

Reviews of Recent Books

Biochemistry and Physiology of Nutrition, Vol. II, edited by G. H. Bourne and G. W. Kidder, Academic Press, Inc., New York, 1953, pp. 582, \$15.00.

The second of the two volumes in this international review of nutritional chemistry and physiology is equally divided among American and British authorities. Among the subjects discussed are structural changes in vitamin deficiency, coenzymes, respiratory and phospholytic enzymes, iron, calcium, and phosphorus metabolism, and trace elements. Dr. Goldsmith presents a concise and unusually complete review of current investigations applied to human nutrition.

Like the first volume (reviewed in these pages, Vol. 1, page 560, Nov.-Dec. 1953), this book has the chief advantage of being useful—which is, after all, the main purpose of scientific books. The multitudinous references, many surprisingly current, appear as footnotes; together with a complete author and subject index, they make the wide subject coverage conveniently available.

These volumes will prove unusually valuable to serious workers in the field. Certainly, those with an interest in physiology and biochemistry will refer to it. Clinicians, nutritionists, and dieticians will also appreciate its scope and quality. S.O.W.

Progress in the Chemistry of Fats and Other Lipids, Vol. 2, edited by R. T. Holman, W. O. Lundberg, and T. Malkin, Academic Press, Inc., New York, 1954, pp. 323, \$9.80.

The chemistry and biology of lipid materials, after a slow start, has grown very rapidly in scope in recent years. This book, a collection of monographs, is an attempt to organize the accumulating data in this field.

Among the subjects covered are surface properties of fatty acid, infrared absorption spectroscopy, auto-oxidation of fats, and several others.

Of particular interest to our readers is the excellent review, "Nutritional Significance of the Fats" by H. J. Deuel, Jr., Los Angeles. Based on 425 references, many of recent vintage, this is a complete survey of such facets of lipid metabolism as the relationship of fat intake to protein metabolism, growth, and work capacity, effect of fat on vitamin requirements, and the relationships of fat to x-radiation thyrotoxicosis, and stress. There is an adequate discussion on digestibility, absorption, and comparative nutritive values of various fats found in average diets.

Among the conclusions is the statement that fats have beneficial effects over and above that of their essential fatty acids—a conclusion also suggested by Meng and Youmans in a recent report in this JOURNAL (J. CLIN. NUTRITION 1: 372, 1953).

This volume should prove of considerable value to nutritionists and all who are concerned with lipid chemistry. S.O.W.

Study in Human Starvation. 2. Diets and Deficiency Diseases. Map published by American Geographic Society, New York, Oct. 1953. Price \$1.25 folded; \$1.50 flat.

The American Geographic Society has available a most interesting map of the world distribution of deficient diets and deficiency diseases. It actually consists of 6 maps on one chart and is based on a compilation of official and unofficial data from more than 300 sources.

Although the United States and much of Europe are outstanding in being essentially "free" of serious nutritional deficiency, the widespread existence of malnutrition is striking. One need not look at darkest Africa or the remote regions of central Asia to find how much of the world subsists on an unsatisfactory food intake.

There is also included a long list of all the important bibliographic data on this aspect of geographic medicine.

This work will prove of great value to all persons interested in global nutrition and serves as a chastening reminder of the millions of ill-fed on the earth today. S.O.W.

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.

A Symposium on the Mechanism of Enzyme Action, edited by W. D. McElroy and B. Glass, The Johns Hopkins Press, Baltimore, 1954, pp. 816, \$11.00.

Eating Together, The Diabetic Cookbook for Family Use by C. Macaulay, Farrar, Strauss & Young, Inc., New York, 1950, pp. 419, \$3.95.

Food Selection and Preparation by M. D. Sweetman and J. Mackellar, John Wiley & Sons, Inc., New York, 1954, pp. 645, \$6.50.

Practical Chromatography by R. C. Brimley and F. C. Barrett, Reinhold Pub. Corp., New York, 1953, pp. 128, \$5.00.