

BOOK REVIEWS

COLOR ATLAS OF DIABETIC RETINOPATHY. *A. Dolenek, M.D., and A. Takac, M.D. (J. R. Wolter, translator and editor), \$18.00. Chicago, Year Book Medical Publishers, 1967.*

I must agree with Dr. Wolter, the translator of this atlas, that it is a "pearl of a book." As the authors so clearly point out, diabetic retinopathy is increasing in its incidence in the populations of all countries and is well on its way to becoming a leading cause of blindness in many places in the world. For this reason both the internists who are caring for the diabetic patient and the ophthalmologists who watch the progression of the retinopathy are becoming increasingly aware of and interested in the natural history of the disease.

Any attempt at treatment of this problem must take into consideration all of the factual material so well collated in this book. I know of no other single piece of literature which so well sums up the history, frequency, pathogenesis, classification and description of diabetic retinopathy.

The last section on case reports I find somewhat disappointing as I do any such compendium of cases. It seems to me to lack organization, to be somewhat repetitive, and to have some rather ordinary photographs considering the excellence in cameras, film and color reproduction technics available today. In spite of this it does provide a pictorial documentation of the changes occurring in diabetic retinopathy so that the panorama of this disease process is presented in all of its aspects.

Although not the sort of book which will be widely read by every physician it certainly is an invaluable aid to those of us particularly concerned with diabetic retinopathy.

A MODERN PILGRIM'S PROGRESS WITH FURTHER REVELATIONS FOR DIABETICS. *Second (revised) Edition. Garfield G. Duncan, in collaboration with Theodore G. Duncan. Illustrated by Kathryn Leslie. \$3.75. Philadelphia, W. B. Saunders Company, 1967, pp. 227.*

There are many hazards facing the author of a publication for the laity, particularly in the field of diabetes. There are almost as many theories about the optimal management of diabetes as there are physicians, and patients vary greatly in their ability to adjust to unpleasant information. It is thus a difficult task to prepare a layman's guide to diabetes which is not only authoritative and accurate but which will neither frighten the patient nor antagonize his physician. As he did in the first edition of this manual in 1956, Dr. Duncan has accomplished this mission in the revised second edition.

The book is written in the form of a story about the experiences of a social worker with diabetes, assigned to the diabetes clinic and wards of a Philadelphia hospital. With this technic, Dr. Duncan is able to discuss a variety of problems presented by different patients. Chapter 9 reports a conference attended by the protagonist, at which diabetes is explained in simple terms, a brief historical review is presented, the oral hypoglycemic agents are discussed, and a number of

frequently asked questions are answered.

A sixty-seven page appendix briefly outlines the various types of insulin, its administration, including mixtures, the recognition of insulin reactions and diabetic coma, urine testing, foot care, and the exchange system of diets, including some recipes and menus. A glossary is included, and a useful index. The book is written in a simple, straightforward manner that will be readily understood by most patients. Although some may be put off by the child-like style of the story, the wealth of factual information more than compensates. The degenerative complications are referred to without the implication that they are a major threat to all patients, and the most apprehensive individual is unlikely to be upset by the discussion. Most physicians in the field would find little to argue with in the principles of management that are presented. However, adherents of the "Free Diet" school will find some criticism of this approach in the book, as might be expected.

With the increasing pressures on a doctor's time, proper indoctrination of a patient with diabetes may occasionally be sacrificed. Furthermore, there are always many questions about his illness that a patient will hesitate to ask his busy physician. *A Modern Pilgrim's Progress* will supply the missing information, or supplement that which is given by the physician. In any chronic illness, particularly one requiring constant treatment, motivation is essential. It cannot be produced without adequate information. This book is one very useful and convenient method of providing it.

ESSAYS ON HISTORY OF NUTRITION AND DIETETICS, *Edited by Adelia M. Beeuwkes, E. Niede Todhunter and Emma Seifrit Weigley. Chicago, The American Dietetic Association, 1967, pp. 291.*

This volume, as suggested by the editors, is not a history but rather a collection of essays on a wide range of subjects which have been a part of the growth of the science of nutrition and dietetics. The book is composed of a series of papers which have been published previously in *The Journal of the American Dietetic Association* over the past thirty-six years. The contents are divided into the following sections: histories of nutrition and dietetics; of food and cookbooks; of hospital diets and therapy; and a series of biographical sketches of several of the pioneers in nutrition and dietetics.

Among the many interesting papers are those giving accounts of the events resulting in the prevention of scurvy, dining in seventeenth century England with Samuel Pepys, and Frank N. Allan's historical review of the dietary management of diabetes in the year 1930.

Because of numerous and varied topics, the editors might have included a subject index as this volume will be a valuable adjunct to those interested in the areas of nutrition and dietetics. The reviewer recommends this monograph to the clinician, dietitian, students of nutrition and dietetics, and the interested layman.