

of recent research (Chapter 1), an excellent smattering of carbohydrate chemistry (Chapter 2), very thorough instructions for the use of electrolytes in the treatment of ketoacidosis (Chapter 6), detailed case histories of patients with hypoglycemia (Chapter 7), a 1½-page chapter (16) discussing prediabetes, and even a very commendable section covering the medical-social aspects of diabetes. The latter is a topic which many authors frequently sidestep or pretend does not exist. One wonders if the instructions concerning the use of Clinitest tablets and "How to Sterilize a Syringe by Boiling" (Chapter 8) might not better have been reserved for a patients' manual. While much of the material is well presented, the space devoted to the various topics would not always seem to correlate with the present-day relative importance of these subjects. A glaring weakness is the inadequacy of the section discussing oral hypoglycemic agents. Many of the cited observations have been superseded by recent knowledge. This, of course, is a problem common to all books in rapidly changing fields of medicine and in this case many recent significant facts have missed the publishers' deadline. Also, in a book obviously destined for distribution in this country, it would have been a simple matter for the publishers to add a page regarding activities of the American Diabetes Association as a supplement to the excellent material on The British Diabetic Association at the end of the book.

On the credit side, the book is informative, lucid, excellently illustrated, and easily read. The section on treatment, particularly the pages dealing with electrolyte imbalance, is especially good. While this is not a source book, it is fundamentally sound and should provide succinct reading for the student or practitioner who desires a view of the entire vista from one vantage point. Thus, while the author aimed at the planet Mars and missed, he did hit the moon, which is a very considerable achievement.

*DIABETIC CARE IN PICTURES.* By H. Rosenthal, B.S., and J. Rosenthal, M.D. 3rd edition, \$4.50, pp. 137, J. B. Lippincott Co., Philadelphia, 1960.

This book is a conscientious attempt to present simplified statements with illustrations for the use of the patient. The fact that this is the third edition indicates that it has served a useful purpose.

As long ago as 1946 the Rosenthals, working at the Frances Stern Food Clinic in Boston, recognized the need for such a manual. This book has helped innumerable diabetics to carry out the orders of their physicians. There are many places in the United States and elsewhere that have neither food clinics nor classroom instruction for the diabetic. This book will enable patients in these areas to cope with the many details of proper regulation of their diabetes; it also will relieve physicians of this task and consequently save them considerable time.

The format is well arranged, and each of the nine chapters covers its subject in a conservative and succinct fashion. There are 137 illustrations to aid in the instruction of the patient. Some of these portray food models, syringes, types of insulin, technic of injection and tables of food values.

In passing, the reviewer wishes to remark that the quality of the paper and printing are excellent. He believes that this book will serve a very useful purpose and he heartily endorses it.

*HOME GUIDE FOR THE DIABETIC. DIET INSTRUCTIONS, RECIPES AND OTHER GUIDANCE.* 3s (42¢), pp. 30, Iliffe & Sons, Ltd., London, 1960.

This brief, simplified guide for the diabetic patient was prepared from a handbook used in the Leicester Royal Infirmary Diabetic Clinic. It is somewhat similar to the handbooks prepared by the American Diabetes Association and certain pharmaceutical companies, although it goes into even less detail.

While the information contained is similar to that in the American publications, there are some exceptions. A single syringe is recommended, for example, for insulin preparations of varying concentrations. A greater proportion of the body surface is used for insulin injections than is customary in most American clinics.

A number of diabetic diet menus are provided, ranging from 1000 to 2500 calories, and lists are included of servings of carbohydrate- protein- and fat-containing foods, respectively, which may be used for exchanges.

Of interest is mention in the booklet of playing cards designed to familiarize patients with food exchanges. These are available, at least to British patients, from the Central Council of Health Education and The British Diabetic Association in London.

*THE MECHANISM OF ACTION OF INSULIN.* Edited by F. G. Young. \$7.50, pp. 320, Charles C Thomas, Springfield, Ill., 1960.

This volume contains the collected papers and discussions from an international symposium held two years ago. The title might encourage the prospective reader to expect an explanation of how insulin acts in the living body. Having read it, he will realize that, thirty-seven years after the discovery of insulin, the thirty-seven authors and the forty-one other participants in the symposium are still far from sharing a unified picture of how insulin acts. He will find good evidence that insulin acts on a wide range of body tissues to change specific characteristics of the anabolism and catabolism of specific carbohydrates, fats, proteins and minerals in living animals, their excised tissues or in cell constituents from them.

He will find the field of research on insulin action described at a most interesting and stimulating stage, as when an appreciable number of genuine pieces of a puzzle are provided but are not yet fitted together. Possibly the integration of the insulin picture must await more quantitative information concerning the effects of insulin on the rates of transfer and transformation of body substances between and in specific body tissues. The action of insulin on the rates of glucose production by the liver, described by Tarding and Schambye at this symposium, represents an early step in this direction.

The faithful record of opinions and discussion between experts and the authors of the papers is a valuable feature of this symposium. Through it both the research specialist and the general practitioner can arrive at as integrated a picture of the state of knowledge of the action of insulin as was available at the time of the conference. The central position of insulin as a governor of many anabolic features of "energy metabolism" makes this collection of papers of interest to a wide range of biological scientists. This book on approaches toward the mechanism of insulin action is well worth reading.