

This volume is a compilation written by fifty-five different authors. Its predecessor, Dr. Wohl's book on diet therapy, was organized in a similar fashion.

There are basically three divisions to the text, "Normal Nutrition," "Nutrition in Disease," and a short section on what is called "Nutrition in Periods of Physiologic Stress." In a book of this type the difficulty is in the maintenance of continuity of the extremely high standards set by some of the authors.

There is an excellent chapter by Keys on body weight and body composition. This serves as an introduction to the section on "Normal Nutrition." Various phases of this subject, such as the physiology of the gastrointestinal tract, the physiology of hunger and appetite, and the psychology of appetite are discussed thoroughly.

The section, "Nutrition in Disease," is written from a didactic point of view. It presents material which would be extremely interesting and valuable to the medical student who has had no prior contact with this aspect of medicine.

The section on vitamins is excellent and will prove valuable to those physicians who are interested in learning about the recent developments in this important phase of medicine. This volume has a place in all reference libraries and will prove profitable to the reader.

**A MODERN PILGRIM'S PROGRESS FOR DIABETICS.** By Garfield G. Duncan, M.D., *Clinical Professor of Medicine, Jefferson Medical College; Director of the Medical Divisions of the Pennsylvania Hospital and the Benjamin Franklin Clinic, Philadelphia, Pennsylvania.* \$2.50, pp. 222, W. B. Saunders Co., Philadelphia, 1956.

Dr. Garfield Duncan has written in narrative form a most fascinating story of the problems faced by diabetics. As a narrative, it is kindly, sensitive and sincere. It teaches by example and without indulging in undue sentimentality or excessive criticism it clearly shows the imprint that diabetes makes on the varied fabric of human life.

Because the characters are so intensely human their problems become real and lose the impersonal character of vague or improbable possibilities. One might feel that many people might lose some of the points used from teaching because of the interest in the narrative. How-

ever, in the second half of the book is given in ample detail, the routines of urine testing, insulin administrations, diet preparation, etc.

This is one of the best books for diabetics. All should be encouraged to purchase and read it. It will give the new diabetic knowledge, the oldtimer refreshment, and both, the courage to continue to do a good job of caring for their diabetes.

**EXPERIMENTAL DIABETES AND ITS RELATION TO THE CLINICAL DISEASE: A Symposium Organized by the Council for International Organizations of Medical Sciences—Established Under the Joint Auspices of U.N.E.S.C.O. and W.H.O.** \$7.50, pp. 352, Charles C Thomas, Springfield, Illinois, 1954.

This volume presents the proceedings of a symposium held at the University of Leiden, Holland, under the sponsorship of the Council for International Organizations of Medical Sciences. The symposium was devoted primarily to the experimental aspects of diabetes but, in addition, included a considerable amount of material of clinical interest. The presiding officer was Professor F. G. Young of the University of Cambridge. The participants comprised an all-star array of investigators in experimental diabetes and related fields. In addition, a few participants with a combination of clinical and investigative interests served to establish a tie between the experimental material, on the one hand, and clinical diabetes, on the other.

The volume includes not only formal presentations but also a great deal of interesting and valuable informal discussion, which brings out a number of observations on diabetes that have not yet reached the literature. Discussed are such subjects as the islets of Langerhans, glucagon, alloxan diabetes, adrenal cortical steroids in relation to carbohydrate metabolism and diabetes, the chemistry of glycogen, growth hormone in relation to diabetes, the action of insulin, hereditary aspects of diabetes and the diabetogenic effects of pregnancy. The presentations and discussions on these subjects constitute excellent reviews of old and new work.

The volume is a worth-while addition to the library of any one who has a serious interest in the development of knowledge of diabetes.