

# Books

**Books** is an editorial service for readers' information. To order any book listed or any U.S. book in print, please remit retail price, plus \$2.00 postage and handling charge for each book, to **Science News Books**, 1719 N St., N.W., Washington, DC 20036. To place Visa or MasterCard orders, call 1-800-544-4565. All books sent postpaid. Domestic orders only. Please allow 4-6 weeks for delivery.

**Breaking the Mind Barrier** — Todd Siler. The author undertakes to find in contemporary scientific theories grounds for identifying the functioning of our brains and nervous systems with the functioning of the cosmos and the laws of physics. Using primarily his own internationally exhibited artworks, Siler shows how the brain is what the brain creates. He bridges many disciplines and philosophies to merge art and science and to provide evidence for the interconnections of our universe. Touchstone Bks, 1992, 416 p., b&w illus., paperback, \$16.00.

**Eat for Life: The Food and Nutrition Board's Guide to Reducing Your Risk of Chronic Disease** — Catherine E. Woteki and Paul R. Thomas, Eds. This authoritative and easy-to-read book for consumers is the product of a consensus of nutrition scientists in their effort to determine healthful and unhealthful eating habits. The heart of the book is a nine-point dietary plan to reduce the risk of diet-related chronic diseases, such as heart disease, cancer, osteoporosis and obesity. Includes practical recommendations for building a healthful eating pattern, as well as tips on shopping, cooking and eating out. Natl Acad Pr, 1992, 179 p., hardcover, \$18.95.

**The Mount Sinai Medical Center Family Guide to Dental Health** — Jack Klatell, Andrew Kaplan, Gray Williams Jr. This comprehensive medical reference presents a program of home dental care from infancy to old age. The authors—two dentists at the Mount Sinai Dental Clinic in New York City and a science education writer—cover dental treatment from basic to advanced. Topics include new techniques in orthodontia for children and adults, preventive care to nurture and protect natural teeth for a lifetime, cosmetic dentistry, diseases and disorders that affect dental care, the economics of dental care, problems commonly faced by aging patients, and advice on how to find a good dentist. Macmillan, 1992, 304 p., illus., hardcover, \$24.95.

**Smart Schools, Smart Kids: Why Do Some Schools Work?** — Edward B. Fiske. The author, a former education correspondent of The New York Times, proposes that schools model themselves on computers, "smart" machines that can receive new information and alter their own inner workings accordingly. With descriptions of prototypes of "smart schools" across the United States, he tells of those that are managed from the inside rather than by a board of education, that use flexible schedules, that employ portfolios rather than traditional tests for assessing student achievement, that use new computers routinely and that require students to take responsibility for their own learning. For anyone concerned about education reform. S&S, 1991, 303 p., hardcover, \$21.95.

**Sneezing Your Head Off: How To Live With Your Allergic Nose** — Peter B. Boggs. A specialist in allergy and immunology offers sufferers with chronic nasal and sinus ailments a thorough guide to understanding and treating the nose. Helps readers recognize allergy symptoms and identify potential allergens, discusses nose conditions that masquerade as allergies, and examines the latest in antihistamines, decongestants and prescription antihistamine-decongestant combinations. Includes treatment cautions for patients with special circumstances such as pregnancy, breastfeeding concerns, high blood pressure, glaucoma, diabetes, heart problems and urinary tract infections. Includes a geographical breakdown of seasonal pollen and mold counts. S&S Trade, 1992, 270 p., line drawings, paperback, \$10.00.

**Using the Microscope: A Guide for Naturalists** — Eric V. Gravé. This instructive and generously illustrated guidebook is based on a special course for amateur naturalists and nonscience majors at the New York Microscopical Society. The author, a naturalist, nature photographer and former curator of the society, demonstrates how to set up a microscope and discusses special methods for illuminating specimens and ways to handle easily available objects from the environment. He offers a brief history of the microscope and devotes an entire chapter to the field of photomicrography. Complete with glossary of microscopical terms and lists of references and resources. Dover, 1991, 202 p., paperback, \$9.95.

Tired of spending time and money on your yard only to get disappointing results? *Tough Plants for Tough Places* brings you the know-how to enjoy your yard without being its slave. This book describes and illustrates more than 100 easy-to-grow garden superstars — plants that thrive and look beautiful with minimum fuss and care. And to help you get started, well-known author and illustrator Peter Loewer has drawn on a lifetime of gardening experience to combine these tough plants into 25 great garden plans for difficult sites. — *from the publisher*

"Peter Loewer's book will reduce the number of casualties resulting from good plants being put in the wrong place.

Whether your garden is small or large, wet or dry, sunny or shady, in town, suburb, or country, there's something here for you."

Rodale Pr Inc,  
1992, 247 pages,  
7 1/4" x 9 1/2",  
hardcover, \$24.95

— Pamela Harper, garden  
photographer and author of *Designing  
with Perennials*



For Visa or MasterCard orders, call 1-800-544-4565 / In D.C. Area: 202-331-9653

Science News Books, 1719 N Street, NW, Washington, DC 20036 ToughPlantsH  
Please send me \_\_\_\_\_ copy(ies) of *Tough Plants for Tough Places*. I include a check payable to Science News Books for \$24.95 plus \$2.00 postage and handling (total \$26.95) for each copy. Domestic orders only.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Daytime Phone # \_\_\_\_\_  
(used only for problems with order)

RB1583

## TOUGH PLANTS FOR TOUGH PLACES

PETER LOEWER

How to Grow  
101  
Easy-Care Plants  
for Every Part  
of Your Yard

Perennials, Annuals, Bulbs,  
Trees, Shrubs and Vines

25  
GREAT GARDEN DESIGNS