

BOOK REVIEWS

DIABETIC MANUAL FOR THE DOCTOR AND PATIENT. By Elliott P. Joslin, M.D., Sc.D. \$3.00, pp. 315, ninth edition. Lea and Febiger, Philadelphia, Pa., 1953.

DIABETIC CARE IN PICTURES. SIMPLIFIED STATEMENTS WITH ILLUSTRATIONS PREPARED FOR THE USE OF THE PATIENT. By Helen Rosenthal, B.S., and Joseph Rosenthal, M.D. \$3.00, pp. 164, second edition. J. B. Lippincott Company, Philadelphia, Pa., 1953.

HANDBOOK FOR DIABETIC CHILDREN. By Alfred E. Fischer, M.D., and Dorothea L. Horstmann. \$1.75, pp. 64. Intercontinental Medical Book Corp., New York, N. Y., 1954.

As the knowledge of diabetes grows, it becomes increasingly apparent that good control of the disease is necessary to prevent, or at least delay the development of certain serious complications. In order to have good control, the patient must understand his disease and cooperate with his physician. This, in turn, creates a demand for textbooks, authoritative enough to cover the subject, clear enough to be understood by the educated and unlettered alike, and written in a way to arouse enthusiastic cooperation. New editions of three such books have recently been published.

The publication of the ninth edition of Joslin's "Diabetic Manual" is proof in itself of the success of this particular book. Written in a form that follows closely that of previous editions, it gives in a clear and concise form the information essential for a diabetic patient. The illustrations are interesting; the language is friendly and personal; the general feeling of the book is one of encouragement. That a happy, disciplined and useful life is not incompatible with diabetes is stressed throughout the book. It tends to give, probably as much as any book can give, the radiant enthusiasm and encouragement which has been the outstanding characteristic of Dr. Joslin's relationship to a large number of devoted patients over the years.

The second edition of "Diabetic Care in Pictures" by Helen and Joseph Rosenthal demonstrates once again the truth of the old adage, "One picture is worth ten thousand words." The numerous photographs, charts and diagrams make this a first-rate teaching manual for the child or adult with diabetes. The section devoted to the diet plan with interchangeable food exchanges continues

the pictorial form used in their first edition. For those whose patient group includes many who have a limited grasp of the English language, this pictorial, primer type of teaching is highly recommended.

The manual of Fischer and Horstmann is a relatively new addition to the enlarging library for the diabetic layman. Written presumably for children and for those concerned with the care of juvenile diabetics, it would be of value to an adult with diabetes. Although it lacks illustrations, this is compensated for, at least in part, by the conciseness of the book. Within the limits of 64 pages, this paper-bound book provides a wealth of information for the child and his parents.

While these books have been written primarily for the patient, each has certain features that recommends it to the attention of the physician. In the last analysis, the education of the diabetic patient must be the task of the doctor. Every aid that he can receive from those experienced in teaching the diabetic patient should improve his own technics. Consequently, each of these books should find a place on the office bookshelf of the physician whose responsibility is the care of patients with diabetes mellitus.

THE PRACTICAL MANAGEMENT OF DIABETES: By Edward Tolstoi, M.D., Associate Professor of Clinical Medicine, Cornell University Medical College; Attending Physician and Chief, Diabetic Hospital, The New York Hospital; Consulting Physician, New York Infirmary for Women and Children; Consulting Physician, The Norwalk Hospital, Norwalk, Conn. \$3.25, pp. 88. Charles C. Thomas, Springfield, Ill., 1953.

The book contains an exposition of the method of treatment advocated by the author who contends that dietary regulation of diabetes is unnecessary so long as sufficient insulin is used to prevent symptoms, avoid acidosis and maintain weight. He claims that patients treated in this way manage just as well as those whose physicians make a strong effort to control glycosuria and hyperglycemia. He considers the efforts made by most physicians treating diabetics to check glycosuria, to abolish or to minimize glycosuria and hyperglycemia, to be needless and undesirable. On the other hand, the majority of physicians who have had long experience in the treatment of diabetes and its complications almost always report that they find the patient who neglects dietary regulation is definitely more subject to impairment of health and the development of complications. According to their viewpoint, Tolstoi's book would give less experienced physicians a feeling of false security.