

these agents. Measured in this way, tolbutamide is definitely effective, but not as much as would appear initially.

## REFERENCES

- <sup>1</sup>Oakley, W.: Prognosis in diabetic pregnancy. *Brit. M. J.* 1:1413, June 27, 1953.  
<sup>2</sup>Hurwitz, D., and McCuiston, A. C.: Tolbutamide—a double-blind study of its effect in diabetes. *N. Eng. J. Med.*

257:931-33, Nov. 7, 1957.

<sup>3</sup>Lasagna, L.: The controlled clinical trial: theory and practice. *J. Chron. Dis.* 1:353-67, April, 1955.

<sup>4</sup>Reid, J., and MacDougall, A. I.: Aspirin and diabetes mellitus. *Brit. M. J.* 1071-74, Nov. 9, 1957.

<sup>5</sup>Gross, M., and Greenberg, L. A.: The Salicylates. Pp. 108-09, Hillhouse Press, 1948.

DAVID HURWITZ, M.D.  
Cambridge, Massachusetts

## Carl H. von Noorden

### 1858-1944

*Otto Porges, M.D., Chicago*

Carl H. von Noorden was born in Bonn, Germany, Sept. 13, 1858. His father, C. v. Noorden, was professor of history at German universities. After an excellent education in different schools ("Gymnasiums") in Germany the son pursued university studies, first in philosophy, mathematics and law; but he soon changed over to medicine at the universities of Tübingen, Leipzig and Freiburg. He was graduated a doctor of medicine from Leipzig. He became an assistant at the physiological institute of the University of Kiel, later assistant at the medical clinics of the universities in Tübingen (Professor Jurgensen), Giessen (Professor Riegel) and finally in Berlin (Professor Gerhardt). Von Noorden's researches and teaching abilities were recognized by his admission to the medical faculty of Giessen as "Privatdozent." Later he was appointed professor at the medical faculty of the University of Berlin. In 1892 he accepted a call to direct the municipal hospital in Frankfurt am Main. He headed the department of internal medicine and in addition operated a private hospital for diabetes and dietetic treatment. In 1906, he accepted a call as director and chief of the First Medical Clinic of the University of Vienna. He resigned from this position in 1913 and returned to Frankfurt in order to direct his private hospital there. But in 1929 he accepted once more a call to Vienna as head of a division for therapy and research in metabolic diseases at the municipal hospital of Vienna. He died in Vienna on Oct. 26, 1944.

This curriculum vitae shows that von Noorden's career was unusually successful. Moreover, many honors, such

as decorations, titles and honorary diplomas from many countries, were bestowed on him. He declined many other calls to important positions in Germany as well as in other countries. He was an outstanding scientist, world famous physician, efficient organizer and an excellent teacher. His field of research encompassed metabolic and gastrointestinal disease, the science of nutrition and diet therapy. His productivity as author of textbooks and monographs is astounding: *Textbook of the Pathology of Metabolism* (1893); *Diabetes and Its Treatment* (1895, eighth edition, 1927); *Chlorosis* (1897); *Obesity* (1900); *Clinical Treatise on the Pathology and Therapy of Disorders of Metabolism and Nutrition* (1903-05); *Handbook of the Pathology of Metabolism* (with other authors, 1906); *Disease and Marriage* (with Kaminer, 1916); *Handbook of Nutrition* (with Salomon, 1920); *Clinic of Intestinal Diseases* (1921); *Diarrhea and Constipation and the Principles of Their Treatment* (1922); *Manual for Diabetics* (with Isaac, 1923); *Diseases of the Intestinal Tract, the Pancreas and Peritoneum* (1923); *Special Dietetics of Diseases of the Stomach* (with Salomon, 1929); *Old and New Problems of Nutrition* (1931).

Besides these, he published much research on metabolic and intestinal disease and on dietetic therapy in diseases of the kidneys and circulation. His textbooks also contain many valuable observations in these fields. Famous was his oatmeal diet for the treatment of diabetes before the era of insulin. Von Noorden found that oatmeal with butter taken as the only food in a certain

dietetic sequence improved the tolerance of severe diabetics and lowered the danger of acidosis. Later research showed that the oatmeal diet raised the threshold of the kidneys for excretion of glucose, and thus carbohydrate is retained and metabolized.

In addition to his extensive research and literary activities von Noorden carried on a huge private medical practice. Patients came to him from all over the world. He was also called to consultations in countries throughout the world. Unlike many specialists of internal medicine who concentrate on diagnosis, he devoted much time to therapy. He knew human nature and its different reactions to morbid conditions. His predecessor at the First Medical Clinic in Vienna, Nothnagel, coined the sentence: "Only a good man can be a good doctor." Von Noorden added the dictum: "Only a good knower of man can be a good doctor." He did not regard the specialist of internal medicine as solely a "diagnostician." One of his pronouncements was: "In internal medicine, diagnosis is skill, therapy is art."

Von Noorden was an outstanding organizer and an excellent teacher. The author of this biography was von Noorden's assistant and considered himself fortunate to be able to watch closely his activities. The First Medical Clinic of the University of Vienna was a famous teaching institution founded and headed more than 100 years ago by Josef Skoda. The Viennese medical faculty and the Austrian government were eager to call an outstanding scholar to be chief and finally appointed von Noorden. Von Noorden accepted the call with the stipulation that a new building with all modern facilities should be built. Von Noorden had many conferences with the architects and government officials during the construction, and the author, who attended some of the negotiations, admired von Noorden's expert knowledge and energetic insistence on important improvements. This building, even at the present (fifty years later), is one of the most sumptuous but at the same time practical structures for teaching and research in internal medicine. There were 160 beds all free of charge and, if necessary, a patient could be kept for months or even years for research and teaching purposes. Ample laboratories with complete modern equipment were provided. The chemical laboratory had space for more than thirty workers. There was a big X-ray department, a completely equipped physical therapy section, a separate diet kitchen, and a kitchen for teaching dietetic cookery. A spacious auditorium and a well-stocked library completed the clinic.

Thus, perfect facilities for teaching and research were created. But even more important was the task of as-

sembling the men and brain power for operating this splendid workshop. Von Noorden selected a staff of assistants who had extensive training in clinical medicine as well as laboratory work and had proved themselves successful in research. Hugo Salomon came with von Noorden from Frankfurt and became his first assistant in Vienna, helping in the organization of the institution. Each assistant had a staff of interns, volunteers and medical students, all eager to learn, to participate in research work; the clinic swarmed with busy scientists. Every morning von Noorden gave a two-hour lecture for medical students, after which he had a conference with his assistants. Finally he made rounds in the wards. Even before the new building was opened, many problems of internal medicine and related sciences were investigated and important new facts published. The First Medical Clinic of Vienna became famous for its contributions to medical science. Doctors from all over the world flocked to this institution for postgraduate studies, among them many Americans. There were continual postgraduate courses for Americans given in English. Soon all assistants became members of the Viennese medical faculty on the basis of their research work and teaching abilities.

Von Noorden married twice. His first wife, Agnes, neé Binz, died in 1917; his second wife, Hertha, neé an der Heiden, still lives in Vienna. Three of his four children by his first marriage are living in Germany: Elisabeth Grafe, Laufenburg; Dr. med. Karl von Noorden, Baden-Baden, and Dr. jur. Hans von Noorden, Berlin. The fourth, Dr. rer. pol. Roda Wieser, lives in Vienna. Among the grandchildren, Dr. med. Gunter von Noorden works in the United States as an ophthalmologist at the University of Iowa, Iowa City.

Von Noorden was not only a great doctor and scholar, but a man of outstanding personality. The imposing demeanor of the tall man was mitigated by his friendly smile and his sympathetic way of talking. He was straightforward, sincere, unbiased, liberal in his outlook. Disinclined to ceremonial conduct, he gave his opinions in simple language, but every sentence hit the mark. He was a devoted husband and father, as well as a faithful friend, and an understanding adviser of his many patients.

His manifold activities required the utmost concentration and organization. In spite of his tremendous productivity, von Noorden found time for travel. He visited almost every country of Europe, parts of Africa, and the United States. These were professional calls for consultation, or lectures, or trips for recreation. In the United States he spoke about diabetes as the Herter lecturer

at New York University in 1905. In a second trip to the United States he was a delegate of Austria to the Twenty-third International Congress on Hygiene in Washington (1912); on this occasion he lectured in St. Louis, San Francisco, New York, Baltimore, Syracuse and Rochester. He also attended a reception of President Taft and visited Dr. Joslin in Boston.

Von Noorden was interested in many things but did not have enough leisure time to indulge in hobbies. His work in dietetics required extensive knowledge of foods, and he not only contributed to the science of dietetics but also became a connoisseur of food. He knew the particular food products and the way to prepare the dishes of the outstanding food shops and restaurants of

every big city in the world. He was a gourmet of exceptional experience and a perfect cook. He was a connoisseur of fine wines too; his dinner guests were served the rarest vintages. The author once had the pleasure of having von Noordens as dinner guests. Von Noorden recognized correctly not only the provenance of the wine served, but the exact location of the vineyard and the year of vintage as well.

This is the hundredth anniversary of von Noorden's birth. After many years of work in the same field of medicine, the author admires more than ever von Noorden's genius and dedicates this biography to the memory of this great man in everlasting gratitude and friendship.

## An Appreciation

*Elliott P. Joslin, M.D., Boston*

Until the closing years of the nineteenth century diabetes was an obscure and neglected disease. Therefore, Carl von Noorden's entry into medicine was fortunate both for doctors and diabetics. He had a dynamic personality and a wonderful gift for imparting knowledge with the written word. He popularized diabetes. He emphasized calories, the importance of which had never been adequately recognized. As a result, doctors turned to the laboratories and patients measured their diets, and both discovered that control of diabetes was worth while. Von Noorden had the art of stating the principles of diabetic metabolism in ways which doctors, previously quite unacquainted with them, could comprehend.

Von Noorden's contributions to medical literature were prodigious. It mattered little whether he wrote for

students and scientists or clinical practitioners; each new volume or edition was eagerly awaited. It was with the greatest regret that a ninth edition to follow that published with Isaacs in 1927 never appeared.

By no means should one conclude that von Noorden's teaching was confined to diabetes. Following in the footsteps of Nothnagel in Vienna, he broadened and modernized the First Medical Clinic. Not the least of his gifts was his ability to pick out and develop able assistants.

I knew Professor von Noorden personally. He was an eminent man; a kind-hearted, friendly man; a doctor who intuitively saw how he could help others as individuals or as a group and took a great deal of pleasure in doing so.

## BOOK REVIEWS

FOUNDATIONS OF NUTRITION. By *Clara M. Taylor, Ph.D., Grace MacLeod, Ph.D., and Mary Swartz Rose, Ph.D.* \$6.00, pp. 620, Macmillan Company, New York, 5th edition, 1956.

In its present revision, this book is suitable for standard elementary college text or reference. The language is relatively simple and readable. Many of the pictures and illustrations are well selected and effective. The historical material is the same and is interesting.

Changes in the 1953 National Research Council Recommended Allowances are given. These are based on age rather than activity, yet the authors have added sufficient data on the measurement of energy for different activities.

In the chapter, "Food in Relation to Growth and Weight

Control," a new short section has been added on psychological factors related to food intake. New viewpoints on the etiology of obesity are described briefly.

In all chapters where it would be pertinent, new studies or surveys are reviewed as well as the older ones, e.g., the Bataan experiment with enriched rice.

Discussion of minerals and vitamins has been revised so that related ones are grouped together. Calcium requirements of adults are brought up-to-date. The functions of fluorine in preventing dental caries and animal protein in kwashiorkor are given special attention. Some of the vitamins not now known to be nutritionally essential for humans have been omitted.

Pictures of food sources of various nutrients are confusing. The foods known are not always the best; perhaps comparison of good and poor sources is the intent but this is not apparent.