

Books

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Caring For Your Baby and Young Child: Birth to Age 5 — American Academy of Pediatrics. A thorough, authoritative handbook of medical and parenting advice for a child's first five years. The first section addresses basic child care and development, covering what to expect in growth and behavior and offering practical advice on topics such as feeding, toilet training, bedwetting, nightmares and choosing a childcare program. The second section discusses specific health problems and how to solve them, from emergencies such as electric shock to infectious diseases such as scarlet fever and measles. A valuable reference for parents (both experienced and first-timers) and other caregivers. Bantam, 1991, 676 p., illus., hardcover, \$29.95.

Dr. Susan Love's Breast Book — Susan M. Love with Karen Lindsey. This authoritative guide to female breast care covers normal breast development; self examinations; plastic surgery; common problems such as fibroadenomas and infections; risk, detection and treatment of breast cancer; and more. Well illustrated with helpful line drawings. Originally published in hardcover in 1990. Addison-Wesley, 1991, 455 p., illus., paperback, \$12.95.

Eclipse, 2nd Edition — Bryan Brewer. This handbook, an updated version of a 1978 edition, is designed as a souvenir guide to the July 11, 1991, solar eclipse. Brewer provides a general introduction to eclipses, both solar and lunar, tracing their history and describing what happens during an eclipse and how they can be safely observed. Details specific to the July eclipse are provided in appropriate sections. Text is generously supplemented with charts, diagrams, photographs and illustrations. EarthView, 1991, 103 p., illus. and color plates, paperback, \$14.95.

The Epicurean Laboratory: Exploring the Science of Cooking — Tina Seelig. Have you ever wondered why eggs become rubbery when overcooked? Or why it's so hard to get the right texture in homemade candy and fudge? Seelig surveys the chemistry of cooking and explains for the lay reader processes such as protein denaturing, fermentation and crystallization, illustrating these principles with 22 recipes for chocolate marble cheesecake, salmon mousse, Thai barbecue sauce and more. W H Freeman, 1990, 163 p., illus., paperback, \$15.95.

Just Weeds: History, Myths, and Uses — Pamela Jones. Jones profiles 30 of the most common wild plants, or "weeds," from around the world, describing their characteristics, habitats, history and folklore as well as their practical applications in cooking, cosmetics and herbal remedies. Illustrated with lovely color drawings of each species, this book will change the way you look at your garden's uninvited guests. Prentice Hall Pr, 1991, 303 p., color illus., hardcover, \$29.95.

Uncommon Fruits Worthy of Attention: A Gardener's Guide — Lee Reich. A practical guide to the cultivation and propagation of 20 uncommon fruits that can be grown in temperate climates and are edible right off the plant, including pawpaws, jostaberries, musk strawberries and more. Appendices provide helpful information on sowing, planting, pollination and pruning, as well as mail-order sources for plants and seeds. A delightful resource for adventurous gardeners, whether experienced or novice. Addison-Wesley, 1991, 273 p., illus., hardcover, \$18.95.

The Vanishing Mind: A Practical Guide to Alzheimer's Disease and Other Dementias — Leonard L. Heston and June A. White. This sympathetic guide demystifies the widely misunderstood disorder known as dementia — a steady decline in brain function that affects an estimated 30 percent of the elderly population. The authors differentiate among the different dementias, draw distinctions between dementia and depression, describe the tests used to detect dementia, and offer practical advice about health-care insurance and treatment. W H Freeman, 1991, 191 p., illus., paperback, \$13.95.

Watching the World's Weather — W.J. Burroughs. Satellite technology has revolutionized weather forecasting and the study of global climate. Burroughs, an atmospheric physicist, explains for the lay reader the fundamental physics of weather, as well as the development and current status of satellite instrumentation and weather forecasting. Illustrated throughout with diagrams and satellite images. Cambridge U Pr, 1991, 196 p., color/b&w illus., hardcover, \$24.95.

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

Features include:

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

HarperCollins, 1990, 244 pages, 6¼" x 9½", hardcover, \$19.95

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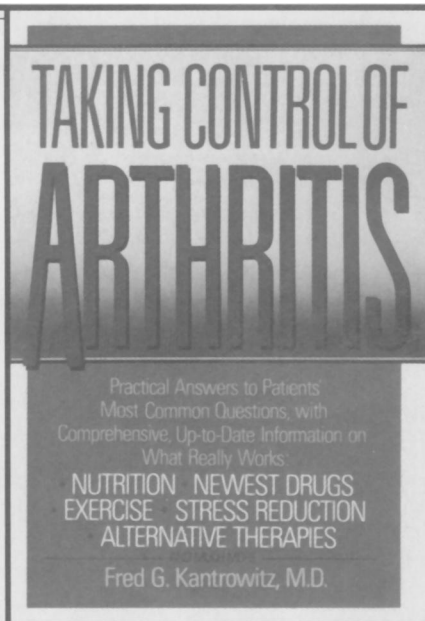
Please send me _____ copy(ies) of *Taking Control of Arthritis*. I include a check payable to Science News Books for \$19.95 plus \$2.00 postage and handling (total \$21.95) for each copy. Domestic orders only.

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