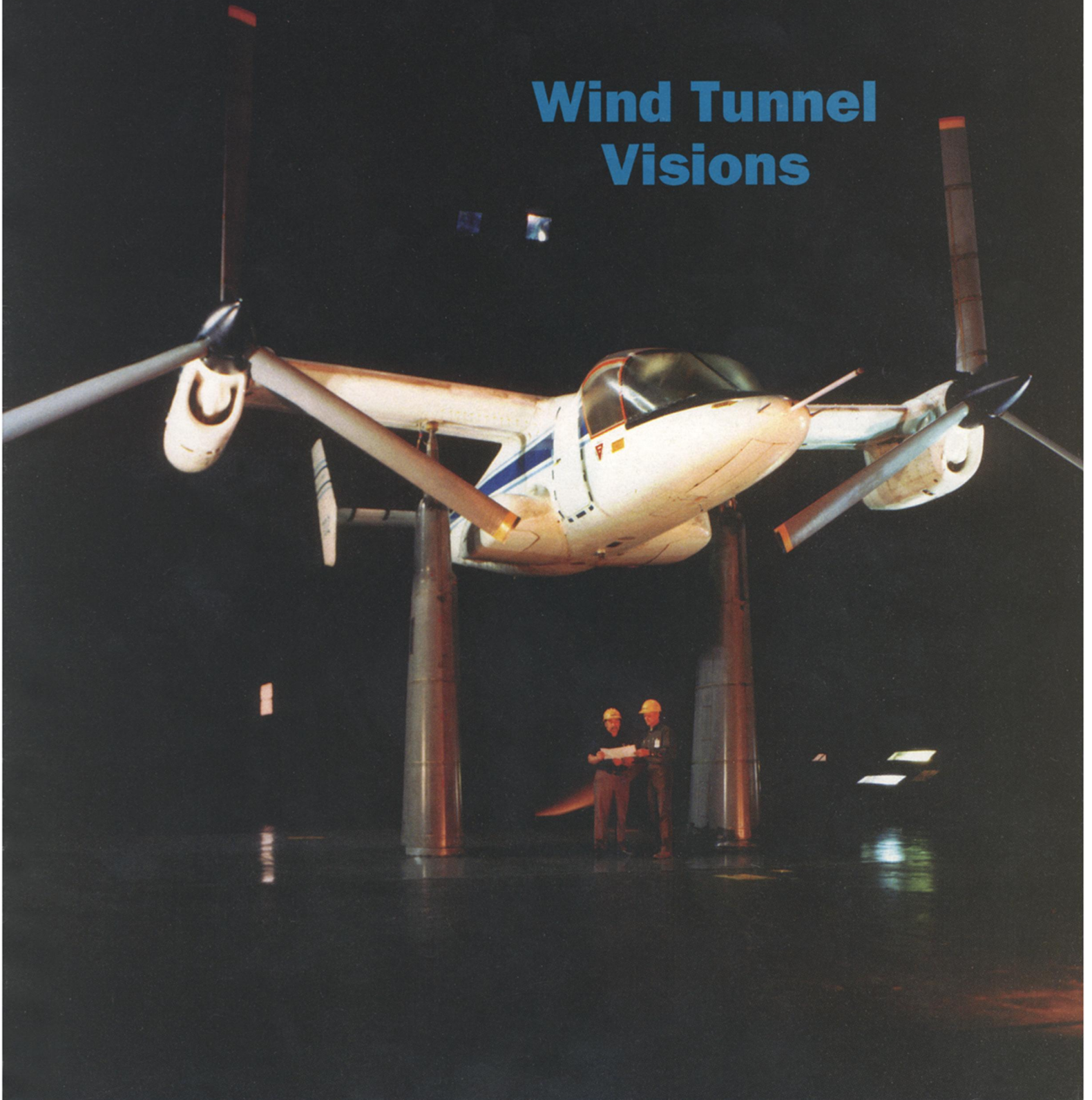


The Weekly Newsmagazine of Science

SCIENCE NEWS

March 18, 1995
Vol. 147, No. 11
Pages 161-176

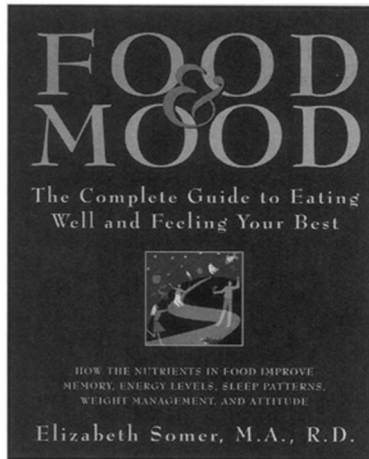
Wind Tunnel Visions



Food and Mood dispels the myths and presents the scientific facts linking what you eat with how you feel. It presents sound dietary guidelines while addressing specific food-related issues including health conditions, food cravings, eating disorders, diet struggles, and mental functions such as memory and sleep patterns.

The result of research encompassing thousands of scientific studies, *Food and Mood* includes the most current information and the latest findings on how nutrition is connected to depression, mood swings, irritability, seasonal affective disorder (SAD), and premenstrual syndrome (PMS). Written in a concise and factual yet personal style, the book includes self-assessment worksheets and quizzes, charts, menus, recipes, and practical suggestions for putting knowledge into action. It is the first reference source for both men and women of all ages to combine current nutrition research with practical dietary advice for eating to improve your mood. The text is complemented with thorough references and a detailed glossary of more than 200 health, nutrition, and medical terms.

— from Henry Holt & Co.



To order by phone from
Science News Books, call:
1-800-544-4565
(Visa or MasterCard Only)

In D.C. Area:
202-331-9653

Henry Holt & Co., 1995,
460 pages, 7 3/4" x 9 1/2",
hardcover, \$25.00

Science News Books
1719 N Street, NW, Washington, DC 20036

FoodMoodH

Please send me _____ copies of *Food & Mood*. I include a check payable to Science News Books for \$25.00 plus \$2.00 postage and handling for each book (total \$27.00). Domestic orders only.

Name _____
Address _____
City _____
State _____ Zip _____
Daytime Phone _____
(used only for problems with order)

RB2254

MATHEMATICS
The Science of Patterns



Scientific American Library, 1994, 215 pages,
8 3/4" x 9 1/2", hardcover, \$32.95

"Mathematics rightly viewed possesses not only truth, but supreme beauty," the noted philosopher and mathematician Bertrand Russell once wrote. In *MATHEMATICS: The Science of Patterns*, Keith Devlin, an author and mathematics educator, demonstrates the truth of Russell's statement.

Devlin shows that it is more useful to think of mathematics as the study of patterns — real or imagined, visual or mental, arising from the natural world or from within the human mind. Today, mathematicians in all fields from algebra and calculus to newer areas like complexity theory and dynamical systems theory recognize this. Writing with an elegant lucidity, Devlin uses this basic definition as his central theme, revealing the search for patterns that drives the mathematics of counting (natural numbers), reasoning (language and logic), motion (calculus), shape (geometry, tiling), and position (topology, knots, symmetry).

By interweaving historical highlights and current developments, and using a minimum of formulas, even the least mathematically inclined reader will understand the kinds of reasoning that allows mathematicians to create and explore arcane subjects.

—from Scientific American Library

Science News Books
1719 N Street, NW, Washington, DC 20036

MathematicsH

Please send me _____ copy(ies) of *Mathematics*. I include a check payable to Science News Books for \$32.95 plus \$2.00 postage and handling for each book (total \$34.95). Domestic orders only.

Name _____
Address _____
City _____
State _____ Zip _____
Daytime Phone _____
(used only for problems with order)

RB2255

To order by phone from Science News
Books, call **1-800-544-4565**
(Visa or MasterCard Only)

In D.C. Area: **202-331-9653**