

Book Reviews

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA. Compiled by FAO and U.S. Dept. Hlth. Educ. Welfare. Dec. 1972. 334pp..

This compilation, dedicated to the Memory of Dr. K.K.P.N. Rao, Chief of Food Consumption and Planning Branch, Nutrition Division of FAO, is in two parts and follows the pattern of similar tables for Latin America and Africa published earlier.

This regional food composition table is the most comprehensive and up-to-date Asian food composition table yet published. No less than 1629 items have been included and Part I includes the data of proximate composition, mineral and vitamin contents while Part II deals with amino acids, fatty acids, other B-vitamins and trace elements.

It is noted that many indigenous foods, sometimes not wisely used, are rich not only in certain essential nutrients, but also practical and economical for menu planning consistent with local eating habits. It is recommended that such foods should be advocated for greater daily use.

AN INTRODUCTION TO HUMAN PHYSIOLOGY by J. H. Green. Oxford Univ. Press Lond. 3rd Edn. 1972 p.p. 232 Paperback \$2.20 net.

This book has been specially written for the medical student and provides an up-to-date introduction to human physiology. In the preparation of this new edition the present move towards more integrated teaching in many medical schools has been kept in mind. Much new material has been incorporated including a chapter on the dietary requirements of water and mineral salts, fluid compartments and fluid replacement. An appendix gives details of the S.I. Unit system and includes conversion tables.

The original objective of integrating the practical class experiments with the theory has been preserved and the subject matter which is presented in a clear and concise manner makes the publication a very suitable text book for medical, dental and physiotherapy students.

SYMPOSIUM PREVENTIVE MEDICINE. Edited by A. T. Proudfoot. Roy. Coll. Physicians of Edin. Publ. No. 43. p.p. 164 \$2.20.

This is a compilation of the fourteen papers that were presented at a Symposium on Preventive Medicine held on 30th Nov. and 1st Dec. 1972 in the Hall of the Royal College of Physicians of Edinburgh. These papers are of a very high order and cover a wide range of subjects such as Population Control in the 1970's, Preventive Medicine in Developing Countries, Presentday Role of Immunisation, Aspects of Preventive Psychiatry, the Future of Preventive Medicine etc. dealt with by eminent authorities in their fields.

It makes stimulating reading and is recommended to all health workers and general medical practitioners.

MEDICAL JURISPRUDENCE AND TOXICOLOGY. Dr. Rajinder S. Grewal, Scientific Book Agency, 22, Raja Woodmunt Street, Calcutta-1, p.p. 383 Rs. 20.

THIS BOOK is intended as a guide for medical students and doctors and also as a simplified, easy-reference manual for the legal profession. The author has had considerable experience both as a medico-legalist and teacher in forensic medicine in this part of the world. This book is the culmination of his extensive experience.

The contents are no different from that in standard works in Forensic Medicine and includes a section on Toxicology. Unfortunately, topics of current interest such as "The moment of death", "Alcoholic Intoxication and driving" and "Tissue Transplantation", are not discussed. Another topic of great practical interest "The cooling of the dead body" could have been discussed in greater detail especially with relevance to the tropics.

The author states in his preface that he has attempted to simplify the language in his book so that the contents may be easily understood by both doctors as well as members of the legal profession. Accordingly, attempts have been made to give examples whenever possible. These examples would have been more interesting and informative, if actual cases within the author's experience were cited rather than using hypothetical cases as in his book. Further, the language used is at times somewhat tedious and a little difficult to follow. There are also one or two errors of fact (e.g. "each gene has a corresponding antigen" in para 2 page 191

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and "Woman who menstruates regularly irrespective of age is younger than one who has passed the age of menopause" in para 1 page 42). The sections on "Poisoning", "Gunshot wounds", "Seminal and Blood Stains" are reasonably well written, but ideas on treatment of barbiturate poisoning appear to be outdated. The photographs used as illustrations could have been clearer.

The book also does not include a bibliography. On the other hand, the author has based much of his work on his personal experience, so that this may not be necessary in a volume of this type.

This book should serve as a little handbook mainly for quick reference for medical students and busy lawyers.

J. Eravally

