

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

of aging individuals of varying social, economic and health status.

The sixth volume contains a report of a survey of the needs of older people undertaken in Grand Rapids, Mich., and recommendations for community action developed by a local forum on aging.

PROBLEMS OF AGING. Edited by Nathan W. Shock, Ph.D., Chief, Section on Gerontology, National Heart Institute, National Institutes of Health, and The Baltimore City Hospitals, Baltimore, Md. \$4.25, pp. 213. The Josiah Macy, Jr., Foundation, 1954.

The vision of the Macy Foundation in organizing various conference programs for the informal discussion of problems in the medical and social sciences made it possible for the distinguished director of the Macy Foundation, Frank Fremont-Smith, to bring together at a three-day conference on problems of aging a group of some thirty scientists from the various fields of the basic sciences and clinical practice.

In his introductory remarks, Roy G. Hoskins, Chairman of the Conference, directed attention to the anatomy and physiology of the cell. In the session devoted to cellular structure Warren Andrew of the Bowman-Gray School of Medicine indicated that cells are important in the study of aging because they are the basic common denominator. He demonstrates alterations in structure of cells which appear with aging, including alterations in the nerve cells.

In the session concerned with biochemical studies, Bacon F. Chow of Johns Hopkins University discussed the nutritional aspects of growth. In the maintenance of normal life, biochemically speaking, a series of enzymatic reactions was taken as a foundation process. In aging biologically, there may either be an over-abundance or underproduction of certain tissue enzymes or proteins, and, concomitantly, an over-all imbalance of the necessary metabolites for subsequent reactions to maintain health.

In presenting the role of comparative physiology in studies of aging, F. Bourliere of the University of Paris School of Medicine discussed the aging of various species

including warm-blooded and cold-blooded vertebrates. He showed that there is a different growth and aging pattern for each of the species, but the differences appear to be more that of tempo than of mode.

At the end of this little volume, packed with information of utmost importance, is a summary by Clive M. McCay of the Department of Nutrition of Cornell University. McCay emphasizes that the goal of gerontology is not merely the extension of the life span but, more especially, the creation of better health in the higher years.

CLINICAL PATHOLOGIC CONFERENCES OF COOK COUNTY HOSPITAL (Volume I—Cardiovascular-Renal Problems.) Edited by Hans Popper, M.D., Ph.D., Director, Department of Pathology, Cook County Hospital; Scientific Director, Hektoen Institute for Medical Research of the Cook County Hospital; Associate Professor of Pathology, Northwestern University Medical School, and Daniel S. Kushner, M.D., Associate Director of Medical Education, Cook County Hospital, Research Assistant, Hektoen Institute; Clinical Assistant in Medicine and Fellow in Pathology, Northwestern University Medical School. \$5.00, pp. 324. The Blakiston Co., Inc., New York, N. Y., 1954.

This book is replete with instructive discussions of interesting and unusual cases, presenting problems of the sort with which the physician treating diabetic patients must be familiar because of the frequent association of cardiovascular disorders with diabetes. The editor can be complimented on the excellent work he has done in preparing these discussions for publication. The illustrations are clear-cut and adequate. The references have been well selected.

As stated in the introduction, "The real purpose is not to arrive at the right diagnosis and thus succeed in a guessing game, but rather to present logical and constructive thought processes which the audience can follow, and to exercise medical logic." The physician who uses the book to browse through while waiting for patients and in spare time will profit greatly.