

science & technology

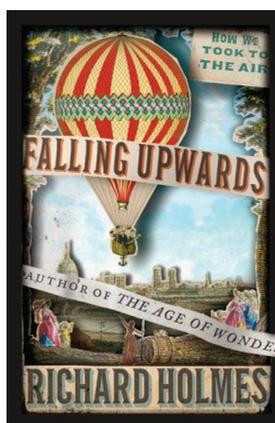
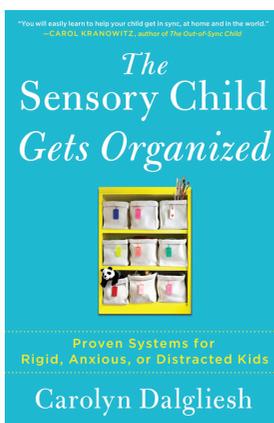
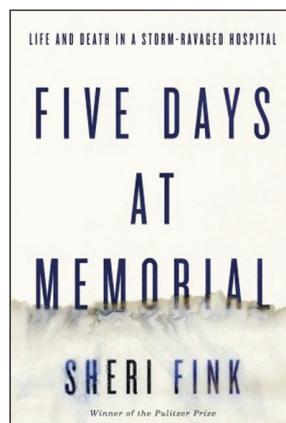
AGRICULTURE

McMinn, Suzanne. **Chickens in the Road: An Adventure in Ordinary Splendor**. HarperOne: HarperCollins. Oct. 2013. 320p. photos. index. ISBN 9780062223708. \$28.99. AGRI

Best known for her blog of the same name as well as a handful of romance novels (*High-Stakes Homecoming*), McMinn here provides a lively, whimsical account of her adventures in West Virginia farm living. Things don't always go smoothly for her family of suburban transplants, but there are plenty of engaging characters (including some without fur or feathers) to meet along the way. The menagerie of animal friends on their 40-acre farm includes chickens, goats, cows, horses, ducks, and sheep. Fans of McMinn's long-running blog will be glad to see that her memoir includes a selection of old-fashioned recipes as well as down-home

tion, activist John Robbins teams with his son and fellow activist Ocean to further the conversation about food, health, and the environment. They present interviews with 21 "food revolutionaries," including scientists, doctors, teachers, farmers, economists, activists, and nutritionists. While the book is very much a call to action, it opens on an optimistic note. "Those days may be numbered," Ocean Robbins writes in the introduction, referencing the various problems caused by the industrial food system. He cites the work of activists such as his father, Bill McKibben, Frances Moore Lappé, and others (many included in this book) as his reason to hope for substantial progress in what he believes is the right direction: a plant-based diet produced and consumed outside of an industrialized system. The book is divided into seven topical

offers an authoritative and thorough overview of strokes, the world's third leading cause of death. The book is sectioned into well-thought-out chapters, beginning with basic blood-flow-to-brain anatomy and a comprehensive definition of stroke that is medically sound yet understandable to those who are not medical professionals. Other chapters cover risk factors for stroke, symptoms and diagnosis, treatment options, and aftercare recommendations. Especially helpful is a chapter called "Planning for Your Future," which suggests measures for managing personal affairs (among them, how to create an emergency notebook and recommendations for advanced care directives for those at risk for stroke). The text includes a fair number of diagrams and brain scans that help illustrate the ideas Caplan presents. At the end of the book is a brief case summaries section as well as an extensive glossary of terms and suggested readings for further education on the disease. **VERDICT** A practical resource recommended for medical professionals and laypeople alike.—Carolann Curry, Mercer Univ. Lib., Macon, GA



The devastating effects of Hurricane Katrina, parental guidance, the art of ballooning

craft projects (e.g., chocolate cream facial mask and apple spice simmering potpourri). The work has poignant moments, too, as McMinn outlines the trials and tribulations of adjusting to new routines without her old companions to join her; this ultimately paves the way for an epiphany or two. **VERDICT** A memoir of a suburban mother's move to the country, this book is perfect for fans of McMinn's blog.—Dan McClure, Pacific Northwest Coll. of Art Lib., Portland, OR

Robbins, John & Ocean Robbins. **Voices of the Food Revolution: You Can Heal Your Body and Your World with Food!** Conari. 2013. 288p. ISBN 9781573246248. pap. \$18.95. AGRI

In this follow-up to 2010's *The Food Revolu-*

sections, each of which includes conversations among John Robbins and activists, brief next steps for those who want to make a difference, and a list of resources. One section features a discussion of spirituality that closes with a prayer offered by author Marianne Williamson. **VERDICT** Inspirational fare for activists; others can stick with the original.—Mindy Rhiger, Minneapolis

HEALTH & MEDICINE

Caplan, Louis R. **Navigating the Complexities of Stroke**. Oxford Univ. (Neurology Now). Sept. 2013. 256p. illus. bibliog. index. ISBN 9780199945719. pap. \$19.95. MED

Caplan (neurology, Harvard Univ.; senior neurologist, Beth Israel Deaconess Medical Ctr.; *Caplan's Stroke: A Clinical Approach*)

Crawford, Dorothy H. **Virus Hunt: The Search for the Origin of HIV**. Oxford Univ. 2013. 224p. notes. bibliog. ISBN 9780199641147. \$27.95. MED

In this captivating work, virologist Crawford (microbiology, Univ. of Edinburgh; *Deadly Companions: How Microbes Shaped Our History*) unravels the mysterious origin of HIV. Simian immunodeficiency virus (SIV) jumped several times from chimpanzees or gorillas to humans, creating different strains of HIV, including the HIV-1 strain responsible for the current pandemic. The author posits the "cut hunter" theory, suggesting that the virus probably moved from chimpanzees to humans via a lacerated hunter who handled an infected chimp. This transfer likely happened in Cameroon around 1900, Crawford writes in this well-told narrative. Humans then carried the disease to present-day Kinshasa, the Democratic Republic of the Congo (DR Congo), sometime before 1924. The city then was a boomtown, with male migrants who came for work, leaving their wives home in the villages. This created a thriving sex trade, which helped spread HIV. Upon gaining independence, DR Congo recruited foreign workers, many coming from Haiti.

→ CONTINUED FROM P. 133

Behr, Edward. 50 Foods: The Essentials of Good Taste. Penguin Pr: Penguin Group (USA). Nov. 2013. 432p. ISBN 9781594204517. \$35. COOKERY

Behr, author of several cookbooks based on recipes from the *Art of Eating* magazine, of which he is both the editor and the publisher, here features 50 foods he knows and loves. While Behr admits that these foods may not be everyone's top choices, his aim is to help readers learn about each one and become, if not connoisseurs, at least educated consumers. Readers will learn how to purchase and store many common items, such as butter, cantaloupes, rice, and chicken. However, some of the items are rather gourmet, such as chestnuts, caviar, blue crab, and truffles, and might not interest the average eater. Wine notes are included with each entry. **VERDICT** If readers are interested in a food listed here, they will find a wealth of information, but because the number of entries is low, librarians will have to make purchasing decisions based on the needs and wants of their populations.—Jane Hebert, Glenside P.L. Dist., Glendale Heights, IL

★ **Dalgliesh, Carolyn. The Sensory Child Gets Organized: Proven Systems for Rigid, Anxious, or Distracted Kids.** Touchstone: S. & S. Sept. 2013. 304p. ISBN 9781451664287. pap. \$15.99; ebk. ISBN 9781451664294. CHILD REARING

Dalgliesh has founded several businesses based on her experience as a professional organizer. The first section of this book is devoted to elucidating how a sensory child (e.g., one with sensory processing disorder, anxiety disorder, ADHD, autism, bipolar disorder, or obsessive compulsive disorder [OCD]) functions. Objective observation and understanding a child's learning style are crucial to determining how to help that child thrive in all environments, Dalgliesh writes. In the second section, the author explains how storage systems for the bedroom and playroom can create harmony in the home; structure, routines, and visual aids can ease difficult times. Throughout the book are sample charts and worksheets intended to help parents find the best organizing solutions. Black-and-white photos of sample rooms are included as well. In the concluding section, Dalgliesh provides ideas for how parents can help their sensory child succeed in the world at large, such as by easing travel times, empowering the child's teachers, and becoming the child's advocate. The book concludes with a sizable further-reading section, products the author appreciates, and organizations to contact for further help. **VERDICT** Chock-full of practical suggestions, this is an invaluable re-

source for parents of children with ADHD, bipolar disorder, autism, OCD, or sensory processing issues.—Julia M. Reffner, Fairport, NY

Jett, Tish. Forever Chic: Frenchwomen's Secrets for Timeless Beauty, Style, and Substance. Rizzoli. Oct. 2013. 224p. ISBN 9780847841493. \$29.95; ebk. ISBN 9780847841455. PERSONAL GROOMING

French women have an enviable reputation for being svelte, sexy, and stylish and for possessing a certain *je ne sais quoi* that doesn't seem to diminish with age. Fashion journalist and editor Jett reveals how middle-aged French women remain "forever chic" in this detailed look at the diet, skin, hair, makeup, and exercise regimen of *la femme d'un certain âge*. Like contemporary Francophone beauty authority Jamie Cat Callan, Jett relies on interviews and observations gathered during her stay in France. The author found, as many articles, blogs, and books about the French feminine mystique assert, that culture and confidence play an important role in French women's ability to age gracefully. The French purportedly celebrate older women, are fashion-conscious, control their food portions, and walk more than Americans. However, French women still work hard at maintaining their looks, and this volume provides commonsense and decidedly French head-to-toe beauty routines that yield results. Readers will also learn how to use color, accessories, and figure-flattering clothing to emulate the classic Parisian sense of style. **VERDICT** This worthwhile and entertaining addition will be popular in libraries where there is an interest in French culture.—Ajoke Kokodoko, Oakland P.L.

McWilliams, James. The Pecan: A History of America's Native Nut. Univ. of Texas. Oct. 2013. 192p. ISBN 9780292749160. \$20; ebk. ISBN 9780292753914. COOKERY

McWilliams (*Just Food; A Revolution in Eating*) offers another entry in a growing field of books that trace the historical and cultural paths of a single food. Whereas these works were once the domain of academics, recent titles, including this one, are written in a style accessible to general readers. The author does an admirable job of telling the very American story of the pecan, starting with pre-Columbian times and arriving at the sophisticated and improved pecan that is produced today. According to the author, the scrappy pecan tree managed to survive and thrive despite early periods of harvest methods that thinned groves, a cotton industry that had landowners clearing forest for crops, and spring flooding. McWilliams weaves American history, agricultural history, and science into the story of the wild pecan groves and their transformation into

an industrialized crop that some believe was saved by rising exports to China. While the author ends with some concerns about the future of the pecan, readers will be left with hope that the tree will persevere. **VERDICT** This excellent and charming story describes a tree that endured numerous hardships to become not only a staple of Southern cuisine but an American treasure.—Ann Wilberton, Pace Univ. Lib., New York

Shprintzen, Adam D. The Vegetarian Crusade: The Rise of an American Reform Movement, 1817–1921. Univ. of North Carolina. Oct. 2013. 336p. illus. notes. bibliog. index. ISBN 9781469608914. \$39.95; ebk. ISBN 9781469608914. COOKERY

Shprintzen (editor, *Digital Encyclopedia of George Washington*) taps into his expertise as an academic historian (and his curiosity as a recently converted vegetarian) to research the early history of the U.S. vegetarian movement. He traces the origin of the movement to 1817, the year that leaders of the Bible Christian Church, a vegetarian sect, immigrated to the United States from England. Using the Civil War as the fulcrum for movement activity, Shprintzen documents antebellum vegetarians who saw their way of life intertwined with a broad array of social causes, abolition being chief among them. Vegetarians post-Civil War were more concerned with individual health, strength, and social mobility, including representation at the World's Columbian Exposition of 1893. **VERDICT** This well-researched and accessible work is recommended for readers of U.S. social history and for vegetarians interested in knowing that the roots of their movement go deeper than the publication of Peter Singer's *Animal Liberation* and the founding of People for the Ethical Treatment of Animals. Fans of culinary history books such as Laura Shapiro's *Something from the Oven: Reinventing Dinner in 1950s America* will also find much to love here.—Mary Schons, Hammond P.L., IN

Willan, Anne with Amy Friedman. One Soufflé at a Time: A Memoir of Food and France. St. Martin's. Sept. 2013. 320p. ISBN 9780312642174. \$27.99; ebk. ISBN 9781466837027. COOKERY

Cookbook writer Willan (*The Country Cooking of France*), who founded La Varenne Cooking School in Paris, shares her life story in this charming memoir. Born in England in 1938, Willan grew up in Yorkshire, where she enjoyed watching her family's cook at work. She gained an enthusiasm for food and cooking, a preference considered ill-bred at the time, and went on to study at the Cordon Bleu in London and Paris. Willan held vari-