

Reviews of Recent Books



Human Nutrition and Dietetics, by Sir Stanley Davidson, A. P. Meiklejohn and R. Passmore. Williams & Wilkins Co., Baltimore, 1959, pp. 816, \$15.00.

The British have long been leaders in the field of nutrition. They have also paid particular attention to food processing and matters of public health. This book, written by three authorities from the University of Edinburgh, reflects what might be called the British approach to nutrition.

As noted in the preface, the book is intended for physicians, dietitians, food technologists and public health workers, all of whom need at least a working knowledge of the problems of human nutrition. Then follows a general description of chemical and nutritional properties of foods. The third section deals with diseases primarily associated with nutritional defects while the fourth part deals with the use of diet therapy in many medically important diseases. Nutrition in relation to public health and the role of certain international agencies is the topic of the next section. Finally, part six deals with the special problems of pregnancy, lactation, athletic training and climatic extremes.

In this wide survey of a highly complex field it is inevitable that some topics must be described only briefly. Nevertheless, a remarkably wide range of topics is covered in this book. Several minor criticisms can be mentioned: there is no discussion of the Schilling test on the section on vitamin B₁₂ and nothing about the work of Holt and Snyderman on induced pyridoxine deficiency in infants. The paragraph on glucagon contains several errors and omissions. One particularly worthwhile feature is the generous use of photographs of such diverse topics as a subject using a Douglas bag, a sorghum granary in the Sudan, a rachitic dog and hunger victims of a concentration camp. There are numerous references but these tend to be the pioneering or "typical" papers and may not always be especially useful to the general reader. Thus in the discussion of experimental avitaminosis A, there is mention of Wobach's early work (1925) but no reference to Warkany's more recent studies. Nevertheless, most current views are adequately presented.

The authors have set for themselves the difficult task of writing a book "for anyone interested in applying modern scientific knowledge to the practical problems of human nutrition." This includes, as they note, people in many different walks of life. It is to be expected, therefore, that readers of diverse backgrounds will find this volume useful and informative. Similarly it can-

not be all things to all readers and some may wish for more detail in certain sections compared to others. The book deservedly will fill a need for a comprehensive view of nutrition.
S. O. W.

Metabolic Care of the Surgical Patient, by Francis D. Moore. W. B. Saunders Co., Philadelphia, 1959, pp. 1,011, \$20.00.

This is a unique book. The author, Professor of Surgery at Harvard Medical School, has been a leader in the school of surgical physiology, which has brought nutrition and metabolism from the laboratory to the bedside. Much of our present knowledge on shock, starvation, dehydration, electrolyte imbalance and stress reactions is due to this approach. Thus, a long, detailed analysis of common surgical problems by an active investigator may be expected to be authoritative, and this book is.

Not only is a monumental mass of material presented, but the organization of the book is refreshingly unusual. The work is divided into six sections, each with its own table of contents, systematic discussion, "notes" (summaries) from the literature, illustrations and case records—"individual surgical stories that illustrate a variety of points." In addition there are well over 1,500 references, 143 clear figures and an appendix featuring surgical diets and parenteral supplements.

Although the author has limited himself to areas of surgical care with which he is personally familiar, almost every topic of any importance is covered. Of widest interest is the first section dealing with endocrine and nutritional aspects of convalescence.

It can be stated without fear of contradiction that this major work is necessary reading for all surgeons in whatever specialty and highly recommended for all physicians who want a broad integrated view of pre- and postoperative management from the modern metabolic approach.
S. O. W.

Iron Deficiency Anaemia. Report of a Study Group. World Health Organization Technical Report Series No. 182, 1959, pp. 15, \$30.

Iron deficiency anemia is a public health problem of considerable importance in the underdeveloped and tropical areas of the world. A WHO Study Group reviewed present knowledge of this condition and outlined further work that might be done to study the incidence, etiology and prophylactic measures that might be instituted. There appears to be no appreciable

deficiency of iron in most tropical diets. However, the *type* of diet consumed seems to result in decreased absorption of iron. Other factors which upset iron balance are increased losses in sweat and losses of blood caused by hookworm infection. An adequate intake of protein might also be associated with the production of this form of anemia.

W. H.

Therapeutic Nutrition with Tube Feeding, by M. D. Pareira. Charles C Thomas, Springfield, Ill., 1959, pp. 58, \$3.75.

This short book was written by the Director of Surgery, Jewish Hospital of St. Louis. In essence it is a documented review article and features twelve tables and seventeen figures. The principles and practices of tube feeding in surgery are presented succinctly and the author has obviously had much experience. Thus the information is readily applicable in the clinic.

Although this reviewer can find no fault with the material *per se*, he wonders why a short paper is converted into a hard-covered relatively expensive book. As far as the material goes, it will be welcomed, particularly by surgical house officers.

S. O. W.

Arteriosclerosis and Nutrition (Arteriosklerose und Ernährung, Wiss. Veröffentl. d. Dtsch. Ges. f. Ernährung, Bd. III). Verlag Dr. Dietrich Steinkopff, Darmstadt, 1959, pp. 246, DM 45.

The book contains fourteen papers (with stenographic records of discussions) given at the 2nd Symposium of the German Society for Nutrition, Bad Neuenahr, October 17-18, 1958, under the chairmanship of Prof. Dr. H. W. Bansi of Hamburg. The participants are well known investigators from Germany, Austria, Sweden, Holland and Hungary. Many aspects of arteriosclerosis were covered, such as pathologic anatomy, biochemistry, albumin-bound carbohydrate, serum lipoproteins, fat metabolism, polyunsaturated fatty acids and statistical evaluation of data on relationship between nutrition and arteriosclerosis.

The book will be helpful to those who read German in getting some insight into the research activities in the field of arteriosclerosis in the European countries. Two papers would seem to be of special interest to American investigators. Professor Fritz A. Pezold of Free Berlin University reviewed the data obtained from 6,507 autopsies at the University's hospital in the years 1947 through 1949 and 1955 through 1957. In the former period, during which the population in West Berlin had been suffering from malnutrition since 1944, severe coronary atherosclerosis was found in 1,554 of 3,045 patients (51 per cent). In the latter period, in which there was excessive food consumption, the lesions occurred in 2,720 of 3,462 patients (78 per cent). Drs. K. Jahnke and A. Breitbach of Düsseldorf University presented detailed data on the average daily dietary intake in the period from 1932 to 1957 in Germany and in Düsseldorf. In terms of calories from fat, carbohydrate, protein and total, the intake was 85, 1,010, 200

and 1,295, respectively, in 1947; and 1,130, 1,740, 330 and 3,200, respectively, in 1957. There was a close correlation between the morbidity and mortality rates of coronary atherosclerosis and food consumption, particularly fat consumption.

G. C. CHIU

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.

Manual of Applied Nutrition of the Johns Hopkins Hospital, by Janette Carlsen. The Johns Hopkins Press, Baltimore, 1960, pp. 134, \$3.00.

Modern Nutrition in Health and Disease, 2nd edition, by Michael G. Wohl and Robert S. Goodhart. Lea & Febiger, Philadelphia, 1960, pp. 1,152, \$18.50.

Vitamins and Hormones. Advances in Research and Applications, Volume XVII, edited by Robert S. Harris, G. F. Marrian and Kenneth V. Thimann. Academic Press, Inc., New York, 1959, pp. 359, \$14.00.

Vitamin B₁₂ Metabolism. Some Studies on the Absorption, Excretion, Enterohepatic Circulation, Turnover Rate, Body Distribution and Tissue-Binding of B₁₂, by Peter G. Reizenstein. Gumnessons Boktryakeri Stockholm, 1959.

Introduction to Foods and Nutrition, by Gladys T. Stevenson and Cora Miller. John Wiley & Sons, New York, 1960, pp. 517, \$6.25.

Ciba Foundation Study Group No. 3. Cancer of the Cervix. Diagnosis of Early Forms, edited by G. E. W. Wolstenholme and Maeve O'Connor. Little, Brown & Co., Boston, 1959, pp. 114, \$2.50.

Diabetes. With a Chapter on Hypoglycemia, edited by Robert H. Williams. Paul B. Hoeber, Inc., New York, 1960, pp. 793, \$20.00.

Infant Foods and Feeding Practice, by Herman F. Meyer. Charles C Thomas, Springfield, Ill., 1960, pp. 332, \$9.75.

Ciba Foundation Colloquia on Ageing. Volume 5. The Lifespan of Animals, edited by G. E. W. Wolstenholme and Maeve O'Connor. Little, Brown & Co., Boston, 1960, pp. 324, \$9.50.

Ciba Foundation Symposium: Biochemistry of Human Genetics, edited by G. E. W. Wolstenholme and Cecilia M. O'Connor. Little, Brown & Co., Boston, 1960, pp. 347, \$9.50.

Ciba Foundation Tenth Anniversary Symposium on Significant Trends in Medical Research, edited by G. E. W. Wolstenholme, Cecilia M. O'Connor and Maeve O'Connor. Little, Brown & Co., Boston, 1960, pp. 356, \$9.50.

Klinische Physiologie. Aktuelle Probleme in Übersichten, by W. A. Müller. Georg Thieme Verlag, Stuttgart, 1960, pp. 118, DM 23 (\$5.50).

Les Oedemes. Physiopathologie et Traitement de la Réten-tion de Sel et d'Eau, by Jean Fabre. Masson et Cie, Paris, 1959, pp. 344, 55.00 NF.