

BOOK REVIEWS

CHEMISTRY OF LIPIDES AS RELATED TO ATHEROSCLEROSIS. *A Symposium compiled and edited by Irvine H. Page, M.D. \$8.50, pp. 342, Charles C Thomas, Springfield, Illinois, 1958.*

This stimulating book contains the transcript of a Symposium held at the Cleveland Clinic under the auspices of the National Heart Institute in May, 1957. Eighteen of the participants presented formal papers dealing with three areas of lipid biochemistry: chemistry and distribution of lipids; absorption and transport of lipids; and cellular metabolism of lipids. In the Introductory Talk, Dr. Page points out that the Symposium does not deal with "the important implications of the 'other than fat' mechanisms which . . . are involved in atherogenesis." In fact, the reader of this book will most probably come away with the impression that the precise role of lipids in atherogenesis likewise still remains to be established. This by no means detracts from the value of this book to all investigators interested in the nutritional and biochemical aspects of lipid metabolism.

The papers presented, ranging from the "Behavior of Unsaturated Acids on the Gas-Liquid Chromatogram," by A. T. James, to the "Enzymatic Synthesis of Phospholipids and Triglycerides," by E. P. Kennedy, are generally of high quality and represent stimulating reviews of recent research (up to May, 1957). Investigators studying the metabolic pattern of the diabetic organism will be interested in the chapters dealing with the "Transport of Non-Esterified Fatty Acids in Plasma," by V. P. Dole, and the "Biosynthesis of Fatty Acids in Cell-Free Preparations of Mammalian Liver," by R. G. Langdon. They provide further evidence of the close interrelationship of fatty acid and carbohydrate metabolism.

HORMONAL REGULATION OF ENERGY METABOLISM. *Compiled and edited by Laurance W. Kinsell, M.D. \$5.25, pp. 242, Charles C Thomas, Springfield, Illinois, 1957.*

This volume represents the formal presentations and discussions of a conference sponsored by a group that term themselves The Metabolic Conference. The meeting was arranged on the premise that a need existed for a conference on the hormonal regulation of energy metabolism.

Perhaps the major features of this book are the relative brevity of most of the formal presentations and the extensiveness of the discussion, in which many worth-while ideas are expressed. The formal papers are listed as follows:

1. "Certain Aspects of Hormonal Regulation of Carbohydrate Metabolism," by DeWitt Stetten, Jr., M.D.
2. "Hormonal Regulation of Enzymatic Activity," by Henry A. Lardy, Ph.D.
3. "The Anterior Pituitary in Relation to Energy Metabolism," by Bernardo Houssay, M.D.
4. "The Mechanism of the Influence of Pituitary Growth Hormone on Metabolism," by P. J. Randle, M.D., and F. G. Young, D.Sc.
5. "The Thyroid in Relation to Energy Metabolism," by Jack Gross, M.D.
6. "Insulin—Reminiscences," by Charles H. Best, M.D.
7. "Diabetes and the Insulin Problem," by William C. Stadie, M.D.

8. "The Adrenal Cortex and Energy Metabolism," by E. B. Astwood, M.D.

In addition to the above listed presentations, Dr. Elliott P. Joslin has prepared the opening remarks of this volume, which are presented under the title, "The Road Ahead." It is very fitting that this volume should be introduced by Dr. Joslin.

It is to be regretted that relatively few of the formal presentations include a bibliography and that the volume itself has no index. It is therefore difficult, in many instances, for the reader to ascertain the basis for some of the statements made both in the presentations themselves and in the discussion.

It is certain that investigators of metabolism will find this volume full of interesting and provocative comments.

The volume could have been increased in value and made more authoritative by including consideration of previous publications in the vast field of intermediary metabolism.

DIABETES AS A WAY OF LIFE. *By T. S. Danowski, M.D. \$3.50, pp. 177, Coward-McCann, Inc., New York, 1958.*

Dr. Danowski's entrance into the field of lay literature results in a veritable miniature textbook written in language that the patient can understand. In the author's usually complete and precise manner all phases of diabetes are discussed. These include signs and symptoms, diet, insulin, indications for and against stopping insulin including the use of the oral hypoglycemic substances, factors rendering diabetes more severe, hypoglycemia, social problems, infections and surgery, acidosis and pregnancy. In an attempt to be reassuring to the patient, the chronic complications such as atherosclerosis and retinopathy have been given a very gentle touch and are actually not stressed.

The general text is rounded out by an excellent, well-thought-out question-and-answer check list for diabetics and a complete and accurate glossary. This is followed by a very good appendix which includes information and clear instructions concerning the testing for urinary sugar by the different methods in common use today as well as a description of the various insulins used at the present time.

A unique and extremely useful section of the appendix lists the names and addresses of the Affiliates of the American Diabetes Association.

It seems too bad that Dr. Danowski did not carry out this ADA theme in relation to diets as well. He accurately reproduces the *Meal Planning with Exchange Lists* and gives proper credit for this system, but then makes mention and uses as his illustrative diets various tables obtainable without charge from two of the insulin manufacturers. It would seem more advantageous to mention and make use of the diet lists available through the American Diabetes Association.

In general this is an excellent book on diabetes for the lay person. However, it is too complete and painstaking for the overly curious patient who might tend to misinterpret certain aspects, such as the discussion of the role of other endocrine glands. Conversely, the superficial reader might be better off reading a less profound primer on diabetes. For example, some of the charts intermingled with the text are similar to those found in medical textbooks, and the reviewer fears that they might confuse rather than enlighten some readers. On the other hand, for the intelligent, well-adjusted and alert diabetic who seeks accurate and well-rounded knowledge about his disease, this volume should prove to be superb.