

THE EARLY DETECTION AND PREVENTION OF DISEASE. *Edited by John P. Hubbard, M.D.* \$7.50, pp. 350, McGraw-Hill Book Company, Inc., New York, 1957.

This book is a collection of a five-day symposium arranged and directed by the Department of Public Health and Preventative Medicine of the University of Pennsylvania School of Medicine, in cooperation with the American College of Physicians.

It outlines very clearly the various problems associated with preventative medicine in clinical practice. The various sections on cardiovascular disease and the gastrointestinal system are well presented and demonstrate that clinicians do think of specific diseases from their preventative as well as diagnostic and clinical viewpoints.

This reviewer was impressed with the section by Dr. Lemuel C. McGhee entitled "The Demand for the Clinical Practice of Preventative Medicine." It proved both stimulating and enlightening. Likewise, the section regarding periodic health examinations outlines clearly the importance and rewards of such examinations.

This book will be both interesting and useful to the clinician and student, and should help correlate and orient us all in this important phase of medical practice.

MANUAL OF CHEST CLINIC PRACTICE IN TROPICAL AND SUBTROPICAL COUNTRIES. *By A. J. Benatt, M.D.* \$3.00, pp. 100, E. S. Livingstone Ltd., Edinburgh and London, 1959. *The Williams & Wilkins Co., Baltimore, exclusive U.S. agents.*

This volume is small in size but large in contents. Its primary purpose is to serve as a manual for the conduct of a tuberculosis clinic in tropical and subtropical countries. It was written by the late Dr. Benatt to help others who may have to treat tuberculosis under difficulties and is based on his experiences with such problems in projects under the auspices of the World Health Organization. Hence its emphasis on the practical and socio-economic aspects of the care of this disease in the less developed countries. Of particular interest to the readers of *DIABETES* is the chapter on the management of the tuberculous diabetic. In a few clearly written pages a concise, accurate, and eminently practical guide is presented for the therapy of this most serious combination of diseases.

The author has fulfilled his purpose admirably. One can read between the lines of this utilitarian volume and sense the deep humanitarianism of the author. He has created a *vade mecum* which should be of great assistance in the field.

TRAITEMENT DU DIABETE INFANTILE EN REGIME LIBRE. *By P. Royer and H. Lestrade.* 3,500 francs (\$7.18), pp. 194, Editions Médicales Flammarion, Paris, 1958.

This well-written, well-organized monograph ably supports the thesis that diabetic children can be maintained in good health, with normal growth and development, without rigid rules for a strictly prescribed diet, measured or weighed. The booklet of 190 pages summarizes the authors' experience with some 800 diabetic children whose care was directed under the

regimen commonly called "free diet" (*régime libre*) in the Hôpital des Enfants Malades at Paris. In historical perspective the authors cite the proposals and arguments supporting this regimen that have been developed during more than thirty years, principally by Stolte in Germany, Lichtenstein and Larsson in Sweden, Fanconi in Switzerland, Payne in England, and by Tolstoi and Guest in the United States. They present judiciously the controversial opinions regarding different dietary rules for diabetic management expressed by proponents and opponents of the different regimens. (See a similar discussion in two editorials pro and con, published in *DIABETES* 1:487, 1951).

In the preface, Professor Julien Marie states sensibly that practical experience has convinced many pediatricians that regimens restricting carbohydrates for diabetic children were not useful; more than that, restrictive diets actually led often to dystrophic manifestations that were at first mistakenly thought to be part of the evolution of juvenile diabetes, e.g., dwarfism and hepatomegaly, the "Mauriac Syndrome." Such manifestations are now more accurately ascribable to poorly regulated insulin dosage in relation to food intake—regardless of the quality of dietary planning (see editorial in *DIABETES* 2:415, 1953).

Successive sections of the book offer concise discussions of the physiopathology of juvenile diabetes, its diagnosis and the differential diagnosis of nondiabetic meliturias, different schemes of treatment, different types of insulin and reasons for the choice of one or another type in individual cases, technic of insulin injection and equipment needed. Practical considerations are emphasized in the discussion of the most essential features of instructions given to parents and to the children for guidance of their daily self-management. The chapter on urine-testing is especially clear, offering concise descriptions of technics and of the commercially available simple reagents for testing for sugar and for acetone. The paragraph that ends this chapter merits quotation here, freely translated: "It has been said that repeated frequent testing of urine creates an intolerable (i.e., psychologically unhealthy) attitude of anxiety in the family. We have not had this experience when all the interested members of the family are made to understand the objectives of the testing and to appreciate the feeling of security derived from the results of the tests. This daily practice, far from unduly fixing the thoughts on the malady, affords a feeling of liberation from worries when adaptation of daily insulin dosage to changing physiological needs is successful, because, if successful, the development of acidosis and coma should never occur and the occurrence of hypoglycemic reactions should be rare."

An extensive section of the book is devoted to the physiopathology and treatment of complications, acute and chronic, concomitant endocrinologic factors and nutritional disturbances. Final chapters deal with medico-social problems, schooling, centers for education, vacation camps, and lay associations in France (*Association Française des Diabétiques* and the *Association pour l'Aide aux jeunes Diabétiques*).