

SOURCES

particularly if the reader wanted to cross reference and explore a topic from both a broad and more detailed approach.

Like the other Decades Series, this volume includes extensive appendixes and indexes, taking up nearly a third of the last volume. Appendixes like “World War II: Wartime Agencies of the U.S. Government,” “World War II Battles,” and “World War II: Military Leaders,” are a surprising addition and extremely helpful in providing quick facts. This series targets high school students and undergraduates, providing entries of appropriate length and scope. Public and academic libraries with other Decades Series in their collection will want to add the 1940s to their resources, but this work easily stands on its own in furthering an understanding of the 1940s decade and the war that shaped it.—*Emily Cox, Graduate Student, School of Information and Library Science, UNC-Chapel Hill, Chapel Hill, North Carolina*

Healthy Foods: Fact Versus Fiction. By Myrna Chandler Goldstein and Mark A. Goldstein. Santa Barbara, Calif.: Greenwood, 2010. 310 p. acid free \$55 (ISBN 978-0-313-38096-9). E-book available (978-0-313-38097-6), call for pricing.

Long time husband and wife author team have written a number of books over the years on health and nutrition topics. In their most recent title, the authors address the confusion caused from the onslaught of publications on the curative properties of foods and “super foods.” The stated aim of *Healthy Foods* is to provide a neutral analysis of individual foods’ nutritional benefits and to create a single place to compare actual research findings.

Healthy Foods is organized into short sections about the fifty individual foods with the most nutritional claims. The foods chosen range from common fruits and vegetables like apples, carrots, and onions to more unusual items like chickpeas, brazil nuts, and sea vegetables. Within each food section, the authors provide summaries of the available nutritional research, organized by disease or health concerns, such as diabetes, cancer, and asthma. At the end of each food section, the authors provide a bibliography of their print and web resources. However, it seems that a majority of the authors’ sources come from the books and website of George Mateljan, another important figure in nutritional writing. One might wonder why they should purchase this book over one of Mr. Mateljan’s own books, such as *The World’s Healthiest Foods, Essential Guide for the Healthiest Way of Eating* (Mateljan, 2007).

This title is very well organized and provides a single source to check the most recent research on the nutritional value of foods. However, the finding summaries are a dry read, and it’s sometimes hard to come to any confident conclusion after reading the research without author analysis. Another disappointment is that you cannot look up a health condition in the index to research what foods might be helpful to your individual condition.

Other similar works over the past few years have provided both the research conclusions and guidance on how to utilize healthy foods for optimum health, with perhaps too much of

a promise of super foods and ultimate cures such as, *The 150 Healthiest Foods on Earth: The Surprising, Unbiased Truth About What You Should Eat and Why* (Bowden, 2007).

In general this is a solid title for high school and public library reference collections, particularly in combination with a nutritional guide that provides more interpretation and food use guidance. I would also suggest looking at *The New Whole Foods Encyclopedia: A Comprehensive Resource for Healthy Eating* (Wood, 2010).—*Jessica Weitz, Technical Services Assistant, Brooks Memorial Library, Brattleboro, Vermont*

Icons of Mystery and Crime Detection: From Sleuths to Superheroes.

By Mitzi M. Brunsdale. Greenwood Icons. Santa Barbara, Calif.: Greenwood, 2010. 2 vols. acid free \$175 (ISBN 978-0-313-34530-2). E-book available (978-0-313-34531-9), call for pricing.

This two-volume reference set, *Icons of Mystery and Crime Detection: From Sleuths to Superheroes*, is part of a Greenwood Press series designed to “provide students and general readers [with] a port of entry into the most fascinating and influential topics of the day” (xi). Each set in the series covers twenty-four iconic figures fitting the topics of the sets, which range from music to sports to inventors to talk show hosts. According to the series editor, there are three qualifications for icons: the icon must challenge the status quo, influence millions, and impact history (xii). This particular set discusses an interesting array of characters: Batman, James Bond, Father Brown, Charlie Chan, Hercule Poirot and Miss Marple, Inspector Clouseau, Columbo, Dagnet’s Jack Webb, Nancy Drew, Jessica Fletcher, Mike Hammer, Joe Leaphorn and Jim Chee, Dirty Harry, Alfred Hitchcock, Sherlock Holmes, Inspector Maigret, Philip Marlowe, Perry Mason, Edgar Allan Poe, Lord Peter Wimsey, Sam Spade, Dick Tracy, Nero Wolfe, and Zorro.

The volumes are arranged alphabetically by character or author. Each chapter numbers twenty-eight to thirty four pages with a black-and-white illustration preceding the text. The format of each chapter is the same for each icon. Usually, a short paragraph sets the stage. This is followed by a two-to-three page discussion of the historical and cultural context of the character, a two-to-three page discussion of the author or authors who created the character, and a two-page publishing history. The icon is then profiled (seven to eight pages), including his or her background, associates, strengths, nemeses or opponents, romantic interests or friends, and enduring appeal. Sidebars of quotations and additional facts about the icon are also included. One of these contains a recipe for James Bond’s dry martini. Others list important Navajo terms or Batman’s favorite equipment. Each chapter is rounded out with a parallel chronology of the icon and world historic events and a bibliography including the authors’ works and primary sources, filmographies, and media works. The work is heavily footnoted with citations appearing throughout the text and a list of works cited near the end of the chapter. A list of further readings and websites conclude the chapter. An index appears at the end of volume 2.

The text is fascinating, scholarly, and very thorough. It

definitely covers all anyone other than the fervid fan would wish to know about these characters. It is limited to just twenty-four characters and authors so is not the full spectrum of mystery and crime characters. Almost each kind (i.e. cozy, hard-boiled, noir) of the mystery genre is represented except that of the tough and savvy woman detective such as Sara Paretsky's V. I. Warshawski, Sue Grafton's Kinsey Millhone, or Patricia Cornwell's Kay Scarpetta. There is a passing reference in the chapter on Jessica Fletcher, but this reviewer would recommend a more robust treatment, if not a substitution for the Jessica Fletcher chapter. There are many reference and nonfiction books about mystery and crime detection authors and fictional characters but none quite like this reference work with its attention to the cultural and historical context and the character's lasting impact. The reader receives a history lesson along with information about the character. I would recommend this set to public and academic libraries that have an audience interested in a scholarly approach to this genre.—*Carol Krismann, Retired Business Librarian, University of Colorado*

Literary Research Guide, 5th ed. By James L. Harner. New York: Modern Language Association. Online Edition, www.mlalrg.org/public, call for pricing.

Long the standard for identifying research sources for literature in English, the *Literary Research Guide* annotates reference resources, detailing their strengths and, in many cases, suggesting how to use them efficiently or in combination with additional titles. The online edition, based upon the printed fifth edition, won the 2009 PROSE Award for eProduct/Best in Humanities. While the online edition retains the overall organizational structure and entries of the print edition, it also has the advanced features of a database and discovery tool, increasing the value of this essential resource.

Entries are grouped as general reference works, broad national literatures, or related topics and within each section follow a structured approach divided by type of reference work, from broad strokes such as histories and surveys, drilling down to biographical dictionaries and genres. Titles under each heading are listed in order of importance to the field. Scanning entries within any section is much like scanning the inventory of a well-stocked academic collection. However, Harner acknowledges that omissions are inevitable, and that is true in some specialized fields of study. While the "Literature Related Topics and Sources" section acknowledges disciplines related to the study of literature, the small number of entries provides limited entry to these areas. A major resource for popular culture, Tom Pendergast and Sara Pendergast's *St. James Encyclopedia of Popular Culture* (St. James Press, 2000), is omitted as well as Salem Press's Decades series. Intentionally omitted are separate entries on works focusing on a single author, general surveys, and elementary works more suited to lower level researchers, although within an entry researchers may be guided to such material. A decided preference toward print rather than electronic resources indicates the state of electronic reference materials in literature, although more electronic resources

are added with each new edition as appropriate. Overall, the thoroughness and currency of this resource is well-established. Harner has updated entries since the print fifth edition; these updates, including revised or renumbered entries, are clearly indicated in the "Update Information" link, information previously available from an author-supplied URL used in conjunction with the print editions. As the online guide continues to be updated, however, lists of recent updates need to be organized or indicated more effectively than alphabetically under each revision date, listing perhaps only the latest round of updates or a last updated note within each entry.

Although not apparent from the initial edition number, the online and print editions differ in content. The online edition includes "The Research Process," a section which walks through the process of finding primary and secondary works much like a tutorial, suggesting resources from broad categories (bibliographies of bibliographies) to narrow (text archives), working down through a list to cover all the research bases. The online edition frees researchers from relying on the index to find a work that may only be referenced in annotations for another resource; due to full text and title searching, the three indexes from the print edition are not included online.

A basic full text search and an advanced search (full text, author or editor name, or title of work) return results quickly, both for known item searching and keyword searching. Search result relevancy is high while still allowing for serendipitous discovery of related resources based upon the results list. Complementary titles from other sections of the guide are easily found within the results list, and the ability to browse through a section also works well for discovery. Tracking sources for multiple projects can be managed by a user account, similar to the type used in EBSCO databases or WorldCat FirstSearch.

The ability to link from *LRG* entries directly to library holdings, WorldCat, and Google Books increases immediate discovery, allowing users to move directly from an *LRG* entry to the local catalog record. Also hyperlinked are "see also" references, included at the end of many entries, providing an efficient method of moving through entries to find a number of potential resources, possibly further opening up reference collections and increasing usage.

The *LRG* site indicates that it will be updated twice a year; MLA is not certain a print version will continue to be available in future editions. Essential for researchers from advanced undergraduates to faculty and researchers.—*Amy F Fyn, Reference and Instruction Librarian, Bowling Green State University, Bowling Green, Ohio*

Milestone Documents in African American History. Ed. By Paul Finkelman. Milestone Documents. Dallas, Tex.: Schlager, 2010. 4 vols. acid free \$395 (ISBN 978-1-935306-05-4). Complementary online access with purchase of print.

This set is the publisher's fourth entry in a series of reference volumes focusing on primary sources, and *Milestone Documents in African American History* is a welcome addition to the current literature. Although other texts such as George