

# Reviews of Recent Books

**Protein Metabolism** by R. B. Fisher, Methuen & Co., Ltd., London, 1954, pp. 198, \$2.50.

This little book of 192 small pages is a good concise summary of protein metabolism with emphasis on amino acids. Rather than cover the entire field, the author has limited his discussion to a few pertinent subjects. The chapter on the use of isotopes in the study of protein metabolism presupposes some familiarity with the subject matter, but presents a dynamic picture of the "metabolic pool." Endocrine interactions are briefly described. There is an excellent chapter on the nutritive value of proteins which leans heavily on the 1946 review article by R. J. Block and H. H. Mitchell.

Perhaps the best feature of the book is the emphasis on what is known as distinct from what is believed or interpreted. The author rightly reminds us also of our tendency to suppose that the latest is the best, which "tends to induce some disproportion in the thinking of both writer and reader." This approach is unusual and welcome.

Each chapter has a brief "conclusion" at the end which recapitulates the points made earlier. There is an index and a number of clear figures are included.

Although the title may suggest a complete treatise on the subject and therefore may be misleading, the book does achieve its aim of presenting a new viewpoint on certain facets in this wide field. S.O.W.

**Food Selection and Preparation** (fourth edition) by Marion Deyoe Sweetman and Ingeborg MacKellar, John Wiley & Sons, Inc., New York, 1954, pp. 645, 47 illustrations, 65 tables, \$6.50.

The subject of food from the store to the plate is covered in four sections. Section I includes a presentation of the basic standards for the appraisal of foods: nutritive quality, digestibility, sanitary quality, palatability, and economy. The techniques of food preparation and preservation are covered in two chapters of Section II, followed by a discussion in Section III of the structure of food materials. The seven chapters of Section IV are devoted to the selection and preparation of foods: fruits and vegetables; milk and its products; eggs; meat and allied foods; fats and oils; sugars and food mixtures high in sugar; grains and their products.

Diagrams, charts, and photomicrographs showing the effects of various procedures in food preparation

effectively clarify and extend the information given in the text. The sixty-four tables throughout the text are worthy of careful study. They contain a wealth of information concerned with the nutritional contributions of foods, data on per capita consumption, time-temperature charts in food preparation, the effects of various methods of processing on nutritional quality and palatability, and many others. An additional table in the Appendix gives the nutritive values of household quantities of foods.

This reviewer considers the text especially noteworthy for the emphasis and motivation which is provided throughout for the preservation of the nutritive qualities of foods, as well as the maintenance or enhancement of the wholesomeness and palatability of foods.

This text can be highly recommended for use in food preparation courses in colleges of Home Economics. An elementary knowledge of organic chemistry is essential for the more technical aspects of the discussion, but selected portions may be used satisfactorily in first courses of foods by students who have had no chemistry. The book will prove to be a most useful reference for the dietitian and home economist. C.H.R.

**Experimental Diabetes and Its Relation to the Clinical Disease. A Symposium Organized by The Council for International Organizations of Medical Sciences**, edited by J. F. Delafresnaye, Charles C Thomas, Springfield, 1954, pp. 337, \$5.50.

Many of the world's leaders in metabolism and diabetes participated in a symposium organized on the occasion of the first congress of the International Diabetes Federation at Leiden, July 1952. The presentations and the following discussions are recorded in this interesting book. The authors include such authorities as Best, de Duve, Lazarow, Conn, Long, Cori, Lukens, Hagedorn, Hoet, and Young, among others.

Chapters are devoted to glucagon, alloxan diabetes, adrenal steroids, growth hormone, pregnancy, and heredity. All are thoughtful essays covering the latest information on a current problem. The recorded discussions are particularly stimulating. As R. D. Lawrence says, "the twin sisters clinical observation and laboratory experiment walk very closely hand in hand in diabetes." The "diabetologist," the "metabolist," and the internist will be profitably rewarded by this volume. S.O.W.

**Symposium on Problems of Gerontology.** Proceedings of a Symposium held under the auspices of The Johns Hopkins University, School of Hygiene and Public Health and The National Vitamin Foundation, Inc., New York, March 2, 1954. By F. H. Bethel, B. F. Chow, C. S. Davidson, H. J. Deuel, Jr., D. J. Ingle, J. E. Kirk, A. I. Lansing, C. N. H. Long, H. A. Rafsky, and N. W. Shock. The National Vitamin Foundation, Inc., New York, pp. 141, paper, \$2.50.

There is much highly nutritious intellectual meat in this collection of ten papers relating to the metabolic aspects of aging by active research investigators. As is inevitable, there is fragmentation of data into highly specialized areas, and the omission of a summary of the data and concepts presented is unfortunate. One may fail to see the forest by concentrating on individual trees.

Shock reports anent his studies on Vitamin A absorption in relation to age, age changes in glucose tolerance, in renal function and metabolism. Lansing discusses certain mechanisms of aging with rotifers, particularly with reference to maternal age and growth characteristics. Deuel presents very interesting data concerning sex differentials in fat metabolism. Davidson points out the role of endocrine control in protein metabolism in relation to the endocrine alterations which occur in senescence. Chow presents certain data relating to the utilization of Vitamin B<sub>12</sub> with advancing age. Kirk reports upon blood and urine vitamin levels in various groups

of people and discusses the pathogenesis of low values. Bethel presents his ideas anent hemopoietic factors with reference to aging, and Long considers the role of the adrenal cortical steroids in affecting metabolic activity. This is further elaborated by Ingle in a discussion of endocrine stress and the adaptation syndrome. Rafsky closes the discussion with a consideration of some of the special nutritional problems of the aged as observed and studied in a Home for the Aged.

This symposium is worthy of careful study by all those interested in clinical nutrition and geriatric medicine.

E. J. STIEGLITZ

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 a more extensive review.

*Vitamins in Nutrition and Health* by Audrey Z. Baker, Staples Press, Inc., New York, 1954, pp. 147, \$2.50.

*Nieren-Clearance-Untersuchungen im Kindesalter* by F. K. Friederiszick, S. Karger, Basel, 1954, pp. 112, Sw. fr. 14.55.

*Clinical Approach to Jaundice* by Leon Schiff, Charles C Thomas, Springfield, 1954, pp. 113, \$3.75.

*Roberts' Nutrition Work with Children* by Ethel Austin Martin, Univ. of Chicago Press, 1954, pp. 527, \$7.50.