

MODERN DIETARY TREATMENT.

By MARJORIE ABRAHAMS, M.A., B.Sc. and
E. M. WIDDOWSON, B.Sc., Ph.D.
Pp. x + 328. Baillière, Tindall & Cox,
1937. Price 8/6.

Perhaps nowhere better than in their attitude towards the treatment of disease by diet is the difference between the mentality of the British and other nations seen. In this country until recently there has scarcely existed a science of dietetics; now attention is being paid to this subject, and the great importance of variety and balance, of chemical composition and calorie value, of quantity as well as quality, is being generally recognized. Indeed, it may be that in some quarters an exaggerated importance is now attached to the influence of food on health. However this may be, it is certain that a properly constructed diet is essential for health and efficiency, and in *Modern Dietary Treatment* such diets are adequately dealt with. In it are described in a clear and readily understandable manner the principles of dietetics, the part played by the various constituents of the food, and the reasons for giving or withholding certain foods in particular diseases; the method of drawing up a diet together with specimen diets; a number of recipes especially suitable for the several types of diet; and finally, various tables which are useful in constructing or appraising a diet.

Modern Dietary Treatment will therefore be of very great service to (1) Doctors. The average practitioner who is not constantly called upon to prescribe diets and, in any case, has little time available for such work, will find all the information he needs, and should be able to draw up a suitable diet for any patient in a very short time. Even the consultant will here find many suggestions and hints which will lighten his labour and advantage his patients. (2) Nurses. So often the matter of feeding the patient devolves upon the nurse, and undoubtedly a sound knowledge of dietetics is one of her most valuable possessions. She cannot do better than study this volume. She must, of course, realize that the diets described are based

upon generally held theories, and are so far good; but all are not necessarily correct, e.g., opinion is not unanimous as to the value of alkaline diet for gastric ulcer, or of the graduated diet suggested by Lenharz for gastric hæmorrhage. The great changes which have been made in the dietary treatment of diabetes are excellently shown here, and every situation in which a diabetic may find himself is amply catered for. This book should certainly be in the hands of everyone who is responsible for the care of the sick. (3) Dietitians to hospitals, schools, and other institutions. Even when dealing with large numbers of persons, individuals need attention, and if the best results are to be obtained certain patients, certain boys or girls, will require a diet more or less different from that of their fellows. *Modern Dietary Treatment* will enable the dietitian to make the necessary modifications.

The book is well produced, the print is clear and readable, typographical errors are few. In dealing with the effects of alcohol (p. 39) a slight confusion has crept in and should be corrected in any future edition. *Modern Dietary Treatment* is strongly recommended to the attention and study of those for whom it is intended.

MEDICAL DIAGNOSIS (some Clinical Aspects).

By S. LEVY SIMPSON, M.A., M.D. (Camb.),
M.R.C.P. (Lond.) H. K. Lewis & Co.,
Ltd. 1937. Price 10/6.

This book is divided into twelve chapters and an introduction; each chapter is devoted to the consideration of those diseases which primarily affect one system; in addition a chapter of nineteen pages is devoted to the acute abdomen, and one of thirteen pages to diseases of children.

The symptomatology of each condition is discussed and certain paragraphs are added with a view apparently to elucidating the diagnosis of cases where one definite outstanding sign or symptom is present; there is a paragraph on the position of the apex beat and its variation in disease, palpitation and tachycardia, gangrene of an extremity, hæmoptysis,