

BOOK REVIEWS

SCIENCE & TECHNOLOGY

Health & Medicine

Berger, Gary S. & others.

The Couple's Guide to Fertility.

Doubleday. Nov. 1989. c.464p. illus. index. LC 89-7863. ISBN 0-385-24546-7. \$19.95; pap. ISBN 0-385-26390-2. \$9.95. MED

This book emphasizes the need for careful testing and identification of the causes of infertility before treatment is considered. Basic reproductive techniques, fertility tests, and treatments are clearly described and evaluated. The authors' description of drug side-effects and success probabilities of surgery is particularly useful for couples in the later stages of fertility management. Also presented are ethical and emotional perspectives necessary in such decision making. A directory of key specialists and resource centers in the United States and Canada is featured. Clearly written, well organized, and comprehensive, this book is highly recommended for public libraries and patient information centers.—*Mary Hemmings, Univ. of Calgary Lib., Alberta*

Eastman, Rebecca with Patricia Ryan. **Full Circle Fitness:**

Be Your Own Personal Trainer.

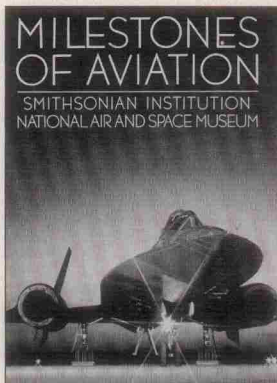
Morrow. Jan. 1990. c.224p. illus. LC 88-34479. ISBN 0-688-07419-7. \$22.95. HEALTH

This book is a compilation of fitness principles coordinated into individualized fitness programs. Personal trainer Eastman, owner of Full Circle Fitness, Inc., maps out five program levels (gain; train; maintain; a handle on health; the competitive edge), and exercises are pictured and/or described for warm-up, aerobic conditioning, strength training, and cool-down stretches for each. Eastman's exercise prescriptions are scientifically accurate, and she also explains how to develop a personal fitness profile. An appendix includes fitness tests and useful record charts. This will be a good addition to exercise collections.—*Kenneth Tillman, Trenton State Coll., N.J.*

Maurer, Janet R. & Patricia D. Strasberg. **Building a New Dream: A Family Guide to Coping with Chronic Illness and Disability.**

Addison-Wesley. Nov. 1989. c.320p. index. ISBN 0-201-09364-2. \$17.95. HEALTH

Directed to families confronted with a long-term health crisis, this book offers practical advice and encouragement effectively illustrated by realistic vignettes of personality changes, depression, and financial difficulties. Recognizing that illness is a family affair, the authors de-



Finding out how far we have gone, and how fast, and how high, p. 104

scribe the feelings of isolation and helplessness that envelop the entire family unit. And they outline excellent coping strategies for adjusting to the changes wrought by devastating illness. Included are clear, succinct suggestions for establishing positive relationships with physicians and becoming a knowledgeable consumer of health care. There are no startling revelations, but the writing style and simplified explanations will have particular appeal to readers with limited educational backgrounds.—*Carol R. Glatt, Northeastern Hosp. of Philadelphia*

Home Economics

Cookery

By **Judith C. Sutton.**

The Sign of the Dove, New York

Quintana, Patricia with Carol Haralson. **Mexico's Feasts of Life.**

Council Oak Bks. Nov. 1989. c.255p. photos. index. ISBN 0-933031-22-X. \$39.95. COOKERY

This impressive new work by the author of *The Taste of Mexico* (LJ 12/15/86) presents Mexican cuisine in the context of the celebrations and rituals that mark the passages of life, from the christening feast to the Day of the Dead. The recipes come from the women of four gener-

ations of Quintana's family, all inspired and passionate cooks. There are traditional favorites, updated versions of classic dishes, special feast dishes, and innovative creations from the author, who has cooked in Europe as well as Mexico. Numerous sidebars provide additional information on food and culture, and the recipes and celebrations are illustrated by stunning color photographs. A beautiful book.

Marks, Copeland. **The Exotic Kitchens of Indonesia: Recipes from the Outer Islands.**

Evans, dist. by Holt. Nov. 1989. c.299p. bibliog. index. ISBN 0-87131-576-9. \$19.95. COOKERY

Marks's previous works include books on the cuisines of Burma, India, and Guatemala; here he explores the cooking of the islands of the Indonesian archipelago. Coconut milk, chilies, ginger root, lemon grass, rice, and fish are key ingredients; Indonesian cooks like their food spicy and hot. Marks provides an excellent glossary of ingredients, including availability and possible substitutions; most of his recipes could be easily duplicated in an American kitchen without threatening their authenticity. Asian cuisines and hot and spicy foods are popular now; Marks's delicious recipes will tempt many cooks. This is highly recommended.

McCarthy, Michael with Norman Kolpas. **Michael's Cookbook.**

Macmillan. Nov. 1989. c.256p. photos. index. ISBN 0-02-583111-9. \$29.95.

White, Jasper. **Jasper White's Cooking from New England.**

Harper. Nov. 1989. c.384p. illus. index. ISBN 0-06-015894-8. \$25. COOKERY

Two talented young chefs share their cooking philosophies and their recipes. McCarthy, one of the chefs attributed with popularizing "California cuisine," aims for elegant simplicity; his is party food, with ingredients like truffles, foie gras, lobster, and caviar (not to mention baby vegetables). The text is illustrated by some 100 color photographs of the food and of the artwork in Michael's Restaurant. His food may be delicious, but it is hardly for the everyday cook.

White, an enthusiastic proponent of New England's culinary heritage and bounty, has written a far more ambitious, more substantial work. In addition to 300 recipes for both such traditional fare as New England Fish Chowder and new dishes like his Salad of Lobster, Foie Gras, and Papaya, he includes pages of information on ingredients and prepara-

Reed Business Information, a division of Reed Elsevier, Inc. All Rights Reserved.
Copyright of Library Journal is the property of Reed Business Information and its
content may not be copied or emailed to multiple sites or posted to a listserv without
the copyright holder's express written permission. However, users may print,
download, or email articles for individual use.