

# Books

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**Canyon** — Michael P. Ghiglieri. A professional river guide describes a raft trip down 226 miles of the Colorado River in the Grand Canyon, navigating dozens of notorious rapids, including Adrenaline Alley — 40 miles of monstrous whitewater roaring through a mile-deep gash in the Earth's crust. Between rapids, Ghiglieri gives lessons in geology and tells tales of river runners past and present. For general readers. U of Ariz Pr, 1992, 311 p., paperback, \$15.95.

**Beyond Beef: The Rise and Fall of the Cattle Culture** — Jeremy Rifkin. An outspoken political activist looks at the historical, social and economic relationship between humans and cattle and describes how cows have changed from a spiritual force to a productive commodity, creating a "beef addiction" that has contributed to millions of deaths from heart attack, cancer and diabetes. Rifkin laments the grim ecological effects of a culture that destroys tropical rain forests to create pastureland, tolerates organic pollution caused by runoff from feedlots and uses 70 percent of the grain growth in the United States to feed cattle and livestock. Concludes with suggested remedies for the ecosystem and for human health. Dutton, 1992, 353 p., hardcover, \$21.00.

**The Journey of Life: A Cultural History of Aging in America** — Thomas R. Cole. The author describes how middle-class culture, first in Europe and then in America, created and sustained modern images of the life course, and how aging was redefined as a scientific problem after World War I. Concludes with late 20th-century images that offer a renewed awareness of the spiritual dimensions of later life and new opportunities for growth in an aging society. For anyone concerned with issues of aging. Cambridge U Pr, 1992, 260 p., hardcover, \$27.95.

**Land of the Eagle: A Natural History of North America** — Robert McCracken Peck. Lavishly illustrated with color photographs, this book takes us on a journey through the North American wilderness both past and present, describing its natural beauty and bounty. The author, a naturalist and historian, examines the dramatic change and conflict brought by the European settlers and discusses how their use of the land and wildlife had traumatic consequences for native populations. Peck's observations are interwoven with firsthand accounts by early discoverers, settlers, naturalists and indigenous inhabitants. Summit Bks, 1991, 288 p., color illus., hardcover, \$30.00.

**The Race Is Run One Step at a Time: Every Woman's Guide to Taking Charge of Breast Cancer** — Nancy Brinker. The author, a member of the National Cancer Advisory Board and the President's Cancer Panel, wrote this guide for women of all ages who need information about breast cancer. It offers clear explanations of treatment options, steps to finding the right doctor and support team, methods of breast self-examination and early detection, reliable information about breast abnormalities and benign breast diseases, and a complete list of questions to ask a doctor. Includes charts, photographs and a comprehensive resource section. Published in hardcover in 1990. S&S, 1991, 223 p., paperback, \$10.00.

**You Know What They Say: The Truth About Popular Beliefs** — Alfie Kohn. Can fright turn your hair white overnight? If you spare the rod, do you spoil the child? Does the full moon make people crazy? Is breakfast the most important meal of the day? Kohn looks at the wisdom in folk wisdom, mingles his observations with experts' findings and refutes dozens of commonplace proverbs pertaining to human behavior, nature, health and world history. He also tackles dueling proverbs, such as "Absence makes the heart grow fonder" vs. "Out of sight, out of mind," and "You're never too old to learn" vs. "You can't teach an old dog new tricks." He researches such common beliefs as "Carrots are good for your eyes," "Beauty is only skin deep" and "Firstborns are different from other children." HarperCollins, 1991, 236 p., paperback, \$9.00.

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<p><i>If you are a woman who values her health, you owe it to yourself to read this book!</i></p>	
<p>Simon &amp; Schuster, 1992, 252 pages, 6½" x 9½", hardcover, \$21.00</p>	<p style="text-align: center;"><b>To order by phone from Science News Books, call: 1-800-544-4565 (Visa or MasterCard Only) In D.C. Area: 202-331-9653</b></p>
<p style="font-size: small;">THE FIRST BOOK TO SHATTER THE MISCONCEPTION THAT HEART DISEASE IS ONLY A MAN'S PROBLEM</p> <p style="font-size: 2em; font-weight: bold; text-align: center;">THE FEMALE HEART</p> <p style="font-size: small; text-align: center;">THE TRUTH ABOUT WOMEN &amp; CORONARY ARTERY DISEASE</p> <p style="font-size: small;">Marianne J. Legato, M.D. and Carol Colman</p>	<p><i>When a man feels chest pain, his next stop is the emergency room. When a woman feels chest pain, she often ignores it. Physicians who unhesitatingly recommend bypass surgery for a man often dismiss a woman's symptoms as "hysterical."</i></p> <p><i>Why? Because for decades, American women and their doctors have operated on the assumption that women are less susceptible to heart disease than men. At first glance, medical science seems to confirm that belief — until one realizes that despite all the billions of dollars spent on coronary research, women have been excluded as subjects in all but one major project. Indeed, less than 20 percent of the research budget of the National Institutes of Health is spent on women's health issues. Small wonder that the myth of immunity has clouded the facts about women and heart disease until very recently!</i></p> <p><i>As the facts emerge, it becomes more and more clear that the myth is not only misguided but dangerous.</i></p> <p><i>The Female Heart replaces the myth with the facts — and the fact is, heart disease is an equal-opportunity killer.</i></p> <p style="text-align: right;"><i>— from the publisher</i></p>
<p>Science News Books FemaleHeartH 1719 N Street, NW Washington, DC 20036</p> <p>Please send _____ copy(ies) of <i>The Female Heart</i>. I include a check payable to Science News Books for \$21.00 plus \$2.00 postage and handling (total \$23.00) for each copy. Domestic orders only.</p> <p>Name _____ Address _____ City _____ State _____ Zip _____ Daytime Phone _____ (used only for problems with order) RB1586</p>	

