

BOOK REVIEWS

NUTRITION AND DIET IN HEALTH AND DISEASE. By James S. McLester, M.D., Professor of Medicine Emeritus, University of Alabama, and William J. Darby, M.D., Ph.D., Professor of Biochemistry and Director of the Division of Nutrition, Vanderbilt University. Cloth. \$10.00. Pp. 710; illustrated; 6th edition. Philadelphia, W. B. Saunders Company, 1952.

This text book which first appeared a quarter of a century ago has been revised for the sixth edition with the collaboration of a junior author who has undertaken responsibility for the first part, dealing with nutrition in health. This section deals with the biochemical and physiological problems of food and its utilization including detailed information regarding the vitamins, the protein problem, and inorganic nutrients. Information helpful to the physician is given in regard to many food products. The dietary requirements of normal individuals are presented including special consideration of infants, children of school age, aged persons, and pregnant women.

The senior author has devoted special attention to the second part, dealing with nutrition and disease. Approximately 38 pages have been devoted to diabetes mellitus, including 5 pages about insulin. The method of planning diabetic diets with food exchange lists prepared by the American Diabetes Association and the American Dietetic Association, in co-operation with the Diabetes Branch of the U. S. Public Health Service is presented. Emphasis is placed on accuracy of dietary control with full consideration of the psychological factors affecting the interests and desires of the patient.

The excellent attention given to the dietary problems in diabetes is similarly displayed in the sections dealing with deficiency diseases, gout, obesity, and also diseases of the digestive system. An effort has been made further to include some dietary information regarding almost every disease which may be encountered. This leads to the inclusion of much material which would have been better omitted. Examples are such statements as "Multiple sclerosis has been attributed to vitamin deficiency, but the evidence presented has been discarded." "Parkinson's syndrome has been treated with pyredoxine . . . but many failures also have been reported."

In the appendix one finds 76 pages of tables giving a variety of information including dietary standards, composition of foods and nutrients in household quantities.

The book should continue to prove valuable to both medical students and practicing physicians.

ENDOCRINE TREATMENT IN GENERAL PRACTICE, edited by Max R. Goldzieher, M.D. and Joseph W. Goldzieher, M.D., Cloth, Price \$8.00, Pp. 474, 19 illustrations, Springer Publishing Company, Inc., New York, 1953.

This book, written particularly for the general practitioner, presents the diagnosis and treatment of endocrine diseases and also the treatment of non-endocrine diseases with various hormones especially corticotropin and cortisone. Edited by the Goldziehers, father and son, it is the product of the editors' collaboration with 19 other contributors in various fields of medicine.

Organization of the contents is based on the localization of the presenting symptoms and the types of metabolic disturbances, rather than subdivision of the book according to the individual endocrine glands. The editors have attempted in this organization and in their discussions to create, not a textbook, but a practical handbook for the busy medical practitioner who has found it difficult to keep up with recent advances in endocrinology. This has been accomplished by the elimination of all background material, controversial discussion, and references. The contributors have simply summarized their opinions and experiences in their own individual fields.

Many chapters are particularly well written. The common endocrine disorders of infancy and childhood are clearly outlined. The chapter on carbohydrate and fat metabolism written by Dr. George E. Anderson presents a practical discussion on diabetes mellitus including excellent dietary material. Other outstanding chapters on endocrine subjects include: water and electrolyte metabolism, male infertility, female hypogonadism, virilism, disorders of menstrual function and menopausal syndrome.

The several chapters describing the effects of endocrine diseases on different organ systems in the body help to make this book more effective as a reference source, but there is much repetition of material covered elsewhere, especially in regard to treatment. The three chapters describing endocrine therapy of diseases of the skin, eyes and neoplastic diseases should be valuable. The conveniently arranged list of the various types of hormone preparations currently available, appearing at the end of the book, should also be helpful.

The reviewer's chief criticism is the recommendation by certain contributors of the use of endocrine products in the treatment of non-endocrine diseases. Examples include the use of testosterone for senescence, thyroid and pituitary extracts for obesity, and testosterone for either functional symptoms or psychogenic impotency of the middle aged man who has no proved androgen deficiency. According to many and perhaps most authorities in endocrinology, these substances have not been shown to be as effective as appropriate psychiatric therapy and placebos. Other measures pertaining to endocrine disease such as the treatment of Cushing's syndrome due to adrenal hyperplasia by the use of cortisone rather than by partial or total adrenalectomy, and the use of the glucose tolerance test rather than a prolonged fast in the diagnosis of organic hypoglycemia, would not be accepted by authorities who have had the most

experience in these particular fields.

In the opinion of this reviewer, the book can be definitely recommended and will be a valuable aid to the general practitioner.

DISEASES OF METABOLISM, Detailed Methods of Diagnosis and Treatment, edited by Garfield G. Duncan, M.D., Director of Medical Division, Pennsylvania Hospital and Clinical Professor of Medicine, Jefferson Medical College, Philadelphia, Cloth, \$15.00, Pp. 1179, illustrated, 3rd edition, Philadelphia, W. B. Saunders Company, 1952.

The editor has had the assistance of 20 distinguished authorities in writing a textbook which includes not only information about the diseases of metabolism but also an excellent presentation of normal metabolic processes and problems in endocrinology which border on the field of metabolism.

The section on diabetes mellitus has been written by the editor himself, with sections on diabetes in childhood and melituria contributed by Priscilla White and Cantarow. The information concerning diabetes, based on the authors' extensive experience, is authoritative and well written. In the section concerning dietary treatment, the food exchange system and the ADA diets are recommended.

Soskin and Levine have contributed the valuable section on carbohydrate metabolism. This includes an exposition of the controversial problems concerned with gluconeogenesis, the enzymatic machinery of metabolism, the mode of action of insulin, and the influence of other hormones. Other subjects which deserve special commendation include water balance, written by Peters, vitamins by Spies and Butt, and obesity by Evans.

The book can be highly recommended because it successfully presents authentic, scientific information and sound, practical application.

PROXIMATE COMPOSITION OF AMERICAN FOOD MATERIALS. 25c. 90 pages. U. S. Government Printing Office, Washington 25, D. C., 1948. Catalog No. AI.4/2:549.

A FRUIT AND VEGETABLE BUYING GUIDE FOR CONSUMERS. 15c. 61 pages. U. S. Government Printing Office, Washington 25, D. C., 1948. Catalog No. AI.77:21.