

BOOK REVIEWS

□ SCIENCE & TECHNOLOGY □

Agriculture

Smith, Martha.

Beds I Have Known: Confessions of a Passionate Amateur Gardener.

Atheneum. May 1990. c.224p. ISBN 0-689-12082-6. \$17.95.

GARDENING

Syndicated newspaper columnist Smith is the gardener's Art Buchwald, and her book is a happy opportunity to giggle at our foibles—from saving 600 washed and neatly stacked plastic pots (that one never uses) to fantasizing over catalogs and then, when the orders arrive, forgetting where you were going to put all those new plants. Her irreverence is as sure an antidote to overdoing it as a muscle-soaking hot bath, and as heartily recommended.—*Deci Lowry, Chappaqua, N.Y.*

Yang, Linda. The City Gardener's Handbook: From Balcony to Backyard.

Random. May 1990. c.304p. photogs. bibliog. LC 89-43422. ISBN 0-394-58371-X. \$26.95.

GARDENING

New York Times gardening columnist Yang's previous book, *The Terrace Gardener* (LJ 3/15/75; Timber Pr., 1982. reprint) was a useful text for gardeners living in high-rise apartments. Since its publication, interest in gardening by city dwellers has increased. His new book incorporates some of the principles of the earlier book, but expands coverage from just rooftops to include small urban yards. City gardeners face many unique environmental problems, including pollution, excessive wind and/or shade, and the need to limit growth and weight of plants. Yang offers practical solutions to these problems and recommends the best trees, shrubs, and flowers for use in the city. *The City Gardener's Handbook* complements Jim Wilson's *Landscaping with Container Plants* (LJ 1/90). Both books will find readers in big city libraries.—*Peter C. Leonard, Mt. Lebanon P.L., Pa.*

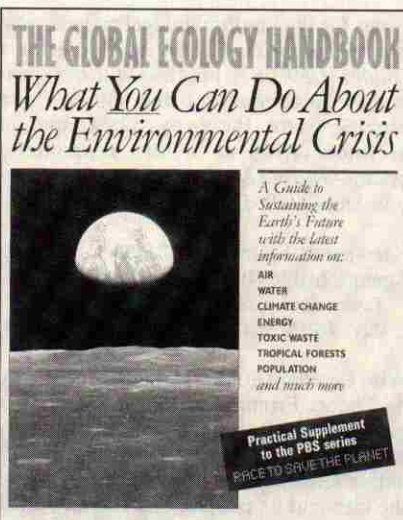
Health & Medicine

★**The Black Women's Health Book: Speaking for Ourselves.**

Seal Pr. May 1990. c.350p. ed. by Evelyn C. White. ISBN 0-931188-86-5. pap. \$14.95.

HEALTH

This wonderful compendium of articles by black women is a must-buy reference for any library that serves the targeted population. The anthology presents the viewpoint of black women and reflects the health issues faced by them today.



Publishers celebrate the 20th anniversary of Earth Day with a bonanza of books, p. 118

As Angela Y. Davis says, "Outside of South Africa, the U.S.A. is the only major industrial country in the world that lacks a uniform national health insurance plan." The people who suffer most are poor women, especially black women. These personal accounts speak not of victimization, but of empowerment of black women. Authors included are novelist Alice Walker, Planned Parenthood's Faye Wattleton, National Black Women's Health Project founder Bylye Avery, and many more. Highly recommended.—*Barbara Kormelink, Bay Medical Ctr. Lib., Bay City, Mich.*

Bullough, Vern L. & Bonnie Bullough. Contraception: A Guide to Birth Control Methods.

Prometheus Bks. Apr. 1990. c.175p. illus. index. ISBN 0-87975-589-X. pap. \$13.95.

MED

This is a thought-provoking and informative book by respected researchers in the field of human sexuality. The authors first offer a source book of current information on available contraceptive methods, giving clear descriptions of contraceptive devices, natural family planning, and surgical procedures. They discuss uses, effectiveness, side effects, and advantages and disadvantages of each approach. They then provide fascinating historical overviews of the theory and practice of contraception, voicing particular concerns about the lack of contraceptive research and development by noncommercial organizations in the United States. Highly recommended for public libraries and general academic collections.—*Mary Hemmings, Univ. of Calgary Law Lib., Alberta*

Elliott, Joanne. If Your Child Has Diabetes: An Answer Book for Parents.

Perigee: Putnam. Apr. 1990. c.192p. index. ISBN 0-399-51610-7. pap. \$9.95.

MED

With the commitment of the child and his or her family and friends to a healthy diet, regular meals, and insulin injections, along with careful monitoring of blood glucose levels, the young diabetic can participate in all the normal activities of growing up. The author, mother of a diabetic child and a diabetes educator, provides practical information on a variety of subjects—making injections less painful, dealing with birthday party treats, finding a doctor. The book's question-and-answer format is not particularly well organized, however, and the discussions of adjusting insulin dosages are more appropriately answered by a physician. A better, more comprehensive choice is June Biermann & Barbara Tohey's *Diabetic's Book* (LJ 3/1/90).—*Karen McNally Bensing, The Benjamin Rose Inst. Lib., Cleveland*

Hyman, Jane W. The Light Book: How Natural and Artificial Light Affect Our Health, Mood, and Behavior.

Tarcher, dist. by St. Martin's. Apr. 1990. c.240p. illus. index. LC 89-49302. ISBN 0-87477-559-0. \$17.95.

MED

This is a popular treatment of light and its effects on health, sleep, weight control, moods, jet lag, et al. Author Hyman draws on numerous medical research studies and focuses especially on seasonal affective disorder (SAD), which some believe afflicts millions. She also describes artificial light therapy, which is now being used by some practitioners to counter a wide variety of symptoms. Both SAD and environmental health are hot topics, so this well-researched volume would be a timely selection for public libraries.—*Judith Eannarino, George Washington Univ. Lib., Washington, D.C.*

McCartney, Marion & Antonia Van Der Meer.

The Midwife's Pregnancy and Childbirth Book: Having Your Baby Your Way.

Holt. May 1990. c.226p. illus. index. LC 89-39853. ISBN 0-8050-1049-1. \$19.95.

MED

McCartney is a registered nurse and certified midwife who founded the oldest maternity center owned by nurse midwives in the United States. With the help of writer Van Der Meer, she introduces the reader to the alternative birth experience a midwife can offer and details these options to prospective parents. She discusses the pros and cons of home birth, birthing centers, and hospital births. Also discussed are the controversial topics of episiotomy