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Everyone's Guide to Cancer Therapy — Malin Dollinger, Ernest H. Rosenbaum and Greg Cable. A readable, authoritative guide to how cancer is diagnosed and treated. With the help of cancer specialists nationwide, the authors explain what cancer is, what causes it, how it spreads, how it is diagnosed, what happens during surgery and how the various treatments work. They also offer valuable suggestions for finding support resources, coping with treatment side effects and living with cancer day to day. Includes a survey of common cancers, their symptoms, risk factors, diagnosis and treatment. Written for the general reader, this handy reference is a must for cancer patients, their loved ones and medical professionals. Illustrated with informative line drawings. Andrews & McMeel, 1991, 624 p., illus., paperback, \$19.95.

More Joy of Mathematics — Theoni Pappas. Another cornucopia of fun mathematical ideas, puzzles, games and historical notes from the author of *The Joy of Mathematics* and *The Mathematics Calendar*. Each item, briefly presented, is designed to pique the reader's curiosity and promote awareness of mathematics' role in the world. World Wide/Tetra, 1991, 294 p., illus., paperback, \$10.95.

The Mulch Book: A Complete Guide for Gardeners, Revised and Updated — Stu Campbell. Mulching, a one-shot assault on several gardening problems, improves and stabilizes soil, protects roots from frost and excessive heat, and reduces the need for watering and weeding. In this helpful handbook, Campbell introduces the intricacies of mulch, describing which types are best suited to specific vegetables, fruits and ornamentals; how much to use and when to apply it; and how to make your own or obtain it free. Storey, 1991, 120 p., illus., paperback, \$8.95.

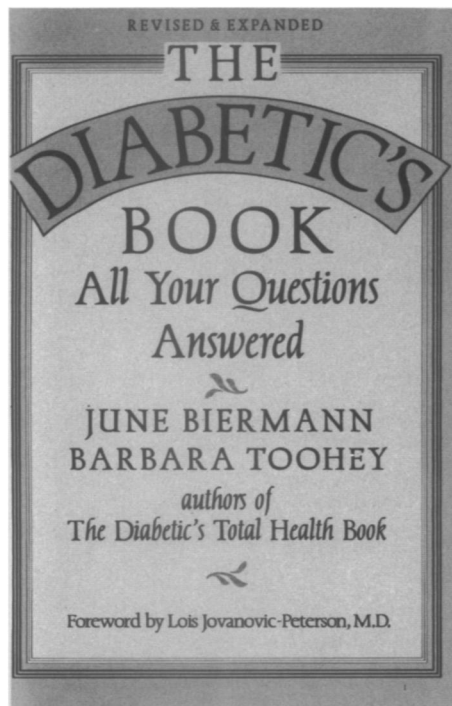
The Psychology of Eating and Drinking: An Introduction, 2nd Edition — A.W. Logue. This scholarly examination explores such questions as why we eat and drink, how we choose what and how much to consume, the origins and treatments of eating and drinking disorders, and how eating and drinking habits are determined by genetics and environment and affected by pregnancy, smoking and the menstrual cycle. A well-referenced, informative overview for the serious general reader. W H Freeman, 1991, 377 p., illus., paperback, \$17.95.

The Restless Kingdom: An Exploration of Animal Movement — John Cooke. Generously illustrated with spectacular color photographs, this book explores the myriad methods that animals have evolved to move around. Examples showcase the awe-inspiring adaptive diversity of animal movement, from the albatross' ability to circumnavigate the globe in 80 days by soaring through wind gradients, to the nimble housefly's talent for taking evasive action in 5 milliseconds or less. Facts on File, 1991, 198 p., color illus., hardcover, \$39.95.

They Call It Hypnosis — Robert A. Baker. Is there an altered, trance-like state of consciousness? Or do hypnotic phenomena result from a complex combination of suggestibility, relaxation and guided imagery? In this clear, comprehensive evaluation of hypnotic theory and research, Baker — who supports the latter argument — reviews the history and current status of hypnosis, what it can and cannot accomplish, and its use in preventing or arresting pain. Prometheus, 1990, 313 p., illus., hardcover, \$21.95.

Trashing the Planet: How Science Can Help Us Deal With Acid Rain, Depletion of the Ozone Layer, and Nuclear Waste (Among Other Things) — by Dixy Lee Ray with Lou Guzzo. Ray, a zoologist and former chair of the Atomic Energy Commission, argues that rushing to address environmental problems before they are sufficiently understood can be counterproductive and that the human effect on the environment is negligible compared with the magnitude of natural processes. Regnery Gateway, 1990, 206 p., hardcover, \$18.95.

Why the Reckless Survive...And Other Secrets of Human Nature — Melvin Konner. The scientific advances made so far in unraveling the molecular order of the brain, the mind and behavior represent only the first step toward a true understanding of human nature, according to Konner. He explores the complexity of human behavior — from African healing trances to the universal use of a smile in greeting — and describes the latest findings about human nature in fields ranging from molecular genetics to sociobiology. Originally published in hardcover in 1990. Penguin, 1991, 306 p., paperback, \$9.95.



Whether you have just been diagnosed with diabetes or have lived with it for years, the more information you have the more healthful and satisfying your life will be. Award-winning writers June Biermann and Barbara Toohey answer more than 130 of the most frequently asked questions about diabetes. The topics include: • the causes of diabetes • the effects of diabetes on your body • the lifestyle and dietary changes you need *and* don't need to make • the diabetes exam and what to expect from your doctors • the latest technology in home diabetes control and treatment • the prevention of complications resulting from diabetes • the care of diabetic children.

Most important, *The Diabetic's Book* shows you how easy your self-care program can be. With encouragement, support and understanding, Biermann and Toohey teach you how changes in diet, exercise and attitude can contribute significantly to your diabetes control.

—from the publisher

Jeremy Tarcher,
1990, 244 pages,
5½" x 8¼",
paperback, \$10.95

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DiabeticBook

Please send me _____ copy(ies) of *The Diabetic's Book*. I include a check payable to Science News Books for \$10.95 plus \$2.00 postage and handling (total \$12.95) for each copy. Domestic orders only.

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—Sherman M. Holvey, M.D.
Director of Diabetes Services,
Century City Hospital, Los Angeles