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A-Z of Companion Planting — Pamela Allardice. Alphabetical entries about flowers, vegetables, and herbs elucidate beneficial and harmful planting combinations, as well as nonchemical pest controls. Many factors come into play, such as the scent, chemical secretions from roots, and gases from the fruits of a plant, which enable some surrounding plants to thrive and cause others to perish. For example, garlic grown under roses averts aphids, and exudations from grass roots stunt the growth of fruit trees. Angus&Robertson, 1993, 208 p., color illus., paperback, \$20.00.

Earl Mindell's Food as Medicine — Earl Mindell. The author, a nutritionist, hopes to revitalize the idea of food as a common, natural way of helping to prevent disease. He notes that up until the middle of this century, the U.S. *Pharmacopoeia* listed herbs and foods in addition to chemical drugs. Mindell relays the facts, benefits, cautions, and dosages for all vitamins and minerals. In addition, he lists the "Hot Hundred," the foods he recommends as having the most potential for healthful benefits. A list of ailments and the foods that promise to alleviate some of their symptoms is also included. Fireside, 1994, 393 p., paperback, \$13.00.

Inner Time: The Science of Body Clocks and What Makes Us Tick — Carol Orlock. The author introduces the fledgling science of body clocks, called chronobiology. Researchers now estimate that humans are equipped with more than 100 body clocks that regulate everything people feel and do, including sleeping and eating patterns and intellectual peaks and valleys. Orlock reports on the wide range of applications for these data, from helping industries become more productive to guiding physicians in scheduling surgery. She also explains what happens when body clocks go awry, causing jet lag and Seasonal Affective Disorder, and describes treatments for these disorders. Techniques for regulating biorhythms and the potential for treating a variety of physical and mental diseases are included. Birch Ln Pr, 1993, 190 p., hardcover, \$18.95.

Nature's Outcasts: A New Look at Living Things We Love to Hate — Des Kennedy. Most people who view dandelions as pesky weeds might be surprised to learn that they are edible, rich in vitamin A, and an effective laxative. In addition to dandelions, Kennedy reveals the positive attributes of 19 other so-called pests, both plant and animal. He shows how many fears about animals such as slugs, bats, and ravens are completely unfounded or based on superstition and points out the facts about each. Storey Comm Inc, 1993, 216 p., b&w illus., paperback, \$12.95.

The New Alchemists: Breaking Through the Barriers of High Pressure — Robert M. Hazen. The long quest to make a diamond in the laboratory finally came to an end in 1955, when Robert Wentorf Jr. turned crunchy peanut butter into diamond crystals using extremely high pressure and temperature. Hazen details this now-refined process of synthesizing diamonds in lay terms and regales the reader with stories about scientists working with tiny bits of materials subjected to pressures that match those deep within Earth and giant planets. Times Bks, 1993, 286 p., b&w photos and illus., hardcover, \$23.00.

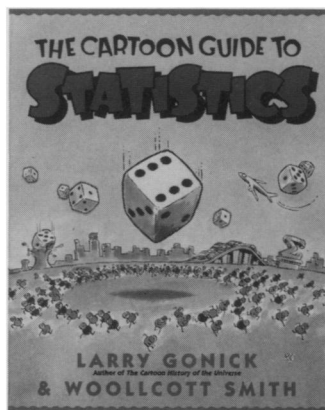
A Ph.D. Is Not Enough: A Guide to Survival in Science — Peter J. Feibelman. Keenly aware that superior intelligence and advanced degrees do not guarantee a job or success in science, Feibelman provides strategies for attaining career goals and prosperity. He stresses the importance of finding a good postdoctoral adviser and of publishing scholarly work. He offers guidelines for doing so, plus tips for interviewing successfully and giving oral presentations. Addison-Wesley, 1993, 109 p., paperback, \$12.95.

A Scientist in the City — James Trefil. The author evaluates the role that nature and science play in the structure of urban areas and contends that technological changes influence the future of a city even more than sociological ones. To prove his point, he cites three discoveries about the physical world that made urban development possible: the manipulation of atoms, the unlocking of stored energy crucial to transportation, and the electronic transmission of information. Doubleday, 1994, 266 p., hardcover, b&w illus., hardcover, \$23.95.

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