

Reviews of Recent Books



Malnutrition and Food Habits, Report of an International and Interprofessional Conference, edited by A. Burgess and R. F. A. Dean. Tavistock Publications, London, 1962.

This book reports the third of a series of international conferences in the field of nutrition in which the Josiah Macy, Jr. Foundation has cooperated with the World Health Organization and the Food and Agricultural Organization in the presentation of nutrition work. This book attempts to present a narrative form of background papers presented by leaders attending this conference and the discussion of the various papers. By and large the editors have succeeded in weaving together an interesting story but, as might be expected, when a story is told by a number of persons there is some unevenness in presentation. The important fact to be derived from this book is that a nutritional evaluation of a population can no longer be a simple evaluation of the nutritional status of a sample group examined or even an evaluation of the diets consumed. It must delve more deeply into the way of life of persons who have been influenced by centuries of cultural practices, sociologic development and psychologic interplay resulting from food deprivation and individual reactions to this. In other words, any attempt to improve and better understand the nutritional problems associated with a technically underdeveloped country must be made on a team-approach basis in which anthropologists, sociologists, psychologists, nutritionists and physicians, all adept and trained at least minimally in the basic concepts of public health, work together as a team to unravel and learn more of the nutritional status and development of a population.

It is evident that one of the greatest problems which confronts nutrition development is the lack of people trained for teamwork in public health nutrition programs. Nutritionists and social scientists need to understand the concepts and limitations of each other much more. Program directors particularly are needed to coordinate the activities of a team derived from a diffuse educational background and weld them into a smooth working unit, free of conflict and capable of producing information and obtaining the desired results. This obviously is not easy in view of the fact that there is probably

no single university that provides this type of training at the moment. As an afterthought, might it not be time to consider the development of an international school, specifically devoted to training people for the challenges that lie ahead in working out the problems of technically underdeveloped areas? This could be done in conjunction with a university or hopefully could be a joint effort of such a unified body as the United Nations.

This book is especially important for persons in the various social and physical sciences who tend to ride their own hobby horses toward the solution of nutrition problems in technically underdeveloped countries. Here is an attempt to emphasize the importance of "togetherness" in an approach to the solution of some of these most difficult problems. This book is well worth reading. W. A. KREHL

Clinical Nutrition, 2nd ed., edited by N. Jolliffe. Harper & Brothers, New York, 1962, pp. 1012, \$23.50.

The editor, Norman Jolliffe, has made many significant contributions to the field of clinical nutrition, but perhaps the most tangible is this book. His first edition in 1950 became a standard reference throughout the world. Shortly before his death, he completed this revision which is truly a lasting tribute to his earnest and capable endeavors.

Clinical nutrition has become such an integral part of the field of medical practice that no specialist can afford to ignore it. The many applications of nutrition are ably presented by twenty-three outstanding contributors to this second edition.

In the first two chapters, Norman Jolliffe eloquently related the important features of nutritional diseases, both primary and secondary. His section on clinical signs is lucid, descriptive and well illustrated by color photographs. The following four chapters are devoted to the major foods; protein, carbohydrate, fat and to caloric requirements. These chapters will bring to the clinician an appreciation of current biochemical advances as they apply to his patients. The next six chapters present in detail the metabolic roles of choline, calcium and phosphorus, iron, trace elements, iodine and sodium and potassium. Again these chapters are written from the clinical viewpoint.

They will serve as a valuable reference for student and clinician alike. The remainder of the micro-nutrients or essential vitamins are discussed in the next ten chapters. Each is written by an authority who has a firm grasp of his subject and presents practical as well as scientifically accurate data. In the final chapters the application of nutritional therapy is well described. The concept of optimal nutrition versus maximal nutrition is discussed in the relationship between diet, longevity and disease. The role of food in preventing as well as in treating illness is emphasized. This was the basis of Jolliffe's "prudent diet." The physician is told how to evaluate the nutritional status of his patients in specific terms which he can apply in his office. This is an art which has not been taught in most medical schools. Furthermore, the practical application of dietary therapy is described in concise understandable terms. The last chapters deal with the problems of ischemic heart disease, hypercholesterolemia and obesity. There is no nonsense in these chapters but merely a presentation of scientific data, a reasonable interpretation of these data and sensible suggestions based upon the best available information at the present time. For the physician who has "gone overboard" on the topic of coronary heart disease, these two chapters will be especially helpful.

This book is outstanding in its presentation of the many aspects of clinical nutrition. It is written by qualified people and is well organized to allow rapid reference to any topic. It suffers from only a few defects; fortunately, these are minor. There is a certain amount of repetition and overlapping which is bound to result when a number of authors write different sections. Nevertheless, this book should be required reading for every medical student; and for the practitioner it integrates the many fragments of information which most students and physicians have collected. To Norman Jolliffe, a hearty "well done." ROBERT E. HODGES

Diet Manual, by the Dietary Staff of Vanderbilt University Hospital. Vanderbilt University Press, Nashville, Tenn., 1961, pp. 157, \$4.00.

This diet manual was written to serve as a guide to the dietitian, physician, nurse and student of these professions. The manual includes details of commonly used diets in the Vanderbilt University Hospital: the normal diet; modified diets such as liquid, soft and bland; diets modified for the level of one or more nutrients such as diabetic, calorie-restricted, fat restricted, calcium-restricted, protein-potassium-restricted and sodium-

restricted; metabolic research diets; tube feedings; pediatric diets and certain miscellaneous modifications.

The positive approach to diet therapy is stressed; thus, foods to avoid are stated for only a few diets. Each diet is described fully in terms of general characteristics, detailed listing of foods allowed in each food group and sample menu patterns. The diets are not intended for direct distribution to patients, and further interpretation would be necessary for the education of the patient.

The manual is up-to-date with respect to therapeutic rationale, well organized and easy to use. Occasionally, decimal point calculations for nutrients such as fat, sodium and potassium imply a precision not reached in the practice of diet therapy. Newer tables for sodium and potassium, based on cumulative data, are preferred to the table in this manual. These criticisms, however, are minor.

This manual may be recommended as a reference to physicians, nurses and dietitians. Its use is most certainly not limited to practices in the Vanderbilt University Hospital. CORINNE ROBINSON

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.

The Nutritional Basis of Reproduction, by J. W. Millen. Charles C Thomas, Springfield, Ill., 1962, pp. 125, \$5.50.

Glucagon: Chemistry and Function in Health and Disease, by P. P. Foà and G. Galansino. Charles C Thomas, Springfield, Ill., 1962, pp. 126, \$6.75.

Diseases of Porphyrin Metabolism, by A. Goldberg and C. Rimington. Charles C Thomas, Springfield, Ill., 1962, pp. 231, \$9.75.

Ciba Foundation Study Group No. 12, Curare and Curare-like Agents, edited by A. V. S. de Reuck. Little, Brown & Co., Boston, 1962, pp. 103, \$2.95.

Ciba Foundation Symposium on The Exocrine Pancreas. Normal and Abnormal Functions, edited by A. V. S. de Reuck and M. P. Cameron. Little, Brown & Co., Boston, 1962, pp. 390, \$11.50.

