

The Weekly Newsmagazine of Science

# SCIENCE NEWS

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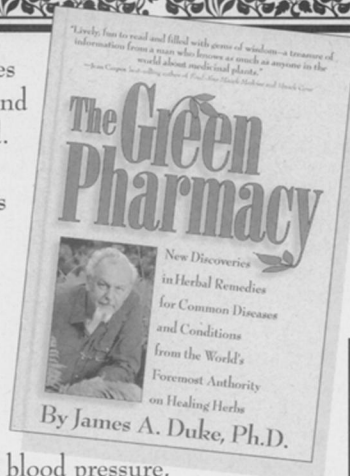
## Mental Yin and Yang

Thousands of safe, natural remedies lie untapped in jungles, forests, and herbal gardens throughout the world. Now, America's foremost authority on medicinal plants and herbs shares his knowledge.

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- ❖ **For Back Pain:** A fruit with anti-inflammatory properties that bring relief.
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- ❖ **For High Cholesterol:** A tasty grain that has three times the cholesterol-lowering power of oat bran.
- ❖ **For Migraines:** An herb that has the power to eliminate the blurred vision and debilitating pain of these headaches.
- ❖ **For Mood Swings:** A common food that shares the power of Prozac to boost the brain's concentration of serotonin.
- ❖ **For Osteoporosis:** A prime plant source of calcium that vastly enhances protection against bone depletion.

—from Rodale Press

Rodale Press, 1997, 507 pages, 6 3/4" x 9 1/2", hardcover, \$29.95



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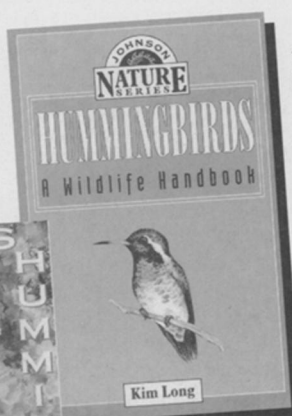
*Dances with Hummingbirds* presents an intimate video musical encounter with the high-energy lives of hummingbirds as they flash and swirl through their endless dance of life.

The first 30 minutes of the video features 17 hummingbirds from across the Americas "dancing" to acoustic music ranging from Mozart's Turkish March, performed on charango by Eddy Navia, to traditional dance melodies by the Red Clay Ramblers. Tropical hummers pinwheel around poinsettias in Costa Rica. Spectacular Jamaican Streamertails pirouette on penants of fires.

The second half of the video moves from musical performance to a narrative by Michael Godfrey, who identifies the birds and comments on the nature of their dances. Throughout, the camera captures this vibrant splendor up close and in slow motion.

Unique to this hemisphere, the tiny hummingbird has long been revered by native cultures for its amazing iridescent colors and fearless behavior. Its popularity remains unabated as birdwatchers yearn to attract these birds to their backyards.

—from Nature Science Network



A combination of illustrated field guide, fact book, and folklore collection, *Hummingbirds* presents an accurate, informative portrait of hummingbirds in their natural habitat, along with an examination of their relationship to humans. This user-friendly guide examines hummingbird behavior, biology, and individual characteristics. Topics include species identification, hovering, territory, myths and legends, backyard attractions, and predators. —from Johnson Books

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Book by Johnson Books, 1997  
182 pages  
5 1/4" x 8"  
paperback, \$15.95

VHS Video by Nature Science Network, 1995,  
running time 61 minutes, \$24.95

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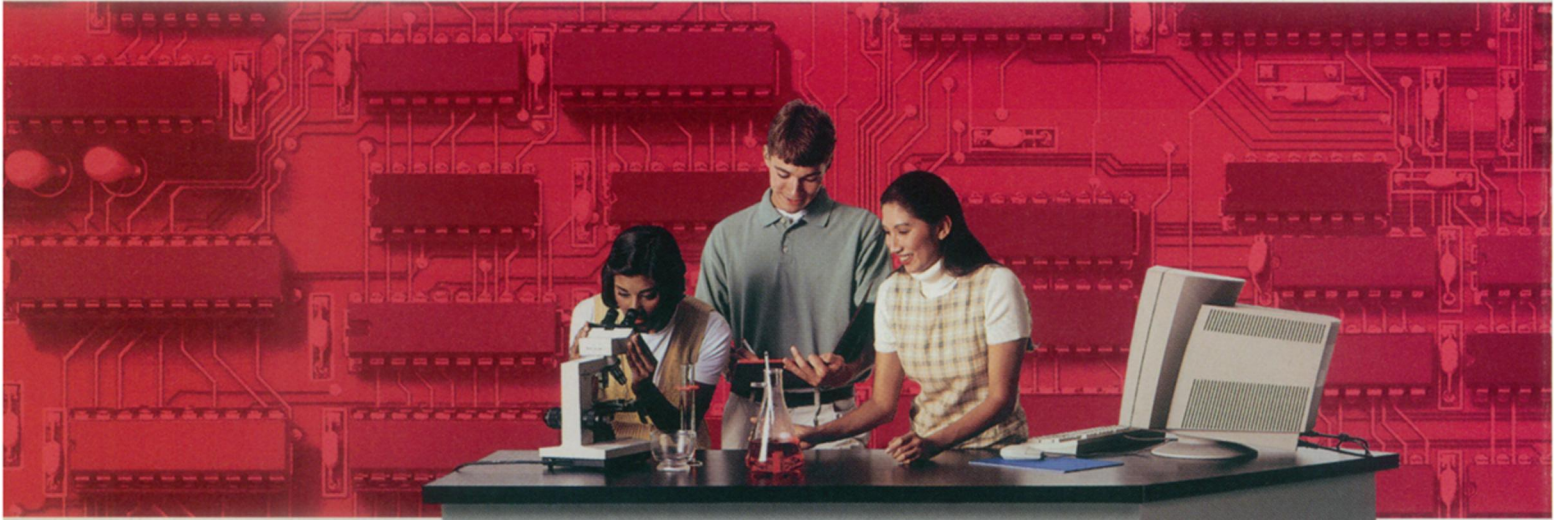
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