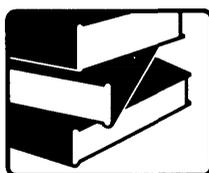


Books



Podolsky, S., Editor: *Clinical Diabetes: Modern Management*. New York, Appleton-Century-Crofts, 1980; 608 pages; cloth, \$30.00.

In the preface to *Clinical Diabetes: Modern Management*, Dr. Podolsky states that "this volume was planned as a practical, clinically relevant source of information on the causes, diagnosis and treatment of diabetes occurring in children and adults." He has clearly fulfilled his aims.

This book is well written, clear, informative, and simple to read and to understand. There is some repetition, but it is minimal, which is inevitable in multiauthored books. The figures and tables are clear and illustrative. The printing is comfortable to read.

This book is clinically oriented and provides the clinician with basic, relevant, updated information and modern approaches to the management of the patient with diabetes mellitus and its complications. It provides an excellent discussion of the major controversies in diabetes mellitus. Each chapter is well referenced.

This book is extremely valuable for clinicians (practitioners and trainees) and belongs in their basic medical library. Those interested in specific details of pathophysiology must look elsewhere. —RODOLFO ALEJANDRO, MIAMI, FLORIDA

Coale, Margaret S., Smith, Vera, and Spall, Karen E.: *Meal Planning with Exchange Lists* (22-minute slide-audio-cassette presentation). Charleston, Medical University of South Carolina, Department of Family Practice and Dietary Department, 1979; slides and script \$55.00; slides, script, and cassette tape \$60.00.

Meal Planning with Exchange Lists is a nicely put together audiovisual aid for the patient with diabetes. It is aimed primarily at the patient with type II or non-insulin-dependent diabetes, as is indicated early on in the script. Some of the concepts and statements could have been clarified better, for example, use of the terms polyunsaturated and saturated. While the professional might find additional statements in need of clarification, these are minor and should not interfere with processing by the patient. Unfortunately, this slide-cassette presentation is geared primarily toward the over-

weight type II patient. Although it is a good learning aid for that type of patient, it is not really appropriate for the type I or insulin-dependent patient. —NADINE E. MILLER, MIAMI, FLORIDA.

Podolsky, Stephen, and Viswanathan, M., Editors: *Secondary Diabetes: The Spectrum of the Diabetic Syndrome*. New York, Raven Press, 1980; 624 pages; cloth, \$48.00.

The title of this book may lead potential readers to pass it by, discounting "secondary" diabetes. To do so is a mistake. This book is a treasure chest of information. Its discussions of secondary diabetes are lucid. Tropical malnutrition diabetes, as an important entity in many parts of the world, is the subject of several chapters. The reader gets a clear appreciation of this disease. Moreover, several of the chapters on subjects of potentially broader interest to a diabetes audience—autoimmunity, insulin receptors, pancreatic pathology, etc.—are excellent reviews. It is unfortunate that the quality of the chapters is quite uneven, a few being poorly written and/or outdated. The book would have been served better had these few weak chapters been omitted. On balance, however, this book is worth reading. —JSS.

CONCISE REVIEWS

WHO Expert Committee on Diabetes Mellitus: *Second Report*. World Health Organization Technical Report Series 646. Geneva, World Health Organization, 1980; 80 pages.

The *WHO Report on Diabetes* succinctly outlines the current state of diabetes in the world. The report is well written. Although it contains no new information, it neatly summarizes the status of diabetes as a disease affecting more than 30 million people on this planet. Its recommendations are simple, pragmatic, and reasonable.

Tepperman, Jay: *Metabolic and Endocrine Physiology*. Fourth edition. Chicago, Year Book Medical Publishers, 1980; 335 pages; cloth, \$21.95; paper, \$16.95.