

written, short papers dealing with findings of interest to most of our readers, it will become a regular feature. Its success will depend upon the quality of the contributions offered. The Editors welcome correspondence concerning the Department during its trial.

## BOOK REVIEWS

THE STORY OF INSULIN. FORTY YEARS OF SUCCESS AGAINST DIABETES. By Professor G. A. Wrenshall, Ph.D., G. Hetenyi, Ph.D., and W. R. Feasby, M.D., under the General Editorship of Abraham Marcus, M.B. Foreword by R. D. Lawrence, M.D., F.R.C.P. \$5.50 (in Canada), pp. 232. Max Reinhardt (Canada), Toronto 6, Ontario, 1962. Indiana University Press (American Edition), Bloomington, Indiana, \$4.75, Sept. 16, 1963.

The senior author of this little book, Dr. G. A. Wrenshall, has worked at the side of one of the co-discoverers of insulin, Professor C. H. Best, for approximately two decades. In view of this fact claims for unbiased critical objectivity could scarcely be made for this account of the story of insulin but on the other hand it has the touch of first-hand knowledge, authority and accuracy throughout the exciting chapters (two and three) describing the discovery of insulin and the throes of initial clinical trials. The tale of the discovery of insulin has, of course, been told before in several publications including biographies of Sir Frederick Banting. But this account is particularly noteworthy because it places the discovery in realistic perspective in regard to its time ("in the hot summer of 1921"). In the first chapter entitled "Before Insulin" in clear and easily understood terms, compassionate pictures are painted of the fate of the diabetic child before insulin as well as that of the adult. One of the case histories is that of Professor R. D. Lawrence who is the author of the illuminating foreword written from Harley Street in London. A brief history of the first recognitions of diabetes as a disease entity and of the unsuccessful attempts prior to that of Banting and Best to isolate insulin sets the stage for the second chapter detailing the discovery. In fact these two initial chapters plus the third entitled "The New Treatment" have all the attributes of a good suspense story even though we all know the eventual happy outcome.

The last two chapters (four and five) entitled "Understanding Insulin" and "Diabetes" constitute clear and rather sophisticated reviews for the lay individual of contemporary knowledge of the mechanism of the action of insulin and of the etiology and pathogenesis of diabetes. They will be of vital interest to the lay diabetic but should also appeal to the intellectual curiosity of all lay nondiabetics. The problems are almost unconsciously presented from a diabetic's viewpoint because the senior author, Professor G. A. Wrenshall, has suffered from this disease for nearly twenty years and has been able to control it with particular success by means of insulin.

The clear, lucid and even at times humorous style afforded this reviewer unexpected pleasure. The authors obviously had at their hand a wealth of new data and illustrative material from which to choose. They have included no less than twenty-five excellent pictures of great historical interest, a

number of which have never been published before. Three appendices provide useful information about Diabetic Institutes, Foundations and Associations and a clear, brief statement on the role of animals in medical research which should go far to combat the irrationalities of antivivisectionists and to correct unfounded apprehensions of reasonable dog owners. Spot checking of the useful index revealed no inaccuracies.

This book can be highly recommended to all members of the lay public interested in the story of one of the greatest medical discoveries of our times. It should be recommended reading as part of any college course dealing with contemporary science. All diabetics should be told about this book by their physicians. For a patient who has just discovered that he suffers from diabetes nothing could be more reassuring than to read this work written in part by a diabetic researcher. Researchers and physicians in the field of both experimental and clinical diabetes will discover, within the covers of this book, fascinating historical facets of their specialty of which they were probably unaware. The cost of the book is small and its format excellent. It is remarkably free of typographical or other errata which so often mar a first edition. Both the authors and the publishers should be congratulated on their excellent result. The book merits the great success it will undoubtedly win and we predict it will go through many printings. It is our hope that new editions will keep chapters four and five up to date as new advances indicate the need.

LOW-FAT COOKERY. Revised edition. By Evelyn S. Stead and Gloria K. Warren. pp. 284. \$4.50. McGraw-Hill Book Company, Inc., New York, 1959.

The authors state that this book has "been designed primarily for well people who wish to eat less fat, either to control weight or in the belief that they will then be less subject to vascular diseases. Sick people should not use the book without the guidance of a physician."

With this statement in mind, the book may be recommended as a very interesting and unique cookbook. The recipes are unusual. If followed, the results should be tempting and well-seasoned dishes. The fat content of every recipe is given. In the "Do-it-yourself" section it becomes very obvious that one can readily convert a high-fat-content recipe into one of much lower fat content. For example, the recipe for cherry pie usually contains approximately 93 gm. of fat and through the authors' ingenuity the fat content can be reduced to 8 gm. The caloric value of the pie is reduced accordingly.

Over 250 recipes and weekly menus are included. The daily intake of fat in these menus may range from 25 to 30 gm. The recipes are well classified and indexed for ready reference. Unfortunately, the recipes call for many items which are not available in all parts of the country. The brand names may prove confusing to persons who are unable to purchase the item. A very useful herb chart is given which lists common herbs and the foods which may be enhanced by them.

This second edition gives brief consideration to diets restricted in sodium content and the use of unsaturated vegetable oils. It is recommended for patients with diabetes. This may be controversial; therefore it would have been well if the usefulness of the book had been limited only to those interested in losing weight.