ety of using certain colored illustrations provided by a pharmaceutical company dealing in endocrine products can be questioned, albeit these illustrations are of superior quality.

Chapters on the adrenals, testes and ovaries are all well presented by highly competent authorities. The material on chronic adrenal hyperfunction is interestingly and lucidly written by Kepler and Locke and is exceptionally well illustrated. The discussion of adrenal cortical insufficiency by Thorn and Forsham is expertly handled. Howard and Scott include appropriate comments on the rarity of the spontaneous male climacteric in their chapter on the testes. Testicular biopsy as a diagnostic method receives only brief consideration. Smith's chapter on the ovary is well done from both the physiologic and clinical points of view. As might be anticipated, certain points are discussed on which there is no general agreement (for example, menstrual toxin as an explanation for premenstrual nervous tension).

Reifenstein's chapter on the parathyroid glands is based largely on the author's extensive experience in this field during his association with Albright at the Massachusetts General Hospital. It would be difficult to improve on this chapter. Likewise, the chapter by Wilkins on growth and development is of the highest quality. The tables include many valuable data on normal growth and development. The chapter on obesity by Newburgh provides a theoretical and practical discussion of this common problem which is both sound and conservative. The idea that obesity is not basically an endocrine problem in most instances is implicit in the discussion.

At the present stage of development of clinical endocrinology the inclusion of a chapter on the neuroendocrine and psychodynamic aspects of the endocrinopathies is probably justified. However, much of the material in Friedgood's chapter on this subject has a less sound experimental and clinical basis than most of the other material in the book. The reviewer was impressed that the length of this chapter and the number of references are out of proportion to the amount of substantial knowledge in this field. Some of the author's opinions and speculations are distinctly out of line with established thought in endocrinology.

The final chapter on "Laboratory Diagnostic and Assay Procedures" by Williams contains a good fund of concise information for those who want to know the basic principles of hormonal assays and other laboratory procedures which are employed in clinical endocrinology.

This is clearly an outstanding book on clinical endocrinology which deserves wide reading by students and physicians.

LOW-SODIUM DIET: A MANUAL FOR THE PATIENT. *By Thurman R. Rice, M.D., Professor of Public Health, Indiana University School of Medicine, Indianapolis, Indiana. Cloth. $2.75. Pp. 103. Lea & Febiger, Philadelphia, 1951.*

The author was placed on a low-sodium diet and wrote the book to explain how to follow it successfully. "It is the author's purpose to set forth the low-sodium diet; he makes no attempt to tell *when* it should be used; or in any way to recommend its use or its discontinuance. At all times, it is recommended that the patient using such a diet keep close to his physician for diagnosis, treatment and direction. The author, though he is a physician, makes no claim to being an authority on the subject of circulatory or other disease requiring low-sodium diet, but he is fortunate in having the advice of those who are entitled to be regarded as such. He wishes to make it very plain that this manual is not in any way intended to replace the counsel of the physician in charge of the particular clinical case."

The author achieves his goal of writing instructions in a manner simple, practical and useful. The scope of the volume is shown by the titles of certain chapters, including, "The Forms of Sodium Found in Food, Where and How Does One Get Low-Sodium Foods," "Originality and Ingenuity in the Low-Sodium Diet," "The Use of Sodium Menus," "Food Lists Rated by Content of Native Sodium," "Typical Food Charts for Study and Consideration," and "Water Supplies in Relation to Sodium Content." The appendix gives a list of companies producing acceptable "sodium-low" foods.

The book should be helpful to the physician, to the patient for whom a low-sodium diet is recommended, and also to the housewife who undertakes the responsibility of preparing his food.

RICE, DIETARY CONTROLS AND BLOOD PRESSURE WITH RECIPES AND MENUS. *By Frances I. Seymour, M.D.* Cloth. $2.95. Pp. 206. Froben Press, New York, 1951.

After personal experience with the rice diet for the treatment of hypertension, Dr. Seymour, Medical Director of the National Research Foundation for Fertility, decided to write a book to give information to others. "In that way, every sufferer everywhere would have the benefit of what I had learned." Although explanation of the rice-fruit low-sodium diet is the apparent objective, the discussion wanders far afield. Nearly 100

pages of the book appear to be identical, for the most part, with the contents of ordinary cook books; including sections dealing with cookery processes, jelly making, the canning of tomatoes, and the drying of fruits and vegetables. The chapter devoted to laboratory tests tends to be equally irrelevant; it includes a page and a half on a test for glycosuria and sugar tolerance tests.

The critical reader of the book will be impressed with the large amount of irrelevant material but will consider it harmless until he comes to the chapter entitled, "The Diabetic and the Rice Diet." This consists almost entirely of a communication from "a well-known dietitian and laboratory researcher." The following statement appears: "If you are a diabetic—no matter what your age, duration of your disease, or degree of its severity—and are experiencing symptoms or signs of mounting blood pressure, which does not yield to a modified salt-poor, fat-poor diet, then the rice diet is designed for you. If your physician informs you that because of your diabetic condition, the rice diet is *not* indicated in your case, then he is either misinformed or uninformed, and should take steps to correct both." This book cannot be recommended.

ENDOCRINE FUNCTIONS OF THE PANCREAS. *By Bernard Zimmerman, M.D., Department of Surgery, University of Minnesota. Cloth. $2.50. Pp. 82. Illustrated. Charles C. Thomas, Springfield, Ill., 1952.*

The author has undertaken to present a collection of past and recent physiological information in regard to the pancreas. Among over 250 references cited, the two referring to his own studies show his interest in alloxan diabetes and the hyperglycemic hormone of the pancreas. Short chapters deal with the history of the pancreas as an organ of internal secretion, the nature of insulin, the metabolism in diabetes and the action of insulin, the regulation of the internal pancreatic secretion, special problems in lipid metabolism, and the hyperglycemic factor. The author achieves his goal of presenting an introduction to the absorbing field of scientific literature on the subject.

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These volumes are required to complete sets of the Proceedings *ordered by libraries and by individual physicians. Anyone who has a duplicate of Volume 1, or who for some reason no longer has use for his own copy, will do the Association a real service by sending the book to Mr. J. Richard Connelly, American Diabetes Association, 11 West 42nd Street, New York 36, N. Y. Payment will be made within a week or so after each volume is received.*