2006

POPULAR SCIENCE

BOOKS



NATIONAL BOOK TRUST, INDIA



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PREFACE

The National Book Trust, India was established by the Government of India with a view to promote books and encourage book-reading. The Trust publishes books for all segments of the society and for all age-groups, in English, Hindi and sixteen other major Indian languages, under different series.

The **Popular Science** series enables the reader to understand the world around him/her and learn not only about the role science and technology play in everyday life, but also how it benefits the individual and the society. Written by experts in the field including scientists, doctors, science communicators, the books in the series take the reader through the adventure of scientific ideas and discoveries. The books foster the development of a free scientific spirit through well-documented analyses and historical accounts. They show how scientific method and knowledge often lead to the questioning and rejection of dogmas and established views.

The books in **Popular Science** series are meant for the lay reader providing information on the progress of science, and emphasising, wherever possible, India's contribution in the field. Generally, the books in this series are illustrated with diagrams and photographs, which superbly complement the text. The text is presented in a lucid and readable style and wherever necessay, with anecdotes and analogies from daily life to facilitate comprehension. An attempt is made to ensure that the information provided is scientifically reliable and authentic, and that the subject is not encased in a straitjacket. Wherever needed, it is broadened and made more interesting and informative by including aspects of related topics.

Besides English, the books in **Popular Science** series are translated and published in other Indian languages and cover a broad range of topics including life sciences, physical sciences, health, environment, astrophysics, etc.

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Physical Sciences ■ Physics

ABOUT TIME

Bal Phondke 215 pp Rs 70.00 ISBN 81-237-4103-0



Time assumes a mystic, surreal character when one realises that it has no beginning or end. It is eternal. It flows only in one direction, from the past to the future. This book tries to understand Time in its entirety, in a Vikram-Betal story format.

CHAOS, FRACTALS AND SELF-ORGANISATION

Arvind Kumar 186 pp Rs 50.00 ISBN 81-237-1596-X

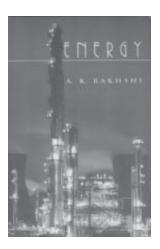


The leaking tap in our bathroom exhibits chaos, the bronchial network of our lungs has a fractal structure and all of us are marvellous self-organising systems of Nature. In a lucid and nontechnical account, the book explains some of these pioneering ideas that are destined to culminate in a new non-linear science of the next century.

Also in: Asamiya, Hindi & Oriya.

ENERGY

A K Bakhshi 100 pp Rs 40.00 ISBN 81-237-1458-0



The importance of energy in our daily life can never be overemphasised particularly in today's world when fossil fuels are in danger of being depleted. There is practically no activity which does not involve the transfer or transformation of energy. This book discusses its various aspects including the consequences of production and utilisation of energy on our environment.

Also in: Asamiya, Hindi, Marathi, Oriya & Tamil. B 0 0 K S

Physical Sciences Physics

FIBRE OPTICS

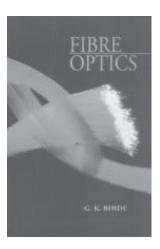
G K Bhide 94 pp Rs 40.00 ISBN 81-237-2937-5

JOY OF MAKING INDIAN TOYS

Sudarshan Khanna 126 pp Rs 40.00 ISBN 81-237-2244-3

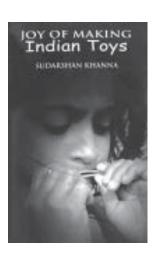
NANO: THE NEXT REVOLUTION

Mohan Sundara Rajan 179 pp Rs 75.00 ISBN 81-237-4305-X



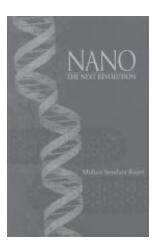
Based on the principle of total internal reflection and transparency of glass, the study of fibre optics is an exciting new field. This book describes how fibrescopes are used in surgery, and as cables by communication experts to carry telephone calls and by engineers for examining machines.

Also in: Hindi.



This simple activity book teaches two things, namely, how to make 101 handmade toys which are playthings even today in remote corners of our country and how toys, simple in design and based on science and technology, can be made at home with discarded materials.

Also in: Gujarati, Hindi, Malayalam & Oriya.



This book explains the basics of nanotechnology—the next revolution in our daily lives—its historical development, and the ongoing advances, including the pioneering work done in India.

Physical Sciences Physics

QUANTUM MYSTERY

Rajat Chanda 113 pp Rs 36.00 ISBN 81-237-2180-3

RADIATION AND MAN

H C Jain 98 pp Rs 40.00 ISBN 81-237-1143-3

ROBOTS AND ROBOTICS

M R Chidambara 94 pp Rs 30.00 ISBN 81-237-0914-5



The book discusses the laws of quantum mechanics, several amazing quantum phenomena and the progress in understanding the connection between the quantum and classical worlds. How the paradoxes arise and how to solve them has been explained in detail, besides highlighting the significance of Bell's theorem.

Also in: Hindi.



A study of the natural and man-made radiation environment, dramatic discoveries in the field, problems and risks involved in the use of nuclear energy including the possibilities of malfunctioning of nuclear reactors and disposal of radioactive wastes versus its benefits when compared to other sources.



This small volume describes the robots and also how the New Age will open many new possibilities for their use in home and industry to the benefit of mankind.

Also in: Asamiya & Hindi.

Physical Sciences Physics

THE ILLUSIVE WORLD OF VIRTUAL REALITY

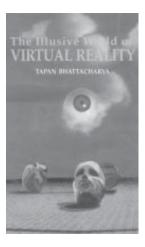
Tapan Bhattacharya 158 pp Rs 45.00 ISBN 81-237-1949-3

THE TELECOM STORY AND THE INTERNET

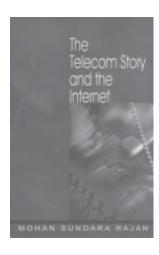
Mohan Sundara Rajan 209 pp Rs 60.00 ISBN 81-237-1754-7

THE WONDER CHIP

K D Pavate 116 pp Rs 40.00 ISBN 81-237-1493-9

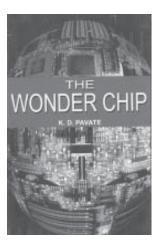


Man's innate desire for fantasising has been sustained considerably by the advent of computers. By mimicking reality, virtual reality creates fascinating illusions and stimulates various human senses.



An account of the latest technical developments in telecommunications and the impact of the exploding internet traffic is given in non-technical language.

Also in: Hindi



This book attempts to explain the principles of silicon devices, some interesting aspects of their fabrication technology and the spectrum of their applications. It shows how the principles of electronic circuits in communication, computers, information and other systems have undergone a sea change with the advent of the integrated circuits.

Also in: Asamiya.

Physical Sciences ■ Chemistry

WIND ENERGY

Suneel B Athawale 60 pp Rs 30.00 ISBN 81-237-0679-0



This book, through diagrams and illustrations, introduces the readers to the non-conventional source of energy and explains how wind energy can be converted into mechanical and electrical energy by windmills for supplementing our energy needs.

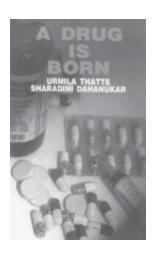
Also in: Asamiya, Hindi, Marathi, Oriya & Tamil.

A DRUG IS BORN

Urmila Thatte & Sharadini Dahanukar 94 pp

Rs 35.00

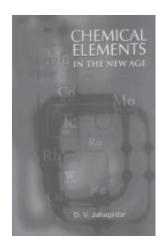
ISBN 81-237-2864-6



Medicines and drugs are prescribed for all ailments. What lies behind their conception, from where they come and who discovered them—all this and more on the exciting world of medicine is described in this book in an interesting style.

CHEMICAL ELEMENTS IN THE NEW AGE

D V Jahagirdar 66 pp Rs 35.00 ISBN 81-237-1121-2



This book provides interesting reading material on some lesser known aspects of chemical elements of the New Age, including their applications in superconductivity, computer and space research.

Physical Sciences Chemistry

FULLERENES

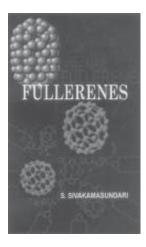
Sivakamasundari 91 pp Rs 40.00 ISBN 81-237-3958-3

MATERIAL MARVELS

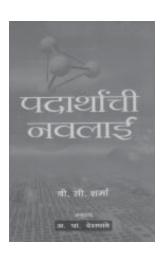
B C Sharma 136 pp Rs 40.00 ISBN 81-237-2812-3

PRESERVATION OF ART OBJECTS AND LIBRARY MATERIALS

O P Agrawal 102 pp Rs 40.00 ISBN 81-237-0643-X



A new form of carbon, totally different from the well-known diamond and graphite was discovered and popularly called buckyballs. These Buckminster fullerenes have hollow, cage-like shape. This profusely illustrated book describes their discovery, reactions and formation, along with their applications.



This book describes the new materials developed by manipulating metals, ceramics and plastics—the composites—which are now being used in space travel, communication of information and replacing damaged parts of the human body.

Also in: Asamiya & Marathi.



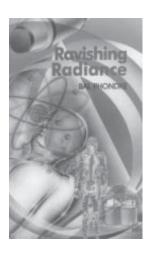
Art objects of all types, be they stone sculptures, wooden objects, textiles, manuscripts, paintings or any other, are continuously subjected to dangers of damage and deterioration. This book acquaints the reader with the composition of art objects, their properties and behaviour under diverse conditions so as to facilitate their care, maintenance and preservation.

Also in: Bangla, Hindi, Marathi & Tamil.

Physical Sciences ■ Chemistry

RAVISHING RADIANCE

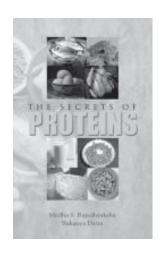
Bal Phondke 81 pp Rs 50.00 ISBN 81-237-3625-8



Discovery of ubiquitous and omnipresent radioactivity in the twentieth century ushered in the atomic age. The story of its discovery as well as its applications provide for fascinating reading.

THE SECRETS OF PROTEINS

Medha S Rajadhyaksha & Sukanya Datta 108 pp Rs 45.00 ISBN 81-237-3105-1



A peep into the world of proteins—their sequences, shapes, forms and functions besides their malfunctions and diseases due to malnutrition.

WATER: THE MATRIX OF LIFE

K K Mishra 112 pp Rs 35.00 ISBN 81-237-3314-3



The astonishing properties and role of water as the 'matrix of life' have been presented in a semi-technical style. This book provides a deeper understanding of the most ubiquitous marvel of Nature.

Also in: Hindi.

Physical Sciences Astronomy/Astrophysics

BLACK HOLES

Jayant Narlikar 66 pp Rs 40.00 ISBN 81-237-4374-2

COSMIC VISTAS

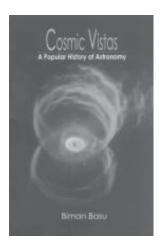
Biman Basu 131 pp Rs 65.00 ISBN 81-237-3942-7

JOY OF STARWATCHING

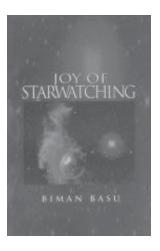
Biman Basu 122 pp Rs 45.00 ISBN 81-237-2657-0 The star-filled sky has



A black hole is the ultimate manifestation of a region of strong gravity. The pull of gravity in a black hole is so strong, that even light cannot escape from it and time stands still. This book is a simple yet meticulous study of the circumstances under which a black hole is formed and its strange properties.



This book on celestial objects explains how with advances in technology, the telescope and other observation tools can reveal the real nature of celestial bodies like the Moon, the planets and Milky Way and how the refined techniques of observation can reveal gas clouds, quasars, pulsars and radiation.



fascinated mankind since prehistoric times. Today we know about the true nature of stars and their mind-boggling distances from us. This profusely illustrated book familiarises us with the constellations and helps in identifying individual stars with the help of star maps and diagrams.

Also in: Bangla & Tamil.

Physical Sciences ■ Astronomy/Astrophysics ■ Mathematics

SPACE TODAY

Mohan Sundara Rajan 282 pp Rs 75.00 ISBN 81-237-1027-5

THE SUN

Parul R Sheth 138 pp Rs 55.00 ISBN 81-237-4424-2

EVERYDAY MATHEMATICS

R M Bhagwat 74 pp Rs 30.00 ISBN 81-237-1490-4



A fascinating review of the marvels of the Space Age describing the trends and innovations in space technology, its applications and space explorations.

Also in: Asamiya & Tamil.



This book will appeal to all those who are curious to know more about the wonders pertaining to the mind-blowing effects of our nearest star, on the natural events that occur on the Earth, on plants, animals and human beings.



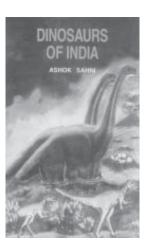
Mathematics is described as an art, the tool of science, the language of science and the queen of all sciences. This book on mathematics gives an account of the origin and development of mathematics, and helps in solving a variety of problems related to everyday living.

Also in: Asamiya, Hindi, Malayalam, Marathi & Oriya. 0 K S

Physical Sciences History

DINOSAURS OF INDIA

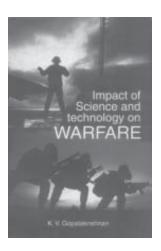
Ashok Sahni 120 pp Rs 50.00 ISBN 81-237-3109-4



This book describes our rich natural heritage of dinosaurs which goes back nearly 170 years, when Captain Sleeman found large dinosaurian bones and pertrified wood in Jabalpur Cantonment. This book also tells of the more recent finds of fossil remains in several states, particularly in the north-east region.

IMPACT OF SCIENCE AND TECHNOLOGY IN WARFARE

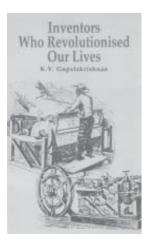
K V Gopalakrishnan 160 pp Rs 50.00 ISBN 81-237-4060-3



Warfare has been a constant feature of human history and the most powerful impact on it has been due to the application of science and technology in the past few centuries. In this book scientific and technological breakthroughs are described and their impacts are also discussed.

INVENTORS WHO REVOLUTIONISED OUR LIVES

K V Gopalakrishnan 152 pp Rs 35.00 ISBN 81-237-2006-8



Biographical sketches of some of the great inventors who displayed tenacity of purpose by hard work and confidence in their abilities before achieving recognition for their discoveries.

Also in: Asamiya, Punjabi, Oriya & Urdu.

Physical Sciences ■ History

MARCHING AHEAD WITH SCIENCE

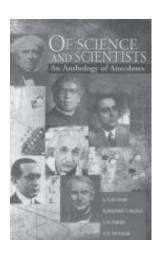
Biman Basu 172 pp Rs 60.00 ISBN 81-237-3486-7



When India gained Independence in 1947, it had no worthwhile infrastructure for the development of science and technology, nor did it have a sound industrial base. Yet six decades later, it is now a major technological power with the capability to design, build and launch its own satellites, nuclear power plants and supercomputers. The book presents an overview of our achievements.

OF SCIENCE AND SCIENTISTS

A N Kothare and others 232 pp Rs 55.00 ISBN 81-237-0917-X



Although a lot is available in the form of biographies and writings of scientists, very little information is found on what made them not only great discoverers but humane too, blessed with humour, humility and humanism. This book conveys this very aspect of scientists who, while being involved in their unique adventure, are like us, the lesser mortals.

Also in: Asamiya, Kannada, Malayalam & Oriya.

THE GREAT AVIATION STORY

R K Murthi 101 pp Rs 40.00 ISBN 81-237-4390-4



This book presents the story of how the man's great dream of flying came true, how the technological advancements affected the evolution of aircraft, and how it changed the course of history.

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Physical Sciences ■ History

THE STORY OF MAN

Biman Basu 84 pp Rs 27.00 ISBN 81-237-2057-2



The story of man's evolution from the lowly tree-dwelling ape has all the ingredients of a thriller. As new clues emerge from fossil evidence, the story takes dramatic twists and turns, before a clear picture emerges. It traces how our distant ancestors gave up a life on the trees and learnt to walk on two feet, use tools and fire, and talk as we do now.

Also in: Asamiya, Hindi & Punjabi.

Earth Sciences ■ Geology ■ Oceanography

EARTHQUAKES

A K R Hemmady 114 pp Rs 55.00 ISBN 81-237-4207-X

EARTHQUAKES

This revised edition presents a geologist's perception of earthquakes, their cause (plate tectonics), methodology of investigation, instruments used, prediction, precautions and economic implications. Few basic principles related to the design of earthquakeresistant structures, Bhuj earthquake and the controversy over the Tehri dam and reservoir-induced seismicity have also been briefly dealt with.

Also in: Hindi & Tamil.

OUR WATER RESOURCES

Rama 104 pp Rs 30.00 ISBN 81-237-0803-3

MAN INSIDE THE SEA

B F Chhapgar 196 pp Rs 60.00 ISBN 81-237-1536-6



This book provides information on India's water resources derived largely from rainfall, which is generous but uneven in its distribution over time and place. This necessitates the need for gigantic projects for the control, storage and transfer of the available supply.

Also in: Gujarati, Hindi, Punjabi, Kannada, Malayalam, Marathi & Tamil.



Man has always been fascinated by the seas and oceans and has ventured out for underwater research, exploration of the sea-bed, rescue operations and for commercial activities. This book discusses the steps taken by man in actual underwater living with the help of scuba diving, research submersibles, bathyspheres and bathyscaphes.

Also in: Asamiya.

Earth Sciences Oceanography Ecology

OCEAN SCIENCE AND **TECHNOLOGY**

A K Malhotra 204 pp Rs 45.00 ISBN 81-237-0140-3

OCEAN SCIENCE

An introduction to the basic

methods involved in offshore

oil and gas production and

explanation of how offshore

designed and operated, apart

platforms and terminals,

harbours and ports are

encountered in laying

submarine pipelines and

controlling oil pollution.

from the problems

principles, techniques and

SCIENCE OF THE **OCEANS**

A N P Ummerkutty 144 pp Rs 55.00 ISBN 81-237-0468-2



The sea and the oceans, in spite of man's onslaughts on them, remain as mysterious, unknown and awe-inspiring as ever. This book introduces us to the science of oceanography and the immense potentialities of water around our shores for exploring and utilising them for the prosperity of our people.

Also in: Bangla, Hindi, Malayalam & Marathi.

ECOLOGY AND SUSTAINABLE DEVELOPMENT

P S Ramakrishnan 198 pp Rs 70.00 ISBN 81-237-3622-3

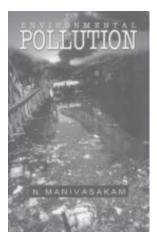


Community participation in natural resource management, which is linked to sustainable development of natural and human-managed ecosystems, has been discussed in the book with concern for sustainable livelihood of rural societies in the short-term and sustainable development of the region, as part of a long-term plan.

Earth Sciences Environment

ENVIRONMENTAL POLLUTION

N Manivasakam 160 pp Rs 55.00 ISBN 81-237-1034-8



At a time when environmental pollution is increasing day by day, this book, while discussing the general nature of pollution, examines in detail some of the major areas of pollution like air, water and soil, including thermal radiation and noise pollution and their deleterious impact on man and environment alike.

Also in: Asamiya, Kannada, Malayalam & Oriya.

PLASTICS: A THREAT TO MANKIND

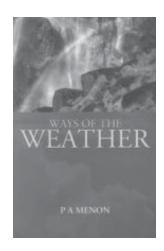
Chintan 85 pp Rs 40.00 ISBN 81-237-4629-6



This book explains the impact of plastics on the environment, human health and economy, and describes what all is being done to reduce our dependence on the plastics, which will eventually be beneficial to the mankind in the long run.

WAYS OF THE WEATHER

P A Menon 109 pp Rs 50.00 ISBN 81-237-4453-6



This revised edition brings forth the concepts and practices adopted in observing and forecasting weather besides highlighting the impact of weather and climate on life and economy with particular reference to the Indian context.

Also in: Asamiya, Kannada & Tamil.

Earth Sciences Environment

WE BREATHE AND DRINK POISON

N Manivasakam 120 pp Rs 40.00 ISBN 81-237-1488-2

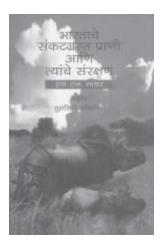


Beginning with the general nature of pollution, the book discusses the major areas of pollution like air, water and soil and how thermal radiation and noise pollution are casting a deleterious impact on man and his environment, posing a danger to all living beings.

Also in: Asamiya, Hindi, Kannada, Marathi & Punjabi.

ENDANGERED ANIMALS OF INDIA AND THEIR CONSERVATION

S M Nair 110 pp Rs 35.00 ISBN 81-237-0187-X



Public awareness about our rich wildlife, the factors affecting the survival of the species and an understanding of how we can contribute to their well-being are the keys to successful conservation. This edition provides basic information on the rare and endangered animals of India and their conservation.

Also in: Asamiya, Gujarati, Hindi, Kannada, Marathi, Nepali & Tamil.

HOUSEHOLD PESTS AND THEIR MANAGEMENT

Renuka Gupta 86 pp Rs 40.00 ISBN 81-237-3751-3

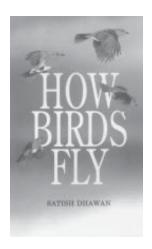


In our quest for a comfortable life environment, we unwittingly provide favourable conditions for insects and pests to thrive. These pests suck our blood, spoil our food, and generally cause turmoil in our lives. This book presents information on household pests, how to identify and manage them at home level.

HOW BIRDS FLY

Life Sciences ■ Biology

Satish Dhawan 81 pp Rs 40.00 ISBN 81-237-3738-6



Avian flight has fascinated man since ancient times, but it is only in recent times that we have been able to explain the dynamics of animal flight. The evolution of animal flight, description of structure and musculature of wings and feathers and elementary theory of lift and drag have been explained to elucidate take-off, landing and hovering of birds.

K S

Life Sciences ■ Biology

HUMAN BEHAVIOUR

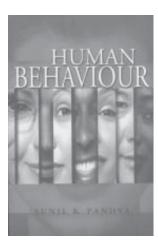
Sunil K Pandya 240 pp Rs 75.00 ISBN 81-237-2121-8

MICROBE SAGA

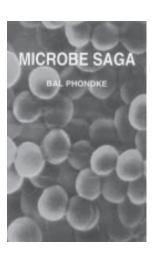
Bal Phondke 174 pp Rs 50.00 ISBN 81-237-2098-X

SOCIAL LIFE OF ANIMALS

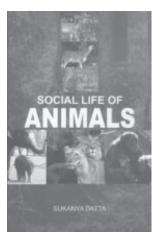
Sukanya Datta 110 pp Rs 65.00 ISBN 81-237-3937-0



This volume focusses on the roots of human behaviour and explains why diverse individuals behave differently under the same circumstances. It describes how our genetic make-up, the environment in which we are brought up, intelligence, perception, memory, learning, imagination and various innate drives force us to act and react as we do.



Invisible but not insignificant, microbes are the oldest and simplest life forms on earth. This book highlights their crucial role in bread, beer, cheese, wine, pharmaceuticals and pesticide manufacturing units as also in bioremediation and recycling of wastes.



In the fascinating world of animals though communication is not like humans, they manage to convey their feelings through varied postures, use of chemicals, vocalisation etc. This book is a wealth of information on social life of animals—how crocodiles guide their young to water, the male penguin incubates the eggs, and many more interesting details.

Life Sciences Biology Genetics

SOCIAL LIFE OF PLANTS

Sukanya Datta 99 pp Rs 45.00

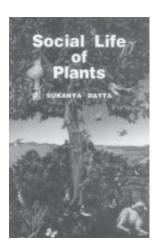
ISBN 81-237-2938-3

GENE PLAY

Parul R Sheth 113 pp Rs 45.00 ISBN 81-237-2336-9

GENETICS TODAY

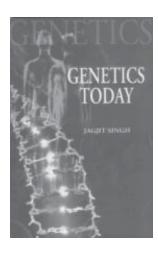
Jagjit Singh 242 pp Rs 65.00 ISBN 81-237-1787-3



Plants, like humans, form alliances with other plants and animals, wage war against enemies, employ mercenaries and use subtle strategies for survival. This book explains the interesting social life of the plant world.



This book takes a look at the future of the gene when the molecular engineers will readily succumb to the fascination of entering and rearranging the hereditary genetic material. It also discusses the possibilities of the endless productive permutations of life, unravelling the promise and the perils of genetic engineering.



Explains the mystery of the mechanism of 'heredity' in virus, bacterium, plant, animal and man besides showing how the more we unravel it, the more improvements we can make in the cultivation of our basic food plants, breeding of domestic animals and combating heredity diseases.

Also in: Hindi.

Life Sciences - Health

AGING

K Subba Rao 70 pp Rs 23.00 ISBN 81-237-0999-4

BODY CLOCK

Parul R Sheth 175 pp Rs 60.00 ISBN 81-237-4021-2

MODERN DIAGNOSTICS

Anil Aggrawal 278 pp Rs 80.00 ISBN 81-237-3317-8

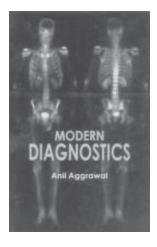


The human body does not remain at the peak of its powers endlessly. A slow but steady decline sets in with aging, which occurs due to a complex interplay of physiological, psychological and social factors. This book lucidly explains why and how the aging sets in.

Also availale in: Asamiya, Bangla, Hindi, Kannada, Marathi, Punjabi & Urdu.



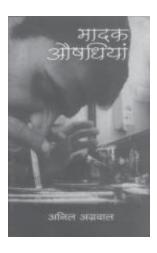
Almost every form of life, plant, animal or human being has an internal clock for measuring time, giving rise to rhythms. Rhythms are controlled by a 'biological clock' situated in the brain. This book describes how our internal clocks regulate the metabolism, physiology and behaviour, and in illness or travel across time-zones, shift work schedules, our body clocks throw the rhythm out of time.



On developing any physical problem, the doctor advises various diagnostic tests to find out what is wrong. This book tells all about the many diagnostic equipment like magnetic sensors, ultrasound machines, high tech computers, positron emissions, etc. that have brought a revolution in diagnosing disease and providing treatment.

NARCOTIC DRUGS

Anil Aggrawal 161 pp Rs 50.00 ISBN 81-237-1383-5

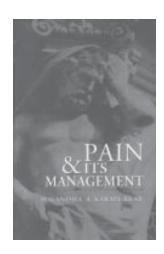


This book uncovers the mysterious aura surrounding drugs to provide answers to questions like what are they, why do they entrap a person in their clutches and how we can stay free of their mindaltering effects.

Also in: Asamiya, Bangla, Hindi, Kannada, Punjabi, Tamil & Urdu.

PAIN & ITS MANAGEMENT

Sugandha A Karapurkar 82 pp Rs 35.00 ISBN 81-237-4362-9

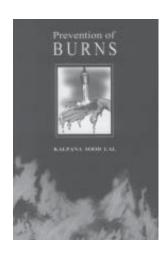


Pain is such a vast subject that it is difficult to understand its exact physiology, yet this book provides answers to many common problems regarding pain, in a simple and lucid style.

Life Sciences - Health

PREVENTION OF BURNS

Kalpana Sood Lal 75 pp Rs 45.00 ISBN 81-237-4575-3



This book aims to spread awareness among people regarding frequent burn injuries, and lays emphasis on the preventions and precautions to be taken by each individual, whether at home or at work, so that burn cases reduce throughout the country.

Life Sciences - Health

REACHING WOMANHOOD

Tarala Nandekar & Medha Rajadhyaksha 130 pp

Rs 35.00

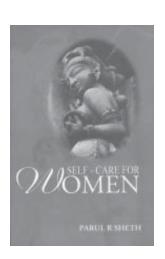
ISBN 81-237-2763-1

REACHING WOMANHOOD Tarde D.Seederlike - Steller Steller steller

Provides answers to questions on transition of young girls into the adult world while stressing on the need for knowing about their body, their sexuality, their reproductive health and their rights and responsibilities.

SELF-CARE FOR WOMEN

Parul R Sheth 156 pp Rs 50.00 ISBN 81-237-2804-2

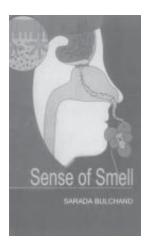


The book provides knowledge on the complex female body, its organs and systems, how they work and can be taken care of both externally and internally.

Also in: Bangla & Oriya.

SENSE OF SMELL

Sarada Bulchand 99 pp Rs 35.00 ISBN 81-237-3625-8



The sense of smell is one of the most primitive senses without which the world can be very bland. The book describes how the sensory system functions to generate attractive or repulsive responses across species, besides explaining the role of pheromones and aromatherapy, olfactory memory and smell disorders.

SKIN AND HAIR

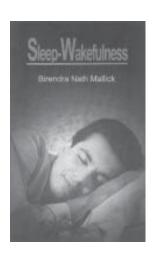
J S Pasricha and Ramji Gupta 210 pp Rs 65.00 ISBN 81-237-4006-9



Written mainly to disseminate correct information on skin and hair diseases and remove myths and superstitions about their cure, this book provides guidelines on proper care of skin and hair and also explains some common skin diseases and their treatment modalities.

SLEEP-WAKEFULNESS

Birendra Nath Mallick 108 pp Rs 35.00 ISBN 81-237-3623-1

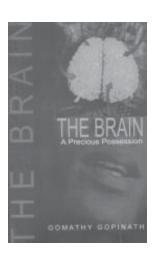


Sleep and wakefulness are complex behavioural phenomena which are objectively identified by recording electrophysiological signals from the body. Both are interrelated—while one is active, the other remains subdued. The mechanisms of generation and regulation of sleep and wakefulness coupled with the role of sleep in normal life are beautifully discussed.

Life Sciences ■ Health

THE BRAIN: A PRECIOUS POSSESSION

Gomathy Gopinath 95 pp Rs 31.00 ISBN 81-237-1755-5



Tremendous advances in neuroscience research have generated a lot of information on the brain, its functions and diseases. This book is designed to impart the basic functions and capabilities of the brain and some of the common ailments that afflict it.

Also in: Bangla.

Life Sciences - Health

THE HUMAN MACHINE

R L Bijlani & S K Manchanda 162 pp Rs 40.00 ISBN 81-237-1584-6

THE MEMORY MYSTERY

Medha S Rajadhyaksha 108 pp Rs 40.00 ISBN 81-237-1783-0

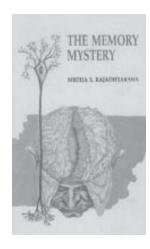
YOUR FOOD AND YOU

K T Achaya 112 pp Rs 35.00 ISBN 81-237-1033-X



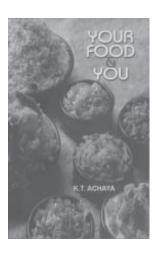
The complex human organism and the different functions of different parts of the body have been explained with illustrations and diagrams, with special reference to deviation in normal functions which we call disease.

Also in: Hindi & Kannada.



Our perceptions of the world around us, the skills, the facts and figures we learn, the emotional overtones of our lives, all these lodge themselves in our brain as memory, sometimes forever. Memory, however, is about forgetting as well. This well-illustrated book unravels what we know of the memory mystery till date.

Also in: Tamil.



Discusses many fascinating aspects of food, including a balanced diet, the digestive system, food fads and taboos, and diets prescribed for babies, pregnant women, nursing mothers, etc.

Also in: Bangla, Gujarati, Hindi, Kannada, Konkani, Marathi Telegu & Tamil.

ASTHMA: HOW TO CONTROL IT

M P S Menon 94 pp Rs 40.00 ISBN 81-237-2179-X



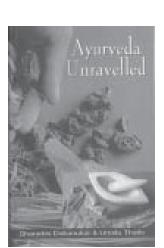
This revised volume provides a contemporary account of a common though baffling ailment, which has been an enigma for thousands of sufferers who need help in handling their disability to their best advantage before seeking medical help.

Also in: Gujarati, Hindi, Marathi & Punjabi.

AYURVEDA UNRAVELLED

Sharadini Dahanukar & Urmila Thatte 138 pp Rs 40.00

ISBN 81-237-1676-1



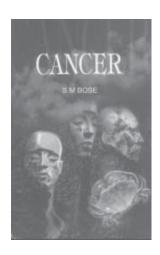
The science of Ayurveda is surrounded by mystery. It elicits different reactions, ranging from romantic revivalism to West-oriented rejection, from complete acceptance to total rebuttal. This book unravels some of the mysteries surrounding it, its basic concepts and governing principles as also simple home-made herbal remedies.

Also in: Bangla, Hindi, Kannada & Punjabi.

CANCER

S M Bose 112 pp Rs 50.00 ISBN 81-237-3892-7

Life Sciences Medicine



Cancer is one of the most feared diseases that affects mankind. This book provides a clear understanding of the disease, its causes, early danger signs, the modes of investigation, and its treatment and management.

Also in: Asamiya, Marathi, Oriya & Urdu.

K S

Life Sciences Medicine

CHALLENGE OF AIDS

Khorshed M Pavri 147 pp Rs 35.00 ISBN 81-237-0175-6

DENTAL & ORAL HEALTH FOR ALL

Abhijeet Kulkarni 94 pp Rs 55.00 ISBN 81-237-4385-8

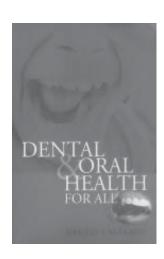
EPILEPSY

M C Maheshwari 100 pp Rs 30.00 ISBN 81-237-0554-9

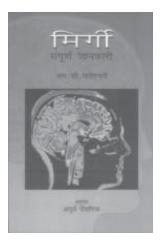


AIDS research has attracted some of the finest brains among doctors and scientists of the world and yet an effective cure eludes us. This revised edition imparts knowledge about the disease and a realisation of the challenge that the Human Immunodeficiency Virus (HIV) poses to mankind.

Also in: Asamiya, Hindi, Kannada, Malayalam & Urdu.



This book aims at educating readers regarding dental and oral diseases, the available treatment options and contemporary preventive strategies to maintain and improve oral health.

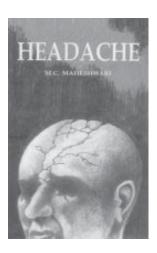


This book provides scientific information about the diagnosis, treatment and care of epileptics in our country where superstitions, false beliefs and misconceptions about the disease are widely prevalent and prove an obstacle in its effective control.

Also in: Bangla, Hindi & Punjabi.

HEADACHE

M C Maheshwari 88 pp Rs 30.00 ISBN 81-237-0970-6

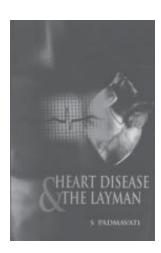


Headache is the commonest of all painful conditions to affect man some time or the other. This very handy book explains the mechanisms of pain, warns of the dangers of frequent use of analgesics and emphasises the need for physical therapy and psychotherapy in facing the problem.

Also in: Gujarati.

HEART DISEASE AND THE LAYMAN

S Padmavati 65 pp Rs 30.00 ISBN 81-237-1217-0



The very mention of heart disease strikes terror in the minds of many. This book puts into proper perspective what heart disease means, its signs and symptoms, methods of examination and treatment, and explains the changes that occur when a heart becomes deranged in structure and function.

Also in: Hindi, Kannada, Marathi, Punjabi, Sindhi, Tamil & Urdu.

Life Sciences Medicine

LEARNING TO LIVE WITH DIABETES

M M S Ahuja 120 pp Rs 35.00 ISBN 81-237-0704-5



Explains how diabetes can be controlled and how reduction in complications can be achieved by consuming foodstuffs with correct nutritive and caloric contents, keeping in mind the economic constraints of a country like India.

Also in: Bangla, Hindi, Kannada, Gujarati & Tamil.

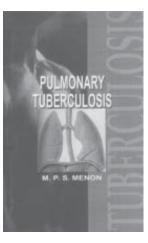
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Life Sciences Medicine

PULMONARY TUBERCULOSIS

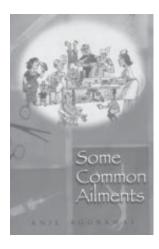
M P S Menon 334 pp Rs 65.00 ISBN 81-237-2810-7



This book will be of interest to those involved in detection and control of tuberculosis as well as patients and their relatives whose understanding and cooperation are essential for the success of the Tuberculosis Control Programme.

SOME COMMON AILMENTS

Anil Aggrawal 98 pp Rs 40.00 ISBN 81-237-0193-4

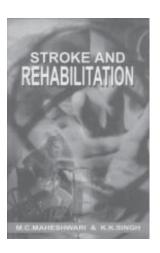


Are you troubled by an allergy or eczema? Do you get a nagging cold every winter? This book provides the answers to all these questions and other common ailments also, from which all of us have suffered too often, but about which we know so little.

Also in: Asamiya, Bangla, Hindi, Kannada, Konkani, Marathi, Nepali, Punjabi, Telugu & Urdu.

STROKE AND REHABILITATION

M C Maheshwari & K K Singh 119 pp Rs 40.00 ISBN 81-237-1727-X

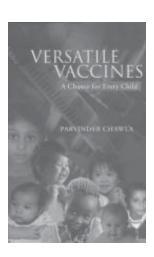


Stroke, one of the commonest neurological emergencies, is the third most important cause of morbidity and mortality in elderly people after cancer and heart attack. The book discusses some of the significant advances made in the understanding of stroke, its diagnosis and management.

Life Sciences Medicine

VERSATILE VACCINES

Parvinder Chawla 165 pp Rs 95.00 ISBN 81-237-4611-3

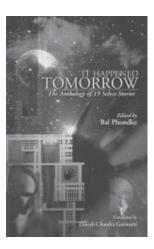


This profusely illustrated book sketches, in a very simple language, the present scenario of vaccine development and emphasises the role of versatile vaccines in offering the most precious gift to a child—a chance to live a healthy life ahead.

Science Fiction

IT HAPPENED TOMORROW

Bal Phondke (Ed.) 270 pp Rs 55.00 ISBN 81-237-0619-7



This anthology of 19 select stories presents the trends in Indian science fiction where the basic theme, be it in any language, is primarily anthropocentric, dealing with the interplay between scientific developments and human emotions or societal foundations.

Also in: Asamiya, Bangla, Gujarati, Kannada, Hindi, Punjabi, Marathi, Oriya & Urdu.

Forthcoming Titles

Exploring Speech & Language Medha S Rajadhyaksha

Care of Dogs and Cats Vinod Sharma

Mental Disorders M S Bhatia

A Manual of Dog Training Gautam Unny

Science Fiction Stories Sukanva Datta

Einstein S Chatterji & T V Venkateswaran