Healthy Mothers, Healthy Babies: Mitigating the Stress of Immigration

The satisfactory outcome of pregnancy -- a healthy mother and child -- is affected by a wide range of factors. Physiological, social and psychological conditions influence maternal and natal health. But the effects on birth outcomes of the non-medical factors are less well documented than the more easily observed physical conditions.

Ruth Zambrana, assistant professor at UCLA's School of Social Welfare, directs much of her research toward the maternal and newborn health of low income groups. She argues that "many of the conditions prevalent among poor and minority women are the same variables which seem to increase the risk of poor new-mother and new-baby health. We are trying to fill a lack in the literature of data that relates sociodemographic characteristics, patterns of use of prenatal care, and a consideration of a range of relevant non-medical variables."

One aspect of Zambrana's work is a recent pilot project, supported in part by a UC MEXUS Development Grant, to evaluate the factors which influenced the birth outcomes in a cross-national sample of Mexican women in Tijuana and Mexican women who have been in the United States for less than seven years. The incorporation of these data into her larger studies will permit comparisons with Mexican American women by nativity, acculturation indices, and educational levels. Moreover, evaluation of these women's health and health needs is increasingly relevant to public policy issues in both countries as the immigrant population in Tijuana and the American southwest grows.

Over the last decade, immigration to California and the changing character of that immigration have given rise to conditions that present serious difficulties for maternal health and health care services. First, new immigrants are more likely to arrive without the networks of family and friends, common in the past, which provided initial social and economic support. In addition, there has been an increase in the number of young female immigrants, who may be more successful at obtaining stable employment than their male counterparts. Men often must travel extensively to search for jobs, further reducing an already thin social support system. Zambrana notes that these conditions present a reality to immigrants that is much different from that of a few years ago, causing stress and anxiety which have a potential mediating role in influencing birth outcomes. "We are interested in information that allows us to make some statements about life situations and their relation to maternal health," she says.

Zambrana and her associates began by devising a questionnaire which attempted to evaluate sociodemographic variables such as education, marital status, and income. The second major area of concern was the subject's use of common substances, including alcohol, tobacco, caffeine, and over-the-counter medications. A third (continued on page 4)
Guest Editorial

Exploring the Challenge of Interdependence: Disunity within Mexico and the United States

Recently the Bilateral Commis-

sion on the countries’ eco-

nomic, political, and societal

Considering what needs to be
done about the debt, immigration to
the United States, and the drug

and naturalization processes
in the United States

problem. Generally, the PRD

government tends to view it

and the PRD and PAN; however,

is generally assumed in the

Mexico that shares, or should

and the United States’s order-
ing of issues. Additional debt

challenges different players

Mexico’s burden, and its impact

Secretary of the Treasury,

taneous with the already

acknowledgment of each
country’s economic, political,

and the PRD is the left

the PRD and PAN also are not in

Mexico’s PRD

The interests of the

but also of major conse-
dearly important topics.

The report was written in
citizenship, culture, public

organization, and economic

their interdependence.

however, the Commission
determined in its work and in its
report to disregard internal differences between Mexico and the United States and to focus on the bilateral relationship, endeavoring to avoid "both the appearance and the existence of another’s domestic affairs."

The Commission considered the interdependence between Mexico and the United States to be crucial to virtually every aspect of the United States-Mexico relationship. It concluded that the relationship between the two countries is characterized by the following interactions:

1. A shared economic relationship, especially in terms of trade and investment.
2. A shared security relationship, particularly in the context of drug trafficking and illegal immigration.
3. A shared environmental relationship, especially in terms of pollution and the management of natural resources.
4. A shared cultural relationship, characterized by the influence of Mexican culture on the United States and vice versa.

The Commission's recommendations for action include:

1. Strengthening institutional mechanisms to address interdependence issues.
2. Enhancing communication and coordination between the two countries.
3. Enhancing economic cooperation, particularly in the areas of trade, investment, and job creation.
4. Enhancing environmental cooperation, especially in terms of pollution control and natural resource management.
5. Enhancing cultural cooperation, including the exchange of cultural products and the promotion of Mexican culture in the United States.
6. Enhancing security cooperation, especially in the context of drug trafficking and illegal immigration.

The Commission's work has been widely acknowledged and has served as a basis for further discussions and actions between the United States and Mexico.
Healthy Mothers (continued from page 1)

variable set concentrated on assessing psychological data related to social conditions. Situations causing pointed worry or stress stemming from family problems, living arrangements, financial and legal problems, or physical well-being were used as a measure of psychological/social health. Finally, experience was devoted to collecting information on general health status, personal values regarding pregnancy, and initiation of prenatal care.

In cooperation with Rosa Luna de Rivera, a Mexican physician and Director of Maternal and Child Health in Tijuana, B.C., the language of the questionnaire was repeatedly refined, in English and Spanish, to accurately capture linguistic and cultural values most appropriate to the subjects. Zambrana observes that this was not a simple case of translation. "Our experiences suggest that translation need not be conducted by a panel of experts who are sensitive and knowledgeable about socio-cultural status of respondents, and symbolic and cultural meanings of words within a particular social context. This is an area which requires further exploration and elaboration for future studies." Based on the questionnaire, Zambrana identified 66 women in the greater Los Angeles area who met the criteria of age (18-34 years), first pregnancies, Mexican nativity, and less than seven years' residence in the United States, the survey data substantiate some aspects of the profile of immigrant women, confirm other assumptions, and provide the basis for comparison and future work.

While nearly half of the women (average age 29.1 years) were unemployed, the overwhelming majority of those that did work held unskilled or semiskilled jobs, and only about 10% had any form of health insurance. More than 60% of them had ten or fewer years' education with the average slightly over eight years.

In the United States, 76% of women began some form of medical care in the first trimester of pregnancy. For the studied group only 50% did so and about 12% did not initiate medical care until the third trimester. Zambrana puts this in perspective by noting that "the recommendations of the National Institute of Medicine and the national health goal that 90% of all women should initiate such care in the first trimester by the year 2000 seem remote" considering these data.

Zambrana summarizes some of these developing patterns. "The perceived social support data revealed that the Mexican immigrants received greater social support from friends than from family. This is not surprising, since all respondents had been in the United States less than seven years and their families have most likely remained in Mexico. The greater reliance on friends suggests that friendship networks are perhaps more available in immigrant communities, particularly in Los Angeles where there is extensive residential segregation by ethnicity. It is also important to point out that close to one-quarter of the women surveyed indicated that they had no friends. We think we must reexamine many of our previous assumptions about formal and informal social networks. It is possible that much of what we thought about the function of family, and kinship has been replaced by clubs, informal associations, or friendship networks."

Zambrana's study also has recorded the tremendous changes in the ownership and composition of public care facilities in the Los Angeles area. Where several years ago Mexican-origin women comprised only about 10% of the population of these clinics, today they often comprise more than 90%. "We found most hospitals treating migrant workers continue making changes in the changing situation, but with highly variable results. Bilingual and/or bilingual staff is only part of the solution. Serving greater numbers of women at greater health risk stretches the resources of these facilities beyond reasonable plans.

Providing for public service would be a simple matter of economics if populations were static and somehow uniform, yet shifting, fibromuscular stratication, demographic changes, and geographic mobility combine to make it impossible to sustain current medical population, and public service to it, a matter requiring careful research. The work of Ruth Zambrana and her UC and Mexican colleagues represents a significant piece of the information needed to plan effectively.

Ruth Zambrana

Universitywide News

UC MEXUS Announces 1989 Grants

UC MEXUS is pleased to announce the award of 1989 grants for support of faculty research, development of collaborative research programs, creative activities, and teacher preparation research in areas of interest to the Consortium. Awards totaling more than $160,000 have been made to thirty UC faculty and students under the following programs:

DEVELOPMENT GRANTS

Development grants support activities essential to the development of major projects to extramural agencies for large research projects, conferences, exchanges, instructional development, and public education activities. Listed below are the principal investigators receiving these awards, the project titles, and primary UC and Mexican collaborators.


Fernandez, Raul A. - Irvine. Imperial California: The Comparative Economic Development of the Imperial Valley (California, U.S.A.) and the Mexicali Valley (Baja California, Mexico). (M. E. Starrella Maldonado - Universidad Autónoma de Baja California).


Kearney, Michael - Riverside. A New Migration Stream from Mexico to California: Ethnic Minorities from the Michoacán-Oaxaca Borderlands. (S. Torres - UC Davis; C. Zabin - UC San Diego; C. Nagengast - UC Santa Cruz; J. Samelton - Universidad Autónoma Benito Juárez, J. M. Sandoval - Instituto Nacional de Antropología e Historia).

Minnich, Richard A. - Landscape Fire Ecology of the Sierra San Pedro Martir (Baja California) and the San Jacinto Mountains (Southern California). (M. P. Hamilton - UC Riverside; G. Barbier - UC Riverside; E. Franco-Viscaino - Centro de Investigación y Educación Superior de Ensenada).

Muñoz, Ricardo F. - San Francisco. Preservation of Inclusion in Migrant Workers. (J. Starkweather - UC San Francisco; S. A. Aguilar Gaxiola - Instituto Tecnológico y de Estudios Superiores de Occidente).


CHICANA/CHICANO STUDIES GRANTS

Grants in this program support research and research development in Chicana/Chicano Studies. Listed below are the principal investigators, home campuses, and project titles of 1989 projects.

Martinez, Jr., Joe L. - Berkeley. Relationship of Acculturation and Marginality to Psychological Distress Among Chicana and Other Hispanic Populations.

Mirándolo, Alfredo - Riverside. Casa Blanca: An Ethnographic/Historical Analysis of a Chicano Barrio.

Pesquera, Beatriz - Davis. The Chicano Movement, the Women's Movement, and Chicana Feminism: Historical and Contemporary Dimensions.


CREATIVE ACTIVITIES GRANTS

Creative Activities grants support research and activity culminating in the creation of new works of graphic art, painting, fiction, film, poetry, drama, or photography which are distinctively Mexican or Chicano in subject or style. Listed below are the principal investigators, home campus, and titles of funded projects.

Carrillo, Eduardo - Santa Cruz. "The Dream of San Francisco," San Francisco, California (Museo). (continued on page 5)
Hispanic Issues Report Available

Senate Concurrent Resolution 43, introduced into the California legislature by Senator Robert Preston in April of 1997, requested that the University of California assess the needs of the growing Hispanic population in the state and propose a research agenda to assist policy makers in their efforts to meet those needs.

After more than a year of meetings, workshops, and discussions of pertinent issues related to the changing demographic and economic features of California, the report of the Senate Statewide Task Force has been submitted to the legislature and is now available to the general public.

Encompassing the views, concerns, and recommendations of more than 200 scholars, scientists, professionals, and public representatives, the report, entitled The Challenge: Latinos in a Changing California, outlines the substantive issues that arise from an increasing Latino population and that form the core of public policy concerns. Specific recommendations for addressing each of these issues are directed to the University, public agencies, state government, and the population of the state.

While all of the topics discussed are of varying degrees important, the major subdivisions of the report include: population, immigration, communities, the labor force, human resources and public services, education, health policy, criminal justice, and Latino policy issues. Throughout its more than 210 pages of discussions of issues and specific recommendations, the report carries a positive tone - problems are addressed squarely but also evaluated in light of the opportunities they present. The document should be useful to anyone interested in the ramifications of rapid socio-demographic changes and broad ethnic diversity.

To order a copy of The Challenge: Latinos in a Changing California, send a check for $12.50 payable to the "UC Regents" with complete return address to UC MEXUS, 1141 Watkins Hall, University of California, Riverside, California, 92521.
Field Research Augments UCSB/UAQ Courses

Jacinta Palerm Viqueira, José Ignacio Urquijo, and Mariano Amaya. Also participating are the UAQ researchers Abel Piliña Perrusquia and Gaspar Real.

Carlos believes too many students receive their field training from textbooks and do not find out whether they are suited for field work. He says a field anthropologist must be able to immerse himself into the culture he studies—eat the same foods, follow the same customs and religious activities—and be as much a part of the community as possible to gain the respect and trust of the local people.

Students who enroll in the UCSB-UAQ field training school discover quickly whether or not they are cut out for this kind of field anthropologist. Each summer, Carlos accepts four students he calls novitiate students new to field research—and eight post-novitiate. The students spend a minimum of six weeks living with a peasant family. Lisa Jiménez, an undergraduate novice from UCSB, expected to dwell in a lovely Mexican home with a spacious center courtyard. Instead she found herself sharing a couch with the whole family in a house too small for its number of inhabitants.

But it is not only American students who are subjected to the rigors of the field school. Carlos says that UCSB and UAQ students work together as colleagues. This aspect of cross-cultural collaboration differs from other American field training schools. Generally, American programs are conducted in a Third World site but do not include collaboration with local scholars.

Carlos prefers a mix of cultures. "I believe that a lifelong appreciation for the benefits of cross-cultural collaboration with Third World anthropologists will be engendered and that new insights into theoretical issues in anthropological inquiry will be gained from such research efforts," he explains.

Manuel Carlos, Professor of Anthropology, University of California, Santa Barbara

In the summer of 1988 Manuel Carlos and a group of his students visited Querétaro. There he met with university officials and faculty and started an exchange program between the University of Querétaro (UAQ) and UCSB, including a joint research program and a field training school for Mexican and American anthropology students. Funded by a UCSB MEXUS program development grant, Carlos was exploring the possibility of studying political and socio-economic relationships between the state and peasant land-renter recipients. He toured a number of possible study sites with UAQ researchers. They expressed a substantial interest in his research because it complemented UAQ's own study of the evolution of current social and economic problems in Querétaro's rural communities.

Becoming the enthusiasm of UAQ researchers and administrators, Carlos decided to proceed with the study in Querétaro. He had three good reasons: The region fits his research requirements since in Querétaro colonialism had been imposed on local Indian populations and haciendas established; national and international capitalism and state policies had produced a complex set of land tenure classes; and by researching a single state he could concentrate on comparative patterns that could be studied in depth.

Taking advantage of the shared interest in peasant communities, Carlos, with the assistance of UAQ researchers and his Ph.D student, developed an exchange program between UAQ and UCSB and a joint research project entitled "State and Land Tenure Classes in Querétaro's Municipios." The project involves the study of autonomous, land-grant peasant communities and land tenure classes that have developed out of agrarian reform programs initiated in 1934 and includes research of the recently created class of landless mezcalito and Otomi Indian farmers.

"Not only did it fit well with their own long-term research agenda," Carlos said of UAQ's reception of the project, "but it provided the opportunity to broaden their collaborative relationships with investigators holding similar research interests."

This collaborative spirit has led to what is probably the most remarkable feature of the project. Together, the two universities operate a summer field training school, directed by Carlos and collaborating UAQ faculty, that was inaugurated in the summer of 1988. The principal collaborating faculty at UAQ are

As they learn the trade of field anthropologists, students help the universities collect data. The students research focuses on peasant villages, including Otomi Indian communities. They carry out a number of tasks such as obtaining genealogies of informants, taking a census of household economic activities, making a map of the community, studying local agricultural systems, or conducting an inventory of land resources.

After the eight to ten week field school, students attend a year-long seminar (workshop) at UCSB covering field research methods and the analysis of field data. USAID has been given support to the UAQ graduate students and professors to study or teach at UCSB. The UCSB Graduate Division, UCSB Center for Chicano Studies, and UC MEXUS also provide support. At UCSB, the Mexican exchange students and faculty may use UC libraries and research facilities, discuss future research plans, and, using UCSB's computerized data storage and retrieval system, initiate a detailed analysis of the field research data. Interest in the project builds momentum as the research continues. After last summer's program, five of the fourteen Mexican students involved were offered to join the research team. Six of the UCSB students have decided to use part of their summer work for thesis topics. Through the combined efforts of UAQ and UCSB researchers, one year of research has yielded important results. Carlos says, "We have established contact and rapport with officials of the municipios we shall be studying and with several key informants in a number of the communities we shall be studying in each municipio. Our initial findings are beginning to shed some light on our hypotheses about development, access to state resources by land tenure classes and their brokerage systems; the structure of the brokerage ties of leaders and their ties to distinct land tenure classes; and the importance of historical evolution of relationships between local land tenure class leaders and the state and paths of access to state resources by these classes."

Carlos returns this summer to Querétaro to continue the research. But perhaps even more important than the data gathered is the rapport he has established with scholars at UAQ. He walks on common ground with Mexican researchers and with him he takes students from both the Mexican and American cultures.
BOOK FAIR

The third annual International Book Fair of the University of Guadalajara will be held at the Expo-Guadalajara from November 25 to December 3, 1989. Publishers from Mexico, Latin America, Europe, the United States, and the Pacific Basin will exhibit over 50,000 titles in more than 400 displays.

Three days of the Fair have been set aside exclusively for conferences for librarians and seminars for bilingual teachers. Another feature of the Fair this year will be the focus on Latin American oral tradition with storytellers from various countries reading folk and popular art.

For additional information write to:

FIL '89, Hidalgo 1417 A.P. 39-130, C.P. 44170, Guadalajara, Jujisco, Mexico.

Funding Opportunities

FULBRIGHT SCHOLAR PROGRAM

The Council for International Exchange of Scholars has announced the opening of competition for 1990-91 Fulbright grants in research and university lecturing abroad.

The awards for 1990-91 include about 1,000 grants in research and university lecturing for periods ranging from three months to a full academic year. There are openings in over 100 countries, and in many regions the opportunity exists for multi-country research. Fulbright awards are granted in virtually all disciplines, and scholars in all academic fields are eligible to apply. Applications are especially encouraged from professionals, retired faculty, and independent scholars.

For more information and applications, call or write the Council for International Exchange of Scholars, 3400 International Drive, Suite M-500, Washington, D.C. 20008-3097. Tel: (202) 686-7896.

UC EDUCATION ABROAD PROGRAM

The Education Abroad Program (EAP) was established by the University of California Regents in 1961 to give qualified students the opportunity to study and live abroad while earning UC credit. EAP has since expanded to include a range of faculty opportunities as well. EAP now operates in 35 countries throughout the world and is associated with 70 host institutions.

Applications are now being accepted from UC faculty and/or lecturers with security of employment for support for exchanges with faculty and students from public and private universities, and injuries. Applications will be considered in Mexico, the National Autonomic University of Mexico (UNAM), the Tecnologico de Monterrey, and the Universidad Nacional Autonomic de Mexico (UNAM). Applications for 1990-91 will be considered in the Spring of 1990.

Faculty may consider either teaching exchange or research exchange. These programs are not intended to fund conferences or other short visits. Faculty must arrange the details of the exchange and contact their local campus EAP office for application matters.

RESEARCH ON THE URBAN UNDERCLASS

The Social Science Research Council offers three fellowship and grant programs to support research on the structure and processes that generate, maintain, and overcome the conditions and consequences of persistent and concentrated urban poverty in the United States.

Undergraduate Research Assistantships, Dissertation Fellowships (open to minority students only), and Postdoctoral Grants will be awarded for research in the subject area. Application deadline is January 15, 1990.

For further information and application materials contact the Social Science Research Council, Research on the Urban Underclass, 605 Third Ave., New York, NY 10158. Tel: (212) 681-0280.

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(continued from page 11)
The Independence of Mexico and the Creation of the New Nation

Jaime E. Rodríguez Jr., Editor

The contrast between the success of one former colony, the United States, and the difficulties of another, Mexico, has long confounded the efforts of historians to understand the creation and early development of the Mexican republic. In addition, a paradox confronts the historian of Mexico. The late eighteenth century, a brilliant epoch of prosperity and order, gave way to the poverty and chaos of the postindependence period. Although historians have often blamed a “negative colonial heritage” for Mexico’s failure to develop in the nineteenth century, scholars have recently begun to question that explanation. An international group of historians, whose work is gathered in this volume, examines the nature of the transition from colony to independent nation. They address the political, economic, social, and military aspects of the independence and early national period. Divided into three parts—The Process of Independence, The Creation of the New Nation, and Comparisons—the book offers a unique perspective on that critical period.

Contributors

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New Publications

Publications announced below may be ordered directly from the publisher unless otherwise noted.

Development and External Debt in Latin America. Edited by Richard E. Feinberg and Ricardo Frenck-Davis. (University of Notre Dame Press, 1988, pp. 281, paper) Contains articles, comments, and panel discussions prepared for the Working Group on Economics of the Inter-American Dialogue. Offers assessment of errors on the part of national governments, international financial systems, and public and private creditors for their failure to resolve features of the hemisphere’s debt or respond adequately to global economic conditions.

New Spain’s Far Northern Frontier: Essays on Spain in the American West, 1549-1821. Edited by David J. Weber. (Southern Methodist University Press, 1988, pp. 344, paper, $13.95) Caucasian groups which explored the Hispanic origins of the American West. From the mission system’s organization to folk mythology, distinctive attributes of the West and Southwest are seen as reflections of Spanish institutions, society, and culture.

Luis Leal: A Bibliography with Interpretive and Critical Essays. Edited by Salvador Gómez and Raquel Quiroz González. (1988, pp. 132, cloth, $15.00, available from Chicano Studies Library Publications, 3404 Deihille Hall, University of California, Berkeley, CA 94720) Contains nearly 800 citations of Leal’s books, articles, and essays on Latin American and Chicano literature. Traces the scholarly and professional career of Leal and includes critical essays by prominent writers touched by his work.

The Challenge of Interdependence: Mexico and the United States. Report of the Bilateral Commission on the Future of United States-Mexican Relations. (University Press of America, 1989, pp. 260, paper, $14.95) Addressing issues within the large topics of the nature of the bilateral relationship, economics, migration, drugs, foreign policy and education, this study re-assesses long-term patterns of change and continuity between Mexico and the United States. Offers definitions of the issues, the challenges which must be appreciated, and recommendations for private and public authorities in both countries.

Water Quality Issues of the California-Baja California Border Region. Edited by Clifton G. Metzner, Jr. (Institute for Regional Studies of the California, San Diego State University, 1988, pp. 69, paper, $10.00) Report of a workshop on water quality which brought together U.S. and Mexican authorities who deal with the conditions and problems of water along the border. Addresses issues of waste water treatment and reclamation in the border region as well as groundwater and marine pollution problems that affect both countries.

La formación de un republicano. Edited by Jaime E. Rodríguez Jr. (Universidad Nacional Autónoma de México, 1988, pp. 248) Volume 4 of Obras completas de Sernando Teresa de Mier. Carefully examines the works of one of the principal ideological figures of the independence. Concentrates on his writings during the years 1820-1863, when he abandoned constitutional monarchy in favor of a republican form of government for Mexico.

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The Independence of Mexico and the Creation of the New Nation
Jaime E. Rodríguez Jr., editor

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México: 75 Años de Revolución. (Instituto Nacional de Estudios Históricos de la Revolución Mexicana, 1988, pp. 308, paper, in Spanish) Historical essays which trace the evolution of political philosophies and institutions in Mexico. Constitutional changes, the development of federalism, and the history and theory of municipal/urban government are discussed.

Administración y Política en la Historia de México. By Romeo R. Flores Caballero. (Instituto Nacional de Administración Pública, 1988, pp. 386, paper, in Spanish) A study of the various forms of national politics in the country. Compares the ideology of government, throughout Mexican history, with the reality of its administration. Documents periods of industrial and economic development and the major features of the national administrations for each.

Chicano Speech in the Bilingual Classroom. Edited by Dennis J. Bixler-Márquez and Jacob Ornstein-Galicia. (Peter Lang Publishing, 1988, pp. 187, cloth, $38.50) A collection of articles intended for instructors concerned with Spanish, ESL, or bilingual education at the elementary level. Outlines the research and applications of Chicano Spanish in the instructional setting and explores some of the social and educational issues involved in bilingual classrooms.

Atlas of Mexico. By James B. Pick, Edgar W. Butler, and Elizabeth Lanzer. (Westview Press, 1989, pp. 325, cloth, $55.00) Incorporates historical and contemporary information displayed in maps organized by state and municipio and in accompanying tables and graphs. Data and trends on population, urbanization, migration, health, economy, social indicators, transportation, and communication are discussed in brief texts.


Two Worlds: The Indian Encounter with the European, 1492-1509. By S. Lyman Tyler. (University of Utah Press, 1988, pp. 272, cloth, $25.00) Descriptions of the earliest Indian-European contacts based on the observations recorded by the participants. Presents texts from the period, selected and arranged to portray the dynamics of change as experienced by New World populations as a result of European contact.
NEXT ISSUE