

changes associated with aging. Kinney and Moore summarize the extensive experience and research of Dr. Moore's group and apply their observations to pertinent surgical problems.

Bradley and Rees provide a succinct review of the metabolic defects which occur in diabetes mellitus and give particular attention to the associated water and electrolyte abnormalities. Their assertion that subclinical and clinical ketoacidosis lead to "premature development of microvascular and atherosclerotic lesions . . ." would certainly be challenged by other authorities, and their support for the use of an osmotic diuretic when, assumedly due to secondary tubular damage, ". . . the oliguria of diabetic acidosis has failed to respond to conservative measures," can hardly be justified with the present state of knowledge; but these barely detract from the over-all excellence of the presentation. The extensive background material in this chapter and the approach to diagnosis, evaluation and therapy of diabetic ketoacidosis are well chosen, logically presented and accompanied by an extensive bibliography.

Dr. Bland's sections are informative and clearly presented. As editor, Dr. Bland might have added footnotes here and there, pointing out areas where controversy still exists. Sims and Solomon (p. 66) state that ". . . the osmotic pressure of the intracellular liquid is identical with that of the extracellular liquid," and Bland (p. 29): ". . . osmolality . . . of intracellular and extracellular water is . . . the same." Fortunately, Cort (p. 92) describes and evaluates the experimental findings which lead other investigators to believe that osmotic pressure within cells is maintained at levels appreciably higher than 300 mOsm./L. Similarly, Bland (p. 33) writes that ". . . almost all water of dense connective tissues is extracellular," and yet (p. 35) correctly points out: "There is no agreement on whether the water of connective tissues should be regarded as extracellular fluid."

But these are minor faults. The book, taken in its entirety, is a fine one. The authors present up-to-date material fully and succinctly and, with a few exceptions, add excellent current bibliographies for those who wish to explore further. There are few comprehensive books covering this field, and this one fills the needs of the specialized clinician better than any other known to me. It is an asset to a physician's library.

EAT, DRINK AND LOWER YOUR CHOLESTEROL. By *Frederick T. Zugibe, Ph.D.* \$4.95, 208 pp., McGraw-Hill Book Company, Inc., New York, 1963.

The author of this book attempts to help people live longer and happier lives through management of diet by substituting polyunsaturated fats for saturates.

The subject matter is directed to persons who have an interest in coronary heart disease and blood cholesterol levels. The language of the layman is used throughout the book. It is easy to read and understand.

The author agrees that there is no absolute proof that the lowering of the blood cholesterol will prevent heart disease. On the other hand many scientists agree that the seriousness of the heart disease problem warrants the reduction of blood cholesterol levels. Obesity is lightly treated in the second chapter, part 1, under the subject of "Predisposition to Heart Disease." As such, every attempt should be made to maintain normal weight. Fad or "crash diets" are to be avoided. Fat intake should not exceed 30 per cent of total calories. Fat

calories should come from polyunsaturates and the ratio of these to saturates should be greater than one. Foods to be avoided are listed, but a substitute for every such food is named. Good advice is given on the importance of reading labels. Technics of defatting meat, injecting polyunsaturated fats in place of removed saturated fats, as well as separation technics are all well illustrated. Approximately 150 recipes are included. These recipes range from first to last course items. The recipes are easy to read, but one must be careful to follow instructions. No analysis of the composition of the foods used is given. A food table containing tables of fat and calories is found in the appendix.

A bibliography is included which lists articles on the subject of fats which have been published within the last fourteen years.

To follow the regime suggested in this book, changes in food habits must be made. Many new ideas and practices must be introduced into the kitchen where the food will be prepared. Training will be necessary to achieve goals. The reviewer suggests that the physician be consulted before embarking on the ordeal.

FRUEHDIAGNOSE DER ZUCKERKRANKHEIT (Early Diagnosis of Diabetes Mellitus). By *A. Kaeding, M.D.* DM 9.90, 76 pp. *Verlag Georg Thieme, Leipzig, 1963 (Eastern Germany).*

This book gives an account of diabetes detection drives in two East German districts of Rostock and Greifswald, and the material also includes the records of the Outpatient Department of the Medical Services of Rostock.

The booklet is interesting mainly from an organizational point of view. The participation of a large population was secured by handing out test tapes with exact instructions and questionnaires to participants of a compulsory detection drive for tuberculosis. The age range was five to seventy-five years, and individuals showing a positive urine test for glucose were subsequently submitted to simple oral or to Staub-Traugott glucose tolerance tests. In a series of diabetic suspects the prednisone-glucose tolerance test was carried out, apparently without any particular advantage over conventional tests.

The evaluation of data is done in a simple comprehensible manner without elaborate statistics; the results do not reveal new aspects and are generally in good agreement with observations of other investigators in the field. In probands with a history of maternal diabetes the frequency of abnormal glucose tolerance tests was higher than in those with a history of paternal diabetes. The incidence of diabetes was higher in obese persons, which accounted in part for the preponderance of women over men in the newly discovered diabetics past the age of forty. Pregnancy appeared to favor the onset of manifest diabetes in women who gave birth to abnormally heavy infants (over 4,000 gm.). These are but a few examples of the great many aspects of diabetes the author touches upon, at times only briefly where the material was limited in size. References are quoted in sufficient detail to permit integration of the author's findings in the light of those of other investigators.

The booklet is good reading for the general practitioner as well as for the specialist in diabetes. The latter will value the author's optimistic, but not uncritical, approach to the presently available tools for detecting and treating diabetes.