Reviews of Recent Books

Peptic Ulcer by Lucian A. Smith, A.B., M.D., M.S. in Med., F.A.C.P., and Andrew B. Rivers, M.A., M.D., M.S. in Med., F.A.C.P., Appleton-Century-Crofts, Inc., New York, 1953, pp. 576, $12.50.

In the foreward of this book, Dr. George B. Eusterman properly points out the unique emphasis placed upon the symptom of pain by the authors. Throughout the book they stress the significance of variations in pain in diagnosis of ulcer and its complications, as well as in differential diagnosis. The authors also draw heavily upon the tremendous volume of material accumulated at the Mayo Foundation for their opinions and conclusions on the controversial aspects of the ulcer problem. Such material allows for excellent analysis of morbid anatomy, but one wishes that the authors had been as thorough in their presentation of the corresponding physiology and pathologic physiology. Practically no mention is made of the relationship of the endocrine system, particularly the pituitary-adrenal axis, to gastric function or pathology.

Although treatment of peptic ulcer and its complications is not standardized, the authors are at variance with majority opinion on certain points. Their basic ulcer diet of milk and cream contains only 60 Gm. of protein. They do not suggest additional protein supplements which, for a variety of reasons, have been found desirable in ulcer therapy. Their approach to the treatment of gastric ulcer is heavily weighted on the surgical side, even though an ever increasing number of internists and surgeons are advocating a suitable trial of medical management. Conservative management is recommended by the authors in the treatment of hemorrhage, but this reviewer feels that blood should be administered even before the "pulse rate exceeds 140 beats per minute or a systolic blood pressure of less than 80 mm. of mercury" is reached. Prevention of shock in the patient with hemorrhage is a basic concept of conservative management with which the authors agree. Although this text contains much valuable information, this reviewer feels that it is deficient in many important data available in recent years.

Handbook of Dietetics for Nurses by C. F. Harris, Baillière, Tindall and Cox, London, and The Williams & Wilkins Co., Baltimore, 1953, pp. 196, $4.00.

This book presents the essentials of normal nutrition and the principles of diet in disease in a remarkably compact, modified outline form. The text is clearly written and should be readily understood by the student nurse. The author is well qualified to present the subject matter from the standpoint of British food customs and of ration allowances.

Almost half of the book is concerned with normal nutrition and includes essential information pertaining to: classification, composition, and function of food constituents; metabolism of food; food allowances on the basis of the recommended dietary allowances of the National Research Council; a table of nutritive values of foods; characteristics of foods and principles of cookery together with basic recipes; feeding during pregnancy and lactation; feeding of infants and children.

The second part of the book relates to therapeutic diets in diseases of the alimentary tract, liver, gallbladder and biliary tract, kidneys and urinary tract, cardiovascular and nervous systems, in arthritis and gout, in diabetes mellitus, and in obesity and leanness.

The text includes specimen diets to illustrate the principles observed in the treatment of the various disease conditions. The nutritive value of most diets has been calculated, and recommendations are made for supplementation whenever the diet itself is not nutritively adequate.

It is to be regretted that the diets are not more closely integrated with the normal diet. Because diets are prescribed for specific diseases, there appears to be a larger number of diets than necessary. For example, there is one set of equivalents for the diabetic diet and another set for low caloric diets, whereas one set of equivalents might serve both diets.

Several items in this book will be of special interest to the reader in the United States. There is an enlightening comparison of hospital dietaries during the last 100 years from a London hospital. The gluten-free diet for celiac disease is described. Also included are lists for low potassium diets, low and high calcium diets.

This book can be recommended as a useful reference to the dietitian and physician in correlating British and American practices in dietetics. C.R.

Gourmet Cooking for Cardiac Diets by F. Field, The World Publishing Co., Cleveland, 1953, pp. 350, $3.50.

This book is intended to help the patient with cardiac disease to plan and prepare appetizing foods even though the diet may be severely restricted. A considerable number and variety of recipes for the low sodium diet are included, together with a smaller number of recipes for low calorie, low cholesterol, and

low purine diets. In addition, menu plans and details for the low sodium, low calorie, low fat, low cholesterol, and low purine diets are given.

The recipes include ingredients found in most American kitchens, together with many suggestions for herbs and flavorings which can be stocked and used to advantage. The directions are concisely given and easily followed. For the most part, family-size recipes are listed, but the number of portions should be carefully noted before preparation is started, inasmuch as the number of servings varies from one to eight. It would seem impractical to use family-size recipes whenever low sodium milk is required, since this product is too expensive for routine use.

Estimated caloric and sodium values are stated for one portion of each recipe, except for bread, in which case values are given per loaf. The computations are based on the use of milk in those prepared foods where milk, low sodium milk, or other liquid might be used.

The parts of the book which concern details of the various diets and menu plans must be used with considerable caution. They cannot be recommended as a blanket substitution for detailed dietary instruction by the physician or dietitian, inasmuch as this presentation is poorly organized, sometimes misleading, and occasionally incorrect. For example, on page 60, there is no discrimination between foods of negligible sodium content such as most fruits and vegetables, and those naturally containing moderate to high amounts of sodium such as meat, eggs, buttermilk. Ordinary lots of cottage cheese would be salted, while even unsalted cottage cheese would be used in limited amounts or even omitted on severely restricted diets.

On page 63 there is no valid reason to describe dietary sodium content in terms of table salt (400 mg. Na or $^1/_4$ teaspoon of table salt). The patient is likely to relate such a statement to the amount of table salt he may use.

Mineral oil salad dressings are recommended for low calorie diets, a practice long frowned upon by nutrition and medical authorities. The Kempner rice diet is inadequately described, and its inclusion is therefore questioned. The relatively few recipes included for low cholesterol and low purine diets detract from the unity of the book and add little in terms of usefulness.

The author recommends that the patient use this book as a supplement to specific diet instructions given by the physician. If that advice is followed, and if the patient already has a thorough understanding of his diet and of the specific foods which may be used, the recipes can be helpful in achieving interesting meal variety. C.R.

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.

The Mechanisms of Disease by J. Stambul, Froben Press, Inc., Fort Pierce Beach, Fla., 1952, pp. 746, $15.00.

General Biochemistry by W. H. Peterson and F. M. Strong, Prentice-Hall, Inc., New York, 1953, pp. 469, $8.65.

Food for Life, edited by R. W. Gerard, The Univ. of Chicago Press, 1952, pp. 306, $4.75.