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BOOK REVIEWS

HOW DIABETICS CAN EAT WISELY. By Dorothy Tomkins Revell. \$3.95, 172 pp., T. S. Denison and Company, Inc., Minneapolis, 1964.

This book differs from other manuals on diets for diabetics. The title might lead one to believe that it deals with diets for the diabetic who has not developed any complications. However, the author has written a book for use by diabetics who have developed vascular complications. She may also have their prevention in mind and in order to aid the physician has gathered together a variety of recipes which use special margarine and a high percentage of polyunsaturated fatty acids. By following the instructions in this book, it is believed that the fatty materials in the blood will be controlled as well as the sugar in the blood.

The Meal Plan Exchange Method developed by the American Dietetic Association and the American Diabetes Association is used. Certain changes in this exchange list have been made to "meet the dietary allowances in the serum cholesterol lowering regime for the diabetic patient." For example, butter and whole milk are not listed in the exchanges. Special margarine and skim milk are substituted. The author refers to the list as a Modified Exchange List.

Seventy-five recipes provide a great variety of interesting dishes. There is no index to the recipes. They are grouped under the exchange for which they are intended. The ingredients are given in household measures as well as in grams. The carbohydrate, protein, and fat values are given in grams. The calories for each ingredient are also included. The total value of the recipe is evaluated and the composition of one serving is given with its exchange value. Directions for preparing the recipe are clear. There is no uniformity in the number of servings resulting from the preparation of each recipe. It is apparently assumed that the final product will be served to all members of the family as well as to the diabetic. Two to three pages of blank recipe forms follow each group of recipes, making it possible to insert other recipes. A table of Common Food Equivalents follows the section on recipes. A list of fruits commonly used is listed in pound units followed by the yield in cups after cooking.

In the appendix one finds a table of composition of foods in common household measuring units. The foods listed are arranged alphabetically and much detailed information is found in these tables. Other foods which cannot be placed in measur-

ing units are described by size measured in inches. The total grams of carbohydrate, protein, and fat for each food are given as well as the food energy expressed in calories.

The author of the book is a member of the American Dietetic Association. Therapeutic dietitians should find the book useful for teaching diets prescribed by physicians who wish to alter the type of fat and include greater amounts of unsaturated fats. The patient placed on the diet would also benefit by owning the book.

FAT AS A TISSUE. Edited by Kaare Rodahl, M.D., and Bela Issekutz, Jr., M.D. \$18.50, 428 pp., McGraw-Hill Book Company, New York, 1964.

The proceedings of a conference held at the Lankenau Hospital in 1962 have been put together in book form. The subject has been divided into 1) structure, 2) metabolic aspects, 3) mobilization and utilization, and 4) pathophysiology. The book is notable in the quality of its contributors.

Thus, in the first section Isselbacher deals with absorption and transport of fat across the intestinal mucosa, and electron microscopists, Wassermann and Sheldon, discuss fat tissue as an "organ," together with the fine structure of the fat cell, with beautiful illustrations. In the second section transport, removal, synthesis and breakdown are discussed by Felts, Rodball, Steinberg, Vagelos, and Cahill, while the third section is concerned with hormonal effects (Vaughan), the utilization of free fatty acids by muscle (Spitzer), the effect of exercise (Issekutz), the possibility of neurogenic factors (Hausberger), together with a discussion of fat as an energy source (Dole). The last section is primarily concerned with obesity both in man and animals, and mentions possible genetic factors influencing fat (as a specific organ) and its distribution, gross body composition and changes occurring during weight loss (Behnke). Recent studies of metabolism in human biopsy specimens are interesting (Hirsch and Goldrick), as is the discussion of adipose tissue in diabetes (Winegrad, Goto, and Lukens). A discussion of metabolic aberrances in hereditary and induced obesity in mice by Mayer gives valuable knowledge to the field. Page's remarks about the relationship of fat to atherogenesis and circulation conclude the book.

Each section is followed by a panel discussion, which should help stimulate further investigations. The volume stands out in the breadth of its scope, and is well worth reading by scientist and practitioner alike. The passage of time has not detracted from the contents of the book.