

BOOK REVIEWS

HYPOGLYCEMIA: THE DISEASE YOUR DOCTOR WON'T TREAT. Jeraldine Saunders and Harvey M. Ross Pinnacle Books, Los Angeles, 1980 261 pages, U.S. \$2.95

In this valuable *new* book on nutrition Jeraldine Saunders and Harvey Ross describe hypoglycemia as "The Disease Your Doctor Won't Treat." They could have used several other titles such as "The Disease Your Doctor Will Not Recognize" or "The Disease Medical Schools Do Not Teach", and so on. Even Consumers Report, a guardian of our purchases, accepts the standard medical view as gospel truth.

Dr. Harvey Ross, the physician coauthor, started out with the common medical prejudice against nutrition and the view that malnutrition could be responsible for so much disease. Gail Saunders, daughter of the nutritionist coauthor, died because a large number of physicians refused to even consider that her chronic ill health arose from the diet of junk food she was addicted to. They actively fought against her mother's wish to have Gail placed upon a diet of good food.

Dr. Harvey Ross was one of those physicians. I, too, graduated from medical school

convinced nutrition and medicine were not related. This is strange for during my training for a Ph.D. in agricultural biochemistry I took many courses in plant, animal and human nutrition. I must give the medical curriculum great credit for being so persuasive. How much more difficult it must be for medical students who have never had any training in nutrition. My research with vitamins beginning about thirty years ago eventually took me back to nutrition. Dr. Harvey Ross became interested when he saw Dr. Allan Cotfs patients respond and even more when he witnessed his own patients get well when they had failed to respond to the standard treatment he had been taught and used with great skill.

This book is very practical both for patients and their physicians. I recommend it also for those who decide not to become patients. It is a valuable first book for physicians, giving them enough information to diagnose and to treat hypoglycemia. The description of symptoms and signs is excellent as is the treatment program. This is followed by a few special sections, e.g. on alcoholism. I have not yet found one alcoholic, drinking or abstinent, who is free of hypoglycemia. The last part of the book contains menus and a large number of recipes. These are

free of sugar and other junk foods.

The massive prevalence of hypoglycemia is a terrible indictment of modern nutrition, of food technology and its apologists and particularly of nutritionists who have assumed modern junk food is good food and of physicians who have neglected, almost totally, the relationship of disease and malnutrition. Only when these professional groups recognize the pathological impact of junk food on health will there be a decrease in the march toward chronic disease. All industrialized nations are equally guilty and those about to become industrialized are as avid for junk food. Sugar and other junk foods have driven good food from the market as inexorably as bad money has driven out good money.

A. Hoffer, M.D., Ph.D.

Patienthood

Miriam Siegler and Humphry Osmond

MacMillan Publishing Co. Inc.

New York

219 pages, U.S. \$9.95

A great deal has been written about patients' rights and many organizations are working in this area. This book provides an in-depth treatment of this important subject, describing the rights as well as duties and responsibilities of both patients and doctors.

In the introduction the authors explain that people are often uninformed and inept as patients and consequently are unable to

participate effectively in the treatment program. "The object of this book is to help you become a responsible patient. Successful patienthood helps all of us; by reasserting and reaffirming the lifesaving role, it increases the chances that we will make the very best of the medical resources available."

The authors explain that advances in modern medicine have raised our expectations for a long and healthy life and have not prepared people for the sick role. Moreover, there are no community resources or facilities where people can get information or instruction on patients' rights and duties and the appropriate use of the sick role.

The book stresses the need for a proper balance of the rights and privileges, and the duties and responsibilities of both patients and physicians. Responsibilities without rights and rights without responsibilities are both detrimental to the treatment programs and to the patient-doctor relationship.

Patienthood discusses the various roles in being a patient including the sick role, the "psych" role, the impaired role, the guinea pig role and the dying role. The rights and responsibilities of each role as well as the proper use of the roles are described.

The book brings out some important concepts; it is well written with a rich variety of interesting examples. It should have a wide circulation as it is needed by health professionals and the public. I hope it will be made required reading in medical schools!

I.J. Kahan