

The food exchanges system, recently adopted by the American Dietetic and American Diabetes Associations, is discussed at some length. Dr. Duncan has found it useful and recommends it in detail. Any physician or patient not acquainted with it may find certain difficulties in getting used to it. (The diabetic who has been taught that bread is a food to be used with caution will have to accustom himself to the thought of eating nine bread exchanges on a 1,700-calory diet.) In the text the number of calories in each of the food exchanges is sensibly rounded off to the nearest 5 or 0. This is not true of Table 15 on page 112, which summarizes the composition of food.

The author is to be commended for emphasizing the fact that foods which are best for other members of the family are best for diabetics too, and that there is rarely need for these patients to have special diabetic foods.

The book is endorsed as an excellent guide for the internist or general practitioner who treats diabetics, as well as for the medical student who is learning about this subject.

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ELECTROENCEPHALOGRAPHY IN CLINICAL PRACTICE. By Robert S. Schwab, M.D., Director of the Brain Wave Laboratory, Massachusetts General Hospital. Illustrated. W. B. Saunders Company, Philadelphia, 1951. 195 pages. \$6.50.

This book presents in very concise form what the practitioner should know about the procedure of electroencephalography. The usefulness of the procedure is conservatively evaluated, and if all physicians who request electroencephalograms on their patients were familiar with the material presented the lot of the electroencephalographer would be greatly alleviated. The various abnormalities and their significance are enumerated, without, however, the many illustrations to be found in the more ambitious atlases on the subject.

Although the author specifies that this is not to be considered a text on the subject, in the reviewer's opinion it can well serve as such. It is simply and clearly written, and presents both the theoretical and practical aspects. It can be highly recommended both to the physician who uses electroencephalography and to the electroencephalographer who is setting up a laboratory.

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YOUR SINUS TROUBLES AND TREATMENTS—An Authoritative Explanation for the Layman, with Recommendations for the Treatment of Your Sinus Conditions, Colds, Hay Fever and Other Allergies. By Friedrich S. Brodnitz, M.D. Abelard Press, 381 Fourth Avenue, New York, 1950. 243 pages. \$2.50.

The book presented as an authoritative explanation for the layman, is a volume of 243 pages of acceptable paper and satisfactory type. The introduction is interesting and sheds considerable light on the personality and mental attitude of the author. It contains a significant statement to the effect that he has a board with medical illustrations on the wall of the treatment room that has served him well in enlightening patients about the localization and the mechanics of their afflictions. The book was born of a desire to put daily piecemeal lectures into writing. The statement that "There is nothing worth knowing in science than cannot be explained in everyday language" is immediately followed by one to the effect that a certain number of medical terms proved unavoidable. This was made acceptable on the basis that the reader will find the origin and meaning of each unavoidable medical term explained the first time it is used. In general the author has followed this plan.

Any attempt to present for the layman a clear-cut, useful mental picture of the anatomy, physiology and function of

the normal nose and sinuses to say nothing of associated pathology, diagnosis and treatment of and for these structures in this allotted page space is doomed to failure. Add to these the subject of allergy and the use of antihistamine drugs and it becomes evident that the dilution factor of incorporated subjects precludes any opportunity for detailed discussion.

There is no question as to the author's knowledge of the subjects and material. In the few instances when he deviates from the role of speaking lay language as he thinks the layman would use it he is delightful. Most of the rest of the time one has the unpleasant feeling that one is being talked down to. This is truly unfortunate, in that the reviewer believes this is the last thing the author would wish to infer. There are evident attempts to retain the reader's attention by employing known literary artifices. Unfortunately, the subtlety of the artist was not employed to wholly disguise the attempts to regenerate interest. One cannot recommend this book to the general lay reader as the answer for his questions about sinus trouble and treatments.

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MEDICINE OF THE YEAR—1951. By John B. Youmans, M.D., Editor, Dean, School of Medicine, Vanderbilt University.

"Medicine of the Year" is presented with a view to providing current information useful to the doctor in the practice of medicine. The publication is generally good. It contains abstracts of the literature by specialists for the benefit of the general practitioner. The subject matter is rather highly selective, according to the viewpoints of the editors of the respective sections. Because of its limited size, this series is much less complete than such a comparable review as the Year Books of Medicine and Surgery. Each section of abstracts has its own summary, the reading of which will allow the physician to predict what he will find in the subject matter proper.

There are certain defects which should be pointed out. The abstracts too frequently give too much of the opinions of the authors or the editors, and not enough of the meat of the article summarized. There is a lack of balance in the amount of space allowed to the different sections and in the manner of presentation. For example, the section on internal medicine abstracts 81 articles in 18 pages and does it in a clear concise manner, although the reader often will have to look up the original article in order to make use of the information. On the other hand, the section on obstetrics and gynecology abstracts 70 articles in 50 pages and presents its subject matter in considerable detail.

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MANAGEMENT OF CELIAC DISEASE. By Sidney Valentine Haas, M.D., Professor of Pediatrics and Director of the Department, New York Polyclinic Medical School and Hospital; and Merrill Patterson Haas, M.D., J. B. Lippincott Company, Philadelphia, 1951. 188 pages. \$5.00.

This monograph embodies the results of an enormous personal experience and of a very comprehensive survey of the literature. The senior author, Dr. Sidney V. Haas of New York, professor of pediatrics at the New York Polyclinic Hospital, now in his 81st year, has been a life-long student of the disease and is particularly well known for having established the value of banana in its treatment. Probably no other living man has had so large a personal experience with celiac disease; he records 603 cases, of which 370 were treated long enough to permit conclusions.

There is an interesting and exhaustive historical review. Celiac disease was described and given its name by Aretaeus the Cappadocian who wrote in the first century of the Christian era; he also recommended treatment with the

"juice of the plaintain," a member of the banana family. The classic description by Samuel Gee, published in 1888, is fully cited; as, among others, are those of Christian Herter on intestinal infantilism (1908) and of Howland (1921). Haas introduced banana in 1923—a method of treatment still generally employed. The symptoms are considered in great detail, the authors' scheme of treatment is presented and the course and prognosis discussed. At the end their etiologic hypothesis is offered. This hypothesis refers the primary manifestations of the disease to irritants produced in the intestine from polysaccharides in the diet, resulting in increased motility and impaired absorption. The authors believe that the diagnosis can be firmly based on three points: (1) a prolonged, intermittent diarrhea; (2) exclusion of other diseases by means of clinical pathologic tests; and (3) correction of the diarrhea by "carbohydrate-specific diet" and of recurrence of diarrhea by inclusion of carbohydrates other than those found in fruits and vegetables.

It is fair to say that today pediatric opinion has generally accepted the separation of celiac disease and pancreatic fibrocystic disease as distinct entities, the latter distinguished by characteristic pathologic changes, deficiency of pancreatic secretion, and the regular occurrence of pulmonary changes. The authors, however, do not fully accept the distinction. They not only question the diagnostic validity of the test for trypsin in the duodenal contents and of the pulmonary changes as an essential part of the disease but go so far as to say, "... we have come to one very positive conclusion. That is, if cystic fibrosis of the pancreas is treated by the same dietary regimen that is used in celiac disease, the diarrhea will cease, nutrition will become normal, and *if the pulmonary infiltration has not become too severe*," (our italics) "it too will clear up." The proof which they offer of this thesis is far from convincing, consisting of two cases, one of which never showed pulmonary symptoms and the other still having "a chronic cough" after six years. It is interesting to note that in their review of the literature on pathology, nearly all of the abnormalities noted are those of pancreatic cystic fibrosis. One wonders how many of the authors' cases actually belonged to that category and to what extent their discussions and clinical descriptions are vitiated by inclusion of both groups of cases.

The volume must therefore be recommended with reservations. Its bibliography (668 items) and review of the literature are exhaustive and of great reference value. The plan of treatment for celiac disease itself is simple and clearly effective, but its complete applicability to fibrocystic disease may certainly be questioned. Only four lines are devoted to antibiotics, without detail. The material is clearly presented and highly readable, but on the whole the value of the book is restricted by its devotion to a questionable unitarianism and by its minimization of widely accepted contrary views.

There is a brief index.

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SURGICAL FORUM—Proceedings of the Forum Sessions, 36th Clinical Congress of the American College of Surgeons, Boston, Mass., October 1950. By the Surgical Forum Committee. W. B. Saunders Company, Philadelphia, 1951, 665 pages. \$10.00.

This volume is a compilation of the papers presented before the Forum on Fundamental Surgical Problems at the 1950 Clinical Congress of the American College of Surgeons. It contains 165 articles and abstracts by 393 authors and represents an important cross-section of the surgical research accomplished in 1950. (Unfortunately, some of the forum's most important papers are represented only in abstract.) In general, the authors have prepared papers with rigorous controls and methods, careful selection of data and

concise presentation of results. Surgical physiology receives the greatest attention, with the majority of papers on experimental techniques and principles which will require considerable translation before they are of practical use to the surgeon. This book will be of greatest value to those interested in the investigative aspects of surgery.

The volume is divided into 12 sections representing important specialties and viewpoints in surgery. Lacking appropriate representation are the fields of urologic, orthopedic, and gynecologic surgery. Attempts to improve the results of radical extirpative surgery are reflected by papers on resection of the trachea with replacement of defects by homotransplantation; radical total gastrectomy with replacement of the stomach by a transplanted pouch of right colon; and planned re-explorations of patients whose primary tumors were found at the original resection to have extended to the regional lymph nodes. Cardiac and thoracic surgery have received much attention; cardiac arrest, ventricular fibrillation, cardiac massage, and various techniques for accomplishing extracardiac vascular shunts are prominently discussed.

The attempts to extend neurosurgical ablation in the treatment of non-neoplastic craniocerebral disease are well represented. Several authors explore the use of radioactive iodine and potassium in the localization of intracranial neoplasms. The importance of tracheotomy in the care of craniocerebral trauma is stressed. Recurrence of vasoconstrictor activity after sympathectomy was found to be less when ganglionectomy was performed than when a pre-ganglionic or postganglionic sympathectomy was done. Robertson and Smithwick's late results following lumbar and various forms of dorsal sympathectomy are presented only in abstract.

Authors studied different phases of the homotransplantation problem, using blood vessels, skin, bone, endocrine tissues, and trachea, and different techniques of storage and preservation. The use of intra-arterial transfusions in shock is discounted where adequate prompt venous replacement can be accomplished. The role of the adrenal cortex and of the hepatic and portal "pool" in shock is also discussed. The frequency of carbon dioxide retention under anesthesia is shown by continuous analysis of the expired gases. Curare is implicated in the abolition of appropriate respiratory adjustments to asphyxia, in addition to its peripheral effects. A hypertensive reflex response is elicited by the simple manipulation of the epiglottis during intubation under light anesthesia. Also stressed are the deleterious possibilities of the excessive manipulation of the sympathetic chain during sympathectomy, and the dangers attendant upon the use of ether in sympathectomies for peripheral vascular disease.

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A STUDY OF EPILEPSY IN ITS CLINICAL, SOCIAL AND GENETIC ASPECTS. By Carl Henry Alström. Acta Psychiatrica et Neurologica, Supplementum 63. Ejnar Munksgaard, Norregade 6, Copenhagen, 1950.

This monograph is of greater interest to the neurologist than to physicians in general. It gives rather a clear insight into the incidence of the convulsive state in Sweden and the facilities there available for diagnosis and therapy. The first portion of the volume deals in extenso with classification, and quotes various authorities who are in disagreement. The genetic aspect of epilepsy is dealt with at length.

Apparently there has been a law in Sweden since the eighteenth century forbidding marriage of idiopathic epileptics; since in the face of such legislation the incidence of seizures in this country seems quite comparable with that in the world at large, it would seem rather evident that heredity is not an extremely important factor in the etiology of the convulsive states.