

science & technology

AGRICULTURE

Bleiman, Andrew & Chris Eastland. *ZooBorns Cats: The Newest, Cutest Kittens and Cubs from the World's Zoos and Aquariums*.

S. & S. 2011. c.160p. photogs. ISBN 9781451651904. \$11.99. PETS

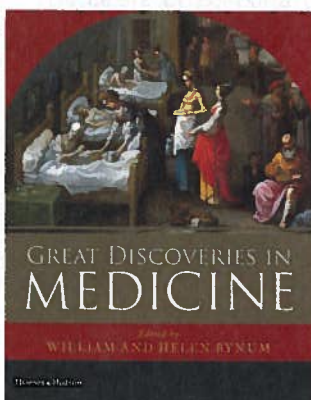
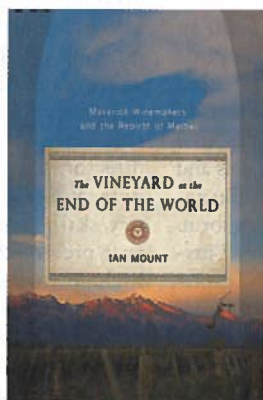
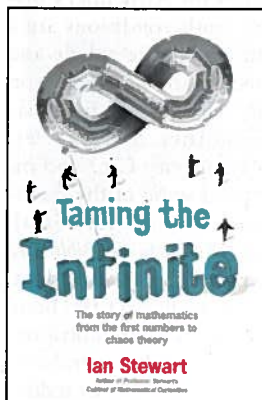
Bleiman and Eastland (*ZooBorns!: Zoo Babies from Around the World*), cofounders of the blog on which their series is based (www.zooborns.com), draw attention to the increasing number of the world's wild felines on the brink of extinction. These endangered species include such familiar cats as lions, tigers, cheetahs, cougars, and jaguars (the third-largest cat in the world), along with less-well-known wild cats like the fluffy-coated Pallas's cat, whose chin fur resembles a beard, and the Geoffroy's cats of South America that stand upright to peer over vegetation to spot predators. Fortunately, zoos are beginning to step in for

Timber. Dec. 2011. c.252p. photogs. index.

ISBN 9781604692839. \$34.95. GARDENING Deardorff and Wadsworth (coauthors, *What's Wrong with My Plant?*), who present gardening workshops together, here offer what is in effect an authoritative guide to organic vegetable gardening. They begin with general cultural information in a short introduction, followed by the A-to-Z "Plant Portraits" section, with specific cultural, planting, and troubleshooting information for each vegetable. Next, the "Family Problem Solving Guides," arranged by plant family, help gardeners identify specific problems and include a color photograph of the pest or the diseased plant, symptoms, a diagnosis, and organic solutions listed from nontoxic to most toxic, with the authors recommending use of the most toxic ones only if all else fails. The book concludes with "Organic Solutions to

Bowman (creator, "Aligned and Well" DVD series) seeks to educate women on taking care of their feet and evaluating their footwear. She presents ten chapters that cover the anatomy of the feet, foot exercises, bunions, and things to keep in mind when buying shoes. The last chapter features guidelines and recommendations for specific population groups or situations as well as FAQs. One noteworthy chapter shows how fashion undermines women's foot health and highlights research on how positive-heeled shoes (i.e., shoes that keep the heel at any height above the rest of the foot) cause musculoskeletal ailments. Each chapter has a short list of key points summarizing the major content. Easy-to-follow photographs of exercises are located within corresponding chapters and toward the end of the book for easy reference. A similar book for a broader audience is Jonathan D. Rose and Vincent J. Martorana's *The Foot Book: A Complete Guide to Healthy Feet*.

VERDICT This book's message of exercising your feet, wearing more feet-friendly shoes, and paying attention to how you walk may cause shoe mavens to reconsider their high heels.—Rebecca Raszewski, Univ. of Illinois at Chicago Lib.



Making math fun; Argentinian wine, aged for 300 years; a pictorial history of health care

the world's most endangered felines. Bleiman and Eastland introduce many of these species to cat lovers for the first time in this remarkable new book. **VERDICT** Through photos and brief descriptions—cats' names, species, birth dates, and the zoos or natural environments they inhabit—the authors bring readers' attention to their situations in the wild and what can be and is being done to protect these cats. Highly recommended for readers (and nonreaders) of all ages.—Karen M. Bensing, Benjamin Rose Inst. Lib., Cleveland

Deardorff, David & Kathryn Wadsworth. *What's Wrong with My Vegetable Garden?: 100% Organic Solutions for All Your Vegetables, from Artichokes to Zucchini*.

Common Problems," with information on everything from modifying growing conditions to providing a healthy environment. A list of resources rounds out the book. The color photographs of the vegetables and gardens are stunning, and the ones of the pests and diseases clearly illustrate the symptoms. **VERDICT** With this attractive book, organic gardeners will find it easy to grow vegetables and diagnose and organically treat common problems. Recommended.—Sue O'Brien, Downers Grove P.L., IL

HEALTH & MEDICINE

Bowman, Katy. *Every Woman's Guide to Foot Pain Relief: The New Science of Healthy Feet*. BenBella. Dec. 2011. c.152p. photogs. ISBN 9781936661077. pap. \$16.95. HEALTH

Great Discoveries in Medicine. Thames & Hudson, dist. by Norton. 2011. 304p. ed. by William Bynum & Helen Bynum. illus. index. ISBN 9780500251805. \$45. MED

Coeditors of the *Dictionary of Medical Biography*, husband-and-wife team William (history of medicine, emeritus, Univ. Coll. London) and Helen Bynum (history of medicine, former lecturer, Univ. of Liverpool), along with an international team of 49 experts, guide readers through the history and heroes of modern medicine. This beautifully designed, quarto-sized volume features 382 illustrations from classical art to medieval engravings to early photographs to the latest examples of medical imaging and electronic microscopes. Egyptian, Chinese, Indian, Islamic, and Greek medical traditions are covered both in the text and in the images, which enriches the dominant narrative of Western medical progress. Seven topical sections include chapters on medical devices, historically important diseases, drugs, surgery, and life-saving innovations such as vaccines, insulin, and dialysis. Complementary medicine is treated respectfully, although nutrition is omitted.

body so it won't go into the starvation mode that keeps the pounds on. But all dieters must make a commitment, and that is what Powell aims for, inspiring readers to change their lives for the better.

Somer, Elizabeth. *Eat Your Way to Sexy: Start Losing Weight in Just 7 Days.*

Harlequin. Jan. 2012. c.256p. illus. index. ISBN 9780373892532. pap. \$16.95. HEALTH

A frequent guest on the *Today* show, Somer (*10 Habits That Mess Up a Woman's Diet*) uses the ever-popular hook that people who are healthy and in shape are naturally sexier. She gives good advice on eating and exercise, rife with coy double entendres and an implicit promise that good health equals good sex. Harlequin knows its audience and plays to it perfectly.

Stephens, Renée & Samantha Rose. *Full-Filled: The 6-Week Weight-Loss Plan for Changing Your Relationship with Food—and Your Life—from the Inside Out.* Free Pr: S. & S. Dec. 2011. c.320p. index. ISBN 9781451641219. \$26.99. HEALTH

Hypnotherapist and life coach Stephens (who appeared on *Wife Swap* in 2009) shifts the focus from the stomach to the brain. She urges readers to explore their motivations for overeating and to dig into their psyches to root out thoughts and fears as a way of getting their minds off food and into positive, productive channels. Her Christian faith plays a big part in this process. This faith-based plan does not include much on specific food choices or exercise, although a few recipes are appended.

Willis, Kimberly. *The Little Book of Diet Help: Lose Weight—Without Losing Your Mind.*

Atria: S. & S. Dec. 2011. c.192p. illus. bibliog. ISBN 9781451660685. \$15. HEALTH

Like Renée Stephens's *Full-Filled* (reviewed above), this book also appeals to the mental side of the diet equation, but, in addition, it utilizes acupressure points. Weight-loss specialist, life coach, and hypnotherapist Willis's theory is that tapping on a particular point on the body will aid the brain in clearing away a negative impulse. It can't hurt, but there's little here in the way of specific information about foods or exercise.—

Susan B. Hagloch, formerly with Tuscarawas Cty. P.L., New Philadelphia, OH

appeal to anyone intrigued by the golden age of ocean liners, whether they fancy the fashionable passengers, are thrilled at the thought of the splendid furnishings, or wish to try a hand at the recipes.—Courtney Greene, Indiana Univ. Lib., Bloomington

Knipple, Paul & Angela Knipple. *The World in a Skillet: A Food Lover's Tour of the New American South.* Univ. of North Carolina.

Mar. 2012. c.296p. photos. index. ISBN 9780807835173. \$35. COOKING

Paul and Angela Knipple, members of the Southern Foodways Alliance, wish to share their passion for Southern food with others. They are experienced food writers (having written extensively for publications such as the *Memphis Flyer* and *Edible Memphis*), but this is their first book. Southern cooking often brings to mind dishes with influences from West Africa, Europe, and Native Americans. The Knipples successfully expand this view of Southern cooking to represent today's multicultural South. They showcase 40 chefs from around the world (including Asia, the Middle East, Europe, Africa, and the Americas). Although some recipes are included (e.g., Biryani from India, Mazorca from Colombia, and Kajmak from Bosnia), the focus is on the chefs and their personal stories. **VERDICT** Rather than a cookbook, this is a readable introduction to the diversity of the modern Southern table. Highly recommended for regional cooking collections.—Ginny Wolter, Toledo-Lucas Cty. P.L., OH

McMillan, Tracie. *The American Way of Eating: Undercover at Walmart, Applebee's, Farm Fields and the Dinner Table.*

Scribner. Feb. 2012. c.288p. bibliog. ISBN 9781439171950. \$25. COOKING

What started as a job covering the "poverty beat" for a magazine turned McMillan on to an investigation of where the average American's food comes from. She began by working in California fields picking grapes and garlic and living as her fellow workers live, and she here recounts how she afforded to eat—or not—from her less-than-minimum-wage earnings. McMillan discusses her work in grocery and produce at a Michigan Walmart and as an expeditor at a Brooklyn Applebee's and investigates not only how she lived off these wages, but how her coworkers lived and ate. In her conclusion, she suggests finding a way to pay employees a living wage and make food more accessible and affordable to them as Henry Ford did for his workers in the early 20th century. **VERDICT** McMillan's approach is neither confrontational nor controversial, but her view of the American food system will appeal to readers interested in food economics and politics. Her investigative reporting will also attract a wider audience of readers who like to peek at the lifestyles of others.—Dawn Lowe-Wincentsen, Oregon Inst. of Tech., Portland

Mount, Ian. *The Vineyard at the End of the World: Maverick Winemakers and the Rebirth of Malbec.* Norton. Jan. 2012. c.288p. illus. bibliog. index. ISBN 9780393080193. \$26.95. BEVERAGES

Adding to the growing body of work on wine history, wine journalist Mount traces the history of Argentinian wine from its beginning in the 1700s to the present day. To accomplish this monumental task in a digestible narrative, he focuses on one figure and one region but explains in the epilog that many other people and areas were also important. The result is an artfully written story of how a poorly developed wine culture grew into one of the best wine regions in the world. Mount brings to light a lesser-known wine region and explains how cultural contact beginning with Spanish explorers contributed to its current wine-producing status. The work is obviously well researched; the author includes notes and a bibliography, but citations are not included throughout the chapters. **VERDICT** This engaging, important, and accessible book fills a gap in the literature of wine culture and history.—Lisa Ennis, Univ. of Alabama Lib., Tuscaloosa

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