Reviews of Recent Books

Feeding Your Child, by Samuel M. Wishik, Doubleday and Company, Inc., New York, 1955, pp. 223, $3.50.

The feeding of infants and children presents innumerable problems to parents, especially to those with their first-born child. No textbook can anticipate and describe for parents every situation and its exact circumstances upon which information might be desired. Nevertheless, Dr. Wishik in this book has succeeded admirably in providing practical answers to a wide variety of questions which are bound to arise in the course of raising a child.

The book is divided into eleven chapters with numerous captions in each chapter. This arrangement not only makes for easy reading but permits the reader to locate a specific point with a minimum of time and effort. The information supplied is sound and expressed in simple common-sense language easily understood. It reflects the author's thorough familiarity with the feeding peculiarities encountered in infants and children. Furthermore, his advice is in keeping with modern thinking on such topics as "Should I Nurse My Baby?," "Demand Feeding," "Rooming-In," time of beginning solid foods for the infant, and the well-known capriciousness of the appetite of the pre-school child.

In the reviewer's opinion, parents and physicians alike will find this a very readable informative book.

LEE FORREST HILL

Nutrition Sourcebook, by Oliver E. Byrd, Ed. D., M.D., Stanford University Press, Stanford, Calif., pp. 370, $7.50.

The author of this collection of abstracts also edits the *Health Yearbook*, and these books are parallel in format and design. There are 400 abstracts varying considerably in length, subject matter, age of source (some go back to 1942) and, more important, scientific merit. There is a curious mixture of abstracts of "scientific" papers and others expressing opinions in the Congressional Record, newspapers, and lay magazines. There is an adequate subject and author index.

The objective of the author is to select a representative sample of the nutrition literature, and the 400 papers were screened and selected from about 4000 professional articles. It is, therefore, of interest that only 89 articles were selected from the recognized nutritional, dietetic, and gastroenterologic journals in this country. Perhaps the prominence of general and specialty medical journals and lay periodicals may be ascribed to the author's objective in presenting this material to "nutritionists, health educators, school lunch-room personnel . . . as well as that segment of the general population that needs reliable nutritional information." For this last named group this book might hold its greatest attraction.

S. O. W.

Clinical Biochemistry (fifth edition), by A. Cantarow, M.D., and M. Trumper, Ph.D., W. B. Saunders, Philadelphia, 1955, pp. 638, $9.00.

For 23 years "Cantarow and Trumper" has occupied a special place on the bookshelves of physicians who were interested in the integration of the laboratory and the bedside. The demand, as evidenced by five editions, has not diminished; in fact, the recent rapid growth of biochemical and physiologic knowledge makes this need even greater.

The present edition contains much new material. This reviewer compared his copy of the second edition (1939) with the new edition and the differences are striking indeed. The index continues to be unusually detailed and hence useful in a book of this type. There is also a valuable chapter (written with A. E. Rakoff) on hormone assay and endocrine function.

It is hoped that future editions may include even more illustrations, because, in my opinion, metabolic processes can often be vividly presented in graphic form.

Most if not all of the subject matter will be of interest to nutritionists, and they will join other readers in thanking the authors for a difficult task well done.

S. O. W.

The Body Fluids—Basic Physiology and Practical Therapeutics, by J. R. Elkinton and T. S. Danowski, Williams & Wilkins Co., Baltimore, 1955, pp. 626, $10.00.

The modern period of medicine may be called the Physiologic Era. This is reflected in the current literature and strikingly so in this fine scholarly work by two leaders in the field of electrolyte metabolism. The authors were both former members of the Yale school of body fluid physiology and made major contributions themselves, so that they write with wide experience and authority.

It can be said at the onset that this is the most comprehensive of the recent texts on fluid balance and electrolyte metabolism. The mass of data culled from the literature is amazingly large and ranges from the evolution of the protovertebrate of the Early Paleozoic

Era to the artificial kidneys of today. The basic physiologic principles are exhaustively discussed in 290 pages. This is followed by a section of equal length on clinical entities involved in fluid metabolism. Readers will particularly appreciate the detailed index and the useful appendix. Some may be a trifle troubled by the method of identifying the numerous figures, and by the reference citations using numbers and letters. The coverage is not only complete but current, with many references from 1954. The authors deserve a vote of thanks for this labor of love.

This is not a book for the freshman medical student. It will be, however, particularly valuable to house officers, clinicians, and investigators in all fields in which metabolism, with its endocrine and nutritional interrelationships, must be understood if therapy is to be intelligently applied. This will include practically all of the new medicine in this Physiologic Era.

S. O. W.

The Thyroid, edited by Sidney C. Werner, Hoeber-Harper, New York, 1955, pp. 789, illus. 130, figs. 63, $20.00.

The 60 contributors who have supplied the material for this encyclopedic volume are known widely for their fundamental clinical and laboratory investigations in the field of thyroid physiology and disease. The rapid progress made within the past decade in our understanding of the internal workings of the thyroid gland is presented by Stanburg, who traces the mechanisms involved in the formation of thyroxine from iodine and tyrosyl radicals. The utilization, metabolism, and disposal of the thyroid hormones have been extensively studied; these items are considered in separate chapters, together with the actions of the antithyroid drugs and inhibitors. The reader is brought abreast of the current inquiries into the role of thyroxine activity in the biochemistry of the cell; the normal and abnormal histology of the thyroid is described and extremely well illustrated in the text. The waning interest in the basal metabolism test is evidenced by the abbreviated account of this phase of thyroid physiology, although the clinical aspects of the BMR are treated adequately. The sections dealing with serum precipitable iodine and, particularly, with methods for examination of thyroid activity with radioiodine are admirably and thoroughly discussed.

Over 500 pages in the third part of the volume are devoted to the diseases of the thyroid. Of interest is the experience recounted in the management of thyroid cancer. With respect to hyperthyroidism, the clinical aspects of this condition are presented in a series of well-integrated essays dealing with its etiology, skin and connective tissue changes, ocular manifestations, cardiovascular and musculoskeletal systems, as well as the other aspects of body metabolism influenced by thyroidal disorders. The basis for the selection of specific methods for treatment of thyrotoxicosis and the techniques employed is worthy of careful study. In the discussion of the management of thyroid crisis, however, the favorable effect of cortisone and hydrocortisone does not receive sufficient emphasis. Hypothyroidism and the various forms of thyroiditis comprise the concluding sections of the volume.

This text contains a wealth of material not found in any other single volume on the thyroid gland. It is assured a prominent place as an important reference work for those interested in human metabolism and the thyroid.

C. R. SHUMAN

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.

Infant Nutrition in the Subtropics and Tropics, by D. B. Jelliffe, W.H.O., Geneva (Distributed in U. S. by Columbia Univ. Press), 1955, pp. 237, $5.00.

Modern Nutrition in Health and Disease, edited by M. G. Wohl and R. S. Goodhart, Lea & Febiger, Philadelphia, 1955, pp. 1062, $18.50.

The Biochemistry of Vitamin B_{12}, edited by R. T. Williams, Cambridge, Univ. Press, 1955, pp. 123, $3.75.

Doctors' Offices and Clinics, by P. H. Kirk and E. D. Sternberg, Reinhold, New York, 1955, pp. 218, $12.00.

The Biliary Tract, by J. A. Sterling, Williams & Wilkins, Baltimore, 1955, pp. 424, $10.00.

Advances in Food Research, Vol. VI, edited by E. M. Mrak and G. F. Stewart, Academic Press Inc., New York, 1955, pp. 398, $9.00.

Physiology and Pathology of Infant Nutrition (ed. 2), by L. F. Meyer and E. Nassau, Charles C Thomas, Springfield, Ill., 1955, pp. 533, $11.50.