

personal interviews add freshness and currency. An index and several appendices that provide additional pertinent data are provided.

Historians and the general reader alike will welcome this book as a trustworthy, needed addition to Texas and ethnic studies.

— Marvin Harris
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Joseph Bruchac, ed. *Breaking Silence: An Anthology of Contemporary Asian American Poets.* (Greenfield Center, NY: Greenfield Review Press, 1983) 295 pp., \$9.95.

Bruchac has compiled an anthology of contemporary Amerasian poets who speak in clear and melodious voices. These poets of Hawaiian, Korean, Chinese, Japanese, and Filipino backgrounds present and affirm fresh ideas and viewpoints in poetic form. They offer an understanding of their backgrounds through variant ideas. Each one captures some sense of her or his background culture and shows how their individual lives have been affected by it.

Merle Woo, one of the poets, transfers one thought of background culture to an ordinary classroom setting when she writes: "Classrooms are ugly, Cages with beautiful Birds in them. Scraped, peeling walls, Empty bookcases, An empty blackboard—no ideas here" (248).

Woo's "Poem for the Creative Writing Class, Spring 1982" tells of all the cultures concentrated in one small cubicle, and how a good teacher can break the silence of that room. Her idea actually strikes at the core of a social order. The role of a learning institution is the offering of ideas; the straight line of any action is achieved through them. The summits of science, art, and poetry are reached in ordinary classrooms. The whole spectrum of life is centered there.

Some other "action ideas" presented in the anthology are as follows:

- Write letters laced with thank yous.
- Be with someone who can "chew the fat for hours."
- See all the relatives in a certain area.
- Walk around a city and catch old memories.
- Have a sense of your own worth.
- Appreciated watching a bird over a river.
- Talk about the old days in your own accent.
- Dabble in academia after picking up street corner wisdom.
- Walk towards *Spring Street*, past the iron security gates.
- Snap some gum in time to the wonder of Stevie Wonder.
- Find the Balance between art and politics.

Move to develop a deep appreciation for the trees and the blue mountains.

And visit a hometown and desire to remain there in stopped time.

The poets in *Breaking Silence* bring forth fresh ideas which are essential for creative teaching. When the wall of silence and stale ideas enter a classroom setting, nothing is apt to happen but stagnation. The creative teacher has the responsibility of dealing with these ideas presented from multiple cultures.

This anthology makes both teachers and students alike listen more attentively and take in new ideas with a new ethnic awareness. The literary achievement of *Breaking Silence* gives the reader a feeling of moving through time and space with the poets.

The clear and colorful language is presented in well-paced rhythms. Teachers and students can appreciate this since they develop their joy of poetry through poetry-reading experiences. They, too, have "a sense of endless secrecy" to share in rhythmic language. Bruchac's anthology captures the various Amerasian experiences through cultural expressions. The reader can use it to branch out into the field of "new ideas."

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Jay C. Chunn, II, Patricia J. Dunston, and Fariyal Ross-Sheriff, eds. *Mental Health and People of Color: Curriculum Development and Change* (Washington, DC: Howard University Press, 1983) xxi, 472 pp., \$24.95.

American colleges, universities, and medical schools have developed elaborate structures for the study, diagnosis, treatment, and prevention of mental illness and associated problems in living. The history of psychological training is not value free, but rather is imbedded in the general history of the culture, and reflective of its problematic issues. Whatever theoretical perspective mental health practitioners are trained in, whatever internship experiences are designed to complement the instructional program, the rates of success in identifying and resolving difficulties vary with the ethnicity of their clients. Success is shown disproportionately for a limited population—the clients of European-American background. In each of the mental health fields examined in this volume, available data indicate underutilization, high non-return rates, client dissatisfaction, and generally poorer outcomes when mental health professionals turn their attention to the problems of people of color. Assuming a benign interest on the part of the practitioners, and