

# Books

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**Elements of Garden Design**—Joe Eck. What can be done with a vegetable garden to make it attractive when it's fallow? How can a chain link fence be utilitarian without being an eyesore? How can symmetry find a place in a garden? Eck tackles these and other questions in this book, which is dedicated to composing a prosperous and attractive garden that exists harmoniously with decks, utility and play areas, and other gardens. H Holt & Co, 1996, 164 p., b&w illus., hardcover, \$22.50.

**Genetic Engineering: Dreams and Nightmares**—Enzo Russo and David Cove. Predicting that genetic engineering will be as influential as the Industrial Revolution was, Russo and Cove lay out the possibilities of this new technology and encourage readers to debate and contemplate the myriad ethical issues that surround this new, life-altering technology. The authors clearly explain the science behind genetic engineering and the various processes involved. They go on to illustrate current uses of this technology and describe those likely to follow. To find out whether intelligence is genetically determined, why AIDS is so difficult to cure, which diseases are genetic, and whether genetically engineered organisms are a threat to Earth's ecology, consult this book. WH Freeman, 1995, 243 p., b&w illus., hardcover, \$22.95.

**Journeys in Microspace: The Art of the Scanning Electron Microscope**—Dee Breger. By using electrons, which are easier to manipulate than photons, scientists can magnify objects well in excess of 300,000 times. Not only do these images provide insight into the smallest and largest things, they also produce beautiful images that illustrate the symmetry and architecture of things such as seashells, mosquito wings, or a crack in a rock nearly 4 billion years old. Each page of this collection of images is devoted to an individual specimen. The author concludes with detailed descriptions of each photograph. Col U Pr, 1995, 201 p., color and b&w photos, hardcover, \$39.50.

**Journey to the Centers of the Mind: Toward a Science of Consciousness**—Susan A. Greenfield. The author, a neuroscientist, strives to formulate a "concentric theory" of consciousness. She works from the premise that "consciousness grows as the brain does," increasing and deepening as we age in adult life and as we are stimulated by outside forces. To bolster her arguments, she combines accepted knowledge about brain chemistry and electricity with data gathered in the study of animal behavior, human brain damage, and computer science. She melds phenomenological mental events with physical aspects of brain function in an effort to answer the old question of how personality emerges from the brain. WH Freeman, 1995, 221 p., b&w illus., hardcover, \$24.95.

**The Nutrition Bible: The Comprehensive, No-Nonsense Guide to Foods, Nutrients, Additives, Preservatives, Pollutants, and Everything Else We Eat and Drink**—Jean Anderson and Barbara Deskins. In addition to comprehensive data on vitamins, minerals, and nutrients, this alphabetical primer provides information on specific foods. It includes recipes, nutritional values, historical facts, and methods of production; the effects of nutrition on disease; and the threat of harmful bacteria such as *E. coli*. Morrow, 1995, 470 p., hardcover, \$30.00.

**The Value of Life: Biological Diversity and Human Society**—Stephen R. Kellert. The coauthor of *The Biophilia Hypothesis* considers the implications of reduced biological diversity for human evolution and the physical, emotional, and intellectual experience of our species. Kellert begins by outlining the values inherent in human feelings about nature and shows how these values are influenced by age, sex, education, ethnic background, experiences with animals, and the media. He also explores at length the value differences between Eastern and Western societies. Island Pr, 1996, 263 p., b&w illus., hardcover, \$24.95.

**West Coast Whale Watching: The Complete Guide to Observing Marine Mammals**—Richard C. Kreitman and Mary Jane Schramm. This guidebook is a handy companion for anyone searching the Pacific from land or sea and from Alaska to Mexico for whales, orcas, dolphins, sea otters, or porpoises. The authors describe techniques for observing these creatures and provide invaluable information about specific tours, including contacts, costs, and a synopsis of what each offers. HarpCWest, 1995, 216 p., b&w illus., paperback, \$15.00.

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**W**illiam Clark's *At War Within* takes us on a fascinating tour through the immune system, examining the history of its discovery, the ways in which it protects us, and how it may bring its full force to bear at the wrong time or in the wrong place. Scientists have only gradually come to realize that this elegant defense system not only has the potential to help, as in the case of smallpox, but also the potential to do profound harm in health problems ranging from allergies to AIDS, and from organ transplants to cancer. Dr. Clark discusses the myriad of medical problems involving the immune system, and he systematically explains each one. He explores the mind's powerful ability to influence the performance of the immune system; and the speculation that women, because they have developed more powerful immune systems in connection with childbearing, are more prone than men to contract certain diseases such as lupus.

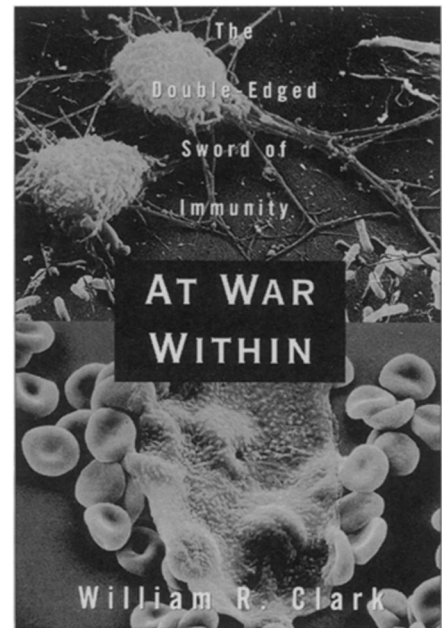
At first glance, it may appear that our immune system faces daunting odds; it must learn to successfully fend off, not thousands, but millions of different types of microbes. Fortunately, according to Clark, it would be almost impossible to imagine a more elegant strategy for our protection than the one chosen by our immune system, and his *At War Within* provides a thorough and engaging explanation of this most complex and delicately balanced mechanism.

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