

Planning and Cities, general editor George R. Collins, George Braziller, 10 volumes, paperback \$2.95 each.

Anyone concerned with urban planning, present city design, and an understanding of the social, religious and economic concepts as they've been manifested and have evolved through time to create the modern city of today will find this an exciting, informative and well illustrated series.

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B

Human Design—molecular, cellular, and systematic physiology by William S. Beck, Harcourt Brace Javanovich, Inc., textbook, hardcover, \$15.95.

This is an excellent basic text for anyone interested in human physiology. The author's approach is interdisciplinary; he deals with physiology in relation to anatomy, histology, biophysiology, genetics and biochemistry. The book is divided into two sections: 1) molecular and cellular physiology, and 2) systems of the body. Illustrations are plentiful.

Diet for a Small Planet, by Frances Moore Lappe, Ballantine Book, 1971. \$1.25.

This is a well-researched book presenting reasons, facts and figures for abandoning a meat diet and comparisons of specific contents of different non-meat foods. It lays out what food combinations supply essential amino acids, vitamins and minerals correlating these with what the author calls net protein utilization of the amount of protein actually available to the body. It also states things like:

"Now let us put these two factors together; the large quantities of humanly edible protein being fed to animals, and their inefficient conversion into protein for human consumption. Some very startling statistics result. If we exclude dairy cows, the average ratio for protein conversion by livestock in North America is 10 to 1. Applying this ratio to the 20 million tons of protein fed to livestock in 1968 in the U.S., we realize that only 10 percent (or 2 million tons) was retrieved as protein for human consumption. Thus, in a single year through this consumption pattern, 18 million tons of protein becomes inaccessible to man. This amount is equivalent to 90 percent of the yearly world protein deficit."

About half of the book is devoted to recipes using the logic of the rest of the book. It's a good reference for the stuff we put in our mouths.

O

Cosmic View—The Universe in 40 Jumps by Kees Boeke, John Day Book, \$4.50 hardcover.

Through a series of 40 illustrations this book takes you on two long journeys: from an object on earth into outer space, and from the same object to the nucleus of the sodium atom. The journey to outer space starts at a point on earth five meters from a young girl sitting in a schoolyard in a town in the Netherlands. In a series of 25 successive drawings, with each successive scale one-tenth of the one before, we go straight up into the sky seeing everything at ever increasing heights and fields. We see Europe, the whole earth, the moon, neighbor planets, the sun, and then beyond to neighbor stars, the milky way, until we leave our own galaxy and see it shrink to a small spot. We are left looking at the specks of infinite universes beyond.

In order to make the second journey, which focuses on the hand of the same girl in the schoolyard through the surface of her skin to the sodium atom, we must arrive back on earth. To do this the scale must be increased rather than decreased, by 10. In a series of 13 successive drawings, still increasing the scale by 10, we pass through skin tissue bacteria, viruses, molecules, X-rays, cosmic rays, to the sodium atom at ten million million magnification (where a man's height drawn to scale would be about the diameter of the solar system.).

One picture is worth 10^3 words.

Black Talk, by Ben Sidran, Holt, Rinehart and Winston, \$5.95. Sidran's thesis is that black culture, based essentially on oral tradition (unlike the predominant western culture based on a linear, literary tradition) has created a context for social interaction, information exchange and communication, leading to an evolution of values and attitudes which have greatly suffused and influenced the culture of young middle class white America—the children of change. Since he is a musician as well as a scholar the book also provides an excellent critique of the history and development of jazz.

Warriors of the Rainbow by William Willoys & Vinson Brown, Naturegraph Co., Healdsburg, Calif.

Strange and prophetic dreams of the Indian Peoples . . . "believing that only God is the Knower. That men should love one another and understand one another is the great message of the visions of Indian peoples, nothing of selfishness nor vanity, nothing of narrowness nor pride." Just as we are re-discovering our natural selves, so too are young Indians of today searching for their meaningful past.

Also: Check out the Penguin Metaphysical Library, edited by Jacob Needleman. At prices of \$2.00 and less it includes: *The Sacred Pipe*—Black Elk's account of the seven rites of the Ogala Sioux; *Born in Tibet* by Chogyam Trungpa; *Alchemy* by Titus Burckhardt; the *Strange Life of Ivan Osokin* by P.D. Ouspensky . . .

K

The Center of the Cyclone, by John Lilly, Julian Press, \$3.95 paperback, \$6.95 hardcover. Lilly is a scientist whose curiosity and research have carried him into realms where the object language of science just isn't applicable. In this book he describes a decade of looking into LSD. With acid, research and experience are the same so that Lilly writes from both the inside and the outside at the same time. At times the old scientist wins out. But even though he's nowhere as lyrical as Carlos Casteneda, by managing to avoid the excesses of Leary and Baba Ram Dass-type writing he's provided some valuable maps of a terrain which is becoming more and more commonplace.

Conscientious Guide to Drug Abuse by Vic Pawlak. A "Do It Now" publication, P.O. Box 3575-C, Hollywood, Calif. 90028.

Honest, straight forward facts on drugs, their effects, over dose potential, addictive qualities, which ones to avoid and what to do in case of bad trips. Any drug user should read this; good also for parents!

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