

Reviews of Recent Books



Physiology and Pathology of Infant Nutrition (second edition), by L. F. Meyer and Erich Nassau. Charles C. Thomas, Springfield, Ill., 1955, pp. 533, \$11.50.

The authors of this book are presently in Israel. Dr. Meyer is Professor of Pediatrics and Director Emeritus of the Children's Department of Municipal Hospital "Hadassah," Tel Aviv. Dr. Nassau is Chief, Children's Department Central Hospital of the Workers Sick Fund, Afulah, Israel. Translation from the original German has been done by Kurt and Susanne Glaser of Chicago.

Part One—Physiology of Infant Nutrition—has chapters on growth and development, physiology of nutrition, and on infant feeding. Material presented in this portion of the book is for the most part basic knowledge, differing but little from standard texts with which physicians in this country are familiar. Recommended mixtures for artificial feeding may, however, seem somewhat strange. For instance, the authors state that, "The liquid used for diluting the milk is, after the 12th to 14th day of life, today no longer pure water." Instead strained cereal water or flour cooked in water is preferred. The basic mixture recommended for healthy infants for the first three months of life is, "1/2 milk, diluted with 2 to 3% cereal water and 5% sugar and 1% fat." Czerny-Kleinschmidt's butter-flour mixture is considered a complete food for young infants, and frequent references are made to the usefulness of buttermilk and protein milk with carbohydrate additions. Whatever the feeding recommended, however, the authors are at pains to account for its nutritional correctness in terms of total calories, percentage composition, and essential supplements.

Part Two—Pathology of Infant Nutrition—considers the nutritional disturbances resulting from quantitative and qualitative deficiencies, diarrheas, and from infections both enteral and parenteral. Here the reader will be impressed by the unusual vividness of the clinical descriptions of disturbed nutritional states resulting from diarrhea. Only rarely are the severest forms described by the authors seen in this country today. Descriptive terms employed may be somewhat unfamiliar to our recent medical graduates, but those of a previous generation will readily recognize their European origin. Among them are such terms as dyspepsia, dystrophy, dysergia (lack of resistance against infections), toxicosis, alimentary intoxication, toxic gastroenteritis—the last three being synonyms.

The reader will be interested in the numerous therapeutic recommendations made for the management of

the diarrheal disturbances in their various stages. Parenteral fluid therapy is accorded proper consideration, but not to the extent that it would probably receive in a similar treatise written by American authors.

As the authors state, this book is intended for the medical student and the practicing physician. Both groups should find it interesting and informing.

LEE FORREST HILL

Medical Research: A Midcentury Survey. Vol. 1, American Medical Research: in principle and practice. Vol. 2, Unsolved Clinical Problems: in biological perspective. Published for the American Foundation by Little, Brown & Co., Boston, 1955, pp. 1505, \$15.00.

Here is one of the most important books in medicine in many years. Culminating a 15-year study by the American Foundation, this two-volume report brings the whole complicated picture of medical research in this country into the clear and open light. By presenting a strong case for the basic study of fundamental substances and mechanisms—which are part of all living things—it makes every medical and biological scientist see his work in proper perspective. This is no mean achievement.

The introductory chapter indicates the wide area from which source material was obtained and the aim and methods that have guided this study. Throughout the book medical research is considered in the perspective of biology, chemistry, physics, and mathematics. A strong blow is struck against the traditional distinctions between "basic" and "clinical" research. Furthermore, the whole important topic of planning and organizing research and the factors affecting them is lucidly presented.

Specific examples illustrated are the functioning of research institutes in university departments, medical schools, foundations, independent organizations, government, industry, and group clinics. Thus, for example, the influence of "service load" and "full-time" on research in medical schools are but two topics which are clearly discussed. Financing of the vast research world, and a survey of the scientific literature, of governmental control over commercial products, and of the standardizing influence of professional groups are also presented in the first volume. An amazing amount of information is to be found in this book.

The second volume deals with unsolved clinical problems "in biological perspective." The chapter

headings include current metabolic concepts, cancer, infertility, arteriosclerosis, hypertension, rheumatic syndromes, tuberculosis, virus diseases, alcoholism, and schizophrenia. Yet, so comprehensive is the view of each of these fields that almost the whole of present research in the life sciences is covered. (The sections on diabetes, cholesterol metabolism in arteriosclerosis, and alcoholism will be of special interest to readers of this journal.)

The discussions, in a sense, are a sweeping synthesis and review of current trends in research as pinpointed by specific developments and documented by selected articles in the literature. Although a 39-page list of "major sources" listed alphabetically is presented, the only fault this reviewer can find with the book is the absence of an index.

The style is remarkably clear considering the complexity of some topics. Unlike a multiple-authored work, there is a pleasant uniformity of approach and literary flavor.

Let it be said at once that there has long been a great need for such an impartial survey. The field of medical research is of course the heart of medical progress and that this is really its first comprehensive review and interpretation indicates a true coming of age of medical research.

This work deserves the widest dissemination, both to those who direct medical projects and to those who in any way participate in the march of medicine.

S. O. W.

Landmarks in the History of Hygiene, by Henry E. Sigerist, M.D., Oxford University Press, New York, 1956, pp. 76, \$3.00.

The author of these five short essays needs no introduction. As the former Director of the Institute of the History of Medicine at Johns Hopkins, Dr. Sigerist set a standard for scholarship and breadth of vision that was acknowledged all over the world. This little book comprises the Heath Clark Lectures delivered at the London School of Hygiene and Tropical Medicine in 1952.

In the first chapter Sigerist discusses Galen's *Hygiene* in an entertaining and charming style. Some of Galen's writings on nutrition and dietetics apparently contained very sound advice. A discussion of the important medieval book, *Regimen Sanitatis Salernitanum*, leads to a presentation of the famous medical school at Salerno. All medical bibliophiles will find much of interest in this essay.

The third chapter deals with the quest for long life during the Renaissance. Luigi Cornaro, who lived to be 98, recommended nutritional moderation, specifically, bread, a broth with egg and meat, plus of course, light wine.

A pioneer of social medicine and public health, Johann Peter Frank, is the subject of the next lecture. This little-known physician, who died in 1821, led an astonishing career, and much of the remarkable progress of the nineteenth century in preventive medicine and public health must have been due, directly or indirectly, to his efforts.

The final chapter, on the changing pattern of medical care, allows the medical historian to bring the light of the past to shine on the problems of the present. The result is a plan for the future. The broad humanitarian outlook, on which Dr. Sigerist expounded many times, is again lucidly presented. In short, one can recommend this book to all readers who appreciate that we learn from the past.

S. O. W.

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.

Experimental Tuberculosis (Ciba Foundation), Little, Brown & Co., Boston, 1956, pp. 396, \$9.00

Body Measurements and Human Nutrition, edited by Joseph Brožek, Wayne State University Press, Detroit, 1956, pp. 176, \$3.50.

Paper Electrophoresis edited by G. E. W. Wolstenholme and E. C. P. Millar, (Ciba Foundation), Little, Brown & Co., Boston, 1956, pp. 224, \$6.75.

Bone, Structure and Metabolism, G. E. Wolstenholme and C. M. O'Connor (eds.) (Ciba Foundation), Little, Brown & Co., Boston, pp. 299, \$8.00.

Tables of the Amino Acids in Foods and Feeding Stuffs, compiled by Dr. Harvey, Commonwealth Bureau of Animal Nutrition, Scotland, Tec. Comm. #19, 1956, pp. 52, 15 shillings.

Vitamins and Hormones, Vol. XIV, by R. S. Harris, G. F. Marrian and K. V. Thimann, Academic Press, New York, 1956, pp. 486, \$10.

Amino Acid Handbook by Richard J. Block, Charles C Thomas, Springfield, Illinois, 1956, pp. 385, \$10.50.

Breads, White and Brown by R. A. McCance and E. M. Widdowson, J. B. Lippincott, Philadelphia, 1956, pp. 174, \$5.00.

ABC für Zucker Kranke by F. Bertram, Geo. Thieme Verlag, Stuttgart, pp. 84, \$1.00.

Die Leberkrankheiten by K. Beckmann, Geo. Thieme Verlag, Stuttgart, pp. 253, \$8.60.

Biochemical Individuality, Roger J. Williams, John Wiley & Sons, Inc., New York, pp. 214, \$5.75.

