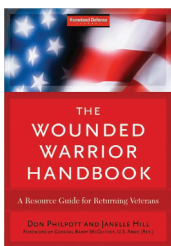


is also founder of the Irritable Bowel Syndrome Treatment Center and the Center for Food Allergies. Wangen has spent many years researching the problems related to foods and allergies.

The book includes a good overview of the history of wheat, explains the differences between celiac disease and gluten intolerance, and includes personal essays by those who suffered from health problems that later proved to be the result of gluten intolerance. Wangen discusses medical tests that physicians often neglect that would rule out gluten intolerance, and he gives readers practical information to take to their physicians and practitioners. Many physicians still do not have a good appreciation for celiac disease, Wagner says, therefore when ruling out celiac disease most “will not pursue any further the possibility that a patient might instead be gluten intolerant. A “tremendous amount of suffering,” he states, could be avoided if doctors only knew how to test for non-celiac intolerance.

In *Healthier Without Wheat*, Wangen challenges health assumptions about wheat and lists numerous conditions associated with gluten intolerance, including abdominal pain, anemia, arthritis, esophagitis, fatigue, and migraines. The book informs readers not only where gluten can easily be found but also where gluten hides. Wangen’s concise and easy to understand manner will leave his readers with both an awareness of the bigger problem of gluten and how it could adversely be affecting their own lives and the lives of others. (March) *Robin S. Stevens*



**The Wounded Warrior Handbook: A Resource Guide for Returning Veterans**

**Don Philpott and Janelle Hill**  
Government Institutes  
Softcover \$30.00 (304pp)  
978-1-60590-271-5

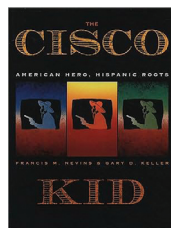
For the 25,000 US service personnel who have been injured since the invasion of Iraq in 2003, a wide array of medical and other assistance is available. But the biggest obstacle for the wounded and their family members is often a daunting maze of red tape. The Department of Defense (DoD) and the Veterans Administration (VA) have published guides, handbooks, Web sites, and toll-free numbers, but these aids often add to the confusion. To address the need for a roadmap, Don Philpott and Janelle Hill have assembled the *Wounded Warrior Handbook: A Resource Guide for Returning Veterans*. Philpott is a veteran journalist and editor of the *Homeland Defense Journal*; Hill is a consultant and US Marine Corp Volunteer with a degree from National Defense University. With the backing of Government Institutes and Scarecrow Press, and cooperation from the DoD and VA, Philpott and Hill have assembled a current and comprehensive, yet independent resource that

may prove to be indispensable to wounded veterans from Iraq and Afghanistan as well as from prior US military campaigns.

This *Handbook* first addresses the recovery process, from the traumatic injury event onward, for the active serviceman or woman. It gives practical advice on everything from spotting the symptoms of depression to travel instructions for visiting family. It explains the terms of separation from military service and the process for determining and appealing the so-important physical disability status. Much of the *Handbook’s* emphasis is on the service member’s transition from medical retirement or separation to rehabilitation, continuing care, outpatient care, job counseling and training, and employment. One useful chapter includes a discussion of financial, legal, and tax issues faced by active and discharged troops. Finally, a chapter on bereavement covers everything from grief support to burial expenses, military funerals, and death benefits.

Contemporary warfare has seen a disproportionate amount of amputations, loss of vision, and traumatic brain injuries, and the military health system and VA are responsive to the special needs of this population. The *Handbook* reflects the emphasis on care for emotional as well as physical trauma. “Multidisciplinary” medical teams include liaisons—professional social workers—who interface the wounded and their families with treatment and other relevant agencies and resources. Readers will discover that, despite recent scandals in VA hospitals and the common perception that the US does not support its wounded veterans and their loved ones, assistance in every conceivable aspect of transition and reintegration is available. And throughout, Philpott and Hill offer names, addresses, phone numbers, and Web addresses. *Joe Taylor*

## HISTORY



**The Cisco Kid: American Hero, Hispanic Roots**

**Francis M. Nevins and Gary D. Keller**  
Bilingual Review Press  
Hardcover \$50.00 (262pp)  
978-1-931010-48-1  
Softcover \$35.00  
978-1-931010-49-8

With both amigos laughing riotously, “Oh, Pancho!” “Oh, Cisco!” were the enduring closing lines of each *The Cisco Kid* television show from 1950 to 1956. Starring Duncan Renaldo and Leo Carrillo, they were the Don Quixote and Sancha Panza of juvenile Westerns. Children grinned and parents smiled.

Francis M. Nevins, professor emeritus at St. Louis University School of Law and author of *The Films of the Cisco Kid*, and Gary D. Keller, Regent’s Professor at Arizona State University’s

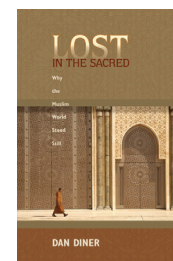
Hispanic Research Center and author of *Hispanics and United States Film*, present a close look at the Cisco cult accented in this new book. The creation came from the pen of O’Henry (William Sydney Porter; 1862-1910). O’Henry was one of the most popular American short story writers of the time, penning more than 300 stories, including “The Gift of the Magi.” In 1907 he introduced the Cisco Kid, but this Cisco was not the character that was the basis for twenty-three theatrical films, 156 television episodes, comic strips, and a radio series (“Here’s adventure! Here’s romance! Here’s the famous Robin Hood of the Old West”). O’Henry’s hallmark was the “twist ending,” and in “The Caballero’s Way,” a tale from his collection *Heart of the West*, ranger Sandridge with his Winchester “pumped in the bullets” into his girlfriend thinking it was Cisco, due to a ruse of mistaken identity.

The authors present a study of the Kid to include dimensions “that speak to the bilingual-bicultural person who is knowledgeable about Hispanic culture” starting with the 1929 sound film *In Old Arizona*, where the fictional character was endowed with a Latino persona. One discussion is of Pancho’s term “lezwent” and its meaning among Spanish bilinguals; linguists call it a “calque,” a “semantic transfer from Spanish to English of the Mexican regionalism ‘fujimonus.’”

Many directors and actors were interviewed, thus numerous anecdotes. The authors include background information on stars, e.g., Renaldo was an illegal immigrant during the movies and the first year of the television series. Other interesting notes include examples of “Panchoisms,” humorous malaprops by Pancho; some fistfights were filmed in slow motion and then speeded up, and guns by the ears of the galloping horses were only minimally loaded otherwise the horses would be startled.

The 8 ½ x 11 book includes many colorful photographs of movie posters. In *South of the Rio-Grande* (1945) Renaldo as Cisco is mustachioed wearing a blue outfit while serenading a señorita (Armida Vendrell) in peasant-styled white dress with gold trim. Other posters show different Cisco Kids such as Warren Baxter, Martin Garralaga, and César Romero. Not all posters and discussions are of Cisco; there are, for example, Pancho Villa and Zorro.

This is a book for students of Hispanic ethnicity and Ciscophiles. *Alex Moore*



**Lost in the Sacred: Why the Muslim World Stood Still**

**Dan Diner**  
**Steven Rendall, translator**  
Princeton University Press  
Hardcover \$29.95 (256pp)  
978-0-691-12911-2

When the first Arab Human Development Report (AHDR) was issued in 2002 it caused