

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, Dragnet’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