

SCIENCE & TECHNOLOGY

interesting and important problem and buries it in misdirection and turgid prose. The author's voice, meant to be authoritative (he is professor of plastic surgery at the University of Virginia), is at once hectoring and condescending. Those who agree with him are deified, those who disagree branded conspiratorial. Worse, the notes and documentation (especially for a physician who prides himself as a scientist) are so scanty as to raise immediate suspicions and make it impossible to verify his claim that cornstarch-borne latex allergy is a multibillion dollar health problem caused by greedy corporations. Not recommended.—*Mark L. Shelton, Univ. of Massachusetts Medical Ctr., Worcester*

Leary, Timothy with R.U. Sirius.

Design for Dying.

HarperEdge: HarperCollins. 1997. c.241p.
ISBN 0-06-018700-X. \$24; **pap.** ISBN
0-06-092866-2. \$24. MED

Leary, who last year succumbed to "a healthy, robust, spectacularly ambitious cancerous tumor," has left a work more irreverent, outrageous but possibly more valuable than his role as LSD icon. This posthumously published book examines the process of death and dying in a way you've never read before. Leary argues against the stigma placed on "deanimation" (as he calls death) and blames Judeo-Christian tradition for mourning the dead ("a massive bummer"), the zealotry of modern medicine in prolonging agony, and the indignity of interment ("wormfood"). Although he can be maddeningly flippant in his sometimes original discussions, Leary looks forward to "the ultimate trip" with impish glee and malice toward God and government. Despite the strenuously unconventional arguments he presents here for retaining "personal autonomy" in dying, Leary ironically did not "deanimate live on the Internet" in the "mother of all parties" before his "cryogenic freezing." In an illuminating addendum, Leary's family and friends recall his struggle to maintain the "gonzo" facade in his final months. His courage in discussing the dying process helps dignify a work more infotainment than enlightenment. An optional purchase for libraries.—*Ben O'Sickey, Library Journal*

Poirier, Laurinda M. & Katharine M. Coburn. **Women & Diabetes:**

Life Planning for Health and Wellness.
American Diabetes Assn. Jul. 1997.
c.183p. index. ISBN 0-945448-77-5.
pap. \$14.95. MED

Poirier, a diabetes nurse educator at the Joslin Diabetes Center, and Coburn, coordinator at the Dartmouth Medical Center, recognize that women with a chronic illness like diabetes face special challenges. The authors focus on the internal impact of the disease, which adds to the responsibility of health maintenance to a woman's

already overcrowded schedule of work and family commitments. Diabetes is compared to a full-time job, with which the woman has to work in partnership in order to perform successfully in preserving good health. Quality-of-life issues are emphasized, and short activities are included to assist the reader in determining her own areas of need and support. Special concerns for women with diabetes, such as monthly hormonal changes, pregnancy, and estrogen replacement therapy, are addressed. Highly recommended for any diabetes collection. [See also Christopher Saudek's *The Johns Hopkins Guide to Diabetes for Today and Tomorrow*, reviewed below.—Ed.]—*Janet M. Schneider, James A. Haley Veterans Hosp., Tampa, Fla.*

Rosenthal, Odeda & Robert H. Phillips.
**Coping with Color-Blindness: Sound
Helpful Information for Those Who
Must Deal with Inherited or Acquired
Color Vision Confusion.**

Avery. Jul. 1997. c.192p. bibliog. index.
ISBN 0-89529-733-7. **pap.** \$10.95. HEALTH

Color vision confusion (CVC), or color blindness, is thought to affect about 10 percent of the world's population (both male and female). It can be a genetic disorder or a side effect of various pollutants, diseases, and medications. Whatever the cause, CVC undermines the visual communication and information networks for those afflicted and affects both the individual and all who come into contact with him or her. Rosenthal, a member of the Optical Society of America and a CVC advocate, and psychologist Phillips raise public awareness about CVC by providing encyclopedic information on this serious visual handicap and by giving numerous personal case studies of the issues faced by the CVC-impaired. Their book is intended for both the general reader and the specialist and is recommended for all health collections.—*James Swanton, Harlem Hospital Lib., New York*

★Saudek, Christopher D., M.D., & others.
**The Johns Hopkins Guide to Diabetes
for Today and Tomorrow.**

Johns Hopkins. (Health Bk.). Jul. 1997.
c.411p. permanent paper. index. ISBN 0-
8018-5580-2. \$39.95; **pap.** ISBN 0-
8018-5581-0. \$16.95. HEALTH

Written by a team of Johns Hopkins University School of Medicine practitioners, this valuable guide presents critical information about the physical, emotional, and psychological effects of diabetes. The nature of the disease, diet and exercise, treatments, complications, sexuality, pregnancy, and research are covered, often using the stories and concerns of actual patients. The language used, while sometimes complex in concept, is clear, enlightening, and reassuring to the reader. Positive examples

stress the importance of individual knowledge and flexibility in daily life. An excellent beginner's guide, more comprehensive for the motivated reader than the *American Diabetes Association Complete Guide to Diabetes* (LJ 8/15/96), this book complements *The Joslin Guide to Diabetes* (LJ 7/95), providing additional information on the subjects of complications, treatments, research, and genetics. A required purchase for all health collections. [See also Laurinda Poirier and Katharine M. Coburn's *Women & Diabetes*, reviewed above.—Ed.]—*Janet M. Schneider, James A. Haley Veterans Hosp., Tampa, Fla.*

Smith, Gregory White & Steven Naifeh.
Making Miracles Happen.

Little, Brown. Aug. 1997. c.320p. index.
ISBN 0-316-59788-0. \$22.95. MED

It is everyone's worst nightmare: an inoperable brain tumor, a dire prognosis. At this point, one might naturally give up in despair and compose oneself for the end as best one could. But not Smith (coauthor, with partner Naifeh, of the Pulitzer Prize-winning *Jackson Pollock*). From the December day in 1986 when Smith received the shattering diagnosis, the reader is taken on his harrowing quest to beat the odds. First there are the external obstacles intrinsic to medicine and medical economics. (It should be noted—without surprise—that Smith is particularly critical of the system of medical insurance in this country.) Smith also deals with the internal obstacles, especially the temptation of the seriously ill toward a "Why me?" self-pity and depression, to which he himself admits to having succumbed on occasion. It is this honest appraisal of his own shortcomings in the "grit and determination" department that guarantees *Making Miracles Happen* an appreciative audience. Recommended for consumer health collections. [Previewed in Prepub Alert, LJ 4/15/97.]—*Kay Hogan, Univ. of Alabama at Birmingham Lister Hill Lib. of the Health Sciences*

Smith, Wesley J. **Forced Exit:
The Slippery Slope from Assisted
Suicide to Legalized Murder.**

Times Bks. 1997. c.304p. bibliog. index.
ISBN 0-8129-2790-7. \$24. MED

Suicide isn't what it's cracked up to be, according to lawyer and consumer advocate Smith, who condemns the increasing public acceptance of all forms of suicide and euthanasia when ultimately inadequate medical care and an impersonal healthcare system are at fault. Above all, he fears that euthanasia will eventually become a legally enforceable right to kill. Not one to mince words, he calls proponents of the right-to-die movement "death fundamentalists" and warns against the degeneration of essential human values. Instead of legitimized euthanasia, Smith would like to

see public policies designed to offer care to the clinically depressed and the terminally ill. At times emotional and rambling, his book nonetheless offers valuable insights into the consequences of condoned death.—*Mary Hemmings, Univ. of Calgary Lib., Alberta*

Wyatt-Morley, Catherine. AIDS Memoir: Journal of an HIV-Positive Mother.

Kumarian. Jul. 1997. c.194p. permanent paper. LC 97-253. ISBN 1-56549-067-3. **pap.** \$14.95. MED

This powerful memoir by an average mom turned AIDS activist ranges from humorous (comments about a haircut from hell) to sobering (her account of the progression of her disease and the demise of her marriage). Wyatt-Morley is middle-class, middle-aged, educated, religious, and HIV-positive. Her journal entries document her transformation from a typical, healthy mother of three to a single parent fighting both HIV and the system. And there is a lot to fight. Being a woman of color, Wyatt-Morley found that most AIDS resources do not address her needs, concerns, or fears. However, she helped create her own networks and support groups and took charge of her health. Running through the text are poems by Wyatt-Morley and others. One in particular, Sherry McMillan's "I Am AIDS," is alone worth the price of the text. Recommended for AIDS and African American health collections.—*Lee Arnold, Historical Society of Pennsylvania, Philadelphia*

Zand, Janet & others. A Parent's Guide to Medical Emergencies: First Aid for Your Child.

Avery. Sept. 1997. c.200p. illus. index. LC 97-7955. ISBN 0-89529-736-1. **pap.** \$11.95. MED

From the authors of *Smart Medicine for a Healthier Child* (LJ 9/15/94) comes a quick reference guide for both immediate and follow-up care for common pediatric emergencies, from allergic reactions to unconsciousness. Part 1 offers home safety checklists and basic preparedness suggestions as well as an interesting chapter on understanding childhood trauma and its after-effects. Part 2 reviews step-by-step basic life-saving techniques such as CPR and the Heimlich maneuver for infants and children (for which the authors strongly recommend formal training). Part 3 covers emergency treatment, conventional medical therapy, and natural or homeopathic remedies to use after the initial emergency has been treated. Emergencies are listed alphabetically for ease of use. The line drawings and instructions are clear and succinct, and critical information is printed in bold type. A list of American and Canadian poison control center telephone numbers is included under the section on poisoning. Recommended for consumer health collections.—*Anne C. Tomlin, Auburn Memorial Hosp. Lib., N.Y.*

Zukerman, Eugenia & Julie Ingelfinger, M.D. Coping with Prednisone (and Other Cortisone-Related Medicines): It May Work Miracles, but How Do You Handle the Side Effects?

St. Martin's. Aug. 1997. c.176p. bibliog. index. ISBN 0-312-15502-6. \$19.95. MED

Prednisone has been dubbed a "wonder drug" because of its effectiveness in treating everything from asthma and rheumatoid arthritis to kidney disease and organ transplants; however, long-term use may cause side effects such as bloating, weight gain, and depression. Zukerman, a renowned flutist and arts correspondent for CBS's *Sunday Morning*, discovered prednisone's down sides when she took it to treat a rare lung disease. With her sister, a physician at Massachusetts General Hospital, Zukerman has written an empathetic, easy-to-understand, and factually accurate guide that offers suggestions, recipes, and exercises for relieving the drug's unpleasantness. She includes additional information about the chemistry, preparations, dosage, and a bibliography about the medication. Despite a few generalizations (rheumatoid arthritis is serious but not life-threatening), this work is recommended for consumer health collections, although readers taking the drug will want to buy their own copies. A more thorough source for libraries is the annual *Complete Drug Reference* 1997 (St. Martin's, 1996), which covers 10,000 drugs.—*Margaret Norden, Marymount Univ. Lib., Arlington, Va.*

Home Economics

Hopkins-Best, Mary. Toddler Adoption: The Weaver's Craft.

Perspectives. 1997. c.272p. index. LC 97-5617. ISBN 0-944934-17-X. \$23.95. CHILD REARING

When a child is adopted as a toddler, his needs and those of his adoptive family are different from the needs seen in infant or school-age adoptions. Yet few resources are available to deal with these special issues. In this work, Hopkins-Best, a child development expert and mother of a child adopted as a toddler, provides a guidebook for those considering toddler adoption or those already struggling with its special challenges. She discusses at length strategies for dealing with issues such as a grieving toddler or attachment disorder. She also explains normal toddler development and possible variances in the adopt-

REVIEWERS NEEDED: Readers with a knowledge of childcare issues interested in reviewing for LJ should send a letter of inquiry to Eric Bryant at FAX 212-463-6734 or E-mail <Bryant@lj.cahners.com>

ed toddler. The appendix provides a wonderful list of resources. Perhaps most valuable are the anecdotes of both successes and failures from other toddler adoptive families. An important addition to all adoption collections.—*KellyJo Houtz Griffin, Auburn, Wash.*

Martin, Katherine L. Does My Child Have a Speech Problem?

Chicago Review. Aug. 1997. c.168p. bibliog. index. LC 96-35302. ISBN 1-55652-315-7. **pap.** \$16.95. CHILD REARING

Certified speech-language pathologist Martin has written an excellent book for parents concerned about their children's speech and language development. The book provides answers to the 50 most common questions about children's speech and includes strategies for parents as well as answers to each question. Upon first reading, the question-and-answer format appears to make it difficult to locate specific speech problems, but this is corrected by the very thorough index. The text's six parts address stuttering and fluency issues, articulation issues, listening and auditory processing skills, and issues of the voice and then provide resources for parents. Martin's writing style is clear and engaging, making this slim volume a quick, easy read. Recommended for all health sciences collections that serve the general public.—*Stacey Hathaway, Fordham Health Sciences Lib., Wright State Univ., Dayton, Ohio*

Sciences

Blum, Deborah. Sex on the Brain: The Biological Differences Between Men and Women.

Viking. Aug. 1997. c.318p. index. ISBN 0-670-86888-4. \$24.95. SCI

Pulitzer Prize-winning science journalist Blum (*The Monkey Wars*, LJ 10/1/94) covers a lot of ground here: the origins of sex, differences in male and female brains, hormones and emotions, monogamy, sexual orientation, love, rape, and power. Her understanding of the scientific literature relating to gender biology appears to be thorough, but her pattern of citing information is uneven. Often, she merely refers to newspaper articles she has written and not to the primary literature, although she quotes liberally from conversations with many scientists. In addition, Blum's writing style is too cozy and loose for this reviewer's taste; distracting parenthetical thoughts—e.g., "variation in these estimates of the relationship between nature and nurture (as if that weren't nature, too)"—combine with a lack of focus to divert attention from the subject matter and make reading slow-going. Still, science collections that have her other books may want to consider.—*Constance A. Rinaldo, Dartmouth Coll. Lib., Hanover, N.H.*