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The Allergy Sourcebook — Merla Zellerbach. Not just for hay fever victims, this concise handbook covers the symptoms common to allergic reactions, how to find the best health care specialist for your condition, tests and treatments for various allergies, simple steps that can prevent or lessen allergic reactions, the "myths and realities" of multiple chemical sensitivity, and how to strengthen the overall immune system. The best treatment for allergic reactions is still to avoid them, the author contends, and she offers advice on how to do this. Lowell House, 1995, 246 p., hardcover, \$25.00.

Discover Nature at Sundown — Elizabeth P. Lawlor. From raccoons and owls to fireflies and katydids, the creatures of the quiet hours emerge to enchant children and adults alike. For those wanting an easy introduction to the life of the night, Lawlor offers a book "to gently lead you to the point... where various field guides will be useful." Each chapter features a common creature "that makes its living after the sun goes down," describes its place in the web of life and fascinating aspects of its lifestyle, and suggests activities that reveal what each creature looks like, where it lives, and how it survives. Stackpole, 1995, 230 p., b&w illus., paperback, \$14.95.

Galileo: A Life — James Reston Jr. In 1992, 350 years after Galileo's death, the Vatican tendered a belated apology for any suffering he incurred as a result of actions taken against him by churchmen during his life. These actions and the persecution Galileo experienced make up the core of this biography. Reston graphically illuminates the controversy surrounding Galileo's work, the political atmosphere of the time, the numerous challenges he faced, and how he persevered through it all. Many excerpts from Galileo's journals and other writings make this a very personal story. Originally published in hardcover in 1994. HarperPerennial, 1995, 319 p., paperback, \$13.00.

Hyperspace: A Scientific Odyssey Through Parallel Universes, Time Warps, and the 10th Dimension — Michio Kaku. The superstring theory, which posits the existence of six dimensions beyond space and time, called hyperspace, currently stands as one of the most plausible explanations of the construction of the universe. Here, Kaku easily guides even a lay reader through the intricacies and implications of hyperspace. He begins by detailing the simplicity that the laws of nature take on when expressed in higher dimensions. He then delves into the ramifications of such a theory, suggesting that wormholes connecting distant areas of time and space, may make time travel possible. Originally published in hardcover in 1994. Anchor Pr, 1995, 359 p., b&w illus., paperback, \$14.95.

River Out of Eden: A Darwinian View of Life — Richard Dawkins. Why do trees grow tall in a forest? Why is the sex ratio 50:50 when relatively few males are needed to impregnate many females? Why do we inherit genes for fatal illnesses? The answers lie in our genetic destiny, contends Dawkins. An environmental biologist, Dawkins views living beings as gene carriers whose primary purpose is to pass on their own DNA. Basic, 1995, 172 p., b&w illus., hardcover, \$20.00.

Step by Step Organic Flower Gardening — Shepherd Ogden. The author of a classic work on organic vegetable gardening now focuses on the aesthetic aspect of the green thumb. He explains how to select flowers and determine the best locations for them, and he describes the best natural methods for composting, soil preparation, disease and pest control, and up-to-date cultivation techniques. Ogden also discusses growth patterns, biological structure, plant propagation, and methods for modifying growth. HarperCollins, 1995, 302 p., b&w photos and illus., hardcover, \$25.00.

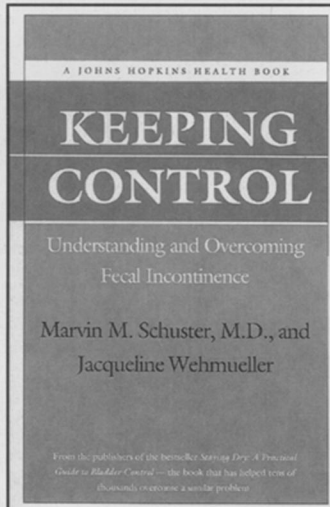
Who Wrote the Dead Sea Scrolls? The Search for the Secret of Qumran — Norman Golb. Controversy has dogged these ancient documents since their discovery in 1947 in the caves of Qumran. Most biblical scholars accepted the idea of Qumran as a monastery and attributed the scrolls to scribes of the small Essene sect. Golb proposed the heretical notion that Qumran was a fortress and the scrolls, actually from many Jewish sects, were hidden in the caves to protect them from the Romans. Here he argues his case and details the bitter battles for control and publication of the scrolls. Scribner, 1995, 446 p., b&w photos, and illus., hardcover, \$25.00.

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Johns Hopkins University Press,
1994, 166 pages,
5 1/2" x 8 1/2", paperback, \$12.95



People who live with fecal incontinence — a condition causing the involuntary loss of liquid or solid stool or gas at inappropriate times — often feel alone and isolated. These people should know that *two million* others in the United States have fecal incontinence.

Keeping Control is a compassionate, medically reliable, and thoroughly informative resource for anyone who wants to understand the causes of fecal incontinence, learn about important advances in treatment and management, and do something about the problem. Topics include:

- Understanding the digestive system and normal continence
- How to keep a symptom diary
- Working with your physician to find the cause of the problem
- What to expect during diagnostic tests
- Behavioral treatment techniques such as biofeedback and habit training
- Ways to cope when incontinence cannot be completely overcome
- When to consider surgery
- Effects on intimacy and sexual relations
- Special considerations for older people with incontinence
- Special considerations for children with incontinence, including a step-by-step bowel training program
- Products that can help when treatment is not entirely successful.

Keeping Control also includes a glossary of terms and valuable information about contacting support groups and using additional resources. An epilogue by Nancy Norton, founder of the International Foundation for Bowel Dysfunction, describes the personal challenge of living with fecal incontinence and explains how she and many others cope with the problem and live life to the fullest.

— from Johns Hopkins University Press

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