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SCIENCE NEWS

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Mimicking Master Spinners

Heat disease remains America's leading killer, accounting for 43 percent of all deaths. Now, Dr. Harvey B. Simon shows how you can fight heart disease with the most up-to-date scientific information and know-how, but without drugs or surgery.

Dr. Simon's program is unique in going far beyond the familiar "big four"—low-fat diet, exercise, smoking cessation, and stress reduction. His program advocates nutritional supplements such as antioxidants and soluble fiber, which are often overlooked by physicians despite their demonstrated benefits, and he explains why recent controversial studies of antioxidants may be misleading.

Other controversial though scientifically valid recommendations include low doses of alcohol, regular consumption of fish, low doses of aspirin, and avoiding passive smoking. The chapter called "Facts or Fads: Other Tips That May Help," includes the latest word on everything from garlic and onions to vitamin B₆, antacids, and lecithin. An important chapter on estrogen replacement therapy addresses the specific concerns of women and their particular risk factors. And, finally, should medical intervention be necessary, Dr. Simon explains the benefits and risks of state-of-the-art medical tests, medications, and other treatments.

Because many of Dr. Simon's recommendations may strike some as unorthodox, he documents the scientific basis for his program by presenting and explaining in clear language the relevant medical studies. Authoritative, practical, and supportive, *Conquering Heart Disease* is an empowering way to avoid high-tech medicine and achieve optimum cardiovascular health.

—from Little, Brown, and Company

CONQUERING HEART DISEASE

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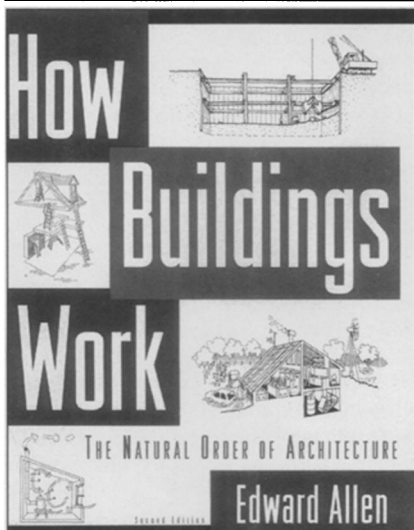
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We expect our buildings to do many things: stand up, shelter us from weather, provide clean water for drinking and clean air for breathing, give us privacy, power everything from tools to toasters, and connect us with the world outside.

But *how* does a building do all this? This is the question Edward Allen addresses so engagingly in the completely revised second edition of *How Buildings Work*. Illustrated throughout with several hundred clear line drawings, this easy-to-read work reveals virtually every secret of a building's function. Everyone who has ever asked such questions as "why can't they get the temperature right in here?" "why does my basement flood every summer?" or "can't they build noise-free buildings?" will find an answer here.

Allen explains complex phenomena such as the role of the sun in heating buildings and the range of structural devices that are used for support. He stresses the importance of intelligent design in dealing with such problems as excessive energy use, leaky roofs, and fire safety. And he illustrates how all buildings, from a backyard shed to the tallest skyscraper, are never at rest.

Edward Allen makes it easy for everyone—from armchair architects and sidewalk superintendents to students of architecture and construction—to understand the mysteries and complexities of even the largest building, from how it recycles waste and controls the movement of air, to how it is kept alive and growing.

—from Oxford University Press



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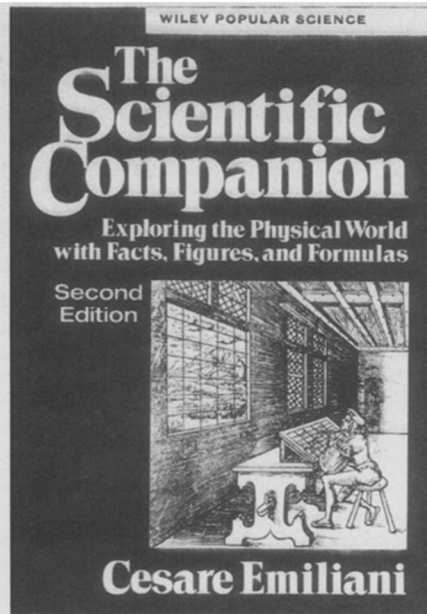
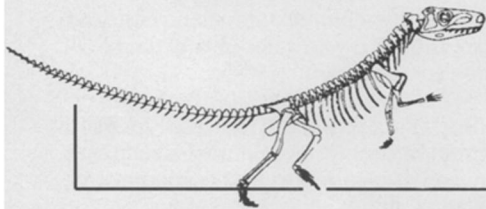
Cesare Emiliani, a professor of geological sciences, offers readers a fascinating and comprehensive course in the physical sciences—physics, astronomy, chemistry, geology, meteorology, and biology—in the newly updated *The Scientific Companion*.

Emiliani discusses each topic at a level the average reader can understand, fully explaining each formula and theory, and also going into enough detail to make this a helpful book for students and teachers.

An ideal desktop science reference, this updated edition includes:

- ✿ Two completely new chapters on atmospheric science and oceanography.
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Bottomless canyons, fierce rivers, sky-scraping mountains, and ancient peoples populate the United States desert Southwest. In *Four Corners*, Kenneth Brown embarks upon a fascinating odyssey through this mysterious and beautiful region, writing about the peoples who rose and fell there, the subtle geological forces that sculpted the landscape, and the delicate yet enduring ecosystem that sustains life across the often brutal terrain.

The Colorado Plateau and Four Corners region of Colorado, Utah, Arizona, and New Mexico is a geological window into the earth's history with its broad desert valleys where cooling rivers of lava left floors of solid rock. And the history of the peoples who roamed the Southwest is as diverse and colorful as the landscape itself. Originally populated by early bands of hunters and gatherers, the region would ultimately be settled by the famous cliff-dwelling Anasazi, and later by the Spaniards, Mormons, and other pioneers.

Four Corners is a compelling exploration of one of the world's great treasures.

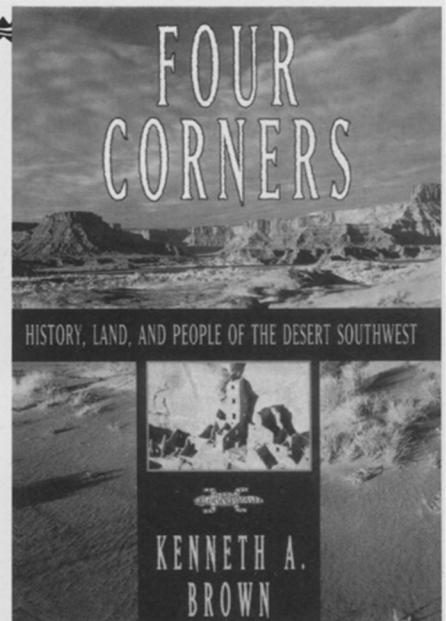
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