

Reviews of Recent Books



Food, Nutrition and Diet Therapy, 3rd ed., by Marie V. Krause, W. B. Saunders Co., Philadelphia, 1961, pp. 716, \$6.75.

Miss Krause has done a comprehensive and commendable piece of work on the third edition of this textbook. The book is divided into three major sections: Basic Normal Nutrition and Foods; Diet Therapy; and Food Selection, Preparation and Service. It is written in an interesting fashion with frequent citation of research results. The terminology used is well defined. Problems and suggested topics for discussion are included with each chapter. Referencing is good and there is an appendix with various pertinent charts. Ample illustrations are used. The reviewer believes that in a few instances the illustrative material could have been more meaningful, but in most cases the choices are good. Indexing the recipes separately would have been more to the liking of the reviewer who finds it a bit jolting to see *Shock, insulin* followed by *Shrimp with rice*. These criticisms are minor, however.

This book is intended primarily for nurses and the "patient centered" approach is stressed throughout. This edition should entrench this book firmly as one of the standard texts in nutrition and diet therapy for student nurses. Physicians, college students, teachers and public health workers may find it of value as a reference book.

EMMA SEIFRIT

The Year Book of Endocrinology, 1960-1961 Series, edited by Gilbert S. Gordan, Year Book Medical Publishers, Inc., Chicago, 1961, pp. 408, \$8.00.

High on the list of most useful books produced each year are the Year Books summarizing in a remarkably accurate and succinct fashion the important contributions in various medical areas. Frequently one finds in these volumes, articles which have been missed during the previous year of reading through a voluminous literature. Not only is the selection of abstracts broad and representative but also the material is prepared with completeness and for ease of comprehension. The extensive clinical and investigative capability of the editor is reflected in the integrative comments found after many articles. A chapter entitled, "Endocrinology in Soviet Periodicals, 1959-1960," is included in the present volume briefly summarizing Russian efforts in this field.

The medical disciplines of nutrition, metabolism, endocrinology and biochemistry overlap widely in many areas. These common interests are revealed

vividly in the *Year Book of Endocrinology*. It is a valuable addition to the library of physicians involved in any of these specialities as well as others requiring a ready source of information on current progress.

C. R. SHUMAN

Essentials of Fluid Balance, by D. A. K. Black, Charles C Thomas, Springfield, Ill., 1960, pp. 135, \$4.50.

The problems of fluid balance and electrolytes seem to offer a great challenge to the student of medicine, and the numerous books that attempt to clarify their understanding attest to the difficulties involved. This book offers several advantages: it is not directed to the expert but rather to the "general medical reader, including undergraduates"; it is brief; and it is written with clarity. An adequate bibliography directs the reader to more comprehensive coverage of the kidney and details of fluid therapy. I was particularly attracted to the chapter on "An Approach to Treatment," which is informative, concise and current as to medical thought. This is a fine little book for those interested in brief, well presented information on the "Essentials of Fluid Balance."

W. A. KREHL

Diabetic Care in Pictures, 3rd ed., by Helen Rosenthal, and Joseph Rosenthal, J. B. Lippincott Co., Philadelphia, 1960, pp. 237, \$4.50.

The value of visual aids in the teaching of patients has been ignored by many physicians, particularly in the preparation of manuals of diabetic patients. However, in each of the two preceding editions and in the present one, the Rosentals have achieved enormous success in the graphic portrayals of treatment principles and methods for this disease. The concept of visual education so effectively used in the Boston Dispensary is carried over directly into each chapter to improve the reader's comprehension, a condition essential to successful management of diabetes. Considerable emphasis is placed upon diet and nutrition illustrated by charts and graphs depicting food constituents and their uses by the body. The procedures for insulin injection and care of syringe are shown in an extensive series of high quality photographs. Equally effective are the demonstrations of self-testing procedures on urine with color photographs of the results of the various tests. Regardless of the physicians's personal choice of a manual for diabetic patients that of the Rosentals is a very worthy addition to the required reading list.

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