

Reviews of Recent Books



The Thyroid Gland. *British Medical Bulletin*, vol. 16, no. 2, May 1960. The British Council, London, \$3.25.

This bulletin on the thyroid gland is filled with meaty data and rendered especially significant since the fifteen papers it contains are written by British authorities who are conducting original research on various aspects of the thyroid gland. The authors judiciously analyze recent physiologic and biochemical studies on the thyroid gland; these have been made possible by the application of chromatography and radioactive isotopes.

The technics of immunology are adding to the progress of diseases of the thyroid gland. Doctors Roitt and Doniach describe the presence of circulating thyroid antibodies in various diseases of the thyroid. Thus, it would appear that the pathogenesis of some types of chronic thyroiditis in man is related to autoimmunization against thyroglobulin of the patient's own thyroid gland. This opens up a new field on the pathogenesis of a number of human diseases that are attributed to the effect of autoantibodies.

The discussion of "Biosynthesis of the Thyroid Hormone" by Pitt-Rivers, who played such a large part with Gross in the discovery of triiodothyronine, makes for stimulating reading.

The merits of radioactive iodine in the diagnosis of thyroid disorders are critically reviewed by Goolden who possesses not only wide knowledge of the basic knowledge of thyroid metabolism, but also clinical acumen which makes this section valuable to the practicing physician.

The thyroid nodule and particularly its relation to thyroid malignancy has been the subject of prolonged and vehement controversy. It is refreshing, therefore, to read the viewpoint of Taylor who states in his section on the "Genesis of the Thyroid Nodule" as follows:

"It should be clear by now that many problems still remain to be answered as to why the diffuse hyperplasia of the thyroid at puberty should become nodular with the passage of time in those individuals who are denied an adequate intake of iodine in their youth. There is no problem, however, in preventing the formation of nodules in the thyroid gland for, if the daily intake of iodine is maintained at 100/200 $\mu\text{g.}/\text{day}$, such changes do not occur. There are no recorded adverse effects in man from adding 50–100 $\mu\text{g.}$ of iodine to the daily diet, preferably by iodizing salt, but although the Medical Research Council recommended this measure in Great Britain in 1944 and again in 1948 (Medical Research Council, 1944, 1948), it has never been implemented.

Nodular goitre is a preventable disease. Surely it ought to be prevented."

Because of our major interest in the association of hypercholesterolemia with coronary heart disease, the section by Boyd and Oliver on "Thyroid Hormones and Plasma Lipids" is of special significance. That thyroid therapy will reduce blood cholesterol levels is well known. However, there is clinical evidence to indicate that therapeutic doses of thyroid may be harmful: elevate total body metabolism and further aggravate or provoke angina pectoris. Our major concern centers on the problem of lowering blood cholesterol without elevation of body metabolism. Some of the thyroid effects can be dissociated by altering the chemical structure of the basic thyroxin molecule resulting in a thyroid analogue. A good many thyroid analogues are being studied today. Some of these analogues, when given in proper doses, will lower blood cholesterol without affecting total body metabolism. Several papers appeared dealing with the clinical potentialities of such analogues, particularly dextroisomers. The reviewer well remembers the excellent talk on a similar topic given by the junior author in Philadelphia in February 1960.

The remaining articles in the Bulletin are equally good and meet high scientific standards. This Bulletin will prove to be useful not only to the thyroidologists but also to the practitioner who is interested in the newer thinking in thyroid physiology and its practical application.

M. G. WOHL

Yearbook of Endocrinology, 1959–1960, edited by G. S. Gordan. The Year Book Publishers, Inc., Chicago, 1960, pp. 384, \$8.00.

Physicians should be grateful to Dr. Gordan for a superb task of selecting and integrating outstanding contributions in the broad field of endocrinology. The summaries of articles selected for inclusion in the Year Book are prepared with excellent completeness, and these articles themselves are drawn from the medical literature of many countries. The customary format of the book arranges the summaries into groups beginning with suprasellar influences followed by adenohypophysis, thyroid, parathyroid and calcium metabolism, carbohydrate metabolism, adrenal, reproductive system and neoplasia. The pertinent and stimulating comments by the editor interspersed throughout each section provide added interest to the perusal of this useful volume.

Nutritionists will find a ready source of information relating the newer work in endocrinology and selected topics in metabolism to nutrition. C. R. SHUMAN

Clinical Studies in Nutrition, by Eleanora Sense. J. B. Lippincott Co., Philadelphia, 1960, pp. 249, \$4.00.

This textbook, written for the student nurse, is divided into two parts. The first is an introduction to clinical nutrition and deals with such topics as nutrition ward walks and conferences, communication in nutrition, nutrition rehabilitation, protective agencies for nutrition. The second part relates nutrition to specific diseases such as those of the gastrointestinal system, circulatory system and skin. Patient studies are presented as illustrations.

The author attempts to cover too much material which results in oversimplification and a tendency to superficiality. Little material is devoted to the physiologic principles of nutrition. The emphasis is instead on psychologic aspects involved in the nutritional education of the patient. This paperback book contains no illustrations, figures or charts, although an appendix is included which lists sample diets, a method of dietary analysis, and the recommended daily dietary allowances. Each chapter is concluded with a short bibliography.

M. W. BATES

A Primer of Water, Electrolyte and Acid-base Syndrome, edited by E. Goldberger. Lea & Febiger, Philadelphia, 1959, pp. 332, \$6.00.

This practical and informative text deals with the management of many medical and surgical problems. Despite a plethora of books dealing with this subject, disturbances in fluid balance continue to provide a serious stumbling-block in the care of patients. A useful discussion of the basic physiology involving water, electrolytes and osmolarity of body fluids and their interrelationships prepares the reader for the clinical presentations which follow. The syndromes dealing with water and electrolyte imbalance are defined individually, and described as to pathologic physiology, symptoms, signs, diagnosis and treatment. Emphasis is laid on interpretation of acid-base balance in proper biochemical terms. The importance of the carbon dioxide capacity and carbon dioxide content in the dif-

ferentiation of respiratory and metabolic acidosis or alkalosis is described with references to appropriate nomograms. The clinical syndromes of renal tubular acidosis, diabetic acidosis, uremia, disturbances in potassium metabolism and a wide variety of conditions encountered in medical practice are elucidated. The latter sections provide information on the management of surgical patients, infants and children; solutions used for fluid therapy; and calculations of fluid and electrolyte requirements.

This text can be recommended for use by physicians and students for obtaining the most recent information concerning the diagnosis and treatment of fluid and electrolyte disturbances.

C. R. SHUMAN

BOOKS RECEIVED FOR REVIEW

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.

Diagnostic Stomatology. A Clinical Pathologic Approach, by E. Cheraskin. McGraw-Hill Book Co., Inc., New York, 1961, pp. 338, \$12.50.

Food, Nutrition and Diet Therapy, 3rd ed., by Marie V. Krause. W. B. Saunders Co., Philadelphia, 1961, pp. 716, \$6.75.

Performance Capacity—A Symposium, edited by H. Spector, J. Brozek and M. S. Peterson. National Academy of Sciences—National Research Council, Washington, D. C., 1961, pp. 257.

Metabolic Effects of Adrenal Hormones. Ciba Foundation Study Group No. 6, edited by G. E. W. Wolstenholme and M. O'Connor. Little, Brown & Co., Boston, 1961, pp. 109.

Adrenergic Mechanisms, Ciba Foundation Symposium, edited by G. E. W. Wolstenholme and M. O'Connor. Little, Brown & Co., Boston, 1961, pp. 632, \$12.50.

Annual Review of Medicine, Vol. 12, edited by David A. Rytand. Annual Reviews, Inc., Palo Alto, 1961, pp. 453, \$7.00 (U.S.A.), \$7.50 (elsewhere).

