

attractive journal with highly readable type. We salute our colleagues on the Editorial Board: Prof. Dr. K. Oberdisse, Düsseldorf, Editor in Chief; and the Associate Editors, A. Loubatieres, Montpellier; K. Lundbaek, Aarhus; A. E. Renold, Geneva; and J. M. Stowers, Aberdeen. This Board testifies to the international roots of the European Association for the Study of Diabetes.

We wish them great success in achieving and maintaining the high scientific standards they have set in Volume 1, Number 1.

Continued communication and exchange of scientific ideas of mutual interest between the American Diabetes Association and the European Association for the Study of Diabetes will be maintained.

BOOK REVIEW

A HANDBOOK FOR THE YOUNG DIABETIC. *Alfred E. Fischer and Dorothea L. Horstmann. 3rd Edition. \$3.75, 72 pp. Intercontinental Medical Book Corp., New York, 1964.*

There are almost as many "schools of thought" regarding the treatment of the child with diabetes as there are clinics and medical centers engaged in this endeavor. To write a book which will be acceptable to the physicians at these various treatment centers for their patients' reading is a task requiring the greatest of care lest the effort produce a book so narrow as to be unacceptable to a great number of physicians or, in an attempt to be completely acceptable to everyone, so broad as to give no guidance to the patient. The authors have been rather successful in negotiating such perils in this, the third edition of this book. Most physicians will be able to find parts of the book in which the advice to the patient will differ from what he would recommend in the same circumstances. For the most part these will not be major differences. In obviously controversial areas the patient is directed to his family physician. The book is written in clear, concise language which will not insult the intelligence of the more sophisticated reader but will still be useful to the less well educated person. In addition, Dr. Fischer has managed to give the book a positive and optimistic approach without patronizing the teen-age reader.

The section on diets and meal planning is well written, especially the chapter entitled "Good Cooking," which contains a wealth of practical information for making a diabetic diet understandable and easier to live with.

In the chapter on insulins the author puts the different kinds of insulins in proper perspective, with a description of

the various types and what they do. This should help dispel the tendency to attribute to some kinds of insulin mystical qualities. The statement that pills are not useful for children is well taken.

Those physicians who teach their patients to compensate for changes in exercise by changing the caloric intake will take issue with the authors' recommendation that the insulin dosage be decreased with increased exercise. The child often does not know when he takes his morning insulin what his exercise level will be later on and will find his routine more flexible if he adjusts his calories instead and keeps the insulin dosage constant.

Some disagreement may also arise in connection with the chapter on urine testing. The reader is told to put a few drops of urine on the testing tablet. If the tablet remains white there is no sugar present and if it turns orange there is a large amount, with in-between colors indicating intermediate amounts of sugar. This technic is less accurate than the more commonly recommended one of dropping the tablet into a test tube containing ten drops of water and five drops of urine, which is quite simple and does not result in erosion of table tops from the strong alkali. In using Benedict's qualitative test, the reader is also told to hold the test tube directly over the flame and "boil gently for one minute," a technic which may result in hot alkali being sprayed onto the skin or furniture. A boiling water bath is safer.

These last comments notwithstanding, the book is an excellent source of information for the childhood diabetic and his family.