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## SCIENCE & TECHNOLOGY

avoids sensationalism and presents an honest, thorough, and moving portrayal of hospital life. Highly recommended for academic and public libraries.—*Mary Hemmings, Univ. of Calgary Lib., Alberta*

Neustaedter, Randall. **The Immunization Decision: A Guide for Parents.**

North Atlantic Bks. and Homeopathic Educational Service. (Family Health). 1990. c.114p. index. ISBN 1-55643-071-X. pap. \$9.95.

Neustaedter for the most part is against routine immunization. His book is intended to provide parents with information about childhood diseases, vaccines, and safety and legal requirements so they don't just "blindly accept the opinions of doctors." However, there are many national, state, and local laws that make some immunizations mandatory, whether parents like it or not. Still, this book helps inform parents about the subject, and public libraries should consider it for purchase as alternative, often controversial reading on this important topic.—*Barbara J. Doherty, Evanston Hosp. Lib., Ill.*

Richard, Adrienne & Joel Reiter, M.D. **Epilepsy: A New Approach.**

Prentice Hall Pr. Jul. 1990. c.288p. illus. index. LC 89-25577. ISBN 0-13-551847-4. \$17.95.

Epilepsy, a common chronic disorder, is characterized not only by recurrent seizures, but also by lifelong medical and psychosocial complications. People with epilepsy are not homogeneous; medically they present a disorder of infinite variety, and unfortunately they may face formidable problems. Richard, who has controlled her seizures without drugs for 15 years, and Reiter, a neurologist, suggest medical and self-help techniques that can help ease or control suffering, including biofeedback, psychotherapy, nutrition, relaxation, exercise, stress reduction, and journal keeping. The authors also rightly note that these suggestions do not replace professional health services. Recommended for consumer health collections.—*James Swanton, Albert Einstein Coll. of Medicine Lib., Bronx, New York*

Scala, James. **Eating Right for a Bad Gut: The Complete Nutritional Guide to Ileitis, Colitis, Crohn's Disease and Inflammatory Bowel Disease.**

NAL Bks. Aug. 1990. c.384p. index. ISBN 0-453-00739-2. \$18.95.

IBD (Inflammatory Bowel Disease) is an umbrella term for serious disorders of the large intestine, including Crohn's disease and ulcerative colitis. Nutrition is important in managing these chronic diseases, and nutritional biologist Scala's recommendations seem sensible. Unfortunately, the title—*Eating Right for a Bad Gut*—and promotional material for this book confuse IBD with the less serious and more common condition called IBS (Irritable Bowel Syndrome), which Scala does

not address at all. Such imprecise wording might lead to extreme anxiety in the unwary reader looking for information on indigestion.—*Evelyn L. Mott, Palm Beach Cty. Lib., West Palm Beach, Fla.*

Scholl, Lisette. **Hypnovision: The New Natural Way to Vision Improvement.**

Holt. Jun. 1990. c.231p. illus. LC 89-29593. ISBN 0-8050-1133-1. \$18.95.

Hypnotherapist Scholl's eight-week program for vision improvement combines self-hypnosis with "Bates method" self-help vision exercises. Clearly a New Ager (she believes she has regressed clients to past lives), Scholl is convinced that many can experience dramatic improvement by following her plan, although, to her credit, she avoids sensational promises of perfect vision. The program is described in detail and includes scripts which can be taped for regular use. This trendy book might capture the interest of aging baby boomers lately encountering vision problems, but it will not be a necessary acquisition, except for libraries with comprehensive alternative health collections.—*Judith Eannarino, George Washington Univ. Lib., Washington, D.C.*

Taubman, Bruce, M.D. **Curing Infant Colic: The 7-Minute Program for Soothing the Fussy Baby.**

Bantam. Jul. 1990. c.176p. ISBN 0-553-34903-1. pap. \$9.95.

Taubman's thesis is that infant colic syndrome is a treatable, preventable problem. He discusses causes of colic and stresses its communication basis, calling colic an "acoustical umbilical cord." Adults often misinterpret the message of an infant's crying, says Taubman, and this can create agitation and frustration for the baby. Citing case studies, Taubman provides various systematic solutions, including keeping a daily diary, to help parents respond successfully to each specific crying episode. Of other books on this topic, Sheila Kitzinger's *The Crying Baby* (LJ 4/15/89) relies more on in-depth research and interviews, and Marc Weissbluth's *Crybabies* (LJ 6/15/84) is esoteric and complex. This book provides a more useful, direct approach. Highly recommended.—*Janet M. Coggan, Univ. of Florida Lib., Gainesville*

Wisot, Arthur L., M.D. & David R. Meldrum, M.D. **New Options for Fertility: A Guide to In Vitro Fertilization and Other Assisted Reproduction Methods.**

Pharos Bks., dist. by St. Martin's. Jun. 1990. c.288p. illus. index. ISBN 0-88687-477-7. \$17.95.

Advances in fertility management are outlined in this clear, consumer-oriented book. Basic reproductive principles are reviewed, as are the causes and treatment of infertility. Criteria for selecting infertility clinics and programs are especially well detailed. Guidelines for prenatal care, particularly for surgical implant recipients, are



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## SCIENCE & TECHNOLOGY

described, together with considerations for choosing an obstetrician. The ethical implications of assisted reproduction and surrogacy are also considered. Although this is an excellent guide, Gary S. Berger and others' *The Couple's Guide to Fertility* (LJ 11/15/89) remains the outstanding choice in this field due to its more comprehensive approach.—Mary Hemmings, Univ. of Calgary Lib., Alberta

### Yanker, Gary & Kathy Burton. Walking Medicine: The Lifetime Guide to Preventive and Rehabilitative Exercisewalking Programs.

McGraw. Jun. 1990. c.512p. illus. LC 90-5443. ISBN 0-07-072234-X. pap. \$24.95.

**HEALTH**  
This book is divided into seven sections: walking at different times of your life, walking to strengthen muscles and bones, increasing stamina and speed, losing weight, controlling stress, shoes and feet, and a directory of "walking doctors." The coverage is exhaustive and includes details that may be interesting to many, but boring or overwhelming to some. Some advice is questionable: a bunionectomy procedure that allows the patient to walk the same day (not recommended by some physicians) and the suggestion not to walk if the temperature is below freezing (not too practical for New Englanders!). However, most of the book is pretty sensible, so it will be a good purchase for libraries wanting to supplement other walking books like Mort Malkin's *Walking—The Pleasure Exercise* (LJ 4/15/86) and Allan Lawrence and Mark Scheid's *Running and Racing After 35* (LJ 4/15/90).—Patty Miller, New Hampshire Technical Coll. Lib., Laconia

## Home Economics

Carroll, David L. **Spiritual Parenting.** Paragon House. Jun. 1990. c.416p. bibliog. index. ISBN 1-55778-112-5. pap. \$12.95.

**CHILD REARING**  
According to Carroll, although several "top-notch" books on parenting have been produced over the years by spiritually oriented educators, philosophers, and New Age professionals, few works have been written on child raising for those parents who may not practice a particular religion but who nonetheless desire to bring up their children with a definite "concept of the sacred." His book is meant to meet this need. It covers not only the spiritual education of children but also discipline, teaching children how to use and understand their bodies, spiritualizing the child's environment (the child's room, toys, reading, and television and movie viewing), teaching children values and virtues (honesty, patience, manners, forbearance, kindness), and teaching meditation to children.

While much of Carroll's advice is certainly sound, some parents may find some of it controversial (e.g., pets are animals,

not people, and should not be accorded as high a place in our affections as we reserve for humans) or impractical if not impossible (e.g., not exposing children under four to any television). In addition, Carroll's frequent use of concepts and examples from Eastern religions may alienate more traditional Christians and Jews. Recommended—with the above reservations—for public libraries.—Marcia G. Fuchs, Guilford Free Lib., Ct.

Sevilla, María José.  
**Life and Food in the Basque Country.**  
New Amsterdam Bks. Jun. 1990.  
c.185p. ISBN 0-56131-001-8. \$18.95.

**COOKERY**  
Despite its title, only the Spanish-Basque region and cuisine is discussed in this combination cookbook and social commentary. The difference between Spanish- and French-Basque cuisine is that the latter is based on fruits of the land, meat and maize, while fruits of the sea are more prevalent in the former. This explains the preponderance of fish dishes in the 80-plus recipes here. They are interspersed with the narrative, which describes the traditional life of market and farm, fisherman, craftsman, wine producer, city housewife, and chefs. There is a necessary glossary, a good general index and one for the recipes in both English and Spanish. Best suited to the specialist in Basque customs; the ingredients and cooking methods would be hard to duplicate elsewhere.—Sondra Brunhumer, Western Michigan Univ. Libs., Kalamazoo

## Sciences

### Altman, Roberta. **The Complete Book of Home Environmental Hazards.**

Facts on File. 1990. c.256p. permanent paper. illus. maps. LC 89-39982. ISBN 0-8160-2095-7. \$24.95.

### Hynes, H. Patricia. **EarthRight.**

Prima Pub. & Communications, dist. by St. Martin's. 1990. c.256p. ISBN 1-55958-028-3. \$24.95; pap. ISBN 1-55958-027-5. \$12.95.

**SCI**  
Altman states that without a book such as hers, "it can be very difficult to track down" reliable information on home environmental hazards. However, *The Radon Industry Directory* (LJ 3/1/89), Linda Mason Hunter's *The Healthy Home* (LJ 6/15/89), *The National Directory of State Agencies*, edited by JoAnne DuChes and Sharon J. Marcus (Cambridge Information Group, 1988), and the *Federal Regulatory Directory* (Congressional Quarterly, 1986. 5th ed.), for example, already provide sufficient directory and textual information for most patrons. In the chapter on pesticides, Altman simply suggests "follow the directions for disposal on the container of the pesticide," and devotes little more than one page to biological and other alternatives. She discusses a host of pertinent federal laws regarding hazard-

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