BOOK REVIEWS

DIABETES AND THE EYE, *By F. R. Caird, A. Pirie, T. G. Ramsell, $11.00, 230 pages, Oxford and Edinburgh, Blackwell Scientific Publications, 1969.*

Anyone involved in eye care in the United States today cannot help but be impressed by the increasing number of diabetics who are going blind each year. Since there is an ever-increasing population of diabetics who have had this condition twenty or more years, there will be an increasing number of patients who develop the various eye complications to which diabetics are prone.

The relationship between diabetes and the eye has been investigated by numerous individuals in widely different areas. Their studies have been published in a wide variety of journals. The authors of this excellent little book have done a tremendous service to those of us interested in the problem of diabetes and its relationship to the eye, by compiling this valuable bibliography of pertinent literature. They have, however, done even more by attempting to synthesize the significant and sometime conflicting contributions which have been made. Since there are so many gaps in our knowledge they at times must speculate, but they have been careful to label their own theories as such.

The chapter on "Treatment of Diabetic Retinopathy" does not include some of the latest work on photocoagulation, particularly with lasers; but this whole area is changing so rapidly and expanding so quickly that this cannot be considered a real drawback to the book.

I would recommend this little volume enthusiastically to anyone who is involved in either the care of diabetics or the practice of ophthalmology.

SUSTAINED WEIGHT CONTROL: THE INDIVIDUAL APPROACH, *T. S. Danowski, M.D., 194 pages, Philadelphia, F. A. Davis Co., 1969.*

One cannot help but question the need for yet another "diet book" since so many works of differing background, accuracy and appeal have been published within the last few years. Yet Dr. Danowski's clearly and pleasantly written little volume provides patients and other laymen with all the essentials for an intelligent approach to the problem of weight control. The author's scientific approach and attempt to provide factually based knowledge are evident throughout his work, including references to medical research expressed in easily comprehended terminology. Initially the book deals with food and its requirements, followed by a section explaining calorie needs and the effect of excessive weight upon health in various age groups. Dr. Danowski discusses the concepts of metabolism, hormones, experimental animal models and specific foods before reviewing the individual and his diet. The final section of the book deals with the application of the diet to weight control and emphasizes the need for personal commitment to the program.

Despite the author's recognized eminence in the fields of medicine, metabolism and nutrition, his recent book adds nothing new to an already burgeoning field of popular quasi-medical education. Judged on its accuracy and readibility alone it is commended as a fine reference piece that can be recommended by the busy practitioner for his patients. Despite the ready accessibility of such information we all realize that only a constant and ever renewed effort by the patient and physician, working together, can assure continued successful control of excessive weight.

ABSTRACTS

Alleyne, G. A. O.; Millward, D. J.; and Scullard, G. H. (Med. Res. Council, Tropical Metabolism Res. Unit, Univ. of the West Indies, Kingston, Jamaica): TOTAL BODY POTASSIUM, MUSCLE ELECTROLYTES, AND GLYCOGEN IN MALNOURISHED CHILDREN. J. Pediat. 76:75-81, January 1970.

Verbatim summary. Total body potassium, muscle potassium, magnesium, and glycogen have been estimated in infants while they were malnourished, during recovery, and in several after they were fully recovered. Muscle potassium was curvilinearly related to the total body potassium. Muscle magnesium was reduced, and the potassium/magnesium ratio was depressed in children with low muscle potassium values, implying differential loss of muscle potassium. Muscle potassium was linearly related to muscle glycogen. Twenty-four-hour urinary excretion of creatinine was measured; by assuming that 1 mg. of creatinine was derived from 20 gm. of muscle, calculations of muscle mass were made. In children with a total body potassium over 40 mEq. per kilogram of body weight, muscle potassium contributed approximately one half of the total body potassium; this ratio decreased significantly when body potassium fell to very low values.

Alsever, Robert N.; Georg, Ralph H.; and Sussman, Karl E. (Div. of Endocr., Dept. of Med., Univ. of Colorado Med. Center, Denver, Colo.): STIMULATION OF INSULIN SECRETION BY GUANIDINOACETIC ACID AND OTHER GUANIDINE DERIVATIVES. Endocrinology 86:332-36, February 1970.

Isolated perfused rat pancreas was found to respond to guanidinoacetic acid with higher levels of insulin release than with arginine, creatinine, or guanidine. The insulin response did not appear to be mediated by the parasympathetic supply since atropine was without effect. The guanidino group may