in the field of chronic diseases. It is only to be regretted that such excellent and authoritative source books should lack an index.  

**Savel Zimand**


Heredity and Environment will either be considered an elementary revamping of three or four standard works, or a profound study "in the genesis of psychological characteristics," depending upon whether one is or is not familiar with the literature of psychological testing and personality measurement. Not that it is not a very useful book to one in either category—on the contrary, even the student of the field will find it a convenient summary of Pintner's *Intelligence Testing*, Symonds's *Diagnosing Personality and Character*, Hollingworth's *Vocational Psychology and Character Analysis*, and the Twenty-seventh Year Book of the *National Society for the Study of Education*, all brought up to date by the careful editing of last year's *Psychological Abstracts*.

It is an excellent textbook for courses in psychological measurement, for it is, in the main, an elaborate survey of the I.Q., its measurement, and the factors that influence it; but it is hardly, except in one portion, an adequate treatment of heredity and environment.

Why a study in genetics should devote almost two-thirds of its pages to listing measures of intelligence and personality and to summarizing superficially the viewpoints of the major schools of thought on what constitutes personality, and only about one-third (one of six chapters) to the subject of the book as indicated in the title, is difficult to see. It really consists of three distinct uncoordinated parts, and if each of these sections were published separately, only praise for the author would be in order, for two of them would be compact summaries of (1) the field of intelligence and personality measurement, and (2) the variety of viewpoints on intelligence, while the third would be a monograph on recent studies of the effects of various environmental factors on the I.Q.

On the whole, the book is a very scholarly work, but it is unfortunate that three distinct unrelated studies were bound between two covers ostensibly as one study. Each portion serves a useful purpose, but only one serves the purpose of the book. Evidence of painstaking work abounds throughout, and specific references are so numerous that reading is sometimes made difficult; more than 800 references are included in bibliographies listed after each major chapter.

**Morris Krugman**


This volume is written in a sprightly style throughout; and its catchy phrases and the use of words in unusual meanings pique the curiosity of the reader. The names listed by the authors in their acknowledgments indicate that they had the cooperation of a number of leaders in the fields of ophthalmology and education. The quotations and the frequent references to the findings of scientific research suggest that they also have drawn upon the resources of an excellent scientific library. The well chosen collection of excerpts from scientific writings, even though presented in the Ripley, believe-it-or-not, style, leaves the reader with a sense of having been in touch with the truth.

It is in the interpretation of the facts that the reader is likely to find cause for objection. The presence of positive,
unqualified statements, as yet unsupported by authentic research, weakens the use by the authors of excerpts from scientific papers. Furthermore, flippancy, often in itself misleading, when used as a device to brighten up facts, is disappointing to one seeking information.

The authors are at their best in the material relating to the working or to the reading position for school children. It is regrettable that other sections of the book do not reach the same level, since there is genuine need for a popular presentation of scientific information on eye health. Anette M. Phelan


This work was undertaken largely owing to the lack of adequate knowledge of the chemical composition of foods, particularly meats, and because practically all existing analyses were on uncooked foods.

In three parts, there are given a description of the analytical methods employed, results obtained on a number of different kinds of fish, shellfish, meats and poultry, and the cause and extent of losses brought about by different methods of cooking.

The analytical methods are given in such detail that they may be duplicated. The cooking methods are scantily described and some would be hard to duplicate. The degree of "doneness" is one of the most important factors affecting cooking losses, and this can be accurately controlled only by the use of well made meat thermometers and thermocouples. The authors in many cases do not record the temperatures at which the meats were cooked, which is important in affecting the shrinkage. In view of the fact that carcasses of the same animal vary one from another and that one cut varies from another of the same carcass, it would seem that accurate descriptions of the samples should accompany the analyses; also duplicate or paired cuts from the right and left sides of the same carcasses should be used, one analyzed raw, and the other after cooking.

The study is a valuable contribution to the knowledge of the composition of cooked meats and the effects of cooking. Jessie A. Cline


In the judgment of many, this economic depression from which we hope we are emerging is likely to result in—or has already resulted in—an excessive number of nervous breakdowns. Hence the timeliness of a good book dealing with this subject. A discussion of causes and symptoms; a series of case histories; a summing up talk with reader—these are the essence of the book under review.

Two or three short quotations will exemplify the theory on which the author proceeds. "The pattern of any individual's life is a pattern of compensation for the inferiority feeling experienced in childhood." "The strategy of an individual's life is directed toward a goal of security, superiority and well being." He then goes on to assert that failure to make progress toward this goal results in loss of "Face" on the part of the individual, and a nervous breakdown to conceal the true state of affairs. The cure comes about by acquiring a new sense of "Face" based on service to others. A number of actual cases are analyzed to show how this works out in practice. In the course of his discussion the author strays up a side path in a long