

Reviews of Recent Books



Tropical Nutrition and Dietetics, by L. Nicholls, H. M. Sinclair and D. B. Jelliffe. Bailliere, Tindall and Cox, London 1961. The Williams & Wilkins Co., Baltimore, 1961, pp. 457, \$10.00.

This is the fourth edition of a manual of tropical medicine "designed to be of practical use to all medical personnel working in the tropics." The book retains the valuable features of the previous editions and reflects the stature and experience of the persons undertaking the revision. The new chapter on "Malnutrition in Young Children" and the complete revision of the chapter on "Public Health Nutrition" are excellent. Essentially all the material of the earlier edition is contained in this one and the changes consist primarily of adding up to date references to kwashiorkor, selenium, vitamin B₁₂ and fatty acids, introducing recent nomenclature for the vitamins and eliminating outmoded sections on streptogenin and acid-base balance. A number of good photographs illustrating states of clinical malnutrition have also been included, and the index has been expanded. The book retains the useful chapters on the identification and classification of tropical foodstuffs, processing and preparation of food, food poisoning and the control of insect pests in cereals—information not ordinarily available in books on nutrition. The thirteen-page food composition table appears unchanged from the previous edition although much new information is now available.

The greatest value of the book lies in the practical discussions regarding diets in hospitals, prisons and other institutions, laborers' diets, infant and child feeding, nutritional disorders, improvement of nutritional health of the community and the utilization of local food resources. It also gives an elementary review of carbohydrates, fat, protein, minerals and vitamins which is necessarily superficial for the needs of the specialist in nutrition, but probably valuable for the reference use of the nonspecialist. An unfortunate repetition from previous editions is the statement that "thiamine, folic acid and B₁₂ produce a similar reticulocyte response in patients with pernicious anemia" without the warning that only vitamin B₁₂ is effective in preventing the neurologic manifestations of this condition. It should be evident from

the foregoing that most physicians and public health workers in tropical areas will find this book useful in helping them deal with the nutrition problems which they are likely to encounter.

NEVIN S. SCRIMSHAW

Protein Needs of Infants and Children, Publication 843. The National Academy of Sciences-National Research Council, Washington, 1961, pp. 569, \$5.00.

In August 1960, a four-day conference was held in Washington to summarize and evaluate protein needs in infancy. Sponsored jointly by the Committee on Protein Malnutrition of the Food and Nutrition Board, National Research Council, (W. H. Sebrell, Chairman) and the Nutrition Study Section of the National Institutes of Health, this conference attracted thirty-three investigators from eighteen foreign countries and forty-two scientists from the United States.

The contributions, both formal and in the subsequent discussions, present the results of a worldwide attack on protein malnutrition by the development of suitable local products such as soy beans, peanuts, sesame and vegetables. Reports are presented from all over the world.

Of considerable interest to the general reader will be the papers gathered under the title of "Relevant Research in the United States" in which such subjects as protein malnutrition in mentally retarded children, and adolescent nutrition in relation to tuberculosis, are discussed.

The studies range from fundamental laboratory research to clinical application, food technology and acceptability and economics. As the chairman summarized, the mere availability of a desirable food product is not enough, and the scientists' responsibility continues into doing all that is possible to make a food product beneficial and acceptable. Large scale commercial production and standardization and distribution of food need more research and development.

Today there are still millions of infants and children on this crowded planet who suffer from the widespread effects of malnutrition. How to meet this need is a problem of the first magnitude. This book is a helpful guidepost along the way.

S. O. WAIFE

Some Recent Developments in the Chemistry of Phosphate Esters of Biological Interest, by H. Gobind Khorana. John Wiley & Sons, New York, 1961, pp. 141, \$5.25.

As the author points out in the general introduction to this volume, an amazing variety of the manifestations and functions of organic phosphate esters have been discovered to occur in the metabolism of the cell since the first demonstration in 1905 of the dependence of alcoholic fermentation on inorganic phosphate. Dr. Khorana, Professor and Co-Director at the Institute for Enzyme Research at the University of Wisconsin and the first to synthesize coenzyme A, originally assembled the material of this book for a series of lectures at the Rockefeller Institute in 1959. As the title indicates, it is a review of chemical structure and synthesis of phosphate esters of biological importance. After considering the synthesis of monoesters of phosphoric acid and of cyclic phosphate formation and its applications, he goes on to consider nucleoside polyphosphates, nucleotide coenzymes, polynucleotides and carbodimides with respect to structure and synthesis.

This book is written for the organic chemist and for the biochemist interested in the details of this important area.

MAURICE E. SHILS

Atlas of Clinical Endocrinology, 2nd ed., by H. Lissner and R. F. Escamilla. C. V. Mosby Co., St. Louis, 1962, pp. 489, \$23.00.

For those unfamiliar with this atlas it may be described as "a concise and largely visual presentation of endocrine disorders in atlas format." The text material is intentionally abbreviated. Five years after the first edition, the current book includes eighteen new plates and data on several new syndromes have been added.

An atlas is only as good as its illustrations. In this work there is a curious mixture of old, poor (if historic) figures and vivid, lucid photographs. How much is unavoidably lost in black and white is made clear by viewing the three color plates. Unfortunately, enough photographs are of poor quality to make one wish the authors would replace some frequently reproduced illustrations with closer or clearer views. This is particularly true for gigantism.

The section dealing with syndromes simulating endocrinopathies, such as progeria, Marfan's syndrome, gargoylism, is a useful and practical contribution. Some twenty pages are devoted to an appendix containing normal values of labo-

ratory tests, developmental patterns, bone age, etc. The value of some tables, such as height-weight tables and endocrine preparations used in hormone therapy, is less clear. Some tests, such as the circulating eosinophil response to ACTH, are of only limited interest.

On the whole, however, the atlas is useful for those who would like a handy pictorial reference guide to the highways and byways of endocrine disorders.

S. O. WAIFE

BOOKS RECEIVED FOR REVIEW

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

World Health Organization Technical Report Series No. 228. Evaluation of the Toxicity of a Number of Microbials and Antioxidants. FAO and WHO, Geneva, 1962, pp. 104, \$1.25.

Praktische Gastroenterologie, by E. Hafer. Georg Thieme Verlag, Stuttgart, 1962, pp. 478, DM 59.

Ciba Collection of Medical Illustrations, vol. 3. Digestive System, part II, Lower Digestive Tract, prepared by F. H. Netter and edited by E. Oppenheimer. Ciba Pharmaceutical Co., Summit, N. J., 1962, pp. 243, \$15.00.

Annual Review of Medicine, vol. 13, edited by D. A. Rytand. Annual Reviews, Inc., Palo Alto, Calif., 1962, pp. 552, \$7.00.

Living at Your Best with Multiple Sclerosis, by G. H. Hess. Charles C Thomas, Springfield, Ill., 1962, pp. 106, \$4.00.

Human Ecology and Susceptibility to the Chemical Environment, by T. G. Randolph. Charles C Thomas, Springfield, Ill., 1962, pp. 148, \$6.50.

Secretory Mechanisms of the Gastro-intestinal Tract, by R. A. Gregory. Edward Arnold, Ltd., London, 1962, pp. 248, \$8.00.

The Vitamin Hunters, by A. von Haller. Chilton Co., Philadelphia, 1962, pp. 307, \$5.95.

Pediatrics, 13th ed., by L. E. Holt, Jr., R. McIntosh and H. L. Barnett. Appleton-Century-Crofts, Inc., New York, 1962, pp. 1,395.

Friend or Enema, by C. F. Clark. Twinkle Press, Roanoke, Va., 1962, pp. 95, \$2.95.

Introduction to Nutrition, by H. Fleck and E. Munves. The MacMillan Co., New York, 1962, pp. 656, \$6.50.

Ciba Foundation Symposium. Tumour Viruses of Murine Origin, by G. E. W. Wolstenholme and M. O'Connor. Little, Brown & Co., Boston, 1962, pp. 441, \$10.75.