

# BOOK REVIEWS

## SCIENCE & TECHNOLOGY

### Agriculture

Black, Penny. **The Book of Potpourri.**

S. & S. 1989. c.128p. photogs. index.  
LC 89-4312. ISBN 0-671-68210-5.  
\$19.95.

Duff, Gail. **Natural Fragrances: Outdoor Scents for Indoor Uses.**

Garden Way Pub. Sept. 1989. c.160p.  
photogs. LC 89-045219. ISBN 0-88266-554-5. \$22.95. GARDENING

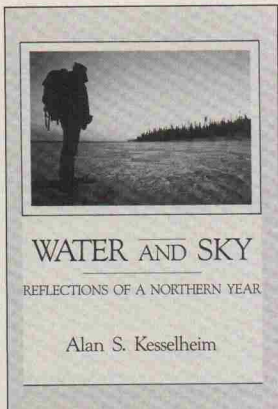
These two books treat potpourri and other aromatics, which have once again become a popular accent in home decor, perfuming the air and pleasing the eye with colorful mixtures of flowers, herbs, and spices. Black explains how to create and display aromatic arrangements, sachets, bouquets, pomanders, and the like from wildflowers and other natural materials. She gives clear directions in her recipes, which range from mixes of traditional rosemary and lavender to exotic blends recalling the heady scents of the sensuous Orient. Even if readers buy their potpourri ready-made, this is a delight to browse through.

In her guide to making potpourri and other aromatics, Duff details how to extract their essences in over 100 recipes. Unlike Black, however, she begins with an overview of flowers and herbs best suited to harvesting for their scent and color. She provides not only potpourri concoctions, but also recipes for making sachets, scented soaps, bath oils, pomanders, and even hanger covers and Christmas tree ornaments. Although all the suppliers appended are in the United Kingdom, Duff asserts that the ingredients can also be obtained through most supermarkets, health food stores, and herbal garden specialists. Given the popularity of potpourri and country decorating, this should prove very popular with public library patrons.—*Pamela R. Daubenspeck, Warren-Trumbull Cty. P.L., Warren, Ohio*

Christopher, Thomas. **In Search of Lost Roses.**

Summit Bks., dist. by S. & S. Oct. 1989. 207p. illus. ISBN 0-671-66220-1.  
\$18.95. GARDENING

This highly readable account is the story of one man's quest for the old-fashioned roses, fragrant and beautiful flowers largely forgotten following the introduction of tea roses in 1867. The author recounts his explorations through backyards, cemeteries, abandoned gold rush towns of America, and old gardens of Europe, describing the roses he found and the dedicated specialists he met along the way. By one estimate, only



*Seeing the wilderness as more than Utopia, p. 159*

several hundred of the originally thousands of old rose cultivars still exist. These roses' wealth of form, color, fragrance, and habit made each unique; the same cannot be said of the new, uniform varieties. This is a welcome record of the efforts of the few who are preserving this agricultural legacy.—*Annette Aiello, Smithsonian Tropical Research Inst., Panama*

Fell, Derek. **The Complete Gardening Planning Manual.**

HP Bks. Price/Stern/Sloan. Aug. 1989. c.224p. illus. index. ISBN 0-89586-658-7. \$24.95. GARDENING

This is not an encyclopedic as Fell's *Complete Gardening Book* (HP Bks., 1987) and does not discuss vegetable gardening, but it succeeds in describing how to plan and execute a pleasing landscape and garden. Descriptions of garden types such as perennial, Japanese, rock, and shade and water gardens are provided. The author explains how "hardscape" elements like fences and walls can be integrated into a garden. Six case studies, illustrated with drawings and plans, are used to show how some have improved their gardens and overcome landscape problems. A catalog of plants arranged by their use, (i.e., annuals for sunny places), growing charts, and nursery information round out the book. Though this doesn't break any new ground, it will be an attractive and useful addition to public library collections.—*Peter C. Leonard, Mt. Lebanon P.L., Pa.*

### Health & Medicine

Benzaia, Diana. **Protect Yourself from Lyme Disease: The New York Medical College Guide to Prevention, Detection, and Treatment.**

Dell. 1989. 118p. ISBN 0-440-20437-2.  
pap. \$4.50. MED

Lyme disease is spreading at epidemic levels in the Northeast and northern Midwest, affecting both people and animals. The disease is spread by a tick bite and, when promptly recognized, can be treated effectively. The urgent problem is diagnosis, since Lyme disease is a great masquerader, presenting multiple symptoms, and the tick that carries the infection is the size of a tiny freckle. This pocket paperback is the first for the layperson on this important disease and is highly recommended; it is clear, informative, and reasonable. The price is right, too. Every library should have multiple copies.—*Evelyn L. Mott, Palm Beach Cty. P.L. System, West Palm Beach, Fla.*

Grisogono, Vivian. **Knee Health: Problems, Prevention and Cure.**

John Murray, dist. by David & Charles. Aug. 1989. c.131p. photogs. index. ISBN 0-7195-4386-X. pap. \$15.95. MED

Available in Great Britain for over a year, this book expands on the information found in Grisogono's 1984 work, *Sport Injuries* (o.p.). Some knowledge of anatomy and physiology helps make the text easier to follow on first reading. Grisogono, a physical therapist, follows up chapters on anatomy, physiology, and exercises with ones on the identification by specialists of knee problems, specific injuries to the knee, and the treatment of such injuries. For each injury, the author refers to a regimen of rehabilitative exercises. This book is more technical, better illustrated, but less readable than James Fox & Rick McGuire's *Save Your Knees* (LJ 9/1/88). With few books on knee health available for the nonprofessional, however, this is a welcome addition for public libraries.—*Robert Jordan, Univ. of Iowa, Iowa City*

Hine, Darlene Clark. **Black Women in White: Racial Conflict and Cooperation in the Nursing Profession, 1890-1950.**

Indiana Univ. Pr. (Blacks in the Diaspora). Oct. 1989. c.256p. illus. bibliog. index. LC 88-46023. ISBN 0-253-32773-3. \$35; pap. ISBN 0-253-20529-8. \$12.50. MED

This is part of a black studies series which also includes Jack M. Bloom's *Class, Race, and the Civil Rights Movement* (LJ 2/1/87) and Gloria T. Hull's *Color, Sex,*

and Poetry (LJ 6/15/87). Here, Hine examines the professionalization of black nurses through institutional developments in hospitals, training schools, and nursing organizations. Comparing and contrasting this growth to white counterparts, she explores barriers of race and gender stereotyping. This well-researched and innovative historical study is an essential addition to North American medical history collections. Highly recommended.—*Mary Hemmings, Health Sciences Lib., McGill Univ., Montreal*

Logan, Onnie Lee as told to Katherine Clark. **Mother Wit: An Alabama Midwife's Story.**

Dutton. 1989. c.256p. ISBN 0-525-24751-3. \$16.95.

Logan is a black "granny" (a formally untutored midwife) whose oral autobiography has been faithfully transcribed and presented as a history of one woman's considerable efforts to provide safe deliveries for the rural poor and for those desiring home birth in Alabama from approximately 1925 to 1984. Logan tells an interesting story which includes hard work, an abiding faith in God, a deep respect for Afro-American folklore and tradition, and myriad details of the process of midwifery. While the content is fascinating, the many repetitions, half-finished sentences, and idiomatic English make this book difficult to read, though it captures the personality and character of Logan quite well.—*Julie Semkow, Health Sciences Ctr., SUNY at Brooklyn*

Otis, Carol L. & Roger Goldingay. **Campus Health Guide.**

College Board. 1989. c.460p. index. LC 88-070582. ISBN 0-87447-317-9. \$14.95.

A multitude of health issues that are important for the college student are treated here. While the exercise and nutrition information can be found in many books, this book's particular focus on college students' interests and concerns should make it especially appealing to its targeted audience. The book has a readable question-and-answer format and many charts and diagrams. There is coverage of important health issues such as environmental health hazards, eating disorders, use of drugs, sexual health, and emotional well-being, but the standard concerns—dandruff, proper flossing of teeth, and the common cold—haven't been neglected. Does the college student need the equivalent of Dr. Spock's baby book? Yes! Excellent for adolescents and also recommended for public libraries.—*Kenneth G. Tillman, Trenton State Coll., N.J.*

correction: F.A. Davis, publisher of Gary I. Wadler's *Drugs and the Athlete* (LJ 7/89), has informed us that the correct price for that book is not \$19.95. It is \$45. We regret the error.

Permut, Joanna Baumer. **Embracing the Wolf: A Lupus Victim and Her Family Learn To Live with Chronic Disease.**

Cherokee Pub. Co. Sept. 1989. c.192p. permanent paper. LC 88-9193. ISBN 0-87797-166-8. \$14.95.

Permut documents her coming to terms with lupus, a chronic inflammatory disease of the connective tissue. Her clear descriptions of her initial denial and struggle, and her interactions with her husband, daughter, extended family, and friends reveal an honest view of a chronically ill person's life. Therapy, self-education, poetry writing, and strong desire to feel better all help her deal with this unpredictable chronic disease. Unlike Laura Chester's *Lupus Novice* (LJ 9/1/87), in which the author's extraordinary search to cure her lupus led to many unusual alternatives, Permut's book follows a more traditional path. There is no bibliography, but a glossary and a discussion of lupus is included at the back of the book.—*Ruth Amernick, San Francisco P.L.*

Simkin, Penny. **The Birth Partner: Everything You Need To Know To Help a Woman Through Childbirth.**

Harvard Common Pr., dist. by Kampmann & Co. 1989. c.230p. illus. index. ISBN 1-55832-011-3. \$16.95; pap. ISBN 1-55832-010-5. \$8.95.

HEALTH

Simkin, author, childbirth educator, and assistant at hundreds of births, has written a wonderfully supportive book for birth partners. She includes detailed information on length and stages of labor and delivery, and describes medical procedures. Medical terms are well defined. Other topics include types of pain medication and their effects; suggestions for comfort measures during labor and delivery; and what to expect in an emergency birth, Cesarean section, or stillbirth. Especially useful is the book's "tab" system for easy identification of pages with "on-the-spot" information. This is a more detailed source than *The Birth Partner* by Carl Jones with Jan Jones (LJ 5/1/89). Recommended.—*Jodith Janes, Cleveland Clinic Foundation*

Sobel, Dava & Arthur C. Klein. **Arthritis: What Works.**

St. Martin's. Oct. 1989. c.512p. bibliog. index. ISBN 0-312-03289-7. \$22.95.

MED

This work, like the authors' *Backache Relief* (LJ 3/15/85), is based on a survey of voluntary participants, this time about arthritis treatments. The authors have also read the related medical literature—the book's section on prescription and over-the-counter drugs is very current and informative—but this should not be seen as lending scientific veracity to their work. Basically, this is a survey analysis; for example, 146 of the 1051 participants had used gold shots with 50

(34 percent) claiming dramatic relief and 35 (24 percent) no relief. The value of this data is difficult to determine. The most interesting parts of the book are the participants' anecdotal comments and the sections dealing with nutrition and outlook. Both rheumatoid and osteoarthritis are discussed, but there is no mention here, beyond a rare reference, to osteoporosis. However, this may help readers to make an informed decision about arthritis treatment. [First serial rights to *Good Housekeeping*; Prevention Book Club selection].—*Frances Groen, McGill Univ. Lib., Montreal*

Spodnik, Jean Perry & David P. Cogan, M.D. with Julie Houston. **The 35-Plus Good Health Guide for Women: A Prime of Life Program for Women Over 35.**

Edward Burlingame Bk: Harper. Aug. 1989. c.384p. index. ISBN 0-06-016111-6. \$18.95.

HEALTH

Spodnik's earlier *The 35-Plus Diet For Women* (LJ 6/1/87) delineated a sensible and effective weight-loss diet. This new book examines all of the health and beauty concerns of middle-aged women, from cancer to gray hair. Basic bodily functions are described, explaining how they may change as women reach mid-life. Current theory on how to maintain optimum function and forestall problems is summarized in each area, with emphasis on sensible diet and exercise. A complete "baseline" physical is recommended, and one chapter details what one can expect from such an examination. Like the earlier book, this is well done; it's not too faddish, not too spartan, but just right for most of us. Recommended.—*Susan B. Hagloch, Tuscarawas Cty. P.L., New Philadelphia, Ohio*

## Home Economics

Crampton, Norm. **Complete Trash.**

Evans, dist. by Holt. 1989. c.136p. illus. ISBN 0-87131-572-6. pap. \$8.95.

HOME ECON

With a growing concern about hazardous industrial materials, there has come a concern for those things which are found in everyone's home. It is necessary to know how to get rid of all things properly, to leave future generations a livable environment. Crampton details how to dispose of about 80 items, including aluminum cans, wood, disposable diapers, old paint, paper, soda cans, etc. Methods of disposing include recycling, burning, burying, and composting. Disposal methods are Crampton's own, based on "... best available information." They seem pretty sensible, and many include "... send it to a hazardous waste collection program." Complete with cross-references, this is a good book at a good price.—*Patty Miller, New Hampshire Vocational-Technical Coll. Lib., Laconia*

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