

BOOK REVIEWS

SCIENCE & TECHNOLOGY

Health & Medicine

Camp, John. **Plastic Surgery: The Kindest Cut.**

Holt. May 1989. c.229p. index. LC 88-13721. ISBN 0-8050-0897-7. \$22.95.

MED

The rituals followed by surgeons, surgical teams, and patients are described in this guide to the practice of plastic surgery. Aesthetic as well as reconstructive procedures for cancer, accident, and burn victims are discussed, and Camp, a Pulitzer Prize-winning journalist, uses the cases of plastic surgeon Bruce Cunningham to illustrate each operation. Statistics on the number of procedures performed annually and estimates of fees are listed in an appendix. The risks as well as the rewards of surgery are described. This may be used to supplement Elizabeth Morgan's *The Complete Book of Cosmetic Surgery: A Candid Guide for Men, Women, and Teens* (LJ 6/15/88), which is encyclopedic in scope and well illustrated. Recommended for larger health collections.—Robert Schmid, L.R.C., Univ. of Health Sciences/Chicago Medical Sch., North Chicago

Davis, Joel. **Defending the Body: Unraveling the Mysteries of Immunology.**

Atheneum. 1989. c.224p. illus. index. ISBN 0-686-11946-1. \$16.95.

MED

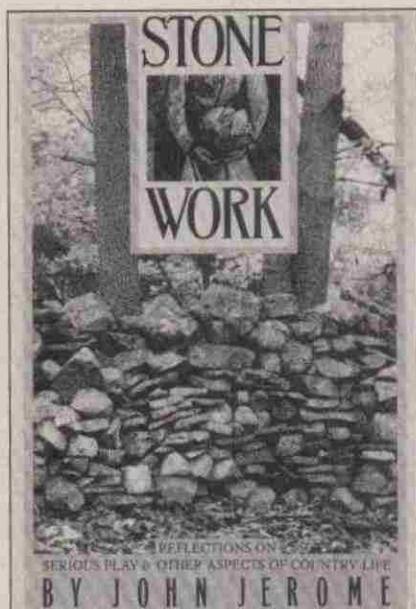
Journalist Davis has tried to write a popular book on this very complex and still mysterious subject by interviewing important scientists, supplying dramatic anecdotes about cancer and AIDS sufferers, and reducing scientific explanations to lay language. He is only marginally successful. This scientifically literate reviewer found Davis's explanations hard to follow and confusingly interwoven with descriptions of various personalities and meetings. His attempt to cover so many different topics—research frontiers, vaccination, AIDS, and cancer—results in frustrating condensations. This brief survey may, however, aid some readers in understanding why successful AIDS and cancer prevention and treatment are still far off. A useful glossary of terms concludes the book. Recommended for inclusive health science collections.—Eleanor Maass, Maass Assocs., New Milford, Pa.

Earle, Richard & others. **Your Vitality Quotient: The Clinically Proven Program That Can Reduce Your Body Age—and Increase Your Zest for Life.**

Warner. May 1989. c.448p. index. ISBN 0-446-51462-4. \$19.95.

HEALTH

The authors, affiliated with the Canadian Institute of Stress, identify six major "stressotypes," each of whom responds



Building a wall is not all Stone Work for Jerome, p. 96

to stress in a fairly predictable way. By taking the Stressotype Test, readers can identify their own dominant type. The book then details specific strategies to help each type cope constructively with stress and so slow down stress's aging effects on the body. None of the strategies are new or innovative, and therein lies their worth. No complex, expensive vitamin regimen, no bizarre physical contortions, only sensible, balanced diet and exercise, positive thinking, and simple relaxation. Exceptionally well done. Recommended for public libraries.—Susan B. Hagloch, Tuscarawas Cty. P.L., New Philadelphia, Ohio

Jones, Carl with Jan Jones. **The Birth Partner's Handbook: How To Help a Woman Through Childbirth.**

Meadowbrook Pr., dist. by S. & S. 1989. c.140p. illus. index. LC 88-31824. ISBN 0-88166-159-7. pap. \$5.95.

HEALTH

This is a good guide for anyone planning to help a mother or a couple through pregnancy, childbirth, and the first days beyond. The step-by-step explanations of the many changes a woman's body undergoes during childbirth are simple and well written. The birth partner—not automatically assumed to be the father—is provided with all the information needed to be a supportive companion during labor and birth. The physical and psychological changes of labor and delivery and immediate postpartum period are discussed in detail. Throughout, there are practical

suggestions of things the birth partner can do to ease the mother's pain and fear, thus assisting in a happy, healthy childbirth.—Jodith Janes, Univ. Hosp. of Cleveland

Kraegel, Janet & Mary Kachoyeanos. **Just a Nurse: The Lives and Experiences of Nurses in America—In Their Own Words.**

Dutton. May 1989. c.320p. LC 88-30921. ISBN 0-525-24760-2. \$18.95.

MED

The notion that nursing is a low rung in the medical profession's ladder is sensitively explored and dispelled by this contemporary collection of interviews. Whereas physicians provide medical treatment, nurses provide medical care. The inability to ensure proper care through effective coordination of treatment and medical services causes burnout for some and fuels activism in others. Interviews are varied: Hospital, hospice, prison, and army nurses, nursing entrepreneurs, rolfers, midwives, and dropouts offer their experiences. This book complements *Making Choices, Taking Chances: Nurse Leaders Tell Their Stories*, edited by Thelma Schorr and Anne Zimmerman (Mosby, 1988).—Mary Hemmings, Health Science Lib., McGill Univ., Montreal

Prevention Magazine Health Books Eds. **Hands-On Healing.**

Rodale Pr. May 1989. c.512p. photogs. illus. index. ISBN 0-87857-808-0. \$29.95.

HEALTH

There are an amazing number of therapies employed by a variety of practitioners which focus on the healing power of physical contact. Some of these are recognized medical interventions such as the Heimlich maneuver, while others are more exotic remedies, such as aromatherapy, rolfing, and do-in, which derive from traditional hands-on healing. This book presents a lively account of the background and theory of each therapy, along with methods of administering treatment, potential benefits, and interviews with patients and therapists. It is of limited value as a self-help manual, but does offer an entertaining look at some of the more obscure forms of alternative medicine.—Karen McNally Bensing, The Benjamin Rose Inst. Lib., Cleveland

Solomon, Neil, M.D. & Marc Lipton. **Sick & Tired of Being Sick & Tired.**

Wynwood Pr., 264 5th Ave., New York, NY 10001. May 1989. c.320p. ISBN 0-922066-02-7. \$18.95.

HEALTH

According to the March 1989 *Harvard Medical School Health Letter*, doctors hear complaints of fatigue about ten million times a year. This book addresses

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