

Philavery is an invention that he defines as “an idiosyncratic collection of uncommon and pleasing words” (iii–v). The *Philavery* is very much Mr. Foyle’s dictionary. It grew out of a list of unfamiliar words or usages Foyle encountered in his own reading, supplemented by “new gems—pleasing, interesting, and unusual words, both ancient and modern which attracted my attention in some way and demanded to be remembered” (iii). Happily, Foyle has a broad range of reading interests and catholic tastes when it comes to words he finds pleasing. The dictionary holds approximately 1,170 words with a good variety of etymological origins. He includes words that are common but pleasing (“blurt”), nonsensical (“friscajoly”), archaic (“leman”), scientific (“dasyphyullous”), poetical (“synecdoche”), religious (“Muggletonian”), rhetorical (“paradiastole”), philosophical (“ontology”), and a little naughty (“priapic”). Foyle’s Englishness comes through in definitions of Americanisms and even more in his occasional notes, which include anecdotes about the author’s home in a converted abbey (see “decollate”) and the seventeenth-century thatched stone cottage he used to own in Wiltshire (see “rhabdomancy”). English spellings occur in only a few of the definitions and should not be distracting to American readers. The English tone of Foyle’s commentary is well matched by the book’s attractive design, with its William Morris end papers and cover decorations, its gold lettered spine bound in red cloth, and its sewn-in ribbon to mark the reader’s place.

The definitions seem well researched. Scanning the familiar words I discovered only a few odd definitions and only one that I would judge a mistake; the description of a “monstrance” as “a large open or transparent cup” is at odds with all the other dictionaries I consulted. Comparing a random sampling of forty-five obscure words to the *Oxford English Dictionary* showed that Foyle’s definitions are in good accord with this authority. The most common discrepancy is when Foyle emphasizes or restricts himself to a sense the *OED* lists as a secondary meaning. Only one of the sample words could not be found in the *OED*: “haptodysphoria,” a medical term that Foyle defines as “an unpleasant sensation felt by some people in response to certain tactile sensations.” It is clear that Foyle has consulted a variety of sources and authorities and he has produced a highly enjoyable dictionary. The only substantive criticism of the *Philavery* is that Foyle has chosen to include pronunciations and derivations only where he feels they are necessary or interesting. Similar dictionaries include these for all terms, allowing the reader to determine when they are necessary or interesting. *Foyle’s Philavery* is suitable for school, public, and academic libraries.—Alistair Morrison, *Product Manager, Lexis-Nexis, MLS candidate, University of Maryland*

The Gale Encyclopedia of Diets: A Guide to Health and Nutrition. Ed. by Jacqueline Longe. New York: Gale, 2008. 2 vols. \$415 (ISBN 978-1-4144-2991-5).

Coronary heart disease, diabetes, hypertension, and obesity continue to increase in many Western countries; and, in the United States, coronary heart disease is the leading cause

of death for both sexes. Many medical experts attribute the rise in these diseases to a sedentary lifestyle and the modern Western diet that is based on unhealthy fats, processed foods, and an over-reliance on fast food.

At the same time, Western societies are youth-obsessed, and slenderness and physical fitness are usually associated with youth and beauty. Dieting, good nutrition, and the maintenance of health preoccupy the citizens of Western countries. Consumers are constantly bombarded by advertisements for diets and nutritional products that claim to offer immediate results. These consumers may find it challenging to locate accurate and truthful information about these items. In fact, these individuals’ main sources of information may be marketers and media messages.

This well-designed and comprehensive reference, which contains 275 signed articles, provides objective information in contrast to biased sources. All articles furnish good overviews, and they are good places to start research because they provide sections for definitions, descriptions, resources, and key terms. Cross-referencing includes capitalizing in the text of all topics that are main entries. The work also contains approximately two hundred color illustrations.

The resource provides information for basically three types of topics: special and popular diets, nutrition basics, and health. It will assist individuals to better understand relationships between nutrition and medical conditions. For example, the articles for specific diets, especially controversial diets, discuss precautions, risks, and questions to ask physicians. The articles focusing on nutrition basics have sections for precautions, interactions, aftercare, complications, and parental concerns; and the health articles discuss nutrition, dietetic concerns, and prevention.

Weight loss programs endorsed by celebrities such as Dr. Phil, Richard Simmons, and Suzanne Somers are covered, as well as popular plans like Jenny Craig and Weight Watchers. There is even an entry for the Subway diet, the diet associated with Jared Fogle, a loyal customer of the Subway fast-food chain. Many other entries focus on the foods and eating patterns of specific groups, such as adolescents, African-Americans, Central Americans and Mexicans, and men.

Jacqueline Longe, the editor, has edited similar encyclopedias for Thomson Gale, such as *Gale Encyclopedia of Medicine* (2006), *Gale Encyclopedia of Cancer* (2005), and *Gale Encyclopedia of Alternative Medicine* (2004). Although there is some overlap in topic coverage between works, the articles in this newest encyclopedia have been totally updated and are often written by new authors. Besides being an excellent resource to answer personal questions, this set will be useful for exploring a variety of research topics. Therefore, this resource is being recommended for all public and academic consumer health collections.—Caroline Geck, *School Library Media Specialist, Newark Public Schools, New Jersey*

Handbook to Life in the Medieval World. By Madeleine P. Cosman and Linda G. Jones. Facts On File Library of World History. New