

BOOKS

From the High Plains, by John Fisher
(Harper & Row, \$10.00)

A native of the High Plains of Texas, John Fisher used family papers, recollections of relatives, and a few printed sources to compile the series of episodes which make up this volume. Much of the book deals with Fisher's family and the activities of his ancestors and relatives. The author traces his maternal grandparents, the Capertons, from Alabama to Texas and his mother from Texhoma, where she taught school and married John S. Fisher.

Other sections of the book deal with Col. Charles Goodnight, his ranch, and other ranches on the High Plains, mostly financed with British capital; the settlement of and activities at Tascosa including the "ladies of the evening" who resided in the suburb, Hogstown; Joseph F. Glidden, most successful inventor of barbed wire; and the Indian Chief Geronimo whose real name was Goyakla. The final two chapters deal with the discovery of oil and gas on the High Plains and the current and future problems of water shortage.

Anyone unfamiliar with the High Plains will find the book interesting and informative. Those who already know something about the area will probably gain something from Fisher's first and second hand accounts of "the hard men, high spirited women--and a few rascals--who settled the last frontier of the Old West."

-Charles R. Schultz

The Times of My Life, by Betty Ford, with Chris Chase

(Harper and Row, \$10.95)

Having admired Betty Ford ever since she and her family were thrust into prominence after the Watergate episode, I was interested to learn that she was writing her memoirs. The excerpts in the women's magazines left me cold, but happily, the book as a whole did not.

From growing up in Grand Rapids, Mich. to signing herself in to the Long Beach Naval Hospital's Alcohol and Drug Rehabilitation Service, Mrs Ford writes of things that have happened to her along the way. Some are funny. One day on Air Force One, the flight began to get rough. She just happened to be in the plane's washroom. A secret service man started to pound on the door and told her to sit down. Mrs. Ford yelled back, "I am sitting down!" Some episodes are sad--waiting at Arlington National Cemetery for John F. Kennedy's funeral cortege. Other times she simply records day to day events. The book is not earthshaking, but it is fun to read about Betty Bloomer, the dancer, the courtship of Jerry and Betty, the antics that four active children can produce, the trip to China, the White House guests and state dinners. It is also refreshing to read of a strong woman who is not afraid to admit she made some mistakes along the way. The last chapter about her dependancy on pills and alcohol is especially candid.

Take a break from studying. If you enjoy biographies or autobiographies, you'll like *The Times of My Life*.

-Linda Dreier

Bestsellers

FICTION

1. *War and Remembrance* — Herman Wouk
2. *Chesapeake* — James A. Michener
3. *Second Generation* — Howard Fast
4. *Overload* — Arthur Hailey
5. *The Stories of John Cheever* — John Cheever
6. *Evergreen* — Belva Plain
7. *The Coup* — John Updike
8. *Fools Die* — Mario Puzo
9. *The World According to Garp* — John Irving
10. *Silmarillion* — J.R.R. Tolkien

NONFICTION

1. *Mommie Dearest* — Christina Crawford
2. *A Distant Mirror* — Barbara Tuchman
3. *Lauren Bacall: By Myself* — Lauren Bacall
4. *American Caesar* — Walter Reuther
5. *Linda Goodman's Love Signs* — Linda Goodman
6. *The Complete Scarsdale Medical Diet* — Herman Tarnower and Sam Sinclair Baker
7. *In Search of History* — Theodore White
8. *The Complete Book of Parenting* — James Fook
9. *If Life Is a Bowl of Cherries: What Am I Doing in the Provinces?* — Erma Bombeck
10. *Nurse* — Peggy Anderson

MUSIC

Rock may harm muscles

By Patricia McCormack

United Press International

Rock music makes your muscles weak — right?

Right, according to Dr. John Diamond, who claims he has proof, and who describes the debilitating effect of rock as "a worldwide problem."

Diamond, a psychiatrist and president of the International Academy of Preventive Medicine, says he has tested more than 20,000 records for their effect on muscle strength.

"Not all rock numbers have this (weakening) effect, nor does a particular group necessarily have the effect consistently," Diamond declares in his new book, *BK-Behavioral Kinesiology*. "Groups and singers that tend to weaken our muscles are the Doors, the Band, Janis Joplin, Queen, America, Alice Cooper, Bachman-Turner Overdrive, and Led Zeppelin. In contrast, the Beatles never do."

"We are talking strictly about certain types of rock music, he added. "Rock and roll, country and western, jazz and other musical styles do not have this effect."

The psychiatrist theorizes that rock music has a stopped quality that was not present in rock and roll. He explains that in rock music, the beat is stopped at the end of each bar or measure.

"It is as if the music stops and then has to start again, and the listener subconsciously comes to the halt at the end of each measure. This suggests an explanation for the weakening effect of rock music. Of course, there may be others."

Diamond, founder and director of the Institute of Behavioral Kinesiology in New York, maintains that tests and experiments show classical music — except in two instances — does not produce muscle weakness. Just the opposite.

The psychiatrist theorizes that the beat of most classical music can invigorate, energize and balance humans. He thinks this has something to do with the long lives of classical music conductors.

"The average age of death of the American male is 68.9 years," he reports. "Yet at 70, some 80 percent of conductors are still alive and working."

He said Arturo Toscanini, who died at 89, "possessed what musicians who worked with him have called an intensity, an inner fire, an electricity, a magnetism. His face was almost unlined, and the white teeth he flashed were his own. On the podium he was vigorous and erect; when he walked his step was light and buoyant. Into his seventies, he hadn't seen a doctor in years."

The trend also extends to classical music performers, Diamond said. He once tested a pianist in the early sixties and found him to be as strong as he looked.

"I asked him the secret to his good health and, without hesitation, he replied, 'I eat good food. I sit up straight, and I have good music coming at me all day.'"

TOP TEN ALBUMS

1. Billy Joel — *52nd Street*
2. Blues Brothers — *Briefcase Full of Blues*
3. Barbara Streisand — *Greatest Hits, Vol. II*
4. Neil Diamond — *You Don't Bring Me Flowers*
5. Rod Stewart — *Blondes Have More Fun*
6. Earth, Wind & Fire — *The Best of Earth, Wind & Fire*
7. Chic — *C'est Chic*
8. Eric Clapton — *Backless*
9. Barry Manilow — *Greatest Hits*
10. Foreigner — *Double Vision*



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February 5-28, 1979

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