

Reviews of Recent Books



The Birth of Normal Babies, by Lyon P. Streat. Twayne Publishers Inc., New York, 1958, pp. 194, \$3.95.

The author has a theory. He believes that "stressful situations," which include anything from overeating and starvation to hay fever and minor accidents, cause the excessive production of cortisone in the body, which in turn can produce abortions, stillbirths and congenital anomalies.

The book consists of an anecdotal compilation of information to support this and, "as a guide to radiant and blessed motherhood," "ten commandments" which recommend that the mother avoid such things as disease, injury, emotional stress and strong drugs during early pregnancy and that she "take multivitamin tablets or capsules daily, particularly high dosage of vitamins B₆, B₁₂ and C."

Nobody will dispute the obvious sense of avoiding accidents and disease at any time, but there is no evidence that they can, except in well known and exceptional instances, cause abortion, stillbirth, or abnormality. And it is ridiculous to suggest that vitamins can offer any protection against accidents.

What will be the feelings of the average pregnant woman who reads the book and then, inevitably, remembers some "stressful situation" she has experienced in the first weeks? She will have a terrifying wait until the baby is delivered, with only vitamin capsules for her comfort. No good can be said of this book; it cannot be condemned too strongly.

F. E. HYTEN

Ciba Foundation Symposium on the Neurological Basis of Behaviour, edited by G. E. W. Wolstenholme and C. M. O'Connor. Little, Brown & Company, Boston, 1958, pp. 400, \$9.00.

This symposium was called to mark the centenary of the birth of Sherrington, and had representation from Australia, Belgium, Canada, England, France, Sweden, Switzerland, South Africa and the United States. The fields represented were anatomy, electrophysiology, biochemistry, pharmacology, neurology and neurosurgery. As is customary in symposia of this nature, the formal presentation of papers was followed by general, informal discussion. In this symposium, not only were the formal presentations of a high order, but the discussions which followed each presentation were also uniquely interesting and instructive.

Much new material was presented on the behavior of nerve cells. A series of papers was presented on the behavior of animals in which the diencephalon, the reticular system, thalamus and rhinencephalon were stimulated. Other papers dealt with the behavior of animals following discrete lesions in the thalamic nuclei, and the effects of drugs in altering behavior. Valuable contributions were made to an understanding of the functions of the temporal lobe and the rhinencephalon. Ingenious experiments were reported whose purpose was to study the neurologic basis of responses to stress and of conditioned reflexes. The many-sided approaches to the problem of the neurologic basis of behavior included a study of brain enzymes. Significantly, the last paper of the symposium dealt with the interpretation of some human behavior disorders on the basis of the available neurophysiologic data. Much time and work will, of course, be needed to elucidate further the complexities of psychiatric behavior on an organic physiologic basis, but a significant beginning has been made as shown by the findings reported in this symposium. H. M. ZIMMERMAN

Disease of Metabolism, fourth edition, by Garfield G. Duncan. W. B. Saunders Company, Philadelphia, 1959, pp. 1,104, \$18.50.

The fourth edition of this standard and excellent text reveals a number of major changes from previous printings. Several chapters have been completely rewritten; for example, Salter on protein metabolism, Strang on obesity and Welt on fluid and electrolytes. The revisions have been extensive throughout, and much very current material is included, such as data on lipoic acid, glucagon and tolbutamide. The type is set in the convenient two-column format, and the numerous references and extensive index enhance the usefulness of the book.

Little can be added in a review except to repeat that this is probably the most complete and authoritative text on the subject in the English language. This edition continues the tradition of excellence established by the "Duncan" since 1942.

This reviewer was interested to see what is included in "Metabolism." As expected, there is full coverage of nutritional subjects (e.g., vitamins, minerals, obesity, undernutrition) in addition to endocrine subjects (e.g., thyroid, diabetes insipidus as well as mellitus) together with "metabolism" such as gout, porphyria, galactosemia and melituria. The fusion of nutrition, endocrinology and traditional nutrition

in this book also reflects the concept of this Journal, and the need to tear down the artificial semantic curtain between consanguineous relatives. S. O. W.

Recent Progress in Hormone Research, edited by Gregory Pincus. Academic Press Inc., New York, 1958, pp. 582, \$13.50.

The Laurentian Hormone Conference for 1957 was a remarkable congregation of authorities delving into a wide range of chemical, metabolic and biologic investigation. Among the diverse topics contained in the edited text are hormone structure and function, hormones in growth and development, reproduction, hormones and metabolism, and neurohumors. The chemical and biologic aspects of the 16-hydroxylated corticoids were analyzed by Bernstein demonstrating the lack of sodium retention without loss of glucocorticoid activity by these new compounds. Drill and Riegel presented studies on a variety of new steroids including nortestosterone derivatives, progestin factors, estrogen and antiestrogen compounds, and aldosterone-blocking substances. Huggins reported on the application of steroid compounds to the problem of inhibition of growth of mammary carcinoma. An interesting account of the mechanism of action of estrogen was presented proposing interaction between the hormone and cell enzymes.

Of particular interest to nutritionists and those of allied fields are the sections by Leathern on hormones and protein nutrition, and Gassner et al. on effects of hormones on growth, fattening and meat production potential of livestock. A new method of hormone treatment using a paste form of combinations of stilbesterol and testosterone was reported to increase live weights to 72 pounds per head offering marked economic advantage. The effect of hormones upon human serum lipoprotein was outlined by Eder. It was emphasized that the effects of gonadal hormones on lipoproteins are so specific that they might be used for estimation of these substances in man. Dorfman and Schiller have prepared an encyclopedic view of the hormonal influences upon connective tissue. New data pertaining to the synthesis, metabolism and distribution of the catechol hormones was presented by the most distinguished authority in this field, Von Euler.

The unrivaled position of this text in the field of endocrinology makes it required reading for those with interests touching upon the subjects contained within it.

C. R. SCHUMAN

Annual Review of Medicine, volume 10, edited by David A. Rytand. Annual Reviews, Inc., Palo Alto, Calif., 1959, pp. 448, \$7.00.

The 1959 edition of this annual summary of medical practice contains an interesting chapter on nutrition by G. H. Berryman. In addition to reviews of the major fields of medicine, special attention is given to

salmonellosis, transfusions and environmental medicine.

The terse descriptions can give only a sketch of the important work now going on in diverse fields. But the selection of the highlights are indeed useful to either the general reader or the scholar in search of a "reference." As we have in the past, we again congratulate the contributors on performing an arduous task remarkably well.

S. O. W.

Indiana Diet Manual, a project of the Indiana Shared Dietitian Project. C. E. Pauley and Co., Indianapolis, Ind., 1958, pp. 68, \$1.00.

This manual was developed by a committee of dietitians to meet the needs of the small hospitals without the services of a trained dietitian. An attempt was made to simplify all terminology and to arrange the information in such a manner that the untrained food manager would have little difficulty understanding and planning meals to fit normal as well as therapeutic diets.

The therapeutic diets which were included are those most often ordered and are outlined in detail so as to be of help to the staff physician as well as the kitchen or diet supervisor.

The booklet is small and contains only the diet outlines with basic instructions. There are no food tables giving detailed food values, but then it is not meant to be a textbook. The reviewer believes that the title of the manual is inadequate. A better title might be "Diet Manual for the Smaller Hospitals." The booklet is recommended as one which could be of great benefit to the small institution without trained dietary supervision.

It may be obtained from Mrs. K. Sheedy, Chairman, Indiana Shared Dietitian Project, Lilly Clinic, Marion County General Hospital, Indianapolis 7, Ind.

A. E. S.

A Textbook of Medicine, tenth edition, edited by R. L. Cecil and R. F. Loeb, W. B. Saunders Co., Philadelphia, 1959, pp. 1,665, \$16.50.

In the thirty-two years since the first edition of "Cecil," this textbook has stood among the best general works of its kind—surely some sort of record. As every one probably knows this book has had many contributors, each writing from experience on their chosen subject. The tenth edition has 164 contributors and a roster reading like a "who's who" in medicine. A slight change in format has improved readability. An excellent and complete index concludes the massive volume.

Deficiency diseases are covered by Youmans, Spies, McIntosh, Weech and Wollaeger. Disorders of metabolism, including such diverse topics as obesity, diabetes, agammaglobulinemia and fluid balance, are discussed by an equally distinguished group. (It is of some interest that "atherosclerosis" is classified as a metabolic disease.)

Many of the discussions are exceedingly brief but all are succinct and lucid. The student as well as the advanced scientist will continue to use this revised standard text for solid reference material. S. O. W.

The Family Medical Encyclopedia, by J. J. Schifferes. Little, Brown & Company, Boston, 1959, pp. 617, \$4.95.

This book is an alphabetical listing of medical terms which are defined and described in varying detail. It is written for "the average reader" and makes use of a greatly simplified language, including a number of slang and popular terms (e.g., "tired blood," "clap," etc.). A number of drugs are listed by their brand names; for example, Miltown, Orinase, Luminal, etc.

Most of the descriptions, although possibly irritating to a medical pedant, are adequate for their purpose. The difficulties in describing various symptoms, illnesses, and physiologic processes in lay terms are great, and this fact is generally appreciated. Some may take legitimate exception, however, to the statement that folic acid is "related to but not identical with vitamin B₁₂;" it is especially useful in treating pernicious anemia." This reviewer is unfamiliar with the basis for the statement that young children often get carsick because they cannot see out of the windows of a moving vehicle. In addition, the current treatment of celiac disease is no longer a reduction of fat and sugar.

Certain topics receive special attention, and several pages are devoted to each of such topics as ear trouble, heredity, Blue Cross, teeth, vaccines. Much good medical advice is presented and, together with certain rather clear descriptions, makes for a useful family medical encyclopedia. S. O. W.

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.

Handbook of Diet Therapy, third edition, by Dorothea Turner, University of Chicago Press, Chicago, 1959, pp. 222, \$5.00.

Proteins in Foods, by S. Kuppaswamy, M. Srinivasan and V. S. Brahmanyam, Indian Council of Medical Research, New Delhi, pp. 290, Rs. 12.

Food Values in Shares and Weights, second edition, by Clara Mae Taylor, The Macmillan Co., New York, 1959, pp. 116, \$4.00.

The Mast Cells, by James F. Riley, E. & S. Livingstone, Edinburgh, 1959 (Williams & Wilkins, exclusive American agents), pp. 182, \$6.75.

ABC für Zucker Kranke: Ein Ratgeber für den Kranken, by F. Bertram, Georg Thieme Verlag, Stuttgart, 1959, pp. 88, DM 4.20.

Ciba Foundation Symposium on Carcinogenesis: Mechanism of Action, edited by G. E. W. Wolstenholme and Maeve O'Connor, Little, Brown & Co., Boston, 1959, pp. 336, \$9.50.

Ciba Foundation Symposium on the Regulation of Cell Metabolism, edited by G. E. W. Wolstenholme and Cecilia M. O'Connor, Little, Brown & Co., Boston, 1959, pp. 387, \$9.50.

Clinical Evaluation of New Drugs, by S. O. Waife and Alvin P. Shapiro, Paul B. Hoeber, Inc., New York, 1959, pp. 223, \$7.50.

Steroids, by Louis F. Fieser and Mary Fieser, Reinhold Publishing Corp., New York, 1959, pp. 945, \$18.00.

Alcoholism—The Nutritional Approach, by Roger J. Williams, University of Texas Press, Austin, 1959, pp. 118, \$2.50.

The Truth About Your Eyes, by Derrick Vail, Farrar, Straus & Cudahy, New York, 1959, pp. 180, \$3.50.

Nutritional Diagnosis, by Grace A. Goldsmith, Charles C Thomas, Springfield, Ill., 1959, pp. 164, \$5.50.

Our Food, by M. Swaminathan and r. K. Bhagavan, Ganesh & Co. (Madras) Private Ltd., Madras, India, 1959, pp. 88.

Trace Element Problems in Nature—A Symposium, edited by K. H. Schutte, University of Cape Town, Rondebosch, Africa, 1959, pp. 55.

The Arterial Wall, edited by Albert Lansing, Williams & Wilkins Co., Baltimore, 1959, pp. 259, \$7.50.

Food: The Yearbook of Agriculture 1959, edited by Alfred Stefferud, The U. S. Government Printing Office, Washington, D. C., 1959, pp. 736, \$2.25.

