

The Weekly Newsmagazine of Science

# SCIENCE NEWS

July 16, 1994  
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**Spiking  
Silicon**

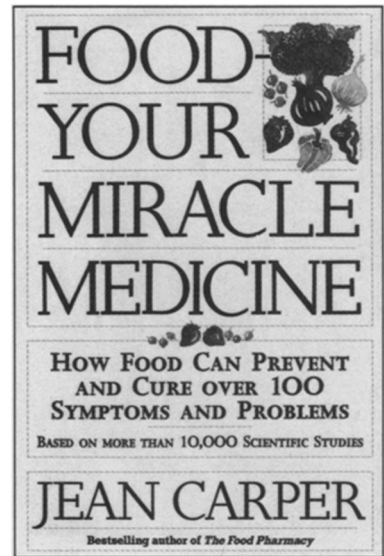
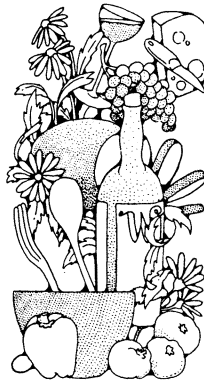
**Dramatic new research shows that:**

- 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



HarperPerennial, 1994, 528 pages, 5 1/4" x 8", paperback, \$13.00

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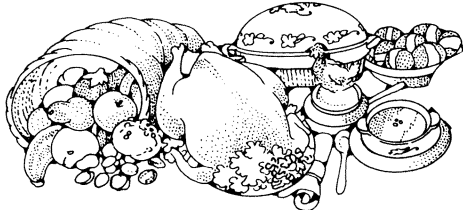
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*Science for All Americans* defines the scientifically literate American, describing the knowledge, skills, and attitudes all students should acquire from their total learning experience, and offers a series of recommendations for reforming our system of education in science, mathematics, and technology. *Benchmarks for Science Literacy* takes this one step further. Created in close consultation with a cross-section of American teachers, administrators, and scientists, *Benchmarks* elaborates on the recommendations to provide guidelines for what all students should know and be able to do in science, mathematics, and technology by the end of grades 2, 5, 8, and 12. *Benchmarks* is not a proposed curriculum, nor is it a plan for one: it is a tool educators can use as they design curricula that fit their students' needs and meet the goals recommended in *Science for All Americans*. Far from pressing for a single educational program, Project 2061 advocates a reform strategy that will lead to more curriculum diversity than is common today.

— from Oxford University Press

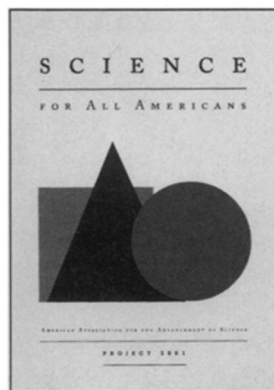


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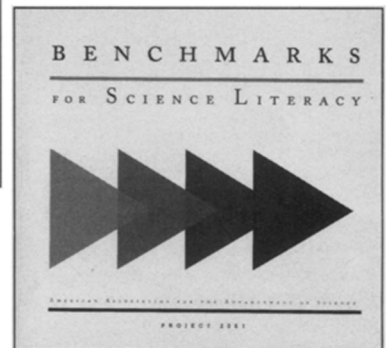
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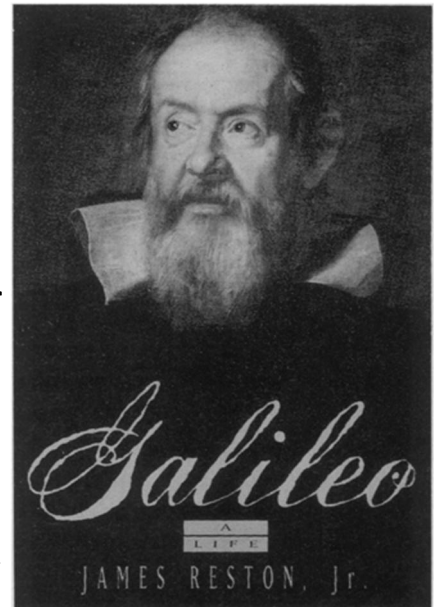
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For the last four hundred years, Galileo has fascinated and inspired writers, theologians, playwrights, historians, and scientists. As the founder of modern science and the embodiment of the conflict between science and faith, Galileo remains the most fascinating figure of his age. Here, James Reston, Jr., writes a lively, dramatic life of Galileo, one that not only takes us to the heart of this passionate, embattled, prickly, vain, arrogant, and brilliant man, but also paints a vivid picture of Renaissance Italy, of its unparalleled cultural richness and political and religious intrigues. At the center of the story, of course, is Galileo's discovery of the telescope, which revolutionized astronomy but put Galileo into conflict with the Catholic church until 1633, when the Inquisition denounced him, banishing him for the last nine years of his life.

— From HarperCollins

A major popular  
biography of one of the  
greatest scientists  
in history.



HarperCollins, 1994,  
319 pages, 6 1/4" x 9 1/2",  
hardcover, \$25.00

Written by Richard B. Patt, M.D., one of the country's leading cancer pain experts, and science writer Susan S. Lang, *You Don't Have to Suffer* is a no-nonsense handbook for anyone with cancer, for anyone caring for a loved one with cancer, and for the doctors and nurses who treat these patients. The authors first enumerate the reasons patients are so often undermedicated—unfounded fears of addiction, the desire to "tough it out," and time-consuming paperwork for doctors who prescribe narcotics. Carefully weighing the evidence, Lang and Patt construct a powerful argument that properly medicated patients are more able to resume active lives and marshal strength to fight their disease, while those in chronic pain not only suffer, but also may well jeopardize their potential for recovery.

*You Don't Have to Suffer* explores the pain-relieving options available in the modern medical arsenal—from drugs and high-tech medical procedures to psychological and cognitive techniques and home nursing tips to make a patient more comfortable. Detailed chapters discuss the medications that can fight cancer pain or relieve the undesirable side effects of cancer treatments. — from Oxford University Press

## You Don't Have to Suffer

A COMPLETE GUIDE TO  
RELIEVING CANCER  
PAIN FOR PATIENTS  
AND THEIR FAMILIES



SUSAN S. LANG AND  
RICHARD B. PATT, M.D.

Oxford University  
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