

Mabilia, Mara (2005) *Breast Feeding and Sexuality: Beliefs and Taboos among the Gogo Mothers in Tanzania*. Oxford: Berghahn Books.

This book discusses breastfeeding among the Gogo culture in the Cigongwe village in Tanzania. The book looks at breastfeeding in a cultural context that is different from the typical western attitudes and in particular at the many taboos that are associated with breastfeeding.

Breastfeeding among the Gogo is seen as a time of great importance to infants and strict obedience to the social norms is expected by mother, child and community members. The book studies in particular activities having to do with sexuality, which are believed can cause great harm to the baby when the mother is breastfeeding.

One particular area of interest that the book studies is that of a mother having a second pregnancy while she is still nursing a first. This is looked at with a great deal of shame and ridicule on the mother from the other members of the community for not being able to control herself from having sex with her husband.

The book gives many interesting examples of the taboos of breastfeeding that the Gogo have. One example is one in relating to lactation. During the nursing stage, the mother begins to lactate at random intervals. The Gogo see this as the baby "calling out" the mother's milk and it is believed that it is time for the mother to feed the child. Through this belief a problem is created where the baby does not in fact have the desire to suck and therefore has less and less desire to feed when the breast is forced upon him.

The book's examination of the Gogo breastfeeding in all contexts is very useful in looking at how another culture views this important aspect of child rearing.