

●●● ADULT NON-FICTION
VOLWASSE VAKLEKTUUR

GRIFFITHS, Grant
Body building for beginners.- Silverdale, 2004.

An introductory and well-illustrated title to training in weights for eager novice body builders, giving necessary and useful guidelines to training.

Chapters cover anatomy, training plans and programmes, exercise, powerlifting and concludes with weightlifting safety.

Different from the usual body building titles, it goes a long way to ensure that the reader receives a good understanding of the layout of human anatomy such as the bone system, the joints and the muscles.

The second chapter concentrates on training and offers guidelines with regard to fitness and motivation, while the third chapter presents a selection of floor, dumbbell, barbell and bench exercises.

Basic principles of powerlifting are covered in the fourth chapter before the reader is faced with a selection of do's and don'ts of weightlifting. Well presented and sure to be a hit amongst enthusiasts.

EB

Die Groot boek van Christelike aanhalings/ saamgestel deur Nina Smit.- CUM-Boeke, 2005.

'Die doel van die lewe is nie om gelukkig te wees nie, maar om saak te maak, om produktief te wees, om bruikbaar te wees, om 'n positiewe verskil te maak, omdat jy geleef het.' Anononiem. 'Uit elke troostelose winter kom daar 'n heerlike lente te voorskyn. Uit elke krisis word daar 'n nuwe tyd gebore.' Solly Ozroveh.

Hierdie is maar 'n paar van die aanhalings wat te vinde is in **Die groot boek van Christelike aanhalings**, saamgestel deur die bekende geestelike skrywer Nina Smit. Saamgestel in 'n A-Z formaat, bevat hierdie titel duisende wysede omtrent die lewe. Dit sluit in: aanhalings oor die liefde, lewe, geluk, pyn, eensaamheid, aanbidding, die kerk, ensovoorts. Van onskatbare waarde vir die Christen leser en vir diegene wat opnuut wil moed skep uit die waarhede van die lewe.

EMW

HOLZER, Hans
Ghosts: true encounters with the world beyond.- Black Dog, 2004.

In this well-researched and groundbreaking book, paranormal expert Hans Holzer delivers a fascinating glimpse into a wide variety of ghostly manifestations such as phantoms and poltergeists.

The reader is taken on a visit to haunted places all over the world, meeting haunted people and learning how to interpret sounds and signals from 'the other side.' The black and white illustrations include rare, genuine photographs of ghostly apparitions and visitations. As it states on the blurb, '**Ghosts** is a must-read for all would-be ghost hunters and fans of the otherworldly.'

EB

HUNT, Irmgard A.
On Hitler's mountain: overcoming the legacy of a Nazi childhood.- W. Morrow, 2005.

Making use of her memories and those of her family, the author reveals what life was like for German citizens living in the Bavarian village of Berchtesgarden, the chosen retreat of Hitler and the Nazi elite during World War II. Readers will be fascinated by this memoir of the young girl who became famous when she sat on Hitler's lap in a publicity photograph of the time.

The author tries to explain why and how moral Germans tolerated and even supported the Nazis. Particularly thrilling are the author's recollections of life under occupation and her personal struggles to cope with the legacy of her parents' generation.

This poignant and fascinating memoir forms part of a recent literary trend to examine the lives of ordinary German citizens during the war.

EB

PESCHAK, Thomas P.
Currents of contrast: life in southern Africa's two oceans.- Struik, 2005.

A most attractive and interesting book about the marine environments of South Africa, Namibia and Mozambique. The author, Thomas Peschak, is a marine biologist at the Marine Biology Research Unit at the University of Cape Town. Although doing his PhD on the effects of perlemoen poaching on kelp forest ecosystems, he is also regarded as something of a fundi on the Cape clawless otter, 'trade in marine animals for traditional African medicines, and the ethno-marine biology of African cultures, and the marine foraging of baboons.' He is also a filmmaker and an award-winning natural history photographer and writer. This book can be seen as complementing G & M Branch's **The living shores of Southern Africa** (1981). Peschak writes in the preface: 'A hit with a wide audience, this instant classic went through 12 impressions before going out of print. The time has come for a new look at the natural history of southern Africa's oceans. Combining popular science and wildlife photography, **Currents of contrast** aims to bring readers southern Africa's most exciting marine discoveries with a strong focus on research findings in the last quarter of a century - from the biology of the smallest limpet to the behaviour of the great white shark.'

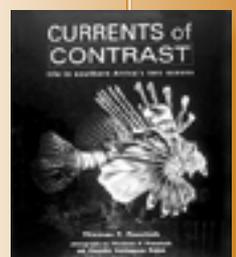
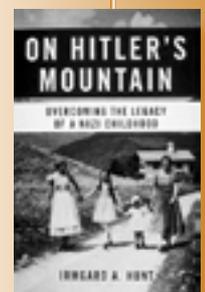
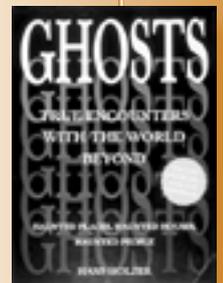
Some of the photographs are by Claudio Velasquez Rojas: zoologist, photographer, film producer/director.

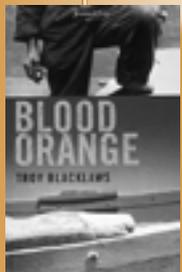
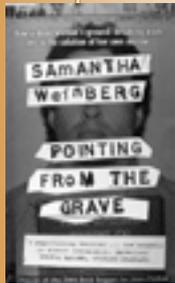
Currents of contrast is an excellent book and is definitely a worthwhile addition to our library stock.

SG

RALSTON, Aron
Between a rock and a hard place.- Schuster, 2004.

The 27-year-old author, who recently qualified as a mechanical engineer, has many stories about his outdoor experiences, mountaineering, skiing, canyoning and snowshoeing. On 26 April 2003 he set off on his own for a day's hike in a Utah canyon. While





he was climbing a wedged boulder came loose and pinned his right arm against the canyon wall. Stuck there and unable to free himself for five days he describes how he kept himself alive, his thoughts, the sleep-deprivation and trance state he was in. On the sixth day he sawed his right arm off, broke the bones, parcelled up the cut-off arm and made his way out of the canyon. After six miles, at midday, he encountered the search party and it was after 15:00 before he was finally rescued by helicopter. While trapped he videotaped himself daily and recorded the amputation, taping messages to his family about how he was feeling. Colour plates illustrate the text. This is readable adventure stuff, quite riveting in parts.

DH

SCHNEIDER, Helga

The bonfire of Berlin.- Heinemann, 2005.

The author delivers a poignant recollection of her life as a young girl in Berlin during the final years of World War II. It opens shortly after her mother abandons her and her younger brother to join the Schutzstaffel (SS) to serve in various concentration camps. Helga and her brother are sent to live with their aunt, then later with their grandmother, and when their father remarries, their stepmother.

From the beginning Helga and stepmother do not get on well, but younger brother receives all the attention. Eventually Helga is sent to a boarding school in the country where she at last finds love and attention from her teachers and makes friends with the children. But this soon ends when she has to return to Berlin - a Berlin much changed.

Helga establishes a close bond with her stepmother's father who is kind and supportive during these trying times. The rest of the story centres on survival and how people coped with day-to-day living.

Through the eyes and memory of a young girl, this memoir vividly captures the wretchedness of a war-time city and its citizens trapped in a daily struggle with survival, faced with food shortages, bombings, the uncertainties of defeat, the ever-present threat of rape by marauding Russians and the strange relief that comes with peace, whatever the consequences.

EB

WEINBERG, Samantha

Pointing from the grave: a true story of murder and DNA.- Penguin, 2004.

Samantha Weinberg is an English journalist who has worked in both South Africa and Namibia, and is the author of a couple of other non-fiction books:

The last of the pirates, about the mercenary Bob Denard, and the Comores, and **A fish caught in time**, about the search for the coelacanth. Her latest, **Pointing from the grave**, is a very readable mix of popular science and true crime. It is her account of how a murder victim's work helped solve the crime of her own murder and convict her killer. Helena Greenwood, a scientist involved in DNA research, was sexually assaulted in 1984 and murdered a year later. The man convicted of the assault could not be linked to her murder until fifteen years later when

DNA evidence was used. Although this is a real-life murder story, it is not at all sensationalist like so many true-crime books. Weinberg also covers the history of DNA research and discusses the use of DNA as a forensic tool: how it not only can be used to prove someone's guilt, but also their innocence, the question of infallibility, and so on. This fascinating book was a deserved winner of the CWA Gold dagger for Non-Fiction in 2003.

SG

●●● **ADULT FICTION**
VOLWASSEVERHALENDE
LEKTUUR

BLACKLAWS, Troy

Blood orange.- Double Storey, 2005.

The author's first novel, **Karoo boy**, is to be republished in Britain and the United States, and the film rights have been sold to Anant Singh. **Blood orange**, his second, is an autobiographical coming-of-age novel, a first-person narrative about a boy nicknamed Gecko, growing up on a farm in Natal. He is seven at the start of the novel and attends a kindergarten run by nuns. Later he goes to school in Howick. When the family moves to a farm in the Groot Drakenstein Valley, he and his brother, Zane (named after Zane Grey), are bussed to Paarl Boys High School every day. The headmaster, Visoog Vorster, inculcates harsh discipline, the tradition of being a foremost rugby school, and does not tolerate liberal political ideas.

After school, he is conscripted into military service, but deserts and runs away to Europe. This is another gem of a novel from this promising writer. It is convincing and easy to identify with as it is very true to its South African context. The author has a gift for writing, he puts things so well and it all seems so effortless. The book reads very well, is amusing in parts, and would appeal to older teenagers too. Highly recommended.

DH

CARROLL, Claudia

He loves me...he loves me not.- Bantam, 2004.

This debut novel from an Irish actress is an entertaining story set in rural Ireland at Davenport Hall, ancestral home of the impoverished Davenport family: sisters, Portia and Daisy, and their mother, Lucasta. As a way of making some money, they offer their house as a location for a new movie. This is great fun; humour, romance, eccentricity, and a likeable central character in Portia, all combine to make this a most enjoyable read.

SG

COOKE, Sophie

The glass house.- Hutchinson, 2004.

Sophie Cooke's first novel is a poignant coming-of-age story set in rural Scotland amid the stresses and strains of a dysfunctional family. The central character, and narrator is Vanessa, whom we first meet when she is fifteen. Her father, an oil engineer, is away working in Saudi Arabia. She is the middle



child, living with her sisters, Bryony and Lucy, and their beautiful, dominating mother, who is a strange character, prone to extreme mood swings. **The glass house** is unlikely to have broad popular appeal, but it is a lovely novel that can be recommended to anyone looking for a good read, older teenagers too.

SG

DIETRICH, William

The scourge of god.- HarperCollins, 2005.

Set in the year 449 AD, the story centres around young Jonas Alabanda, son of an impoverished merchant family, who embraces the opportunity to be part of a diplomatic mission from Constantinople to the dreaded king of the Huns called Attila. What most members of the envoy don't know is that they are to be indirectly part of a plot to assassinate Attila. When exposed, most of the diplomats are sent back to Constantinople in disgrace, but one is crucified and Jonas is enslaved.

Meanwhile the angered Attila prepares to make war on the Western Roman Empire, enlisting the support of the Vandal King, Gaiseric. Jonas, determined to free himself and the beautiful Roman captive, Ilana, with whom he has become infatuated, is drawn into the events and outcome of the forthcoming epic confrontation between the Huns and their allies and the Western Roman Empire.

Keeping close to historical fact, the author cleverly interacts three fictitious characters to a primary historical cast of characters, in a successful formula that makes the story believably human and gripping. Readers who enjoyed the film **Gladiator** will likely relish this gem of the historical fiction genre.

EB

DURHAM, David Anthony

Pride of Carthage: a novel of Hannibal.-

Doubleday, 2005.

An historical epic retelling of Hannibal's war against Rome, the Second Punic War (218-202 BC), as seen from a multiple of viewpoints, but mostly from the perspective of Hannibal and his brothers. The author also allows others lower down the social scale to tell their stories, and in this way the reader gains a much wider perspective. Some liberties have been taken with historical facts, but this is mainly to make it more accessible to fiction lovers. This book should not be read as anything other than a novel.

Gripping and unpretentious, this novel, if filmed, should make a great movie.

EB

ERASMUS, Barbara

Kaleidoscope.- Penguin, 2004.

A reader who enjoyed Mark Haddon's **The curious incident of the dog in the night-time** asked me if I knew of any other novels which deal with Asperger's Syndrome or autism. Besides local author Annelie Botes's **Riddle child** (a translation of **Raaisel-kind**), only two sprang immediately to mind.

One of them, also a local book, is **Kaleidoscope**, which should have arrived in the libraries earlier this year and deals with autism and family relationships. Claire, one of two sisters, tells the story. She and her

sister Kate are wildly different. Kate is the colourful one, extroverted and vivacious, with a life that is fun, full, impulsive and, to Claire's mind, verging on the chaotic.

Claire, on the other hand, is cool and analytical, with an emotional distance in all her relationships and a life that is calm and ordered. Through Claire's eyes, Erasmus explores the ways the individual characters and the family framework changes after Kate and her husband have a baby, for as Amy grows older it becomes apparent that she is autistic. Erasmus has penned a quiet, thoughtful debut novel, which is compelling from the very start.

The other book that came to mind is **Speed of dark**, which has been around for a few years. The author, Elizabeth Moon, usually writes military science fiction, but in this novel she takes a different direction. She has an autistic teenage son and wanted to write about what it is like to be autistic. Her hero, Lou Arrendale, an autistic adult, narrates the story. Although not new, this is an engrossing and imaginative novel.

I can strongly recommend both these novels to anyone interested in the subject.

SG

JACQ, Christian

The tree of life.- Schuster, 2005.

The start of a new series, *The mysteries of Osiris*, by the ever-popular French archaeologist/author, once again set in ancient Egypt. The reader is introduced to Iker, a young orphan and apprentice scribe, whose destiny is somehow tied to the affairs of Egypt and indirectly to Pharaoh Sesostri whose mission is to unite a divided Egypt. There are forces at work to upset the balance in Egypt and destroy its monarchy.

The story opens up with a kidnapped Iker, a likely candidate for sacrifice aboard a ship that in turn is shipwrecked. Iker, the only survivor on a mystical island, discovers a magical chest on the island. Seemingly rescued by pirates, he is later imprisoned, escapes, only to be thrown into goal by corrupt government officials.

From then on Iker, who has high moral values, journeys from one misadventure to another, following his destiny and searching for a beautiful and mystical young priestess with whom he has fallen deeply in love. But unbeknown to him he has caught the attention of the Pharaoh whose agents look after his well-being. Iker's story runs parallel to the mission of the Pharaoh Sesostri and this title is a thrilling and exciting start to the new series.

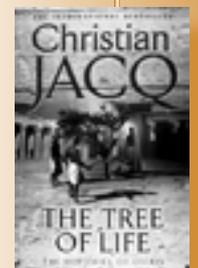
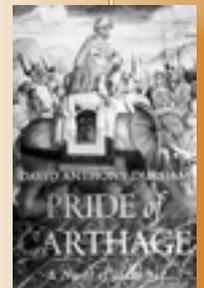
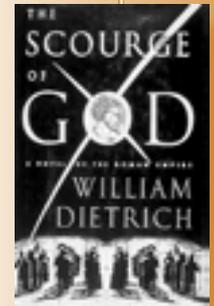
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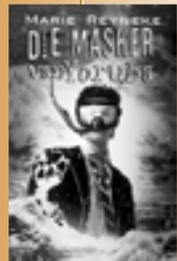
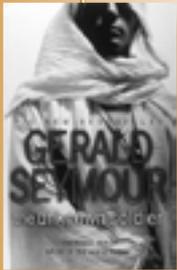
MATHEWS, Adrian

The apothecary's house.- Macmillan, 2004.

Award-winning author of **Vienna blood** once again offers readers a gripping read in his latest offering, a story revolving around a painting with a history.

Ruth Braams works at the Rijksmuseum in Amsterdam where she shares with her colleague and confidant, Myles Palmer, the unenviable task of re-allocating artwork confiscated by the Nazis during World War II to their rightful owners.





Enters, Lydia van der Heyden, who lays claim to a rather mediocre painting by a distant relative. A claim that should have been straightforward, soon becomes the centre of a bizarre plot, involving alchemy, chemistry, photography and, to Ruth's dismay a trail of lies and threats. However, it appears that Lydia is not the only claimant, and against bureau regulations, Ruth sets out to strengthen Lydia's case.

While investigating the painting, Ruth comes across mysterious markings, symbols and codes, Nazi interest, and long-lost letters by the artist revealing an earth-shattering history associated with the painting. This novel contains all the ingredients to thrill readers with its originality, completely unexpected plot and its ultimate denouement.

EB

QUIGLEY, Sheila

Run for home.- Century, 2004.

Bad moon rising.- Century, 2005.

Run for home was marketed with a great deal of hype in the United Kingdom when it was first published last year. The main focus was that it was the debut novel from 'a 55-year-old grandmother-of-eight from a condemned housing estate in the north-east'. It is a tough, gritty crime thriller with a strong sense of place, a cast of interesting characters and lots of action. Set on a rough council estate in England, it focuses on the large Lumsden family. Quigley has created some convincing characters, particularly the Lumsden children and their friends, and has a real knack of making the neighbourhood come alive for the reader. She is obviously writing about something she knows well. When a headless corpse is discovered near the estate, Detective Inspector Lorraine Hunt investigates. While this story is raw and filled with violence and crime it is not a bleak novel, in fact has a warmth one may not have expected. It is pacy and gripping that should appeal to readers who enjoy the books of Martina Cole, Lynda La Plante or Mandasue Heller:

I was eagerly awaiting Quigley's second novel and was not disappointed when I finally could get my hands on **Bad moon rising**. It is another gritty crime thriller and is actually a sequel to **Run for home**. It features the same policewoman, but it isn't simply the second in a detective series, as other characters from the first book appear here too, including some of the Lumsden children and their neighbours. Having read the first book certainly makes this one more enjoyable, but it can stand alone. The police are investigating a serial killer but there are many others who think they know who the killer is. My only criticism is that the attraction between the police detective and another character is dealt with in a 'genre romance' kind of way, which doesn't sit well in this otherwise convincing crime thriller - but that certainly doesn't stop me from recommending it.

SG

SEYMOUR, Gerald

The unknown soldier.- Bantam, 2004.

Seymour's latest is a very up-to-the-minute espionage thriller set mainly in Saudi Arabia. **The unknown soldier** is quite a convoluted read, with

many intriguing characters and narrative strands. One of the main protagonists, and perhaps the most fascinating, is the British-born Caleb Hunt whom we meet at the beginning of the book when he escapes from soldiers taking him back to Kabul. He had spent the previous two years imprisoned in the now-notorious Guantanamo Bay detention centre in Cuba, after having been captured in Afghanistan by American soldiers. Finally convinced that he is a taxi driver wanting only to be reunited with his family, and not the Al Qaeda operative they suspected him to be, the American intelligence authorities arrange his return to Afghanistan, and it is en route to being turned over to the Afghans that he escapes from his military escort and flees to the mountains.

This is a gripping read - entertaining and thought-provoking, with depth that one doesn't always find in popular thrillers, and with subject matter that is particularly pertinent today.

SG

●●● **JUVENILE FICTION**
JEUGLEKTUUR

REYNEKE, Marie

Die masker van Yoruba.- Human, 2005.

Die dag toe die skuldeisers die jong Theuns Meyer se gesin se besittings kom opskryf, sweer hy op sy pa se masker, die masker van Yoruba, dat hy hul familienaam wat sy pa beswadder het met sy skelmstreke, in ere sal herstel. Maar, by sy oom se huis in Sandbaai, verloop dinge heel anders. Dis hier waar Theuns hom vasloop in Ras Payne, 'n afgedankte akteur, nou perlemoenstroper. Theuns raak vasgestrengel in 'n wêreld van agterdog en leuens en dit kos een tragiese nag om hom uiteindelik tot besinning te bring. 'n Aksiebelaaide verhaal van begin tot einde.

EMW

SAID, SF

Varjak Paw.- Corgi, 2004.

Said's first novel is an unusual, but engrossing, read. It is both an animal fantasy and a martial arts adventure story. The eponymous Varjak Paw is a Mesopotamian Blue kitten who lived happily with his family in a large house. Their comfortable life as pets of a loving owner comes to an abrupt end when their owner dies and The Gentlemen arrive with their black cats. Varjak manages to escape but then has to face the dangers of the street. Fortunately he has been trained in the Way, an esoteric feline martial art. This is a wonderful story and one that I can strongly recommend.

SG

Note: At the time of going to press, some of these titles were still on order.

EB	Erich Buchhaus
SG	Sabrina Gosling
DH	Denise Harris
EMW	Ethney Waters

