

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.

Much space is given to discussion of the "shares" method of illustrating comparative food value. Appendices give tables in both shares and weights. The latter are more practical and useful, since the share method is not generally used by nutritionists. Other reference tables use weights only.

Nothing is included on the newer knowledge of fat metabolism and essential fatty acids.

In the chapters on applications of nutrition information to individual and family problems of nutrition, much useful information is given. However, the menus suggested are often outdated and unrealistic in relation to current eating and food preparation trends.

The rapid progress of the science of nutrition during the past twelve years is incompletely developed in the revised edition of this book.

SYMPOSIUM ON NUTRITION AND BEHAVIOR, NO. 14. *Edited by Joseph Brozek, guest editor. \$2.50, pp. 124, The National Vitamin Foundation, Inc., New York City, 1957.*

This symposium was held at the University of Minnesota in April, 1956. The collection of papers presents several groups of discussions. The main areas attacked are, "The Impact of Diet on Behavior"; "Hunger and Appetite"; "Food Appraisal and Acceptance by Man"; and "Satiety and Weight Control." The authors of the individual papers are recognized students of their selected topics and present the results of their own original investigations. It becomes evident that there is a real relationship between nutrition and behavior. This has been known for some time, and one of the classic examples is the dementia associated with pellagra.

What is equally important is the relationship of the nutritional factors to the so-called degenerative diseases.

Every practitioner who has a little spare time could utilize it most effectively by reading this volume.

SYMPOSIUM ON ENDOCRINES AND NUTRITION, NO. 15. *Edited by Frank H. Bethell, M.D., guest editor. \$2.50, pp. 104, The National Vitamin Foundation, Inc., New York City, 1957.*

Dr. Frank H. Bethell has succeeded in bringing together a remarkable collection of papers. The topics range from "Effects of Dietary Factors on Production of Adrenal Steroid Hormones" through newer concepts of the action of insulin to the influence of endocrine glands on digestive functions.

The discussion on the newer concepts of the action of insulin is one of the most concise and clearly presented essays that has been published on the subject. Another excellent paper is "The Influence of the Endocrine Glands on Fatty Acid and Ketone Body Metabolism."

The busy physician who does not have time to keep up to date with the experimental literature will appreciate, particularly, these authoritative, up-to-date summaries of exceedingly important, if complicated, subjects.

TECHNIQUE OF FLUID BALANCE. *By Geoffrey H. Tovey, M.D. \$2.50, pp. 100, Charles C Thomas, Springfield, Illinois, 1957.*

This small book is written for the man in practice. In the introduction, the author states he is emphasizing history-taking and physical findings so that the practitioner may learn to manage patients when careful laboratory examination is unavailable.

There are nine chapters dealing with the anatomy and physiology of fluids and electrolytes, the diagnosis of abnormalities,

treatment and technic of administering fluids. The anatomy and physiology are covered in a manner which should be understood easily by the average reader. Amounts are given both in mEq. and in the metric system.

Chapter Five deals with the diagnosis of body fluid abnormalities. The use of the history as a diagnostic method is well covered. However, more attention could have been paid to the physical findings, e.g., of a person with extracellular fluid compartment decrease. There might have been more discussion of skin turgor, how much of a fluid deficit exists when turgor is poor, and how skin turgor may also be decreased from tissue loss. In the same chapter, on page 42, the author implies that a serum sodium concentration of less than 135 mEq./L. is most commonly due to sodium deficit. It is more likely that the hyponatremia accompanying chronic or serious illness, which responds poorly to sodium therapy, is considerably more common.

In Chapter Six, dealing with treatment, the author uses the formula method for determining the amount of sodium deficit. This formula does not always hold in all clinical conditions. He also states that he prefers lactate over bicarbonate. In his recommended therapy for the oliguric patient there might be dispute concerning the higher fluid input he recommends. Also, it might not be agreed that all patients in oliguria should be isolated and treated with penicillin.

Disorders of carbohydrate metabolism are briefly mentioned. The author comments on the depression of the serum sodium concentration brought about by release of water from the cells secondary to hyperglycemia. The therapy of ketoacidosis is commented on but no treatment schedule is given.

All in all, the book is simply written and may be easily comprehended by the man in practice. It is short and concise. It can be recommended for the physician who is not familiar with research terminology or the intricate physiology of electrolyte and water imbalances.

CARE OF THE LONG-TERM PATIENT. *By Commission on Chronic Illness, \$8.50, pp. 606, Harvard University Press for The Commonwealth Fund, 1956.*

In 1950 over five million individuals were disabled to the extent of requiring long-term care. It is estimated that this number will increase by one million every ten years. The Commission on Chronic Illness was created in 1949 as an independent, voluntary organization to study this problem, and the current volume is the second in a series of four reports of their observations. These may be summarized as follows.

The care of the long-term patient requires a coordinated program, which includes the services of medical, nursing, rehabilitation, vocational and social agencies. Home care rather than institutionalization needs to be emphasized and developed. In view of the current attitudes toward long-term illness, which are inclined toward aversion and neglect, re-education of the professional and lay public is of primary importance.

Medical care is well oriented toward short-term illness. General hospitals are organized for acute emergencies, and professional interest tends to focus on the dramatic aspects of these problems. The prolonged management of chronic illness usually receives scant attention, and services to the long-term patient are often meager. To correct this attitude, medical education, both at the undergraduate and postgraduate levels,