



The Long, Long Days by P.M. Niryanandan. Orient Longman Ltd., 160 Anna Salai, Madras-600 002, 1992. Rs 45. This novel captures different facets of life on the campus of a college in south India in the '50s.

Abhimanyu by K.P. Balaji. Orient Longman, 1992. Rs 45. Based in a small south Indian town, this is the late K.P. Balaji's first published novel. The protagonist is a college student from a middle class family who gets drawn into a student agitation and pays a heavy price for it.

A Spelling Guide to Woman, Charmayne D'Souza, Orient Longman, 1990. Rs 35. A touch of humour pervades many of these poems. Others describe the sufferings, conflicts and compromises that women learn to live with.

Women and the Household in Asia, Vol. 3. Structures and Strategies. Women, Work and Family. Edited by Leela Dube and Rajni Palriwala. Sage Publications, 32, M-Block Market, Greater Kailash 1, 1990. Rs 195.

Women and the Household in Asia, Vol. 4. Gender and the Household Domain. Social and Cultural Dimensions. Edited by Maithreyi Krishnaraj and Karuna Chanana. Sage Publications, 1989. Rs 195. These two volumes seek to facilitate an understanding of the position of women by examining the dynamics of intra-household relationships. They explore the inter-linkages between the two themes central to the analysis of gender: family structure and intra-household relations, and work and production.

Indian Women in a Changing Industrial Scenario. Edited by Nirmala

Books Received

Bannerjee. Sage Publications, 1991. Rs 250. A study of the regional variations in women's employment. Among the issues discussed are the sexual division of labour and the exploitation of women workers, the reasons for the increase in women's employment in industry and their relegation to poorly paid and mechanical jobs, and the attitude of trade unions to them.

War on Disease: Bombay's Survival Kit by Radhika Ramasubban, Bhanwar Singh, and Nigel Crook. Colloquium India, 402, Zeba Corner, Carter Road, Bombay-400 050, 1991. Rs 48.

This book, written by experts in public health, deals with a number of diseases that are common in Bombay. It is written in the form of stories and dialogues. The focus is on the relationship of disease with nutrition and an insanitary, polluted environment.

Women in Peasant Movements: Tebhaga, Naxalite and After by Debal K.S. Singha Roy. Manohar Publications, Ansari Road, Daryaganj, New Delhi, 1992. Rs 175. This book charts the role of working class rural woman in three peasant movements in West Bengal, the radical Tebhaga (1946-47) and Naxalite (1967-71) movements of the 70s and '80s.

Gender Transformation, Power and Resistance among Women in Sri Lanka by Carla Risseuw. Manohar Publications, 1991. Rs 350.

The author's interest in gender based hierarchies and power grew out of her close involvement with a group of Sri Lankan women coir workers. In this study she explores the linkages of gender with macroeconomic and political processes through various points in history, as well as the resistance strategies used by the women coir workers.

Tips on Pregnancy

Pregnancy by Nutan Pandit. Rupa & Co., 1991. Rs 50

In this age of high technology child birth, Nutan Pandit's book makes a welcome contribution precisely because it demystifies pregnancy. Though many such books have been published in India, this book seeks to dispel the popular notion that pregnancy is of necessity a painful and terrifying experience. Instead, asserts Pandit, a positive attitude can make childbirth one of the most rewarding experiences.

Her recommendations of a sensible diet and exercise regime are not new by any means. But her advocacy of the importance of breathing and relaxation methods is to be welcomed. Though widely accepted in the west, these techniques are practised only by a minuscule section of the elite in this country. Yet as she shows, wider acceptance of these techniques could alleviate the fear that is considered an inescapable part of labour by women in general.

The book makes one aware, in simple language and non-medical terms, of the changes to be expected during pregnancy. It suggests simple ways of tackling discomfort. The author deals with common beliefs relating to pregnancy in a scientific manner.

The book also explains the food requirements of a pregnant woman from the initial stages of pregnancy to the time she has to breast feed the baby and gives exercises to do during and after pregnancy to help the body get back to normal after delivery.

Also helpful, though it has been discussed in most other books, is a section on the common problems that go with pregnancy, such as backaches, weak teeth and gums, stretch marks and so on.

It is very useful for a first pregnancy - gets you mentally prepared for what to expect - gets rid of many unfounded fears and deals with how to respond to a baby at childbirth.