

science & technology

HEALTH & MEDICINE

Donlan, Christian. **The Inward Empire: Mapping the Wilds of Mortality and Fatherhood.** Little, Brown. Jun. 2018. 336p. ISBN 9780316509367. \$27; ebk. ISBN 9780316509350. **HEALTH**

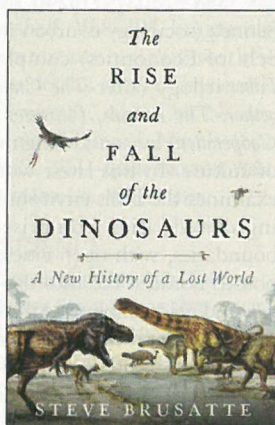
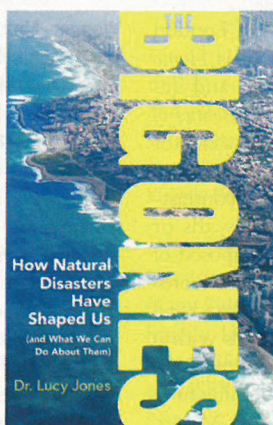
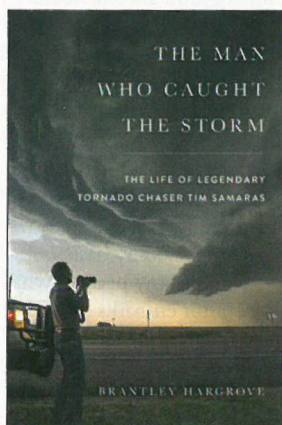
A candid search for identity leads journalist Donlan to ask: Where do I stop, and where does the illness begin? Shortly after the birth of his daughter, Donlan felt like a tourist in his own skin as he experienced fatigue, brain fog, and tingling sensations, among other symptoms. He describes multiple sclerosis as two diagnoses at once: a condition, and an incurable one. To better understand a condition that can be difficult to describe, he interviews neuroscientists and researches the work of pioneering French neurologist Jean-Martin Charcot. With his concept of self in flux, Donlan struggles with self-discovery, becoming his

Epstein, Randi Hutter. **Aroused: The History of Hormones and How They Control Just About Everything.** Norton. Jun. 2018. 272p. photos. notes. index. ISBN 9780393239607. \$26.95; ebk. ISBN 9780393651119. **HEALTH**

Hormones regulate most of the body's physiological processes. Metabolism, immunity, sleep, mood, sexual development and desire, and the ability to fight and flee from danger all depend on them. Epstein, a physician at Yale and Columbia, presents a history of the scientific discoveries that led to knowledge of the existence of these powerful substances. The author introduces the colorful researchers who performed experiments that would never be permitted with current ethical regulations: William Bayliss and Ernest Starling, who discovered the role of the pancreas in digestion and angered anti-vivisectionists in the process; Louis Berman, who thought

\$26; ebk. ISBN 9780804186308. **COOKING**

César Ritz (1850–1918) and Auguste Escoffier (1846–1935) first met in the mid-1880s while working together in Monte Carlo. Both had grown up poor; throughout his life, Ritz cursed his “peasant hands.” Temperamentally, they were polar opposites. Ritz was extroverted and a natural showman, while Escoffier was calm and introverted. But together, they fashioned an enduring, creative partnership that still resonates today. Ritz was already an hotelier when, in 1890, Richard D'Oyly Carte needed to revitalize the Savoy, his fashionable London hotel. D'Oyly Carte recognized that only Ritz could perform this task, and employed him at a significant salary. Ritz then hired his own team, including Escoffier as the chef de cuisine. Undeterred by a scandal that saw Ritz and his team dismissed from the Savoy, he and Escoffier went on to create new establishments that are still synonymous with luxury. Barr (*Provence*, 1970) vividly captures the moment when Ritz and Escoffier conceptualized and created a new type of luxury establishment in which the aristocracy, the nouveau riche, and the beau monde mingled freely and easily. **VERDICT** Barr's highly enjoyable and well-researched book carries the reader into the intimate heart of Ritz and Escoffier's philosophy.—Penelope J.M. Klein, Fayetteville, NY



Chasing severe weather, the impact of natural disasters, and the evolutionary role of dinosaurs

own inner explorer while trying not to become an amateur neurologist. The author shines when portraying his family, siblings, and parents, and his efforts to keep them away out of self-preservation. His hospital diaries display the conflicting emotional and physical responses to pain: Am I overreacting or underreacting? For Donlan, both parenthood and multiple sclerosis are an adventure, and he often wonders about limitations and failure. **VERDICT** As one of the few books that touches upon the intersections of parenthood and chronic illness, it would be easy to recommend this affecting memoir to both communities; it should also find a home among readers of medical memoirs.—Stephanie Sendaula, *Library Journal*

that hormones caused criminal behavior; and Eugen Steinach, who touted vasectomies to preserve male strength. Readers learn of snake oil cures and the important therapeutic roles that hormones play. Transplanting goat testicles led to disaster, but using insulin for diabetes and replacing thyroid and adrenal hormones when they are deficient saves lives. **VERDICT** An engaging book of medical history that teaches readers about important aspects of physiology.—Barbara Bibel, formerly Oakland P.L.

HOME ECONOMICS

Barr, Luke. **Ritz and Escoffier: The Hotelier, The Chef, and the Rise of the Leisure Class.** Clarkson Potter: Crown. Apr. 2018. 320p. illus. notes. bibliog. ISBN 9780804186292.

Bastianich, Lidia Matticchio. **My American Dream: A Life of Love, Family, and Food.** Knopf. Apr. 2018. 352p. photos. notes. ISBN 9781524731618. \$28.95; ebk. ISBN 9781524731625. **HOME ECON**

If Julia Child and Jacques Pépin represent the French side of PBS's cooking shows, Bastianich dominates the Italian offerings. Long before the host of *Lidia's Italy* was instructing viewers on the techniques of authentic Italian food, she was a successful chef, opening her first restaurant in Queens, NY, in 1971. None of it was easy; but much was rewarding. Bastianich describes her childhood in Istria, present-day Croatia. She then recounts her immigration to the United States (including two years in a refugee camp), assimilation to American life, partnership with husband Felice, and the many influences on her career in food. The style will be familiar to watchers of her show: breezy and comfortable. Throughout, Bastianich sounds like