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The Arthritis Sourcebook — Earl J. Brewer Jr. and Kathy Cochran Angel. Brewer, a rheumatologist, and Angel, who has had arthritis since childhood, present a four-step plan for understanding and managing arthritis. They discuss the various kinds of arthritis, treatments good and bad, diet, sleep problems, sex, childbirth, mental health, ways to cope with pain, and devices that ease chores. Lowell Hse., 1993, 224 p., hardcover, \$21.95.

The Columbia University College of Physicians and Surgeons Complete Home Guide to Mental Health — Frederic I. Kass, John M. Oldham, and Herbert Pardes, eds. This reference, suitable for every home, provides detailed discussions of mental and emotional disorders ranging from insomnia and anxiety to schizophrenia and sexual disorders. Includes guidelines for dealing with substance abuse, deciding when children need professional help and when they're "just going through a phase," selecting a psychotherapist, and coping with long-term illnesses such as AIDS. The authors also describe drug treatments for various mental illnesses and explain how certain mental problems can result from physical complications such as stroke. H Holt & Co., 1992, 476 p., hardcover, \$35.00.

Earthquakes — Bruce A. Bolt. A revealing look at the causes, locations, sizes, effects, and events preceding earthquakes. Written for lay readers, this compendium of up-to-date information — including an analysis of the 1989 Loma Prieta quake near San Francisco — offers predictions about quake-prone areas, as well as guidelines for constructing earthquake-resistant buildings and ensuring personal safety during a quake. WH Freeman, 1993, 331 p., paperback, \$15.95.

House Calls: How Doctors Treat Themselves and Their Own Families for Common Illnesses and Injuries — Gerald Couzens and 85 contributing physicians. In clear and simple language, medical specialists describe how to deal with common ailments such as diarrhea, tendinitis, ingrown toenails, and the flu. The entries, arranged by body part, include recommendations for prevention, home treatments, and over-the-counter drugs, in addition to highlighting situations that require a physician. Fireside, 1993, 269 p., paperback, \$12.00.

Mapping the Next Millennium: How Computer-Driven Cartography Is Revolutionizing the Face of Science — Stephen S. Hall. In the wake of satellites and computer graphics, cartography has expanded beyond geography and earth sciences to become a tool for interpreting biology, mathematics, astronomy, and other scientific fields. Learn how scientists create maps to depict everything from fractals to human genes and how the maps themselves influence scientific interpretations. Originally published in hardcover in 1991. Vin, 1993, 477 p., illus. & color plates, paperback, \$16.00.

Noah's Garden: Restoring the Ecology of Our Own Backyards — Sara Stein. Often, the perfectly groomed lawns and gardens synonymous with suburbia come to lack many of the elements crucial to maintaining a biodiverse ecosystem in which insects, turtles, moles, caterpillars, snakes, and birds can thrive. Stein explains how to bring the animals back to your yard while making your land beautiful and ecologically sound. HM, 1993, 294 p., illus., hardcover, \$21.95.

Science as a Way of Knowing: The Foundations of Modern Biology — John A. Moore. A teacher of biology teachers shares here the knowledge he imparts to his students. Arguing that a basic understanding of biology is crucial to making valid decisions about the future, Moore systematically addresses the biological concepts most important to people and their day-to-day existence. Clearly written, this book is compelling reading for anyone seeking to grasp the fundamental elements of biology. Harvard U Pr, 1993, 530 p., illus., hardcover, \$29.95.

Symmetry in Chaos: A Search for Pattern in Mathematics, Art and Nature — Michael Field and Martin Golubitsky. A beautiful look at the point where symmetry and chaos meet in computer-produced images. Discover how these fractals relate to mathematical principles of symmetry and chaos, how they reflect natural elements such as flowers, and how you can experiment with these concepts on your own computer. Oxford U Pr, 1992, 218 p., illus. & color plates, hardcover, \$24.95.

People have always been curious about the plants and animals with which they coexist. Primitive cultures identified edible and poisonous plants by a process of trial and error, and then began to exploit the toxic materials for hunting, euthanasia, executions, and murder. Other plants were found to have stimulatory or hallucinogenic effects: these not only formed the basis of magico-religious rites, they also encouraged experimentation which led to the identification of plants with useful medicinal properties.

This absorbing account of the evolution of modern medicine from its roots in folk medicine will entertain and inform both scientist and general reader alike. It explains the chemical basis of modern pharmacology, and provides a fascinating description of how the use and abuse of natural

products in various societies throughout the ages has led to the development of many of the drugs we now take for granted. Many plant and animal species remain undiscovered, and much native folk medicine has yet to be investigated. Given the present wholesale destruction of many of the Earth's wild places, this book is particularly timely: these potential sources of agents for murder, magic, and — in particular — medicine, could soon be lost forever.

— *Oxford Univ. Press*

Oxford Univ. Press, 1992, 232 pages, 6 1/4" x 9 1/2", hardcover, \$29.95

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