

# Books

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**The Backpacker's Handbook**—Hugh McManners. Extremely broad in scope and profusely illustrated, this handbook outlines the basic equipment and procedures necessary for safe and effective hiking, including trip planning, fitness preparation, moving on the trail, camping, and dealing with emergencies. Many procedures are illustrated step-by-step. Color photographs make this book unusually clear and straightforward, especially for the novice. Dorling Kindersley, 1995, 160 p., color photos, paperback, \$14.95.

**The City and Town Gardener: A Handbook for Planting Small Spaces and Containers**—Linda Yang. Beginning with a discussion of how to assess the growing conditions of an available planting space, the author takes the reader through each step of planning, planting, and maintaining an urban garden. In a lighthearted tone, she addresses such questions as which plants are compatible with various soils and exposure conditions, where to get those plants, and how to deal with problems peculiar to urban gardening, from leaks in the roof to blasts of hot air from exhaust fans. Originally published in hardcover in 1990 and titled *The City Gardener's Handbook*. Random, 1995, 316 p., color/b&w photos and illus., paperback, \$18.00.

**Galen's Prophecy: Temperament in Human Nature**—Jerome Kagan. After studying young children for more than 15 years, Kagan returns to a theory proposed by the Greek philosopher Galen, namely, that inhibited and uninhibited children inherit different neurochemistries that affect their threshold of reactivity to novelty. Kagan recounts the history of the study of temperament from Galen to Pavlov to his own research methods and findings. Originally published in hardcover in 1994. Basic, 1995, 376 p., paperback, \$14.00.

**Math for Your First and Second Grader**—Steve Slavin. Realizing a void in basic mathematical skills amongst students, Slavin surveyed the math curricula in a number of elementary schools around the country and developed these math courses for first and second graders. As a supplement to the regular curriculum or as a remedial program, this guide comprises sequential lessons meant to be done over the course of several months. Wiley, 1995, 274 p., b&w illus., paperback, \$12.95.

**The Myth of Scientific Literacy**—Morris H. Shamos. A former president of the National Science Teachers Association argues the merits of intensive science education for U.S. students. Shamos notes that while science is now on a par with the 3R's in terms of time devoted to it in the classroom, the United States has failed to produce a scientifically literate populace. He lays the groundwork for a system he believes is more useful, based on why we teach science, what science we should be teaching to what students (considering their goals), and the social and economic implications of science. Rutgers U Pr, 1995, 261 p., hardcover, \$27.95.

**Out of the Blue: Depression and Human Nature**—David B. Cohen. This overview of the causes and effects of depression focuses on people with bipolar disease, who fluctuate between very low periods and periods of euphoria, as well as on "normal" depression, which most people experience at some time. Cohen favors the belief that heritable qualities have a greater influence than environmental surroundings on depressed patients, and he illustrates this through various case studies. He explores other, connected areas, such as seasonal affective disorder, sleep patterns, and the influence of depression on creativity. Originally published in hardcover in 1994. Norton, 1995, 368 p., paperback, \$13.95.

**The Pill: A Biography of the Drug that Changed the World**—Bernard Asbell. This historical treatise on the birth control pill documents the discovery of the contraceptive and the effects it had on societies around the world, especially in the United States, where it inspired the sexual revolution. Asbell profiles the so-called mothers and fathers of the Pill, including the reclusive Russell Marker, who first synthesized human progesterone. The author also touches on the Vatican's response and on new contraceptive technologies on the horizon. Random, 1995, 411 p., b&w plates, hardcover, \$25.00.

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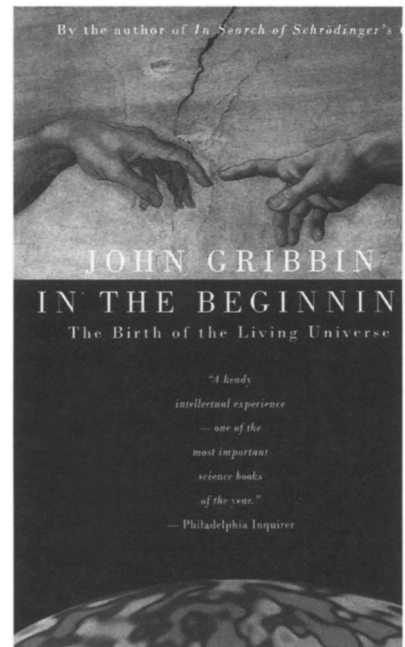
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— from *Little, Brown & Company*



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