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Galen, the personal physician of the emperor Marcus Aurelius, wrote what was long regarded as the definitive guide to a healthy diet, and profoundly influenced medical thought for centuries. Based on his theory of the four humours, these works describe the effects on health of a vast range of foods including lettuce, lard, peaches and hyacinths. This book makes all his texts on food available in English for the first time, and provides many captivating insights into the ancient understanding of food and health.

Elmer has another of his good ideas in this large format classic Elmer story. The hunters are coming and all the elephants are worried. Elmer, the patchwork elephant, comes up with a plan to outwit the hunters but things don't turn out quite as planned. "From the Non-traditional book edition."

The Sanctuary of Eleusis, near Athens, was the center of a religious cult that endured for nearly two thousand years and whose initiates came from all parts of the civilized world. Looking at the tendency to "see visions," C. Kerényi examines the Mysteries of Eleusis from the standpoint not only of Greek myth but also of human nature. Kerényi holds that the yearly autumnal "mysteries" were based on the ancient myth of Demeter's search for her ravished daughter Persephone--a search that he equates not only with woman's quest for completion but also with every person's pursuit of identity. As he explores what the content of the mysteries may have been for those who experienced them, he draws on the study of archaeology, objects of art, and religious history, and suggests rich parallels from other mythologies.

The Uncook Book by Tanya Maher is the perfect book for anyone who wants to celebrate life through food. Raw food really gives you that opportunity because it gives you so much energy and clarity - but this book is as much about pleasure and enjoying life

as it is about health. Offering easy-to-follow, accessible recipes with a modern edge, Tanya draws on her years of experience as a raw food nutritionist and guides you through brilliant basics, fun family favorites and elegant entertaining with living foods. As more and more people begin to appreciate the huge health benefits that a raw food lifestyle offers, Tanya makes it easy to either greatly increase your intake of raw foods or embrace this way of eating for breakfast, lunch and dinner if it feels right for you - while still enjoying a busy social calendar! With beautiful photography, easy-to-source, familiar ingredients, and pull-out information on the benefits they offer your body, these recipes are so tasty that you will want to make them again and again. And if you think you're going to be deprived of anything at all, there's even a section on delicious superfood cocktails!

Drama. Translated from the Polish by Gerard T. Kapolka. *KORDIAN* is a Polish classic written in 1833 by Juliusz Slowacki and features an amalgam of revolutionary spirit, tradition, modernist bravado and suffering--topics navigated by a young Romantic protagonist after whom the play is named. Within the canon of Polish literature *KORDIAN* offers pivotal insight into the development of Poland's Romantic movement (her literary golden age), and Polish literature as a whole. The Green Lantern Press is pleased to publish the play's first English translation by Gerard T. Kapolka. Illustrations by Lilli Carré and silkscreen covers by Aay Preston-Myint. This book was published in an edition of 500.

An extraordinary compilation of the plants used by North American native peoples for medicine, food, fiber, dye, and a host of other things. Anthropologist Daniel E. Moerman has devoted 25 years to the task of gathering together the accumulated ethnobotanical knowledge on more than 4000 plants. More than 44,000 uses for these plants by various tribes are documented here. This is undoubtedly the most massive ethnobotanical survey ever un-

dertaken, preserving an enormous store of information for the future.

This book is a pioneering study of Yiddish and Polish-Jewish concentration camp and ghetto poetry. It reveals the impact of the immediacy of experience as a formative influence on perception, response, and literary imagination, arguing that literature that is contemporaneous with unfolding events offers perceptions different from those presented after the fact. Documented here is the emergence of poetry as the dominant literary form and quickest reaction to the atrocities. The authors shows that the mission of the poets was to provide testimony to their epoch, to speak for themselves and for those who perished. For the Jews in the condemned world, this poetry was a vehicle of cultural sustenance, a means of affirming traditional values, and an expression of moral defiance that often kept the spirit of the readers from dying. The explication of the poetry (which has been translated by the author) offer challenging implications for the field of critical theory, including shifts in literary practices--prompted by the growing atrocities--that reveal a spectrum of complex experimental techniques..

GU-ITIS is a compilation of expert creativity and opinion based upon critical review of the literature, consensus reports and the author's professional experience. Inflammation and pain caused by infectious etiologies are presented by experts in urological and gastrointestinal fields. Pain syndromes specific to the pelvic floor or genitourinary system are discussed from several perspectives. The book also includes chapters addressing iatrogenic causes of GU inflammation. Management by means of pharmacological, surgical or alternative methods are likewise presented within the context of specific disease entities, as well as separate therapeutic chapters.

This book tells the classic story of Mary, who after losing her par-

ents comes to live with her uncle in an English great house. When she gets there, she makes two friends: Dickon, a boy who talks with nature, and Colin, a poor boy who despite being a lord lives in isolation because of an illness. This friendship will lead to the discovery of a great secret: a forbidden garden, surrounded by walls and locked with a missing key, whose mystery goes back to a hidden accident. Decided to bring this garden back to life, Mary will join forces with her friends and walk into a path known today as a beautiful metaphor for the journey of self-awareness and awakening to the world. Written in 1911 by Frances Hodgson Burnett, a great author recognized for her success and independence, this work inspired various plays and movies and remains as vivid as the life brought out of it.

Elmer loves practical jokes, but so does his cousin Wilbur. Until, that is, Elmer has an idea which brings Wilbur back down to earth, in more ways than one...

Every man, woman and child on the planet is affected by the stunning information that Icke exposes. Destined to be a global blockbuster.

A chronicle of peasant life during the four seasons of a year.

Congruences are ubiquitous in computer science, engineering, mathematics, and related areas. Developing techniques for finding (the number of) solutions of congruences is an important problem. But there are many scenarios in which we are interested in only a subset of the solutions; in other words, there are some restrictions. What do we know about these restricted congruences, their solutions, and applications? This book introduces the tools that are needed when working on restricted congruences and then systematically studies a variety of restricted congruences. *Restricted Congruences in Computing* defines several types of restricted congruence, obtains explicit formulae for the number of their solutions using a wide range of tools and techniques, and discusses their applications in cryptography, information security, information theory, coding theory, string theory, quantum field theory, parallel computing, artificial intelligence, computational biology, discrete mathematics, number theory, and more. This is the first book devoted to restricted congruences and their applications. It will be of interest to graduate students and researchers across computer science, electrical engineering, and mathematics.

Hamlet, probably composed between 1599 and 1601, takes place in Denmark and tells how Prince Hamlet carries out his revenge on his uncle Claudius who murdered Hamlet's father, the king, and holds the usurped crown as well as nuptials with Gertrude, the mother of Hamlet. The play is vividly traced around insanity (both real and feigned) and the course from deep pain to inordinate anger. It also explores the themes of betrayal, revenge, incest and moral corruption.

One of the most successful books ever published on women's health, *Everywoman* is the essential guide for women who want to learn more about their bodies and their health. Written in a sensible and straightforward way, it provides the medical and gynaecological facts as well as the social aspects of women's sexuality and wellbeing. This groundbreaking book has again been revised and updated to meet the needs of women of all ages.

"Nad Niemnem, the Polish original of this work, was first published in book form in 1888"--Translator's notes.

Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork. *The Knights of the Cross or The Teutonic Knights* (Polish: *Krzyżacy*) is a 1900 historical novel written by the eminent Polish Positivist writer and the 1905 Nobel laureate, Henryk Sienkiewicz. Its first English translation was published in the same year as the original. The book was serialized by the magazine *Tygodnik Ilustrowany* between 1897-1899 before its first complete printed edition appeared in 1900. The book was first translated into English by Jeremiah Curtin, a contemporary of Henryk Sienkiewicz. *The Teutonic Knights* had since been translated into 25 languages. It was the first book to be printed in Poland at the end of World War II in 1945, due to its relevance in the context of Nazi German destruction of Poland followed by mass population transfers. The book was made into a movie in 1960 by Aleksander Ford.

Mazeppa is a narrative poem written by the English Romantic poet Lord Byron in 1819. It is based on a popular legend about the early life of Ivan Mazepa (1639-1709), who later became Hetman (military leader) of Ukraine. Byron's poem was immediately translated into French, where it inspired a series of works in various art forms. The cultural legacy of *Mazeppa* was revitalised with the in-

dependence of Ukraine in 1991. According to the poem, the young Mazeppa has a love affair with a Polish Countess, Theresa, while serving as a page at the Court of King John II Casimir Vasa. Countess Theresa was married to a much older Count. On discovering the affair, the Count punishes Mazeppa by tying him naked to a wild horse and setting the horse loose. The bulk of the poem describes the traumatic journey of the hero strapped to the horse. The poem has been praised for its "vigor of style and its sharp realization of the feelings of suffering and endurance".

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Reproduction of the original: *Pan Tadeusz* by Adam Mickiewicz

"Robert H. Elton published at 104 Nassau St., New York from 1838 to 1841. "Nursery rhymes."--p. [59-64]."

Bachelor Thesis from the year 2014 in the subject English - Literature, Works, grade: A, University of Gdansk (English Philology), course: American Studies, language: English, abstract: To what extent does the representation of women (and men) in the work "Anne of Green Gables" by Lucy Maud Montgomery reflect the place and time in which the work was written? How are the relationships between men and women or those between members of the same sex, presented in the work? The thesis deals with the question whether *Anne of Green Gables* series could be seen as a feminist one. *Anne Shirley* might be seen as a feminist character - she is smart, intelligent, achieves more than the majority of her peers, she is not feeble and she is able to escape some of the

most prevailing stereotypes about women of the Western world. Anne Blythe, however, changes into a matron, whose only interests are gossiping, matchmaking and being Mrs. Dr., a respectable woman. Relationships shown in the earlier novels are quite feminist—they are either equal or the woman is the empowered partner. Characters are allowed to voice critical opinions on men and marriage, and these opinions are not ridiculed. Later on it changes for the worse—women are always the submissive ones, spinsters are not respectable, and unconventional opinions are mocked. Anne of Green Gables series is not a feminist one - only the earlier novels possess the necessary characteristics.

The novel is set in Ukraine after a war with Russia. A man has lost his memory because the Russian military have used his brain to control military satellites. He regains consciousness in a mysterious hospital-like building and begins a journey to Kaharlyk, a town where time has stood still following the testing of an experimental weapon.

An illuminating history of state-building, nationalism, and bureaucracy, this book tells the story of how an international cohort of Austrian officials from Bohemia, Hungary, the Hapsburg Netherlands, Italy, and several German states administered Galicia from its annexation from Poland-Lithuania in 1772 until the beginning of Polish autonomy in 1867. Historian Iryna Vushko examines the interactions between these German-speaking bureaucrats and the local Galician population of Poles, Ukrainians, and Jews. She reveals how Enlightenment-inspired theories of modernity and supranational uniformity essentially backfired, ultimately bringing about results that starkly contradicted the original intentions and ideals of the imperial governors.

Presents retellings of classic Greek and Roman myths emphasizing the narrative and exploring human behavior

For generations, four clans of wild cats have shared the forest. When their warrior code is threatened by mysterious deaths, a house cat named Rusty may turn out to be the bravest warrior of all.

What do Atlases, Halloween, Atlantis, Subaru, the American Presidential elections, the Petticoat Lane markets in London and the ship Titanic all have in common? Each can be traced to the legends of the Seven Sisters of the Pleiades. Munya Andrews explores legends from North America, Australia, Japan, the Pacific and back through time to Ancient Egypt, India, Greece and South America. No other writer has captured the richness of this mysterious constellation.

Thin layer chromatography (TLC) is increasingly used in the fields of plant chemistry, biochemistry, and molecular biology. Advantages such as speed, versatility, and low cost make it one of the leading techniques used for locating and analyzing bioactive components in plants. Thin Layer Chromatography in Phytochemistry is the first source devoted to supplying state-of-the-art information on TLC as it applies to the separation, identification, quantification, and isolation of medicinal plant components. Renowned scientists working with laboratories around the world demonstrate the applicability of TLC to a remarkable diversity of fields including plant genetics, drug discovery, nutraceuticals, and toxicology. Elucidates the role of plant materials in the pharmaceutical industry... Part I provides a practical review of techniques, relevant materials, and the particular demands for using TLC in phytochemical applications. The text explains how to determine the biological activity of metabolites and assess the effectiveness of herbal medicines and nutritional supplements. Part II concentrates on TLC methods used to analyze specific plant-based metabolite classes such as carbohydrates, proteins, alkaloids, flavonoids, ter-

penes, etc. Organized by compound type, each chapter discusses key topics such as sample preparation, plate development, zone detection, densitometry, and biodetection. Demonstrates practical methods that can be applied to a wide range of disciplines... From identification to commercial scale production and quality control, Thin Layer Chromatography in Phytochemistry is an essential bench-top companion and reference on using TLC for the study of plant-based bioactive compounds.

The food economy is increasingly shaped by such new issues as sustainability, safety and quality standards, consumer health, and industry concentration. Cultural and ethical arguments gain momentum when aligned with issues such as economic welfare and stakeholder interests. The food economy grows ever more global and encompasses more elusive elements like trust, integrity, transparency, corporate social responsibility and creating emotional bonds with customers. The food economy is inextricably interrelated with globalisation, changes in consumer demand for food and energy, the ICT revolution, sustainability issues, and shifts in the relationship between private companies and public regulators. The Food Economy explores a variety of trends and topics from the broad perspective that their evolution is interdependent with all kinds of counter currents and opposite notions: scarcity goes together with abundance, public and private initiatives co-evolve, slow food is connected with fast food, global brands and local products exist simultaneously. The Food Economy devotes chapters to existing and emerging issues and challenges of the expanding food economy. The Food Economy is relevant to academics, students, policymakers and consumers who are interested in recent developments in the food system and their implications for the food policy and research agendas in the years to come.