

Book Reviews

Nutrition and Child Care - A Practical Guide. Author: **Shanti Ghosh.** *Jaypee Brothers Medical Publishers (P) Ltd. New Delhi. 2nd edition; Pages: 232; Price: Rs. 175/-.*

Importance of Nutrition in child care is an all time priority that all of us have to adopt. But, we have not been able to implement this effectively so far. This is partly because the medical fraternity is not well exposed to the practical intricacies in nutrition during their training books like the book under review. The fact that this is the second edition of the book itself is an indicator of its popularity and aptness towards nutritional welfare of our children.

The material in this book has been systematically arranged and neatly presented. It can be easily assimilated by all those interested in child care. The first chapter on Maternal Health and nutrition, which is the first step in child nutrition, expresses the far sighted vision of the author. The quotation by the father of the Nation on the strength of women added in the annexure is another example of this vision. Practical approach to breastfeeding, complementary feeding practices, anthropometry and growth

monitoring, malnutrition, child morbidity and mortality, immunization *etc.* are welcome information in this respect. The title of the sixth chapter working mothers - A dilemma and the contents are innovative. The author has taken meticulous efforts to see that no chapter is unduly lengthy but contains the essence of nutrition information regarding the child. The last chapter on 'Health and Nutrition education' merits thorough reading by all professionals and workers in the field. The chapter on vitamin and mineral deficiency is however, very sketchy and incomplete and does not define the micronutrients and micronutrient deficiency disorders.

It is really a practical guide to reach the unreached in our country. The author has also taken much pains to present the very essential basic information as "Annexure" and its presentation is quite appealing.

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