report of this Commission was printed by order of Her Majesty." Besides active work in the cause of sanitation in the country, Mr. Martin contributed articles to the *Lancet*, amongst which were a series of essays on the diseases of Europeans on their return from tropical climates. But the article which attracted the most attention was a statement of the claims of the medical officers of the army and navy to military rewards and distinctions. It is not possible in the prescribed limits of space at our command to enlarge upon the various works to which Mr. Martin devoted his energies, and which have been so admirably described in the volume now before us, and for these and other interesting mention of Mr. Martin's career we must refer the reader to Sir Joseph Fayrer's account. In 1860 knighthood and the distinction of the third-class of the Civil Order of the Bath were conferred upon the distinguished sanitary reformer. But, as his biographer remarks: "The third class of the Order of the Bath, with simple knighthood, was generally regarded as an inadequate recognition of the services that he had rendered throughout a long lifetime. It is said that he had been recommended by the highest authorities for the second class

of the Order, but for some mysterious and unexplained reason, it was refused," and further, Sir Joseph Fayrer continues, "his claims upon the respect of the medical profession and the army are in no degree dependent upon such distinctions, nor could any honours have enhanced the esteem in which he was held by all who knew his merits and his great public services, however much they might regret the unappreciative spirit that withheld them."

During the ten years of life that still remained to him he continued to perform the duties of President of the Medical Board, Physician to the Secretary of State for India in Council, member of the Army Sanitary Committee, and of the Senate of the Army Medical School at Netley, in the formation of which school, as well as in the establishment of the great hospital at Calcutta, Sir Ranald Martin had taken an initiatory part. After his death in 1875 a number of friends and admirers assembled to consider the question of a memorial, the result of which movement was the endowment of a prize known as the Martin Memorial Gold Medal, presented to the surgeon on probation who takes the highest place in military medicine at the competition at Netley at the close of each session, and its presentation has generally been accompanied by some words commemorative of the distinguished physician whose name it bears.



SIR J. RANALD MARTIN.\*

The subject of this memoir died in 1874, and his biographer is of opinion that the work of a man who in his day rendered such valuable services to India and the Army should not be left unrecorded. No one should be better able to write the record than Sir Joseph Fayrer, whose career has followed so much in the path traced by Sir Ranald Martin, and who for a time served under him on the Medical Board at the India Office. Dr. Norman Moore wrote only a short notice on Martin for the "Dictionary of National Biography," and the present writer states that the materials for a biography in Martin's case are of the scantiest.

"Even the short period of twenty-three years has removed so many of his contemporaries that but little can be elicited from that source, but the information that is available proves him to have been one of the earliest pioneers of sanitary reform for which this century is so remarkable, and reveals steadfastness of purpose, capacity for administration, and keen appreciation of the importance of public hygiene. It indicates the influence he exercised in advancing the interests of the medical services, and in securing the recognition of their claim to military honours and to improved pensions. It also shows that to him is largely due a more rational conception of the therapeutics of tropical disease."

It was in the Isle of Skye, the birthplace of so many distinguished men, that James Ranald Martin was born in 1796. Much is reported of his ancestors, his early years, his general and medical education, first services in India, till, in 1821, he was appointed to the medical charge of the Body Guard by the Marquis of Hastings, then Governor-General. Records of Martin's public services in India are given in two chapters, together with an enumeration of sanitary measures inaugurated by him. In 1840 he commenced his professional career in London, and in the chapters that follow will be found an account of his continued public services under various appointments, of his writings on sanitary matters, and his correspondence with various official personages and others, including Florence Nightingale. In 1860 Martin was made a C.B., and received the honour of Knighthood. In concluding his monograph Sir Joseph Fayrer remarks that Martin "is rightly classed with the great military surgeons of the century, whether English or foreign, and by posterity he will ever be regarded as holding a high place in that honourable list."

\* Inspector-General Sir James Ranald Martin, C.B., F.R.S. By Surgeon-General Sir Joseph Fayrer, Bart. London: A. D. Innes and Co.

SIR RANALD MARTIN.\*

There can be, we think, but little doubt that the claim put forward in this memoir that the late Sir Ranald Martin was one of the earliest and most active pioneers of sanitary reform will be readily conceded. To him we are indebted, beyond all other men, for the present state of public hygiene. The Indian Medical Service owe to his untiring efforts in support of their just demands that they now enjoy a recognised claim to military honours, and improved pensions. Originally intended for the military service, having been born in the Isle of Skye, of ancient and honourable lineage, it was thought better that he should enter the medical profession, and in June, 1817—an appointment as Assistant-Surgeon in the East India Company's service having been obtained for him—he sailed for India, landing in Calcutta on December 2nd after a voyage of nearly six months. From the commencement of his Indian career he applied himself assiduously to the study of tropical disease, and soon became conspicuous for the zeal and energy with which he devoted himself to his duties. In recognition of his services as a regimental officer in Orissa, he was appointed by the Marquis of Hastings to the medical charge of the Body Guard, which for so young an officer was a post of distinction and emolument. He accompanied the regiment to Burmah. We learn that during the first year's campaign three-and-a-half per cent. of British soldiers were killed in war, and forty-five per cent. perished from disease. On returning to Calcutta his active service with the army may be said to have ceased, and he devoted himself to civil medical practice, in which he ultimately obtained the highest position. During his ten years service in India his health was always more or less affected by recurrences of the malarial fever contracted in Burmah, and he was compelled, after 22 years almost continuous service, to relinquish his work in Calcutta. He left India, having gained the confidence and esteem of Government; having initiated measures of sanitary reform which have contributed so largely to the improvement of the health of the British soldiers; especially as to their location in the hills, and the foundation of hill-sanatoria. He had also acquired a profound knowledge of tropical disease, and had never ceased fearlessly to expose the defects and shortcomings of the existing state of things in the face of powerful opposition. It may be said, indeed, that before his advent sanitary science was disregarded, if not unknown. In 1840 he commenced a not less useful and energetic life in London. About this time he assisted Dr. James Johnston in his preparation of a new edition of that valuable work "The Influence of Tropical Climates on the European Constitution," which to this day is the standard work on the subject.

In 1845 he was elected a Fellow of the Royal



College of Surgeons, and subsequently appointed a member of the Royal Commission on the Health of Towns in England and Wales. Mr. Martin from the first took great interest in the foundation of the Victoria Hospital at Netley. In 1859 he was appointed Physician to the Secretary of State for India in Council, with the hearty approval of his numerous professional friends; and although his private practice was very large, he ungrudgingly devoted his full energy to promoting measures for the public good. In 1860 he was created a C.B., and the honour of Knighthood conferred upon him. From 1859-1863 he was a member of the Army Sanitary Commission. On the publication of the Report Miss Florence Nightingale writes to him: "Now that the question is settled I feel as if the first lease of joy had come to me since Sidney Herbert's death." During the last ten years of his life, he continued to perform the duties of President of the Medical Board, Physician to the Secretary of State for India in Council, Member of the Army Sanitary Committee, and of the Senate of the Army Medical School at Netley, —to each and all he gave valuable counsel and assistance. As a result of the improvement effected in the health and general physical welfare of the Army in India, largely due to Sir Ranald Martin's efforts, we quote an extract from the Report of the Sanitary Commissioner for 1895:

It has been stated that the mortality per 1,000 of European soldiers in India was for the period 1800-1830, 84.60; for the period 1830-1858, 58.70; for the period 1869-1878, 19.30; for the period 1879-1888, 16.02; to this may be added that the ratio for the period 1889-94 was 15.91.

To Sir Ranald, as a member of the Health of Towns Commission, is due the appointment of a Medical Officer of Health.

In 1874, returning from a dinner party at the house of a friend, he contracted a chill, from the effects of which he died. In his memory a number of his friends and admirers, the majority holding high position in the medical profession, founded a prize to be called the Martin Memorial Gold Medal, which is given to the student who takes the highest place at the final competition at Netley. He was a man of genial, hospitable, and kindly nature, of fine presence and erect stature; and, as a practitioner, one of the most popular who ever entered a sick chamber. He was elected a Fellow of the Royal Society in 1845, and in 1870 the committee of the Athenaeum Club elected him a member without ballot, a distinction which, we are told, afforded him great gratification.

\* "Inspector-General Sir James Ranald Martin, C.B., F.R.S." By Surgeon-General Sir Joseph Fayrer, Bart. A. D. Innes and Co. 1897.



A. D. INNES AND CO.

7. *Inspector-General Sir James Ranald Martin*, by SURGEON-GENERAL SIR JOSEPH FAYRER, BART. It was a graceful act of Sir Joseph Fayrer to place on record a memoir of his distinguished predecessor, Sir Ranald Martin, and the volume which he has produced is an excellent sample of biography. It is not too long to be read through on a winter's evening, and yet contains all that is essential to exhibit the character of the man, and the value of his work. Though the enormous changes which the progress of the century has brought about—in India and at home—in medical science, and the practice of sanitation, remove the starting point of Martin's career into an almost unrecognisable past, the author has succeeded in making the history of bygone efforts to improve the health of the troops and of the public in India both interesting and profitable.

Like so many British pioneers of reform in India, Sir Ranald Martin was of pure Scottish ancestry. He was a native of the Island of Skye. Readers of the memoir will be astonished to discover on the very first page what an enormous debt the Empire owes to that Island. It appears (the information is so striking that we make no apology for reproducing it) that between 1812 and 1852 it furnished for the public service, 21 Lt.-Generals or Major-Generals, 45 Lt.-Colonels, 600 Majors and officers of lower rank, and 10,000 foot soldiers, besides four governors of British Colonies, one Governor-General of India, one Adjutant-General of the British Army, one Chief Baron of England, and one Judge of the Supreme Court of Scotland.

James Ranald Martin was one of a family of thirteen, of whom however only eight were living at the time of their mother's death. He was originally intended for the army, and long after his death his biographer writes of him "whilst eminent as a sanitarian and physician, he was at heart what his appearance proclaimed him to be, a soldier." The duty of making provision for his father's old age, compelled him to undertake the study of medicine as a more lucrative profession. He became a member of the Royal College of Surgeons in 1814 in his nineteenth year, and in 1817 he obtained a commission as Assistant-Surgeon in the E.I.C.S., and sailed for India. His varying fortunes and steady progress in that country are succinctly described in the memoir. In 1840 he was compelled by ill health to leave Calcutta for England, but had already put by sufficient means to give him the option of returning to India or not. He finally elected to settle in London, where he resided till his death in 1874. Beyond this outline we have no intention to trespass upon the biography, which we cordially recommend not only to Anglo-Indians and the Medical profession, who will naturally be interested in the career of one who did so much for them, but also to the public at large.



*Inspector-General Sir James Ranald Martin, C.B., F.R.S.* By Surgeon-General Sir JOSEPH FAYRER, Bart. (London: A. D. Innes and Co.)

We have in this work a sketch of a man who deserves to be borne in the grateful remembrance of his country as a pioneer of sanitary reform. Sir James Ranald Martin, who sprang from the Macdonalds of the Isles, was a son of the Rev. Donald Martin, minister of Kilmuir and Eastside, in Skye, and was born (one of twins) in 1796. He entered the service of the East India Company as assistant-surgeon, in 1817, having become a member of the Royal College of Surgeons at the early age of 18 years five months; and soon afterwards received the appointment of Assistant Garrison-Surgeon at Fort William, where he gained his first experience of epidemic cholera. After two or three years service at Cuttack, in Orissa, and in Gondwana, in the Central Provinces, Martin obtained the distinction of being placed in medical charge of the Governor-General's Body-guard. Here his zeal for sanitary reform and preventive measures, which had already exhibited itself, came actively into play; and he succeeded in getting Lord Hastings' approval for his schemes against the opposition of the Medical Board. He served with the Body-guard in the expedition to Burmah 1824-6, and on one notable occasion led a charge against the enemy under circumstances which won the respect and admiration of his brother officers, although incurring a formal reproof. The campaign proved a most disastrous one in respect of the mortality from sickness; 45 per cent. of the troops perishing from disease, as compared with 3½ per cent. killed in warfare. Martin himself returned to India completely broken down, but his vigorous constitution soon enabled him to pull round, and on recovering he again received the appointment of Assistant-Surgeon at the General Hospital at Calcutta. Two years later saw his promotion to the rank of Surgeon, and on the arrival of Lord William Bentinck, he obtained the post of Officiating-Surgeon to the Governor-General. A little later he was appointed Officiating-Surgeon to the General Hospital and Surgeon to the Garrison of Fort William. He was now settled into a civil career, and rapidly became so popular that when he retired in 1840 he had attained the largest private practice in Calcutta. For several years he held the office of Presidency-Surgeon and Surgeon to the Native Hospital. It was here that in March, 1832, he devised and performed the operation for the radical cure of hydrocele, by injection of tincture of iodine, which is still considered the most effective method of dealing with the disease. Among the public work done by Mr. Martin in India may be noted the devising of an improved system of statistical records of disease in the army; his initiation of a series of valuable topographical reports; a project for improving the sanitary condition of Calcutta and its suburbs; his share in founding a new civil hospital, which has since

become the clinical school of the Medical College; and his recommendations for the location of British troops in the mountainous districts of India, leading to the foundation of hill sanatoria. Mr. Martin came to London, and in the course of a busy professional career, devoted his spare time and energies to the promotion of sanitary reform. He served on two Royal Commissions—one for inquiring into the health of the civil population of England and Wales, and the other for an inquiry into the health of the British Army. These and other services were recognised in 1859 by appointing him Physician to the Secretary of State for India in Council. While acting on the Royal Commission on the Sanitary State of the Army in India he received the honour of knighthood; and in 1864, on the establishment of the Medical Board at the India Office, he was appointed its president, with the rank of Inspector-General of Hospitals. He died in 1874. Sir James had several sons, most of whom entered the civil or military service in India. One of them lost his life in the Mutiny. Sir Joseph Fayrer sums up his character as that of in "every sense an upright and loyal gentleman—one who maintained the prestige of his ancient family, and who left to posterity the record of an honourable and useful life." At a meeting of army medical men and others, held shortly after Sir James Martin's death, it was stated by Sir Galbraith Logan, an ex-Director General of the Army Medical Department, that he had been instrumental in reducing the mortality of the army in India from 68 per 1,000 to less than 20. A resolution was passed to the effect that the services rendered by the deceased to his country "in advancing the science of tropical medicine and promoting sanitary reform in India and at home" were worthy of commemoration. The outcome was the endowment of a prize known as the Martin Memorial Gold Medal, presented to the surgeon on probation who takes the highest place in military medicine at the final competition at Netley at the close of each session. Though nearly a quarter of a century has elapsed since the death of this distinguished ornament of his profession, it is not too late to put on record the story of his life. It is at once a memorial and an example.



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