

Annotated Bibliography

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Following is a partial list of books that have appeared in the past few years dealing with various women's health problems. Several of the books are clearly destined to be classics in their field. The list does not necessarily contain the most recent nor the most authoritative work on the subject, but is intended to stimulate reading, thinking, and investigation.

Bernard J: *Women, Wives, Mothers: Values and Options*. Chicago, Aldine Publishing Co, 1975.

Bernard presents a social analysis of the changes in the values that are being experienced by women in all classes of society, and how these changes are affecting the options available to women today. She examines research on sex differences, showing how sexism is implicit in most of this research and how research on women should be performed. She analyzes how young girls are socialized to be wives and mothers, and the effect of mothering on

the lives of women, the problems of age, class, ethnicity, and race on the lives of women, contrasting the nineteenth and twentieth century feminist movements with respect to class. She exposes the damaging effects of extreme sex role specialization in our society and projects new social forms that are needed for women to plan their lives to achieve better health.

Brady K: *Father's Days: A True Story of Incest*. New York, Seaview Books, 1979.

Brady presents a moving account of her experiences as victim of incest from the age of 8 years until she became engaged to be married at age 18. She gives an analysis of how and why incest develops in families, and of the courage and struggle of the victim and the family to overcome the life-long damaging effects of incest. Herself not able to acknowledge her own experiences with incest until the age of 32, she documents her own confrontation with her mother, father, brother, and sister in attempting to heal herself of the burden of guilt and fear. She provides important insights for health care providers in understanding and helping people involved in incest.

Brownmiller S: *Against Our Will: Men, Women and Rape*. New York, Simon & Schuster, 1975.

The importance of this book extends far beyond the problem of rape that occurs in society today. Brownmiller examines the historical events, religions, and philosophies that created and condoned the inherent right of men to exercise power and ownership through sexual exploitation of women. She presents detailed evidence

showing how rape is used to wage wars and to achieve power and control not only of women's bodies, but women's entire life experience. The book exposes the myths and common misconceptions about what rape is, why and how it occurs, and what needs to be done to end the tyranny of rape. She concludes with both theoretical and practical projections about what women need to do to gain control of their own bodies and life experiences, and to change the psychology of both men who commit rape and use the threat of rape to control women, and the psychology of women as victims.

Chesler P: *Women and Madness*. New York, Avon Books, 1972.

Chesler presents a detailed documentation of the damage that psychiatry has done to women and offers deeply personal and political alternatives for women who want to change their own lives and society. The history of psychological theory and how it defines women as insane is presented, and evidence of the long history of abuse of women under the guise of psychology and psychiatry, affecting every woman's life, are presented.

Daly M: *Gyn/Ecology: The Metaethics of Radical Feminism*. Boston, Beacon Press, 1978.

Feminist philosopher and theologian Daly presents a brilliant, definitive analysis of how throughout history women have been the real objects under attack by patriarchal society. The first passage presents a framework for discovering the barriers of obsolete myths, and confronts all-pervasive mystification and deception

embedded in the words we use and in the patriarchal myths that shape women's lives. In the second passage she presents an analysis of the cultural and social atrocities that have been waged against women—Chinese footbinding, Indian widow-burning, the European witch craze, African genital mutilation, and American medical-psychiatric practice. Each of these atrocities has had a profound effect on the health and survival of women throughout history, and the effects of all of the events still have a profound effect on the lives of women around the world. The nurse's role in American gynecology is identified as that of token torturer—a role that women have traditionally assumed in all of the atrocious practices she analyzes. The third passage presents a framework for women who will to break through the barriers.

Davidson T: *Conjugal Crime: Understanding and Changing the Wifebeating Pattern*. New York, Hawthorn Books, 1978.

Davidson identifies and defines the problem of wife abuse openly and clearly, presenting an analysis of a battering lifestyle that is prevalent in our society. The book includes a complete index of hotline numbers, referral addresses of shelters, and a list of grassroots publications on the subject.

Demeter A: *Legal Kidnapping*. Boston, Beacon Press, 1977.

Demeter, a pediatrician in a midwestern city, gives a diary account of the kidnapping of her two youngest children by her cardiologist husband when she announced to him her intention to obtain a divorce.

Along with the moving and personal account of the events of the ordeal, she presents a theoretical analysis of the nature of relationships within the family and how the male psyche in today's society is still dominated by the impulse to own and control women and children.

Donegan JB: *Women and Men Midwives*. Westport, Connecticut, Greenwood Press, 1978.

Donegan traces the history of childbirth management from the sixteenth to the nineteenth centuries, showing how childbirth practice gradually was stolen from women by male midwives (obstetricians) and how women are attempting to restore their own control over childbirth.

Dreifus C (ed): *Seizing Our Bodies: The Politics of Women's Health*. New York, Vintage Books, 1978.

Dreifus has edited a volume that contains analysis of the history of the women's health movement, problems in reproductive health, institutionalized medical practice delivered to women, the effects of occupations on women's health, and perspectives for the future of the women's health movement.

Dworkin A: *Woman Hating*. New York, EP Dutton, 1974.

This is one of the most important analyses of women's lives and women's role in society to be published in the 1970s. Dworkin presents an analysis of fairy tales and their role in shaping attitudes and expectations about women, an analysis of pornography, and an analysis of two major

gynocidal events in history—Chinese foot-binding and the execution of witches. She presents a framework for future revolution to restore to women their authenticity and humanity.

Ehrenreich B, English D: *For Her Own Good: 150 Years of the Experts' Advice to Women*. New York, Anchor Press/Doubleday, 1979.

This is one of the most important books to appear, giving a scholarly and profoundly provocative analysis of female history, the history of American medicine and psychology, and the history of childhood. This book provides essential understanding of the ways in which women's health and women's roles as caretakers of children's health have been conceptualized by the health care industry, and provides a framework for significant change in women's health.

Ehrenreich J (ed): *The Cultural Crisis of Modern Medicine*. New York, Monthly Review Press, 1978.

This is a volume of contributed articles that examine the social functions of medicine in American society, the social control of women through medical practice, and the political and economic consequences of our present health care system.

Hite S: *The Hite Report: A Nationwide Study of Female Sexuality*. New York, Macmillan, 1976.

This book contains a report of a nationwide survey on female sexuality conducted over a 4-year period. The focus in the report is not on statistical analyses but

rather on quotations that record the female sexual experience that is usually hidden from view. The book also contains a new theory of female sexuality, which puts sex in a historical and cultural context, providing a reevaluation of sexuality as defined in male theory and research.

Miller JB: *Toward a New Psychology of Women*. Boston, Beacon Press, 1976.

Miller's book offers a significant contribution toward building a new self-image and overcoming the crippling fears and insecurities that have been bred into women's lives by classic psychoanalysis. She presents a theoretical framework that can be used to define and create health for women in today's society, including creating healthy ties to other people, becoming authentic and creative, healthy use of power, and healthy engagement in conflict.

Rich A: *Of Woman Born: Motherhood as Experience and Institution*. New York, WW Norton, 1976.

This book is one of the most important and comprehensive analyses of the problems and challenges of motherhood and childrearing that has been written. Rich includes a historical survey of the evolution of the institution of motherhood in society, the development of childbearing and childrearing practices in society, and a moving analysis of the personal experience of mothering in contemporary Western society. As one reviewer wrote, "It is a book of revelations. Revelations not specific to mothers but to all women and men, concerning the best-kept secrets of civilization."

Ruether RR: *New Woman New Earth: Sexist Ideologies and Human Liberation*. New York: The Seabury Press, 1975.

Ruether examines the effects of religion and sexism on the lives of women throughout history and analyzes the cultural and psychological consequences of the religious views of women and women's bodies. She presents a stimulating projection of how women and men can create a personal and social revolution in our lives, including a restoration of health in the environment.

Sangiuliano I: *In Her Time*. New York, William Morrow, 1978.

Sangiuliano, a practicing psychotherapist, presents an analysis of the development and meaning of women's lives from a positive, growth-oriented perspective. She presents data from the lives of 24 women, including techniques that she has found effective in eliciting data that are not traditionally viewed as growth-producing in a woman's life. She proposes that women's adult lives are shaped by unpredictable crises and upheavals and describes how women manage to resolve the crises, rather than by what has been traditionally defined by the male-dominated "developmental" sequence of predictable events that apply more aptly to the adult development of men. The book offers excellent resources for assessment and intervention

strategies that can be used by nurses who are working with adult women.

Stellman JM: *Women's Work, Women's Health: Myths and Realities*. New York, Pantheon Books, 1977.

Stellman presents an important analysis of the health hazards of the workplace both in and out of the home, and offers suggestions for creating safer work environments, individually and collectively. She documents how the burden of two working environments—in the home as parent and houseworker and the outside work of paid employment—has created an important health hazard for women.

The Spirit of Houston: The First National Women's Conference. An Official Report to the President, the Congress, and the People of the United States. Washington, DC, US Government Printing Office, March 1978.

This document presents a history of the events that led to the Women's Conference in Houston, how it was conceived and planned, and contains the proceedings and recommendations of this significant event. All of the recommendations made at this conference are related to women's health and document the need for specific direction and action to change society for improved health of women and children.