

Books of the Week

For the editorial information of our readers, books received for review since last week's issue are listed. For convenient purchase of any U. S. book in print, send a remittance to cover retail price (postage will be paid) to Book Department, Science Service, 1719 N Street, N. W., Washington 6, D. C. Request free publications direct from publisher, not from Science Service.

FOURTEENTH SEMI-ANNUAL REPORT OF THE ATOMIC ENERGY COMMISSION—Gordon Dean, Chairman—*Govt. Printing Office*, 98 p., paper, 30 cents. The six-month period covered here was one of consolidating advances in production. This has involved use of some unusual materials. Outstanding event in the medical field was completion of the cancer research hospital at Argonne National Laboratory. (See SNL, Aug. 8, p. 93.)

GEOLOGICAL ABSTRACTS, Volume I, Nos. 1 and 2, March-June, 1953—H. R. Aldrich, Chairman, Abstracts Project Committee—*American Geological Institute*, 100 p., paper, quarterly, \$2.00 per year. Compiled from abstracts of current journals in the earth sciences. An index of authors under subjects is included.

NEIGHBORS PRAISE HIS ARTICLES



"As a 'buy-product' of NIA Training, I received a total of \$73.00 for articles and material from Autobody and the Reconditioned Car. The local weekly, *City and Suburban Life*, printed one of my practice articles and asked for more. When neighbors stop you on the street to say they read your piece, there's nothing like it." —George R. Maire, 114 9th St., Laurel Gardens, Penna.

How Do You Know You Can't Write?

HAVE you ever tried? Have you ever attempted even the least bit of training, under competent guidance? Or have you been sitting back waiting for the day to come when you will awaken all of a sudden to the discovery, "I am a writer?" If the latter course is the one of your choosing, you probably never will write. Lawyers must be law clerks. Doctors must be internes. Engineers must be draftsmen. That is why the Newspaper Institute of America bases its writing instruction on journalism—continuous writing—the training that has produced so many successful authors.

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Many potential writers become awestruck by fabulous stories about millionaire authors and, therefore, give little thought to the \$25, \$50 and \$100 or more that can often be earned for material that takes little time to write articles on—science, scientific papers, hobbies, travel, local club and church activities, etc.—things that can easily be turned out in leisure moments.

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HIGHER TRANSCENDENTAL FUNCTIONS, Volume I—Harry Bateman—*McGraw-Hill*, 302 p., \$6.50. This book is a part of a monumental work planned by the late Dr. Bateman and continued after his death by a team of the California Institute of Technology, working under contract with the Office of Naval Research.

HOME SHELTERS FOR FAMILY PROTECTION IN AN ATOMIC ATTACK—Federal Civil Defense Administration—*Govt. Printing Office*, Technical Manual 5-5, 86 p., illus., paper, 30 cents. For the householder, directions and "build-it-yourself" drawings and specifications for building a home shelter against the atom bomb.

MAMIFEROS SILVESTRES DEL VALLE DE MEXICO—Bernardo Villa R.—*Instituto de Biología*, 223 p., illus., paper \$2.00, cloth \$3.00. Scientific description (in Spanish) of the wild mammals of the semi-arid plains to the north of Mexico City.

PLANT DISEASES: In Orchard, Nursery and Garden Crops—Ernst Gram and Anna Weber, R. W. G. Dennis, Ed.—*Philosophical Library*, 618 p., illus., \$18.50. Compiled by 2 leading Danish plant pathologists, this describes many types of plant diseases and offers suggestions for control measures.

THE PRESCHOOL CHILD WHO IS BLIND—Children's Bureau—*Govt. Printing Office*, 23 p., illus., paper, 10 cents. Telling the parents of a blind baby how to help him to grow up to be self-sufficient, happy, and useful despite his handicap. Reassurance is provided by the reminder that the child, at least, does not know what he is missing; he does not feel different. (See p. 101.)

QUEST FOR A NORTHERN AIR ROUTE—Alexander Forbes—*Harvard University Press*, 138 p., illus., \$4.00. The air route to Europe by way of the frozen north is now commonplace. Here is the story of how the land was explored and surveyed before the air fields could be built.

RADIO AND TV TEST INSTRUMENTS—*Gernsback*, 128 p., illus., paper, \$1.50. Showing service technicians how to build their own instruments to exactly fit their needs.

THE SOCIAL INSECTS—O. W. Richards—*Philosophical Library*, 219 p., illus., \$4.75. Telling of the interesting habits of those creatures that greatly outnumber humans or, indeed, all mammals. The author, who is British, comments that "many more specimens of insects can be found in and on an acre of ground than make up the human population of the British Isles."

STUDY IN HUMAN STARVATION: Diets and Deficiency Diseases—*American Geographical Society*, paper, \$1.50 flat, \$1.25 folded. Various colors show the world pretty well covered with populations suffering from various deficiency diseases.

STUDY IN HUMAN STARVATION: Sources of Selected Foods—*American Geographical Society*, paper, \$1.50 flat, \$1.25 folded. In addition to the world distribution of food sources, tables show the caloric and nutrient values of all these foods. A small map shows population distribution.

TV MANUFACTURERS' RECEIVER TROUBLE CURES, Volume 4—Milton S. Snitzer, Ed.—*Rider*, 120 p., illus., paper, \$1.80. What the manufacturer recommends as the cure for the difficulties you may experience with your own TV receiver.

WHITE MOUNTAINEER—Rutherford G. Montgomery—*Little, Brown*, 177 p., illus., \$2.75. The life of a Rocky Mountain goat and how he held his own in competition or battle with other wild creatures and with man. Told for young people.

WHY WE LIVE WHERE WE LIVE—Eva Knox Evans—*Little, Brown*, 151 p., illus., \$3.00. Most people live where they do because of things that happened hundreds and thousands and millions of years ago. Geography in a new dress, and related to life and its daily concerns.

THE WORLD BENEATH THE SEA—Otis Barton—*Crowell*, 246 p., illus., \$3.50. Some of the excitement and adventure to be found beneath the sea is here presented by the author who, with Dr. William Beebe, first explored record depths in the bathysphere.

Science News Letter, August 15, 1953

MEDICINE

Roles of Obesity and Heredity in Diabetes

► YOU MAY have heard that heredity and obesity, or marked overweight, both play a part in diabetes. Immediate cause of the disease is a deficiency of insulin, the chemical produced by the tissues in the pancreas called islands of Langerhans.

Since the discovery of insulin, diabetics have been able to live out a normal life span in many cases. With the longer life for diabetics, scientists have been able to make longer and more detailed studies of the disease and factors involved in it.

This has made it possible, the Illinois State Medical Society points out, to prove that heredity plays an important role in the development of diabetes and, because the life expectancy has been increased to the age when obesity more readily develops, overweight has become a serious problem.

Next to heredity, obesity ranks as the most important predisposing factor in the causation of diabetes. The tendency to become overweight after the age of 40 is probably related to the frequency of diabetes at this time. In children, obesity is not the prominent factor in the development of diabetes that it is in adults. Needless to say, however, the overweight child with a family history of diabetes should be placed on a reducing diet.

The increased amount of food that the obese person consumes places a strain on the insulin-producing cells of the pancreas. Eventually a deficiency is produced in the person with a hereditary background and diabetes is the result.

While injections of insulin are thus far the one established means of controlling diabetes, they are not always necessary in the obese if regulations in the diet are watched carefully.

Science News Letter, August 15, 1953