

# Complete BOOK OF FOOD

### By Carol Ann Rinzler

Discusses food from a consumer-oriented, medical and nutritional point of view. It is the first book ever to present ordinary, everyday foods as **individual health products**, complete with side effects and medical interactions. This unique approach makes this book invaluable for anyone on a diet—whether for weight loss or medical reasons—and is a fascinating eye-opener for the general reader as well.

### Includes:

- A nutritional profile of each food
- A detailed guide to the nutrients in each food
- Foods that cause allergic reactions
- Foods that should be restricted or excluded from certain diets
- Medical uses and/or benefits
- Food/drug interactions

—from the publisher

Pharos Books. 1987. 425 pages. 91/2" x 73/4". hardcover. \$24.95. ISBN 0-345-34876-1

## Nutritional, Medical & Culinary Guide

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# DON'T FORGET!

Easy Exercises for a Better Memory at Any Age

Danielle C. Lapp

McGraw-Hill, 1987, 253 pages, 8" x 51/4", paperback, \$6.95 Don't Forget! couples practical suggestions with easy, effective exercises. It offers both general improvement methods and special solutions to specific problems, such as remembering names and faces, lists, numbers, instructions and recipes; retaining what you read; learning foreign languages and overcoming absent-mindedness. Also included are memory tests that will allow you to pinpoint your strengths and weaknesses, and to measure your progress — which can be considerable, whether your goal is to restore the memory you once had or to maximize your memory potential.

— from the publisher



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> Cover: Recent advances in molecular biology and genetic engineering are allowing scientists to select portions of the AIDS virus, pictured here schematically, to design a new generation of AIDS antibody tests with a number of advantages over current screening methods. (Illustration © 1986, in SCIENTIFIC AMERICAN, courtesy Abbott Labs.)



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### A Farewell and Welcome

On March 30, Science News said goodbye to its old editor and welcomed a new editor.

Joel Greenberg, who started as behavioral sciences editor in 1977, and who became editor in 1981, has left to become science and medicine editor of the Los Angeles Times.

Joel's last official duty was to accept for Science News the 1987 George Polk Award



Greenberg

for Science Reporting. This award was given to Science News for its coverage of research in all branches of science, and is one of the most prestigious awards in journalism.

The new editor is Patrick Young, formerly with the Newhouse News Service, where he was chief science and medical correspondent for the 26-newspaper chain. Prior to that, he spent many years with the NATIONAL OBSERVER.

He is the winner of many sciencewriting awards, including the James T. Grady Award for Interpreting Chemistry to the Public, given by the American Chemical Society; the American Institute of Physics-U.S. Steel Foundation Science Writing Award in Physics and Astronomy; and the Howard W. Blakeslee Award, given by the American Heart Association.

We thank Joel for all that he has done for Science News, and wish him the best of luck in his new position. And we look



Young

forward to working with Pat in his new role of editor.

**APRIL 2, 1988**