

flected in the author's attack against reputable pharmaceutical companies. He is on safer ground when he attacks the rejuvenating quackeries, the nonsensical nostrums, and the false claims of so-called reducing remedies. It is unfortunate that the author could not distinguish between the true, the half-true, and the untrue. The book cannot be recommended.

S. O. W.

Nutrition and Diet Therapy for Practical Nurses, by Lillian Mowry. C. V. Mosby Company, St. Louis, 1958, pp. 165, \$2.50.

The author of this little book is a hospital dietitian, who is aware of the type of questions which practical nurses are asked concerning food. The book is an effort to present, in understandable language, the knowledge of nutrition and diet therapy in relation to the total care of the patient.

The book is divided into two sections. Chapter 1 in the first section explains the importance of a balanced diet. The following chapters discuss carbohydrates, protein, fat, energy requirements, minerals and vitamins, digestion, planning menus for the family, and sanitation. The use of the basic four in translating the recommended allowances over into the daily needs brings the book up to date.

The second section, covering diet therapy, may easily be understood by a practical nurse. An attempt is made to simplify all terminology. This section if well covered by the instructor should give the student an appreciation of the importance of diet restrictions ordered by the physician. The diet for the diabetic is simplified by the use of exchanges. With good instruction the student should be able to calculate and manage the diet with confidence. Low-sodium diets, which are so often mismanaged from lack of understanding and confusion because of terminology, are carefully outlined to include the various levels of sodium intake. This is done very simply and should be followed with ease by the student.

Other chapters include routine hospital diets, modifications in individual constituents such as high caloric diets, high-protein, low-protein, low-fat, and minimum-fat diets, obesity, underweight, modifications in consistency, as diets in ulcer management, and allergy.

Long tables of food values have been omitted and in their place a valuable list of common foods are given in their household measures with their corresponding caloric value. A very valuable glossary of terms used in nutrition and diet therapy is given at the end of the book.

The reviewer believes that the value of the book will depend on the ability of the instructor who uses it. The suggestions for additional study given at the end of every chapter are excellent, and if used should stimulate the interest of the nurse. References used are from reliable sources. More emphasis could have been given to the description of the regular soft, mechanical soft, medical liquid, and surgical liquid diets (p. 89). The answers to some of the questions at the end of that chapter can only be found by referring to the references listed.

The author has done well in gathering a great deal of information together in a small, easily read book without sacrificing important things. It comes at a time when there is a great need for this book.

SR. MAUDE BEHRMAN

BOOKS RECEIVED

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.

Eat Well and Stay Well, by Ancel and Margaret Keys, Doubleday & Company, Inc., New York, 1959, pp. 359, \$3.95.

Shaker Recipes for Cooks and Homemakers, by William Lawrence Lassiter, Greenwich Book Publishers, New York, 1959, pp. 302, \$4.50.

Diseases of Laboratory Primates, by Theodore C. Ruch, W. B. Saunders Company, Philadelphia, 1959, pp. 600, \$7.50.

Gift Book of Personal Ideas, by Mary Mountain Scott, Greenwich Book Publishers, New York, 1959, pp. 39, \$2.50.

Diseases of Metabolism: Detailed Methods of Diagnosis and Treatment, edited by Garfield G. Duncan, W. B. Saunders Company, Philadelphia, 1959, pp. 1104, \$18.50.

Overfed but Undernourished: Nutritional Aspects of Health and Disease, by H. Curtis Wood, Jr., Exposition Press, New York, 1959, pp. 95, \$2.50.

Ciba Foundation Symposium on Biosynthesis of Terpenes and Sterols, edited by G. E. W. Wolstenholme and Cecilia M. O'Connor, Little, Brown & Company, Boston, 1959, pp. 311, \$8.75.

