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Butler: Inside the Living Cell

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every way, above all spiritually, one can find that the lessons of moderation, control, balance and wisdom come from beginning them early and keeping the lessons learned in youth in constant practice all one's life. Let us remember that as we live, so shall we die.

All in all, this book will repay the reader. That reader need not be old, although the book is intended for those who are old. It will repay the middle-aged, because it has advice that will enable the middle-aged to reach old age and make it a blessed period of life. It will even repay the youthful because there are so many instances recorded of old people who have done and are doing such remarkable things. It will make the young realize that, although youth will be served, the rules for the serving are laid down by older people, some of them very old.

AUSTIN V. DOWD

THE CELL FOR THE MILLIONS

INSIDE THE LIVING CELL. By J. A. V. Butler. London: Allen & Unwin, 1959. 174 pp.

Science is no longer the exclusive bread-and-butter of a society of long-hairs. One merely has to glance at newspapers and magazines to realize that science, albeit in a simplified version, is a staple diet with which the general reader is fed. Exactly when science acquired this popular stature is matter for discussion. The fact remains, however, that the popularization of science is a marked feature of the present. Reflecting such a trend, *INSIDE THE LIVING CELL* was written purposely for the general reader.

The entire work consists of twenty short chapters, two appendices and an index. In the first few chapters (I-V), the author discusses the chemical constituents of the living cell and their roles in the life of the cell, especially with respect to reproductive and chemical activities. Thus, proteins, enzymes, vitamins and nucleic acids are discussed interestingly and clearly. In the following chapters (VI-VIII), changes in the cell are explained in terms of mutation, radiation effects and the action of viruses. Chapters IX-XII contain a treatment of cells in communities, the controlling effects of hormones on such groups, the interplay of anti-bodies and immunity for the protection of the community of cells, and the results of the abnormal growth of cells. The rest of the book deals with the more important cell aggregates, i.e., the brain, nerve and muscle and their

specialized functions. Finally, the author touches on the possible explanations of the origin, aging and death of the living organisms.

INSIDE THE LIVING CELL is a work intended for the reader who has little or no background in science. Technicalities are omitted wherever the informative value of the book does not suffer. A descriptive treatment in a language which is intelligible, interesting and informative to the non-scientist is used throughout the book. However, to the more scientifically-minded reader, the appendices will serve the dual purpose of providing a tabulation of the more common bio-chemicals and their structures (Appendix I) and a list of selected references and suggested reading matter compiled on a chapter by chapter basis (Appendix II).

ANA MARIA JAVELLANA

P.I. ECONOMICS IN SPANISH TIMES

LES PHILIPPINES ET LE PACIFIQUE DES IBERIQUES (XVI^e, XVII^e, XVIII^e SIECLES). Introduction méthodologique et indices d'activité. By Pierre Chaunu. Paris, S.E.V.P.E.N., 1960. 301 pp.

It is no exaggeration to say that this is one of the most important little books on Philippine history to have appeared in many a year. Those familiar with Pierre Chaunu's recent monumental twelve volumes on SEVILLE ET L'ATLANTIQUE (1504-1650), which minutely examined trade and navigation between Spain and her Indies will find in his latest work the same methodological approach which combines a firm grasp of the documentary sources with a well-constructed statistical framework. The result is a much clearer picture of the economic history of the Philippines during the Spanish period. The work modestly pretends to be only an introduction to a thorough study of the problems and one can only hope that the author himself decides to complete the task he has so masterfully mapped out.

LES PHILIPPINES ET LE PACIFIQUE DES IBERIQUES, based solely on the *contaduría* accounts, is conveniently divided into three parts; explanation of method, data and limited conclusions. The data is composed of activity indices of cargo, *almojarifazgo*, sale of offices, *situado*, salaries, cost of evangelization, etc., in sixteen series of several tables each. Complete entries to and departures from Manila are also tabulated, which pinpoint exactly Manila's position in East Asiatic trade. The tables show an initial expansion going from about 1580 to 1620, in which latter year there is a record level of 616,699 pesos,