

●●● ADULT NON-FICTION VOLWASSE VAKLEKTUUR

DANIEL, Rosy

The cancer directory: how to make the integrated cancer medicine revolution work for you.- Thorsons, 2005.

This directory is a substantial, 442-page guide to integrated cancer medicine aimed at those who have received a diagnosis of cancer (or someone close to them). It incorporates the latest orthodox, complementary, alternative and mind-body treatments and so provides a comprehensive and accessible overview of the many and diverse approaches to cancer, enabling the reader to make informed decisions about treatment. There is also a section on emotional needs, which is sometimes overlooked in books about the treatment of cancer. The second part of the book is a 150-page cancer resources directory. As this is a British book it contains primarily United Kingdom-based organisations, but worldwide resources are included in the frontier, orthodox and alternative cancer sections. Obviously the British addresses would not be of any help to locals, but there are masses of web sites included, which should prove very helpful in information gathering and advice. All in all, I think this book both useful and informative.

JdeB

all stealthy, sneaking changes in, rather than a major turning over of a new leaf. The book is divided into nine sections and they cover areas like cooking, exercise, health goals, controlling addictions and then in each of those sections there are the lists, for example, 23 ways to make the healthiest choices when faced with a fast food menu or 29 ways to sneak more vegetables into your diet or 20 ways to combat allergies or 28 ways to help prevent osteoporosis. Loads of sensible advice here, this is one book that many will want to buy for themselves as what the authors advise here is so sensible and 'do-able'.

HERMAN, Eleanor

Sex with kings: 500 years of adultery, power, rivalry, and revenge.- William Morrow, 2005.

A perceptive and spirited overview of a cast of royal mistresses of Europe's most powerful monarchs, based on diaries, personal letters and diplomatic dispatches. Although her subjects are international, France dominates with England receiving a good viewing.

This is the author's first book, wittily covering a chapter of women's history that has remained mostly unwritten. Only recently has there been more interest in this subject. In this informative and yet entertaining account, the author delivers a well-researched and informative look at the period covered, delivering interesting bits of information not found in the general history book. Few will realise that Madam Du Barry, notorious mistress of Louis XV of France, was sent to a convent for a time after Louis XV's death and could have escaped the guillotine if she had only remained in England after locating her stolen jewels during the troubled times of the French Revolution in 1789.

The style of the writing is light yet scholarly, revealing the author's journalistic background and it will definitely entertain readers who enjoy light historical non-fiction.

EB

HIGGS, Colleen

A rough guide to small-scale and self-publishing.- Centre for the Book, 2005.

The Community Publishing Project (CPP) is 'a joint venture between the Centre for the Book and NB Publishers, sponsored by Via Afrika, which aims to enable writers to publish their own work where necessary, and to make it easier for those who want to learn about publishing their own work to do so'. This useful and informative handbook is the result of that project and will be of use to individuals and groups that want to publish their own work. It covers the three stages of publishing from manuscript preparation to book production and finally, marketing and distribution. There is a lot of practical information and important things to bear in mind. There are ideas on getting your book reviewed, how to work out the cost per book, information about barcodes and ISBNs.

Four people who published their own work through the CPP tell their stories and here one can learn from their experiences as one can also from the first person accounts and advice from writers

FRENCH, Karl

Abba unplugged.- Portrait, 2004.

A Swedish-born journalist and author offers an exciting insight into the widely popular and successful Swedish pop group Abba, who emerged suddenly onto the world pop circuit with the award-winning song **Waterloo** in April 1974.

Since then and until the band's break-up during the 1980s, these four somewhat garishly-dressed unknowns delivered a vast selection of memorable tunes that are still enjoyed to this day. These songs inspired a musical as recent as 1999, which was performed to wide acclaim.

The author looks behind the scenes at the lives of the four members of the group and their family histories, revealing all in a 'spirited panorama of the band'.

Karl French, who has written articles on pop culture for various newspapers and magazines, delivers an insightful and entertaining biography of this band that should appeal to pop star fans.

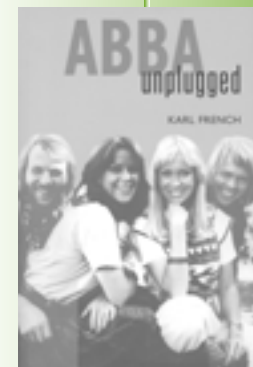
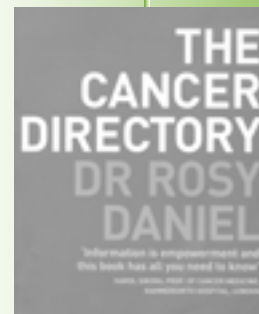
SCG

EB

GORDON, Debra L

Stealth health: how to sneak age-defying, disease-fighting habits into your life without really trying.- Reader's Digest, 2005.

This is a great title for anyone who wants to live a healthier life, but who does not want to wade through a heavy tome to read about simple small things one can do, that may not seem big in themselves but can make a difference in the long run. So basically this book consists of annotated lists of things one can incorporate into your life so that you will lead a healthier one. And the ideas are





and publishers found throughout the book. The last section is a directory of organisations, from useful web sites to legal deposit libraries and importantly, South African literary magazines. Though small in size, this is a 'big' book on self-publishing in this country that will answer the basic questions of those who want to embark on this enterprise, and also encourage them along the way. (See page 14.)

JdeB

LEWIS, David

The man who invented Hitler.- Headline, 2004.

During the years before and during World War I, Hitler was an impoverished drifter and in the army never, in fact, rose above the rank of lance corporal. When blinded by a gas attack during the closing days of the war, Hitler was treated by a controversial neuro-psychiatrist Edmund Forster, whose methods of recovery depended on patients being encouraged to heal themselves via the power of thought and strength of will.

The author speculates that it was only after this period that Hitler emerged as a changed person to become the charismatic leader of the Nazi Party.

Based on new material, this fascinating, meticulously-researched and thought-provoking read combines the biographies of Hitler and the man who treated him for hysterical blindness during the final days of World War I.

EB

MOOLMAN, Nico

Kuier in 'n plaaskombuis.- Corals Pub, 2005.

Verlang jy terug na die goeie ou dae in jou ouma se kombuis? Wel, Nico Moolman, 'n neef van die bekende televisiepersoonlikheid, Annette Engelbrecht, se nuwe boek, **Kuier in 'n plaaskombuis**, sal beslis die truuk doen. Gedruk op ouwêreldse papier met baie sepia foto's herleef Moolman sy jeugherinneringe op hul familieplaas naby Morgenzon. Die teks bevat resepte (met oorspronklike handgeskrewe resepte) van sy ma, sy ouma en ander familiekenisse. Dit sluit, onder andere, in: sy ouma se anysbeskuit, sy ma se mieliebrood, sy skoonma se ryp tamatiekonfy, sy ma se doekpoeding, haar melkosep en haar ystervarkies. Ander tradisionele resepte sluit in: ingelege vis, souskluitjies, bobotie, kerrie-afval, skaapnek, moerbeikonfy, jodetert, pynappelbier, oujaar vrugtepons en nog vele meer.

En vir diegene wat hou van allerlei rate en geite, deel hy sy ma se hoemiddelresep, 'tesame' met haar politoer- en seepresep.

EMW

O'NEILL, Pat Cavendish

A lion in the bedroom.- J Ball, 2004.

For those readers who enjoy biographies, O'Neill's memoir is a great find. Pat Cavendish O'Neill, who has lived for many years on her Somerset West farm, Broadlands, with an ever-increasing menagerie of animals, is a true British eccentric. She has led an interesting and colourful life, and her book makes most entertaining reading. Much of it centres on her beloved mother, Enid, who was regarded as one of the great beauties of her time, married four times, had numerous lovers and even had men commit suicide over her. Of her mother O'Neill writes: 'She incited

passion. Her lovers ranged from Lord Carnarvan who discovered the tomb of Tutankhamen to the American financier Bernard Baruch.' There was even a rumour that she had slept with every officer in her second husband's regiment for a dare. O'Neill writes of her family, her unusual childhood on different continents, the famous people she knew or met through the years, her own marriages and lovers, her years in Africa and her abiding love for animals. While living in Kenya, she was given an abandoned lion cub that she named Tana and kept as a much-loved pet for many years. Her present husband is Frank O'Neill, an Australian whom she has actually married twice. They married many years before but she divorced him. He was very good looking and, being an Olympic swimmer, something of a celebrity with women falling over themselves to be with him. They later married again and have been together ever since.

The title of the book refers to Tana, but when Frank saw it, he said to her, 'Oh, I see you've written a book about me.' Pat comes across as a thoroughly likeable person, and she writes with such warm affection and candour about the other people in her life (her mother, husband, brother and stepbrother particularly) that you like them all too. The interesting and very readable text is illustrated with a good selection of photographs. Lin Sampson described the book in the **Sunday Times** as 'a combination of **White mischief**, Mills & Boon and **Burke's peerage**.' **A lion in the bedroom** is definitely worth reading.

SCG

SANDLER, Nick and ACTON, Johnny

Preserved.- Kyle Cathie, 2004.

Preserved is a welcome new book about the different techniques of preserving food: drying, salting, smoking, pickling, preserving in sugar and alcohol, fermenting, freezing, air exclusion, bottling and canning, sausage-making, infused oils and vinegars, liqueurs, and so on. It is a most attractive book with full-colour photographs illustrating the entertaining and informative text. Over fifty recipes are included. This is certainly a useful addition to our cookery shelves.

SCG

SHAH, Tahir

House of the Tiger King: a jungle obsession.-

J Murray, 2004.

A true-life adventure to locate a legendary Inca city said to exist deep in the Peruvian jungle. The author tells of his expedition to look for the lost city of Paititi, commonly referred to by the locals as 'The House of the Tiger King'.

This city was, supposedly, built after the Incas stripped and deserted a former wealthy city called Vilcabamba, in advance of an aggressive Spanish conquistador force, out for loot in 1572. Since then many explorers, adventurers and archaeologists have searched without any luck for this fabled city.

Armchair travellers will certainly be entertained and fascinated by the author's quest in the dark and mysterious Peruvian jungle.

EB



VAN DER MERWE, Floris JG

Sport en spel in die konsentrasiekampe tydens die Anglo-Boereoorlog 1899-1902.- FJG Publ, 2004.

Die skrywer is 'n bekende sporthistorikus van Stellenbosch. Met die onlangse honderdjarige herdenking van die Anglo-Boereoorlog was die konsentrasiekampe weer sterk in die kolling. Dit is 'n interessante ondersoek om te bevestig dat sport en spele 'n kardinale rol in die lewens van kampinwoners gespeel het. Die studie is hoofsaaklik toegespits op die fisieke aktiwiteite van die inwoners van die wit en swart kampe. Hierdie ondersoek verryk nie net die geskiedenis rondom een van die ingrypendste gebeurtenisse in die Suid-Afrikaanse geskiedenis nie, maar lewer ook 'n waardevolle bydrae tot Suid-Afrikaanse sport- en kultuurgeskiedenis. Daar word verwys na die verskillende sportaktiwiteite en klem word gelê op die terapeutiese waarde van sport en spele onder die haglike oorlogsomstandighede om pyn en lyding en hartseer onder die kampinwoners te verlig. Die boek bestaan uit swart en wit foto's, enkele kleurfoto's, asook vertellings en beskrywings van sportbedrywighede en speletjies by die verskillende konsentrasiekampe tussen verskillende rasse-groepe. Dit werp 'n ander blik op die anders sombere geskiedenis wat ons ken.

RB

●●● **ADULT FICTION**
VOLWASSE VERHALENDE
LEKTUUR

GAIMAN, Neil

Anansi boys.- Review, 2005.

Neil Gaiman continues his theme of 'old gods' in the 'new world' which he first began in **American gods**. Fat Charlie Nancy, not in reality fat, but stuck with the nickname since childhood, learns that his estranged father has recently died in a karaoke bar. What he cannot accept is that his deceased father was the god, Anansi, and that he has a handsome brother called Spider of whom he has not been aware. Spider arrives on his doorstep and things at home are no longer the same. Charlie finds himself questioned by the police and his fiancé fancies brother Spider. Desperate to get his old life back, he approaches four eccentric old ladies to help him via the medium of voodoo.

In **Anansi boys** Gaiman uses his particular sense of humour and unflinching sense of drama to present a thoroughly entertaining and imaginative drama about two god-brothers in a surreal battle in the world of the demi-gods.

Thought-provoking and hugely entertaining, **Anansi boys** is another noteworthy entry in Gaiman's seemingly unlimited canon of bizarre tales.

Fans of this alternative author of 'shadow fiction' will be delighted by his most recent contribution.

EB

HILL, Reginald

The Stranger House.- HarperCollins, 2005.

This new novel is something a bit different from the multi-award-winning author of the entertaining

Dalziel and Pascoe police series. It is something of a mixture: part contemporary story, part mystery and part ghost story. In the contemporary story two visitors arrive in the small Cumbrian village of Illsworth. Sam Flood is a young Australian mathematician who wants to find out more about her grandmother, who was transported to an orphanage in Australia in the 1960s as part of the Child Migrant Scheme. The other visitor is Miguel Madero, a Spaniard preparing to join the priesthood. He too is there to trace the story of an ancestor; in his case an ancestor who left with the Spanish Armada in 1588. And it is with the character of Madero that the supernatural element in the novel emerges, for he experiences strange ghostly visions. The narrative moves back and forth in time between the present and the past, both the recent past of the sixties and a more distant past, to a period of religious upheaval and Catholic martyrdom in the late sixteenth century. Skillfully plotted and multi-layered, **The Stranger House** is a wonderfully absorbing read.

SCG

NAPIER, William

Attila.- Orion, 2005.

The story is set on the eve of the declining Roman Empire and evolves around the early life of the future dreaded leader of the nomadic tribe called the Huns. The boy Attila is a 'guest of Rome', in reality a hostage, while a Roman boy, Aetius, of the same age is likewise a 'guest of the Huns'. This is for diplomatic reasons so that each boy can learn from the other's culture.

Attila is very much an outsider in Rome, and is ridiculed by fellow Germanic hostages and the emperor's ambitious and scheming sister Galla Placidia.

When his kind and caring protectors, the successful and popular Roman general Stilicho and his loving wife Serena are murdered, Attila finds himself at the mercy of Galla Placidia.

After escaping an attempt on his life during the invasion of the Goths on Rome, Attila is assisted by Lucius, a Roman centurion from Britain, to escape.

On his way back to his people, Attila acquires a new friend in the escaped Greek slave Orestes, and also later crosses paths with Lucius who is in search of his son, sold as a slave by Saxon pirates after a raid on the British coast.

This is the first title in a protracted trilogy called *Attila the Hun*, and is an entertaining and enlightening historical read that will be welcomed by many who enjoy the genre.

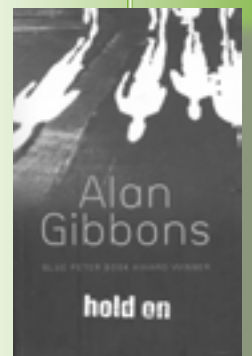
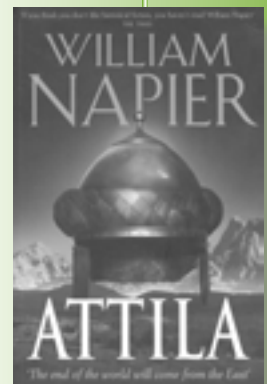
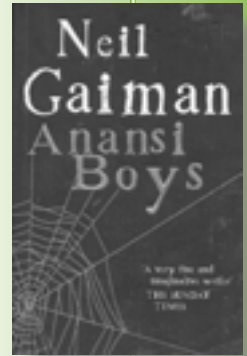
EB

●●● **YOUNG ADULT FICTION**
TIENERLEKTUUR

GIBBONS, Alan

Hold on.- Dolphin, 2005.

Alan Gibbons really is a fine writer of realistic fiction for teenagers and he does not disappoint with this latest one. Annie and her family move to Canada for a year and while they are there they go down to Disneyland for a holiday. There she meets up with a boy from her old school back in England - John is a shy boy, an overweight boy, a boy who





is bullied, a boy who is virtually friendless and who feels unloved. Annie never really noticed him back in England, but here in a foreign land they are thrown together because the two families start doing things together as the younger daughters have suddenly become best friends. Despite themselves, Annie and John find themselves having a good time together and John falls in love with Annie, but she recoils when he tries to kiss her, because to her he is just a friend, not boyfriend material.

When she returns to England a few months later and goes back to her old school, things are different. In the interim John has committed suicide and now Annie is determined that the four boys who bullied him at school should be brought to justice. She is a real avenging angel and will stop at nothing, even when the reality of life is not as she thinks it is or as John had described in his diary, which she secretly reads when she baby-sits the two girls. Complicating matters are Annie's feelings for Matthew, one of the bullies, which she tries to suppress and her hunt for the missing pages from John's diary that finally reveal the truth as to his reason for killing himself.

Compassionate, unsentimental and gripping, this novel holds your attention throughout and shows that life is never as simple as we sometimes think it is.

JdeB

WILSON, Jacqueline

Love lessons.- Doubleday, 2005.

Jacqueline Wilson's latest novel is not for her younger fans, but for older teenagers who can handle the implications of her theme - forbidden love between a high school pupil and her teacher. And as with so many of her books, it is the human failings of her adult characters and the ways in which the children and teenagers who people her books have to cope with them in an often cruel world that strikes such a chord with the reader.

15-year-old Prue and her younger sister Grace are home schooled by their overbearing and old-fashioned father. The girls are virtually cut off from modern life in that they wear homemade dresses and are not exposed to other children or the media. Both girls long to be part of the real world and their chance comes when their father is suddenly hospitalised and their mother, who up until now has been a real doormat, sends them to the local high school.

But things do not turn out as Prue had expected. Firstly her younger sister makes friends immediately, while she is taunted and teased for being so obviously different. The only person to show her any understanding and support is the art teacher. Prue becomes immediately infatuated with him and is soon babysitting his two young children and befriending his wife. Rax is a weak man, for although things never get out of hand on a physical level, he allows himself to be manipulated by the scheming and desperate Prue.

The author does not allow this winter/summer love affair to overshadow the other subplots that are equally interesting and handled with her characteristic insight into human nature. While her father is in hospital recovering from his stroke, it is Prue who has to help teach him how to communicate again when the family visit each evening and her mother

has to take the lead in the running of the household and come up with a way of handling the financial disaster they face with a second hand bookstore that is not a going concern. And there is the boy at school who, despite their differences, fancies Prue.

JdeB

●●● JUVENILE FICTION JEUGLEKTUUR

HELMORE, Jim

Letterbox Lil: a cautionary tale.- Oxford UP, 2005.

Lil loves to spy on other people and she does so by peeping in through the letterboxes in their front doors. The reader joins her in this and so we too are privy to the secrets and strange hidden behaviour of some of her neighbours like the fact that Davy Dark is actually a vampire and hangs upside down, the spiffily dressed Peter who has a metre-long tongue and the old Professor who is turning a zebra's stripes into spots.

All this is far more fun than reading about scary things in books, thinks our heroine. But Lil gets her comeuppance when she looks through her own letterbox to find a pair of eyes staring back at her. The story doesn't end there - the author keeps us guessing as to who it was who was spying on Lil. The fact that it was her cat is not a disappointment at all for the book is rounded off so well. The rhyming text and large appealing illustrations, together with the one flap (Lil's own letterbox with the large yellow eyes behind it) make this a fantastic read-aloud for a session of scary stories.

So many picture books are now crammed with flaps to lift, holes to poke one's finger through and wheels to turn that it is unusual to see the judicious use of a single flap. The impact of this flap is heightened for there is only the one and it is placed at the climax of the story.

JdeB

PAUL, Nick

Oom Japie en die monsterplant.- Tafelberg, 2005.

Klein Joshua is in vervoering oor sy oom Japie. Vir hom is oom Japie 'n misterieuse kalant, want niemand in sy gesin 'weet eintlik presies wat oom Japie is nie.' Maar hoe dit ook al sy, oom Japie sorg vir vele vermaak met al sy stories. Joshua voel veral meegesleur deur oom Japie se storie van die monsterplant in hul tuin wat op maanliggaande begin kriel. Die verhaal bereik 'n hoogtepunt toe die monsterplant dieselfde aand krielig begin raak en behoortlik op oom Japie se spoor is... 'n Lekker bangmaakstorie. Die fyn vermenging van teks en illustrasies maak dit beslis 'n wenner vir jong lesers.

EMW

Note: At the time of going to press, some of these titles were still on order.

RB	Ronel Bladen	EB	Erich Buchhaus
JdeB	Johanna de Beer	SCG	Sabrina Gosling
EMW	Ethney Waters		

