

MEAT FOR THRIFTY MEALS. 15c. 46 pages. Illustrated. U. S. Government Printing Office, Washington 25, D. C., 1942. Catalog No. AI.9:1908.

FAMILY FARE—FOOD MANAGEMENT AND RECIPES. 25c. 96 pages. Illustrated. U. S. Government Printing Office, Washington 25, D. C., 1950. Catalog No. AI.77:1/2.

MONEY-SAVING MAIN DISHES. 15c. U. S. Government Printing Office, Washington 25, D. C., 1948. Catalog No. AI.35:289.

FOOD FOR FAMILIES WITH SCHOOL CHILDREN. 10c. 23 pages. Illustrated. U. S. Government Printing Office, Washington 25, D. C., 1951. Catalog No. AI.77:13.

HELPING FAMILIES PLAN FOOD BUDGETS. 15c. 16 pages. U. S. Government Printing Office, Washington 25, D. C., Revised 1952. Catalog No. AI.38:662/4.

FOOD GUIDE FOR OLDER FOLKS. 5c. 16 pages. Illustrated. U. S. Government Printing Office, Washington 25, D. C., 1952. Catalog No. AI.77:17.

IMPORTANCE OF NUTRITION TO GOOD HEALTH. *Health information series No. 31 (Public Health Service Publication No. 162)* 1952. 12 pages. Illustrated. 5c. \$3.75 per 100.

The publications listed above are among many similar booklets and pamphlets issued by the U. S. Government Printing Office, dealing with food and nutrition. Prepared by home economists and dietitians, they present, in a style understandable to the layman, basic facts about food selection and preparation which should help insure good nutrition. Physicians may find that certain of their patients will be interested in securing such authoritative information inexpensively.

While not prepared with the diabetic in mind they contain much useful help for diabetic patients in purchasing and preparing their own meals, as in the booklets on fruit and vegetable buying and meat selection. Their emphasis, however, is on the normal family diet.

The well-known booklet on "Proximate Composition of American Food Materials" presents an analysis of a great variety of foods and includes a listing of fruits and vegetables classified as to their carbohydrate content. Information on the constituents of the edible portion of the many foods named in this valuable booklet is of great reference value not only to doctors but to dietitians and patients. It should be pointed out, however, that the data vary in certain respects from the figures for *available* carbohydrate, protein, and fat in the food exchange lists presented in the American Diabetes Association's "Diabetes Guidebook for the Physician" and in other recent publications.

MEMENTO DU DIABÉTIQUE. *Réservé aux Membres de l'Association Française des Diabétiques, Hôpital de la Pitié, 83 Bd. de l'Hôpital, Paris 13, France. pp. 42*

The French Association of Diabetics furnishes its members with this brochure, which resembles the books for patients, popular in this country. Diabetics and friends of diabetics in France are invited to join this Association, organized to protect their interests and to provide them with helpful information including, in addition to this booklet, a quarterly bulletin. The minimum annual dues for active members are 200 francs. Subscribing members and "bienfaiteurs" pay a minimum of 400 francs and 1000 francs, respectively.

The contents include a discussion of the symptoms of diabetes, diet and insulin, acidosis and other special problems occurring in the course of diabetes. Tables of food values are included; one section gives equivalents of 100 gm. of potatoes.

Emphasis is placed on regularity of medical supervision. The book closes with the following declaration: "The diabetic ought to take care of himself; his efforts will be rewarded. The diabetic can and ought to live a normal life: the American Davis Cup champions prove it! The diabetic who takes care of himself correctly can avoid complications. The medal of E. Joslin crowns this victory. At last, the life expectancy of the diabetic equals that of the normal person. Examined regularly every three months, he has even more chance of avoiding illness than the careless nondiabetic."