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# Video Librarian

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Nonetheless, Weisberg raises a number of disturbing and compelling questions that cannot easily be answered, and the renewed focus on the subject following the Supreme Court's affirmation of President Obama's healthcare reform legislation ensures that this film will remain timely for the near future. Recommended. Aud: C, P. (P. Hall)

**Outbreak: Anatomy of a Plague ★★★**  
(2010) 52 min. DVD: \$225. National Film Board of Canada. PPR.

Filmmaker Jefferson Lewis's *Outbreak* offers a unique perspective on the healthcare crisis by considering how contemporary society would react to a 19th-century pandemic. Lewis focuses on the 1885 smallpox epidemic that devastated Montreal (the last time the disease impacted North America), creating a speculative scenario in which a flight attendant arriving from London comes down with a chicken pox-type illness. Unable to get emergency room care, the flight attendant relies on over-the-counter medication and sleeps it off in her hotel room. However, the airborne smallpox virus carried by the ailing woman soon impacts a wider circle of unsuspecting people—including the hotel cleaning staff who unknowingly handled her bed sheets. Interwoven with the hypothetical case is a historical review of how Montreal dealt with its 1885 smallpox epidemic. Would the city (and, by extension, Western civilization) be able to cope today with a killer believed to have been eradicated? In view of the shaky manner in which crises such as AIDS, SARS, and the H1N1 virus were handled, Lewis's film raises disturbing questions about the abilities of contemporary healthcare systems to identify and respond to fast-spreading pandemics. Scarier than any Hollywood sci-fi thriller, this is recommended. Aud: H, C, P. (P. Hall)

**Recovering: Anorexia Nervosa and Bulimia Nervosa ★★★**

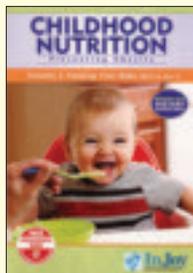
(2012) 27 min. DVD: \$79.95 (downloadable teacher's guide available). Learning Zone Express. PPR. Closed captioned.

Combining individual stories of eating disorders with statistics shared by experts, this guidance program expands on the themes of Peabody and Emmy award-winning filmmaker and host Larkin McPhee's 2000 NOVA documentary *Dying to Be Thin* (VL-3/01). Focusing on ways to recognize warning signs and try to overcome anorexia and bulimia nervosa, *Recovering* looks at risk factors (including biology, anxiety, obsessive-compulsive disorder, and sociocultural expectations), illness triggers (such as life transitions, trauma, or low self-esteem), dangers and medical compilations, and various treatment approaches (with recommended links). Featuring frank discussion

from both sexes, the program provides solid hope for those suffering from an eat-

ing disorder. Recommended. Aud: J, H, P. (J. Williams-Wood)

## CHILDBIRTH & PARENTING



**Childhood Nutrition: Preventing Obesity, Volume 1: Feeding Your Baby ★★★**

(2012) 23 min. DVD: \$59.95: public libraries; \$99.95: high schools, colleges & universities. InJoy. PPR. Closed captioned.

This first program in a two-part series is a practical guide to appropriate diet for children from birth to one year—from breastfeeding/formula through the transition to solid foods—explaining both what should be eaten and how it should be offered. A dietician/mother narrates and provides transitions between segments, while real babies demonstrate various behaviors signaling that: an infant is hungry or full; an older baby is ready, or not, for solids; and a child on solids is full (also covered are indicators that a child is ready to feed herself). *Childhood Nutrition* presents detailed instructions for choosing store-bought baby food, or preparing, serving, and storing homemade versions. Specific fruits, vegetables, beans, and meats are recommended, while parents are also cautioned about foods that babies cannot digest. Patience is necessary; adapting to eating something new can be a long process, and little ones who are just learning to feed themselves will make a mess. Along the way, diverse moms, dads, and kids are shown preparing and enjoying breast milk, formula, infant cereal, pureed foods, and bits of fruit or toast. DVD extras include a segment that encourages elementary school-aged children to eat healthy and stay active. Also newly available is *Childhood Nutrition: Preventing Obesity, Volume 2: Young Children Eating Right* (series price: \$109.95 for public libraries; \$179.90 for high schools, colleges & universities). Highly recommended. Editor's Choice. Aud: H, C, P. (M. Puffer-Rothenberg)

## RELATIONSHIPS & SEXUALITY

**Bear Nation ★★1/2**

(2011) 78 min. DVD: \$19.95 (avail. from most distributors), \$189 w/PPR (avail. from www.kinolorberedu.com). Kino Lorber.

It's easy to see why the topic of this gay-themed documentary directed by Malcolm Ingram would appeal to high-profile filmmaker/executive producer Kevin Smith, given his potty-mind knack for inserting sexual laughs into (arguably) deeper and more thoughtful subject matter. In the gay underground, "bears" are hirsute, burly folk—lumberjack types, as opposed to the stereotypes of limp-wrist sissies or idealized Greek demigods. Unavoidable "bear" puns, including subversively edited Smokey the Bear PSAs of yesteryear, raise the expected juvenile giggles, while some in the film suggest that big men somehow deliver a more honest expression of male-on-male love than effeminate types or "fabulous" drag queens (who, one interviewee opines, are just men wanting to be women). On the other hand, the question of whether a slight, clean-shaven guy can also be a bear brings up issues related to LGBT inclusion, marginalization, bigotry, and definitions of "queerness." The documentary travels to London, Chicago, and Italy, with Smith himself eventually delivering a

funny monologue about bearishness and his own status as a bear sex-symbol, despite his heterosexuality. DVD extras include an unedited version of Smith's monologue, and extended interviews. Somewhat repetitive, this niche documentary is a strong optional purchase. Aud: C, P. (C. Cassidy)

**G-Spotting: A Story of Pleasure and Promise ★★★**

(2012) 57 min. DVD: \$99.95: public libraries; \$295: colleges & universities. The Cinema Guild. PPR. ISBN: 0-7815-1410-X.

Running late on a Monday morning, you might have trouble finding your car keys, but it's doubtful anyone would argue that they don't exist. So pity the poor G-spot, the controversial and misunderstood female pleasure center. Filmmakers Ségolène Hanotaux and Gilles Bovon's documentary *G-Spotting* interviews both Shere Hite, whose 1976 *The Hite Report* seemed to render guys moot in the bedroom thanks to the discovery of clitoral orgasm, and Dr. Beverly Whipple, co-author of *The G-Spot and Other Recent Discoveries About Human Sexuality*, the landmark 1982 book that argued men could be useful again...if only they would stop and ask for directions. The film employs cheeky visual humor—a lengthy discussion of female ejaculation features footage of lawn sprinklers—but the issues raised here