

Taking Control of Arthritis offers a wealth of help and hope to the 40 million arthritic Americans in the form of concise, straightforward answers to their most common questions about the disease. Authoritative, up-to-date coverage of the subject includes causes, symptoms, tests and, above all, treatments. Exhaustive in scope and positive in tone, *Taking Control of Arthritis* offers medically sound, plainspoken advice to help anyone who must live with arthritis live a substantially better life. Dr. Kantrowitz's expertise in both research and treatment makes him qualified to evaluate all the latest that mainstream medicine has to offer the arthritis sufferer — new surgical techniques, breakthrough drugs and so forth. But he also gives full and fair assessments of the curative promise of a wide variety of alternative arthritis treatments — everything from diet and nutrition to copper bracelets to hydrotherapy.

With its optimistic outlook, valuable insights and useful information about the myriad causes and remedies of arthritis, *Taking Control of Arthritis* is absolutely essential reading for anybody whose life is affected by the disease.

—from the publisher

TAKING CONTROL OF ARTHRITIS

Practical Answers to Patients' Most Common Questions, with Comprehensive, Up-to-Date Information on What Really Works:

NUTRITION NEWEST DRUGS
EXERCISE STRESS REDUCTION
ALTERNATIVE THERAPIES

Fred G. Kantrowitz, M.D.

Features include:

- ★ *Directory of drugs*
- ★ *Guide to stress reduction*
- ★ *Appraisals of numerous treatments*
- ★ *Tips on minimizing the effects of arthritis*

HarperCollins, 1990, 244 pages, 6 1/4" x 9 1/2", hardcover, \$19.95

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TakControl

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RB1382

Letters continued from p.131

Three inaccuracies, though not fatal errors, caught my eye. The fiber in the byssus is collagen, not keratin. The enzyme catecholoxidase is not used to tan leather, although the chemical oxidation of catechols is. Finally, the caption describing the cross section of the byssal thread should read "polyphenolic resin coating or cortex," not core.

*J. Herbert Waite
Marine Biochemist, University of Delaware
Lewes, Del.*

Bellyache or boredom?

Colposcopist Mark Behar (Letters, SN: 1/5/91, p.3) speculates that the coprophagy he witnessed among elephants at Milwaukee Zoo was an attempt to alleviate "gastrointestinal discomfort . . . by reintroducing enteric flora from a comrade's feces."

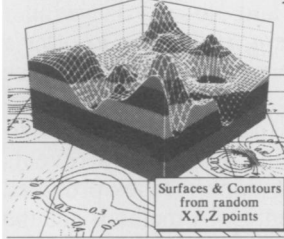
Could it be an occupational hazard for him to go looking for the answer in the wrong place?

Coprophagy is not unusual among zoo animals. Indeed, in some species, and especially social animals with high intelligence, it is distressingly common. There is no complete understanding of the reasons, but the problem is much more likely to be found in deprived environments, where the animal has little or no opportunity to manipulate or interact with objects, especially natural ones.

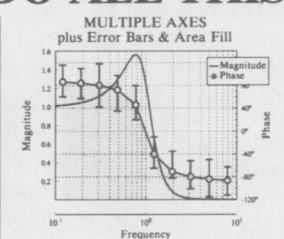
In short, it probably isn't bellyache so much as unmitigated boredom that generates this aberrant activity.

*David Hancocks
Director, Arizona Sonora Desert Museum
Tucson, Ariz.*

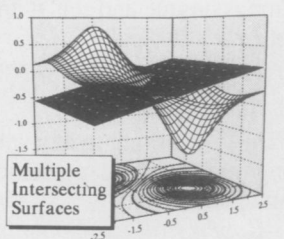
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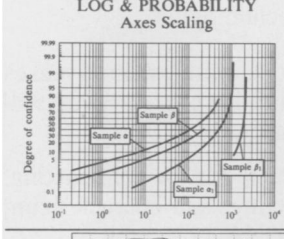
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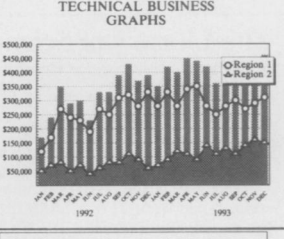
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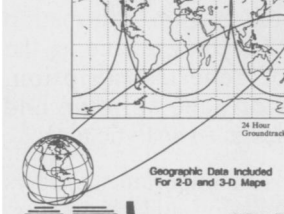
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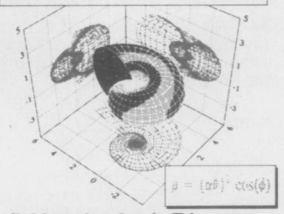
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