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**DICTIONARY AND REFERENCE**

**DICTIONARY OF MYTHOLOGY: CONTAINING SHORT AND INTERESTING SKETCHES OF CHARACTERS FOUND IN GRECIAN AND ROMAN MYTHOLOGY, by John H. Bechtel.** Nearly all nations of the world had a system of mythology in their earliest forms. Throughout history, the picturesque conceptions of an ancient time have become closely interwoven with the literature and culture of the world's people. Even today, many nations have inherited a colorful collection of fable and mythological characters which decorate their past. The vivid imaginations of the Greeks and Romans have given us the bulk of our knowledge of myth and legend. These gods and goddesses, heroes and deities, all played a significant role in the early goings on of mankind. There is no doubt that without their influence and persuasion over the millennia our rich and vivid history would be but a sparse likeness of itself. The system of belief which many times possessed these ancient cultures, should not be underestimated, nor should its influence upon their civilizations — or on ours. Much of what we know about Greek and Roman mythology we have gained from the age-old poets, writers, historians and others who help shaped early history. The Romans borrowed much from the Greeks, and while there was little overlap of the two religious systems, the modern ideas of Greek mythology mostly come from the writings of the Latin poets. We are also indebted for the many depicted coins, painted vases and statues of marble and bronze that have survived the ages and now beautify our museums and galleries. The Greeks and Romans have also left us the legacy of countless hours as the basis for our history in the arts and literature. This dictionary contains over 2,500 entries, including pronunciation notations, for nearly every mythological entity that can be imagined. While primarily a dictionary of Greek and Roman mythology, this volume also cross references the deities of other cultures and nations, including India, Babylonia, Egypt and Scandinavia. There is a lengthy introduction, followed by an alphabetical list of the Roman deities and heroes, with their equivalent names in the mythologies of other nations. It is conceded by all that these wonderful myths, regardless of their origin, have served to improve the literature, and in particular the poetry, of all ages and nations. Whether one attributes these delightful characters as historical facts disguised as metaphor, or as allegories which mimic the various phases of human life in the physical world, this book will provide a valuable addition to our understanding of myth and legend. LA-166 • ISBN 1-59016-166-1 • 221 pages • 6 x 9 • paper • illustrated • £14.95 • US\$17.95

**POPULAR DICTIONARY OF ASSYRIAN AND BABYLONIAN TERMINOLOGY: A POPULAR HANDBOOK OF USEFUL AND INTERESTING INFORMATION FOR BEGINNERS IN THE ELEMENTARY STUDY OF ASSYRIOLOGY, by F. C. Norton.** There are many people today who take a great interest in our past and our history as a civilization. This book was compiled as a glossary of terms used by the great nations of the Tigris-Euphrates Valley, namely Babylonia and Assyria. A good many of the terms found within this book can trace their origin to the "first" civilization we know of, that of the Sumerians. While much of what Sumer produced in the way of writing has never been found, we know a great deal about them from Akkadian, the now extinct eastern Semitic language of Assyria and Babylon, written in a cuneiform script. This book contains the English translations to many of the Akkadian terms used in the day-to-day life of ancient peoples of the Middle East. When this book was first published in the nineteenth century the study of Near and Middle Eastern archaeology was still in its infancy. Even so, with nearly 600 alphabetical entries, this reference work provides a qualified and in many cases a "literal" translation of the most common terminology from that period. This book is not meant for those who are scholars in the field of archaeology, but rather, for elementary students who wish to be enlightened by knowledge from the illustrious peoples of the ancient Middle East. This dictionary provides records for ancient deities, biblical figures, kingships along with their sons and successors, Babylonian and Chaldean philosophies, place names, country names, and many others of interest. As a result of the effort put into understanding our archaeological past, mankind has gained a vast amount of new knowledge regarding the religion, history and languages of the ancient Near East. As a result, we've been forced to alter our views and opinions, and in many ways the ideas that shaped the past have revolutionized our mod-

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ern way of doing things. The research for this book was compiled from the best known and most reliable authorities of the time and will make a valuable addition to any researcher's library. Hopefully it will sow the seed of archaeology in the minds of those who take an intelligent interest in the forgotten nations of the ancient world. LA-655 • ISBN 1-59016-655-8 • 201 pages • 6 x 9 • paper • illustrated • £13.95 • US\$16.95

**MYTHOLOGY**

**BOOK OF RUSTEM: RETOLD FROM THE SHAH NAMEH OF FIRDAUSI, by E.M. Wilmot-Buxton.** The nations of the world each have their respective culture, national heroes and in most cases, almost mythological epic stories. Just as the British have the King Arthurian legends, how Greece has its ancient Odyssey, and how the Americas have their pre-Columbus history; other countries have similar tales and legendary figures which have shaped their past. Most of these stories have many things in common. In particular, all of the heroes performed daring or glorious deeds to make their country an admirable place. This book of Persian tales is no different. It takes the reader on a fantastic journey — to a distant figment of the custom and culture of ancient Persian storytelling. In its original Persian form, written by a man named Firdausi in the 11th century, this book was first known as the "Epic of Kings." And like the legends of King Arthur, Hercules and Beowulf, it is a collection of the legends of various kings of Persia, their escape from peril, and the battles they fought and won. Rustem is the real hero of this book. He has an inclination of appearing at precisely the right time with his keen wit and gigantic strength, to save the king from some disgrace or unfortunate situation just as things seem most ominous. Many of these stories are associated with Rustem's remarkable steed Rakush, and in this respect resemble the stories of Alexander and his horse Bucephalus. Since Alexander had conquered Persia previously, some of his fame and glory may have made their way into these interesting tales. These stories also have many things in common with the tales of Hercules. For example, one of the stories in this book is "The Seven Labors of Rustem," while one of Hercules adventures were The Twelve Labors, where he performs work for his cousin Eurysteus, in order to gain immortality. The similarities are so great that people have thought the legend of Rustem had made its way from ancient Greece. However, others claim that every nation has its own idealistic hero that can not be stopped by any earthly power. In any case, this book provides a meaningful history to one of the most important legendary figures in Middle Eastern mythology. Containing 22 Chapters and 15 illustrations, this book will make a welcome addition to any library on ancient history or mythology. LA-077 • ISBN 1-59016-077-0 • 240 + xii + 10 illustrated pages • 6 x 9 • paper • illustrated • £16.95 • US\$19.95

**PAN AND HIS PIPES AND OTHER TALES FOR CHILDREN, by Katherine Dunlap Cather.** Strange things have come to pass in the land of long ago. Many wonderful people have live there and many delightful things have happened. Fairy tales rarely contain conventional fairies, though many times they contain elements from outside the normal realm of human understanding. The term itself was first used towards the end of the 17th century, from a French novel that was translated into English as "Tales of the Fairies." Many fairy stories contain a moral point, whereas the main character is trying to resolve a problem, and while the predicament gets worse, in the end the problem is resolved and the story ends agreeably. This series of short stories is no different. In Greek mythology, Pan was regarded as the god who watched over the shepherds, huntsmen and rural folk. The woods and plains were his immediate guardianship and fishing and hunting were his special cares. He was fond of playing the shepherd's pipe and participating in sportive dances. As the spirit of the mountain, all strange and unusual sounds were attributed to him, hence the anxiety that arises from an unseen cause, a panic fear, were often attributed to the spirit of Pan. In appearance he was grotesque, but in disposition he was kind and gentle. The fauns and satyrs greatly resembled Pan, and served as his assistants. He was very fond of music and dancing, and of the pretty nymphs of the forest. He once challenged Apollo to a musical contest, and won the prize, Midas being the judge. It is stories such as these that

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every happy childhood is filled with. This book contains an additional nine short stories that are well suited for children. These include the tortoise that gave the world music, the holy bird, the harp King Alfred played, the child crusader Stephen, when knighthood was in flower, the violin makers of Cremona, a star and a song, the holy grail and the songs of Hiawatha. Each of these entertaining stories reveals a different aspect of the human psyche. LA-635 • ISBN 1-59016-635-3 • 84 pages • 6 x 9 • paper • illustrated • £8.95 • US\$11.95

**ANCIENT HISTORY**

**AMERICA NOT DISCOVERED BY COLUMBUS: A HISTORICAL SKETCH OF THE DISCOVERY OF AMERICA BY THE NORSEMEN IN THE TENTH CENTURY, by Rasmus B. Anderson.** In early times, the oceans of the world, like any other thing without borders, was viewed by man with awe and confusion. Mariners from all of the nations on which it is bordered feared the Atlantic Ocean, in particular. It was known as the "Sea of Darkness," for good reason. There have been a number of good books published on the subject of America not being discovered by Columbus. And while the theory has not been readily accepted by the general public, even to this day, most scholars agree that there were pre-Columbian visits by the people of various nations. For instance, the Olmec tribe of South and Central America are undoubtedly of African origin, which is not surprising because the people of Egypt had recorded the land where birds fly far in their inscriptions and could have easily reached the New World. Other people's throughout the Middle East, European and Indo-China regions all have a recorded history of travel to what today is known as the Western Hemisphere. Columbus may have not been the first European to land in America, however, he was a man of good judgement, great scholarship and thorough research. Many believe he discovered the continent not from a long voyage at sea, but by patient study of all available geographical information, namely of ancient maps, legends and word-of-mouth folklore, that lead him at last to his destination. In effect, this book sets out to prove that Columbus must have had knowledge of previous discoveries by Norsemen, providing a coherent and readable historical perspective of these same expeditions. In doing so the author hopes to create an interest in the literature, people and early traditions of Norway, and particularly Iceland, a remote and desolate island, that which Greek philosophers referred to as the Ultima Thule. What makes this book so unusual is that its author, Rasmus Anderson, wrote about this theory late in the nineteenth century, more than a hundred years and twenty-five ago. As a professor of the Scandinavian languages at the University of Wisconsin and a member of the Icelandic literary society, Anderson provides a qualified report from his knowledge of the peoples who made those early voyages. This book also includes an appendix on the historical, linguistic, literary and scientific value of the Scandinavian languages. An extensive bibliography of the pre-Columbian discoveries of America containing over three hundred annotated entries, as edited by Paul Watson, helps make this book a valuable research tool for those investigating the early history of the Americas. LA-018 • ISBN 1-59016-018-5 • 164 pages • 6 x 9 • paper • illustrated • £11.95 • US\$14.95

**BABYLONIAN LIFE AND HISTORY, by Ernest Alfred Thompson Wallis Budge.** When scribes from an ancient civilization, such as Babylonia, wrote they knew they were informing a nation that was fully acquainted with the understanding that was essential for making sense of what was written. The writings of Babylonia were recorded in cuneiform writing on clay tablets, which, after millennia, were discovered in the deserts of the Middle East. One unique feature about these writings was that they are an accurate depiction of events that occurred at the time they were written. Historical manuscripts can be easily tampered with, letters erased or altered, sections inserted or removed, and, even when everything is correct, a careless scribe will make mistakes that could change the meaning of the message. The writings of the Babylonians were, quite literally, cut in stone, forever testifying the achievements of their great civilization. This book was written with the notion of offering students of biblical and ancient history a small scope on the history of Babylon, her religion, custom and thought. When this book was

first published, over a hundred years ago, a great deal was known about the decipherment of the clay tablets, though there was still much that was uncertain. What translations had revealed at the time was truly astonishing. They revealed another account of the deluge, told us of Babylon and Nineveh, revealed to us their language, brought us face to face with Sargon, Sennacherib and Nebuchadnezzar, and have given us some of our superstitions, beliefs, religion and learning. It is no surprise that Babylon figures so predominately in our psyches. As an assistant in the department of Oriental antiquities at the British Museum when this book was first published in 1884, Ernest Wallis Budge had access to a great deal of primary source material that assisted him in the preparation of this book, including many recent translations of the day. He is well known for his numerous books on Near and Middle Eastern civilizations. The book starts by making the distinction between Babylon, according to classical authors such as Herodotus and Ctesias, and Babylon, as described by the cuneiform inscriptions. Several chapters are included on the history of Babylonia from 3,800 B.C.E. to the fall of Babylon and the rise of the Assyrian Empire. The fall of Nineveh, and the reign of Nebuchadnezzar, is covered in great detail, followed by a cuneiform account on the capture of Babylon by Cyrus, a Persian king, whose empire rule over Babylon until the dawn of Christianity several centuries later. The book concludes with an analysis of Babylonian writing and literature, as well as their life, art and religion. Also contains a number of illustrations, primarily those of inscribed stellae and cylinder seals that have been referenced throughout the text. A classic book on the ancient Babylonians that will make an admirable addition to any library on archaic civilizations. LA-054 • ISBN 1-59016-054-1 • 168 pages • 6 x 9 • paper • illustrated • £12.95 • US\$15.95

**A BRIEF HISTORY OF ANCIENT TIMES**, by **James Henry Breasted**. From the smallest of the atoms to the grandest of galaxies, every thing in the universe has its history. The known history of civilized peoples on this planet is no different, and yet each of us can touch no more than the smallest part of it. It is through books such as this one, which cover a comprehensive span of our history, that we are able to acquaint ourselves with the great, and some not so great, civilizations that preceded our own. From the early stone age, the great civilizations of Babylonia and Sumeria, the era of pyramid building, and the Hebrew and Persian empires, to the better-known republics of the Greek and Romans; these advanced cultures helped to provide a basic understanding of who we are as a species. The varied ways in which these previous cultures have influenced successive descents is nearly unlimited. The earliest of civilized man brought us an understanding of fire and manufactured tools. From these early beginnings, the more advanced cultures, which begin our recorded history, have contributed greatly to our society. For example, the first recorded civilization on earth, the Sumerians, provided the basis for our modern-day writing, agriculture, astronomy, mathematics, calendar, numeral system, time reckoning, educational institutions, our code of laws, construction trades, metallurgy, art, and religion. They were they masters of invention, science, industry, and of exploration, which is important, because all that we have, and are, come from these sources. Our predecessors have helped man become a master of nature and to extend his physical abilities beyond the norm. We can only hope that the achievements and advancement of knowledge will be duly recorded for future generations and for the future of mankind. As a professor of Oriental History and Egyptology at the University of Chicago, Professor James Henry Breasted provides a qualified historical perspective and a sound account of the achievements of Western civilization. This book was skillfully written from the author's vast wisdom and scholarship of the nations of the world. In the past, the teaching of history has so often lacked both the scope and comprehensiveness that this small volume offers. For this reason, this book will make a fine addition to any library on ancient history. LA-083 • ISBN 1-59016-083-5 • 320 pages • 6 x 9 • paper • illustrated • £19.95 • US\$22.95

**THE CIVILIZATION OF BABYLONIA AND ASSYRIA: VOLUME ONE: ITS REMAINS, LANGUAGE, HISTORY, RELIGION, COMMERCE, LAW, ART, AND LITERATURE**, by **Morris Jastrow, Jr.** What we understand about ancient cultures of Mesopotamia we know mostly from the Babylonians and Assyrians. These ancient peoples had developed a manner of writing, known as cuneiform, that were well preserved onto clay tablets, and survive to this day. As a result of the combined efforts of explorers, decipherers, archaeologists, and many others, the fantastic histories of these lost civilizations have been raised from beneath the mounds, which hid their secrets for countless centuries. These early city-states are credited with developing some of civilization's firsts, from the first experiments in agriculture, the domestication of animals, and the establishment of a marketplace, to the origin of mathematics, our concept of time reckoning and a fundamental understanding of our code of laws. The Babylonians and Assyrians, along with their predecessors, the Sumerians, provided subsequent civilizations, including our own, the basis for civilized living. This work attempts to present

a study of the unprecedented civilizations that flourished in the Tigris-Euphrates Valley many thousands of years ago. Spreading northward into present-day Turkey and Iran, the land known by the Greeks as Mesopotamia flourished until just before the Christian era. When know a great deal about these peoples, how they lived, the organization of their palaces, temples and homes; as well as much regarding their daily life and religious ambitions. Many of the tablets unearthed so far have revealed the nature of commercial intercourse, of judicial disputes, and of the burgeoning complexities of social life. Also found on the clay tablets was a great deal of literary material, dating from the earliest periods and continuing to the fall of Babylonia and further into the era of Persian and Greek dominion. As the author of a number of books on the religious traditions in the Near and Middle East, Morris Jastrow, Jr. has utilized his expertise, and that of others in the field, to compile this impressive discourse on Babylonia and Assyria. This two-volume set contains over 75 illustrations that detail all facets of Babylonian and Assyrian life. Volume one includes an introduction to the study of Mesopotamia and contains a lengthy discussion on separate biblical references (11<sup>th</sup> chapter of Genesis) which explain how a city was built and given the name Babylon. Also mentioned in this biblical citation is how the people of this city-state constructed a staged-tower, or ziggurat, which became a distinctive religious architecture of the period and region. From there, this first volume covers the history of excavations at Babylonian and Assyrian archaeological sites and why they were so important to the understanding of the language and culture of the inhabitants. As a logical segue, Jastrow gives a detailed examination on the fascinating discovery and subsequent decipherment of cuneiform script, common to both great nations. A detailed chronological survey on the history of the region is also included. This volume concludes with a chapter on the polytheistic nature of the gods which the peoples of Babylonia and Assyria worshipped, which continues in the next volume with a chapter on their cults and temples. LA-120 • ISBN 1-59016-120-3 • 236 + xx + 31 illustrated pages • 6 x 9 • paper • illustrated • £18.95 • US\$21.95

**THE CIVILIZATION OF BABYLONIA AND ASSYRIA: VOLUME TWO: ITS REMAINS, LANGUAGE, HISTORY, RELIGION, COMMERCE, LAW, ART, AND LITERATURE**, by **Morris Jastrow, Jr.** Volume two includes discussion of the cults and temples of Babylonia and Assyria, which include the close interdependence between the position of the gods and the ever-changing political climate in the Euphrates Valley. The polytheistic nature of Babylonian and Assyrian religious practice is exemplified by the pantheon to which their people worshipped. Such members included Shamash, the sun god, Sin, the moon-god, Ea, the water-god, Nabu, the fire-god and Ishtar, the mother-goddess. The law and commerce of the region is explained at length, including the Code of Hammurapi, dating from the second millennium B.C.E., the oldest compilation of laws in the world. A lengthy chapter on the art of the Babylonian and Assyrian people follows. Many of the lithographs found in this artisan section contain many exquisite and rarely seen portrayals from the earlier periods. The book concludes with specimens from Babylonian and Assyrian literature, including excerpts from the story of creation, the Babylonian story of the deluge, and the story of the descent of the goddess Ishtar into the lower world. There is also commentary on the epic of Gilgamesh, a number of common prayers and psalms, as well as letters and reports from various sources. LA-121 • ISBN 1-59016-121-1 • 277 + xx + 45 illustrated pages • 6 x 9 • paper • illustrated • £20.95 • US\$23.95

**DARIUS THE GREAT: ANCIENT RULER OF THE PERSIAN EMPIRE**, by **Jacob Abbott**. The chronicles of Darius the Great are some of the greatest annals in Persian history. In about 600 B.C., the founder of the Persian Empire, Cyrus the Great was on a campaign to expand his dominion and obtain some additional glory by defeating certain uncivilized tribes to the north, beyond the Araxes. One night, after he had crossed a mighty river, on the way to his triumphs, he had a remarkable dream. His dream was that Darius, the son of one of his advisers, and a non-heir to the throne, appeared to him with vast wings growing from his shoulders, overshadowing the whole known world. To Cyrus, it seemed that Darius would eventually hold sway over his empire, and immediately sent for Hystaspes, the father of Darius, to keep a close eye on him until such a time as Cyrus could return. Cyrus, in fact, was killed in a battle, never to return. The heir-ship was passed to one of Cyrus' two rightful sons, Cambyses. Under his new reign, Cambyses undertook to expand his empire and conquer new lands. He set his sights on Egypt, whose king he felt, had betrayed his father in a convoluted scheme. While there he achieved great victories against the people of Egypt, however, on his way back, he heard of a conspiracy that his brother Smerdis had been killed and an impostor had usurped the throne back in Susa, the capital city. A local magician also named Smerdis who bore a remarkable likeness to the heir, had taken his place. In his haste to return to the capital, and with great irony, Cambyses suffered a nasty wound while mounting his horse as his blade fell from its sheath. Unfortunately, the wound turned out to be fatal, and the impersonator was then firmly in power. Amongst

the conspirators that helped put the false Smerdis in power, was the distant cousin of Cambyses, and thus of Cyrus, the same Darius who appeared in the prophetic vision which Cyrus had dreamt of some time before. In the end, a contest was decided to determine the next king of the Persian Empire. As the story goes, Darius played a deception at the competition, and thus succeeded to the throne, and the rest, as they say, is history. The narrative of his achievements were first found, engraved in multiple scripts, high on a rock wall in on Behistun mountain, on the main highway between present-day Iraq and Iran. First discovered in 1621 by an Italian traveler, it wasn't until the early 18th century that Sir Henry Rawlinson was able to use the trilingual translation to finally unlock the secrets of cuneiform writing, and thus the fertile history of the Middle East. LA-152 • ISBN 1-59016-152-1 • 286 pages • 6 x 9 • paper • illustrated • £17.95 • US\$20.95

**THE DAWN OF HISTORY: AN INTRODUCTION TO PRE-HISTORIC STUDY**, edited by **Charles Francis Keary (of the British Museum)**. The advances in pre-historic studies have been especially swift in recent years, and this should come as no surprise, considering how many ancillary areas it affects and the religious and political questions it answers. Until recently, there has been a lack of popular literature on the subject, with most of the narratives based on archaeological or anthropological studies, and thus are prepared for scholarly and scientific readers. Many times when a reader is confronted by such an analytical compilation, he stands bewildered in front of an unknown realm. It is fortunate for the interested student, that this book offers itself as a guide on some of the inquiries of prehistory, without delving into the sophisticated pretensions of specialists in their respective fields. This book attempts to present prehistoric understanding in an interesting way, in hopes that some readers may be sufficiently interested to continue in their study. To this intent, the endnotes for each chapter, including notes, lists and referenced chief authorities, can be found in a special section at the rear of the book. What makes this book unique amongst books on ancient history is that it offers several chapters on early writing, language and phonetics. In addition to the precursory space given to the study of stone age peoples, village life and social customs, this book also makes it clear that the nations of old world, including the Aryan religions of the East, had a intensely colorful and vivid past. Luckily, scholars such as C.F. Keary, of the British Museum, have been able to record what has come before and make it available in a volume such as this. This book is an excellent choice for anyone who would like a better understanding of the ancient world, including a detailed history of the mythologies and folklore of the period. LA-155 • ISBN 1-59016-155-6 • 240 + viii pages • 6 x 9 • paper • illustrated • £15.95 • US\$18.95

**HISTORY OF BABYLONIA AND ASSYRIA: VOLUME ONE**, by **Robert William Rogers**. Babylonia and Assyria were two of the greatest nations the history of mankind has brought forth. These two great Mesopotamian civilizations were best known for their massive armies and instruments of war. This is not surprising, since they were rarely at peace with one another. They were, however, heavily influenced by each other, as well as their predecessors, the Sumerians. Much of what we taken for granted today, the arts and science of industry and invention, were bequeathed to us from these ancient cultures. This four-volume series is remarkable in that it offers an exceedingly comprehensive and detailed looked at ancient Babylonia and Assyria. The way in which these reference works were compiled and written will bring noteworthy enjoyment for the curious reader. These four volumes are based mostly on the archaeological discoveries of the late 19th Century, and are well-referenced and cited with footnotes from that period. As a result, much of what they have to say is timeless, in a sense, because of nature of how the information is presented. For example, randomly thumbing through this 900 page tome and stopping to read a passage will normally result in the reader being completely preoccupied in whatever annal of history is being revealed. As a professor of ancient Oriental literature at Princeton University, professor Robert William Rogers provides a competent perspective concerning the past history of Babylonia and Assyria. This book was skillfully written from the author's vast scholarship and understanding on these subjects. Volume one begins with a discussion of the earliest European explorations of the Middle East. It began in 1320, when a wandering friar made contact, and continued into the 15th and 16th centuries, when a number of explorers took a closer look at some of the ancient ruins that dot the Arabian landscape, but did not pay particular attention to them. It wasn't until the early 1800s that scientifically minded men began to detail a history on the great archaeological discoveries found throughout the Middle East. As a result, there were a number of cursory explorations conducted from 1834-1820, but it wasn't until 1842, when the French established a consulate at Mosul, that excavations began. Also included in this volume is story concerning the decipherment of the Vannic, Sumerian and Assyrian scripts. LA-316 • ISBN 1-59016-316-8 • 224 + xv + 2 illustrated pages • 6 x 9 • paper • illustrated • £15.95 • US\$18.95

**HISTORY OF BABYLONIA AND ASSYRIA: VOLUME TWO**, by Robert William Rogers. Volume two includes the additional explorations conducted in the Middle East from 1872 to 1900. Beginning in 1872, a new round of excavations began after nearly 20 years of dormancy. In times past, excavations were conducted slowly, or even halted, because the work of translation and decipherment many times failed to keep up with new discoveries. In these cases, artifacts that had become unearthed were but meaningless curiosities. It wasn't until the late 1800s that learned people were able to make sense of what was found. Several chapters within this volume detail the various sources which scholars used to establish the chronology of the Kings list, as well as the characteristics of the land and of the peoples who inhabited the Mesopotamian valley. Also included is a history of Babylonia to the fall of Larsa, the Kassite tenure, and the dynasty of Isin. LA-317 • ISBN 1-59016-317-6 • 203 + x pages • 6 x 9 • paper • illustrated • £14.95 • US\$17.95

**HISTORY OF BABYLONIA AND ASSYRIA: VOLUME THREE**, by Robert William Rogers. Volume three examines the beginnings of the Assyrian empire, its trials and tribulations, and how it eventually held authority over the Babylonians. The author reveals in meticulous detail each of the kingships as well as the accompanying wars, revolts and rebellions. A considerable amount of space is devoted to the reigns of specific Assyrian kings, including Assurnazirpal, Shalmaneser, Assurnirari, Sargon, and many others. Throughout these Assyrian king's regimes many new cities were founded, and others destroyed, along the banks for the Euphrates river. Also included is a detailed record on the noteworthy conquests, tributes, and building projects of each kingship. LA-318 • ISBN 1-59016-318-4 • 182 + xii pages • 6 x 9 • paper • illustrated • £13.95 • US\$16.95

**HISTORY OF BABYLONIA AND ASSYRIA: VOLUME FOUR**, by Robert William Rogers. Volume four begins with the reign of Sennacherib, who ascended to the throne after the mysterious death of Sargon II in 705 B.C.E. As was the case many times with kings in ancient Assyria, Sennacherib was assassinated, leaving his son, Esarhaddon the legal heir to the throne. We owe a great deal of thanks to the next king, Assurbanapal, for he was devoted to the collection of books. He took great care that his deeds and his wars, his buildings and his very thoughts and hope, should be carefully written down. During his reign it was obvious that the Assyrian empire had started to collapse. Assurbanapal's death in 626 B.C.E., began a new revolt by the Babylonians, who, with the help of the Meades,\* were finally able to subdue their long-time rivals. This four volume set concludes with a brief history of the Chaldean empire, whose most famous king, Nebuchadrezzar, helped restore Babylon to its former glory. LA-319 • ISBN 1-59016-319-2 • 234 + x pages • 6 x 9 • paper • illustrated • £15.95 • US\$18.95

**THE RELIGION OF BABYLONIA AND ASSYRIA**, by Theophilus G. Pinches. For a period of at least 3,000 years before the Christian era began, the inhabitants of the Tigris and Euphrates valleys practiced a polytheistic faith. Names such as Sargon of Agade, Dungi of Ur, and Arioch of Ellasar, amongst others, were household names in ancient Babylonia. Their respective reigns and historical tales were all duly recorded on clay tablets to be preserved for future generations. At the end of that early period, the religious practice of the people was primarily a Babylonian heathenism with a touch of Judaism. The region was ripe for the reception of a new faith, in this case, the new religion on the block, Christianity. As has been the case many times throughout history, Christianity by no means replaced the earlier polytheistic religion. Rather, it assimilated established practices and customs to convert the masses, so to speak. Our well-known biblical narratives regarding the story of creation, the deluge, and the search for immortality, to name only a few, all have their origin in earlier Babylonian accounts. These early polytheistic views were developed by the Sumero-Akkadians, who spoke a non-Semitic language. The names of many of the ancient gods of other cultures came from these early civilizations. Fortunately, we have acquired a valuable mass of documentation concerning the Babylonian and Assyrian religions, dating from the third and fourth millennium B.C.E.. While many of these primitive inscriptions are records of a commercial nature (bills of lading, receipts, weights, etc.), innumerable others depict the deities and the religion of the people in the course of everyday life. This has assisted scholars in gathering a broader knowledge of whom the Babylonians were, as a people, and as a nation. As the author of *The Old Testament in Light of the Records of Assyria and Babylonia* and a number of other scholarly works on the subject, Theophilus Pinches provides an academic approach to this lecture delivered at the University College, in London, at the turn of the twentieth century. This book starts off by explaining the importance of Babylonian and Assyrian study and continues with a description of the people and places of the period. Early forms of worship are presented including idols and sacred objects, holy places and temples, and the building of the Tower of Babel. The aforementioned "story of creation" is discussed at length, followed by a description of the principal gods and deities. A small section on minor divinities and the relation between the gods and heavenly bodies

can also be found, accompanied by an additional chapter on demons, exorcisms and ceremonies. Several rites and incantations that have been deciphered from the clay tablets are included. The book concludes with the problems that the study offers, that of monotheism, dualism and monism, all practice of religious faith. The small size and easy reading style of this volume offers the reader a gentle glimpse back into the life and religion of the ancient cultures of the Near and Middle East. LA-708 • ISBN 1-59016-708-2 • 126 pages • 6 x 9 • paper • illustrated • £10.95 • US\$13.95

**HISTORY OF NERO**, by Jacob Abbott. Nero was an emperor in Rome who was an early descendant from Caesar Augustus. Beginning with his birth, into the family name of Ahenobarbus, meaning brazen beard in Latin, his father spoke ill-willed about Nero. Corruption consumed his parents. Agrippina, his mother, was the sister of the emperor, Caligula. On a promontory overlooking the Mediterranean Sea, upon natural terraces and esplanades, at a villa at Antium, where the noblemen of Rome resorted — it was here that the birth took place. Besides being an accurate account of Nero's life and rule, this book provides an insightful tale of the natural landscape and personal trials of ancient Rome. Great Roman legions were disciplined in subordination to the king. Their admirable organization, movements and courage enable each legion to live as its own city. Details of this book include a description of the encampments fortified with ramparts and fosses. An officer of the army, Cassius Chaerea, was continually teased by Caligula, who made him speak a parole, or password, to the men in his camp that was incredulous to his person and made him look a fool. Eventually Chaerea assassinated Caligula, and the rest, as they say, is history. Caligula's uncle, Claudius, who had deprivations of his own mental ability, soon became emperor. After the death of Nero's father, Agrippina marries Claudius. She tricks and connived to have Claudius' own son, Britannicus, banished to his own nursery quarters to be treated as a child, even though he is a young man. Nero learned to speak at a young age and was sent to the Roman Senate by his mother. As a good orator, he was respected in the eyes of the Senate. Nero also began to enjoy the theater and began to act. At night he would go out disguised, and with friends, would bully the townspeople. Once Nero was raised to the role of emperor he became one of the worst tyrants Rome had ever seen. He adored acting and singing on the public stage, which put him in a "low degree" in the eyes of the nobility. Looking back in time, many of these early emperors would be considered tyrannical by today's standards. They had no qualms about deposing any populace that stood in their way. Oftentimes the wives of such tyrants, who became empresses, could control their husbands and were able to rule the land and people as they saw fit. LA-328 • ISBN 1-59016-328-1 • 321 pages • 6 x 9 • paper • 12 illustrations • £19.95 • US\$22.95

**RELIGIOUS AND MORAL IDEAS IN BABYLONIA AND ASSYRIA: BIBLICAL AND ORIENTAL SERIES** by Samuel A. B. Mercer. Babylonia and Assyria are considered two of the most significant pillars of the ancient world's religious thought. The excavations conducted in the Tigris-Euphrates valley in the 1800s have revealed a number of things about the people who inhabited the region. The religious and moral ideas of Babylonian and Assyria present an interesting dilemma for those studying Semitic culture, because of their close relation and parallels in the Old Testament and their influence on the new testament, and thus Christianity. This book begins with a detailed chronological outline of the histories of Babylonia and Assyria commencing in 3,400 B.C.E. and concluding in 538 B.C.E.. The world has continually been our greatest problem. Nature cries out for us to come admire its greatness. When faced with such magnificence, the determined mind begins to ask a series of questions, some simple, some more profound. As in our modern society, one question that was often asked in the ancient world pertained to the existence of God. Another question the ancients pondered concerned that of motion, what caused the wind to blow, the rivers to flow, and the leaves to blow. It was only natural for the early Babylonians to assign a Zi, or life spirit, to each inanimate object which were able to manifest power. The ancient world was full of spirits. There were rock-spirits, mountain-spirits, stream-spirits, river-spirits, and many others. Those spirits who were powerful and friendly were gods worthy of worship, those who were less powerful and unfriendly were seen as demons. As a professor of Hebrew and Old Testament studies at the Western Theological Seminary in Chicago, Samuel A. Mercer provides a capable interpretation of the religious and moral views of the earliest of civilizations. This book makes the results of expert investigation accessible to the laymen. In doing so, this work offers a modern exhibition of the subject based on facts deducible from the monuments themselves. It is hoped that this work will provide a clear and concise presentation of the ideas of religion and God, of morality and man, and of mediation and the future of humanity. LA-711 • ISBN 1-59016-711-2 • 129 + xiv pages • 6 x 9 • paper • illustrated • £10.95 • US\$13.95

**THE ROMANCE OF EXCAVATION: A RECORD OF THE AMAZING DISCOVERIES IN EGYPT, BABYLON, TROY, CRETE AND MANY OTHER ANCIENT CITIES**, by David Masters. This is the story of a fascinating group of men, who for much of the 19th and 20th centuries, have gone into the long-forgotten deserts of the world and have dug up the fabled cities of ancient kings, with many a splendid treasure. Many of these ingenious men have published innumerable works on their achievements while excavating the brilliant grandeur of our past. Without the tireless efforts of these great men, whose names include, Layard, Rawlinson, Carter, Petrie, Schliemann, amongst others; our knowledge of these extinct civilizations would be only a fraction of what is known today. This book is a comprehensive and all-inclusive compilation on the excavations of archaeology. The narratives contained herein come from a number of different divisions of early archaeology. This book has it all; including the story of the Rosetta Stone, the invention of Papyrus, King Tut's tomb, Rawlinson's discovery at Behistun, the treasure of Troy, the unknown writing of Crete and Minoa, and others. Of particular interest is the illustrative story of how Austin Henry Layard found the remnants of the Assyrian civilization with a mere £60. Because of the lack of official cooperation to begin an excavation along the Tigris at that time, Layard decided to organize a phony boat hunting excursion, which included a chivalrous show of guns and spears, which were loaded onto a goatskin raft. However, the natives that accompanied the expedition had some difficulty understanding how they were supposed to hunt with the picks and shovels that were also brought on board. These great discoveries, that were literally dug history out of the past with a pick and shovel, were not found merely by chance. The idea of a man casually strolling through the desert and unearthing an ancient city has little connection to the facts. These noteworthy legends of early excavation, had a great deal of intuition on where to dig, and an even greater ingenuity in making their dreams come true. This is a popular and readable outline of the work of these early excavators which enables the reader to capture the thrill of the romance of digging up the world's history. This book is fully illustrated and contains a description of the actual process of excavation. LA-736 • ISBN 1-59016-736-8 • 191 + xiv + 25 illustrated pages • 6 x 9 • paper • illustrated • £14.95 • US\$17.95

**THE STORY OF CHALDEA: FROM THE EARLIEST TIMES TO THE RISE OF ASSYRIA, VOLUME ONE**, by Zénaïde A. Ragozin. Around 300 B.C.E., after Alexander the Great had conquered the country, and thus established the Greeks into power in the land they called Mesopotamia, little was left of the once great civilizations, that mere centuries before, flourished there. Luckily for the generations that followed, a priestly scribe by the name of Berosus, who had access to much of the original Babylonian and Assyrian literature, compiled a "History of Chaldea" for a monarch in Macedonia. He wrote his history from the most ancient of times, giving an account of the earliest traditions of its beginnings. In the process, he recorded the groundwork for what we know today about the culture and peoples who inhabited the Near and Middle East in ancient times. Collectively these nations are known as Chaldea, whereas most people know them individually by their respective names, the Sumerians, Babylonians, Assyrians, Medes, amongst others. The term Chaldean was a how Greeks referred to these earlier peoples they knew little about. These two volumes are taken from a larger collection entitled "The Story of Nations," published at the end of the 19th century. The books together form a series of historical studies, intended to present in a graphic manner the stories of the different nations that have attained prominence in history. The national life of each nation is distinctly indicated, and its picturesque and noteworthy periods and episodes are presented in their philosophical relation to each other as well as to universal history. These two volumes enter into the real life of the peoples of Chaldea, and bring them before the reader as they actually lived, labored and struggled — as they studied and wrote, as they amused themselves. It is from books such as these that the myths, with which the history of all lands begins, can be carefully distinguished from the sequence of events that actually occurred. Volume one begins with a thorough four-part introduction which covers the first searchers of Mesopotamian mounds, Austen Layard and his archaeological work, the ruins of Mesopotamia and the books of the past, studying the library at Nineveh. The story of Chaldea follows with a description of nomads / settlers and the four stages of culture. Looking back to chapter ten of the Book of Genesis, a lengthy chapter explains the great races found in the bible. This volume concludes with the beginnings of religion in Sumer and Akkad, the migrations of the Turanian Chaldeans and the dawn of moral consciousness on mankind. This volume is graphically depicted with over 50 illustrations, and will make great addition to any library on the ancient Middle East. LA-787 • ISBN 1-59016-787-2 • 183 + xvi pages • 6 x 9 • paper • 56 illustrations • £13.95 • US\$16.95

## ANCIENT HISTORY

**THE STORY OF CHALDEA: FROM THE EARLIEST TIMES TO THE RISE OF ASSYRIA, VOLUME TWO, by Zenaïde A. Ragozin.** Volume two begins with a discussion of early Chaldean history, including the settlements of the Cushites and Semites. A lengthy chapter on the diversity of Babylonian religion explains its mono and polytheistic periods of development. Next, is a section on the legends and stories of ancient Mesopotamia, describing many of the classic heroes in Babylonian mythology. This volume concludes with a chapter on religion and mythology, idolatry and anthropomorphism, and the Chaldean legends found in the book of Genesis. This volume is graphically depicted with nearly 30 illustrations, and will make great addition to any library on the ancient Middle East. LA-788 • ISBN 1-59016-788-0 • 198 pages • 6 x 9 • paper • 24 illustrations • £13.95 • US\$16.95

**THE STORY OF EXTINCT CIVILIZATIONS OF THE WEST, by Robert E. Anderson.** During the last half of the 15th century a series of remarkable events occurred which would change the course of modern history. It was at this epic crossroad that the middle ages came to an end and a new Europe began its triumph. Until that time every modern sea captain believed that the world was flat. Once this illusion was shattered by a few adventurous sailors a whole "new world" lay waiting for them to explore. In classical and medieval times it was common knowledge that there were islands, or even a continent, in the western ocean. Many ancient cultures had recorded on their maps knowledge of such lands. This book describes what was found by these early explorers to the Americas and documents, not only many pre-Columbian discoveries, but also provides a detailed overview of the Spanish arrival in the New World. For example, considerable space is devoted to the history of Norse explorations, whose settlement began in the year 875 with the establishment of a colony in Greenland. Later expeditions brought the Vikings to North America at the close of the first millennium. This book also describes how Columbus "rediscovered" America and the considerable trials and tribulations he encountered while doing so. The extinct civilizations of Mesoamerica; primarily the Aztecs, Maya and Toltecs, are discussed at length, including some of their northern-most settlements, inhabited by the "mound builders" whose monuments are found throughout North America. Of course, the arrival of the Spaniards changed the course of history for the native peoples of the Americas. A length chapter on the famous Spanish conquistador Hernando Cortés details his interaction with the Aztec leader Montezuma. The extraordinary, albeit extinct civilization of the Incas conclude the book. There is no doubt that the monuments found in Peru are some of the most impressive in all of the Americas. Most authorities agree that long before the Inca's rise to power there was a mighty empire which these cyclopean ruins must be attributed to. This book provides a good overall perspective on the early exploration and later conquest of the Americas and will make a good addition to any library on ancient history. LA-791 • ISBN 1-59016-791-0 • 195 pages • 6 x 9 • paper • illustrated • £13.95 • US\$16.95

## WORLD HISTORY

**CELEBRATED FEMALE SOVEREIGNS, by Anna B. Jameson.** As the wife of Robert Jameson, in nineteenth century Ireland, Anna Brownell Jameson was an accomplished writer on women's issues of the time. In addition to this book she published *Diary of an Ennuyée* in 1826 and *Characteristics of Women* in 1832. She is also well known for her substantial works on art. This is the first of a two volume set on the important place that women have played throughout our history. It's not only important to understand what an influence these women have had on governments around the world, but more importantly the effect they've had on men, and nations, throughout the centuries. Even in today's society, there may be a difference of opinion on whether women should be allowed to control the executive government of a country. When this book was first written it was a time when most governments on the planet were controlled by men. This book shows whenever women were allowed to control a country's destiny, they flourished and built some of the best civilizations on earth. Even in modern times, those governments run by women have been some of the most influential of their time. From Semiramis of ancient Assyria, to the stark contrast of Cleopatra and her Roman and Egyptian legacy, this book contains a miniature biography of the most notable women leaders in history. The author gives credit to not only to ancient matriarchs, like Queen Zenobia of Palmyra, but also to some of the most influential women of the modern ages, including the first Queen Elizabeth, Mary Queen of Scots and the two queens of Naples. This collection of notable female figures that have lead great nations will be of great interest to those who wish to learn more of these celebrated sovereigns, and their great work. LA-109 • ISBN 1-59016-109-2 • 245 pages • 6 x 9 • paper • illustrated • £15.95 • US\$18.95

## MEDIEVAL HISTORY

**TALES OF THE CRUSADERS.** Talk of the Crusades, and most people will think of that romantic time from the 11th to 15th centuries when the gallant knights of Christendom conquered the opposing Islamic forces. It was not an easy campaign and many lives were lost on either side. While many believe the Crusades were over by the 15th century, in fact, they did not officially end until the end of the 17th century with the Duke of Burgundy's crusade against Candia in 1669. And yet even so, religious and political persecution continues to this day. Since it's first use as a politically-correct cleansing during the middle ages, the meaning of the word "crusade" has been enlarged to include nearly all insurrections and wars undertaken in the pursuit of a vow against nonbelievers. Many people think of a Crusader as an Anglo-Saxon prince or bishop riding valiantly on horseback into the sunset. In reality, people who became Crusaders were not only the gallant royalty of sovereigns and monarchs but also everyday folk: farmers, serfs, peasants, commoners, city dwellers. Anyone who felt obligated to fight the holy war (against whoever the enemy was at that time) in God's name, and in the name of Christianity was welcome to join the fight. There are a number of anecdotal tales and narratives associated with this period of European and Middle Eastern history. Many of these accounts have been lost to history, while others like this tale entitled "The Bethrothed," have survived the centuries to find their way back into print. This particular Crusader chronicle, originally published in 1825, has been extracted from narrative from the 12th century, when Welch princes and noblemen inhabited formidable enclaves on the frontiers of the medieval British empire. Of course, many of the sites mentioned herein are presently but mere ruins, though some of the Crusader's castles still exist, even to this day. The invitation to the Crusade helped unify peoples and nations, for example the British, Normans and Saxons, that were normally at odds with one another. The main character at the beginning of this tale, Gwenwyn, is a British prince who, with other Welch royalty, are off to fight the Crusades. There are a number of other heroes and heroines found throughout these accounts that keep the story-line alive and entertaining. LA-829 • ISBN 1-59016-829-1 • 327 pages • 6 x 9 • paper • illustrated • £20.95 • US\$23.95

## ANTHROPOLOGY

**A STUDY OF RACES IN THE ANCIENT NEAR EAST, by William H. Worrell.** When the Babylonians, Assyrians, Hittites, Canaanites and Aramaeans first inhabited the area we now call the Near and Middle East their races were pure and true. Over the years, and through succeeding empires, cross-propagation amongst themselves and other tribes had diluted their genes to the extent that, by the time of the Islamic revolution in 697 B.C.E.???, many of the physical features of these once distinct clans became merged. Even today, many of these traits and dialect remain in the Semitic peoples of the world, wherever they reside. There is much that can be learned from the study of the ancient Semitic, Hamitic and Nordic peoples and their languages. To this end, this book attempts to explain the progress and development that each culture has taken to give us an improved understanding of the study of the races in the ancient Near East. We know that the ancestry of the associated Near Eastern languages, be it Arabic, Aramaic, Hellenistic Greek or Hebrew, all were derived from the fountain-head of Semitic speech, Arabia. Going back further, we find that these ancient Semitic languages are actually derived from Akkadian and Ethiopic origins. Take for example the language of the Hamites, a group of north-east Africans who are said to be descended from Ham, the second son of Noah. This very old language includes offshoots that include the Berber dialect, ancient Egyptian and its descendent, Coptic, and the Cushitic vernacular used in Ethiopia. Hamitic speech is said to have made its way to Europe via the Celtic Goidels and Brythons, who had learned from the Pictish the vernacularism of this pre-Aryan British language. It is obvious that the extinct languages of the Near and Middle East have had a great influence on the dialects of modern nations, great and small. This book begins by a lengthy explanation of the geography of the region, as well as its periodic climate changes that caused the migration of people to more abundant lands. The ethnology of the races from the Old Testament is covered as well as an anthropological account of man. From there the author explores the four racial stocks of Europe, the Mediterranean, Alpines, Nordics and Finno-Ugrians. The above-mentioned Hamites figure prominently in these Aryan peoples and their languages, whose descendants formed the foundation for English-speaking lineages worldwide. The dolmens and menhirs of the druid Celts of Gaul and Britain are also covered in considerable detail. There are several lists of symbols and syntaxes of representative languages, with accompanying phonetic transliterations. This book will prove invaluable to anyone with more than a passing interest in language, or to those whose studies take them into the fascinating subject of linguistics. LA-816 • ISBN 1-59016-816-X • 139 + xiv + 22 illustrated pages • 6 x 9 • paper • illustrated • £12.95 • US\$15.95

## PALEONTOLOGY AND PREHISTORIC WORLD

**ANIMALS OF THE PAST: AN ACCOUNT OF SOME OF THE CREATURES OF THE ANCIENT WORLD, by Frederic A. Lucas.** It is estimated that at least 99% of every thing that has ever lived is now extinct. From the smallest bacteria, to the largest vertebrate mammals, the variety of life that once existed in the fossilized past is enormous. The animals that walked this planet millions of years ago were as different and distinct then as the diversity of animal life today, yet so much more removed. Many of the long-extinguished species mentioned in this book can only be found in the fossil record. What we do know about these ancient creatures can best be described as astounding and nearly incomprehensible. What we don't know about them, we can only imagine. Many people are familiar with the extinction of the dinosaurs, of the passenger pigeon, the Dodo bird, and the many other species that are threaten by our very existence on this planet. Few of us have been taught the diversity of life in the ancient world. Lesser known species described in this book include the giant bird Phororhacos and Maori, their smaller toothed cousin Hesperornis, the sea lizard Ichthyosaur, the great Pterodactyl, its smaller cousins Dimorphodon and Rhamphorhynchus, a variety of well-known dinosaurs, and giant sea turtles. Later chapters include a detailed description on the ancestry of the horse as well as that of the mammoth and mastodon. This book includes an introductory chapter on how fossils are formed, followed by information on the earliest of vertebrates. Several sections are devoted to a diversity of extinct animals of the land, sea and air; followed by a concluding chapter of why animals become extinct. At the end of each chapter are invaluable references and notes pertaining to the location and condition of many of the articles cited within the text. As the director of the American Museum of Natural History, the author had an unusually rich resource of research material available to compile this admirable work. Most of the illustrations come from the rich collection of the American Museum of Natural History, which at the time this book was first published, contained the most complete specimens of fossil vertebrates worldwide. LA-034 • ISBN 1-59016-034-7 • 207 + xii pages • 6 x 9 • paper • illustrated • £14.95 • US\$17.95

## EASTERN PHILOSOPHY

**THE UPANISHADS, Translated into English with a Preamble and Arguments by G.R.S. Mead and Jagadisha Chandra Chattopadhyaya.** To the ancient inhabitants of India the Upanishads were of great spiritual value. They are considered by many to be one of the pearls of ancient religious thought. Written in Sanskrit many millennia ago, they contain the philosophy of the Vedas. The Vedas are undoubtedly the most aged and sacred scriptures of the Hindu religion. The Upanishads make up a crucial portion of these spiritual teachings, literally referred to as the "sacred knowledge" portion of the Vedas. Sometimes known as Rahasya, the secret or mystery, it was practiced only by those who had gone through special training and had shown knowledge of their proficiencies. The Vedas, as they are known today, are composed of four great compilations: the Rig, Yajur, Sūma and Atharva Vedas. Each anthology is subdivided into three parts: hymns, ceremonial codes and instruction for those, who in ancient times, having completed their normal domestic duties, retreated to the forest to lead a religious life. The original Veda, according to tradition consisted of the Mantrāh, which the ancient seers "saw." The term Mantra comes from the root man, to think. It is said that the universe comes into being through the meditative will or thought of the supreme being. The ancient seers were able to comprehend these universal laws and were thus translated by them into applicable sounds, as an expression of creation. It is doubtful whether we possess the hymns in their original form. Fortunately, the principal efficiency of what has survived is not in the actual meaning, but in chanting them correctly. This translation is an attempt to make the obscure teachings of the Upanishads available to the general public without the necessity of a life-long study of the Vedic philosophy. Every effort has been made to present an accurate translation while preserving the essence and vitality of the original. In doing so, this work should be agreeable to the mystic and those seeking religious truth, while not offending the student or serious researcher. While side remarks and footnotes are require throughout the text for contextual meanings of certain words or phrases, for the most part these annotations are not found in the actual translation. The Upanishads should be allowed to speak for themselves. LA-883 • ISBN 1-59016-883-6 • 137 pages • 6 x 9 • paper • illustrated • £10.95 • US\$13.95

**THE STORY OF THE ALPHABET**, by Edward Clodd. In every day life, most people take words for granted. However, words form the basis for our most important faculty, that of communication. The story of the alphabet is a complex one. From the earliest of cave designs and pictographs mankind has been fascinated with our ability to draw. This naturally led to the capability of writing, notably the cuneiform script of the Sumerians, nearly six thousand years ago. The natural progression of history has done an extraordinary thing to language over the millennia. As civilizations have risen and fallen over the ages, as they fought their battles and conquered new lands, language has always followed. Sometimes it becomes assimilated into a new culture, other times it does not and follows the defeated nation to the grave, only to be rediscovered eons later by modern linguists, to be recounted in this book. Unfortunately, the important story of language is often neglected in the very medium that supports its use, book writing. When this book was first written, over a hundred years ago, there was only one comprehensive anthology authored on the subject. Since that time only a handful more have been written. This little book closes an important gap in understanding the origins of our language. In doing so, we will most surely have an improved grasp of who we are, and more importantly, where we're going. This book opens by describing the beginnings of the alphabet, there is a lengthy chapter on memory aids and picture writing, followed by one on Chinese, Japanese and Korean scripts. The cuneiform writing of the Sumerians, Babylonians and Assyrians as well as the hieroglyphics of the Egyptians are given considerable space for discussion, which isn't surprising given their importance to the origin of language. A short chapter on the peculiar letters of the Cretans, and diminutive forms found in other languages, such as the Hittites, is included followed by the concluding chapters on Greek papyri and the runes and ogam (ogham) of the Celt and Gothic peoples. This book contains over seventy detailed illustrations in the form of line drawings, renderings and lithographs of such an exquisite nature that they compliment the text precisely. The way in which this book is written, in clear and concise language that easily portrays its message, should prove useful to student and scholar alike. As the author of the *Story of Primitive Man*, *Pioneers of Evolution*, the *Story of Creation* and other similar books, Edward Clodd contributes scientific and practical knowledge to the early creation and use of our alphabet. The story of the alphabet is unlike any other human endeavor, it has evolved, died out, taken its turns of history, and yet still survives to this day. In this day of email, facsimiles and voicemail, it's nice to know that the origins of our language will not be forgotten. This fascinating chronology should make an uncommon addition to any library on ancient civilizations and language. LA-800 • ISBN 1-59016-800-3 • 209 pages • 6 x 9 • paper • illustrated • £14.95 • US\$17.95

**WRITING THE SHORT STORY: VOLUME ONE, A PRACTICAL HANDBOOK ON THE RISE, STRUCTURE, WRITING AND SALE OF THE MODERN SHORT STORY**, by Joseph Berg Esenwein. The short story is often thought of as a brief novel, when in fact it's a sort of fast fiction, more comparable to poetry than a novelette. While the novel has plenty of time to build the plot, characters and story line, the short story must convey these basic characteristics within the first few paragraphs. Since space is at a premium, every word is consequential and must be carefully considered, and not a single anecdote, metaphor or analogy can be wasted. While unnecessary points should not be included, no important factor should be omitted. Writers must remember that the whole is greater than the sum of all its parts. Each characteristic of the short story blends with one another to become, more often than not, a brilliant piece of literary genius. This book will help the aspiring author understand the creative process of developing the short story. It will make a great addition to any author's bookshelf. There's a storyteller inside each of us, if only we could get out of our own way, so that we could tell the story. Like any good book on crafting the short story, this two-volume set gives plenty of examples and critiques the popular literature of the day. Each chapter contains innumerable tips, techniques and writing exercises that will help all aspiring authors, beginner or practiced, perfect their storytelling abilities. The systematic approach used in this book to teach the subject leaves a clear impression upon the student as to the nature of writing the short story. It also contains a comprehensive table of contents and analytical summaries at the close of each chapter. As any good author knows, write whatever you feel compelled to write, there's almost always a market for it; if not — at least you've written from the heart. To do otherwise tends to stifle the essence of writing and oftentimes produces only mediocre results. As a Doctorate of Literary Science and the one-time editor of Lippincott's *Monthly Magazine*, the author provides a good mixture of experience and practical information to make this work an all-inclusive training guide for conceiving, developing and writing the short story. Volume one starts by giving a brief historical introduction on the rise of the short story. Another part includes a lengthy definition and discussion of what a short story is, but more importantly, what a short story is "not." The different kinds of short stories: morality, occupational, locality, society, emotional, etc. are each given ample space, followed by sections on

choosing a theme, gathering materials, structuring the plot and the development of the story. After a brief lesson on how stories are told can be found a detailed chapter on opening the story, and another on the setting of the story. This volume concludes with the first of two chapters on the body of the story, which in every instance comprises the framework for the entire composition. By providing simple definitions and proven methods, this informative guidebook will be useful to the casual novice, or expert writer alike. An easy to understand book that will help to release the storyteller that resides within each of us. LA-942 • ISBN 1-59016-942-5 • 198 + xvi pages • 6 x 9 • paper • illustrated • £14.95 • US\$17.95

**WRITING THE SHORT STORY: VOLUME TWO, A PRACTICAL HANDBOOK ON THE RISE, STRUCTURE, WRITING AND SALE OF THE MODERN SHORT STORY**, by Joseph Berg Esenwein. Volume two begins with the second of two parts on the body of the story, explaining the significance and use of this meaningful component of the short story. Of similar importance is a chapter on the representation and characterization of certain characters, followed by another on the manner and dialects of creating dialogue. The function and use of a short, yet descriptive, title is stressed to the reader as is the elements of style found in most expressive writing. Following this are several short chapters on originality, talent and training, acquiring a vocabulary and some case studies of popular short stories of the day. Another section explains producing the manuscript, selling the story and getting it to market. This volume also contains 7 appendices, including a collection of popular short stories, plot lines for several more, rhetorical rules for writing, writing fiction and a lengthy bibliography. By providing simple definitions and proven methods, this informative guidebook will be useful to the casual novice, or expert writer alike. An easy to understand book that will help to release the storyteller that resides within each of us. LA-943 • ISBN 1-59016-943-3 • 241 pages • 6 x 9 • paper • illustrated • £15.95 • US\$18.95

**A CONDENSED COURSE IN MOTION PICTURE PHOTOGRAPHY: VOLUME ONE BY THE NEW YORK INSTITUTE OF PHOTOGRAPHY**. Edited by Carl Louis Gregory, former chief instructor in cinematography school of photography, Columbia University, New York. With special chapters by Charles Wilbur Hoffman, former cinematographer for Edison, World Film Companies and the U.S. Government and by research specialists of the research laboratories of the Eastman Kodak Company. When it comes to great endeavors that promise wealth and prosperity, many men and women of the past have more often than not taken a gamble. Be it an oil boom, gold rush or the heyday of the industrial age, those who had the courage to pioneer a new way of doing things often prospered — and the early days of motion pictures was no different. It was a time when the earliest of Hollywood film studios had only recently been established, in fact, most of Hollywood was nothing more than horse pasture and orange groves. The film companies on the east coast, particularly in New York and Chicago, dominated nearly all of the silent era and much of the early "Talkies" industry throughout the 1920s. The New York Institute of Photography was the leading school for fledgling cinematographers. It was these adventurous film makers who wanted to present the wonders of the motion picture to audiences worldwide. We owe them all a great deal of gratitude, for without the influence of the early cinema, both on the stage and screen, our lives would be less cultured and fulfilling. This book is part of that legacy, as one of the prominent texts used for motion picture training by that outstanding Institute of Photography mentioned above, it has survived the many years since the days of its early classroom use and is now back in print. This book provides a fascinating portrait of the men and woman who worked behind the scenes to produce some of the most memorable moments on the silver screen. Volume one includes a detailed history of cinematography followed by a short chapter on the fascination with the subject. The nature and attributes of light are discussed in detail as are cinematographic lenses of the day. An easy-to-understand guide on focusing for a variety of shots is included. An insider's guide to preparing for a days work is then followed by a somewhat outdated chapter on preparing photographic solutions for developing the film negatives. Another chapter explains how to make motion picture positives. This volume concludes with a chapter on the tinting and toning of motion picture films. While much has changed in the motion picture industry since this book was first compiled, it still provides the reader with a basic understanding of the process for creating such films. As a sensible how-to guide, this two-volume set is as practical now as it was then. A worthwhile addition to any library on motion picture studies. LA-528 • ISBN 1-59016-528-4 • 198 + 50 illustrated pages • 6 x 9 • paper • illustrated • £16.95 • US\$19.95

**A CONDENSED COURSE IN MOTION PICTURE PHOTOGRAPHY: VOLUME TWO, BY THE NEW YORK INSTITUTE OF PHOTOGRAPHY**. Edited by Carl Louis Gregory, former chief instructor in cinematography school of photography, Columbia University, New York. Volume two intro not written yet. LA-529 • ISBN 1-59016-529-2 • 182 + 50 illustrated pages • 6 x 9 • paper • illustrated • £15.95 • US\$18.95

**SCREEN ACTING: ITS REQUIREMENTS AND REWARDS**, by Inez and Helen Klumph. There is a certain lure of acting in motion pictures which even inexperienced or amateur actors can not deny. There is a place in front of the motion picture or television camera for older people, for middle-aged ones, for young folks, as well as children. Age sets no limit on endeavor in this field. Of course it isn't an easy path, the one that leads to the motion picture or to television, but outside of a few essential requisites, good looks and acting ability notwithstanding, nearly anyone can make a successful career on the screen. This book provides a behind-the-scenes look at the challenges and rewards that actors and actresses face in this exciting and industrious profession. Acting in pictures is among the most tiring professions in the world, if not more trying than any of the others. It requires strength, ambition, intelligence, imagination, training and talent. Fortunately, talent comes far down the list, since it often grows from being natural — from the sincerity of feeling, and of being. Like many of the other essentials of acting, talent can be cultivated. Considerable emphasis should also be given to the art of screening. While the proper height, the right figure and good health are essential; intelligence, personality and charm are just as important in being a success in pictures. Within these pages can be found some demands of the work; sample work days, stage training, tools of the trade, secrets of the studios, the mechanics of emotion, and brief overviews of rehearsal, make-up and costume. In short, it provides all the elements of effective on-screen acting and prose not found in many books on the subject. To break into screen acting these days usually requires an agent and possibly some well-placed contacts; however, there are other ways to land a successful career as well. Over the years, a number of accomplished actors and actresses began their careers in the studio cafeteria or by scrubbing floors. In the early days of film production, many a star did excellent work that went unrecognized because at that time so few people went to the movies. This book helps bridge that gap for generations to come by bringing some of the old screen legends back to life for all to enjoy. There is no doubt that screen acting is, in reality, and inner image of the actor, the character of which is to be presented. Many stars need only "play themselves" because, many times, they are cast in roles that nearly coincide with their true nature. Containing nearly 50 chapters on many aspects of breaking into the art of screen acting, this book is written in an easy-to-understand, nearly step-by-step format, that will be priceless for both beginners and experts alike. With almost 40 pictures and illustrations this reference work clearly defines the characters, scenes and ambience of early 20th century cinematography, making it as valuable now as it was then. "I always advise them not to try it [a career in acting], because if anyone can discourage them from trying, then they have not the determination to stick to pictures once they get in. —Rudolf Valentino LA-760 • ISBN 1-59016-760-0 • 243 pages • 6 x 9 • paper • illustrated • £15.95 • \$18.95

**CARUSO AND THE ART OF SINGING: INCLUDING CARUSO'S VOCAL EXERCISES AND HIS PRACTICAL ADVICE TO STUDENTS AND TEACHERS OF SINGING**, by Salvatore Fucito and Barnet J. Beyer. Enrico Caruso was the eighteenth child of 21 and due to a cholera epidemic, the first to live past infancy. When he was ten years old, the young Caruso studied voice with Ernesto Schirardi and Maestro Raffaele di Lutio. In 1890 he began performing in waterfront cafés. While in the military, required by Italian law, Enrico was introduced to Baron Costa, a Rieti nobleman. The nobleman was so smitten with Caruso's extraordinary gift that he suggested that the military excuse him, and after only two months of service, Caruso returned to Naples. A year later he premiered "Fedora" in Milan launching his incredible career. Although he had the great natural gift of an exceptional voice, his apparently effortless singing was the result of his constant devotion to the vocal exercises which his technique was based. Caruso knew intuitively that the secret to singing beautifully was an endless task. What makes this book so important for the musician and historical researcher is that *Caruso and the Art of Singing* is written by Salvatore Fucito, Caruso's Coach and Accompanist from 1915 to 1921 and includes vocal exercises along with practical advice to students and teachers alike. Co-author, Barnet J. Beyer adds the facts and historical information necessary to make this story come to life. LA-104 • ISBN 1-59016-104-1 • 219 + x + 12 illustrated pages • 6 x 9 • paper • illustrated • £11.95 • US\$14.95

**THE THEORY AND PRACTICE OF MUSICAL FORM: ON THE BASIS OF LUDWIG BRUSSLER'S "MUSIKALISCHE FORMENLEHRE,"** by J. H. Cornell. This is one of G. Schirmer's masterpieces of instruction in composition for the private student as well as for the classroom. Originally published in 1883, author, J. H. Cornell teaches us that, "...without an adherence to the laws of form, a coherent, intelligible musical composition is as inconceivable as—for example—a picture, a sculpture, or a building, without plan or design." The book is substantially a translation of Ludwig Bussler's "Musikalische Formenlehre," to which the author has added his own musical clarity. Divided into four parts, the aim of the book is to teach musical construction starting with The Elements of Musical Form, the Applications of the Primary Form, the Sonata Form, and finally the Higher Rondo Forms. Each form is explained and then the student is asked to create a musical thought in the given form. There are hundreds of examples and plenty of exercises allowing the musical student plenty of room for expression while always reminding him/her of the strict requirements of vocal and instrumental forms. LA-836 • ISBN 1-59016-836-4 • 214 + xviii pages • 6 x 9 • paper • heavily illustrated • £16.95 • US\$19.95

## SCIENCE AND TECHNOLOGY

**THE ABCS OF WIRELESS RADIO: A PLAIN TREATISE ON HERTZIAN WAVE SIGNALING, EMBRACING THEORY, METHODS OF OPERATION AND HOW TO BUILD VARIOUS PIECES OF THE APPARATUS EMPLOYED,** by Edward Trevert. Who invented radio? Many believe that Marconi invented radio, which is true, in a sense. He invented radio using techniques that Tesla had first published in 1894, but had made public as early as 1891. Marconi was merely the first to demonstrate its practicality in long distance communication, and thus its commerciality. It wasn't until after Tesla's death in 1942 that courts ruled against the Marconi claim of the invention of radio. But even today, few people have heard of Tesla, fewer still know of his work and the tremendous impact it has had on our everyday life. Fortunately, this little book, written in clear and concise language, makes no attempt to explain wireless telegraphy as the technical work it inherently is. It does describe wireless theory, the apparatus employed, and the methods of operation in such simple terms that anyone interested in the subject can understand. There are a number of schematics and illustrations inserted throughout the text, and for those so inclined, detailed directions on making some of the apparatus described. Instructions are given for building Hertzian transmitters and receivers, as well as the original model for the Marconi system of wireless telegraphy. There is also a chapter on the batteries of the day and a lengthy appendix describing advanced apparatus in use at the time. In addition to its use as a workbook, what makes this book engaging is the detail in which it covers the early history of electricity and magnetism, including an overview of some of the great pioneers of early electrical research: Hertz, Ampere, Lodge, Leyden, Morse, as well as others. In fact, this book is a very-near practical guide to building early radio apparatus, and thus will be a valuable addition to the practical study of the accomplishments of early wireless. This book is an excellent example of how important the earlier periods of science and discovery were to our modern-day lifestyle. Without the invention of radio and the subsequent exploration of the electromagnetic spectrum much of what we take for granted in modern society would not exist. LA-004 • ISBN 1-59016-004-5 • 116 pages • 6 x 9 • paper • illustrated • £9.95 • US\$12.95

**THE EINSTEIN THEORY OF RELATIVITY: WITH ILLUSTRATIONS AND PHOTOS TAKEN DIRECTLY FROM THE EINSTEIN RELATIVITY FILM,** by Garrett P. Serviss. Albert Einstein was not that good at mathematics. His expertise was in his extraordinary intuitiveness in regards to physics. It was no surprise that he could describe his theories on general and special relativity in simple and concise language that even the lay person could understand. The concepts developed by Albert Einstein in the early 20th century have forced us to change our approach to physics and matter, and to view the universe from a different perspective. The beauty of many of Einstein's theories is that they are, for the most part, easy to understand, and don't require a degree in mathematics to properly comprehend. Even in the twenty-first century Einstein continues to be a symbol of advanced thinking in physics. The forces of nature which are all around us, and which many of us take for granted, are in fact an astonishing marvel of almost divine illumination. It is this inspiration which weaves the fabric of the reality in which we all live. We are able to observe the effects of these natural forces on our physical existence, but it wasn't until Einstein grasped the concepts of relativity that the fundamental nature of the cosmos, and thus of our understanding of our place in the universe, began to manifest itself. This book is especially helpful in understanding Einstein because it wasn't written as a book about his theories, but rather as a companion book to a popular photo-play, that was made about Einstein's work in the 1920s. The Einstein film had the acclaim of being the first popular introduction to his theories for many people. This small book was created to give viewers a better understanding, in a more leisurely

fashion, of Einstein's most basic premises. While the film version has been for the most part lost to history, many of the nearly 50 illustrations found in this book were taken from the film, making it an invaluable asset independent of the film. LA-207 • ISBN 1-59016-207-2 • 108 pages • 6 x 9 • paper • illustrated • £8.95 • US\$11.95

## MAGIC AND GAMES

**PARLOR BOOK OF MAGIC AND DRAWING ROOM ENTERTAINMENTS,** edited by SignorBlitz. To school-aged children, the arts of amusement and entertainment are regarded with a great deal of respect. As we age, and progress into adulthood, becoming men and women, we all too often regard games as ignominious child's play. After many years of the "all work and no play" mentality we lose the ability to amuse ourselves. In short, we take our pleasures unhappily. That's where this book comes in handy. There are many times that a party, for all good intentions, is somewhat slow and boring. But even the presence of a single person who has studied the art of amusement and has the daring to put his wisdom into practice, can transform a mediocre gathering into an event to remember. This late nineteenth century magic book will prove a practical reference guide to both beginning magicians and advanced illusionists, or just an average person who wants to amuse themselves or others at a social event. Parlor tricks and sleight-of-hand magic were very popular in early Americana. Unfortunately, magic has always been a secretive vocation, and thus few books were published on the tricks of the early trade, and even fewer have survived. This notable exception contains a wide variety of amusements, tricks, games, stage acts, party gags and other pastimes that have entertained audiences, large and small, on a worldwide basis for many years. This single volume contains two books in one. The first part, for which the book is named, reveals many of the popular parlor tricks of the nineteenth century and is heavily illustrated with various skits and stunts. Following this is a section titled Parlor Pastimes: The Whole Art of Amusing, Containing all the Latest and Best Conjuring Tricks, Magician's Feats and Illusions of the Past and Present. While this section is not illustrated, it describes over one hundred sleight-of-hand tricks, experiments in chemistry and general magical illusions that will keep your audience guessing. This rare classic on early drawing room entertainment, out of print for over a century, will make a fine addition to any library on early magic. Next time you're at a social gathering, take a chance, and try one of these original and unique gags or sleight-of-hand tricks. Help keep the tradition alive. As the old saying goes "We may be growing older, but we refuse to grow up." LA-638 • ISBN 1-59016-638-8 • 214 pages • 6 x 9 • paper • illustrated • £14.95 • US\$17.95

## GEOLOGY AND MINERALS

**DIAMONDS AND OTHER GEMS,** by John Clyde Ferguson. As the saying goes "diamonds are a girl's best friend." Unfortunately, diamonds are not a reader's best friend. Over the years diamonds and other gems have been ignored from a literary standpoint and as a result there are very few books on the subject. The history of diamonds is worthy of investigation. In the nineteenth century diamonds were as plentiful as glass where they could be picked up from the desert floor without too much trouble. Later, in the twentieth century, DeBeers monopolized the supply and through some slick Hollywood advertising, created a previously unknown fashion market, thus inflating prices, where they remain to this day. Science puzzled over the diamond for many years, destroying a great number of them trying to determine its composition and formula. In the end, they found nothing more than pure carbon, the only gem composed of a single element. A diamond has some other unusual properties. It is incapable of melting or fusing at any temperature, and in the absence of air it will not burn. It is the hardest substance known to man and can only be cut with another diamond, nothing else can even scratch it. However, a diamond does have a tendency to break and cleave along natural crystalline fractures. The apparent fault, called frangibility, proves invaluable to diamond cutters, since they can employ this proclivity to assist in shaping and removing unwanted material from the gem without spending days on the polishing wheel. To the trained eye, a diamond has no imitations. This book explains, in easily understood language, the properties and assets to look for when choosing or dealing in precious gems. The stone's quality, color, grade, make, cut, flaws and imperfections all should be taken into account when considering a diamond's value. Following these introductory chapters are sections on pricing, large gems, rubies, sapphires and emeralds. This book also includes several illustrations, a critical bibliography and an appendix containing scientific tables, weights, measures and color classifications. To the average reader, this book will be an informative guide to becoming well-informed on buying a diamond or other precious gemstone. To the advanced gemologist, it will provide additional facts and details that will assist them in their studies. It is with great pleasure that this rare gem of a book has been brought back into print. LA-164 • ISBN 1-59016-164-5 • 160 pages • 6 x 9 • paper • illustrated • £11.95 • US\$14.95

**THE TRAGEDY OF PELÉE: A NARRATIVE OF PERSONAL EXPERIENCE AND OBSERVATION IN MARTINIQUE,** by George Kennan. The small coastal city of St. Pierre, on the Caribbean island of Martinique, was once a peaceful and tranquil French colony. Unfortunately, its inhabitants were living in the shadow of Mt. Pelée, a dormant volcano that was part of the West Indies chain. On May 8th, 1902 word got back to Paris that the city of St. Pierre had been utterly destroyed by a volcanic blast from Pelée. Due to its proximity, the United States immediately sent relief efforts, including food and disaster supplies. Several Navy ships were transporting the supplies to the Caribbean. On board one of these ships, among the army officers, newspaper men and scientists was the author of this book, asked to cover the story by The Outlook, a European newsmagazine. Before the eruption the volcano lay dormant, except for a brief rumble in 1851. It had no cone, and not much of a peak, as would be associated with most volcanos. There were two small craters, one at the summit and one about half way down, that were normally dry lake beds, sometimes filled with water. In fact the summit crater, Lake Palmiste, became a favorite place of resort for picnic goers and excursionists alike. The area was not streaked with ancient lava beds, in fact, its lower slopes were green with indigo, tobacco and sugar-cane, while up near its 4,400 foot summit grew wild bananas, arborescent ferns, shrubs and vines. It looked much like any one of the hundreds of peaks that spring up on Caribbean islands in this part of the world. The area is not known for its volcanic activity. Although most of the destruction had already occurred before they arrived, the reporter and other journalists, scientists and laymen looked on, as Mt Pelée continued to erupt. The stark contrast after the volcanic blast, of being as barren and gray as an ancient lunar landscape, left the residents of the island with an inimical reminder of the cataclysm that had befallen them. This book will be of interest to those who are fascinated by volcanoes and would like to read about a first-hand account of the awesome power of nature's most engaging spectacle. Today, the volcano lies dormant once again, and only occasionally does the peaceful, easy-going life of a Caribbean islander, or the infrequent tourist sometimes intrude upon the slopes of the sleeping giant. LA-859 • ISBN 1-59016-859-3 • 257 + 14 illustrated pages • 6 x 9 • paper • illustrated • £17.95 • US\$20.95

## HEALTH AND NUTRITION

**STRENGTH FROM EATING: HOW AND WHAT TO EAT TO DEVELOP THE HIGHEST DEGREE OF HEALTH AND STRENGTH,** by Bernarr MacFadden. Throughout the history of humanity mankind has held a great reverence for strength. Heroes throughout the ages have always possessed at least this one attribute. In a number of ways strength is like money, you can never have enough of it. In performing even the simplest of everyday tasks an enormous amount of energy is required. That energy comes from the foods we eat and the air we breathe. Nearly 90% of food consumed in a healthy diet is burned to maintain our body temperature and other bodily functions. What remains can be used to build our strength and endurance. This is a book about maintaining strength and stamina in the human body. Vitality and strength are the natural condition of the human body. Every newborn baby possesses the vigor and vitality to develop into a healthy man or woman. Outside of several purely genetic causes, disease and weakness is usually consummated by not following the laws of nature, which require proper nutrition and exercise. Of course, the influence of what we put into our bodies cannot be over-emphasized in maintaining proper health and vitality. Authorities on nutrition agree that each of us needs a fundamental understanding of diet in order to make good food choices. After explaining appetite, mastication (chewing) and the process of digestion the author devotes a great deal of space to the air we breathe, the water we drink, and of course, what we eat. A lengthy chapter on overeating and food portions, a major problem in today's society, is also included as well as an interesting analogy concerning food and occupation, defining manual versus mental labor. The consumption of coffee, tea, white bread, wheat, oats, raw versus cooked foods, meal planning, health foods, dairy goods and meat products are also covered in great detail. The last several chapters are almost like an appendix of the mineral, muscle, fiber, fat and starch content for a number of common foods, including oats and grains, vegetables, fruits and berries, meats and fish. Although this book was first published over a hundred years ago, it contains wisdom and learning that every man and woman, even today, should not take for granted. The strength of a healthy body can be yours. LA-812 • ISBN 1-59016-812-7 • 194 pages • 6 x 9 • paper • illustrated • £13.95 • US\$16.95

## MONEY AND BANKING

**THE THEORY AND HISTORY OF BANKING**, by **Charles F. Dunbar**. A bank is best described, in general terms, as an establishment to which individuals entrust money for safe-keeping and that makes advances of money or other means of payment to individuals and/or businesses in need. In other words the business of a bank is to hold deposits and to lend, or discount, money. With these two functions is often combined a third, that of issuing bank-notes, or the bank's own promises to pay, for the use in general circulation, as a substitute for money. Originally published in the late nineteenth century for an economics class at Harvard University, this well-documented book provides an accurate account of banking dynasties throughout Europe and America. The banks of the world have a long and colorful history. Despite the success and accomplishments of our financial institutions, ordinary banking operations remain a mystery to most people. Many of the chapters in this book are devoted to such operations. The banking system of today, as has been developed over the last three centuries, appears to be rather complicated and difficult to comprehend. This is not because of any mystery in the procedures themselves, but is the product of the varied conditions under which the transactions take place. As a professor of political economy at Harvard University, the author's practical and theoretical knowledge has enabled him to prepare an instructive book, useful to both the student and every-day person. At the time this book was first published, books on the nature of banking were few and far between. This book bridges the gap between the banking empires of the old world and the national banks of the United States, at a time before multinational banking empires were in vogue. The book begins with an introductory chapter on the historical operations of banking. The concepts of discount, deposit and issue are discussed, which is followed by additional information on bank operations and accounts. A detailed chapter on the check system is then followed by one on assets, liabilities and bank-notes. Concluding the theoretical portion of the book is a discussion of combined reserves. The remaining half of the book contains five chapters providing a historical context for understanding modern banking. Included are chapters on the Bank of Amsterdam, the Bank of France, the national banks of the United States, the Bank of England, and the Reichbank of Germany. Throughout the book, readers are given not only the chronicle of the great European banking empires but also the history of American banking and finance at the turn of the nineteenth century. This fascinating look at early banking operations and procedures will make a fine addition to any library on the subject. LA-835 • ISBN 1-59016-835-6 • 199 + vi pages • 6 x 9 • paper • illustrated • £13.95 • US\$16.95

## COOKING AND HOUSEHOLD

**AUNT MARTHA'S CORNER CUPBOARD: STORIES ABOUT TEA, COFFEE, SUGAR AND RICE**, by **Mary and Elizabeth Kirby**. With old-fashioned words and reasoning, Aunt Martha tells the way that the world used to be by giving her idle nephews something to think about. These boys were bored with learning at school, so in order to interest their minds with learning, Aunt Martha would weave ideas into their minds from her worldly goods that were kept secured in her corner cupboard. From the cupboard there were sweet cakes, honey and sugar, and tops and marbles — all things that they liked, but no books of any kind. Rest assured, Aunt Martha had only begun to pique their unathomable interest. Near the end of one day some time ago, after pelting snowballs snow balls at each other the boys were going to be told a story by Aunt Martha. They didn't want old children's stories, so she told the age-old tales of a common household item: how the tea cup, and with it porcelain, is made. Many stories would finish with a prelude to the next session's lesson. For example, several chapters are devoted to the tea that goes in the above-mentioned tea cup. At the completion of each discussion the particular item was then again locked up in her treasure cupboard. This book provides a history of our basic food staples, while evoking tales of how and why certain food commodities were made abroad. It explains why tea and coffee became such a staple in the English household and how sugar and honey would be surely missed if they weren't able to sweeten these drinks so commonly desired. For example, the book begins by describing how tea cups were first made by the Chinese several millennia ago. Apparently the process of making tea cups in ancient China was a closely guarded secret amongst the potters and craftsmen knowledgeable in the art. Englishmen tried to replicate the ingenuity of the enamel, but it took them many attempts, and countless years, before they were able to duplicate the proper materials and procedure. Other stories include the picking and drying of tea leaves. The story of how coffee and mocha originated, in the small African nation of Yemen and how its cultivation spread worldwide since this region could only support a small amount. The stories included in this book include the stories of tea, sugar, coffee, salt, currants, rice, honey, and as mentioned earlier, the corner cupboard and the story of the tea-cup. With over thirty illustrated engravings and several hand-drawn depictions this old library sampler takes you back to a time in a long ago era. The stories contained in this book will certainly open up one's mind to the world around them. They are sure to enlighten anyone. A rare and classic book on the history of our most basic staples brought back into print. LA-046 • ISBN 1-59016-046-0 • 144 pages • 6 x 9 • paper • 32 illustrations • £11.95 • US\$14.95

## SHORT STORIES

**AMONG THE CAMPS: YOUNG PEOPLE'S STORIES OF THE CIVIL WAR**, by **Thomas Nelson Page**. These four short stories date from the Civil War Era. They first appeared in a nineteenth century magazine as children's stories shortly after the war. They later appeared in book format in the 1890s. Stories like these were common and often-told a century ago, but few of them have survived to the present day. These tales are timeless reminders of how enduring the human condition can be. The same issues confronting Civil War-era humanity continue, in one form or another, to this day. This book helps bridge the gap between the present and a historic period of our remote past. In the first story, a South Carolina confederate soldier who promised his children presents on Christmas day makes it home on time, only to be caught "out of uniform" by his Yankee opposition. Second up is a tale about a child's kitten that got stuck up in a tree between Civil War battle lines. The child's presence halted the fighting and brought both sides together to rescue the little one. The next story tells of a young girl who helps save and old doctor from capture by the enemy. He later helps save her life on Christmas morning. Lastly, a boy helps Confederate soldiers steal into enemy camp. After the attack is discovered, a horse escapes which the boy and his friend recapture. They are accused of thievery, but are later given the horse. These are but a few of the stories that circulated "Among the Camps" during the Civil War. Let this book take you on a trip back in time to that nostalgic era. Thomas Nelson Page is best known for the charming children's story "Two Little Confederates," a best seller at the turn of the century. The scenes from these newer stories of Civil War life are set in Virginia and told with a great deal of vivacity, feeling and humor. They are interesting, not only as stories that will entertain young readers, but as accurate pictures of life in Virginia during the Civil War. LA-023 • ISBN 1-59016-023-1 • 163 pages • 6 x 9 • paper • illustrated • £12.95 • US\$15.95

**A LITTLE BOOK OF PROFITABLE TALES**, by **Eugene Field**. This little book of profitable tales was written to stimulate the mind. Many of these stories can be read to children, whereas all of them are suitable for adults. This book doesn't deal with profits, but with how one can improve oneself. There are tales of Christmas and how some don't "believe" in it. In another story, a Norseman sails the high seas to find a wife. And another on simple words of nature and how the trees, flowers, birds, streams and wind get along. The stories are fictional, but are easy to interpret, so they would be easy for young ones to understand. This book also talks of death, but in an easy way. It talks about how a little boy enjoys life with a dog, a red-headed woodpecker, a yellow bird, a woodchuck and a flower, and then suddenly dies, but it's a happy story. Many of these tales were most likely near accounts of the way life was more than a hundred years ago. Another young boy was akin to his mother. She doted on him all of the time, although his father didn't have much in common with him. There's also a funny tale of how an encyclopedia salesman would sell door-to-door. Within this book is a conglomeration of many different subjects that are contained in a variety of distinct tales, even though some of the tales are similar. A few of the stories involve mythological characters such as fairies, elves, brownies, pixies and gnomes. A few chapters reflect the spoken language of the late nineteenth century, showing the trials and tribulation of that distant time. While most of these stories date from the late 1800s, at least one dates to an earlier period, being written in the Olde English way. LA-470 • ISBN 1-59016-470-9 • 243 pages • 6 x 9 • paper • illustrated • £16.95 • US\$19.95

## SPORTS AND ATHLETICS

**GREEK ATHLETICS**, by **F.A. Wright**. This book describes the fascination and admiration that the Greeks had for the human body. As they built and strengthened their bodies for sport, the ultimate goal was to prepare for war, and of course — for the love of it. An ancient Greek was more interested in the health of his own body more than anything else, even making money. Their thought process of the human body was that it was to be preserved. By today's standards, the effort that they took to condition, train and take care of their bodies is nearly unparalleled throughout much of the past millennia. By today's standards, the efforts that they took to condition, train and take care of their bodies are nearly unparalleled throughout much of the past several millennia. While being written through the eyes of an Englishman in 1925, this book described the activities of sport and how it affected a Greek person throughout his life. Many people think that the subjects in Greek statues were simply posing for the artisan, when in fact they are real and true examples of what a Greek body was trained for. This book begins with the Olympics starting in 776 B.C.E. and shows how the separate states, notably Sparta and Athens, viewed these first contests. The state of Athens believed athletics were too specialized while Sparta thought of them as not specialized enough. The Athenian thinking that constant athletics coarsened the body at the expense of general grace and the ready nimbleness of the mind and limb. Near the beginnings of the Olympia, Sparta had reasons for withdrawal. Sparta was more interested in winning as a whole, as opposed to awards for individual athletes, as we practice today. Back in Roman times, the main concern was keeping up with mil-

## SPORTS AND ATHLETICS

itary training rather than the specialized professional athlete. These Olympic games continues for twelve-hundred years and showed the beginnings of many sports, especially wrestling and boxing. Even a form of hockey and games involving throwing a small ball were played. In order to fully grasp the Greek mentality towards athletics, it is important to understand how children were raised in sport and on into manhood, to at last show their staunch power, as an Olympic athlete. Children were not only taught appropriate poise and stature, but also how to stand for long periods of time and how to walk and carry oneself properly. To be an athlete was the epitome of Greek society. They were forever cherished and revered, assuming their agile exploits were successful. LA-295 • ISBN 1-59016-295-1 • 123 + 8 illustrated pages • 6 x 9 • paper • illustrated • £10.95 • US\$13.95

## IMPORTANT NOTICE

Publication date for these books: April 2002. Check Amazon.com or call us for pending availability.

## UPCOMING CONFERENCES

The **International UFO Congress** holds a twice-yearly, week long conference and film festival on UFOs and a variety of other subjects. People attend from around the world and it is considered the best conference of its kind. For additional information visit [www.ufocongress.com](http://www.ufocongress.com) or call 1 (303) 543-9443 for a free brochure.

The **Bay Area UFO Expo** and Conference hold an annual conference in the fall each year. For information and a free program guide call 1 (408) 266-4749 or visit [www.bayareaufoexpo.com](http://www.bayareaufoexpo.com)

**Conspiracy Con** holds it's conference Memorial Day weekend each year. For information and a free program guide call 1 (408) 266-4749 or visit [www.conspiracy-con.com](http://www.conspiracy-con.com)

The **Bay Area Consciousness Network** holds its annual conference the first weekend in November each year. For information visit [www.bacn.org](http://www.bacn.org)

Cosmic Connections conducts the **Sedona Earth Mysteries Conference** in the Fall of each year. For more information or a free program guide visit <http://people.delphi.com/sedonaconf/> or call 1 (520) 204-1962

Adventures Unlimited holds its **World Explorers Club Ancient Mysteries Conference** in Kempton, IL twice a year, Fall and Spring. For more information or a program guide and a free book catalog visit [www.wexclub.com/upcoming.html](http://www.wexclub.com/upcoming.html) or call 1 (815) 253-6390

The **Northwest UFO Paranormal Conference** is held every Memorial Day weekend. For more information or a free program guide visit [www.seattlechatclub.com](http://www.seattlechatclub.com) or call 1 (206) 329-1794

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