

## BOOK REVIEWS

**OUR FOOD** by M. Swaminathan and R.K. Bhagavan, 4th Edition (Ganesh & Co (Madras) Private Ltd., Madras). 1964 Pp XVI+128. Price Rs. 4.50

This book written by nationally and internationally recognised authors gives a clear and concise account of the general principles of the science of nutrition and dietetics, with a practical bias, in a down to earth manner. The language is simple and appealing, not only to the student of nutrition, but also to a lay reader. The print is very clear and effective and the price most reasonable.

The book presents accurate knowledge in nutrition born out of depth of research for application in the selection of foods and preparation of the daily meals for the family. The subject matter of nutrition as dealt by these authors can be understood easily even by those who might not have had previous training in nutrition, since the emphasis is on fulfilling the nutritional needs of the average normal persons. For professors and students of advanced nutrition also, this book is bound to throw light on the nutritional and food problems facing the country, and serve as a guide in community nutrition.

Scientific terms have been used with accompanying explanations, which are delightfully simple, without implying that nutrition itself is a simple science. The appendices contain valuable information on the nutritive value of selected commonly used foods for ready reference.

The chapters on Indian Multi Purpose Food, subsidiary foods, nutritionally balanced malt food, balanced diets and information about parboiled rice, effects of cooking, infant feeding, menu planning

will be of special help to home makers and particularly valuable for those who work in the nationwide programmes in Applied Nutrition and Extension. The chapter on the requirements of dietary essentials could have been taken up in the earlier part of the book to follow the section on the different nutrients.

The recommendations for the improvement of the average Indian diet are based on the locally available, and locally processed foods such as malt foods, and the Indian Multi-purpose food. The current developments in the field of nutrition, and recent concepts and trends such as the chapters on geriatric nutrition and obesity have been wisely included.

The book will be highly suitable for beginners in nutrition, undergraduate students of Home Science Colleges, personnel in Community Development, instructors of Home Science Wings training, gramasevikas, Mukhya Sevikas, physicians, nurses, pediatricians, dietitians and home makers, besides fulfilling the long felt need for a suitable text book in Higher Secondary Schools, and Extension Training Colleges and Centres.

It is certain that this fourth edition will be sold out even more quickly than the previous ones, since there is a great demand for authentic books of this type.

Translation of this book in the regional languages of India, would further extend its usefulness for the gramasevikas, elementary school teachers and other village level workers.

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