

# Books

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**Beyond the Numbers: A Reader on Population, Consumption, and the Environment** — Laurie Ann Mazur. The more than 30 essays contained in this volume voice opinions from a wide variety of thinkers in the area of population control and reform who are pulling together to form a global policy acceptable to industrialized as well as developing nations. Areas of discourse include population and consumption, population growth, the history of family planning, reproductive rights, religion, gender, culture, distribution, and national security. Island Pr, 1994, 444 p., paperback, \$19.95.

**The Cats of Thistle Hill: A Mostly Peaceable Kingdom**—Roger A. Caras. The author of *A Cat Is Watching* recounts tales of some of the more than 30 animals, most of whom are cats, that reside at his farm at Thistle Hill, Maryland. Throughout, he emphasizes his stand on proper pet care, especially spaying and neutering. He advocates sterilization for practical as well personal reasons, contending that the quality of life for this large group of animals is dependent upon their even tempers and population control. In addition, he enchants the reader with stories about specific animals and offers insights into their personalities and the way they think. S&S, 1994, 236 p., b&w photos, hardcover, \$22.00.

**Defying the Gods: Inside the New Frontiers of Organ Transplants** — Scott McCartney. The liver transplant team at Baylor University Medical Center and four of their patients are the focus of this in-depth look at the process of organ transplants. The author follows the personal lives of patients through all phases of surgery, including the initial waiting period and the months after the operation, chronicling the emotions, physical challenges, and financial burdens they must endure. His views of the surgeons provide insights about how liver transplants are performed, how recipients and donors are selected, and the advances being made in the field. Macmillan, 1994, 298 p., b&w plates, hardcover, \$22.00.

**Eco-Renovation: The Ecological Home Improvement Guide**—Edward Harland. Broken into four sections — space, energy, health, and materials — this guidebook provides ideas and solutions for a variety of problems encountered in older homes that prevent them from being ecologically sound. Most concepts presented can be easily and affordably achieved in a variety of homes and take into consideration current lifestyles. Discussions about proper insulation, alternative energy systems, utilization of space, and toxins and pollutants within the home are among the subjects covered. Chelsea Green Pub, 1994, 263 p., paperback, \$16.95.

**Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places** — "Wildman" Steve Brill with Evelyn Dean. Locations, harvesting techniques, possible uses, cautions, and illustrations of more than 500 edible and medicinal plants are documented in order of their seasonal appearance. Explanations for why some plants may have medicinal characteristics and the heritage of their use are included as well. Hearst Bks, 1994, 317 p., b&w illus., paperback, \$17.95.

**The Mystery of Numbers** — Annemarie Schimmel. This concise volume not only details the history of counting systems and ancient numbers, but retraces the mysticism often associated with specific numbers. A chapter is devoted to most numbers between 1 and 40, imparting the symbolism of each. Originally published in hardcover in 1993. OUP, 1994, 314 p., b&w illus. and photos, paperback, \$12.95.

**Out of Control: The Rise of Neo-Biological Civilization** — Kevin Kelly. This is the story of vivisystems — things such as robots and computer circuits that incorporate both the mechanical and the lifelike to be both made and born. Kelly, the executive editor of *WIRED*, delves into the breakthrough technologies interdependent on vivisystems. Once considered science fiction, he says, these developments are now within our grasp and are likely to create a whole new civilization. Kelly introduces many devices, such as toll booths that read bar codes and do not require stopping or cash, and he explains how we must and will adapt to using them. Addison-Wesley, 1994, 521 p., hardcover, \$28.00.

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Twenty years ago, Archie Bunker told Edith, "If you're going to have a change of life, you gotta do it right now. I'm going to give you thirty seconds."

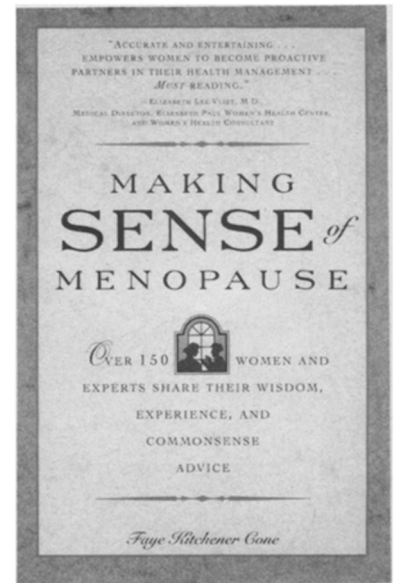
Of course things are not like that. Or are they? While writing *Making Sense of Menopause*, author Faye Cone conducted focus groups across the country. What she found was surprising.

One thing she learned is that many women in their early 40s still think the "m" word is light years away; that men still think that menopausal women are old hags; and that both men and women think that sexual pleasure dies after menopause. All of these statements have been promulgated for far too long—and are just plain wrong.

*Making Sense of Menopause* is the first prime-of-life guide that sets the record straight and gets you grinning at the same time. Cone wisely fills each chapter with the voices of over 150 people who pour their hearts out about the unexpected feelings, poignant struggles, and positive changes they made in mid-life. By interviewing hundreds of doctors, researchers, as well as midlife men and women, Cone finally gets honest answers to all of our questions—including the ones women and men are too embarrassed to ask. Some of what Cone discusses includes:

• what you can do about a hot flash in the middle of the night  
• how to decide about hormone replacements  
• which acupuncture, herbal, or homeopathic remedies work  
• how men really feel about menopause  
• how to calculate when menopause is likely to start  
• how to handle menopause as it occurs, and for the rest of your life  
• many nutrition and exercise techniques that work

—from *Fireside*



Fireside, 1993, 384 pages, 5 1/2" x 8 1/2", paperback, \$13.00

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