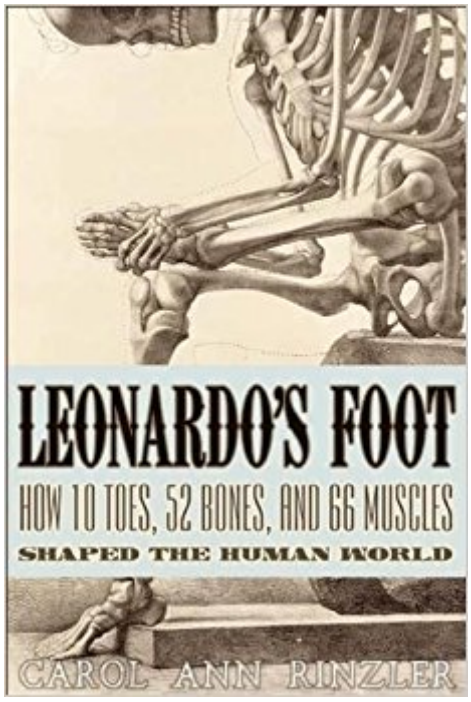
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Leonardo's Foot: How 10 Toes, 52 Bones, And 66 Muscles Shaped The Human World



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Synopsis

A Selection of the Scientific American, History,Ã Â BOMC2,Ã Â Quality Paperback and Military Book ClubsOur reviewer declared that this book represents some of the best writing about science for the nonÃ¢â ¬â ˆscientist that he has encountered in recent years. The focus, of course, is the foot and the author provides an impressive array of facts, figures and stories about it, along with a great deal of history, etymology and cultural perspective. --American Association for the Advancement of Science "Rinzler clearly enjoyed researchingÃ Â her subject and can't stop herself from going on interestingÃ Â digressions, often bringing up one or two mostly unrelated topicsÃ Â within the course of a paragraph. She's at her best when discussingÃ Â medical history and etymology."Ã Â --Ã Â Ã Â Library JournalÃ Â Ã Â Ã Â Ã Â "Rinzler lifts the lowly human foot to new heights in this appealing book." --BooklistÃ Â (starred review) Ã Â "Stylish, informative, entertaining, and pleasantly personal . . . Whether Rinzler is exploring how our feet explain or illuminate such topics as evolution, disability, racism, diet, or desire, she maintains a fascinating perspective on the peculiarities of being human."Ã Â --Rain Taxi Review of Books"This neat little book draws a clear picture of our feet, providing understanding that extends far beyond the obvious. Readers often like to walk away from a book feeling they learned something--that the author left them with a new way to look at an old idea, and this book fulfills that need."Ã Â Ã Â Ã Â CityÃ Â Book Review/San Francisco & SacramentoÃ Â (five stars)Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã ÂÃ ÂÃ ÂÃ Â "An in-depth look at the anatomy and history of feet reveals their often overlooked importance in human evolution, medicine and art."Ã Â --Science NewsÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ Â "Carol Ann Rinzler weaves together material from art, literature, science, and history to broaden our understanding of the human foot. Her book is by turns entertaining, enlightening, and altogether satisfying." --Congresswoman CAROLYN B. MALONEY Ã Â "Among the many pleasures of this book are the intriguing subject, Carol Ann Rinzler's lively and accessible

writing style, and the amazing array of information she has gathered from so many different fields, including art, anthropology, history, biology, linguistics, psychology, and literature. Who knew that the story of our own feet could be so fascinating?" --SANDRA OPDYCKE, author of No One Was Turned Away and Jane Addams and Her Vision for AmericaÃ Â "This book will amaze you as it walks you through evolution, history, mythology, and a good dose of anatomy, to enlighten you about the role of the Humble Human Foot in bringing human beings to where we are today. Thoroughly enjoyable, informative, and well written, it is a must read for anyone involved in caring for our lower extremity--or interested in our evolution. In short, you will never view the foot the same again." --GARY STONES, DPM, President, New York State Podiatric Medical AssociationÃ Â "Carol Ann Rinzler has written a surprising and delightful book about this 'underwhelming, underreported, and completely indispensable' part of the human body. It's amazing what you'll learn!"--RICHARD N. GOTTFRIED, Chair, New York State Assembly Health Committee

Book Information

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Customer Reviews

Amidst many digressions, Rinzler provides a number of biological and anecdotal tidbits about human feet. The development of theories about how our bipedal stance affected human evolution is treated first, including some scientific missteps. Each chapter is an independent essay ostensibly on an aspect of the foot, but a discussion of clubfeet turns into a rambling, and not always accurate, appraisal of historical attitudes toward birth defects, infanticide, and euthanasia as well as the imbalance in health coverage between the first and third worlds. The book as a whole veers wildly in

this mannerÃ¢â ¬â •from interesting information to highly tangential opinion pieces. An interesting section about the importance of the big toe morphs into anecdotes on how gout changed the world and then a page on a history of dangerous medications. The chapter on desire discusses foot fetishism, Cinderella, which senses are predominant in other animals, Biblical references to feet, foot washing, and suddenly, dissection. Those who enjoy nonsequetorial conversations may find this book entertaining, but the lack of substantiation for many of her statements deprives the reader of solid facts. (June)

Starred Review Except for putting on socks and shoes or trimming toenails, people pay little attention to their feet. After all, feet are the furthest anatomical thing from the mindÃ¢â ¬â •literally. Health writer Rinzler lifts the lowly human foot to new heights in this appealing book. Soliciting assistance from the fields of art, evolutionary science, history, etymology, literature, and biomechanics, Rinzler shows how the human foot is much more than a conglomeration of tissues or a potential homesite for corns and calluses. Its unique design (the adducted position of the big toe, plantigrade sole, and firm arches) allows humans to stand up on two legs and remain uprightÃ¢â ¬â •not an easy task. Bipedal locomotion (whether walking or running) is even more difficult and amazing. In our evolutionary development, a reliable set of feet and upright posture likely preceded the emergence of our vaunted big brains. Certain conditions including clubfoot, gout, and flatfeet receive plenty of attention in the book. Foot fetish, the Chinese custom of binding feet, and the use of human feet as biblical symbols get discussed, too. Leonardo da Vinci wrote, Ã¢â ¬Å“The human foot is a masterpiece of engineering and a work of art.Ã¢â ¬Â• He got that right. --Tony Miksanek

book purchase; A fairly detailed exposition on the foot as both an art object and an object of anatomical study and treatment. A number of peripheral considerations and anecdotes are included which liven things up. It cannot be considered a reference work.

Who sits down and decides to write about feet? Who wants to read about them? Personally I find them kind of icky. It takes an exceptional writer to make this subject palatable to other than a foot fetishist, let alone compelling reading. Bravo to Rinzler for taking us on a truly fascinating walk.

The book shares some off mainstream information about the foot. It’s less about anatomy and more about historical thought on fetishes, deformities (club foot) and how society evolved regarding these

matters. In general, it’s information that is not commonly compiled into one source. It’s entertaining

Is well written.

Seldom is the title of a book wrong. Unfortunately the human foot does have five toes, 26 bones, 33 joints and more than fifty muscles. But this is not so much a book about functional anatomy but rather a history book where the human foot is the subject. Well written and entertaining, but I had trouble trusting the information in the book as the title is wrong (33 joints in each foot, many more muscles).

I plan to keep a copy in my bookshelf to recheck a myriad of facts and references so artfully written.

Without the glitch of cell phones, CDs, TVs, Leonardo thought about many things: the human body included. This book makes the reader admire the thought process and Leonard’s conclusions. From the measurement of a human body the author moves us to other unknown facts. The facts may be known, but are not things we think about.

I found this book to be rambling and disjointed. The author goes off on long tangents that have nothing to do with feet and when she does manage to toe the line (hah) it becomes tedious - a way to show off her research rather than illuminate the influence of this structure on humanity. You’ll slog through 29 pages of intermittent clubfoot, a long section about how flat feet don’t actually seem to cause problems (but no significant accompanying description of the maladies induced by high arches) and finally jump the shark by learning that differences in big toe and index toe length _aren’t_ influenced by exposure to prenatal testosterone - but that finger length is. No mention of Morton’s toe at all. Jammed onto the end of this are bits and bobs about Chinese foot binding and foot and shoe fetishes that almost feel like the author was thinking, ’I had to learn about this so damn it, you will too.’Throw in some discredited nonsense about the Romans suffering from mass lead poisoning and an aside about the origins of various measurement systems and I was ready to take this one back to the library and glad that I picked it up on a whim there rather than at the bookstore.

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Science) Five Little Ducks: A Fingers & Toes Nursery Rhyme Book: Fingers & Toes Tabbed Board Book (Fingers & Toes Nursery Rhymes) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Natural Treatment for Osteoarthritis in the Foot and Toes (Teach Yourself to Treat Yourself for Foot Osteoarthritis Book 1) Muscles: Testing and Function, with Posture and Pain (Kendall, Muscles) Bones, Bones, Dinosaur Bones Fitness Information for Teens: Health Tips About Exercise and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans, Aerobic Fit (Teen Health Series) Leonardo's Shadow: Or, My Astonishing Life as Leonardo da Vinci's Servant Leonardo's Shadow: Or, My Astonishing Life as Leonardo da Vinci's Ser Libros para ninos en espaÃƒÂ ol: Leonardo la serie el leÃƒÂ n [Children's Books in Spanish: Leonardo the Lion Series] Trail Guide to the Body: How to Locate Muscles, Bones and More Beaks, Bones and Bird Songs: How the Struggle for Survival Has Shaped Birds and Their Behavior The Muscular System Manual: The Skeletal Muscles of the Human Body, 3e Amazing Minecraft Comics: Flash and Bones and the Mystery of the Secret Stronghold: The Greatest Minecraft Comics for Kids (Real Comics In Minecraft - Flash And Bones Book 7) Amazing Minecraft Comics: Flash and Bones and Hero-brine's Mountain Prison: The Greatest Minecraft Comics for Kids (Real Comics in Minecraft - Flash and Bones Book 4) Amazing Minecraft Comics: Flash and Bones and the Mysterious Bloodrock Mountains: The Greatest Minecraft Comics for Kids (Real Comics in Minecraft - Flash and Bones Book 3) Amazing Minecraft Comics: Flash and Bones and the Empty Tomb of Hero-brine: The Greatest Minecraft Comics for Kids (Real Comics in Minecraft - Flash and Bones Book 1) Amazing Minecraft Comics: Flash and Bones and the Jungle Demon Agramon: The Greatest Minecraft Comics for Kids (Real Comics in Minecraft - Flash and Bones Book 9) Amazing Minecraft Comics: Flash and Bones and the Demon Zombie Curse: The Greatest Minecraft Comics for Kids (Real Comics In Minecraft - Flash And Bones Book 8)

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