

natural foods. The need for some of them is known. The need for others of them, or their very existence, may not be known. If we rely on a wide variety of natural foods to nourish our bodies, we will be getting the vitamins, amino acids and all the other chemicals, known and unknown, which we need. If we limit our eating to only a few foods, and those refined or otherwise processed

so as to remove some of the chemicals they originally contained, we are likely to be denying ourselves some chemicals we need. Since some of them may be unknown, we cannot make up the deficiency merely by taking pills of the chemicals we know we are not getting in diets made of a limited variety of foods.

Science News Letter, December 4, 1943

• Books of the Week •

➤ **GREAT CULTURES** have arisen and grown old and died many times on the earth; curiously, the earliest and oldest of them, Egypt, is the one that has most successfully offered defiance to death. Its temples, though in ruins, and the images of its kings, though mutilated, are still able to tell to the discerning eye of the ancient land's many centuries of ordered energy, acute knowledge, and the passionate feeling for justice that expresses itself even in the right proportions of carved stones. Photographs that have caught these meanings, taken by Hoyningen-Huene, fill an approximate third of the pages of a splendid new book called, simply, **EGYPT**; the text, by George Steindorff, gives a condensed though not skimmed account of the long history from pre-dynastic times to the present day. For a really fine Christmas present it would be hard to find a book more suitable—the more so since all royalties are donated for Greek war relief. (*Augustin*, \$7.50)

Science News Letter, December 4, 1943

➤ **WEATHER**, which used to be merely something to talk about, has with the advent of aviation become literally a matter of life and death. Everybody nowadays wants to be able, at least to some extent, to read the clouds and sense the meaning of the winds. In **KNOWING THE WEATHER**, T. Morris Longstreth provides an easy, chatty, not-too-technical account of the principal weather phenomena and their underlying factors for those of us who don't want to wade through formal textbook presentation. (*Macmillan*, \$1.69)

Science News Letter, December 4, 1943

➤ **LEADERS** always interest us; leaders in war have an intensified appeal, especially now. **THESE ARE THE GENERALS** is a group of vivid pen-pictures of the outstanding American army leaders by a dozen different writers which appeared originally as separate articles in three weekly magazines. It is a decided convenience to have them all gathered between two covers. (*Knopf*, \$2.50)

Science News Letter, December 4, 1943

• Just Off the Press •

ARE YOU ALLERGIC—Jessamine Hilliard and Charles C. Coghlan—*Barrows*, 248 p., \$2.50.

THE CALENDAR FOR EVERYBODY—Elisabeth Achelis—*Putnam* 141 p., \$1.50.

COME OVER INTO MACEDONIA: The Story of a Ten-Year Adventure in Uplifting A War-Torn People—Harold B. Allen—*Rutgers*, 313 p., illus., \$3.

CONDITION RED: Destroyer Action in the South Pacific—Frederick J. Bell—*Longmans, Green*, 290 p., illus., \$3.

THE DANUBE BASIN AND THE GERMAN ECONOMIC SPHERE—Antonin Basch—*Columbia Univ.*, 275 p., \$3.50.

EGYPT—Dr. George Steindorff—*J. J. Augustin*—180 p., illus., \$7.50.

THE GREAT AMERICAN CUSTOMER: The Story of Invention, Mass-Production and of Our Prosperity—Carl Crow—*Harper*, 251 p., illus., \$3.

HANDBOOK OF SALAMANDERS—Sherman C. Bishop—*Comstock*, 555 p., illus., \$5.

HANDBOOK OF TABULAR PRESENTATION: How To Design and Edit Statistical Tables—Ray Ovid Hall—*Ronald*, 112 p., illus., \$3.50. This will be a great aid to all who have to line up figures for publication in smart and useful columns and are troubled about the form and style.

HOW TO USE EMPLOYMENT TESTS—Floyd Ruch—*California Test Bureau*, 16 p., \$1., paper.

JAMES OLIVER CURWOOD: Disciple of the Wilds—H. D. Swiggett—*Paebur*, 192 p., illus., \$3.50.

MANUAL OF COMPARATIVE ANATOMY—Osmond P. Breland—*McGraw-Hill*, 250 p., \$2. A laboratory manual for the college level covering the anatomy of the standard animals used: amphioxus, lamprey, dogfish, perch, necturus, turtle and cat. The

guide has been prepared so that the individual would be able to find the designated structures with a minimum of outside assistance.

O'HENRY MEMORIAL AWARD PRIZE STORIES OF 1943—Herschel Brickell, ed.—*Double-day, Doran*, 319 p., \$2.50. Selected stories of the year chosen from hundreds of magazines for this 25th anniversary volume of the O'Henry Memorial Award.

POSTWAR PLANS OF THE UNITED NATIONS—Lewis L. Lorwin—*Twentieth Century Fund*, 307 p., \$2.50.

THIS FASCINATING LUMBER BUSINESS—Stanley F. Horn—*Bobbs-Merrill*, 328 p., illus., \$3.75.

THOSE WERE THE DAYS: Tales of a Long Life—Edward Ringwood Hewitt—*Duell, Sloan & Pearce*, 318 p., \$3. Mr. Hewitt tells about Peter Cooper, his grandfather and founder of Cooper Union; Sir Hiram Maxim; the first J. P. Morgan; Buffalo Bill; Andrew Carnegie, and the early days of the automobile and airplane in addition to his inventions with his brother Cooper Hewitt.

WHO ARE THE AMERICANS?—George Allen Kennedy—*Paebur*, 176 p., \$1.25.

WHY THE UNIVERSE? Or, Cosmopoietic Space—Percy A. Campbell—*George Fields*, 189 p., \$2.50.

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