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A Consumer's Guide to Aging — David H. Solomon, Elyse Salend, Anna Nolen Rahman, Marie Bolduc Liston and David B. Reuben. This comprehensive resource, written by a team of doctors and social workers, offers detailed information on issues of concern for people over 50. With an emphasis on improving the quality of life, the authors cover such topics as physical health, mental health, medical care, personal finances, housing, family relationships, sex and intimacy, and work and leisure time. Johns Hopkins, 1992, 526 p., paperback, \$22.95.

Bugs, Slugs & Other Thugs: Controlling Garden Pests Organically — Rhonda Massingham Hart. A practical guide to pest controls that are safe for both the user and the environment. The author identifies the intruder, its habits, life cycle and garden targets and recommends deterrents such as planting vine crops with corn to keep raccoons away, scattering clippings of cat or dog hair around plants to ward off rodents and other pests, and using a mulch of eggshells, gravel or oak leaves to send slugs packing. Includes a chart of fruits and vegetables and the insect and noninsect pests that can plague them. Storey, 1991, 214 p., paperback, \$9.95.

The Food Pharmacy Guide to Good Eating — Jean Carper. The author of *The Food Pharmacy* carries further her concept of the powers of common food to treat and prevent disease. Blending the wisdom of ancient civilizations with our own folk traditions and scientific findings, she offers more than 200 recipes designed to reap therapeutic benefits from the food we eat — from shellfish that lower cholesterol to oranges whose antioxidants help lower high blood pressure. Bantam, 1991, 422 p., paperback, \$13.50.

The Heated Debate: Greenhouse Predictions Versus Climate Reality — Robert C. Balling Jr. The author is one of a growing band of scientists dedicated to the study of global warming and the greenhouse effect. He takes the reader through a minefield of scientific issues such as the influence of carbon dioxide and chlorofluorocarbons in the atmosphere, desertification and rising ocean levels, presenting his view in an effort to help mold public policy. PRIIP, 1992, 195 p., hardcover, \$21.95.

Recovering From a Stroke: A Doctor's Guide for Patients and Their Loved Ones — Jung Ahn and Gary Ferguson. In this easy-to-follow handbook to stroke recovery, a physician and a science/health writer offer a step-by-step explanation of stroke, cite common misconceptions, define medical terms, describe health care services, provide facts on recovery and suggest how to communicate with health professionals. Includes a chapter of stories from survivors. Harper-Collins, 1992, 152 p., paperback, \$8.99.

What The Odds Are: A-to-Z Odds on Everything You Hoped or Feared Could Happen — Les Krantz. What are the odds of missing your connecting flight, surviving a war, being killed by your spouse, giving birth to a genius or Siamese twins, being dealt a royal flush or contracting AIDS? This reference book examines some 4,000 cross-referenced events, covering such areas as longevity rates, casualties and disasters, gambling, thinking and dreaming, health and medicine, sex and love, lotteries and rare finds. HarperPerennial, 1992, 296 p., paperback, \$14.00.

Where Do I Put the Decimal Point? How to Conquer Math Anxiety and Let Numbers Work for You — Elisabeth Ruedy and Sue Nirenberg. Do you panic at the sight of a tax form? Does the prospect of figuring price discounts and pay increases leave you weak? This hands-on guide demonstrates how to deal comfortably with fractions, decimals, percentages, statistics and equations. With graphic aids, quizzes and games. Avon, 1992, 227 p., paperback, \$9.00.

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If you are one of the millions of people who suffer from chronic headaches, this book can help you. Dr. Alan M. Rapoport and Dr. Fred D. Sheftell are cofounders and codirectors of The New England Center for Headache, an institution devoted solely to alleviating the pain of chronic headache sufferers. Drawing on their extensive clinical experience and their excellent record of treatment, they have written this book to explain what steps you can take to help relieve your pain.

The doctors explain how emotions, nutrition, sleep patterns, exercise, stress and workplace or other environmental factors can influence headache pain. They offer specific advice about which foods and substances can trigger headaches (alcohol is at the top of their list) and how to identify the food or medication that may be causing your headache. They provide the latest research about the relationship between the menstrual cycle and headaches in women, about children's headaches and about current over-the-counter and off-the-shelf medications.

Drs. Rapoport and Sheftell believe that medication may provide short-term relief but that the same benefits that drugs provide can be obtained over the long term from modifications in diet and exercise habits and from stress reduction.

This is a book of sound advice based on clinically proven techniques that can help anyone who suffers the pain of chronic headache.

— from the publisher

Includes:

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- Authoritative advice about headaches in children