

Books

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American Ground Zero: The Secret Nuclear War — Carole Gallagher. A photojournalist offers poignant and provocative portraits of real people who lived downwind from or participated in the aboveground nuclear weapons tests in the Nevada desert during the early 1950s. Accompanying Gallagher's superb photos are interviews with the people photographed, who recount their impressions of the tests at the time, what they were told about the potential health effects, their struggles with ailments such as cancer and birth defects in the aftermath of radiation exposure, and the political coverups and denials that ensued. A compelling look at the lives of ordinary people who had no way of knowing they were in the wrong place at the wrong time. MIT Pr., 1993, 427 p., b&w photos, hardcover, \$39.95.

Celestial Delights: The Best Astronomical Events Through 2001 — Francis Reddy and Greg Walz-Chojnacki. For those who want to appreciate the night sky without expensive equipment, this compendium of astronomical events notes when eclipses, meteor showers, and planet sightings will occur over the next eight years and describes the best viewing methods for each. Includes a glossary and a calendar of nighttime sky events for virtually every day through the rest of this century. Celestial Arts, 1992, 135 p., illus. & b&w photos, paperback, \$16.95.

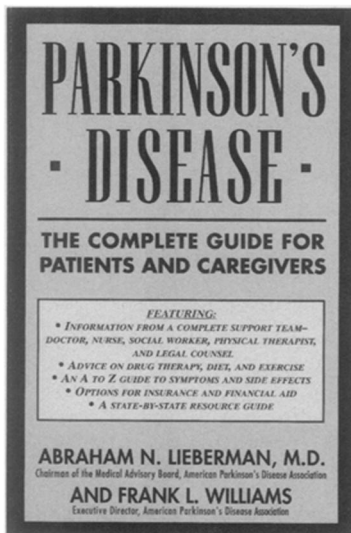
The Columbia University School of Public Health 40+ Guide to Good Health — Robert J. Weiss, Genell Subak-Sharpe, and the editors of Consumer Reports Books. Offers tips for maintaining a healthy body and lifestyle through later life, along with information about health care facilities, planning for retirement, preventing diseases of aging, reducing stress, eating right, how the skin ages, and how to maintain good looks. Consumer Reports Bks, 1993, 452 p., illus., hardcover, \$27.95.

Rubbish! The Archaeology of Garbage: What Our Garbage Tells Us About Ourselves — William Rathje and Cullen Murphy. For the past 20 years, the University of Arizona's Garbage Project has sifted, sorted, and classified a quarter of a million pounds of trash. Among other things, the analysis indicates that people waste more of what is in short supply than what is plentiful; disposable diapers do not represent a big part of the garbage problem; and formulas based on garbage content can be used to estimate a community's population and to define it by age and sex. Originally published in hardcover in 1992. HarperPerennial, 1993, 263 p., illus., paperback, \$12.00.

Why You Can Never Get to the End of the Rainbow and Other Moments of Science — Don Glass, ed. These essays, gathered from the public radio show "A Moment of Science," address such questions as: What is antimatter? How can one apple ruin the whole barrel? Why don't rivers run in a straight line? Ind U Pr, 1993, 165 p., paperback, \$10.95.

The Wisdom of the Ego — George E. Vaillant. A psychiatrist examines the evolution of the human mind and its capacity to cope with emotional distress using denial and self-deception, which the author contends is healthy and creative. Freud believed our destinies were set for us by age 5. But Vaillant — using data gathered in the Study of Adult Development at Harvard University, which tracked a group of adolescents into adulthood — demonstrates that many troubled teenagers mature into strong, creative adults who are highly adaptable to emotional troubles. Vaillant draws connections between the lives of the adolescents in the study and those of more famous figures such as Sylvia Plath and Eugene O'Neill, who channeled their unhappiness into successful creative outlets. Harvard U Pr, 1993, 394 p., hardcover, \$27.95.

Visions of the Future: Art, Technology, and Computing in the Twenty-First Century — Clifford Pickover, ed. Chapters written by a variety of contributors offer a riveting look at how our everyday lives are changing with the implementation of computer technology, which is capable of extending our imagination beyond its currently conceivable capacity in the next century. Computer technology will have a monumental influence on diverse fields ranging from weather prediction to simulated golf. The book also tackles the issue of our overdependence on computers: Estimates indicate that a 24-hour microprocessor failure could cause the loss of several million lives and \$100 billion, since this technology sustains everything from 911 switchboards to the stock market. St. Martin, 1993, 212 p., illus., hardcover, \$29.95.



Simon & Schuster, 1993, 270 pages, 5 1/2" x 8 1/2", paperback, \$11.00



Written by an expert team of health-care professionals — including a neurologist, a social worker, a nurse practitioner, a physical therapist, and an attorney/financial planner — this guide takes every aspect of living with chronic degenerative illness into consideration.

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- What can I do to better cope with the psychological and emotional issues inherent in living with Parkinson's?
- As a caregiver, how can I best juggle a program of care for a loved one and still find time for myself?
- What insurance options and other forms of financial aid are available and how can one protect one's assets and life savings from long-term illness?

Parkinson's Disease, which features an A to Z Guide to Symptoms and Side Effects and a state-by-state Resource Guide, will help you and your family succeed in your struggle to lead an easier and more fulfilling life.

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