

SCIENCE & TECHNOLOGY

Susan B. Hagloch, Tuscarawas Cty. P.L.,
New Philadelphia, Ohio

Moloney, Kathleen. **The Canyon Ranch Health and Fitness Program.**

S. & S. 1989. c.320p. photogs. index.
ISBN 0-671-66116-7. \$18.95. HEALTH
You'd have to be living in a cave somewhere to not have noticed that spas are big news in the health field. Here's a new guide from a well-known spa that leads the reader through what it takes to establish and maintain control over his or her wellness, as well as offering a diet plan and recipes. Nutrition, exercise, stress control, posture, bad habits, massage, skin care, and more are covered. The advice is sound and all in the mainstream of medical opinion, except for the parts dealing with "natural" therapies like herbal therapy and aromatherapy. Written in a lively, anecdotal style, this would be a good selection for public libraries planning on adding only a limited number of spa health books to their collection.—*Carol Spielman Lezak, General Learning Corp., Northbrook, Ill.*

Morgan, Brian L.G. & Roberta Morgan. **The Hormone Book: A Complete Guide to Understanding How Hormones Affect Every Aspect of Your Life.**

Body Pr: Price/Stern/Sloan. May 1989.
c.224p. bibliog. index. ISBN 0-89586-662-5. pap. \$12.95. MED

This rather technical book is accessible to the lay reader because interesting case histories are sprinkled throughout. These illustrate how hormones govern our appetite, growth, behavior, and other aspects of our daily lives and describe what happens when hormones are not balanced. The authors explain how the glands and their hormones work, then provide an alphabetical guide which gives specific information on the glands, their hormones, disorders, and their treatment. The reader will be struck by how well the body orchestrates the complex endocrine system in most cases. Recommended for public and academic libraries because of thoroughness of coverage combined with readability.—*Barbara Carroll, M.L.S., Eau Claire, Wis.*

Olshevsky, Moshe & others. **Manual of Natural Therapy: A Succinct Catalog of Treatment Options.**

Facts on File. May 1989. c.336p. bibliog. index. ISBN 0-8160-1243-1. \$22.95.

Weiner, Michael & Kathleen Goss. **The Complete Book of Homeopathy.**

Avery Pub. Group. 1989. c.301p. index. ISBN 0-89529-412-5. pap. \$9.95.

HEALTH
The growth of natural therapy as an alternative to current medical practice creates a need for objective information. Olshevsky et al. present a unique sourcebook of treatment options for commonly known disorders and list symptoms and

the appropriate treatment through the use of acupuncture, acupressure, reflexology, herbs, applied nutrition, homeopathy, color therapy, and aromatherapy. Intending this book as a manual for use, the authors start with the premise that natural therapy is effective as an adjunct to traditional medicine. The book's emphasis on treatment, not theory, will offer guidance to the lay medical consumer searching for alternative cures.

Weiner and Goss offer an in-depth, complete guidebook to one form of natural therapy, homeopathy. This book contains a significant amount of theory, principles, philosophical orientation, and history, in addition to specific remedies and case studies. Included as appendixes are a bibliography, a source for homeopathic physician referrals, a list of suppliers of remedies, and a glossary of terms. Both books include well-written, comprehensive information on natural therapy. Readers interested in sources to consult will find both informative.—*Marilyn Rosenthal, Nassau Community Coll. Lib., Garden City, N.Y.*

Roth, Eli M. & Sandra L. Streicher. **Good Cholesterol, Bad Cholesterol.**

Prima Pub. & Communications, dist. by St. Martin's. 1989. c.200p. LC 88-31625. ISBN 0-914629-85-9. \$15.95.

HEALTH
Elevated blood cholesterol levels have been linked to an increased risk of cardiovascular disease. In this book, a practicing cardiologist and a nurse define cholesterol, instruct the reader in identifying and eliminating it from their diet, and propose a new low-fat diet to follow. Saturated fats are identified and replaced by unsaturated fats in recipes that are provided. The various fats and oils in use and their levels of cholesterol are listed. Food tables provide data on the number of calories and amount of cholesterol for selected foods, and a list of menu items from fast-food restaurants provides information on those items. Recommended for most health collections.—*Robert Schmid, Univ. of Health Sciences/Chicago Medical Sch., North Chicago*

Sher, Geoffrey, M.D. & Virginia A. Marriage, R.N., with Jean Stoess. **In Vitro Fertilization: A Personal and Practical Guide to Making the Decision That Could Change Your Life.**

McGraw. 1989. c.256p. illus. index. LC 88-23120. ISBN 0-07-056761-1. \$18.95.

MED
In vitro fertilization (IVF) is a viable alternative for many childless couples today. Long stigmatized as futuristic, potentially unethical, and prohibitively expensive, only three percent of eligible couples currently undergo the procedure. The authors outline the medical process and the psychological support consumers can realistically expect from IVF programs. Although many books have been available

over the past 10 years, clinical advances, such as nonsurgical egg retrieval, and the role of the IVF team of specialists are described, making this both timely and informative. Highly recommended for public libraries and patient-information centers.—*Mary Hemmings, Health Sciences Lib., McGill Univ., Montreal*

Shettles, Landrum B., M.D., & David M. Rorvik. **How To Choose the Sex of Your Baby: The Newly Revised Edition of the Method Best Supported by Scientific Evidence.**

Doubleday. 1989. c.240p. ISBN 0-385-24442-8. pap. \$8.95. MED
In this fourth revision, some steps of sex-selection have been refined or eliminated over the years, but the accurate determination of time of ovulation remains the basic tenet. The authors endorse the cervical mucous method for ovulation detection and consider other procedures as alternatives or additional means in achieving success. They attribute traditionalists' reticence to providing sex-selection guidelines to a concern for ethical questions of "gendercide," but they argue that most parents do consider sex-selection to balance families. It is an alluring concept, judging by the popularity of previous editions. This updated and moderately priced version is highly recommended for public libraries.—*Mary Hemmings, Health Science Lib., McGill Univ., Montreal*

Stutman, Fred A., M.D. **Walk To Win: The Easy 4-Day Diet & Fitness Plan.**

Medical Manor Bks. 1989. c.249p. index. ISBN 0-934232-08-3. \$19.95; pap. ISBN 0-934232-07-5. \$10.95. HEALTH
Although this book presents good information about the value of walking, as well as guides to healthy walking, the rest of it is often simplistic or simply wrong. Diet information, while pertinent for the person looking to improve health via exercise and optimum diet, is rather basic and often tedious. Organization is weak, with repetition in several sections, and overgeneralizations are rampant. Excessive liberty is taken in interpreting research studies, and insufficient documentation is provided. Antiaerobic tirades reach the point of being misleading; the author states that "Injuries and deaths by the thousands have resulted from these awful aerobic acrobatics" and "Hundreds of thousands of American suffered either disease, disability or death during the dangerous, debilitating, decadent decade of the jogger."—*Kenneth G. Tillman, Trenton State Coll., N.J.*

Sciences

Bulloch, David K. **The Wasted Ocean.**
Lyons & Burford, 31 W. 21st St., New York, NY 10010. May 1989. c.160p. index. ISBN 1-55821-019-9. \$16.95; pap. ISBN 1-55821-034-2. \$9.95. NAT HIST
Bulloch, an industrial chemist and past

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.