

BOOK REVIEWS

SCIENCE & TECHNOLOGY

Agriculture

Penberthy, Ian. **Building Your Garden.** Macmillan. Jul. 1989. 120p. photos. index. LC 88-8466. ISBN 0-02-595491-1. \$17.95. GARDENING

This is a how-to book as well as a design book that emphasizes many garden concepts—stone walls, patios, planters, gates, and other items. These are accompanied by helpful illustrations and detailed construction directions. They can be done through one's own initiative with the appropriate tools or else with a contractor. Considerable skill in masonry and carpentry is needed for some of the designs, such as wooden seats and benches, ponds, paths, and courtyards. Highly recommended for all public libraries and special collections in landscape design.—*Daniel S. Kalk, St. Alphonse Coll. Lib., Suffield, Ct.*

Health & Medicine

Controlling High Blood Pressure.

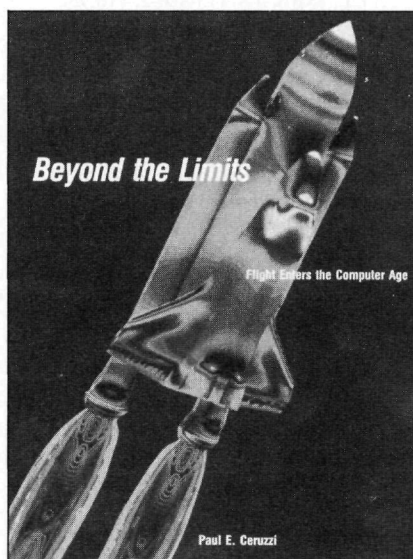
Prima Pub. & Communications, dist. by St. Martin's. Jun. 1989. c.200p. ed. by Frans H.H. Leenen & R. Brian Haynes. ISBN 0-914629-87-5. \$15.95. MED

This is a well-constructed work, written by experts in the field. It is organized in a question-and-answer format that invites browsing. General topics covered include the nature, causes, and diagnosis of high blood pressure, as well as therapy, medication, and other methods for keeping blood pressure under control, such as relaxation and stress management. The chapter on arterial hypertension is particularly good. Libraries with consumer health and patient information collections will find this useful, but should also bear in mind that a wealth of material is provided by various agencies such as the American Heart Association on a complimentary basis. [See also Marvin Moser's *Lower Your Blood Pressure and Live Longer*, reviewed in this issue, below.—Ed.]—*Frances Groen, McGill Univ. Lib., Montreal*

Frist, William H., M.D. **Transplant.**

Altantic, dist. by Little. Jul. 1989. c.288p. LC 89-30287. ISBN 0-87113-322-9. \$18.95. MED

The brave new world of organ transplant surgery has its share of pioneers, and Frist is one of the foremost. His dramatic and often moving account of the triumphs and tragedies in state-of-the-art surgery reveals why he is so renowned as a physician. The reader is brought



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face to face with the meaning of the term "medical heroics." Yet this very focus on gladiatorial conquests gives Frist's account a kind of sterility. Not enough attention is spent on his equally heroic patients or on his struggle with the ethical questions posed by this surgery. This is an exciting, absorbing story by a courageous young doctor, inspiring to anyone personally or professionally involved in the field, but it leaves the reader with worrisome questions about high-tech medicine. For more on this subject, see Mark Dowie's *We Have A Donor* (LJ 3/1/89).—*David A. Buehler, Charlton Memorial Hosp., Fall River, Mass.*

Jason, Janine, M.D. & Antonia van der Meer. **Parenting Your Premature Baby.**

Holt. 1989. c.268p. index. LC 88-8367. ISBN 0-8050-0880-2. \$18.95. HEALTH
Written by van der Meer, a medical writer, and Jason, a pediatrician and mother of both full-term and premature infants, this book offers both practical and medical information to distressed parents. Chapters outlining medical procedures are informative and nonpatronizing. Especially helpful are summaries of medical staff titles and responsibilities in the hospital environment. Of particular interest to novice parents, this book also addresses situations such as multiple births, sibling orientation, residual medical complications, and the early years of child development. Highly recommended for patient information centers and public libraries.—*Mary Hemmings, Health Sciences Lib., McGill Univ., Montreal*

Jonas, Steven, M.D. & Virginia Aronson, M.D. **The I-Don't-Eat (But-I-Can't-Lose) Weight Loss Program.**

Rawson Assocs: Scribner. Jun. 1989. c.288p. bibliog. index. LC 88-061266. ISBN 0-89256-343-5. \$18.95. HEALTH

This book is another testimony diet book with the theme of "how I changed my life by not going on another diet." The authors state that through slow, gradual changes in exercise and eating, weight can be lost and kept off for life. They contend that the diet treadmill is one of the reasons why chronic dieters cannot lose weight; their bodies have become highly efficient at saving energy, which translates into a slowed metabolism. This plan calls for increasing exercise through a brisk walking program and a reduction of foods high in fat and sugar. With such a snappy title, a little more originality in content might have been expected. Not a necessary purchase.—*Susan E. Holmer, Peninsula Lib. System, San Mateo, Cal.*

Karpman, Harold L., M.D. **Silent Heart Disease: Defusing the Ticking Time Bomb.**

Crown. Sept. 1989. c.224p. index. ISBN 0-517-57300-8. \$17.95. MED

Sudden cardiac death and symptom-free heart disease, known as silent myocardial ischemia (SMI) are the topics here. The author presents information to help readers screen themselves by outlining the risk factors and then determining specific risks for sudden cardiac death and heart attacks. He stresses that working with a physician is the way to provide early detection of SMI. The many diagnostic tools and forms of treatment available are described. Control of specific risk factors, such as obesity and smoking, are discussed as are treatments for uncontrollable (advanced age or family history) risk factors. Attention has only recently been paid to this topic, and standard heart disease sources give it only brief coverage. Recommended.—*Susan E. Holmer, Peninsula Lib. System, San Mateo, Cal.*

Moser, Marvin, M.D. **Lower Your Blood Pressure and Live Longer.**

Villard: Random. 1989. c.288p. LC 88-27814. ISBN 0-394-56876-1. \$18.95. MED

According to the author, the role of this book is to provide information about the detection, treatment, and possible prevention of hypertension and to help readers become informed partners in the process of making decisions about health care. His emphasis is on the simple approach to treatment, which ranges from appropriate weight loss by cutting food

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