

# Reviews of Recent Books

**Nutrition and Diet in Health and Disease** (sixth edition) by J. S. McLester and W. J. Darby, W. B. Saunders Co., Philadelphia, 1952, pp. 710, \$10.00.

A book that goes through six editions obviously satisfies a definite need. The latest edition of this standard textbook on nutrition maintains the high level set by previous issues. Dr. Darby has joined the senior author in revising and rewriting large portions of the text. New material has been added and many references are from 1951-52. Several valuable tables enhance the practicality of the text. Thus, there are compilations of cholesterol, sodium, and potassium values of foods, list of available processed foods of low sodium content, etc.

Although the entire field of clinical nutrition is discussed, there is a somewhat disproportionate division of emphasis. Thus, the dietary aspects of atherosclerosis are covered essentially in two pages; nervous indigestion warrants four, including two of sample menus.

As with any textbook, certain statements may not result in universal agreement, such as: "He [the potential diabetic] should take sweets only in strictest moderation, preferably in the form of the simpler desserts and after meals—never as candy and similar sweets and never between meals. The avoidance of sauces is also advisable." The use of the ketogenic diet in the treatment of epilepsy is deplored, yet two pages are devoted to a detailed description and specimen ketogenic diets. The high calcium requirement of hyperthyroidism is not discussed.

Nevertheless, the book is remarkably complete, current, and authoritative. Its value is increased by chapters on satiety values of different foods, the question of roughage and digestibility, and the cost of food (which strangely enough appears under the heading of "Nutritional Factors of Lesser Importance").

The text reads well; the typography, format, and index are excellent. This book can be recommended as one of the basic texts in the field. S.W.

**The Newer Knowledge of Hygiene in Diet** by J. Sim Wallace, M.D., C.M., D.Sc., L.D.S., F.D.S., R.C.S., F.A.C.D., Dental Items of Interest Pub. Co., Inc., Brooklyn, N. Y., pp. 264, \$4.75.

This is more of a commemorative volume by one of the pioneers in dental physiology and pathology and nutritional study, than a text or reference on this subject. It is obviously written in support of, and in

defense of, the author's thesis, that even under modern civilized conditions, dental caries can easily be prevented, or almost entirely prevented (without the use of fluorides).

Wallace places great importance on the diet, not only in respect to its nutritional aspect but also as it affects the teeth and alimentary tract before absorption, the latter being related to mouth hygiene. The beneficial effects of detergent diets are correctly stressed since fibrous foods aid in removing the adherent soft food debris from about the teeth. The sequence with which the different foods are consumed may be an important factor in the reduction of dental caries.

The chapters concerned with recent advances in dental caries control are grossly incomplete. The author, however, does correctly point out repeatedly that dental caries is not a deficiency disease and that what happens to the tooth after eruption is at least as important as what occurs during its formation.

This last publication, written by a once famous investigator in his late 70's, deserves a sympathetic reception. The book cannot, however, be generally recommended because of its poor organization, unnecessary and extensive quotations, and the general argumentative tenor of the presentation. L.W.B.

Books received for review by the *Journal of Clinical Nutrition* are acknowledged in this column. As far as practicable, those of special interest are selected, as space permits, for a more extensive review.

*Phosphorus Metabolism. Volume II*, edited by William D. McElroy and H. Bentley Glass, The Johns Hopkins Press, Baltimore, 1952, pp. 929, \$11.00.

*Food in Health and Disease* by Katharine Mitchell and Margaret C. Bernard, F. A. Davis Co., Philadelphia, 1953, pp. 688, \$4.25.

*Diseases of Metabolism* (third edition), edited by Garfield G. Duncan, W. B. Saunders Co., Philadelphia, 1952, pp. 1179, \$15.00.

*The Chemistry and Technology of Food and Food Products* (second edition), edited by Morris B. Jacobs, Interscience Publishers, New York, 1951, pp. 2580, 3 volumes: \$12.00, \$15.00, and \$15.00.

*Progress in the Chemistry of Fats and Other Lipids. Volume I*, edited by R. J. Holman, W. O. Lundberg, and T. Malkin, Academic Press, Inc., New York, 1952, pp. 186, \$7.00.

*Familial Nonreaginic Food Allergy* (third edition) by Arthur F. Coca, Charles C Thomas, Springfield, 1953, pp. 279, \$10.50.