

# STERLING BOOKS FOR EVERY INTEREST

## POISONS, ANTIDOTES AND ANECDOTES, William Tichy

Proceeds through the vast body of poison lore, describes the poisonous effects of specific plants, animals and minerals. Discussion of enzyme action and the various modes in which poisons can interact with bodily processes. 192 pages, 5 3/8 x 7 3/4.

hardcover 3738-6 \$8.95

## AUTOHYPNOSIS: A Step-by-Step Guide to Self-Hypnosis, Ronald Shone

Learn simple and safe technique of self-hypnosis to gain better control of your life: relaxation, pain control, performance improvement at work, school, etc. Easy, clear method teaches how to gain access to unconscious mind. 160 pages. 5 1/4 x 8 1/2. paper 0738-0 \$6.95

## ANIMAL FACTS AND FEATS, Gerald L. Wood

What is the largest fish ever held in captivity . . . the most destructive starfish . . . the fastest flying seabird? A treat for young naturalists, this book abounds with hundreds of fascinating facts and photos on animal records. . . . reasonable balance between enthusiasm and skepticism."—*Scientific American*, 256 pages, 7 1/2 x 9 1/2.

hardcover 0104-7 \$17.95

## SOUTH POLE ODYSSEY, by Harold King

Explore the Antarctic vicariously with this fascinating personal account taken from the diaries of Edward Wilson who was present with Scott at both the discovery of the South Pole (1901-04) and the Terra Nova (1910-13). Accompanied with outstanding full-color illustrations (Wilson's own watercolors), pencil drawings and a gripping narrative. This special edition has been supervised by Harry King of the Scott Polar Research Institute, Cambridge Univ. 192 pages. 5 1/2 x 8 1/2.

paper 1206-6 \$7.95

## ANTIQUE SCIENTIFIC INSTRUMENTS, Gerard L'E Turner

Describes and details many different astronomical and time-telling devices, navigational aids and instruments used in surveying, drawing and calculating. Practical advice on collecting and dating instruments. 176 pages, 5 x 7.

hardcover 9408-8 \$12.95

## FASCINATING EXPERIMENTS IN PHYSICS, by Francois Cherrier

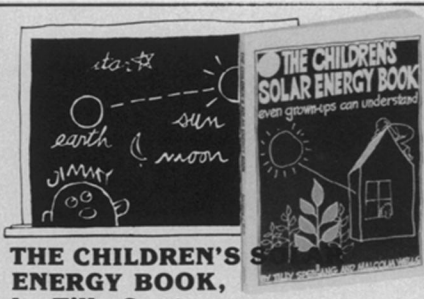
Here are over 100 fascinating experiments accompanied by clear diagrams and 125 color photos. Magnetic sculptures, luminous fountains, infinity mirrors, liquid layers . . . are the end product of the procedures. All materials easy to obtain. A must for students (Gr. 7-9). 7 3/8 x 10.

hardcover 3104-3 \$12.95

## HERBAL TEAS, TISANES AND LOTIONS, by Ceres

Grow your own herbs at home and make stimulating and soothing tonics and brews. Relieve indigestion, overcome fatigue, heal cuts, quiet sunburn pain, make fragrant toiletries, much more. 150 herbs full described accompanied by line drawings plus herb-growing charts, glossaries, therapeutic index showing over 100 diseases and herbs used to cure them. 136 pages. 6 1/4 x 8 1/2.

paper 0677-5 \$6.95



## THE CHILDREN'S SOLAR ENERGY BOOK, by Tilly Spetgang & Malcolm Wells

Imagine learning about solar energy while being entertained by charming illustrations of zany kids whose mischievous antics at school keep you turning the pages and finding out exactly how solar energy works. Easy enough for children (large type) yet formative for parents too. "A very daring and great book. . . I couldn't lay the darn thing down!"—William Shurcliff, professor emeritus of physics, Harvard. 160 pages. 8 1/2 x 11. Every page illustrated, glossary, index.

paper 7584-9 \$6.95



## ALLERGIES AND YOUR FAMILY, Doris J. Rapp, M. D.

How to determine the causes, symptoms, cures, and the eventual prevention of many allergies, including understanding the physical and psychological causes. 352 pages, 5 3/8 x 8 1/2.

paper 8878-9 \$6.95

## GEMSTONES OF THE WORLD, by Walter Schumann

Outstanding reference with over 1400 specimens in color. Learn about birthstones, difference between real and cultured pearls, how diamonds are mined, much more. Invaluable to all rock hounds. "Beautiful illustrations. . . technical sophistication."—*Science Teacher*. 256 pages. 4 3/8 x 7 3/8.

hardcover 3088-8 \$17.95

## UNDERGROUND HOUSES: How to Build a Low Cost Home, by Robert L. Roy

Learn how to build an energy-saving, affordable and visually striking home. A practical blueprint, it includes selecting site, designing, insulating, skylights, much more. Over 100 photos and diagrams. Indispensable for any builder. "A remarkably easy-to-follow guide. . ."

—*Mother Earth News Bookshelf*. 128 pages. 7 x 10.

paper 8856-8 \$5.95

## GETTING STARTED IN CALLIGRAPHY, by Nancy Baron

For the beginner—infallible method for forming 5 different Italic and Black Letter calligraphic styles. Illustrations, photos, text and exercises show exactly how to hold pen, form letter, avoid common styling errors, etc. "A no-nonsense presentation. . ."

—*Arts & Activities* 95 pages. 8 1/2 x 11.

paper 8840-1 \$7.95

## WEATHER FACTS AND FEATS, Ingrid Holford

Weather extremes from all over the world, basic principles which cause weather and the instruments which measure it. Loaded with photographs, diagrams, statistics, anecdotes, and brief biographies. 240 pages, 6 3/4 x 9 1/4.

hardcover 9210-7 \$17.95

## THE COMPLETE BOOK OF HERBS AND HERB GROWING, Roy Genders

Hundreds of tips on every sort of herb garden, what will grow best where, how to make it thrive and how to beautify it. Over 100 herbs. Shares recipes from ancient herbalists and folk medicine for remedies and cosmetics. 160 pages, 8 x 10.

paper 3930-3 \$9.95

## BEGINNER'S GUIDE TO HYDROPONICS, James Sholto Douglas

This introduction will permit amateur gardeners to take advantage of newly-developed techniques. . . Detailed instructions, recommended reading, and a list of consultants. 156 pages, 5 1/2 x 8 1/4.

paper 8158-X \$4.95

STERLING PUBLISHING, Dept. MLS-3, 25 Whitman Road, Morganville, N. J. 07751

Please send me the following books. My Check/money order is enclosed.

BOOK #	QTY.	TITLE	PRICE	TOTAL

POSTAGE AND HANDLING \_\_\_\_\_

With my order please send your new 64-page complete catalog listing over 1,500 titles. \_\_\_\_\_

Postage and handling is \$1.00 per book 3 books or more shipped postage free

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_



# SCIENCE NEWS

## What's Better than Speed Reading?

Science News, the weekly newsmagazine of science

You don't have time to read all the news that's fit to print, but you do want to keep up with new developments in science and the applications of science. So read Science News, which has been reporting the news of science continuously since 1922.

It's current — it comes out weekly, not monthly or bimonthly, so time lag is minimized

It's concise, just sixteen pages, less than an hour's reading, enough to keep you updated without being overloaded

It's authoritative — many scientists and engineers read it for news out of their own specialty

It's understandable — many nonscientists read it as well

So keep informed. Every single week. Subscribe to Science News.

### SCIENCE NEWS

Dept. 192-0  
231 W. Center St., Marion, Ohio 43305

- 1 year \$27.50
- 2 years \$47.50
- 3 years \$67.00

(Foreign postage \$5.00 additional per year.)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

