

# Books

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**Gardening with Perennials**—Fern Marshall Bradley, ed. This beautifully illustrated edition combines the expertise of garden designers with that of nursery owners and others knowledgeable about plant care in order to create a how-to book full of inspiration and sound advice. Early chapters focus on general designs that utilize perennials and a guide listing specifics about more than 75 varieties. The rest of the book helps gardeners maintain a thriving perennial garden throughout the seasons. Rodale Pr Inc, 1996, 312 p., color and b&w photos and illus., hardcover, \$27.95.

**Hip and Knee Replacement: A Patient's Guide**—The author uses his personal and professional experience to create this hands-on guide for readers. He explains what one can expect from hip and knee replacement surgery and provides tips on rehabilitation and postoperative exercises to aid recovery. Thorough diagrams enhance the user-friendly language, which explains the process from preoperative to postoperative care. Norton, 1996, 128 p., b&w illus., hardcover, \$19.95.

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**Kinds of Minds: Toward an Understanding of Consciousness**—Daniel Dennett. Author of the highly acclaimed *Darwin's Dangerous Idea* and renowned philosopher, Dennett expounds here upon the evolutionary perspective on the development of human and other animal minds. In this series of lectures, he poses many such questions—Can we really know what is going on in another person's mind? Do other animals have minds? And so on. While he does not have all the answers, his questions go some distance toward expanding our thought of what the mind is. Dennett relays his theories about the mind's development and concludes, among other things, that language is inherent in thought, thus ruling out nonhuman animals as higher-order thinkers. Basic, 1996, 184 p., b&w illus., hardcover, \$20.00.

**Plastic: The Making of a Synthetic Century**—Stephen Fenichel. While plastic often gets a bad wrap, so to speak, the world is literally in the midst of a plastic age. We wear plastic, drive in plastic, cook in plastic, and even carry plastic inside us as artificial parts. Fenichel presents an engrossing history of this man-made substance and the multitude of products spawned by it. Consequently, he addresses why plastic faces such public relations obstacles as a fifth-grade girl whose crusade to have foam containers removed from her school cafeteria led McDonald's to release its burgers from their foamy confines. Industry's efforts to insinuate plastic products into societies around the world are defined as well. HarperBusiness, 1996, 356 p., b&w illus., hardcover, \$25.00.

**Racing to the Beginning of the Road: The Search for the Origin of Cancer**—Robert A. Weinberg. A scientist at the Whitehead Institute for Biomedical Research describes the exciting years from the mid-1970s to the mid-1980s when researchers defined the genetic links between carcinogens and cancer. This insider's view shows how such work is funded and executed, as well as the rivalries among investigators. Most compelling is the sense of discovery as Weinberg explains how oncogenes, once activated, spur cancerous growth. Harmony, 1996, 270 p., hardcover, \$27.50.

**A River Lost: The Life and Death of the Columbia**—Blaine Harden. The installation of dams on the Columbia River over the last 50 years has turned what was once desert into farmland. Harden grew up in a lake town created by a dam on the river. After many years away, he returned to study the Columbia and the people who depend on it. He weighs the benefits of subsidized irrigation and cheap electricity against the significant losses in the salmon industry—the lifeblood of local Indians—and other adverse environmental impacts on the surrounding area. Norton, 1996, 271 p., hardcover, \$25.00.

**The Sand Dollar and the Slide Rule: Drawing Blueprints from Nature**—Delta Willis. Many designers and engineers call on nature for help in overcoming the obstacles they face in perfecting their creations. Here, Willis provides a historical treatise on the merger of science, art, and biology in constructions such as the design of automobile parts based on tree structure. Originally published in hardcover in 1995. Addison-Wesley, 1996, 234 p., b&w photos, paperback, \$12.00.

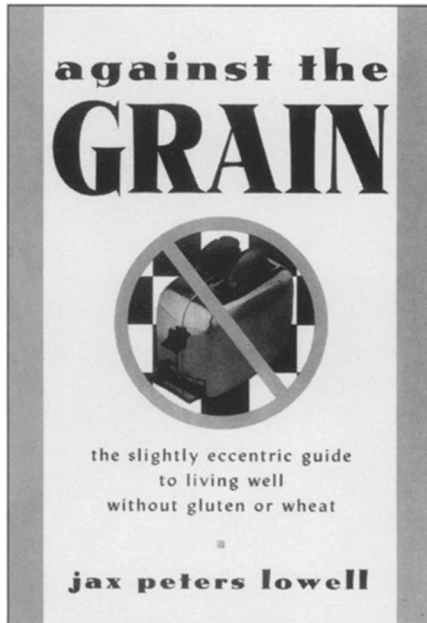


According to its witty, wise, and gluten-impaired author, *Against the Grain* is about how to save your life and eat happily ever after. It is also the first truly hip primer on creativity and resourcefulness for the gluten intolerant and wheat allergic, and for anyone who feeds them, loves them, heals them, and entertains them.

Beginning with introductory essays by two eminent gastroenterologists who explore the symptoms, diagnoses, and management of gluten intolerance and wheat allergy, *Against the Grain* is crammed with things no one ever tells you: how to charm a chef, how to avoid senseless cheating and why you should, which airlines are friendly to the gluten intolerant, how to recognize the culinary terms that spell hidden grains (roux is *not* cheek color), and how to order a good meal in fifteen languages.

The author has left no resource untapped. Along with a required reading list, Lowell provides a state-of-the-art resource guide that shows the grain challenged how to contact fast-food chains, support groups, information hot lines, diagnostic clinics, and companies specializing in mail-order wheat-and gluten-free foods.

*Against the Grain* is the definitive guide to coping with wheat allergy and celiac disease. —from Henry Holt & Co.



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