that matter—to institutions engaged in research than to those with broader and less dramatic goals such as education and detection.

A suitable form for a clause making a charitable bequest to the Association or to its Foundation may be phrased as follows:

"I hereby give and bequeath to the American Diabetes Association, Inc. (or The Research Foundation of the American Diabetes Association, Inc.), a corporation organized under the laws of the State of Ohio, and having its principal office at 18 East 48th Street, New York, New York 10017, the sum of . . . . . dollars."

Your attorney may wish to make changes in this form, and also will be able to provide you with the proper phraseology for a bequest of real property or securities, in place of a stated and fixed sum of money, if you so desire.

In view of our personal concern with the problem, both as individual physicians caring for patients with diabetes and as members of the American Diabetes Association, I am firmly convinced that we should be especially interested in seeing to it that the Association receives the kind of support that it needs, through the establishment of bequests in our wills and also in those of patients.

BOOK REVIEWS

ANNUAL REVIEW OF BIOCHEMISTRY. *Edited by J. Murray Luck. $8.50, pp. 864, Annual Reviews, Inc., Palo Alto, California, Volume 32, 1963.*

In addition to a broad survey of recent developments in the chemistry and metabolism of nucleic acids, complex lipids and water-soluble vitamins, volume thirty-two of the *Annual Review of Biochemistry* includes chapters devoted to protein structure, biological oxidations, mechanisms of enzyme action, neurochemistry, and the technics of gas chromatography and mass spectrometry.

Readers who work in areas related to metabolic disorders should find the chapters pertaining to carbohydrate and lipid metabolism of particular value. Cabib has reviewed recent publications dealing with the synthesis and metabolism of glycogen, the regulation of glycolysis, and the action of insulin. Information concerning the mobilization, transport and metabolism of free fatty acids is covered in the review of lipid metabolism by Mead. In his chapter on the biochemistry of sulfur-containing compounds, Black discusses recent data on the metabolism and mode of action of insulin. The large number of articles encompassed in each review tends to limit the depth of chronological presentation and the amount of critical discussion that can be allowed. However, two chapters have escaped to some extent from these restrictions. The review of biological transport by Hokin and Hokin provides a comprehensive introduction to current ideas in this important field. The chapter on steroid hormone action by Tomkins and Maxwell provides a systematic survey of the effects of steroid hormones on isolated enzyme systems and on amino acid metabolism and protein synthesis.

For students of the biochemical aspects of diabetes, this compendium can serve as a valuable key to a wider base of knowledge.

COUNSELING IN MEDICAL GENETICS, 2nd edition. *By Sheldon C. Reed. $5.50, 278 pp. W. B. Saunders Company, Philadelphia and London, 1963.*

Genetic counseling is not a forte of most medical practitioners. Yet much human concern laid at their doorsteps or hidden behind a professed reason for office visits requires an ability either to give this kind of counseling or to recognize the need for it and to make a referral to a genetic counseling clinic. Since such clinics are few and therefore not generally available, a book that suggests technics for genetic counseling and offers the scientific basis for some of the information and advice to be given is of inestimable value. Reed's *Counseling in Medical Genetics* is such a book.

The book is written in a style that is easy to read. To understand it requires only a minimum knowledge of genetics and no previous background in genetic methods. Each chapter is followed by examples of specific situations and the kind of advice given.

The first few chapters of the book supply the necessary background information. The remainder take up specific issues such as the chromosome breakthrough, mongolism, mental retardation, "cures" for genetic diseases, diabetes, hairlip, cleft palate, clubfoot, allergies, blood genetics, disputed paternity, skin color, heart diseases, psychosis, genetic effects of radiation, and the environment. An appendix listing the rare genetic traits is also included.

Dr. Reed's opinion is that "It is the physician who is likely to have a hand in shaping the future evolution of mankind because our reproduction is no longer capricious. The desire for a happy family of normal children is one of the strongest human motivations. For the first time in history the physician is able to be of major assistance in achieving the highest of life's goals. . . . The physician of today not only helps couples achieve a family size appropriate to their environment, but, by means of genetic counseling, he can assist them to approach the quality of children they desire. . . ."

Dr. Reed states that while the geneticist has or can get the data needed for making helpful recommendations to patients, few requests for such information are addressed directly to him. In most instances it is the physician from whom such advice is sought and, given the knowledge necessary for genetic counseling, he actually is the one who is in the best position to help the patient, for he has specific information concerning him and the totality of his problem.

This book is strongly recommended for general reading by the physician. It also makes a useful reference text for the consultation room.