to the Reports of the Council, to Reports of the A. M. A. Chemical Laboratory and to articles that have appeared in J.A.M.A.

A. M. A. COUNCIL


This is a detailed exposition of meal planning for those who wish to lose weight, and for those who do not wish to gain weight.

Part I, pp. 7-112, is devoted to menus, which offer a wide selection of nutritious and protective foods. The caloric value of each standard portion is given, and the amounts to be consumed are stated as precisely as is practicable. There is no doubt that faithful adherence to the directions will be accompanied by reduction in body weight. It should be pointed out that there are schools of thought in dietetics, as in other branches of physiology. The menus that have been assembled are entirely orthodox but they are of the low protein-vegetable type. Those who belong to the high protein school will find it necessary to modify the diets somewhat.

Part II was prepared for those who find it necessary to guard against gaining weight, and for those who are looking for guidance in methods that are safe and effective. The chapter headings, somewhat condensed, are: Body Weight, Food and Body Weight, Protective Diets, Proteins, Fats, Carbohydrates, Minerals, Vitamins, Roughage, Planning a Protective Diet, Selection of Food, and an Appendix of Numerical Values of Food Factors. The treatment is non-technical, and for all practical purposes it is satisfactory.

This book is well adapted to the readers for which it was prepared, and dietitians will find it useful for reference.

A. G. HOGAN


An eminently readable and level-headed book is this small volume on the bringing-up of the young child. The author is a physician and herself the mother of two children whose development serves to illustrate the points she wishes to make. Nineteen chapters furnish an opportunity for wise advice on such varied topics as Weaning, Excretion, the Perfect Routine, Learning to Talk, Fears and Fancies, Sex Education, Infantile Habits, Freedom and many others.

Learned and technical discussions are, quite properly of course, conspicuously absent from this book which is evidently intended for the use of mothers; yet the background of thorough familiarity with all the modern scientific ideas concerning child care is evident in every chapter.

Some mothers may be a bit taken aback at the matter-of-fact way in which the subjects of sex and of elimination are treated but the simplicity and sincerity of it are obvious throughout; the child's point of view is fully grasped and that in itself makes for sincerity.

MERRILL E. CHAMPION

Mental Hygiene for Effective Living

Addressing himself to beginning students of Mental Hygiene, the author says in his Preface that he has gathered facts and truths from the fields of "anthropology, physiology, sociology, psychology, child study and education," that he has attempted to "temper them with common sense . . . to present the characteristics of normal functioning, and to show how variations from the normal are produced." The ma-