

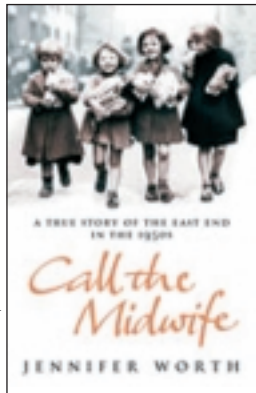


Book Reviews

What have you read lately?

You can tell so much about a person by the books they read.....

Call the Midwife – a true story of the East End in the 1950's. *Jennifer Worth*
www.orionbooks.co.uk
 ISBN 978 0 297 85314 5



Jennifer Worth was a trained midwife attached to an order of nuns working in the slums of London in the 1950's.

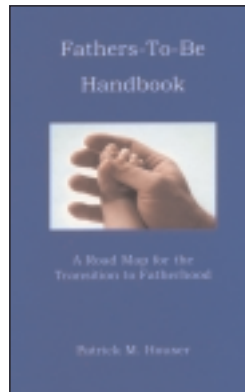
'Call the Midwife' is a warts-and-all account of Jennifer's time spent living with the Nuns, the characters that made up the close communities of the London slums and the work that the midwives did to help. The war had not long ended, employment was high, but so was poverty and the shortage of housing due to the bombings.

Jennifer tells of young girls regularly having 10 babies or more, in housing conditions a far cry from today's sanitised world. Doctors attendance, anti natal clinics, hospital births, they were all in the distant future – it was left to the midwives to ensure safe delivery of the newborn, and to monitor the health of both mother and baby.

The midwives were expected to be on hand day and night, using only bicycles to get them around the streets of London. They would attend the birth, usually with no water on tap, and in damp, bug infested, crowded conditions.

They carried out their work confidently, travelling around back-street slums without fear of attack of any sort. Neighbours looked after each other, children played safely in the streets.

Read this and marvel that mankind didn't die out in the 50's!



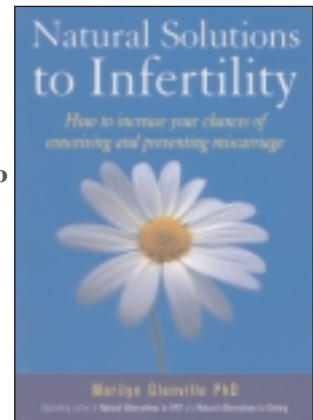
Fathers To Be Handbook - A Road Map for the transition to Fatherhood

Patrick Houser
 ISBN 978-1-903789-10-0

Patrick is a father and grandfather and is passionate about empowering men to take greater involvement in the family, especially the birth of their children.

The modern family is changing and fathers today face new challenges. This practical guide shares stories, ideas and techniques to prepare men for the new role of Fatherhood. A must read for all fathers to be and an ideal gift for the man when the focus has traditionally been on the woman.

www.fatherstobe.org



Natural Solutions to Infertility - How to increase your chances of conceiving and preventing miscarriage

Marilyn Glenville
 £12.99
 ISBN 0-7499-2059-9

One in six couples find it difficult to conceive, one in four women will miscarry and out of those couples who seek medical help 30 per cent are told they have 'unexplained infertility', This book offers great hope to those who have either tried naturally or through medical intervention. It suggests that a simple change in lifestyle and diet maybe all that is needed. Many of us are unaware that vitamin and mineral deficiencies, stress, environmental and occupational hazards all contribute to infertility.

Practical, easy to follow and a very optimistic read. A wonderful introduction and plan for any couple planning to have a family.

Can be purchased through all good bookshops or online at www.dietfreedom.co.uk