

ters dealing with carbohydrate and fat metabolism are rather concise and already out of date. This is not surprising in the light of recent progress made in these areas.

While primarily a textbook for medical students, the book will also be useful to the practitioner who wants to refresh his memory with regard to a particular aspect of physiology. In addition the references to many recent review articles will aid the reader in bringing his knowledge up to date.

The appearance of this second edition of *Human Physiology* should be welcomed by teachers concerned with the teaching of physiology to medical students as well as by practicing physicians.

**CORONARY HEART DISEASE IN YOUNG ADULTS: A Multidisciplinary Study.** By Menard M. Gertler, M.D., Paul D. White, M.D., and Others; \$5.00, pp. 218, published for the Commonwealth Fund by Harvard University Press, Cambridge, Mass., 1954.

This is the report of an exhaustive study of a group of one hundred ambulatory patients with a history of myocardial infarction at least six months earlier, who at the time of infarction ranged in age from 22 years through 40 years. Ninety-seven were men and three women. There were 146 unmatched controls and a group of matched controls for the 97 male patients, consisting of 74 men from the unmatched control group and 23 additional men. The clinical findings were not impressive. The use of alcohol or tobacco could not be implicated as an etiologic factor. Heredity seemed to be important, but the mode of gene transference or inheritance and the degree of penetrance were not clarified. Diabetes was not mentioned. Apparently none of the patients had it. Of particular interest was the study of morphologic characteristics, endomorphic mesomorphs predominating. This part of the study was not complete. Athletic ratings were higher and the incidence of managerial occupations greater in the coronary group. The coronary patients were less masculine in their final scores than the matched control group. Endocrine studies limited to a thyroid and a testicular-adrenal survey based on twenty-four-hour urinary sterone excretion were inconclusive. Mean total cholesterol levels in the serum were higher in the coronary group, but a threshold level for coronary heart disease could not be said to exist. An important additional factor appeared to be the serum phospholipid and its relation as a colloidal stabilizer of the serum cholesterol. The phospholipids showed an increase with age in the normal group but did not keep pace with age in the coronary group. The

serum uric acid was found to be higher in the coronary patients. The increased levels of cholesterol were highest in the mesomorphs, the increased uric acid in the endomorphs. As to diet, the controls ingested more cholesterol than the coronary patients. A study of the oxidation-reduction potentials of saliva showed a faster rate of change per minute in the coronary patients during the entire procedure.

Although on the whole there were suggestive differences between the coronary and control groups, no conclusions of a fundamental nature were possible. The book is well written and definitely worth reading.

**PERSPECTIVES IN PHYSIOLOGY.** Edited by Ilza Veith, Assistant Professor of the History of Medicine, University of Chicago; \$3.00, pp. 172, American Physiological Society, Washington, D. C., 1954.

This small volume is a compilation of papers dealing with the science of physiology as it exists today and as it may exist in the future. Contributing to the monograph are leading physiologists of fourteen countries. Following an introduction by Adrian, there are five papers describing physiology and its relation to the other sciences. Bykov discusses the views on research in physiology in Russia. Best gives an account of how he feels a department of physiology should be organized.

The remaining twelve papers are each from one country and present the history and current status of physiology in that nation. Houssay speaks freely on the difficulties encountered in the development of physiology in Argentina. Hoffman elaborates on the hindrances arising during the Nazi regime in Germany. The general tenor reflects a universal lack of money, especially for personnel. However, enthusiasm for the future is voiced by all essayists. After reading this paper one cannot help but be impressed by the opulent environment that surrounds physiology in the United States.

Dr. Adrian states, "Whatever else it may do, I think this Symposium ought to make interesting reading fifty or even one hundred years hence." This little book makes interesting reading right now and is highly recommended to all interested in biologic research. It should be a part of all physiology libraries.

**THE COMPLETE BOOK OF LOW CALORIE COOKING.** By Leonard Louis Levinson. \$4.75, pp. 320, Hawthorn Books, Inc., New York, May 1956.

The author's purpose, as expressed in the preface of his book, is to offer not merely a low calorie cook book, but a new way of cooking and eating. As he says, no one "is interested in losing weight for a week or a month