

## Book Notices

**Studies of Nutrition: The Physique and Health of Two African Tribes.** By J. B. Orr and J. L. Gilks (for the Dietetics Committee of the Economic Advisory Council). Medical Research Council, Special Report Series, No. 155. Paper. Price, 2s. Pp. 82. London: His Majesty's Stationery Office, 1931.

This is a contribution to knowledge concerning the relation of diet to physique and to health. The two tribes selected for this investigation were chosen because of the fact that, although their territories were adjoining, their dietary customs were different, "the Akikuyu being almost exclusively vegetarian and the Masai chiefly carnivorous." The field work in this investigation covered such categories as chemical analysis of all foods in common use, articles of diet in the raw state, cooked foods, edible earths, physical examination of both adults and children, and clinical observations. Additional features of this study pertain to laboratory and hospital work dealing with the adequacy of hospital and prison diets, the effect of additions to the diet of various seemingly desirable supplements, feeding tests with prescribed diets on four groups each of forty boys, and blood studies dealing particularly with calcium and phosphorus content, sugar tolerance,  $pH$  and alkali reserve, blood pressure and cell counts. The subject of tropical ulcer received considerable attention in an endeavor to make positive contributions to the problem of its etiology.

It was found that the diet of the Akikuyu or vegetarian group consisted largely of cereals, roots and fruits, the bulk of the diet being cereals. The Masai tribe subsisted on a ration that consisted to a large extent of milk, meat and raw blood. As might be expected, the principal points of difference in chemical composition of the two diets were that the Masai had a relatively high intake of protein, fat and calcium, whereas the other tribe had a high intake of carbohydrate and one low in calcium. There were interesting dietary habits which resulted in a better ration for the women and children of the vegetarian tribe, such as a relatively high intake of certain green leaves, which were found on analysis to be unusually rich either in calcium and sodium or in iron; ingestion of these leaves by the males was considered to be undesirable.

Physical measurements showed the full-grown Masai male (belonging to the carnivorous tribe) to be on an average 5 inches taller and 23 pounds heavier than the full-grown male Akikuyu, and his muscular strength, as determined by the dynamometer, to be 50 per cent greater. There were other marked differences noticed, such as a greater incidence of bony deformities, dental caries and anemia, pulmonary conditions and tropical ulcer among the vegetarian tribe, in contrast to a greater prevalence of intestinal stasis and rheumatoid arthritis among the Masai or carnivorous group.

The marked lack of calcium in the vegetarian diet was found to be associated with a definitely lower level of blood calcium. Additions of calcium salts, cod liver oil and milk made to the routine prison rations were followed by an increased retention of calcium. Cod liver oil had no definite effect on the calcium balances. In the adult subjects receiving additional calcium or cod liver oil in the diet the level of blood calcium was raised.

Dietetic treatment of tropical ulcer cases gave no definite result. As the state of nutrition of the patient improved, the ulcer tended to heal more quickly; but no effect of especial importance could be attributed to any of the supplements tried. On the whole the authors of this report favor the view that deficiencies in the diet, abnormal composition of the blood and reduced susceptibility to certain diseases, which were noted in the vegetarian tribe, may be correlated.

The data on which this report is based are presented in eight tables and eleven graphs, which are sufficiently detailed to satisfy most students in this field. This investigation will be of particular interest to those (1) who advocate a vegetarian regimen, or (2) who feel that the inclusion of meat in the diet is desirable, but will not satisfy the extremists in either of these groups. Students of anthropology and psychology will find much of interest here, particularly in relation to the development of food habits.

**The Care of the Chronic Sick in Private Homes for the Aged in and near New York City. A Section of a Study of Provision for the Care of the Chronically Ill in New York City.** By Mary C. Jarrett. Study 5 of the Research Bureau of the Welfare Council. Paper. Pp. 67. New York: Welfare Council of New York City, 1931.

Increasing attention has been called to the problems of chronic illness, particularly to its care in institutions, by such writers as Dr. Ernest P. Boas of New York and by numerous foreign physicians. This booklet presents some of the results of an extensive study or "census" of chronically ill persons in New York, of whom a total of 20,754 were registered. More than a third of these were over 60 years of age and nearly one third were children. A considerable proportion of the children with chronic illness were cared for in their own homes by visiting nurses, whereas the aged with chronic illness were mainly in institutions and particularly in the privately supported homes for the aged. It is rather remarkable that in New York privately supported homes for the aged are caring for a larger number of chronically ill persons over 60 years of age than all the homes for the aged supported by the municipality, and many times more than the public and private hospitals. Many of the homes for the aged announce that they do not take persons who have chronic illness; nevertheless the facts show that nearly half of all their guests are chronically ill and have been so ever since they were admitted to the home. Instances of almost every chronic disease were found, the most frequent being physical disabilities due to old age and to diseases of the heart. It was found that many of the homes for the aged were not equipped for giving chronically ill persons the medical care they need. Some of the guests who needed medical care were not receiving it and others were receiving it for whom mere custodial care would have been sufficient. More than a third of all the chronically ill guests were being furnished unsuitable care, one third of these receiving more intensive and expensive medical care than was necessary and the other two thirds receiving inadequate service. Better distribution and rearrangement of facilities are pointed out as the immediately practicable steps rather than the enlargement of the number of beds for chronically ill and aged persons. Since New York State made effective in 1931 a law providing allowances for dependent aged persons, many of those who are not chronically sick can hereafter be cared for in their own homes or in the homes of others. Thus an increasingly large proportion of the work that will fall on the homes for the aged will be the care of the chronically ill who need a degree of medical attention which a private home cannot provide. Physicians and institutional administrators in all the large cities of the country will find much of suggestion in this booklet.

**Die Chirurgie der Brustorgane.** Von Ferdinand Sauerbruch. Band I: Die Erkrankungen der Lungen. Teil 2: Chirurgische Behandlung der Lungentuberkulose. Geschwülste der Lungen, Echinokokkus der Lungen, Aktinomykose und andere Pilzkrankungen der Lungen. Chirurgische Behandlung des Asthma bronchiale. Syphilis der Lungen. Von H. Alexander, H. Chaoul und W. Felix. Third edition. Cloth. Price, 98 marks. Pp. 917-1373, with 189 illustrations. Berlin: Julius Springer, 1930.

This volume is the second part to appear of the third edition of Sauerbruch's treatise on surgery of the chest. The first edition of the work appeared in 1911 and consisted of a single volume of only ninety-seven pages. The second edition consisted of two large volumes, totaling 2,006 pages, the first volume of which appeared in 1920 and consisted of 931 pages. In the latest, or third, edition, the first volume now consists of two parts or volumes, together totaling 1,373 pages. This was necessitated by the growth of the material. This is the second part of volume I and consists of 456 pages. It deals essentially with the surgical treatment of pulmonary tuberculosis, about one third of the volume being devoted to this topic. The other subjects dealt with, echinococcus, actinomycosis, aspergillosis and syphilis of the lung, and the surgical treatment of bronchial asthma, together cover only thirty-four pages. The remainder of the book consists of the bibliography and index for both the parts of the first volume. The bibliography alone comprises nearly a third of this entire new part. There was great need of this edition as the result of increased experience and extension of the field. The new edition, in general, resembles the second, and deals with the pathology and clinical aspects of the diseases of the chest. Only those operative procedures are described which the author uses and has found of value. The surgical