

authority in the field of nutrition, L. Jean Bogert from Berkeley, California, is a happy event. Those who have read and used the earlier editions will find in this latest text a large amount of new material. In the preface the author indicates that more than 60 per cent of this volume is entirely new and the remainder has been completely revised. In no field of medical science in the past decade has there been greater activity of importance than in the field of nutrition and metabolism.

The book is divided into four parts dealing with Body Needs, Body Processes, Meal Planning, and Diet for Special Conditions. At the end of each chapter there is a section on questions and problems which should be exceedingly helpful to teachers of nutrition. The list of supplementary reading suggested at the end of the chapters, while not inclusive, nevertheless contains many of the more important references pertinent to the material discussed in the chapter. The chapter on carbohydrates, fats, and proteins contains the standard information. The chapter on basal metabolism and temperature regulation is exceedingly well done. The discussion on protein requirements and protein balance fails to mention the work of Kountz and others on the protein requirements of individuals in the higher years.

It is unfortunate that the important topic of Diet After Forty did not receive the critical attention that this rapidly expanding area merits. The relationship be-

tween continued vitality and vigor in the mature and higher years of life and nutrition is being studied by a number of investigators. The relationship between nutrition, particularly total intake, fat content of the diet, and vascular degeneration merits careful evaluation in any book on nutrition.

The chapter on Overweight accepts the traditional interpretation of weight control. There is a passing reference to the experiments of Jean Mayer, but no mention is made of the pioneer work of John Brobeck and his associates, who were among the first to identify areas in the hypothalamus as centers for the control of body weight and appetite.

At the end of the book there are the usual appendices with reference to the nutritive value of foods in average servings. There are also the usual tables of Weight-Height-Age approximations of normal.

The author has added to her stature as an authority in the field of nutrition by the appearance of this useful volume. The publishers are to be congratulated on the attractive format and the clearness of printing. The illustrations, an increase to 111 over the preceding 96, might have been reproduced with greater clarity.

This book is recommended to teachers of nutrition and students who hope for better understanding of basic facts concerning the nutritional needs of the human body.

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### *The Search For Hidden Diabetes*

The protean specter of diabetes mellitus haunts the consulting room of every practicing physician. It lurks behind the folliculitis, furunculosis, and pruritus ani in the office of the dermatologist. It peers out from retinal microaneurysms, pigmentation, hemorrhages, and retinitis proliferans at the ophthalmologist. It hides behind altered sensation and reflexes in the clinic of the neurologist, and leers through an albuminous cloud in the test tube of the urologist. It troubles the sleep of the surgeon concerned about ketosis and wound healing; and of the obstetrician vacillating between forceps and cesarean. It hides behind the cough of the phthisical, and the elevated T-wave on the cardiogram. It complicates the peaceful diagnostic life of practitioner and specialist alike.

It is the responsibility of medical men to be wary of this dissimulator; it is also the responsibility of the profession to discover diabetes as early as possible and

to institute proper management. Poor control of diabetes usually results in a high incidence of complications: infection, acidosis, retinitis, nephropathy, vascular calcifications, and neuropathy. Good control reduces the incidence of these complications and increases longevity in the diabetic.

For the early detection of diabetes, each physician-practitioner and specialist alike—must perform a screening test, even though it be only a urine test for glucose one hour after a high carbohydrate meal, on every patient he sees.

Each of us owes it to the community to cooperate with the intensive campaign of diabetes detection and education; but let us not forget that this is a year-round program.

Milton R. Weed, M.D., in  
the *Detroit Medical News*,  
Nov. 16, 1953.