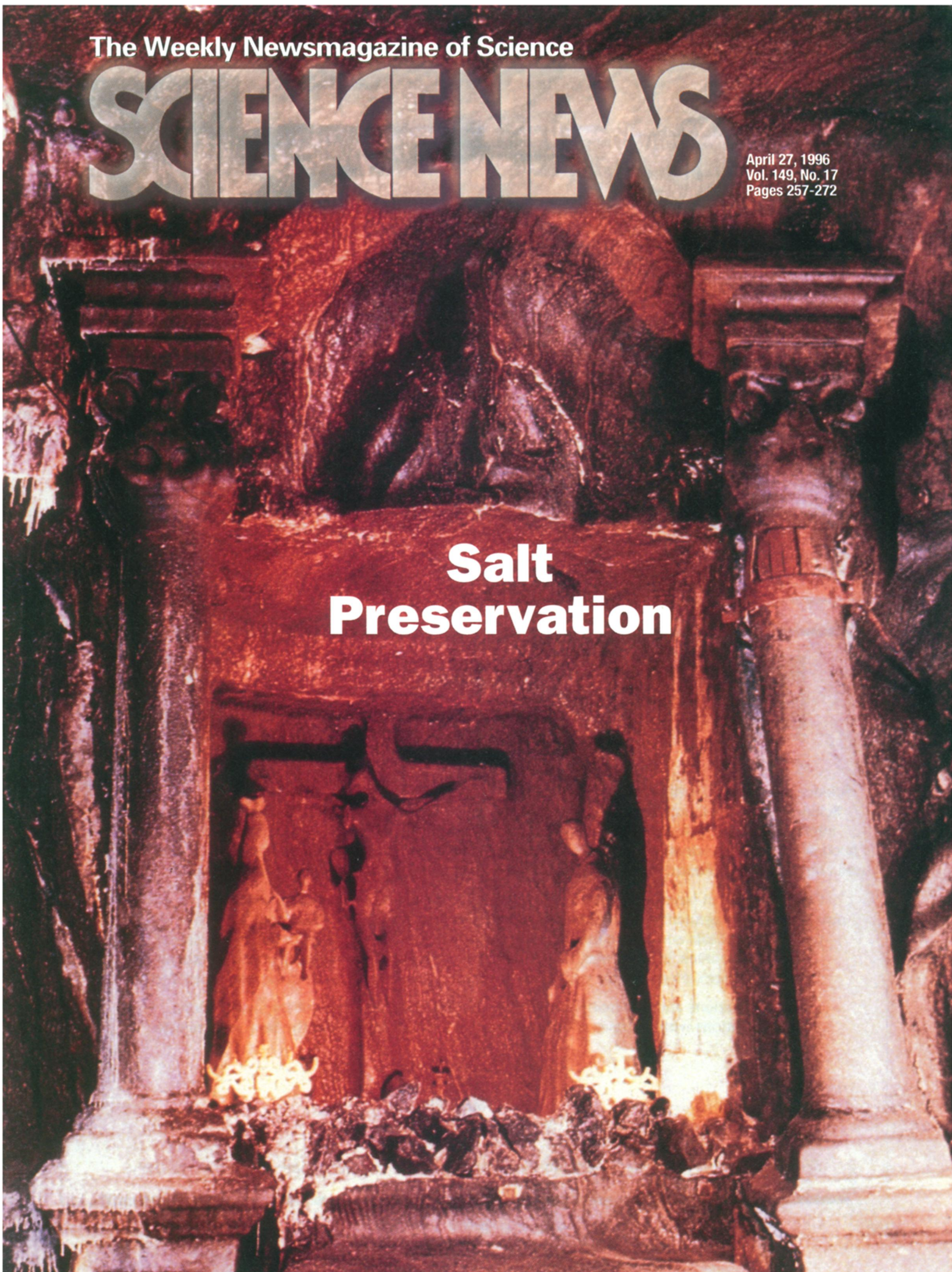


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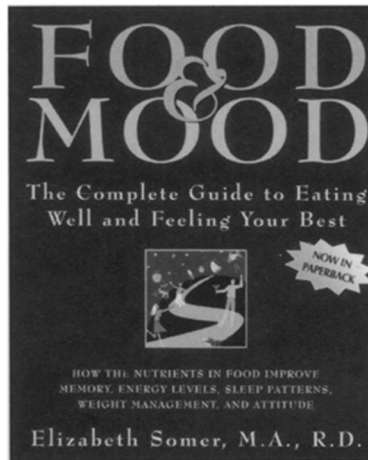
Salt Preservation



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.

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Why should we be skeptical of 4 out of 5 dentists surveyed?

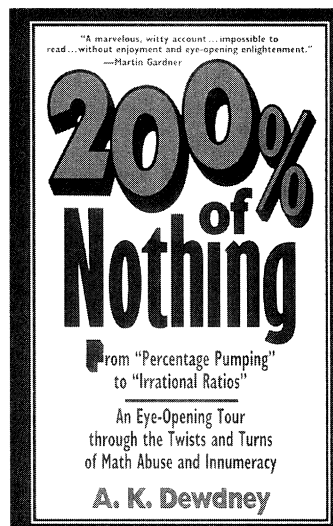
What's the bull behind the bull market? Do statistics really prove it's safer to fly than drive across country?

Find out in this delightfully witty excursion into the world of mathematical manipulation, as popular columnist and math whiz A. K. Dewdney unveils the vast array of ways in which numbers are twisted and statistics are turned in order to fool the unsuspecting public. From the case of the "Incredible Expanding Toyota" to that of the "National Security Googol," Dewdney exposes the slick tricks and subtle schemes used by advertisers, politicians, special interest lobbyists, stockbrokers, car dealers, and just about anybody who tries to impress us with numbers, charts, and graphs.

Two Hundred Percent of Nothing is packed with real-life examples that demonstrate all types of math abuses. Dewdney identifies them by name, from "number bludgeoning" to "occult sampling," and shows us exactly how they play upon our innumeracy — the common inability to understand the rules of percentages, ratios, statistics, and basic math logic. Furthermore, he explains the basic math behind the answers so that the next time you see mathematical chicanery, you'll recognize it.

Though you may be shocked at how pervasive math abuse is, you may be even more astonished to discover how rapidly you can learn the simple tricks and basic logic of defending yourself against it.

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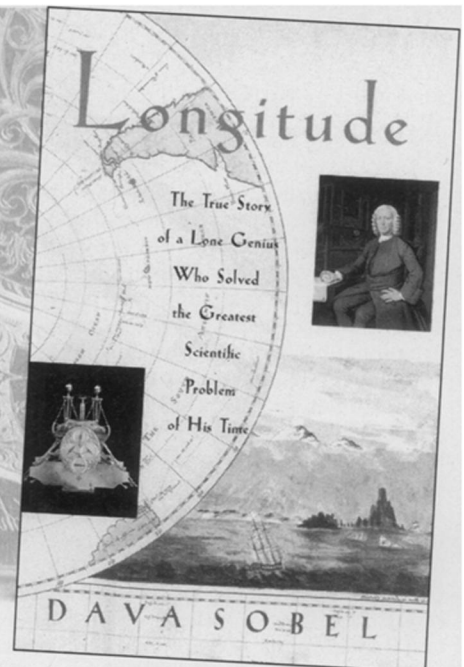
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Anyone alive in the eighteenth century would have known that "the longitude problem" was the thorniest scientific dilemma of the day—and had been for centuries. Lacking the ability to measure their longitude, sailors throughout the great ages of exploration had been literally lost at sea as soon as they lost sight of land. Thousands of lives, and the increasing fortunes of nations, hung on a resolution.

The quest for a solution had occupied scientists and their patrons for the better part of two centuries when, in 1714, England's Parliament upped the ante by offering a king's ransom (£20,000, or approximately \$12 million in today's currency) to anyone whose method or device proved successful. Countless quacks weighed in with preposterous suggestions. The scientific establishment throughout Europe—from Galileo to Sir Isaac Newton—had mapped the heavens in both hemispheres in its certain pursuit of a celestial answer. In stark contrast, one man, John Harrison, dared to imagine a mechanical solution—a clock that would keep precise time at sea, something no clock had ever been able to do on land.

Longitude is the dramatic human story of an epic scientific quest, and of Harrison's forty-year obsession with building his perfect timekeeper, known today as the chronometer. Full of heroism and chicanery, brilliance and the absurd, it is also a fascinating brief history of astronomy, navigation, and clockmaking. Through Dava Sobel's consummate skill, *Longitude* will open a new window on our world for all who read it. —from Walker and Co.



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Walker and Co., 1995, 184 pages,
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In 1991 the world was electrified by the chance discovery of the body of a man trapped in a glacier in the Ötztal Alps on the Austrian-Italian border. The corpse was almost perfectly preserved. Preliminary tests showed that this was the body of a Neolithic hunter who died some 5,300 years ago.

The results of further investigations have been awaited with great excitement throughout the world. In **The Man in the Ice**, Dr. Konrad Spindler, the leader of an international team of scientists investigating the body, makes the results public for the first time—and totally refutes arguments that have challenged its authenticity.

The Man in the Ice, scientifically accurate and detailed, is also a mesmerizing detective story. The pieces of equipment found with the body, in an extraordinary state of preservation, provide fascinating clues to the nature of daily life in the Stone Age. What, for example, can we learn about the area he inhabited from the charcoal in the container he carried? How were his bows, arrows, dagger, and axe made? Then there is the body itself, a treasure trove of information: microorganisms, parasites, hair, teeth, broken bones. Finally, what was the "ice man" doing in such an inhospitable and dangerous alpine region, so far from any human settlement—and how did he die?

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