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The Best Treatment — Isadore Rosenfeld. In an accessible, conversational style, this practicing physician and author of *Symptoms* outlines treatment options — and offers his own treatment preferences — for disorders ranging from acne to whooping cough. The book is not intended to be used for self-diagnosis or self-treatment; its purpose is to inform readers about their medical options so they can discuss them with their doctors. S&S, 1991, 332 p., hardcover, \$22.00.

Continents in Motion: The New Earth Debate — Walter Sullivan. Having accompanied five research expeditions to Antarctica, the author has witnessed many of the scientific discoveries described in this volume. Sullivan, former science editor for *The New York Times*, addresses such questions as "What forces thrust up the mountains and carved the seas?" and incorporates such recent developments as the discovery of "black smokers" (hot geysers on the ocean floor that support an abundance of exotic life), the debate over what killed the dinosaurs, new theories on how Southern Asia and Japan formed, and evidence that as many as 70 pieces came together to form the Americas. Am Inst Physics, 1991, 430 p., illus., paperback, \$25.00.

The Dose Makes the Poison: A Plain-Language Guide to Toxicology — M. Alice Ottoboni. Explains the potential health effects of synthetic chemicals encountered in the home and at work so that lay readers can make informed decisions about the use and control of these chemicals. Ottoboni reviews all aspects of exposure, including routes of exposure, how chemicals cause harm, factors that influence toxicity, and chemicals that cause cancer and birth defects. Van Nos Reinhold, 1991, 244 p., hardcover, \$24.95.

Empire of the Air: The Men Who Made Radio — Tom Lewis. A biographical description of the achievements of three men whose combined genius turned a hobbyist's toy into radio. The work of Lee de Forest (the self-styled "Father of Radio"), Edwin Howard Armstrong (who discovered how to send clear signals around the world), and David Sarnoff (a Russian immigrant who became head of RCA), spanned half a century, was filled with defeats and victories, and launched the modern communications age. HarperCollins, 1991, 421 p., b&w photos, hardcover, \$25.00.

The Henry Holt Retirement Sourcebook — Wilbur Cross. Profiles more than 500 information sources for aging Americans, with 11 chapters overviewing topics such as health care, financial management, investment, travel and leisure, education and nutrition. Includes an extensive bibliography. For anyone who has retired or is planning to retire, and for family members, friends and colleagues of retirees. H Holt & Co, 1991, 330 p., hardcover, \$35.00.

A Social History of the Minor Tranquilizers: The Quest for Small Comfort in the Age of Anxiety — Mickey C. Smith. A professor of health care administration outlines the history of tranquilizers in the United States from the 1950s, which saw the introduction of meprobamate (Miltown and Equanil), to the early 1980s. Smith describes the development, promotion, use, abuse and control of tranquilizers, as well as the intrigue and pitfalls of drug therapy in our society. For health professionals and general readers. Haworth Pr, 1991, 265 p., paperback, \$14.95.

Teller's War: The Top-Secret Story Behind the Star Wars Deception — William J. Broad. The author of *Star Warriors* and *Betrayers of the Truth* draws a penetrating portrait of Edward Teller, father of the H-bomb, a proponent of the X-ray laser, and the driving force behind the founding of the Lawrence Livermore National Laboratory, a federal center for the design of nuclear arms. Writing for the general reader, Broad shows how Teller used his powerful influence to lead America on a very expensive trail in pursuit of a scientifically unrealistic military program, the Strategic Defense Initiative or "Star Wars" project. S&S, 1992, 350 p., b&w photos, hardcover, \$25.00.

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Few people can imagine the misery of an annually recurring depressive illness which dulls and even incapacitates mind, body and spirit for four to eight months of the year. But try to imagine living with the knowledge that the pleasures, relationships and successes you build up during the summer will fade into obscurity as the short dark days of winter plunge you once more into a prison of darkness.

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— Jennifer Eastwood
 SAD Association

HarperCollins, 1991, 224 pages,
 5 1/8" x 7 3/4", paperback, \$9.95

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