

# MLA Style <sup>1</sup>

The style guide for English, foreign languages, and some other humanities is the *MLA Handbook for Writers of Research Papers*, published by the Modern Language Association. The documentation system of the *MLA Handbook* employs brief parenthetical citations within the text that direct readers to a list of works cited at the end of the text. This paper describes this documentation system: writing citations, placing citations, using supplementary notes, and preparing the list of works cited. A sample MLA paper concludes the chapter.

## A. Writing MLA parenthetical text citations

### 1. Citation formats

The in-text citations of sources have two requirements:

- They must include just enough information for the reader to locate the appropriate source in your list of works cited.
- They must include just enough information for the reader to locate the place in the source where the borrowed material appears.

Usually, you can meet both these requirements by providing the author's last name and the page(s) in the source on which the material appears. The reader can find the source in your list of works cited and find the borrowed material in the source itself.

#### a. Author not named in your text

When you have not already named the author in your sentence, provide the author's last name and the page number(s), with no punctuation between them, in parentheses.

One researcher concludes that "women impose a distinctive construction on moral problems, seeing moral dilemmas in terms of conflicting responsibilities" (Gilligan 105).

#### b. Author named in your text

If the author's name is already given in your text, you need not repeat it in the parenthetical citation. The citation gives just the page number(s).

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<sup>1</sup> Current as of March 1, 2000

One researcher, Carol Gilligan, concludes that "women impose a distinctive construction on moral problems, seeing moral dilemmas in terms of conflicting responsibilities" (105).

c. A work with two or three authors

If the source has two or three authors, give all their last names in the text or in the citation. Separate two authors' names with "and":

As Frieden and Sagalyn observe, "The poor and the minorities were the leading victims of highway and renewal programs" (29).

According to one study, "The poor and the minorities were the leading victims of highway and renewal programs" (Frieden and Sagalyn 29).

With three authors, add commas and also "and" before the final name:

The text by Wilcox, Ault, and Agee discusses the "ethical dilemmas in public relations practice" (125).

One text discusses the "ethical dilemmas in public relations practice" (Wilcox, Ault, and Agee 125).

d. A work with more than three authors

If the source has more than three authors, you may list all their last names or use only the first author's name followed by "et al." (the abbreviation for the Latin "and others"). The choice depends on what you do in your list of works cited.

It took the combined forces of the Americans, Europeans, and Japanese to break the rebel siege of Beijing in 1900 (Lopez et al. 362).

It took the combined forces of the Americans, Europeans, and Japanese to break the rebel siege of Beijing in 1900 (Lopez, Blum, Cameron, and Barnes 362).

- e. A work with numbered paragraphs instead of pages

Some electronic sources number each paragraph instead of each page. In citing passages in these sources, give the paragraph number(s) and distinguish them from page numbers: after the author's name, put a comma, a space, and the abbreviation "par." (one paragraph) or "pars." (more than one paragraph).

Twins reared apart report similar feelings (Palfrey, pars. 6-7).

- f. An entire work or a work with no page or paragraph numbers

When you cite an entire work rather than a part of it, the citation will not include any page or paragraph number. Try to work the author's name into your text, in which case you will not need a parenthetical citation. But remember that the source must appear in the list of works cited.

Boyd deals with the need to acknowledge and come to terms with our fear of nuclear technology.

Use the same format when you cite a specific passage from a work that has no page or paragraph numbers, such as an online source. If the author's name does not appear in your text, put it in a parenthetical citation.

Almost 20 percent of commercial banks have been audited for the practice (Friis).

- g. A multivolume work

If you consulted only one volume of a multivolume work, your list of works cited will indicate as much (see "A work in a Series"), and you can treat the volume as any book. But if you consulted two or more volumes, your citation must indicate which one you are referring to. In the example the number 5 indicates the volume from which the quotation was taken; the number 438 indicates the page number in that volume.

After issuing the Emancipation Proclamation, Lincoln said, "What I did, I did after very full deliberations, and under a very heavy and solemn sense of responsibility" (5: 438).

- h. A work by an author of two or more works

If your list of works cited includes two or more works by the same author, give the appropriate title or a shortened version of it in the parenthetical citation. For this reference the full title is *The Arts and Human Development*.

At about age seven, most children begin to use appropriate gestures to reinforce their stories (Gardner, Arts 144-45).

- i. An unsigned work

Anonymous works are alphabetized by title in the list of works cited. In the text they are referred to by full or shortened title. This citation refers to an unsigned article titled "The Right to Die." (A page number is unnecessary because the article is no longer than a page.)

One article notes that a death-row inmate may demand his own execution to achieve a fleeting notoriety ("Right").

- j. A government publication or a work with a corporate author

If the author of the work is listed as a government body or a corporation, cite the work by that organization's name. If the name is long, work it into the text to avoid an intrusive citation.

A 1996 report by the Hawaii Department of Education predicts an increase in enrollments (6).

- k. An indirect source

When one of your sources quotes someone else and you want to use the quotation, try to find the original source and quote directly from it. If you can't find the original source, then your citation must indicate that your quotation of it is indirect. In the following citation "qtd. in" ("quoted in") says that Davino was quoted by Boyd:

George Davino maintains that "even small children have vivid ideas about nuclear energy" (qtd. in Boyd 22).

The list of works cited then includes only Boyd (the work consulted), not Davino.

l. A literary work

Novels, plays, and poems are often available in many editions, so your instructor may ask you to provide information that will help readers find the passage you cite no matter what edition they consult. For novels, the page number comes first, followed by a semicolon and then information on the appropriate part or chapter of the work.

Toward the end of James's novel, Maggie suddenly feels "the thick breath of the definite--which was the intimate, the immediate, the familiar, as she hadn't had them for so long" (535; pt. 6, ch. 41).

For poems that are not divided into parts, you can omit the page number and supply the line number(s) for the quotation. To prevent confusion with page numbers, precede the number(s) with "line" or "lines" in the first citation; then just use the number(s).

In Shakespeare's Sonnet 73 the speaker identifies with the trees of late autumn, "Bare ruined choirs, where late the sweet birds sang" (line 4). "In me," Shakespeare writes, "thou seest the glowing of such fire / That on the ashes of his youth doth lie" (9-10).

For verse plays and poems that are divided into parts, omit a page number and cite the appropriate part--act (and scene, if any), canto, book, and so on--plus the line number(s). Use Arabic numerals for parts, including acts and scenes (3.4).

Later in King Lear Shakespeare has the disguised Edgar say, "The prince of darkness is a gentleman" (3.4.147).

m. The Bible

When you cite passages of the Bible in parentheses, abbreviate the title of any book longer than four letters--for instance, "Gen." (Genesis), "1 Sam." (1 Samuel), "Ps." (Psalms), "Matt." (Matthew). Then give the chapter and verse(s) in Arabic numerals.

According to the Bible, at Babel God "did . . . confound the language of all the earth" (Gen. 11.9).

n. More than one work

If you use a parenthetical citation to refer to more than a single work, separate the references with a semicolon.

Two recent articles point out that a computer badly used can be less efficient than no computer at all (Gough and Hall 201; Richards 162).

Since long citations in the text can distract the reader, you may choose to cite several or more works in an endnote or footnote rather than in the text.

2. Placement of parenthetical citations

Position text citations to accomplish two goals: (1) make it clear exactly where your borrowing begins and ends; (2) keep the citation as unobtrusive as possible. You can accomplish both goals by placing the parenthetical citation at the end of the sentence element containing the borrowed material. This sentence element may be a phrase or a clause, and it may begin, interrupt, or conclude the sentence. Usually, as in the examples below, the element ends with a punctuation mark.

The inflation rate might climb as high as 30 percent (Kim 164), an increase that could threaten the small nation's stability.

The inflation rate, which might climb as high as 30 percent (Kim 164), could threaten the small nation's stability.

The small nation's stability could be threatened by its inflation rate, which, one source predicts, might climb as high as 30 percent (Kim 164).

Notice that in the last example, the addition of "one source predicts" clarifies that Kim is responsible only for the inflation-rate prediction, not for the statement about stability.

For citations in your running text, generally place the parenthetical citation before any punctuation required by your sentence, as in the examples above. If the borrowed material is a quotation, place the citation between the closing quotation mark and the punctuation.

Spelling argues that during the 1970s American automobile manufacturers met consumer needs "as well as could be expected" (26), but not everyone agrees with him.

The exception is a quotation ending in a question mark or exclamation point. Then use the appropriate punctuation inside the closing quotation mark, and follow the quotation with the text citation and a period.

"Of what use is genius," Emerson asks, "if the organ . . . cannot find a focal distance within the actual horizon of human life?" ("Experience" 60). Mad genius is no genius.

When a citation appears after a quotation that ends in an ellipsis mark (. . .), place the citation between the closing quotation mark and the sentence period.

One observer maintains that "American manufacturers must bear the blame for their poor sales . . ." (Rosenbaum 12).

When a citation appears at the end of a quotation set off from the text, place it one space after the punctuation ending the quotation. No additional punctuation is needed.

In Arthur Miller's Death of a Salesman, the most poignant defense of Willie Loman comes from his wife, Linda:

He's not the finest character that ever lived. But he's a human being, and a terrible thing is happening to him. So attention must be paid. He's not to be allowed to fall into his grave like an old dog. Attention, attention must finally be paid to such a person. (56; act 1)

(This citation of a play includes the act number as well as the page number.)

### 3. Footnotes or endnotes in special circumstances

Footnotes or endnotes may replace parenthetical citations when you cite several sources at once, when you comment on a source, or when you provide information that does not fit easily in the text. Signal a footnote or endnote in your

text with a numeral raised above the appropriate line. Then write a note with the same numeral.

**Text** At least five subsequent studies have confirmed these results.<sup>1</sup>

**Note** <sup>1</sup> Abbott and Winger 266-68; Casner 27; Hoyenga 78-79; Marino 36; Tripp, Tripp, and Walk 179-83.

In a note the raised numeral is indented five spaces and followed by a space. If the note appears as a footnote, place it at the bottom of the page on which the citation appears, set it off from the text with quadruple spacing, and single-space the note itself. If the note appears as an endnote, place it in numerical order with the other endnotes on a page between the text and the list of works cited; double-space all the endnotes.

## B. Preparing the MLA list of works cited

At the end of your paper, a list titled "Works Cited" includes all the sources you quoted, paraphrased, or summarized in your paper. (If your instructor asks you to include sources you examined but did not cite, title the list "Works Consulted.")

For the list of works cited, arrange your sources in alphabetical order by the last name of the author. If an author is not given in the source, alphabetize the source by the first main word of the title (excluding A, An, or The). Type the entire list double-spaced (both within and between entries). Indent the second and subsequent lines of each entry five spaces from the left.

### 1. Books

The basic format for a book includes the following elements:

Gilligan, Carol. In a Different Voice:  
Psychological Theory and  
Women's Development. Cambridge:  
Harvard UP, 1982.

- *Author.* Use the author's full name: the last name first, followed by a comma, and then the first name and any middle name or initial. End the name with a period and one space.
- *Title.* Give the full title, including any subtitle. Underline the title, capitalize all important words separate the main title and the subtitle with a colon and one space, and end the title with a period and one space.



- *Publication information.* You can usually find this information on the book's title page or on the copyright page immediately following.
  - The city of publication, followed by a colon and one space.
  - The name of the publisher, followed by a comma. Shorten most publishers' names--in many cases to a single word. For instance, use "Little" for Little, Brown. For university presses, use the abbreviations "U" and "P," as in the example.
  - The date of publication, ending with a period.

When other information is required for a reference, it is generally placed either between the author's name and the title or between the title and the publication information, as specified in the models below.

1. A book with one author

Gilligan, Carol. In a Different Voice: Psychological Theory and Women's Development. Cambridge: Harvard UP, 1982.

2. A book with two or three authors

Frieden, Bernard J., and Lynne B. Sagalyn. Downtown, Inc.: How America Rebuilds Cities. Cambridge: MIT P, 1989.

Wilcox, Dennis L., Phillip H. Ault, and Warren K. Agee. Public Relations: Strategies and Tactics. 4th ed. New York: Harper, 1995.

Give the authors' names in the order provided on the title page. Reverse the first and last names of the first author only. Separate two authors' names with a comma and "and"; separate three authors' names with commas and with "and" before the third name.

3. A book with more than three authors

Lopez, Robert S., et al. Civilizations: Western and World. Boston: Little, 1975.

You may, but need not, give all authors' names if the work has more than three authors. If you choose not to give all names, provide the name of the first author only, and follow the name with a comma and the abbreviation "et al." (for the Latin *et alii*, meaning "and others").

4. Two or more works by the same author(s)

Gardner, Howard. The Arts and Human Development. New York: Wiley, 1973.

---. The Quest for Mind: Piaget, Lévi-Strauss, and the Structuralist Movement. New York: Knopf, 1973.

Give the author's name only in the first entry. For the second and any subsequent works by the same author, substitute three hyphens for the author's name. Within the set of entries for the author, list the sources alphabetically by the first main word of the title. Note that the three hyphens stand for exactly the same name or names. If the second source above were by Gardner and somebody else, both names would have to be given in full.

5. A book with an editor

Ruitenbeek, Hendrick, ed. Freud as We Knew Him. Detroit: Wayne State UP, 1973.

The abbreviation "ed.," separated from the name by a comma, identifies Ruitenbeek as the editor of the work.

6. A book with an author and an editor

Melville, Herman. The Confidence Man: His Masquerade. Ed. Hershel Parker. New York: Norton, 1971.

When citing the work of the author, give his or her name first, and give the editor's name after the title, preceded by "Ed." ("Edited by"). When citing the work of the editor, use the form above for a book with an editor, and give the author's name after the title preceded by "By": Parker, Hershel, ed. The Confidence Man: His Masquerade. By Herman Melville.

7. A translation

Alighieri, Dante. The Inferno. Trans. John Ciardi. New York: NAL, 1971.

When citing the work of the author, give his or her name first, and give the translator's name after the title, preceded by "Trans." ("Translated by"). When citing the work of the translator, give his or her name first, followed by a comma and "trans."; then follow the title with "By" and the author's name: Ciardi, John, trans. The Inferno. By Dante Alighieri.

When a book you cite by author has a translator and an editor, give the translator's and editor's names in the order used on the book's title page. For a translated selection from an edited book.

8. A book with a corporate author

Lorenz, Inc. Research in Social Studies Teaching. Baltimore: Arrow, 1992.

List the name of the corporation, institution, or other body as author.

9. A government publication

Stiller, Ann. Historic Preservation and Tax Incentives. US Dept. of Interior. Washington: GPO, 1996.

Hawaii. Dept. of Education. Kauai District Schools, Profile 1996-97. Honolulu: Hawaii Dept. of Education, 1996.

United States. Cong. House. Committee on Ways and Means. Medicare Payment for Outpatient Occupational Therapy Services. 102nd Cong., 1st sess. Washington: GPO, 1991.

If an author is not listed for a government publication, give the appropriate agency as author. Provide information in the order illustrated, separating elements with a period and a space: the name of the government, the name of the agency (which may be abbreviated), and the title and publication information. For a congressional publication (last example), give the house and committee involved before the title, and give the number and session of Congress after the title. In the first and last examples, "GPO" stands for the US Government Printing Office.

10. An anonymous book

The Dorling Kindersley World Reference Atlas. London: Dorling, 1994.

List an anonymous book by its full title. Alphabetize the book by the title's first main word (here "Dorling"), omitting *A*, *An*, or *The*.

11. The Bible

The New English Bible. London: Oxford and Cambridge, 1970.

The Holy Bible. King James Version. Cleveland: World, n.d.

When citing the Bible, do not underline the title or the name of the version. The version may be included in the title (first example); if not, give it after the title (second example). The abbreviation "n.d." at the end of the second example indicates that the source lists no date of publication.

12. A later edition

Bollinger, Dwight L. Aspects of Language. 2nd ed. New York: Harcourt, 1975.

For any edition after the first, place the edition number between the title and the publication information. Use the appropriate designation for editions that are named or dated rather than numbered--for instance, "Rev. ed." for "Revised edition."

13. A republished book

James, Henry. The Golden Bowl. 1904. London: Penguin, 1966.

Place the original date of publication after the title, and then provide the full publication information for the source you are using.

14. A book with a title in its title

Eco, Umberto. Postscript to The Name of the Rose. Trans. William Weaver. New York: Harcourt, 1983.

When a book's title contains another book title (as here: The Name of the Rose), do not underline the shorter title. When a book's title contains a quotation or the title of a work normally placed in quotation marks, keep the quotation marks and underline both titles: Critical Response to Henry James's

"Beast in the Jungle." (Note that the underlining extends under the closing quotation mark.)

15. A work in more than one volume

Lincoln, Abraham. The Collected Works of Abraham Lincoln. Ed. Roy P. Basler. 8 vols. New Brunswick: Rutgers UP, 1953.

Lincoln, Abraham. The Collected Works of Abraham Lincoln. Ed. Roy P. Basler. Vol. 5. New Brunswick: Rutgers UP, 1953. 8 vols.

If you use two or more volumes of a multivolume work, give the work's total number of volumes before the publication information ("8 vols." in the first example). Your text citation will indicate which volume you are citing (see A multivolume work). If you use only one volume, give that volume number before the publication information ("Vol. 5" in the second example). You may add the total number of volumes to the end of the entry ("8 vols." in the second example).

If you cite a multivolume work published over a period of years, give the inclusive years as the publication date: for instance, Cambridge: Harvard UP, 1978-90.

16. A work in a series

Bergman, Ingmar. The Seventh Seal. Mod. Film Scripts Ser. 12. New York: Simon, 1968.

Place the name of the series (no quotation marks or underlining) after the title, abbreviating common words such as *modern* and *series*. If the source has a series number, add it after the series title.

17. Published proceedings of a conference

Watching Our Language: A Conference Sponsored by the Program in Architecture and Design Criticism. 6-8 May 1996. New York: Parsons School of Design, 1996.

Whether in or after the title of the conference, supply information about who sponsored the conference, when it was held, and who published the proceedings. If you are citing a particular presentation at the conference, treat it as a selection from an anthology (See "A selection from an anthology," model 19 below).

18. An anthology

Kennedy, X. J., and Dana Gioia, eds.  
Literature: An Introduction to  
Fiction, Poetry, and Drama. 6th ed.  
New York: Harper, 1995.

When citing an entire anthology, give the name of the editor or editors (followed by "ed." or "eds.") and then the title of the anthology.

19. A selection from an anthology

Kafka, Franz. "The Metamorphosis." Trans.  
Willa and Edwin Muir. Literature: An  
Introduction to Fiction, Poetry, and  
Drama. 6th ed. Ed. X. J. Kennedy and  
Dana Gioia. New York: Harper, 1995.  
311-45.

The essentials of this listing are these: author of selection; title of selection (in quotation marks); title of anthology (underlined); editors' names preceded by "Ed." (meaning "Edited by"); publication information for the anthology; and inclusive page numbers for the selection (without the abbreviation "pp."). This source also requires a translator for the selection and an edition number for the anthology.

If the work you cite comes from a collection of works by one author and with no editor, use the following form:

Auden, W. H. "Family Ghosts." The  
Collected Poetry of W. H. Auden. New  
York: Random, 1945. 132-33.

If the work you cite is a scholarly article that was previously printed elsewhere, provide the complete information for the earlier publication of the piece, followed by "Rpt. in" ("Reprinted in") and the information for the source in which you found the piece:

Gibian, George. "Traditional Symbolism in Crime and Punishment." PMLA 70 (1955): 979-96. Rpt. in Crime and Punishment. By Feodor Dostoevsky. Ed. George Gibian. Norton Critical Editions. New York: Norton, 1964. 575-92.

20. Two or more selections from the same anthology

Chopin, Kate. "The Story of an Hour." Kennedy and Gioia 419-21.

Kennedy, X. J., and Dana Gioia, eds. Literature: An Introduction to Fiction, Poetry, and Drama. 6th ed. New York: Harper, 1995.

Olsen, Tillie. "I Stand Here Ironing." Kennedy and Gioia 535-40.

When citing more than one selection from the same source, you may avoid repetition by giving the source in full (as in the Kennedy and Gioia entry) and then simply cross-referencing it in entries for the works you used. Thus, instead of full information for the Chopin and Olsen articles, give Kennedy's and Gioia's names and the appropriate pages in their book. Note that each entry appears in its proper alphabetical place among other works cited.

21. An introduction, preface, foreword, or afterword

Donaldson, Norman. Introduction. The Claverings. By Anthony Trollope. New York: Dover, 1977. vii-xv.

An introduction, foreword, or afterword is often written by someone other than the book's author. When citing such a work, give its name without quotation marks or underlining. Follow the title of the book with its author's name preceded by "By." Give the inclusive page numbers of the part you cite. (In the example above, the small Roman numerals indicate that the cited work is in the front matter of the book, before page 1.)

When the author of a preface or introduction is the same as the author of the book, give only the last name after the title:

Gould, Stephen Jay. Prologue. The Flamingo's Smile: Reflections in Natural History. By Gould. New York: Norton, 1985. 13-20.

22. An article in a reference work

"Reckon." Merriam-Webster's Collegiate Dictionary. 10th ed. 1993.

Mark, Herman F. "Polymers." The New Encyclopaedia Britannica: Macropaedia. 15th ed. 1991.

List an article in a reference work by its title (first example) unless the article is signed (second example). For works with entries arranged alphabetically, you need not include volume or page numbers. For well-known works like those listed above, you may also omit the editors' names and all publication information except any edition number and the year of publication. For works that are not well known, give full publication information.

2. Periodicals: Journals, magazines, and newspapers

The basic format for an article from a periodical includes the following information:

Lever, Janet. "Sex Differences in the Games Children Play." Social Problems 23 (1976): 478-87.

- *Author*. Use the author's full name: the last name first, followed by a comma, and then the first name and any middle name or initial. End the name with a period and one space.
- *Title of the article*. Give the full title, including any subtitle. Place the title in quotation marks, capitalize all important words in the title (see p. 224), and end the title with a period (inside the final quotation mark) and one space.
- *Publication information*.
  - The title of the periodical, underlined, followed by a space. Omit any *A*, *An*, or *The* from the beginning of the title.
  - The volume and/or issue number (in Arabic numerals), followed by a space. See the note following.



- The date of publication, followed by a colon and a space. See the note following.
- The inclusive page numbers of the article (without the abbreviation "pp."). For the second number in inclusive page numbers over 100, provide only as many digits as needed for clarity (usually two): 100-01, 398-401, 1026-36.

**Note** The treatment of volume and issue numbers and publication dates varies depending on the kind of periodical being cited, as the models indicate. For the distinction between journals and magazines, see Journals.

23. A signed article in a journal with continuous pagination throughout the annual volume

Lever, Janet. "Sex Differences in the Games Children Play." Social Problems 23 (1976): 478-87.

Some journals number the pages of issues consecutively throughout a year, so that issue number 3 may begin on page 261. For this kind of journal, give the volume number after the title ("23" in the example above) and place the year of publication in parentheses.

24. A signed article in a journal that pages issues separately or that numbers only issues, not volumes

Dacey, June. "Management Participation in Corporate Buy-Outs." Management Perspectives 7.4 (1994): 20-31.

Some journals page each issue separately (starting each issue at page 1). For these journals, give the volume number, a period, and the issue number (as in "7.4" in the entry above). When citing an article in a journal that numbers only issues, not annual volumes, treat the issue number as if it were a volume number, as in model 23.

25. A signed article in a monthly or bimonthly magazine

Tilin, Andrew. "Selling the Dream." Worth Oct. 1996: 94-100.

Follow the magazine title with the month and the year of publication. (Abbreviate all months except May, June, and July.) Don't place the date in parentheses, and don't provide a volume or issue number.

26. A signed article in a weekly or biweekly magazine

Stevens, Mark. "Low and Behold." New Republic 24 Dec. 1990: 27-33.

Follow the magazine title with the day, the month (abbreviated), and the year of publication. (Abbreviate all months except May, June, and July.) Don't place the date in parentheses, and don't provide a volume or issue number.

27. A signed article in a daily newspaper

Ramirez, Anthony. "Computer Groups Plan Standards." New York Times 14 Dec. 1993, late ed.: D5.

Give the name of the newspaper as it appears on the first page (but without A, An, or The). Then follow model 26, with two differences: (1) If the newspaper lists an edition at the top of the first page, include that information after the date and a comma. (See "late ed." above.) (2) If the newspaper is divided into lettered or numbered sections, provide the section designation before the page number when the newspaper does the same (as in "D5" in model 26); otherwise, provide the section designation before the colon (as in "sec. 1: 1+" in model 28).

28. An unsigned article

"The Right to Die." Time 11 Oct. 1976: 101.

"Protests Greet Pope in Holland."  
Boston Sunday Globe 12 May  
1985, late ed., sec. 1: 1+.

Begin the entry for an unsigned article with the title of the article. (Alphabetize it by the first main word of the title.) The number "1+" indicates that the article does not run on consecutive pages but starts on page 1 and continues later in the issue.

29. An editorial or letter to the editor

"Bodily Intrusions." Editorial. New York Times 29 Aug. 1990, late ed.: A20.

Add the word "Editorial" or "Letter"--but without quotation marks --after the title if there is one or after the author's name, as follows:

Dowding, Michael. Letter. Economist 5-11 Jan. 1985: 4.

30. A review

Dunne, John Gregory. "The Secret of Danny Santiago." Rev. of Famous All over Town, by Danny Santiago. New York Review of Books 16 Aug. 1984: 17-27.

"Rev." is an abbreviation for "Review." The name of the author of the work being reviewed follows the title of the work, a comma, and "by."

31. An abstract of a dissertation or article

Steciw, Steven K. "Alterations to the Pessac Project of Le Corbusier." Diss. U of Cambridge, England, 1986. DAI 46 (1986): 565C.

For an abstract appearing in *Dissertation Abstracts (DA)* or *Dissertation Abstracts International (DAI)*, give the author's name and the title, "Diss." (for "Dissertation"), the institution granting the author's degree, the date of the dissertation, and the publication information.

For an abstract of an article, first provide the publication information for the article itself, followed by the information for the abstract:

Lever, Janet. "Sex Differences in the Games Children Play." Social Problems 23 (1976): 478-87. Psychological Abstracts 63 (1976): item 1431.

3. Electronic sources. See MLA Documentation: Citing Electronic Sources which is found at: <http://www.whc.net/irish/govt/ap/mla.htm>

4. Other sources

- a. A pamphlet

Medical Answers About AIDS. New York: Gay Men's Health Crisis, 1994.

Most pamphlets can be treated as books. In the example above, the pamphlet has no listed author, so the title comes first. If the pamphlet has an author, list his or her name first.

- b. An unpublished dissertation or thesis

Wilson, Stuart M. "John Stuart Mill as a Literary Critic." Diss. U of Michigan, 1970.

The title is quoted rather than underlined. "Diss." stands for "Dissertation." "U of Michigan" is the institution that granted the author's degree.

- c. A musical composition or work of art

Fauré, Gabriel. Sonata for Violin and Piano no. 1 in A major, op. 15.

Don't underline musical compositions identified only by form, number, and key. Do underline titled operas, ballets, and compositions (Carmen, Sleeping Beauty).

For a work of art, underline the title and include the name and location of the owner. For a work you see only in a photograph, provide the complete publication information, too, as in the following model. Omit such information only if you examined the actual work.

Sargent, John Singer. Venetian Doorway. Metropolitan Museum of Art, New York. Sargent Watercolors. By Donelson F. Hoopes. New York: Watson, 1976. 31.

d. A film or video recording

Schindler's List. Dir. Steven Spielberg.  
Perf. Liam Neeson and Ben Kingsley.  
Universal, 1993.

Start with the title of the work you are citing, unless you are citing the contribution of a particular individual (see the next model). Give additional information (writer, lead performers, and so on) as seems appropriate. For a film, end with the film's distributor and date.

For a videocassette, filmstrip, or slide program, include the original release date (if any) and the medium (without underlining or quotation marks) before the distributor's name:

George Balanchine, chor. Serenade. Perf.  
San Francisco Ballet. Dir. Hilary  
Bean. 1981. Videocassette. PBS  
Video, 1987.

e. A television or radio program

Kenyon, Jane, and Donald Hall. "A Life  
Together." Bill Moyers' Journal.  
PBS. WNET, New York. 17 Dec. 1993.

As in citing a musical composition or work of art, start with a title unless you are citing the work of a person or persons. The example above begins with the participants' names, then lists the episode title (in quotation marks) and the program title (underlined). Finish the entry with the name of the network, the local station and city, and the date.

f. A performance

The English Only Restaurant. By Silvio  
Martinez Palau. Dir. Susana Tubert.  
Puerto Rican Traveling Theater, New  
York. 27 July 1990.

Ozawa, Seiji, cond. Boston Symphony Orch.  
Concert. Symphony Hall, Boston. 25  
Apr. 1997.

Place the title first unless you are citing the work of an individual (second example). Provide additional information about participants after the title, as

well as the theater, city, and date. Note that the orchestra concert in the second example is neither quoted nor underlined.

g. A recording

Siberry, Jane. "Caravan." Maria. Reprise, 1995.

Brahms, Johannes. Concerto no. 2 in B-flat, op. 83. Perf. Artur Rubinstein. Cond. Eugene Ormandy. Philadelphia Orch. LP. RCA, 1972.

Begin with the name of the individual whose work you are citing. If you're citing a song, give the title in quotation marks. Then provide the title of the recording. Underline the title (first example) unless it identifies a composition by form, number, and key (second example). After the title, provide the names of any artists not already listed, the medium if not compact disk ("LP" in the second example), the manufacturer of the recording, and the date of release.

h. A letter

Buttolph, Mrs. Laura E. Letter to Rev. and Mrs. C. C. Jones. 20 June 1857. In The Children of Pride: A True Story of Georgia and the Civil War. Ed. Robert Manson Myers. New Haven: Yale UP, 1972. 334-35.

A published letter is listed under the writer's name. Specify that the source is a letter and to whom it was addressed, and give the date on which it was written. Treat the remaining information like that for a selection from an anthology (model 19). (See also model 29 for the format of a letter to the editor of a periodical. And see model 32, for the format of e-mail or a public online posting.)

For a letter you receive, give the name of the writer, note the fact that the letter was sent to you, and provide the date of the letter:

Packer, Ann E. Letter to the author. 15 June 1994.

i. A lecture or address

Carlone, Dennis. "Architecture for the City of 2000." Tenth Symposium on Urban Issues. Cambridge City Hall, Cambridge. 22 Oct. 1996.

Give the speaker's name, the title (in quotation marks), the title of the meeting, the name of the sponsoring organization, the location of the lecture, and the date.

j. An interview

Graaf, Vera. Personal interview. 19 Dec. 1993.

Christopher, Warren. Interview. Frontline. PBS. WGBH, Boston. 13 Feb. 1996.

Begin with the name of the person interviewed. For an interview you conducted, specify "Personal interview," "Telephone interview," "E-mail interview," or "IRC interview," as appropriate--without quotation marks or underlining--and then give the date. For an interview you read, heard, or saw, provide the title if any or "Interview" if not, along with other bibliographic information and the date.

k. A map or other illustration

Women in the Armed Forces. Map. Women in the World: An International Atlas. By Joni Seager and Ann Olson. New York: Touchstone, 1992. 44-45.

List the illustration by its title (underlined). Provide a descriptive label ("Map," "Chart," "Table"), without underlining or quotation marks, and the publication information. If the creator of the illustration is credited in the source, then put his or her name first in the entry, as with any author.

**C. Examining a sample research paper in MLA style**

This sample paper follows the guidelines of the *MLA Handbook* for overall format, parenthetical citations, and the list of works cited.

### **A note on outlines**

Some instructors ask students to submit a formal outline of the final paper. Advice on constructing such an outline appears in Chapter 3, along with an example written in phrases (a topic outline). Below is an outline of the sample paper following, written in complete sentences. Note that the thesis sentence precedes either a topic or a sentence outline.

#### **Thesis sentence**

Most liquid-diet programs fail to emphasize that successful weight loss demands a fundamental change in behavior, not a tasty low-calorie shake.

- I. Although once dangerous, liquid-diet programs are now safer.
  - A. All programs have improved the calories and protein in liquid diets.
  - B. Supervised programs monitor dieters' health.
  
- II. Unsupervised programs, such as SlimáFast and Dynatrim, concern health-care professionals.
  - A. They do not involve supervision.
  - B. They encourage too-rapid weight loss.
  - C. They do not encourage behavior modification.
  
- III. Most diet professionals consider behavior modification essential for long-term weight loss.
  - A. Liquid-diet programs, which do not involve behavior modification, have poor results.
  - B. Behavior modification involves a number of factors.
    1. Nutritionists suggest such practices as regular meals, small portions, and rewards.
    2. Weight Watchers and some other group programs emphasize eating real foods, understanding nutrition, and changing unhealthful habits.

If you attach an outline to your paper, use standard outline form and double-space all the lines. Place the outline before page 1 of the paper, and cover it with a title page containing the title, your name, and the course information; center this information on the page, and use double space or more between elements. If you use a title page, you do not need to repeat your name and the course information on page 1 of the paper, but do repeat the title.



# Sample Research Paper

Joseph I

Andrea Joseph  
Ms. Diodati  
English 101  
April 18, 1997

## Drinking the Pounds Away

"Give us a week, we'll take off the weight" is a familiar jingle advertising the Slim.Fast liquid diet. In our weight-conscious society, liquid-diet programs such as Slim.Fast and Optifast promise quick weight loss with little effort on the dieter's part. But most of these programs fail to emphasize that successful weight loss demands a fundamental change in behavior, not a tasty low-calorie shake.

When liquid diets were first introduced in the 1970s, they were so deficient nutritionally that they were actually dangerous. But according to Victor Frattali, a nutritionist at the US Food and Drug Administration, manufacturers have now raised calorie levels and use "high-quality protein" (qtd. in Sachs 48). In addition, liquid diets are now divided into two categories: those sold over the counter in drugstores and markets and those supervised by health-care professionals (Simko et al. 231).

Medically supervised programs, such as Optifast and Medifast, became popular when the talk-show host Oprah Winfrey broadcast that she lost sixty-seven pounds on the Optifast diet (Kirschner et al. 902). The twenty-six-week Optifast regimen consists of three stages: a fasting period when patients consume only liquid-protein shakes providing 420 to 800 calories a day; a "refeeding" stage when food is reintroduced into the diet; and a maintenance stage when patients practice eating sensibly (Beek 56).

Medical supervision and psychological counseling are crucial parts of the Optifast program. Before admittance, patients must pass a physical examination to ensure that they do not have any conditions that might make the diet dangerous for them. During the diet, patients undergo frequent weight checks and blood and urine tests (Stocker-Ferguson 57). The Mayo Clinic Diet Manual concurs that patients should be closely monitored so that they do not suffer dehydration and loss of vital minerals (Pemberton et al. 190).

Oprah Winfrey's weight loss "provoked a new frenzy of public interest" in liquid diets (Kirschner et al. 902), but most people were medically ineligible for programs like Optifast. Over-the-counter liquid diets such as Slim.Fast and Dynatrim quickly appeared to meet consumer demand, and now celebrities speaking for these products almost guarantee weight loss. The drinks are easy to obtain and inexpensive (less than a dollar a serving), and their packaging makes losing weight seem effortless. According to the Slim.Fast instructions, the dieter can shed one or two pounds per week with a simple

Writers name  
and page num-  
ber.

Writer's name,  
course, instructor's  
name, date.

Title centered.

Double-space  
throughout.

Thesis sentence

Background information.

Citation form: indirect  
source (Frattali quoted by  
Sachs). Citation falls between  
quotation mark and period.

Citation form: source with  
more than three authors.

Discussion of supervised  
programs.

Summar of source.

Citation form: author no  
named in text.

Discussion of  
risks of liquid diet.

Paragraph integrates  
information from two  
sources to describe  
risks.

Transition to  
unsupervised programs.

The writer uses Slim  
Fast packaging as a  
primary source. Her analysis  
and conclusions are her  
own unless acknowledged.

regimen: "Enjoy a Slim.Fast shake for breakfast, a mid-morning snack, another shake for lunch, a mid-afternoon snack . . . , then a satisfying, well-balanced dinner." Unlike with medically supervised programs, dieters are not required to attend meetings or consult health-care professionals. Medical supervision is not required because the addition of snacks and regular meals raises the calorie intake to at least 1200 compared to Optifast's maximum 800 (Kirschner et al. 902).

Although consumers overwhelmingly support the over-the-counter liquid diets, some health-care professionals are concerned about how the products are marketed. For instance, Dr. Harriet Cane of the National Institute of Diabetes and Digestive and Kidney Diseases warns that "people with borderline diabetes or kidney disease can unknowingly 'diet' their way to serious illness." A can of Slim.Fast shake mix does post a warning in small type:

Slim.Fast shakes should not be used as a sole source of nutrition; eat at least one well-balanced meal daily. . . . Anyone who is pregnant, nursing, has a health problem, is under the age of 18, or wants to lose more than 15 percent of their starting body weight should consult a physician before starting this or any weight loss program.

But the advertisements for Slim.Fast make the required meal sound like an optional treat, and they do not advise users to have a physical exam. Without supervision, dieters might eat the wrong proportions of nutrients or seriously undereat, losing weight faster than is safe for anyone, not just the categories of people listed in the warning (Beek 53).

The insert in a can of Slim.Fast mentions regular exercise and other forms of behavior modification, but the can label does not, nor, again, do the advertisements. And the insert actually encourages the use of the product as a crutch: "Behavior modification is a way of learning to change habits and Slim.Fast can help you. . . . Drink a satisfying Slim.Fast shake every day for breakfast or lunch." This advice shifts the responsibility for weight loss from the dieter to the product.

Most doctors and nutritionists agree that the will and effort of the dieter--especially in changing lifelong eating habits--are essential for long-term weight loss. Dr. Thomas A. Wadden, a leading expert in weight loss, observes that although most overweight people are aware they must get more exercise and eat differently, they find behavior change difficult (qtd. in Rosenthal C11). Still, as Newsweek's Melinda Beek observes, people who have followed a liquid diet without behavior modification "haven't done anything to improve their eating habits--unless they plan to drink the powder for the rest of their lives" (55).

Indeed, long-term results with Slim.Fast and other liquid diets are poor. One study of dieters on the closely monitored Optifast program found that only 32 percent of the patients reached their goal weights, and only 10 percent of these maintained their new weight after eighteen months (Segal 13). (Oprah Winfrey's well-publicized battles with her weight provide anecdotal evidence of the diet's weakness.) Dieters using over-the-counter products have even less success at losing pounds and keeping

Citation form: no parenthetical citation needed here because the author's name (Slim Fast) is in the text and the product packaging has no pages. Citation form: paraphrased source not named in text.

Transition to professionals' concerns.

Citation form: author named in the text and source not paginated.

Quotation over four lines is indented one inch and double-spaced

Writer's own analysis of the Slim Fast packaging (through the next paragraph).

Ellipsis mark indicating omission from the quotation.

Introduction to a paraphrase, giving source's name and credentials.

Paragraph integrates evidence from several sources.

Summary of supporting data.

Citation form:

them off (Kirschner et al. 903; Segal 14).

What is the alternative? Two nutritionists offer some simple modifications in behavior that can help dieters learn to manage eating:

Eat only at specified times and places; learn to eat more slowly; omit other activities, such as reading or watching television, while eating; use smaller plates and place portions directly on the plate rather than serve family style; and use a reward system. (Robinson and Lawler 481)

Weight Watchers and some other group programs combine sensible eating of real foods (as opposed to shakes and other substitutes) with counseling in nutrition and behavior modification. During group sessions conducted by nutritionists or therapists, dieters try to identify and correct unhealthful eating habits. One Weight Watchers participant, Ann Lorden, explains that the counseling "helps you realize what triggers your desire to eat, other than hunger, so that you can keep yourself from having food you really don't want or need."

Liquid diets lure consumers with promises of quick and easy weight loss, but the formulas are not magic potions that absorb excess weight. A liquid diet just lets a person avoid food. Only behavior modification helps a dieter learn to eat.

two sources.

Question emphasizing transition to behavior modification.

Citation form: after displayed quotation, citation follows sentence

period and one space.

Primary source: personal interview.

Conclusion: sharp contrast between liquid diets and behavior modification.

Joseph 6

New page for works cited.

Heading centered.

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Sources are alphabetized by authors' last names.

Second and subsequent lines of each source are indented one-half inch.

Double-space throughout.

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## Chapter 50