

SCIENCE & TECHNOLOGY

Gross, Amy & Dee Ito.

Women Talk About Gynecological Surgery from Diagnosis to Recovery: How To Go Through It in the Calmest, Smartest Way.

Potter, dist. by Crown. Feb. 1991. c.362p. bibliog. index. ISBN 0-517-58055-1. \$22.95.

MED

A companion volume to the authors' *Women Talk About Breast Surgery* (LJ 6/1/90), this covers the most common gynecological surgical procedures with a refreshingly candid outlook. Repeating the previous book's question-and-answer format, it features interviews with several women who talk about their personal experiences with gynecological surgery. The interviewees share the specifics of their diagnosis and treatment, their interactions with medical personnel, and their feelings regarding surgery and recovery. They are completely honest, acknowledging unpleasant experiences while emphasizing more positive aspects of treatment. Specialists and medical personnel in gynecological fields were also consulted to clarify procedures and explain new techniques that have proven helpful for some patients. The personal perspectives will help women make informed decisions about health care and provide ammunition against fear and uncertainty. Recommended.—*Deborah Emerson, Monroe Community Coll. Lib., Rochester, N.Y.*

Harrington, Geri.

The Asthma Self-Care Book: How To Take Control of Your Asthma.

HarperCollins. Mar. 1991. c.288p. index. LC 90-55538. ISBN 0-06-016584-7. \$19.95.

Stevens, Maryann.

Breathing Easy: A Parent's Guide to Dealing with Your Child's Asthma.

Prentice-Hall. Mar. 1991. c.192p. illus. bibliog. index. ISBN 0-13-083692-3. pap. \$9.95.

MED

An asthma attack is a terrifying event to experience, a frightening one to witness. Because one feels so helpless in the face of an attack, having information and strategies to cope with it can only benefit the asthmatic as well as the onlooker. Harrington nearly died from an asthma attack and writes from firsthand experience. She stresses that knowledge is power for an asthmatic, since understanding the disease and its triggers, and knowing what action to take when, can prevent or control some attacks. Having a doctor you respect and trust, managing your asthma with medications, and recognizing and coping with the triggers or stimuli that initiate breathing difficulties are essential to living with asthma. A useful appendix includes information on medications, organizations devoted to asthma education, plus complete data on lung associations and asthma rehabilitation centers and programs.

Stevens addresses asthma from a parent's view, with an eye toward prevention. This practical approach answers basic questions about triggers, environment,

medications, and living with asthma day by day. Ideas on ways to make hospitalization less traumatic are reassuring to both parent and child. A discussion of government and private organizations provides essential information, as does a geographic listing of accredited programs in allergy/immunology. There is a reading list and suggested exercises. Both books make valuable contributions to self-help methods in coping with this chronic disease that afflicts over ten million people and is on the rise. Highly recommended.—*Janet M. Coggan, Univ. of Florida Libs., Gainesville*

Malcolm, Andrew. **Someday.**

Borzoi Bks: Knopf. Mar. 1991. c.320p. photogs. LC 90-5048. ISBN 0-394-58782-0. \$22.

MED

"This is a true story about a little boy and his mother at the beginning of life and a man and his mother at the end," writes Malcolm, a *New York Times* correspondent. Like Le Anne Schreiber's *Midstreams* (LJ 12/89), which balanced Schreiber's account of her mother's death with her own search for spiritual renewal, Malcolm presents two parallel journeys. As a journalist, he covers major stories on euthanasia, negotiated deaths, and the right to die; as a middle-aged son dealing with a dying 75-year-old mother being kept alive by artificial means, he faces painful questions that most of us put off for that inevitable someday. At times, this results in an uneasy mix of memoir and journalism, but Malcolm's moving description of his decision to allow Nature to take its course and to let his mother go makes this a timely book in this age of Karen Anne Quinlan and Nancy Cruzan. Recommended for public library collections.—*Wilda Williams, "Library Journal"*

★Noble, Elizabeth with Leo Sorger, M.D. **Having Twins: A Parent's Guide to Pregnancy, Birth, and Early Childhood.** 2d ed.

Houghton. 1991. c.386p. illus. bibliog. index. LC 90-38969. ISBN 0-395-51088-0. \$24.95; pap. ISBN 0-395-49338-2. \$12.95.

MED

The well-received first edition (LJ 11/15/80) served as a core book on the topic for many years. Now, Noble has revised and expanded this indispensable tool on the history and physiology of twinning. New material on prenatal care, birthing, bonding, and emotional coping provides updated information. The excellent section on nutrition has been enhanced to include modern, alternative choices, and the section on exercise remains unchanged and one of the best for multiple-birth mothers. Both physical and emotional needs are equally considered by Noble, as her realistic treatment of possible complications is balanced by her sensitive, and at times personal, insights. The bibliography, source list, and appendices complement this highly recommended book.—*Mary Hemmings, Univ. of Calgary Law Lib., Alberta*

Home Economics

□ COOKERY □

By **Judith C. Sutton,**

Sutton's Place Cuisine, New York

Gubser, Mary.

Mary's Quick Breads, Soups & Stews.

Council Oak Bks. 1991. c.204p. illus. index. LC 90-081820. ISBN 0-933031-33-5. pap. \$16.95.

COOKERY

A delightful book from the author of two previous works on breads and soup (*America's Bread Book*, LJ 7/85; *Mary's Bread Basket & Soup Kettle*, Morrow, 1985), this includes recipes for quick breads of all sorts—from muffins and loaf breads to pancakes, waffles, and popovers—and such delicious soups and stews as Winter's Wine Stew, Salmon Bisque, and Iced Raspberry Soup. Gubser is both knowledgeable and well traveled, and one of her recipe headnotes is as likely to include a reference to a Christmas dinner cooked in Beirut as a discussion on the provenance of the lemon or an explanation for the term "spoonbread"; chapter introductions and sidebars provide reliable guidelines on baking and cooking techniques, culinary background, and many suggestions for variations. Highly recommended.

Schmidt, Jimmy. **Cooking for All Seasons.**

Macmillan. Mar. 1991. c.353p. illus. bibliog. index. ISBN 0-02-607131-2. \$24.95.

COOKERY

Schmidt, owner/chef of Detroit's Rattlesnake Club, is a talented cook and baker. His dishes, which emphasize seasonal ingredients, are a study in contrasting tastes and textures—unusual combinations are common, but the pairings are harmonious; his desserts are on the indulgent side. Recipes are arranged by season; the preparation and cooking notes are particularly good, and numerous seasonal ingredient charts and a lengthy glossary are also included. Some of the recipes are complicated, and some of the ingredients are expensive—but most collections will want this.

Perfect Fruit Pies: Award-Winning Recipes from Across America.

Storey Communications. Feb. 1991. c.234p. ISBN 0-88266-638-X. \$16.95; pap. ISBN 0-88266-647-9. \$9.95.

COOKERY

Here are 100 or so recipes chosen from the dozens submitted to a Missouri nursery in a contest for the perfect fruit pie (Storey is also the publisher of Gwen Steege's *The Search for the Perfect Chocolate Chip Cookie*, LJ 6/15/88). Among the delicious finalists are Peaches 'n' Cream Pie, Cherry-Berry Pie, Brandy Pear Pie, and many different simple fruit pies. Susan Purdy's *As Easy As Pie* (Macmillan, 1990. rev. ed.) is an