

Data in cases showing extensive involvement of the hypothalamus by infiltration of malignant growth appear in table 2.

TABLE 2
Data in cases of tumor involving the hypothalamus

Diagnosis	Blood sugar Mg. per 100 cc.	Time relation to eating
1. Glioblastoma multiforme	94	Fasting
2. Glioblastoma multiforme	87	?
3. Pinealoma	83	6 hr. p.c.
4. Pinealoma	73	Fasting
5. Oligodendroglioma	100	?
6. Malignant adenoma of the pituitary	84	Fasting

Considering the very common incidence of diabetes in man and the rarity of the association with it of hypothalamic disease, it appears that the balance of evidence at present is distinctly weighted against the existence of any true etiologic relationship. It still remains to be proven, however, that hypothalamic disease never causes diabetes mellitus.

REFERENCES

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- 2 Bauer, H. G.: Endocrine and other clinical manifestations of hypothalamic disease; a survey of 60 cases with autopsies. *J. Clin. Endocrinol. & Metab.* 14:13-31, 1954.

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PROBLEMS OF AGING

Problems of aging have taken on new importance in the United States in the last twenty-five years. These problems derive from the population changes which are the result of the combined influences of a declining birth rate, the extension of life expectancy and the cessation of immigration. Another factor of importance is industrialization. The substitution of power and machines for easily hand-operated tools in factory and on the farm have markedly increased the productive output of each worker. The result is that there are many more individuals in the labor force than have been able to be

provided with useful jobs.

One of the great dividends of the spectacular march of science in the field of disease control and better understanding of human living has brought about a marked increase in the average life span of the American citizen. A number of leading authorities are of the opinion that the health, welfare, happiness and usefulness of the senior citizen in our nation is our number one problem. The medical profession and particularly those leaders who are responsible for direction of research and planning the curriculum of medical schools, should recognize a new dimension now of importance in the health and welfare of human beings, namely, aging.

In times past, when relatively few of the population attained three score years and ten, older people could be tolerated, if not loved. Aging may be defined, of course, as the element of time in living. The positive attitude concerns growth, evolution and maturation. The negative depressing aspect is that of atrophy, involution and decay, ending in final senility. Now with the advances in understanding of the mechanics and physiological balances of the human body, much can be done to accentuate the positive aspects of growth in aging and for the control of the deteriorations, many of which are preventable. Emphasis should be placed on the need for a better understanding of the internal and the external environments of human existence. There is also need for attention to the important difference between chronological age and biological aging.

With information of great potential importance to human living now coming into the ken of medical science, the profession must recognize the need for a clearer appreciation and more intimate and sympathetic understanding of the older human body and mind. During the past five years, an increasing number of significant contributions have been appearing in medical literature having to do with aging and older individuals. This is not alone a medical problem, or a social problem, or an economic problem or a cultural problem. It has many facets.

The present era of interest in problems of aging may be said to have been started by Aldred Scott Warthin's series of lectures at the New York Academy of Medicine in the autumn of 1928. From this, that small classic, entitled "Old Age the Major Involution," now out of print, was published. Following this, the work of Cowdry with his volume on "Problems of Aging," acted as a further stimulant to the field. Now, organized medicine and the various special fields are showing a greater interest in the medical problems and the social problems, also,

of our senior citizens.

In this issue of DIABETES are presented reviews of recent books on these subjects. There are now three journals devoted to topics on aging. The medical profession through its organized societies is setting up committees on geriatrics which are surveying the broad, general and specific needs of older men and women.

In the field of nutrition, metabolism and diabetes, there is much of interest and importance that touches on the aging of patients. The researches now being carried

on in nutrition, stress and motivation will undoubtedly lead to a further extension of the life span. More and more individuals will be growing into the higher years of life. The medical profession must recognize this fact, and plan for a higher level of health with better control of the deteriorations and degenerations, which, in many instances, may be prevented.

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BOOK REVIEWS

LIVING THROUGH THE OLDER YEARS. Edited by Clark Tibbitts. \$2.00, pp. 193. The University of Michigan Press, Ann Arbor, Mich., 1949.

PLANNING THE OLDER YEARS. Edited by Wilma Donahue and Clark Tibbitts. \$2.50, pp. 248. The University of Michigan Press, Ann Arbor, Mich., 1950.

GROWING IN THE OLDER YEARS. Edited by Wilma Donahue and Clark Tibbitts. \$2.50, pp. 204. The University of Michigan Press, Ann Arbor, Mich., Jan. 1951.

REHABILITATION OF THE OLDER WORKER. Edited by Wilma Donahue, James Rae, Jr., Robert B. Berry. \$3.25, pp. 200. The University of Michigan Press, Ann Arbor, Mich., 1953.

HOUSING THE AGING. Edited by Wilma Donahue. \$3.75, pp. 280. The University of Michigan Press, Ann Arbor, Mich., 1954.

OLDER PEOPLE TELL THEIR STORY. By Woodrow W. Hunter and Helen Maurice. \$1.00, pp. 99. The University of Michigan Press, Ann Arbor, Mich., Dec. 1953.

The first of this series of six volumes from The University of Michigan Press contains eleven important papers on various aspects of aging written by distinguished authorities in sociology, biochemistry, physiology, psychiatry, economics and religion. The chapter titles include: "Biologic Aspects of the Aging Process," by Carl V. Weller, "The Personal Challenge of Aging: Biological Changes and Maintenance of Health," by Edward J. Stieglitz, "Changes in Psychological Processes with Aging," by Wilma Donahue and "Mental

Hygiene of Old Age," by Moses Frohlich. This material makes interesting reading. The contributions by Weller and Stieglitz are worthy of reading many times over.

The second volume of the series carries on the spirit and extends the information bearing on problems of aging which was begun in the first. The authors review the various social, economic and housing problems which are brought into the picture for the older members of our population. The interaction between the health and attitudes of older individuals and society's use of them as a part of the laboring group of the nation is reviewed by a number of experts.

The third volume focuses attention on health, mental hygiene and education. This volume gives intensive consideration to the problems which older people have identified as the most crucial in their adjustment to aging. The majority of these articles present general information which has unfortunately been studied by too few people. The excellent review of the control of degenerative disease by Kountz discusses problems which medical science must face if degenerative disorders are to be brought under effective treatment.

The fourth volume includes reports of four conferences on rehabilitation attended by leaders from the fields of public health, government, social service groups and lay workers. The nature and magnitude of the rehabilitation problem are reported by Howard A. Rusk, the challenge of the disabled in the clinic by James W. Rae, Jr., and an analysis of geriatric rehabilitation by Lionel Z. Cosin.

The fifth volume presents topics presented at a conference on the housing of healthy, frail, sick and disabled older people. It was also aimed to promote interest in active support for good housing and neighborhood planning, and to assess the housing desires and needs