

SCIENCE & TECHNOLOGY

How do swimmers stay awake while attempting to cross a Great Lake? What is the effect of sleep (or lack of it) on work performance? Dotto, formerly a science writer for the *Toronto Globe and Mail*, enthusiastically explores virtually every angle of the latest sleep theory and research: sleep stages, deprivation, and disorders; rhythms and cycles; jet lag and shift work; athletic performance; the space program, and more. Both the topic and the engaging treatment will appeal to informed nonspecialists. A recommended purchase for general and undergraduate collections. [See also Michael J. Thorpy and Jan Yager's *The Encyclopedia of Sleep and Sleep Disorders*, reviewed in this issue, p. 108.—Ed.]—*Judith Eannarino, George Washington Univ. Lib., Washington, D.C.*

Horovitz, Emmanuel, M.D. **Cholesterol Control Made Easy: How To Lower Your Cholesterol for a Healthier Heart.**

Health Trend Pub., Box 17420, Encino, CA 91416. 1990. c.220p. index. LC 90-80651. ISBN 0-9619329-4-5. \$19.95.

HEALTH

Offering a step-by-step approach to controlling factors which can cause coronary heart disease, Horovitz covers the topics of cholesterol reduction, weight and blood pressure control, and smoking cessation. He details the risks which are caused by excessive amounts of cholesterol in the blood stream and outlines a process for reducing cholesterol through dietary control and modified lifestyle habits. Tables indicating the fat and cholesterol content of common foods are included. Less complete but more readable than Peter O. Kwiterovich's *Beyond Cholesterol* (LJ 10/15/89) and a good complement to Michael DeBakey and others' *The Living Heart Diet* (LJ 1/85). Recommended.—*Susan E. Holmer, Peninsula Lib. System, San Mateo, Cal.*

Hubbard, L. Ron. **Clear Body, Clear Mind: The Effective Purification Program.**

Bridge Pubns. Sept. 1990. 306p. bibliog. index. ISBN 0-88404-549-8. \$17.95.

HEALTH

The late founder of the Church of Scientology and author of phenomenal best seller *Dianetics* (Bridge, 1950) created the detoxification regimen of running, saunas, natural oils, and specific vitamins and minerals that is clearly presented in this book. Included in the book are numerous testimonies from people who used this regimen to recover from substance abuse, radiation illness, Agent Orange-related diseases, and more. Still, readers should know that Hubbard's advocacy of megavitamins to detoxify the body has not been medically proven and is considered a controversial regimen by the regular medical community. Notwithstanding the footnoting (of common as well as technical terms—meant to promote accessibility but maddening to literate readers), a "bibliography" consisting of items available from Bridge (the offi-

cial Church publisher), and a biographical note which virtually canonizes Hubbard, this title would be appropriate for large general-audience collections with subject demand in alternative therapies or Scientology.—*Judith Eannarino, George Washington Univ. Lib., Washington, D.C.*

★Marion, Robert. **The Boy Who Felt No Pain: Tales from the Pediatric Ward.**

Addison-Wesley. Sept. 1990. c.224p. ISBN 0-201-55049-0. \$17.95. MED

Marion, a pediatric geneticist, discusses 14 cases that have had a profound impact on his professional and personal outlook. As a medical student, he naively regarded a child's neural disorder which prevented pain sensation as a fortunate condition. This belief is dispelled as he begins to understand that children born with congenital malformations or genetically inherited or other diseases are unaware of alternatives; they either cope, survive, or succumb. Parents and medical staff, however, develop expectations, and at times such expectations are unrealistic. Often, the "real" patient, Marion says, is the care-giver rather than the child. Marion's sensitive portrayals and observations make this an excellent book, particularly for public libraries.—*Mary Hemmings, Univ. of Calgary Law Lib., Alberta*

Mattson, F. Kansas.

A Search for Wellness: How To Turn Back Your Biological Clock.

Super G Pub. Co., 302 Willow Oaks Blvd., Hampton, VA 23669. Sept. 1990. c.220p. illus. index. LC 90-70585. ISBN 0-9625584-7-8. \$16.95. HEALTH

Written by a layperson, this book encourages the philosophy of individual responsibility for health maintenance in order to combat the ill effects of aging. The work draws on the author's experience by describing his declining health in more detail than is necessary and the many alternative methods used to improve his condition. Similar to the message delivered in Andrew Weil's *Natural Health, Natural Medicine: A Comprehensive Manual for Wellness and Self-Care* (LJ 5/1/90), but different in its approach and expertise since Mattson's book contains information based on observation rather than scientific finding. Not a necessary purchase.—*Marilyn Rosenthal, Nassau Community Coll. Lib., Garden City, N.Y.*

White, Augustus A., M.D. **Your Aching Back: A Doctor's Guide to Relief.**

Fireside: S. & S. Sept. 1990. c.336p. illus. bibliog. index. ISBN 0-671-68933-9. \$21.95; pap. ISBN 0-671-71000-1. \$9.95. HEALTH

In this book, revised from his first edition of the same title (LJ 9/8/83), White uses an informal style to update lay readers on new developments in the diagnosis and treatment of structural problems and disease of the spine. When considering only his coverage of spinal disorders, White, a

leading orthopedic surgeon, has few peers. However, aggressive rehabilitation of back muscle injury by either the patient or a therapist is given little attention. A more thorough treatment of such rehabilitation can be found in Constance Bean's *The Better Back Book* (LJ 4/1/89). But for those whose backs ache from disorders of the spine itself, White's book is superior. Recommended for public libraries.—*Robert Jordan, Univ. of Iowa, Iowa City*

□ COOKERY □

By **Judith C. Sutton,**

Sutton's Place Cuisine, New York

Heatter, Maida.

★**Maida Heatter's Best Dessert Book Ever.**

Random. Sept. 1990. c.448p. illus. index. ISBN 0-394-57832-5. \$24.95.

COOKERY

Can this really be her best book ever? Better than *Great Chocolate Desserts* (LJ 9/15/80)? Better than *Great American Desserts* (LJ 9/15/85)? It doesn't matter, for Heatter is back with more helpful tips and tricks, her familiar reassuring tone, and a wide variety of delicious new desserts. There are addictive chocolate creations, "light, lighter, and lightest" cakes, lots of cookies, fresh fruit combinations, ice creams, and more. An essential purchase. [Previewed in Prepub Alert, LJ 5/1/90.]

Carpenter, Hugh (text) & Teri Sandison (photos). **Chopstix: Quick Cooking with Pacific Flavors.**

Stewart, Tabori & Chang, dist. by Workman. 1990. 191p. photogs. index. ISBN 1-55670-133-0. \$29.95. COOKERY

Another beautiful collaboration by the authors of *Pacific Flavors* (LJ 4/15/88), with Sandison's full-page color photographs showing off the visually stunning, creative dishes served in Carpenter's Chopstix restaurants. Carpenter merges the cuisines of those on both sides of the Pacific to come up with Goat Cheese Salad with Ginger, Salmon Mousse in Black-Bean Butter Sauce, and Asian Barbecued Salmon. His food is innovative but sensible, with unusual but complementary combinations of flavors and textures. Recommended.

Law, Ruth. **The Southeast Asia Cookbook.**

Donald I. Fine. Aug. 1990. c.422p. ISBN 1-55611-214-9. \$24.95. COOKERY

Law, who runs an Asian cooking school near Chicago, has traveled extensively in Southeast Asia, gathering recipes in Thailand, Singapore, Malaysia, Indonesia, and the Philippines (she also includes Vietnamese recipes from friends from that country). There are chefs' dishes, traditional specialties, even tribal fare from Borneo; the recipes are authentic, but Law suggests permissible substitutions for hard-to-find ingredients. Interest in Southeast Asian cooking is widespread, and this well-researched compendium is recommended for most collections.