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Coming to Terms with Climate Change

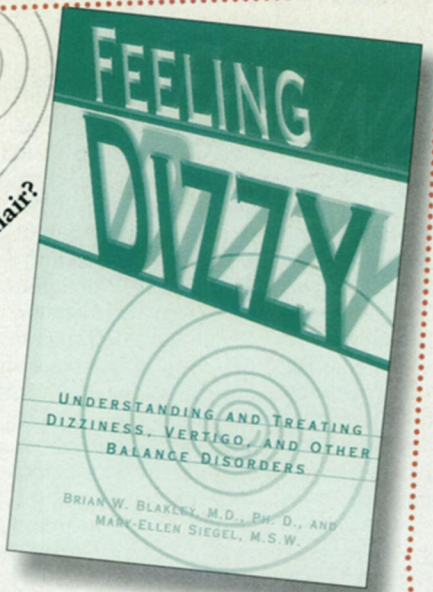


When you turn your head suddenly, do you feel sick to your stomach?
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 Do you often become dizzy when you get up too quickly from a chair?

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- Describes treatment options, from medication or surgery to therapy and rehabilitation.
- Outlines self-help options, including relaxation techniques, biofeedback, and exercise.

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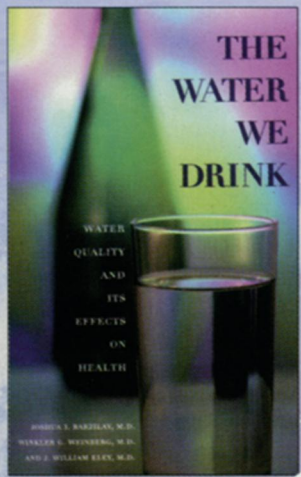
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We all drink water and water-based fluids, yet most of us take water for granted. We assume that when we turn on the tap to fill our glass, bathtub, or washing machine, clean water will flow. But is it really safe? And if it is not, what can we do about it? *The Water We Drink* provides readers with practical information on the health issues relating



to water quality and suggests ways we can improve the quality and safety of our drinking water.

The Water We Drink begins with a review of the history of water, disease, and sanitation. The authors then examine health issues relating to drinking water, including infectious

diseases, cancer risks, and the effects of mineral and heavy-metal content. They look at the benefits and risks of bottled waters and of water purification systems currently available to consumers. A helpful glossary of terms, as well as a bibliography of additional agencies, books, and Web sites to consult for information on drinking water and health, is also provided.

Rutgers University Press, 1999, 180 pages, 5 1/2" x 8 1/2", paperback, \$17.00.

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