

science & technology



AGRICULTURE

Nelson, Mark. **The Wastewater Gardener: Preserving the Planet One Flush at a Time.** Synergetic. 2014. 232p. illus. index. ISBN 9780907791522. \$34.95; pap. ISBN 9780907791515. \$23.95. GARDENING

Part wake-up call, part memoir, this book is a humorous look at innovative ways for dealing with human waste that respect the water cycle—a wastewater garden is a trademarked method for using water-tolerant plants to process sewage as part of a septic system. Ecosystem engineer and researcher Nelson describes his career in detail, starting with desert farming in New Mexico and two years in the sustainability experiment of Biosphere 2. The author went on to create wastewater gardens in Mexico, Australia, Indonesia, and other regions with ecosystems affected by sewage treatment problems.



The business of making bread, new realms of technology, how bodily fluids become products

His greater point throughout is that in the developed world we are profligate in our use of potable water to flush away waste, and this is unsustainable. His approaches to problems are pragmatic, and his stories are honest about the efficacy of given practices. The language used in the book is correspondingly free of euphemisms for waste. **VERDICT** This is not an instruction manual but an enlightening take on sustainable sewage treatment for readers interested in sustainability and public health.—Margaret Heller, Loyola Univ. Chicago Libs.

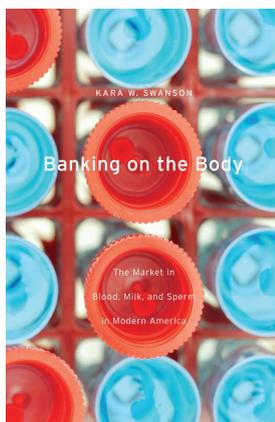
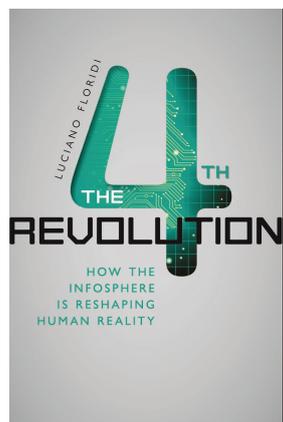
HEALTH & MEDICINE

Cushman, Anne. **Moving into Meditation: A 12-Week Mindfulness Program for Yoga**

Practitioners. Shambhala. Jul. 2014. 240p. illus. index. ISBN 9781611800982. \$19.95.

HEALTH

Cushman (*Enlightenment for Idiots*) created a “systematic program designed for yoga practitioners of all levels who want to deepen their practice of physical postures and breathing techniques to support, express, and include the ancient art of mindfulness meditation.” Based on the author’s work with students at Spirit Rock Meditation Center in Woodacre, CA, the program is a beautiful blend of insight meditation and classical yoga. Each week of the program has a theme with a series of practices to work on, and the program builds upon itself as it progresses, culminating with experiencing life joyfully. The author teaches how each week’s theme can be integrated into asana practice, seated meditation, and daily life. Her



344p. index. ISBN 9780091947767. pap. \$19.95; ebk. ISBN 9781448118472. HEALTH

Ford (*The Contented Little Baby Book*), a UK maternity nurse who has written over 20 parenting books, here tells women what to expect from pregnancy, starting with conception and covering up to life at home with the baby. She details both the baby’s growth and the mother’s experience during each month of pregnancy and each labor stage and also discusses complications that could occur, especially if preexisting conditions are a factor. There is also a chapter on the changing relationship among the mother, her spouse, and family, and advice on the clothes, furniture, and supplies that are necessary to buy for the baby. While this is a well-written and informative book, some of the content is not relevant to an American audience. Although the resources section does have information on Ford’s newsletter and website, it predominantly contains British websites, and some chapters use British terminology or refer to British maternal health services. Still, this is a solid overview of what a new mother should expect in regards to the pregnancy and childbirth.

VERDICT Libraries with consumer health collections or that own Ford’s previous books should consider this one.—Rebecca Raszewski, Univ. of Illinois Lib., Chicago

Swanson, Kara W. **Banking on the Body: The Market in Blood, Milk, and Sperm in Modern America.** Harvard Univ. 2014. 334p. photos. notes. index. ISBN 9780674281431. \$35; ebk. ISBN 9780674369498. MED

Is blood a gift or a commodity? Is artificial insemination a form of adultery? These are some of the questions Swanson (law, Northeastern Univ., Boston) explores in the history of therapeutic treatments involving human products. This fascinating and well-analyzed work investigates the debates surrounding such substances as commodity or community resources, and looks at gender issues and legal reactions. In the cases of blood and breast milk, donors have over time transitioned from highly personal wet nurses or vein-to-vein blood donors to unknown sources of a processed product. The only participants to move away from secrecy are sperm donors whose attributes are listed in catalogs. Unfortunately, many of Swanson’s stories provide only tempting outlines of the his-

Ford, Gina with Charlotte Chaliha. **The Contented Pregnancy: Essential Advice from Conception to Birth.** Vermillion. 2014.