

Books of the Week

For the editorial information of our readers, books received for review 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.

AMERICAN WILDLIFE AND PLANTS—Alexander C. Martin, Herbert S. Zim, Arnold L. Nelson—*Dover*, 500 p., illus., paper, \$2. A guide to wild-life food habits; the use of trees, shrubs and weeds and herbs by birds and mammals of the U. S.

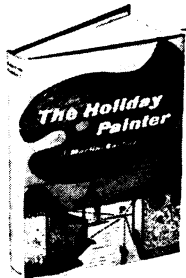
ANIMALS AND PLANTS—Carroll Lane Fenton—*John Day*, 64 p., illus. by author, \$3.50. Tells a general story of animals and plants to the young reader and student.

THE BATTLE FOR INNER SPACE—Irwin Stambler—*St. Martins*, 259 p., illus., \$5. The story of the United States undersea warfare and weapons, with both present and future developments discussed.

CHALLENGE OF THE UNIVERSE—J. Allen Hynek—*National Science Teachers Assn.*, 143 p., illus., paper, 50¢. Designed to introduce senior and junior high school students to astronomy.

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others, revised by Paul J. Boylan—*Allyn and Bacon*, 696 p., illus., \$5.68. Text for the college-preparatory course, dealing with chemical theory and principles.

GREAT AIR DISASTERS—Lloyd Mallan—*Fawcett Bks.*, 144 p., illus., paper, 75¢. Includes the mystery of the Electras, mid-air collisions and stories of the great air disasters of recent time.

GROWTH OF CRYSTALS, Vol. 3—A. V. Shubnikov, N. N. Sheftal, Eds., Transl. from Russian—*Consultants*, 357 p., photographs, \$25. Includes general problems, theoretical and experimental studies, growth of mono-crystals and accessory studies.

HOW TO KEEP FIT AND ENJOY IT—Warren R. Guild, M. D.—*Harper*, 184 p., illus., \$3.95. A step-by-step approach to physical fitness after 30, written by a specialist in this subject.

INTERNATIONAL BIBLIOGRAPHY OF THE SOCIAL SCIENCES, 1960, Vol. VI: Anthropology. Vol. IX: Economics—International Committee for Social Sciences Documentation—*Aldine Pub. Co.*, 378 p., 553 p., \$10 each. Truly international in its coverage of scientific articles published in 1960, these bibliographies, classified by the decimal system, continue the program of documentation initiated by UNESCO in 1952.

LIVING THINGS—Frederick L. Fitzpatrick, Thomas D. Bain, Harold E. Teter—*Holt*, 420 p., illus., \$4.72. Textbook for the general student, with the concepts of modern biology and the major groups of living things presented in simple language, using a minimum of technical vocabulary.

LYMPHOGRANULOMA VENEREUM—M. Michael Sigel, Ed.—*Univ. of Miami Press*, 197 p., illus., \$5.95. Epidemiological, clinical, surgical and therapeutic aspects based on a study in the Caribbean.

MATHEMATICS FOR PLEASURE—Oswald Jacoby, with William H. Benson—*McGraw-Hill*, 191 p., \$4.95. Contains recreational mathematics to challenge the ingenuity and reasoning power of everyone who is fascinated by numbers.

NEWS YEAR, 1961—Lester A. Sobel, Ed.—*Facts on File*, 664 p., illus., \$14.75. Deals in detail with facts that were news in the year 1961, and appear to have enduring reference value.

OPTICS: Experiments and Demonstrations—C. Harvey Palmer—*Johns Hopkins Press*, 321 p., illus., paper, \$4.95. Laboratory manual illustrating recent progress in the science as well as the more significant older discoveries with a wide choice of experiments.

PIUS XII AND TECHNOLOGY—Leo J. Haigerty, foreword by Walter J. Ong—*Bruce Pub. Co.*, 244 p., \$4.75. Tells of the relationship of science and religion through addresses of the late pontiff.

PRINCIPLES OF STRATIGRAPHY: Volumes I & II—Amadeus W. Grabau—*Dover*, 1185 p., illus., paper, \$5. Brings together facts and principles which lie at the foundation of attempts to in-

terpret the history of the earth from records left in the rocks.

PRODUCTION MANAGEMENT WORKBOOK—Arthur L. Roberts—*Wiley*, 126 p., charts, paper, \$2.95. Developed to provide students with a variety of problems to which they may apply the principles, techniques and tools illustrated in textbooks and classrooms.

THE RELUCTANT SURGEON—John Kobler—*Doubleday*, 439 p., paper, \$1.45. A biography of John Hunter, medical genius and great inquirer of Johnson's England.

STUDIES ON THE CIVILIZATION OF ISLAM—Hamilton A. R. Gibb—*Beacon Press*, 369 p., \$7.50. Contains articles on medieval history and literature, contemporary literature and the structure of religious thought.

TREATISE ON SEDIMENTATION—William H. Twenhofel—*Dover*, 926 p., illus., paper, \$4.70. Story, in two volumes, of sedimentation, presenting a more accurate and quantitative knowledge of earth history, and considering its many aspects.

U. S. GOVERNMENT ORGANIZATION MANUAL, 1962-63—General Services Administration—*GPO*, 761 p., paper, \$1.50. Contains sections descriptive of the agencies in the legislative, judicial, and executive branches.

• Science News Letter, 82:92 August 11, 1962

NUTRITION

Need of Good Breakfast For Children Stressed

► THERE is something to the popular saying that "breakfast is the most important meal of the day."

Nutrition studies show that children can work and play best if they have from a fourth to a third of their daily food requirements at the start of the day. Dr. Mary M. Hill, nutritionist, Agricultural Research Service, U.S. Department of Agriculture, has found that food needs in comparison to body size are greatest during the growing years. Yet surveys show many teen-age boys and girls have poor food habits.

An adequate breakfast includes a vitamin C source such as citrus or tomato juice, a source of protein including milk, and another source of calories such as bread or cereal.

Breakfasts can have as much variety as other meals, Dr. Hill has found.

The first grader who prefers to eat a peanut butter sandwich, a serving of custard pudding, a glass of milk and then to go off with an orange to eat on the school bus or for "recess" is as well prepared to start the day's activities as is the first grader who eats a more usual breakfast.

The older youngster who may want nothing unless he can have a frankfurter or hamburger with "the works" along with his fruit juice and milk is probably not rebelling against breakfast but against the same breakfast day after day. There is nothing wrong with his selection unless his parents find it too expensive. In that case, it could be an occasional choice.

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