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# SCIENCE NEWS

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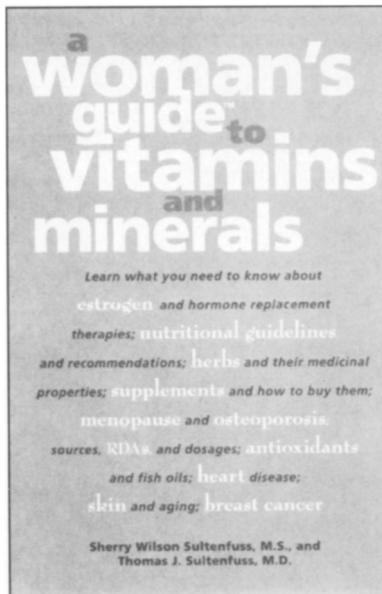
## Sand and Wave: Building Ridges

**V**itamins, minerals, and herbs play an important role in enhancing good nutrition and maintaining optimal health—something most of us learned at an early age, when we were instructed to chew up our once-a-day pastel-colored vitamins. What we didn't learn was that as adult women our vitamin needs would be different than those of our youth and those of adult men. Now the authors of *A Woman's Guide to Vitamins and Minerals* have compiled all the information adult women need to improve their chances for a long and healthy life.

A comprehensive review of the current scientific literature on vitamins, minerals, herbs, hormone replacement therapies, fish oils, and more, this indispensable guide arms the healthy, adult woman with enough information to make intelligent decisions on nutritional choices, including appropriate dosages of supplements and the best chemical forms of them to take.

In addition, this volume provides the most up-to-date information available on the connection between vitamins and minerals and many of women's most pressing health concerns, including menopause, osteoporosis, cardiovascular disease, breast cancer, and aging. Packed with information that could help any woman live a longer, happier, healthier life, *A Woman's Guide to Vitamins and Minerals* is a necessary supplement to any woman's bookshelf.

—from Contemporary Books



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*Contemporary Books, 1995, 270 pages, 6 1/4" x 9 1/4", hardcover, \$16.95*

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**C**ROW MILLER BRINGS 25 YEARS OF INTENSIVE ORGANIC gardening experience—plus a wealth of tips and lore from his gardening school, radio garden show, numerous garden columns and Amish teachers—to *Let's Get Growing*.

Crow doesn't tell you how it ought to be done—he tells you how he does it and how well these techniques have worked for him over the years. He presents one man's way to garden, not a hodgepodge of textbook learning and secondhand knowledge. As a result, *Let's Get Growing* is a treasury of practical how-to information on every aspect of gardening—from raising bumper crops of vegetables, fruits, and herbs to growing beautiful flower beds, trees, shrubs, and lawns.

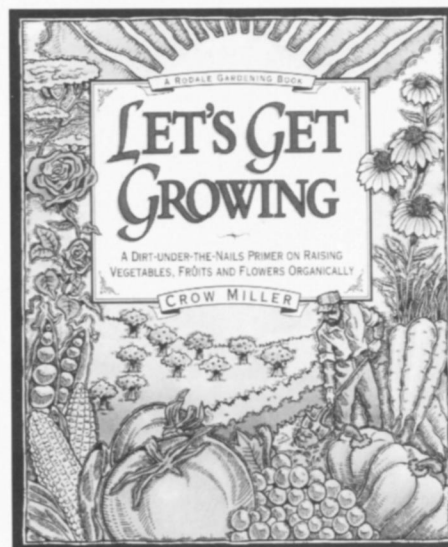
Hundreds of tips and techniques show how easy it is to "grow" great soil, plus the best pest, disease and weed controls; pruning and propagating know-how; seed-starting and transplanting tricks; and down-and-dirty ways to fertilize, water and mulch. You'll discover tried-and-true methods to encourage heavy fruiting and lengthen the harvest. Crow makes it easy to grow a whole year's worth of crops in a small space with his incredible season-stretching system.

— from Rodale Press

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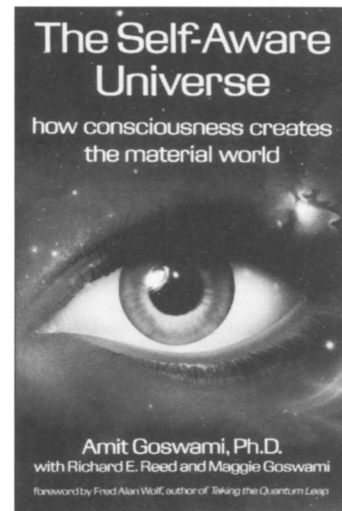
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In this stimulating and timely book, Amit Goswami shatters the widely held belief that matter is the primary "stuff" of creation, and proposes instead that consciousness is the true foundation of all we know and perceive. He demonstrates that our traditional assumptions about how the world works cannot explain the latest results from quantum physics, and that by adopting a philosophy of idealism, in which consciousness is primary and matter secondary, we can achieve a paradox-free interpretation of new physics.

*The Self-Aware Universe* is divided into four sections. Part One clarifies the basic ideas of the new physics and introduces the consciousness first, or idealist, worldview. Part Two delineates the unresolved problems and paradoxes contained in quantum physics which have troubled the sleep of the scientific community for much of this century and shows how these dilemmas disappear when we view the universe as based in consciousness. Part Three addresses the mind-body question and shows that an idealist approach can help us decipher the origins and inner workings of creativity and self-awareness. In Part Four, Goswami combines Eastern philosophy with his Western scientific education to show how idealism heals the rift between science and religion.

*The Self-Aware Universe* will appeal to anyone interested in new science, quantum physics, philosophy, the relationship between science and religion, psychology, personal growth, consciousness, and/or mysticism. It is written in a friendly and inviting manner that will entice the layperson, while offering open-minded scientists fresh explanations to paradoxes that have been baffling them for years. —from Tarcher/Putnam



Tarcher/Putnam, 1993, 319 pages, 6" x 9", paperback, \$13.95

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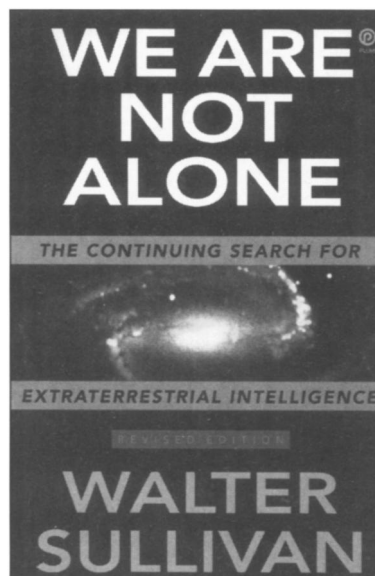
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For years scientists have explored the possibility that life exists elsewhere in the universe. Such a discovery, which is becoming increasingly probable, would have far-reaching consequences for humankind. Now in this completely updated version of his bestselling classic, Walter Sullivan, renowned science correspondent for the *New York Times*, provides an authoritative account of all that we know and have done to search for intelligent life beyond planet Earth. Examining past breakthroughs and recent discoveries as well as the latest technological advances, he investigates such compelling questions as: Is our universe unique? Is life's origin inevitable or not? Is it possible to travel across interstellar distances? Have we been visited by UFOs? He also examines the ramifications of these questions, discussing ways in which the discovery of extraterrestrial life would affect our religions, our philosophies, and our evolving conception of the universe and our relation to it.

Clearly and objectively, Walter Sullivan sums up strong evidence for the existence of alien civilizations and shows how we might find and communicate with them. His fascinating study brings us to the edge of the most exciting of all scientific frontiers, showing us where we stand today in the age-old quest to discover whether or not we are unique in the universe. —from Plume

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