

cial students, and the bond between him and his house officers was very strong. His skill extended well beyond medicine and science, however; he was an accomplished violinist and chess player and was well read in history, philosophy, and art.

The tragedy of Dr. Berson's death was compounded several weeks later by the sudden death of his elder daughter, Wendy, at the age of twenty-four. He is survived by his wife, daughter, sister, and brother, and is mourned by co-workers, colleagues, students, and friends all over the world.

*Editor's Note: Scientists and physicians throughout the world have paid homage to Dr. Berson by special ceremonies at scientific meetings, by contributions of papers to memorial issues of several journals (Metabolism; Israel Journal of Medical Sciences; Journal of the Mt. Sinai Hospital), and by monetary contributions to the Solomon A. Berson Fund for Medical Research Inc., c/o Dr. L. J. Soffer, Mt. Sinai Hospital, New York, N.Y. 10029, which, if funds are sufficient, will honor Dr. Berson's memory by supporting the research training of young scientists of special promise.*

## BOOK REVIEWS

*JOSLIN'S DIABETES MELLITUS, 11th edition, edited by Alexander Marble, M.D., Priscilla White, M.D., Sc.D. (Hon.), Robert F. Bradley, M.D., and Leo P. Krall, M.D., with twenty-six contributors, \$32.50, 884 pages, 122 illustrations, 2 color plates. Philadelphia, Lea & Febiger, 1971.*

Among the monumental medical publications of this century, *Joslin's Diabetes Mellitus* stands as a pylon. Considering the fifty years that have passed since insulin was discovered and revolutionized the care and prognosis of diabetic patients, the studious reader may note that Joslin first published his observations in 1916, in the still arid, woe-beset pre-insulin days on 1,000 patients. In 1916, 425 of these patients were known to have died after a duration of the disease averaging about five years.

The editors of the present work required the cooperative assistance of twenty-six authors to bring this edition up to date. Their job is exceedingly well done. This volume, while large, comprises, in 884 pages, thirty-two chapters. They range from a splendid introductory chapter on current concepts of diabetes by Marble, to an equally rewarding chapter on "Socioeconomic Considerations in the Life of the Diabetic" by Entmacher and Marks, the latter being the great veteran of statistical studies in this field.

All the contributing authors are or have been associated with the Joslin Diabetes Foundation.

Joslin's spirit pervades the book. In the foreword, the editors write "For purposes of practical therapy, we have chosen to regard diabetes as basically a disease in which there is a deficiency of available insulin." True to the Joslin view they write, "we believe that by meeting the insulin deficiency and maintaining the best control of diabetes practicable on a given patient, we may justifiably hope to prevent, or at least postpone and minimize the vascular complications of long-term diabetes."

This edition is beautifully set in bold type on glossy, firm paper. The traditional use of illustrations, figures and references is generous and up to date.

Controversial opinions are given due consideration and the reader may feel certain this is not a one-sided book with

little attention to new, important leads in the effort to unravel the pathogenesis and nature of diabetes.

Although fifty years have passed since the discovery and introduction of insulin in the management of diabetes, its state in the circulating blood is still unclear. In the chapter "Insulin in Diabetes—Applied Physiology," Soeldner has provided a splendid survey of current and past knowledge including a comprehensive bibliography dealing with research into free, bound, atypical insulin, insulin resistance, and variations in metabolic states and disease.

The chapter by Stauffacher and Renold, "Pathophysiology of Diabetes Mellitus," is of special interest to students and other readers who would like a current biological view of the diabetic syndrome, from the mystery of lipotropic diabetes to the effects of cytotoxic injurious agents on beta cells, allergic insulinitis, and spontaneous diabetes in animals. These authors touch on all manner of factors affecting insulin secretion: metabolic effects of underproduction in all tissues, variants of ketotic and nonketotic acidosis, metabolic transport variations and disturbances and experimental diabetes. Their achievement is almost a monograph in itself and a guide for new as well as seasoned investigators. The chapter alone is followed by 727 references.

Of special interest to diabetologists and pathologists is a splendid chapter on "Glycoproteins and Diabetic Microangiopathy" by Robert Spiro—the single most persistent and authoritative investigator in this field. He has provided a lively summary of available knowledge and emphasizes the core problems related to abnormal glucose metabolism as a result of insulin deficiency which may lead to diabetic microangiopathy.

An up-to-date chapter on the "Pathology of Diabetes" is a must for the student and the interested physician—well illustrated and comprehensive in its inclusion of all related disorders with a diabetic character. Meissner and Legg have fulfilled their mission in a succinct but thorough summary which properly emphasizes recent new data.

A chapter entitled, "Onset, Course, Prognosis and Mortality

in Diabetes Mellitus" by Herbert Marks and Leo Krall deserves special commendation. It provides a thoughtful review of the topics, correlated with statistical data derived from the rich data obtained from the Joslin Clinic—probably the best-studied patients over the longest period of time in one place. The authors employ clinical experience, compare the data with available similar data from other sources, and provide rich analytical material for their conclusions. The impact of treatment, antibiotics, and the mounting problem of increasing vascular disease—both macro- and microangiopathy—becomes strikingly clear when buttressed by such morbidity and mortality data.

For the therapist, ample consideration is given to all of his problems. From patient education to family education, public education, nurse and physician training, to details of nutritional, dietetic considerations, a fine chapter by Krall and Joslin provides all the rudiments and principles that have been found useful.

The use of insulin in all the varying states of clinical diabetes is thoughtfully presented by Marble. Where adjustments need to be made, the gravity of the misuse of insulin is duly stressed. The hazards of both recognized and unrecognized hypoglycemia are especially appreciated.

An excellent survey of the oral hypoglycemic agents by Krall follows. This is up-to-the-minute also, with a careful statement of the present controversial status of sulfonylureas as agents that do or do not prevent cardiovascular complications in so-called "maturity-onset" diabetes.

Other chapters dealing with diabetes in childhood and pregnancy are equally rich, balanced, and are given a useful presentation.

The book, in encyclopedia style, deals with special problems of the diabetic: skin disorders, the nature and varieties of infection. The surgeon's field of interest is treated in depth.

Varieties of nondiabetic mellituria, the problems of hypoglycemic states and relation to insulin secretion, endocrine disorders related to diabetes are likewise reviewed.

The chapters on nephropathy, neuropathy and the eyes in diabetes are all impressive.

In summary, here is a book of reference which no student or physician should miss. To understand diabetes at all, one needs a reference work like this, where useful, dependable facts and theory are blended, dealing with all aspects of a complex disease. The editors and authors are to be commended for their monumental achievement.

*A HANDBOOK FOR THE YOUNG DIABETIC, 4th edition, by Alfred E. Fischer, M.D., and Dorothea L. Horstmann, R.D., M.A., \$4.75, 76 pages. New York, Intercontinental Medical Book, 1972.*

This well-intentioned book suffers from several errors of omission and commission. The authors feel that they are presenting suggestions for health care which will help children grow up and live a normal life with diabetes. They feel that parents can adapt these suggestions to their own family ways of living. Unfortunately, many of these suggestions are written in such a way as to provide very little real help to parents. There is, for example, no pathophysiological approach to the problems of diabetic acidosis and insulin reactions; the diagnosis and home treatment of these problems, therefore, is rather unclear. In this section, as in others, there is a rather

overwhelming emphasis on the dependence of the patient on the doctor. Instructions such as "you need prompt medical attention," or "have someone call your doctor immediately" recur frequently. Many physicians who care for children with diabetes take exactly the reverse position: The parents should be experts in the care of the diabetic child, with the doctor available for consultation and advice. This emphasis on the dependency of the parents and patient would be counterproductive in terms of the family's adjustment to the disease, and would thus lessen the probability of the child's leading a normal life.

Another major fault of the monograph is that there is no ordering of priorities. Almost 65 per cent of the book is devoted to dietary instructions and sample menus; while diet is certainly an important part of the management of the juvenile diabetic, it would seem that this does represent an over-emphasis. This lack of perspective in dealing with the problems of children with diabetes recurs frequently.

There are also several specific errors. The instructions for testing for glucose with a Clinitest tablet indicate that "all one has to do is to take a few drops of urine and drop it on the tablet." This error was also made in the third edition. Indeed, a close comparison of the present edition with the previous one shows no changes of any significance.

In short, this book suffers severely when compared with other alternatives available. It is therefore not recommended for patient or physician use.

*AN INTRODUCTION TO DIABETES FOR THE YOUNG CHILD. Mary Pinckney Ferguson, \$7.50 (sold in sets of five only). 42 pages, 20 line drawings. Springfield, Ill., Charles C Thomas, 1972.*

This thirty-nine-page pamphlet is not helpful for children with diabetes, their parents, or their physicians. Half the pages are taken up by cute sketches that are unrelated to the reality of the topic at hand; for example, the administration of insulin is represented by a little girl purchasing it from a druggist! The text of approximately 1,100 words is in an unusual style and analogies are remote and misleading. Together with the superficial explanations and curious omissions, they enhance the air of mystery and taboo about diabetes. It does not seem right to deal with the painful reality of diabetes in such a Pollyanna fashion and talking about "color tests" without ever mentioning what is tested.

Despite its brevity, the pamphlet is brimming with inaccuracies. The section on diet is inconsistent with most current practice. The pamphlet has a pervasive quality of denial and rigidity, promoting the sort of distrust of a child's own physiologic messages which leads to many of the diabetes management problems. The traditional construct of diet, insulin and exercise is presented as the simple formulation for diabetes control. In practice, pediatric diabetologists more often deal with the effects of emotions on metabolic balance. It is thus unfair to tell the child he or she will be fine by attending to the three variables on a fixed schedule.

Children with diabetes mellitus and their parents need a realistic appreciation of the complex relationship of the major variables affecting diabetes control so that no one will be blamed when things go awry, allowing necessary changes to be made dispassionately and rationally.