

Reviews of Recent Books



Modern Nutrition in Health and Disease, 2nd edition, by Michael G. Wohl and Robert S. Goodhart. Lea & Febiger, Philadelphia, 1960, pp. 1152, \$18.50.

This authoritative work, prepared under the direction of two recognized experts in the field of nutrition, has been revised with the assistance of fifty-nine collaborators, many of whom contributed to the first edition five years ago. Rapid advances have taken place in this science with the application of modern biochemical and physiologic technics to the problems of nutritional needs, cellular metabolism, food processing and many related aspects of the basic knowledge of nutrition and their relation to the treatment of disease.

The initial section of the text deals with normal nutrition. The important concept of body composition and the analysis of its metabolically distinct components providing more precise norms for guidance in nutrition is elaborated by Keys. Intermediary metabolisms of protein, fat and carbohydrate are discussed by Geiger, Alfin-Slater, Denel, Soskin and Levine. These respective chapters provide a clear understanding of the mechanisms of absorption, digestion and utilization of foods. Accessory food factors, including minerals and vitamins, have been the subject of extensive investigation in recent years; these data are brought into perspective by contributors intimately familiar with these important nutriment.

The second section establishes the foundations for the nutritional management of disease. The orientation of these chapters uniquely correlates clinical findings with dietary patterns necessary to improve the course of a wide variety of illnesses from infection to allergy. Representative diets are included illustrating the types of foods employed in the management of renal, hepatic, cardiovascular, gastrointestinal and many other disorders. There are several omissions in this section, including the role of gluten in the pathogenesis of sprue, and the dietary management of phenylketonuria and other genetically determined diseases. A number of omissions were found in the index in attempting to refer to specific subjects included in the text.

The final section of the book deals with nutrition in periods of physiological stress. There is much valuable material found in these chapters relating to the diet in pregnancy, infancy and adolescence, aging, working and emergency feeding. The entire volume is an important source of new and detailed information on fundamental knowledge of nutrition and its application to the treatment and prevention of disease.

C. R. SHUMAN

The Heinz Handbook of Nutrition: A Comprehensive Treatise on Nutrition in Health and Diseases, edited by B. T. Burton. McGraw-Hill Book Co., Inc., New York, 1959, pp. 439, \$5.75.

This handbook is intended to serve as a reference manual for those interested in the practical aspects of nutrition. The fundamental principles of biochemistry and physiology are reviewed in a clear and concise manner. The main part of the book deals with the various aspects of nutrition in health, such as nutritional requirements, nutrition in pregnancy, lactation, childhood and old age, and with the therapeutic and preventive aspects of diet in relation to a variety of diseases.

Much material is covered in this book. For this reason only well established concepts are presented. Since the book was not written for students but for experienced workers in nutrition this is not a serious shortcoming. There is, however, a lack of citations to the literature. The value of the book would be much enhanced if sources of material were indicated. Despite these shortcomings, the book can be recommended as a reference manual for those interested in diet therapy.

M. W. BATES

Food Values in Shares and Weights, 2nd edition, by Clara Mae Taylor. The Macmillan Co., New York, 1959, pp. 116, \$4.00.

This is a second edition of a book which has been widely used as a reference for food values. Food is given in both shares and weights along with their caloric, protein, fat, carbohydrate, calcium, iron, vitamin A, thiamine, riboflavin and ascorbic acid contents. Recommended daily requirements of food and effects of cooking on essential nutrients are discussed in an introductory section. The appendix contains practical tables on optimum weight and height relations and a method for recording physical growth. A major deficiency is the absence of any information on sodium and potassium contents of foods. This knowledge is so important to any person interested in diets that its omission greatly limits the usefulness of this book.

C. M. LEEVY

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

There are few books that are of equal interest to all groups of medical scientists. This symposium, however, achieves this distinction. Some thirty eminent scientists from all over the world—seven of them Nobel

Laureates—met to discuss developments of the past ten years which they believed would be most significant in the next decade. The topics range from molecular structure (Pauling) to American medical research (Shannon). Readers of the Journal will be especially interested in the discussion of hormones (F. G. Young), metabolism (Best) and clinical nutrition (Brock). Of equal interest is Pickering's discussion of "the quantitative approach to disease" and Burnet's speculation on the population dynamics of body cells.

The outstanding feature of the book is "the union between entirely different minds in different disciplines and from different countries." This is a heartening and portentous sign. S. O. W.

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

The title of this book accurately describes its contents. The listing and classification of the multitude of milks and milk substitutes available for infant feeding is valuable in that it makes readily available the information needed to enable the physician to use any product judiciously. Furthermore, by assigning the various products to categories, it becomes possible to make meaningful comparisons between different types of feedings. The author has accomplished his expressed aim not to be didactic in his recommendations of one product over another. However, this reviewer believes that a little more dogmatism would be useful particularly for the person uninitiated in infant feeding, and this book will be of value primarily to the uninitiated.

The sections on clinical problems of breast or bottle feeding, time of introduction of solids and attitudes toward feeding, while presenting both sides of these questions, still convey a balanced, middle-of-the-road approach. There will be disagreement with the author's interpretation of colic; however, his obviously genuine humility and honesty make it likely that he anticipated such a reaction.

In a book of this nature, it would be hoped that more of the fundamental aspects of nutrition would be covered, particularly with reference to newer information. The only reference to vitamin E, for example, is a notation designating the relation between units and milligrams. Nevertheless, as a clinical guide to the feeding of well infants, this book should be useful.

C. N. C.

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 extensive review.

The Inspection of Food. A Handbook for Students of Public Health, Agriculture and Meat Technology, second edition, by Horace Thornton. Baillière, Tindall & Cox, London, 1960 (Williams & Wilkins Company, American agents), pp. 213, \$3.75.

The Chemistry of Lipids in Health and Disease, by H. K. King. Charles C Thomas, Springfield, 1960, pp. 104, \$3.75.

Internal Medicine: Abstracts of Soviet Medicine, Part B. Excerpta Medica Foundation, 1960.

Clinical Endocrinology. I, edited by Edwin B. Astwood. Grune & Stratton, New York, 1960, pp. 724, \$18.75.

Medical Surveys and Clinical Trials. Some Methods and Applications of Group Research in Medicine, edited by L. J. Witts. Oxford University Press, New York, 1959, pp. 325, \$8.00.

Modern Scientific Aspects of Neurology, edited by John N. Cumings. Edward Arnold Ltd., London, 1960 (Williams & Wilkins, American agents), pp. 360, \$13.00.

Food Becomes You, by Ruth M. Leverton. Iowa State University Press, Ames, 1960, pp. 198, \$3.50.

Ciba Foundation Symposium on Cellular Aspects of Immunity, edited by G. E. W. Wolstenholme. Little, Brown & Co., Boston, 1960, pp. 495, \$10.50.

Food For Space Travel, by Lt. Col. Albert A. Taylor, Beatrice Finkelstein and Robert E. Hayes. Armed Services Technical Information Agency, Arlington, 1960, pp. 66.

Klinische Physiologies. Aktuelle Probleme in Übersichten, (Volume I, Number 2) edited by W. A. Müller. Georg Thieme Verlag, Stuttgart, 1960 (Intercontinental Medical Book Corporation, American agent), pp. 84, DM 18 (\$4.30).

Oxymetrie. Theorie und Klinische Anwendung, edited by Kurt Kramer. Georg Thieme Verlag, Stuttgart, 1960 (Intercontinental Medical Book Corporation, American agent), pp. 206, DM 39.60 (\$9.40).

Endemic Goitre. World Health Organization, Monograph Series No. 44. World Health Organization. Geneva, 1960, pp. 471, \$8.00.

Biochemical Values in Clinical Medicine. (The Results Following Pathological or Psychological Change), by Robert Duncan Eastham. Williams & Wilkins Co., Baltimore, 1960, pp. 144, \$3.75.

Diabetic Care in Pictures, third edition, by Helen and Joseph Rosenthal. J. B. Lippincott Company, Philadelphia, 1960, pp. 237, \$4.50.

The Misrepresentation of Arthritis Drugs and Devices in the United States, by Ruth Walrod. Arthritis and Rheumatism Foundation, New York, 1960, pp. 168, \$3.50.

Cirrhosis of the Liver, by Martin S. Kleckner, Jr. Charles C Thomas, Springfield, 1960, pp. 729, \$24.50.

British Medical Bulletin: Insulin (September, 1960). The British Council, London, pp. 264, \$3.25.

Ciba Foundation Symposium. Congenital Malformation, edited by G. E. W. Wolstenholme and Cecilia M. O'Connor. Little, Brown & Co., Boston, 1960, pp. 308, \$9.00.

Ciba Foundation Colloquia on Endocrinology, Volume XIII. Human Pituitary Hormones, edited by G. E. W. Wolstenholme and Cecilia M. O'Connor. Little, Brown & Co., Boston, 1960, pp. 336, \$9.50.

