# **UNWIND**

AHA! AHA! INSIGHT — Martin Gardner — W H Freeman, 1978, 179 p., drawings, paper, \$6.50. A careful selection of problems that seem difficult if solved in the traditional way, but with simple, unexpected solutions to be arrived at by a sudden hunch or "aha! reaction." The purpose of these puzzles is to exercise your powers of creative thinking and improve your ability in this technique of problem solving. [1]

**DIABETES WITHOUT FEAR** — Joseph I. Goodman with W. Watts Biggers — Arbor Hse, 1978, 198 p., \$8.95. The various fears and anxieties that preoccupy the diabetic and the diabetic's family are discussed by a diabetes specialist. All sides of the problems are presented from a scientific standpoint with practical advice and "how-to" information in order to help the patient lead a normal life. [2]

THE FAMILY FORMULA BOOK — Cicely Nichols—G&D, 1978, 158 p., paper, \$4.95. How to save money by making your own household products, including foods, beauty aids, candles, cleaners, polishers, insect repellant, fertilizers and materials for arts and crafts. [3]

A FIELD GUIDE TO EDIBLE WILD PLANTS: Eastern and Central North America — Lee Peterson — H M Peterson Field Guide Series, 1978, 330 p., b&w drawings and color photographs, \$8.95. Information for identifying, harvesting and preparing nearly 400 species. Plants are described and well illustrated. Common poisonous plants that resemble edible ones are discussed and depicted. [4]

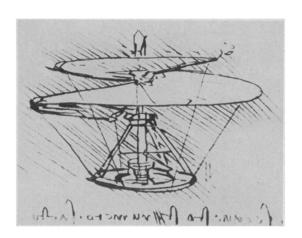
THE FLYING CIRCUS OF PHYSICS: With Answers — Jearl Walker — Wiley, 1977, 295 p., drawings, paper, \$7.95. Physics problems from the everyday world, some easy, others enormously difficult that scientists spend their lives trying to solve. A book intended to make you think about the physics around you. Answers are included as well as a bibliography keyed to the questions. [5]

GETTING WELL AGAIN: A Step-by-Step, Self-Help Guide to Overcoming Cancer for Patients and Their Families — O. Carl Simonton et al — J P Tarcher (St Martin), 1978, 268 p., \$8.95. A radiation oncologist and a psychotherapist describe how an individual's reaction to stress and other emotional factors may have contributed to the onset and progress of cancer, and give detailed instructions to help patients recognize and deal with these elements in their lives. [6]

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THE INVENTIONS OF LEONARDO DA VINCI — Charles Gibbs-Smith and Gareth Rees — Scribner, 1978, 110 p., illus., \$12.95; paper, \$7.95. Drawings by this astonishing 15th century genius are reproduced with commentaries by the authors to guide the reader to a fuller understanding of the

Illustration above from *Inventions of Leonardo Da Vinci*. Courtesy of Chas. Scribners' Sons

design ideas behind the inventions. [7]

THE KEY TO THE UNIVERSE: A Report on the New Physics—Nigel Calder—Viking, 1977, 200 p., photographs, diagrams, \$14.95; paper, \$6.95. Without technical jargon, the richly illustrated book introduces the new forms of cosmic forces, the realms of galaxies and atoms, the discoveries of high-energy research and astrophysics. [8]

M. C. ESCHER KALEIDOCYCLES — Doris Schattschneider and Wallace Walker — Ballantine, 1977, 43 p. and 17 models, illus., paper, \$8.95. A text that traces the evolution of these geometric forms and covers the artist Escher's exploration of overall patterns in two and three dimensions, along with 17 Escher kaleidocycles to be assembled, studied and enjoyed. [9]

MANY HAPPY RETURNS: The Art and Sport of Boomeranging — Benjamin Ruhe — Viking Pr, 1977, 105 p., drawings, \$4.95. Covers the history from ancient lore to modern scientific investigation, the aerodynamic principles involved, plans for construction of a variety of boomerangs, instruction for the neophyte thrower and games to play with "the thinking man's frisbee." [10]

MATHEMATICAL MAGIC SHOW: More Puzzles, Games, Diversions, Illusions & Other Mathematical Sleight-of-Mind from Scientific American—Martin Gardner—Knopf, 1977, 284 p., drawings and photographs, \$8.95; paper, \$3.95. With comments from readers, after-thoughts from the author and a brief glossary of mathematical terms for those not mathematically indoctrinated. [11]

MEDICAL TESTS & YOU — Aaron E. Klein — G&D, 1977, 124 p., illus., paper, \$4.95. Designed to assist patients and their families in understanding the nature of diagnostic tests, how they are performed, what potential risks they carry and what benefits might accrue to the patient. [12]

MOOD CONTROL—Gene Bylinsky—Scribner, 1978, 169 p., \$8.95. Surveys recent research in the biochemistry of the brain and psychopharmacology and demonstrates that our expanding drug technology could give rise to mood control, behavior modification and even intellectual programing on a large scale. [13]

NATURE'S WEATHER FORECASTERS — Helen R. Sattler—Nelson, 1978, 158 p., illus., \$6.95. Before modern meteorology people depended upon animal behavior, wind direction and cloud formation to warn them about changing weather. This book points out nature's clues for approaching storms and other weather changes. [14]

NEFERTITI: An Archaeological Biography — Philipp Vandenberg, translated from German by Ruth Hein — Lippincott, 1978, 161 p., color plates, b&w photographs and drawings, \$10. In this biography based on archaeological records, the author tells the story of Egypt's most famous queen and of excitement, intrigue and tragedy. [15]

PARTICLES: An Introduction to Particle Physics — Michael Chester — Macmillan, 1978, 154 p., illus., \$8.95. Our everyday world is built out of particles, such as protons, pions and quarks, things that are both particles and waves, things that might move backward and forward in time. A simply written book that tells how physicists through the years have developed their understanding of fundamental particles. [16]

**POISON PLANTS** — Alan Eshleman — HM, 1977, 188 p., illus. by Kristin Jakob, \$6.95. An introduction to poisonous plants that discusses how and why some plants are poisonous, describes toxic effects on humans and animals, and tells how people throughout history have used poisonous plants. Illustrated with beautiful line drawings. [17]

THE PUNCTURED THUMB: Or, Cactus and Other Succulents — George Ashley — One Hund One Prods (Scribner), 1977, 168 p., drawings, paper, \$4.95. A humorous guide to raising cactus and other succulents. Some 70 genera are described in detail with notes of their cultivation. [18]

SCIENCE, BRAIN-TWISTERS, PARA-DOXES, AND FALLACIES — Christopher P. Jargocki — Scribner, 1978, 183 p., diagrams by Richard Liu, paper, \$3.95. Contains more than 160 puzzles based on scientific principles, dealing with such topics as space and time, mechanics, liquids and gases, heat, geophysics and space science. A detailed solution is given for each puzzle. Originally published in hardback in 1976. [19]

THE TWENTY-NINTH DAY: Accommodating Human Needs and Numbers to the Earth's Resources—Lester R. Brown—Norton, 1978, 363 p., charts & graphs, \$11.95; paper, \$3.95. This Worldwatch Institute book documents the increasing frequency with which human claims are outstripping the substantial yields of the earth's principal biological systems — oceanic fisheries, grasslands, forests and croplands. These systems not only provide all our food but also provide much of the raw materials for industry. [20]

WHAT IS THE WORLD MADE OF? Atoms, Leptons, Quarks, and Other Tantalizing Particles — Gerald Feinberg — Anchor Pr Doubleday, 1977, 290 p., illus., \$10; paper \$3.95. Presents some of the important aspects of 20th century physics for those with little previous knowledge of physics and no mathematics beyond secondary school. [21]

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