

Books of the Week

➤ ANIMALS on the run are always fascinating, just to watch. But they may be watched to some scientific purpose, as A. Brazier Howell well demonstrates in *SPEED OF ANIMALS* (Univ. of Chicago Press, \$4). Giving most of his attention to mammals, but not neglecting the other vertebrates, Dr. Howell gives a most illuminating account not only of the animals in action but of the structural bases of that action. It is something new in the field of zoology, and as such all the more valuable.

Science News Letter, September 23, 1944

➤ GENERAL ROMMEL has disappeared from the news lately; perhaps his fate will never be known. He has left, among his writings, a book that soldiers and wartime civilians alike can read with interest and profit, the English translation of which, *INFANTRY ATTACKS*, has just become available. It consists principally of accounts of his own combat experiences in World War I (*Infantry Journal*, \$3.)

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➤ GEOLOGISTS everywhere will welcome the appearance of the new edition of *INDEX FOSSILS OF NORTH AMERICA*, by Hervey W. Shimer and Robert R. Schrock (*Wiley*, \$20). Originally issued by Grabau and Shimer in 1915, this book in its new appearance has

undergone such extensive revision and had so many editions that it is virtually a new work. With alternating pages of beautifully clear illustrations and concise textual descriptions, covering thousands of species, it constitutes a powerful aid in identifying geological horizons, whether used in the field or in the laboratory.

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Just Off the Press

THE AMERICAN RIFLE FOR HUNTING AND TARGET SHOOTING—C. E. Hagie—*Macmillan*, 174 p., illus., \$1.95.

ARCHEOLOGICAL REGIONS OF COLOMBIA: A Ceramic Survey—Wendell C. Bennett—*Yale Univ. Press*, 82 p., illus., paper, \$2.50. Yale University Publications in Anthropology Number 30.

BUILDING SEX INTO YOUR LIFE—Paul Popenoe—*Am. Inst. of Family Relations*, 23 p., paper, 25c.

THE BUSINESS OF GETTING WELL—Marshall Sprague—*Crowell*, 143 p., illus., \$1.75.

THE CADDIS FLIES, OR TRICHOPTERA, OF ILLINOIS—Herbert H. Ross—*State of Illinois*, 326 p., illus., paper, Bulletin of the Illinois Natural History Survey, Vol. 23, Article 1.

CHEMICAL ENGINEERING THERMODYNAMICS

—Barnett F. Dodge—*McGraw*, 680 p., illus., \$6.

RAYMOND L. DITMARS: His Exciting Career With Reptiles, Animals and Insects—L. N. Wood—*Messner*, 272 p., illus., \$2.50.

ECONOMY IN THE USE OF DRUGS IN WARTIME—With an Appendix on Economy in the Use of Bactericides—*His Majesty's Stationery Office*, 16 p., paper, 3d. Medical Research Council, War Memorandum No. 3.

ELECTRICAL LIVING IN 1944—*Westinghouse*, 44 p., paper, 50 cents.

EPHRAIN'S INORGANIC CHEMISTRY—P. C. L. Thorne and E. R. Roberts—*Nordeman*, 921 p., illus., \$8.75. Photo Offset Reprint.

FREUD'S CONTRIBUTION TO PSYCHIATRY—A. A. Brill—*Norton*, 244 p., \$2.

EMPLOYEE COUNSELING: A Survey of a New Development in Personnel Relations—Helen Baker—*Princeton Univ.*, 64 p., paper, \$1.

MANUAL OF MILITARY NEUROPSYCHIATRY—Harry C. Solomon—*Saunders*, 764 p., illus., \$6.

QUICK FREEZING: A Digest of Authoritative Information on Quick Freezing of Foods for the Home—Anne Pierce—*Barrows*, 84 p., illus., \$1.

TABLES OF REAGENTS FOR INORGANIC ANALYSIS—J. W. Edwards—*Alien Property Custodian*, 409 p., \$11.25. Reprinted from the German edition.

Even Two Days Without Adequate Protein

are apt to produce manifestations of hypoproteinemia, loss in circulating plasma protein, lassitude, and general debility.* Protein foods deserve priority, not only in the dietaries of illness, but in the normal diet as well. The proteins of meat are of highest biologic quality, the right kind for every protein need.

*“Investigations . . . have shown the importance of protein even during short periods of deprivation, and hence it probably deserves just as much priority as water, electrolytes and vitamins. . . .” (Elman, R.: The Importance of Giving Protein Priority in Restricted Diets, *Editorial, Gastroenterology* 2:360 [May] 1944). *“Two days of protein deprivation . . . lowers the blood protein definitely.” (Cutting, W. C., and Cutter, R. D.: Effect of a Low Calorie, Low Protein Diet on Blood Proteins, *Proc. Soc. Exper. Biol. & Med.* 32: 1053 [April] 1935). *“During both series of observations, all four subjects complained of lassitude and a feeling of general debility during the third and fourth day of the protein deficient regimen.” (Mueller, A. J.; Fickas, D., and Cox, W. M., Jr.: Minimum Maintenance Requirement of an Enzymic Casein Hydrolysate, *Bull. Johns Hopkins Hosp.* 72:110 [Feb.] 1943).



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