

The Weekly Newsmagazine of Science

SCIENCE NEWS

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The Mating Game

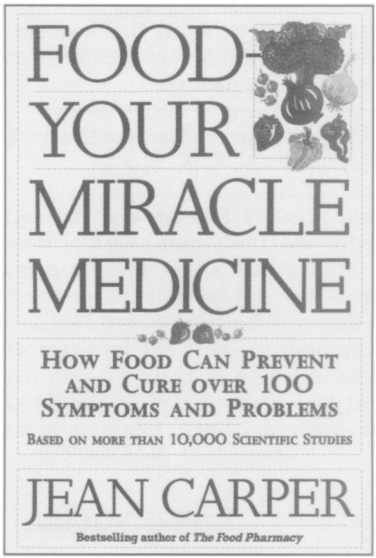
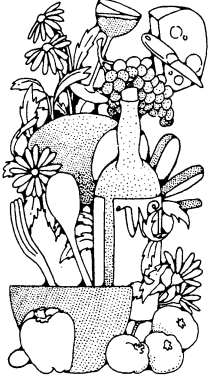
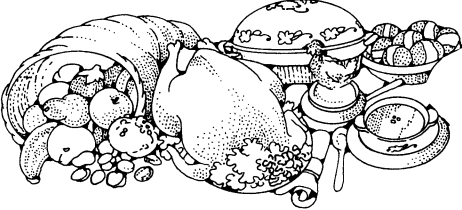


- Dramatic new research shows that:**
- A carrot a day could slash your risk of stroke by nearly 70 percent.
 - Ginger can stop migraine headaches and nausea.
 - A food allergy may be the cause of your fatigue.

Food — Your Miracle Medicine is the first comprehensive guide, based on the latest scientific research, that reveals how you can use the extraordinary powers of food to conquer disease. Jean Carper has now translated the amazing new discoveries about the medicinal powers of food into practical advice and information that you can use every day to prevent and alleviate such common maladies as headaches, hay fever, and arthritic pain, as well as to ward off our major killers, including heart disease and cancer.

In this book you will find out exactly what you should eat — and not eat — to prevent or relieve dozens of symptoms and problems. The lively writing makes it an irresistible read as well as a much-needed reference for using food as a partial alternative to costly pharmaceutical drugs and medical treatments.

Food — Your Miracle Medicine is based on more than ten thousand cutting-edge studies by researchers from prestigious scientific institutions around the world, including Harvard, Johns Hopkins, MIT, and the National Cancer Institute. — from HarperCollins



HarperCollins, 1993, 528 pages, 6 1/4" x 9 1/2", hardcover, \$25.00

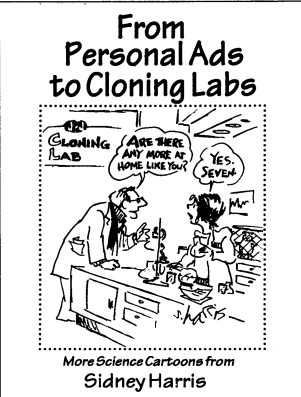
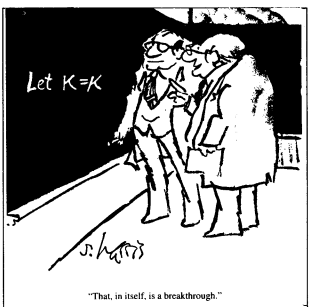
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Sidney Harris Strikes Again

Science cartoonist Sidney Harris has earned cult status on college campuses and among readers of the *New Yorker*, *Science*, *Discover*, and other publications for his delightful doubletakes on contemporary issues. In his new book, *From Personal Ads to Cloning Labs*, Harris takes on science (cloning, dark matter), public policy (mass transit), and contemporary life (personal ads) with his whimsical, sarcastic humor and sharp-edged pencil.

— from WH Freeman



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Widely regarded as the most brilliant theoretical physicist since Einstein, Stephen Hawking has opened our minds to today's most important scientific ideas about the cosmos. Now he returns to shed new light on the darkest regions of space and time . . . and to reveal an extraordinary array of possibilities for our understanding of the universe.

These thirteen essays and one remarkable extended interview broadcast over the BBC on Christmas Day 1992 range from the autobiographical to the purely scientific. Building on his earlier work, Hawking discusses imaginary time, how black holes can give birth to baby universes, and scientists' efforts to find a complete unified theory that would predict everything in the universe, a concept that he believes will come to seem as natural to the next generation as the idea that the world is round.

The pieces in this collection reveal Hawking variously as the scientist, the concerned world citizen, the man, and — always — the rigorous and imaginative thinker. Severely disabled by ALS — Lou Gehrig's disease — he describes the way in which this has affected but not constrained his personal and intellectual life.

Using his characteristic mastery of language, his sense of humor, and his commitment to plain speaking, Hawking invites us in this book to know him better and to share his passion for the voyage of intellect and imagination that has opened new ways to understanding the very nature of the universe.

— from Bantam Books

BLACK HOLES AND BABY UNIVERSES and Other Essays

by **Stephen Hawking**
author of *A Brief History of Time*

Bantam Books, 1993, 182 pages, 6 1/4" x 9 1/4",
hardcover, \$21.95

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With the drastic need for improved health care, more and more people are turning to behavioral medicine to combat illness, decrease stress, and enhance their lifestyles. After more than 25 years of pioneering research in this growing field of medicine, Dr. Herbert Benson, M.D., Eileen Stuart, R.N., M.S., and the staff of the Mind/Body Medical Institute of New England

Deaconess Hospital and Harvard Medical School have developed a unique approach to mind/body medicine.

The mind/body approach to medicine unites modern scientific medicine, psychology, nursing, nutrition, and exercise physiology to enhance the natural healing capacities of the body and the mind. Beginning with the elicitation of the relaxation response — a well-defined physiological state of deep relaxation — a foundation is set for introducing other behavioral medicine techniques, including stress-management, nutrition, and exercise. These techniques have helped thousands of men and women reduce the stress that contributes to such conditions as hypertension, diabetes, cardiac disorders, infertility, cancer, insomnia, HIV, migraine headaches, gastrointestinal

disorders, and chronic pain.

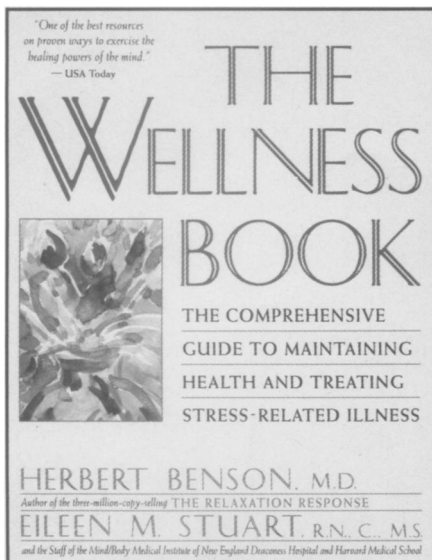
Formatted like a workbook with easy instructions, patient case histories, charts, questionnaires, photographs, and diagrams, *The Wellness Book* is designed to provide readers with both a cost-effective and medically effective way to maximize their health.

— from Fireside

Fireside, 1993, 493 pages, 7 1/4" x 9 1/4", paperback, \$14.00



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