

AGING MYTHS

Reversible Causes of Mind and Memory Loss

By SIEGFRIED KRA



Based on the latest scientific findings, *Aging Myths* debunks once and for all the common belief that senility is a natural and unavoidable part of aging. Kra recounts hundreds of case studies in which patients who exhibited symptoms of senility were found actually to be suffering from any of dozens of diseases and disorders, sometimes unsuspected — from thyroid imbalances, malnourishment and depression to heart or lung disease, hypertension or the side effects of medications — which caused their mental impairment. *Aging Myths* gives invaluable nutrition and medical advice on retaining and prolonging mental vigor for a lifetime, bringing new light and new hope to an age-old problem.

— from the publisher

Science News Book Order Service
1719 N Street, NW
Washington, DC 20036

Please send _____ copy(ies) of *Aging Myths*. I include a check payable to Science News Book Order Service for \$17.95 plus \$1.00 handling (total \$18.95) for each copy. Domestic orders only.

Name _____

Address _____

City _____

State _____ Zip _____

RB538

“Not for hypochondriacs or the squeamish. Kra assumes we are capable of absorbing a mass of information on the structure and chemistry of the brain, how it functions and ages; also how and why it sometimes malfunctions.”

— Kirkus Reviews

McGraw-Hill,
1986, 9¾" x 6¾",
278 pages, hardcover,
\$17.95



NATIONAL GEOGRAPHIC VIDEO



**Take Your Family On A Spectacular Journey.
It Starts Right In Your Own Home!**
Collector's Edition Only \$29.95 Each

ICELAND RIVER CHALLENGE

From National Geographic's daring EXPLORER series—follow twelve modern-day pioneers as they run a wild Icelandic river through glacial caverns, violent gales and crashing rapids.

LAND OF THE TIGER

Majestic. Powerful. Sleek and mysterious. National Geographic comes closer than ever before to the enormous jungle cats for a rare and fascinating look at the tiger's world.

THE SHARKS

One of the most famous programs in the National Geographic archives, following sharks around the world and challenging the myths surrounding these living symbols of terror.



These video cassettes have been manufactured in the United States exclusively on quality TDK HS—High Standard Video Cassettes.



This is a registered service mark which identifies closed captions created by the National Captioning Institute. Used with permission.

ICELAND RIVER CHALLENGE Photograph by Robert Gregoire & Jean-Luc Cheron LAND OF THE TIGER Photograph by Belinda Wright & Stanley Breeden THE SHARKS Photograph by Al Giddings

Science News Book Order Service, 1719 N St., NW, Wash., DC 20036

Please send _____ copy(ies) of the cassettes marked below. I include a check payable to Science News Book Order Service for \$29.95 plus \$1.00 handling for each copy (total \$30.95). Domestic orders only.

- | | | |
|--|------------------------------|-------------------------------|
| <input type="checkbox"/> Iceland River Challenge | <input type="checkbox"/> VHS | <input type="checkbox"/> BETA |
| <input type="checkbox"/> Land of the Tiger | <input type="checkbox"/> VHS | <input type="checkbox"/> BETA |
| <input type="checkbox"/> The Sharks | <input type="checkbox"/> VHS | <input type="checkbox"/> BETA |

Name _____
 Address _____
 City _____
 State _____ Zip _____ RB 536

*Choose from three
spectacular 60-minute
color videos.*