BOOK REVIEWS

HOW TO LIVE WITH DIABETES, *3rd edition, by Henry Dolger, M.D., and Bernard Seeman, $6.50. 208 pages, New York, Norton Publishing Co., 1972.*

Throughout this book, there is a commendably optimistic attitude toward diabetes which is certainly proper in dealing with any chronic disease state requiring a lifetime of treatment and care. Additionally, the authors have a light touch which is a pleasing contrast to the "life is real," "life is earnest" school of diabetes.

The book is reasonable in size and price, and is divided into four parts: I. The Disease; II. The Management of Diabetes; III. The Problems of Diabetes; and IV. The Prospects.

For the educated, literate patient, the basic background information, particularly from an historical standpoint, is splendidly and fully covered in part I. In chapter 4, entitled, "Search for a Cure," one of the controversies regarding dietary treatment is mentioned. Although no definite stand is made by the authors on what diet treatment is advised, one gets the feeling that a relatively free diet plus insulin as needed is sufficient.

From a practical day-to-day treatment standpoint, part II—The Management of Diabetes—avoids the issue of specific dietary advice and other practical guidelines that a patient may follow. An excellent historical resume of dietary treatment of diabetes is, however, contained in part II, chapter 5. The predominant historical vein continues in sections on insulin, urine testing and oral drug treatment. The various agents and tests are catalogued briefly and not much is said about the value of urine testing. The possibility of self-adjusting insulin on the basis of urine test results is likewise not mentioned.

From a complications standpoint, only the acute problems are discussed. This is certainly justified since there is no need to dwell upon the possible morbid degenerative complications, although the possibility of blindness, and so forth is uppermost in the minds of many new patients. Good practical guidelines are given for management of hypoglycemia. The problems of the unconscious patient and glucagon use are, however, given only cursory mention. Advice for patient prevention or amelioration of early ketoacidosis is too nonspecific and vague. Certainly, many physicians managing diabetic patients will take issue on several suggested therapeutic approaches and procedures.

Psychosocial problems of diabetics are covered in an excellent manner in part III. Down-to-earth advice is presented concerning diabetes in childhood, adolescence, adulthood, as well as special problems in women. This part of the book certainly reflects the author's many years of dealing with large numbers of diabetic patients. As is fitting, the book ends with an optimistic outlook of diabetic research—"On the Threshold of Tomorrow."

For the insulin-dependent patient in particular, "How to Live with Diabetes" falls short of its goal from a dietary and insulin-use standpoint. For the inquisitive diabetic patient, however, this refreshing book should stimulate the never-ending search for additional diabetic information.

ABSTRACTS

Allen, Lindsay H.; and Zeman, Frances J. (Dept. of Nutrition, Univ. of California, Davis, Cal.): INFLUENCE OF POSTNATAL NUTRITION OF KIDNEY CELLULAR DEVELOPMENT IN THE PROGENY OF PROTEIN-DEFICIENT RATS. Fed. Proc. *31*:2617, March-April 1972.

Verbatim summary. Rats were fed a 24 per cent casein (control) or a 6 per cent casein (protein-deficient) diet throughout gestation. Progeny from control and protein-deficient dams were raised together by a stock-fed foster mother, either in litters of ten (a normal-sized litter) or in litters of four from two days after birth. Reduction of litter size has been shown to largely compensate for the effect of prenatal protein-deficiency on several parameters of growth and development. DNA and protein content of kidneys from progeny were determined at zero, six, thirteen, twenty-two and fifty days after birth. Pups from protein-deficient dams had a reduced DNA and protein content in the kidneys at all ages studied. Improved postnatal nutrition increased kidney DNA above that in normal-sized litters in controls at all ages and in deficient young after thirteen days. Protein content was increased after thirteen days in both groups. Ratio of protein to DNA remained relatively constant until weaning and then increased markedly up to fifty days in all groups. Data suggest that maternal protein deficiency produces marked depression in cell number in kidneys of progeny. Improved postnatal nutrition increases cell multiplication, but to a smaller extent in prenatally deficient young than in controls.