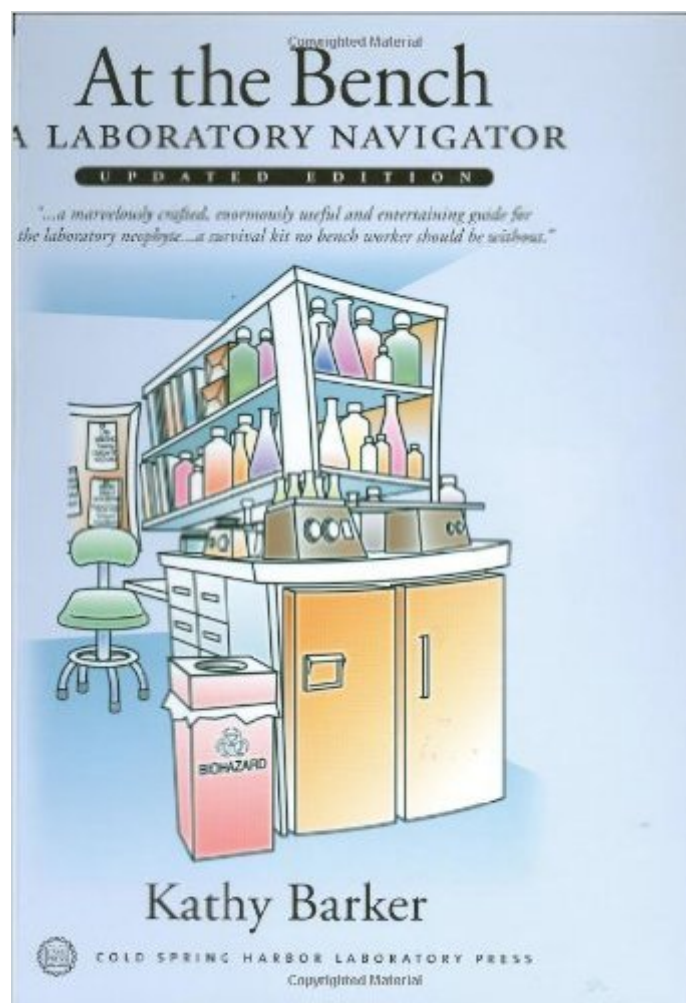


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# At The Bench: A Laboratory Navigator, Updated Edition



## Synopsis

At the Bench is the unique and hugely successful handbook for living and working in the laboratory, an essential aid to understanding basic lab techniques and how research groups work at a human level. In this newly revised edition, chapters have been rewritten to accommodate the impact of computer technology and the Internet, not only on the acquisition and analysis of data, but also on its organization and presentation. Alternatives to the use of radiation have been expanded, and figures and illustrations have been redrawn to reflect changes in laboratory equipment and procedures.

## Book Information

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## Customer Reviews

"At the Bench: A Laboratory Navigator" by Dr. Barker is a marvelously crafted, enormously useful and entertaining guide for the laboratory neophyte. Dr. Barker has managed to distill the collective wisdom and intuitive flair of experimentalists of the last three decades into a survival kit no bench worker should be without. While the purpose of the book is to introduce the wonders and terrors of the lab to the uninitiated the wealth of useful information contained in this volume make it a valuable addition for the more sophisticated bench scientist. I don't know of a single volume which provides everything from buffer recipes to half-lives of common isotopes, principles of centrifugation to growth media for bacterial strains, to name but a few examples. The volume follows the new lab worker from his first day on the job through the ins and outs of assimilating into the lab. Tips are provided on who runs the show (the secretary and senior tech) to how to get started (do an

experiment the first week). The reader is instructed on how to make friends, when to speak up and when to hold back. While much of this advice is simple common sense, having it made explicit is no doubt reassuring and worthwhile. Dr. Barker makes it clear that the integrity of the data are paramount, as they should be, and this message is explicit. The majority of the volume gets down to the nuts and bolts and getting the experiments done, describing equipment (and providing delightful drawings labelling everything from the shaker to the HPLC), instructing on good technique and providing the kind of useful tables to make sure what needs to get autoclaved does and what doesn't is sterile filtered. Dr.

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