

Octopus The Most Mysterious Creature In The Sea By Katherine Harmon Courage

CulturedOctopus!Navigating from the White Anthropocene to the Black ChthuluceneEureka! The Science of GeniusEpidemicArchitectures of Ageing in PlacePersonalities on the PlateKaapse bibliotekarisThe Western Humanities ReviewNews-bulletinKatherine BarryThe World's WorkRepresentative Men and Old Families of Rhode IslandThe Musical LeaderHigh School LifeGuernsey Breeders' JournalThe United States Army and Navy Journal and Gazette of the Regular and Volunteer ForcesLiterary DigestThe Literary DigestLiterary Digest: a Repository of Contemporaneous Thought and Research as Presented in the Periodical Literature of the World Katherine Harmon Courage Katherine Harmon Courage William Brown Scientific American Editors Reid Wilson Anuradha Chatterjee Barbara J. King Harmon Foundation Harry Hughes Edward Jewitt Wheeler

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a revealing look at the 300 trillion microorganisms that keep us healthy and the foods they need to thrive these days probiotic yogurt and other gut friendly foods line supermarket shelves but what s the best way to feed our all important microbiome and what is a microbiome anyway in this engaging and eye opening book science journalist katherine harmon courage investigates these questions presenting a deep dive into the ancient food traditions and the latest research for maintaining a healthy gut courage s insights include meet your microbiome what it is how it works and why it s essential for our immune system and overall health gut friendly food traditions a guided tour of artisanal makers of yogurt kimchi kefir kombucha olives cocoa and other vibrant ancient foods from around the world that feed our microbiome along with simple recipes for curious at home cooks cutting edge science a first hand look at some of the top lab facilities where microbiologists are working to better understand the human gut and how to feed it for good health equal parts science explainer culinary investigation and global roadmap for healthy eating cultured offers a wealth of information for anyone interested in making smart food choices in our not so gut friendly modern world

a pleasant chatty book on a fascinating subject kirkus reviews octopuses have been captivating humans for as long as we have been catching them yet for all of our ancient fascination and modern research we still have not been able to get a firm grasp on these enigmatic creatures katherine harmon courage dives into the mystifying underwater world of the octopus and reports

on her research around the world she reveals for instance that the oldest known octopus lived before the first dinosaurs that two thirds of an octopus's brain capacity is spread throughout its arms meaning each literally has a mind of its own and that it can change colors within milliseconds to camouflage itself yet appears to be colorblind

navigating from the white anthropocene to the black chthulucene radically re interprets buster keaton's iconic 1924 film the navigator through the combined lenses of posthumanism and critical race theory this book deconstructs the film's underlying anti blackness and anti indigeneity while exposing the unthinking whiteness of theorists and philosophers including gilles deleuze who have given keaton's work pride of place in the history of cinema through its daring and provocative analysis of keaton's classic navigating from the white anthropocene to the black chthulucene invites us to consider cinema itself at least in its classical narrative form as a tool for constructing and maintaining white supremacy while building the conceptual tools for a world beyond whiteness

how do we define genius for the mega society it means a one in a million level score on an iq test which is why the society only has 27 members standardized testing to measure intelligence began in the first half of the 20th century but a high iq score is only one way to quantify genius another is by virtue of extraordinary achievement and expertise in science and the arts the second is probably more useful but these debates illustrate how little we know about the origins development or processes of intelligence in this ebook eureka the science of genius we review the latest research on the nature of intellectual and creative achievement including traits that geniuses tend to share how much of their ability is nature versus nurture the cognitive processes involved during the stages of discovery and creativity and most importantly what we can do to enhance intelligence while genetics have a large role to play even geniuses have to work to gain the necessary expertise although they have to spend less time to acquire it than their less endowed counterparts as dean keith simonton points out in the ebook's namesake article the science of genius imaging research also indicates that there is no one blueprint for intelligence in what does a smart brain look like richard j haier explains how women and men with the same iq scores show different patterns of gray and white matter suggesting that the structural roots of intelligence may differ by gender many articles look at either nurturing intelligence in children or enhancing it in adults and the good news is that intellectual abilities are not set in stone in fact one method is surprisingly simple move as christopher hertzog points out in fit body fit mind physical activity is linked to mental acuity and can help slow the cognitive decline that comes with aging research is also providing insight into what happens in the brain when we learn leading to changes in educational practices in what works what doesn't psychology professors describe study techniques that accelerate learning and reveal that the most popular methods are actually a waste of time and in calisthenics for a child's mind ingrid wickelgren reports on brain training exercises that show promise in classrooms carol s dweck advocates the importance of a growth mind set that focuses on effort and effective strategies rather than innate intelligence in her article the secret to raising smart kids this approach emphasizes hard work and love of the challenge of learning an approach that could benefit everyone regardless of iq score

a global health catastrophe narrowly averted a world unprepared for another outbreak in december 2013 a young boy in a tiny west african village contracted the deadly ebola virus the virus spread to his relatives then to neighboring communities then across international borders the world's first urban ebola outbreak quickly overwhelmed the global health system and threatened to kill millions as we are currently seeing in an increasingly interconnected world in which everyone is one or two flights away from new york or london or beijing a localized epidemic has

become a pandemic ebola s spread through west africa to nigeria the united kingdom and the united states sounded global alarms that the next killer outbreak is right around the corner and that the world is woefully unprepared to combat a new deadly disease from the poorest villages of rural west africa to the oval office itself this book tells the story of a deadly virus that spun wildly out of control and reveals the truth about how close the world came to a catastrophic global pandemic it is a story that serves as a cautionary tale for the covid 19 epidemic currently spreading throughout the world

architectures of ageing in place provides curated critical perspectives from a practice based research point of view of buildings that are purpose built and or refurbished to accommodate housing and care needs of older people ageing in place in high rise medium rise integrated communities this book identifies design innovations in line with policy innovations that have been made across private and public sectors to accommodate wellbeing and quality of life of older people living in integrated communities which continue to foster intergenerational dialogue and exchange and advance social citizenship case studies from a diverse range of geographies are examined including portugal singapore india new zealand uk sweden belgium and the us chapters are grounded in evidence based research including substantial primary data and post occupancy evaluation specifically the evaluation of architecture s social performance projects highlight high rise medium rise as an emerging and successful typology in accommodating residential and care needs of older people taking a broad interdisciplinary approach this book will be a helpful reference not only for architects designers and urban planners but also for students and practitioners in health and social care gerontology ageing and medical sociology

in recent years scientific advances in our understanding of animal minds have led to major changes in how we think about and treat animals in zoos and aquariums the general public it seems is slowly coming to understand that animals like apes elephants and dolphins have not just brains but complicated inner and social lives and that we need to act accordingly yet that realization hasn t yet made its presence felt to any great degree in our most intimate relationship with animals at the dinner table sure there are vegetarians and vegans all over but at the same time meat consumption is up and meat remains a central part of the culinary and dining experience for the majority of people in the developed world with personalities on the plate barbara king asks us to think hard about our meat eating and how we might reduce it but this isn t a polemic intended to convert readers to veganism what she is interested in is why we ve not drawn food animals into our concern and just what we do know about the minds and lives of chickens cows octopuses fish and more rooted in the latest science and built on a mix of firsthand experience including entomophagy which yes is what you think it is and close engagement with the work of scientists farmers vets and chefs personalities on the plate is an unforgettable journey through the world of animals we eat knowing what we know and what we may yet learn what is the proper ethical stance toward eating meat what are the consequences for the planet how can we live an ethically and ecologically sound life through our food choices we could have no better guide to these fascinatingly thorny questions than king whose deep empathy embraces human and animal alike readers will be moved provoked and changed by this powerful book

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