

AHNEFELD F. W., BURRI C., DICK W., HALMÁGYI M. (Eds): *Grundlagen der postoperativen Ernährung* - Springer-Verlag, Berlin-Heidelberg-New York, 1975, 128 pp. - DM 24.00.

The 6th volume of the series 'Klinische Anästhesiologie und Intensivtherapie', issued by Springer-Verlag, deals with nutrition in the postoperative period. Every doctor working in hospitals and clinics is familiar with the importance and the difficulties of the nutrition of newly operated patients, especially of those in whom the type of surgery performed is such as to require a long delay before normal food intake can be resumed. Certain situations, such as pediatric surgery and coma, add even further problems.

The book discusses these problems, not only from the point of view of energy and protein intake but also of water and electrolyte balance in various methods of nutrition that can be resorted to in surgical patients. Obviously, all this can be equally precious in situations of internal medicine and particularly in intensive care when normal nutrition cannot or should not be allowed.

The diabetologist would have wished for a separate chapter on problems of nutrition of the diabetic patient undergoing surgery, but the question is repeatedly referred to from various points of view in the different chapters of the booklet.

S. MARIGO

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BIERMANN J., TOOHEY B.: *The Diabetes Question and Answer Book* - Sherbourne Press, Los Angeles, Cal., 1975, XVI-205 pp.

To the long list of books intended to teach diabetics to live with their disorder and to lead as near-normal a life as possible, this one — first published in 1974 and reprinted in 1975 — should be added as being one of the most complete and informative. It deals with practically every aspect of the disease, including meal plans, exchange lists, advice to parents and friends of diabetics, and even suggestions about spacing insulin injections on transatlantic flights. If not everybody appreciates the somewhat artificially cheerful tone in which the authors, one of whom herself a diabetic, convey this information, it must be stressed once again that the information is remarkably comprehensive and sound.

G. C. URBINATI

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CAMPBELL P. N., KILBY B. A. (Eds): *Basic Biochemistry for Medical Students* - Academic Press, London-New York-San Francisco, 1975, XVI-472 pp. - US \$ 17.50, £ 6.80.

Intended for medical students, this volume is the work of seven lecturers of various Schools of Medicine in the United Kingdom. The subject is dealt with in a simple and instructive fashion, and understanding is made easier by a large number of tables, diagrams and figures.

In our view, the book may be most useful also to doctors and research workers wishing to bring their knowledge of biochemistry up-to-date.

S. MARIGO

CHERASKIN E., RINGSORF W. M., BRECHER A.: *Psychodietetics: Food as the Key to Emotional Health* - Stein & Day, New York, 1974, 228 pp. - US \$ 7.95.

A vast amount of literature exists on nutrition as a cause of organic disease, and diabetologists refer daily to the principles of the mechanisms involved which are by now universally accepted.

The book now before us opens some prospects on an unexpected subject, even if popular beliefs already contained glimpses of it: nutrition as a cause of psychic changes.

Mood, emotionality, alcohol and drug addiction, as well as various mental disorders, including schizophrenia and deviations of sexual behavior are due, according to the authors, to faulty nutrition, and therefore a more appropriate diet would seem important in the prevention and treatment of aberrant behavior and psychiatric disease. In other words, one might say: tell me what you eat and I will explain to you why you suffer from certain psychic disorders.

Obviously, there is also a chapter on reactive hypoglycemia which the authors attribute to the excessive use of sugar and starch characteristic of modern man.

This is a new book on a new subject and will be read with the fascinated curiosity that responds to the opening of new horizons in a subject believed to be old and about which everything appeared to have been said.

S. MARIGO

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COHEN S. N., ARMSTRONG M. F.: *Drug Interactions* - The Williams & Wilkins Co., Baltimore, 1974, 358 pp. - US \$ 16.50.

The constant increase in the number of pharmacologically active drugs, and the need for combined therapies have created the problem of drug interaction in the sense of both, enhancement and inhibition of the pharmacological effects and of increased drug toxicity.

The present book, edited by the Division of Clinical Pharmacology of the Stanford University School of Medicine, sums up all that is found in the medical literature on this important question. The authors' intelligent selection of the vast material has been such that only really valid information, which is important for practical medicine, is conveyed to the reader.

The first chapter deals with the theoretical bases of drug interaction, and is followed by the description of the various types of interaction, divided into three categories: clinically significant drug interactions, interactions of questionable or undetermined clinical significance, drug combinations having potentially coincident organ toxicity.

One page is devoted to each pair of drugs, where pharmacological effects of interaction, mechanisms, clinical findings and significance, immediacy of effects, interaction class (*i.e.* the clinical importance of the interaction), and suggestions for clinical management are briefly summarized, to be followed by references and the authors' comments.

This volume will prove truly precious to whoever wants to prescribe drugs responsibly.

S. MARIGO

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COUTINHO E. M., FUCHS F. (Eds): *Physiology and Genetics of Reproduction, Basic Life Sciences*. Vol. 4A - Plenum Press, New York-London, 1974, XI-417 pp. - US \$ 39.00.

The 4th volume in the series Basic Life Sciences, edited by Alexander Hollaender, deals with the physiology and genetics of reproduction.

This volume appears in two sections the first of which, section A, which we have had occasion to read, is concerned with problems of genetics and with those of the physiology of the gonads.

The first chapter is by Short, Edinburgh, entitled 'Man, the changing animal'. It contains an extraordinarily enlightening synthesis on the evolution of man in the course of millennia.

This is followed by chapters on 'Chromosomes and genes', 'Hormones and receptors', 'Spermatogenesis and spermatology', 'Ovum development and ovulation'.

This precious synthesis brings up-to-date information in a field of knowledge of growing importance to genetics, both in its biological and social aspects.

S. MARIGO

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HOLTMEIER H.-J.: *Diät bei Übergewicht und gesunde Ernährung* - Georg Thieme Verlag, Stuttgart, 1975, X-262 pp. - DM 10.80.

A book that about ten years after its first appearance reaches its 6th edition needs no further recommendation. This is particularly true of a book concerned with the dietary management of overweight since there has been a real glut of such publications in the course of the last few years.

Professor Holtmeier's pocket book well deserves its success. Addressed to the medical profession and to the patients at the same time, it contains in an easily accessible form all that has to be known about dietary requirements in health and disease, where disease is not limited to overweight and obesity, but valuable advice is given also to the sufferers from heart, digestive, liver and biliary disorders as well as to diabetics.

Over half of the 260 pages are taken up by calorie tables and by variety of menus for normal diet, diet for patients with anyone of the above disorders, and luxury diet, the last being a high protein diet and therefore costly but very suitable as a reducing regimen since it is very filling in spite of its low calorie content. For each of these categories, there are menus for daily calorie intakes from 800 to 1,900, except for the luxury diet which contemplates only daily intakes of 1,000 and 1,500 calories.

There can be no doubt that anyone consulting this small volume will find it extremely useful.

G. C. URBINATI

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KUMAR V. (Ed.): *Disorders of Carbohydrate Metabolism* - Arnold-Heinemann Publ., New Delhi, 1974, 161 pp. - Rs 30.

This book, published under the auspices of the Research Society for Study of Diabetes in India, should not be considered one of the many treatises of diabetology since diabetes and disorders of carbohydrate metabolism are considered from the particular point of view of Asian civilization.

Most of the contributions are by Indian authors and they help us to understand how and to what extent the different genetic and socio-economic situations may change some aspects of the physiology and pathology of carbohydrate metabolism.

The book deserves to be known well beyond the frontiers of India because, when carefully read, it offers interesting material for comparison and a starting point for constructive deductions on this disease some many aspects of which are as yet mysterious.

S. MARIGO

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KUROSUMI K., FUJITA H.: *Functional Morphology of Endocrine Glands* - Georg Thieme Verlag, Stuttgart, 1975, VIII-377 pp. - DM 188.

Both the authors and the publishers can be wholeheartedly congratulated on this most beautiful volume. The book consists of 230 figures, almost all of which are electromicrographs. Usually, the figure is on the right hand page and the legend on the left.

The figures are arranged into groups each relating to a particular gland; adenohypophysis, hypothalamus and neurohypophysis; pineal body; ovary; testis; thyroid; parathyroid; pancreatic islets (figs 167-186); adrenal cortex; adrenal medulla.

The title 'functional morphology' is wholly appropriate because each type of cell is shown in different stages of its functional cycle.

Few research workers interested in endocrinological problems will want to forego the pleasure of possessing this excellent atlas.

G. C. URBINATI

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McKERN S. W. (Ed.): *Hormones and Cancer* - Academic Press, New York-London, 1974, XI-394 pp. - US \$ 32.50.

Metabolic control in neoplastic tissues is one of the main problems in the pathogenesis of tumors. The present book considers the endocrinological aspects of tumor regulation both in spontaneous growths in humans or animals, and in experimental animal tumors.

The twelve chapters are the work of twenty-six cancerologists, endocrinologists and biochemists of various American universities.

Studies of particular interest are those concerning the action of protein and steroid hormones on gene expression since they might represent the *primum movens* of the neoplastic process.

This volume is no doubt extremely useful for cancerologists and endocrinologists wishing to bring their knowledge up-to-date.

S. MARIGO

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ORCI L., PERRELET A.: *Freeze-Etch Histology. A Comparison between Thin Sections and Freeze-Etch Replicas* - Springer-Verlag, Berlin-Heidelberg-New York, 1975, V-168 pp. - DM 145.

In a series of superb plates the authors compare two techniques of electron microscopy in various tissues (endocrine and exocrine pancreas, liver, kidney, trachea, lung, myocardium, smooth muscle of vessels and viscera, nerve tissue, adipose tissue, erythrocyte), *i.e.* the traditional thin section technique and the newly introduced one called freeze-etching.

No doubt, thin section electron microscopy has been extremely useful in picking out cell components at the molecular level. However, its limitations are well known, *viz.* the need to handle tissues and the fact of showing only electron opaque structures.

The newly introduced technique of freeze-etching is based on different procedures and yields images which are quite different from the traditional ones. Hence the need to compare the results obtained with both methods.

In view of its great efficacy as a didactic tool and of the perfect clarity of the illustrations this book will be for a long time essential for the interpretation of electron microscopic findings, at least until the freeze-etching technique will have become as widely used as the traditional method is now.

S. MARIGO

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WILLIAMS S. R.: *Self-Study Guide for Nutrition and Diet Therapy* - The C. V. Mosby Co., St. Louis, 1974, VII-207 pp. - US \$ 6.05.

This volume is intended as an addition to the previous one and students of nutrition and dietary science will find it useful in checking what knowledge they have gleaned from the textbook. The chapter headings are the same as in the textbook, and each chapter is made up of a summary-review quiz which recapitulates the information given in the corresponding chapter of the textbook but with many gaps that the student has to fill in. This is followed by a few questions relating to the same text, by a list of self-test questions, *i.e.* statements which must be classified as true or false with space left for the correct answer to be filled in when the statement was false. There follows a list of multiple choice questions, and the last items are suggestions for personal observation or research.

G. C. URBINATI