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The study delineates interrelationships between the thermal environment, specially the prolonged seasonal heat stress, and human life and culture in North India. The subject is first treated historically, with a survey of the ideals and behavior of man's adaptation to the climate in ancient and medieval India, and in colonial Anglo-Indian society. Present-day adaptations to the climate, as reflected in housing, clothing, technology, daily regimen, and diet are described and examined in greater detail. The second part of the report centers on heat injuries, with a survey of their worldwide epidemiology, and statistics and maps showing their incidence since 1960 in the state of Uttar Pradesh. The folk beliefs, concepts and therapy which are generally applied in rural North India to the occurrence of heat injuries are described and examined. Appendices further describe the recognized heat disorders and the scientific indices for assessing comfort and heat stress. (Author). Eco-Resorts is a design guide for low impact, environmentally friendly tourist resorts in the tropics. The book is the first to offer architects practical, detailed guidance in developing resort buildings that work with a tropical climate and meet the needs and expectations of the client and building inhabitants. The book includes both architectural design and material solutions, supported by theoretical principles, to present a sustainable approach to resort design. It demonstrates that tropical resort buildings do not necessarily require large energy input, in compliance with green building standards. Case studies show how principles of sustainable design have been successfully applied in tropical environments. * Written by an industry insider with practical design experience, knowledge and expertise. * Demonstrates design practices related to site planning and layout, and re-assesses best practices for a tropical environment, allowing architects to apply design principles to their own projects. * Includes international case studies from several countries to illustrate best practice from a variety of tropical climate destinations around the world. Z (Zbigniew) Bromberek, PhD, is an architect educated and registered in Poland, and postgraduate-educated and residing in Australia. Z has been practising and teaching architecture for nearly 30 years. He has been involved and associated with various educational institutions and professional organizations in a number of countries around the world. Before the current appointment as Senior Lecturer in Architecture at the University of Tasmania, Z spent three years as Lecturer in Environmental Design at the University of Queensland, and two years as Guest Professor in Architectural Design in Nanjing, PR China. He was also the President of the Architectural Science Association ANZAScA for three consecutive terms in 2000-05. Z's major research interests include design-environment interaction, low-impact architecture and re-integration of architecture as an expression of a multi-disciplinary approach to design. Celebrate the 25th anniversary of this Newbery and Coretta Scott King Honoree about a hilarious family on a road-trip at one of the most important times in America's history. This special edition makes a perfect gift and includes bonus content! Enter the hilarious world of ten-year-old Kenny and his family, the Weird Watsons of Flint, Michigan. There's Momma, Dad, little sister Joetta, and brother Byron, who's thirteen and an "official juvenile delinquent." When Byron gets to be too much trouble, they head South to Birmingham to visit Grandma, the one person who can shape him up. And they'll be in Birmingham during one of the darkest moments in America's history. "Every so often a book becomes a modern classic almost as soon as it arrives on bookshelves. That happened in the mid-'90s when Christopher Paul Curtis released his first book, *The Watsons Go to Birmingham--1963*." --NPR "One of the best novels EVER." --Jacqueline Woodson, Newbery Honor and National Book Award-winning author of *Brown Girl Dreaming* Are rooms of your house uncomfortable or unusable at different times of the year? Is your home drafty in winter? Do you get hit with a wave

of heat walking upstairs in summer? Are mold or pests frequent problems in your home? Do you get big icicles in winter? Do you suspect your home is making you sick? Do you sleep better out of your house? Do you have a damp, dank basement? How about air quality problems like dust or odors? Are you ready to solve those problems? Then this book is for you. Before you can solve a problem, you need to understand what is causing the problem. This book explains how your home actually works so you can address root causes, not symptoms. We've seen far too many folks waste thousands of dollars addressing the wrong problem. Armed with this book, you can find the right pros to solve problems, understand if the work was done right, and even DIY many things yourself. This is the book I wish I had when I entered the Home Performance field. It connects theory to action and shows real world examples of work being done and the results achieved. It assumes you're a building science novice as well as smart and willing to learn. You'll learn about how your home works, what to look for in a new heating and cooling (HVAC) system, what kinds of insulation work best and why, how to choose and install the right bath fan, and more. Everything in this book is backed up by field experience, data, and an overwhelming passion to do things right the first time.

It's 1997 at a mountaintop observatory in Southern California where spacecraft navigator Harris Mitchel and astronomer Diana Muse-Jones discover a dangerous asteroid which may hit the earth within two decades. As the asteroid tumbles through space towards an uncertain impact, Harris and Diana fight bitterly over how to announce their discovery. When Harris goes public to a skeptical world—at the cost of his and Diana's careers—he sends their already turbulent relationship into a blaze of conflicting passions. As his notoriety builds, a fanatical preacher and his unhinged followers stalk him while an obnoxious radio personality provides disruptive help. Harris becomes an unwilling Pied Piper for his own overzealous followers hungry for belief and eager for guidance into an uncertain and tumultuous future. In this science fiction drama the characters battle each other in contests of Damn your world view! against a background of hard science, religion, romance, metaphysical speculation, and the forces of nature versus human passions and dreams. Meanwhile an asteroid hurtles through the solar system and global salvation or disaster hangs in the balance. "A courageous and visionary work ... an instant classic." BlueInk Reviews

Growing up with an excellent cook for a mother, Huong Dishian loved dining on traditional Vietnamese meals, as well as American favorites. Though Dishian loved eating the foods, she was less than enthusiastic about cooking the delicious delicacies of her mother. Her aversion to cooking did not diminish until her son was diagnosed with autism. After countless hours of researching for answers about her son's condition, she and her husband decided to place their child on the recommended gluten free, casein free, soy free, and yeast free diet. DISHIAN took on the role of cook, finding ways to help her children be healthy, as well as enjoy their food! In Living Free Solutions, you will learn ways to make everyday favorites like lasagna, chicken nuggets, and corndogs. As well as Asian dishes dishes such as egg rolls, Pho Noodle soup, and No-Soy Teriyaki Chicken Kabobs! With Dishian's help, your child—and family—can enjoy delicious, flavorful food while keeping with the GFSFCFYF diet! An inspiring instructional handbook for transforming idealism into social change

The pursuit of freedom and justice is a timeless one, but new activists may not know where to begin, while more experienced ones often become jaded or fatigued. The task of constructing a new society, free from oppression and inequality, can be overwhelming. Tools for facilitating motivation, engagement, and communication can mean the difference between failure and success for activists and social movements. Educating for Action collects the voices of activists whose combined experience in confronting injustice has generated a wealth of key insights for creating social change. This practical guide explores such topics as: Community activism and direct democracy Conflict negotiation, communication, and rhetoric Law, the educational system, and lifestyle activism Social media skills, conference planning, and online organizing

Written in an inspirational tone, Educating for Action consciously straddles the line between street activism and classroom instruction. Bridging the gap between these two worlds makes for an engaging and instructive manual for social justice, helping students, teachers, and larger activist communities turn their idealism into action. Jason Del Gandio is a scholar-activist and assistant professor of rhetoric and public advocacy at Temple University. He is the author of Rhetoric for Radicals: A Handbook for 21st Century Activists . Anthony J. Nocella II is a scholar-activist and senior fellow of the Dispute Resolution Institute at the Hamline Law School. He is a long-time anti-racism, youth justice, prison abolition, hip hop, animal, disability, and Earth liberation activist and has published over fifty scholarly articles and book chapters and sixteen books. Jump jockey Harry Radcliffe is forced to turn reluctant sleuth yet again in the fourth of this fast-paced, highly entertaining racing mystery series. Champion jockey Harry Radcliffe is reeling from the knowledge that his recent attempt to solve a murder led to horse-box driver John Dunston's suicide. Or did it? A letter handed to Harry at John's funeral suggests all is not as it seems, and Harry is soon plunged into another dangerous investigation. Not every immigrant who came to America went from rags to riches. Benjamin Vinars parents grew up in comfortable circumstances in a town called Ostrog in the Ukraine, but their circumstances quickly changed with the bloody arrival of World War I and the Russian

Revolution. They barely made it out alive, escaping to the United States, where they settled in Rock Island, Illinois. Benjamin's parents often reminisced at the dinner table about the Ostrog of their youth, a largely Jewish community of roughly eight thousand souls. Meanwhile, their life in the American Midwest was a constant struggle. As a child Benjamin saw his father use all his strength to move iron stoves and massive oak furniture about his secondhand store to eke out a living. As Benjamin grew up, his peers deserted earlier ways, and the once-vibrant Jewish community declined as his generation deserted their grandfathers' ways en masse. It was already fading out of existence by the time he went to law school. In *My Little Life*, he breathes life back into what's been lost, celebrating his Jewish heritage and sharing an important historical account, while intricately exploring the mindset that his upbringing produced in him.

PCMag.com is a leading authority on technology, delivering Labs-based, independent reviews of the latest products and services. Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology. How often did our ancestors bathe? How often did they wash their clothes and change them? What did they understand cleanliness to be? Why have our hygienic habits changed so dramatically over time? In short, how have we come to be so clean? *The Clean Body* explores one of the most fundamental and pervasive cultural changes in Western history since the seventeenth century: the personal hygiene revolution. In the age of Louis XIV bathing was rare and hygiene was mainly a matter of wearing clean underclothes. By the late twentieth century frequent - often daily - bathing had become the norm and wearing freshly laundered clothing the general practice. Cleanliness, once simply a requirement for good health, became an essential element of beauty. Beneath this transformation lay a sea change in understandings, motives, ideologies, technologies, and practices, all of which shaped popular habits over time. Peter Ward explains that what began as an urban bourgeois phenomenon in the later eighteenth century became a universal condition by the end of the twentieth, touching young and old, rich and poor, city dwellers and country residents alike. Based on a wealth of sources in English, French, German, and Italian, *The Clean Body* surveys the great hygienic transformation that took place across Europe and North America over the course of four centuries. Have you ever taken the time to ask God some important questions about life or personal matters, or just asked for a little help in understanding the Bible? These are real questions from people of all walks of life; some of these questions are of a serious nature, and some are challenges to faith. I believe God has helped me to answer them from a biblical perspective. My own rocky walk through this valley of the shadow of death has taught me many things. Even as a Christian who has learned to rely on God, I still have my challenges; however, I can say with some confidence that the Lord is indeed my shepherd, and the answers I provide in this book come from that experience. My hope is that you will be awakened to deeper things and greater understanding of the God who loves you. Some topics of interest: Studying and Comprehending the Bible Prayer Morality Christianity Jesus Church Theology Other Religions Spiritual Gifts and the Supernatural Science and the Bible Sex, Marriage, and Relationships This essential reference guide to strategies and solutions for urban planning in hot arid environments reflects the journey toward many cities, towns and villages in Iran, which are documented and presented in the form of case studies and comparative analysis. It is the outcome of extensive research on the influence of historical, cultural and climatic factors on urban spatial forms and rural complexes in Iran's Hot Arid Zone. The environment of the Hot Arid Zone offers valuable insights into how to overcome historical difficulties, how to endure harsh climatic conditions, how to be innovative and creative in responding to problems in new ways, and how to utilize natural energy sources. Considerable attention is given to the recognition of values, current problems and the renewal of traditional fabrics, urban blocks and traditional buildings. Important aspects in both academic education and in the urban design profession include traditional urban structures and traditional approaches to using natural energy as a creative process that is continuously changing and renews itself over time - a dynamic characteristic from which we can glean many lessons for the future. This book is based on a book previously published by the author in Persian. This version is an extensively revised version. Growing up, I was told never to ask my Dad about his time overseas in World War II. After his passing in July 2003, my mother came across an old shoe box that had been pushed to the back of his closet. Upon opening the box, she found over one hundred letters he had written to her while stationed in Europe. After reading a few letters it became quite clear why he never wanted to talk about the war. Although censored, these letters spoke of his love for my Mother, his belief in God and his wanting to come home. Particularly difficult to read is his account of where he was and what he did as a soldier in Europe. This handbook holistically summarises the principles for the energy retrofitting of historic buildings, from the first diagnosis to the adequately designed intervention: preservation of the historic structure, user comfort, and energy efficiency. The content was developed by an interdisciplinary team of researchers. The wide range of different expertise, design examples, calculations, and measuring results from eight case studies makes this manual an indispensable tool for all architects, engineers, and energy consultants. More than 2,000 ingenious, truly useful tips and tricks for the home

handyman. Each brief, self-contained entry gives some vital shop-tested shortcut or proven trouble-saver that can help you make the difference between a botch-up and a job well done. Their mission was at an end. Suffering the price of their failure, the companions are divided. Undeterred in her quest for redemption, Kariayla, followed by Jinx and Ruby, pursues the deadly stone in a seemingly futile mission. Hawkwing and Arcturus seek the infamous White Demon, who has managed to escape the Priagent's grip. Priagent Rashir Diemh has never been closer to his goal. Possessing both the Ravenstone and the powerful cantalere known as Whitestar, a second Cataclysm is imminent. Yet even he is driven by another—a darker force that has yet to reveal itself. The Ravenstone's ominous Shadow obscures the fate of Secramore, and unless the threat is vanquished, none will be spared the curse of its darkness. More than 1 million viewers in Canada watch Mike Holmes' television show, *Holmes on Homes*, every week. Thousands more see him at his personal appearances and visit his website, looking for advice on reno-gone-wrong. Mike Holmes is Canada's most trusted contractor, a crusader with a mission to expose botched renovations—and now the author of a bestselling book that has shipped over 60,000 copies in its hardcover edition. Mike has taken his professional expertise and tell-it-like-it-is style and turned it into the guide no homeowner should be without. *Make It Right* walks readers through a renovation from start to finish, from the process of finding a reliable contractor to understanding the legalities of renovation. Mike explains the inner workings of a house, covers the most popular reno projects and describes the most common pitfalls. Packed with informative sidebars, checklists, diagrams and photographs, all showing what to expect from contractors and tradespeople, and how to keep every reno running on time and on budget, *Make It Right* is the book you need to read before you plan a renovation. Be smart. Take charge. Get it right the first time. Three broad sectors of the economy are generally recognized as key to a low carbon future: energy, construction and transportation. Of these, carbon management in the built environment remains the least well-studied. This much-needed book brings together the latest developments in the field of climate change science, building design, materials science, energy and policy in a form readily accessible to both students of the built environment and practitioners. Although several books exist in the broad area of carbon management, this is the first to bring together carbon management technology, technique and policy as they apply to the building sector. Clear and succinct sections on the overarching principles, policies, approaches and technologies are combined with case studies and more in-depth coverage of the most relevant topics. It explains how to produce a simple carbon footprint calculation, while also being an informative guide for those developing or implementing more advanced approaches. This easy to read book is the ideal primer for anyone needing to get to grips with carbon management in the built environment. "War Bonds" is part novel, part history book, part mystery, part love story - in other words, a book to satisfy just about anyone who loves a good read. With a cast of rich and likeable characters, the writers weave a tale of intrigue and suspense. This is the story of how two unlikely friends - Jack and Russ - thrown together during one of history's greatest battles - not only survive, but also live to collaborate yet again on an even greater endeavor. In a God-directed journey through the United States and beyond, Jack and Russ - with their humorous and stubborn wives always standing by them if not with them - discover for themselves the principles on which our founders based this nation. Some of the discoveries they make and the dreams they dream confound them and us, the reader, but be patient. The surprise ending will be worth the wait! Strap on some curiosity, some courage and some perseverance - and join Jack and Russ on the trip of a lifetime! -Carolyn Kimmel, journalist

Presents easy-to-accomplish home repairs in question-and-answer format, divided into three sections--exterior, interior, and electromechanicals--covering such topics as plumbing, heating, landscaping, windows, doors, and roofs. Popular Mechanics inspires, instructs and influences readers to help them master the modern world. Whether it's practical DIY home-improvement tips, gadgets and digital technology, information on the newest cars or the latest breakthroughs in science -- PM is the ultimate guide to our high-tech lifestyle.

Eudora Welty and Surrealism surveys Welty's fiction during the most productive period of her long writing life. The study shows how the 1930s witnessed surrealism's arrival in the United States largely through the products of its visual artists. Welty, a frequent traveler to New York City where the surrealists exhibited and a keen reader of magazines and newspapers that disseminated their work, absorbed and unconsciously appropriated surrealism's perspective in her writing. In fact, Welty's first solo exhibition of her photographs in 1936 took place next door to New York's premier venue for surrealist art. In a series of readings that collectively examine *A Curtain of Green and Other Stories*, *The Wide Net and Other Stories*, *Delta Wedding*, *The Golden Apples*, and *The Bride of the Innisfallen and Other Stories*, the book reveals how surrealism profoundly shaped Welty's striking figurative literature. Yet the influence of the surrealist movement extends beyond questions of style. The study's interpretations also foreground how her writing refracted surrealism as a historical phenomena. Scattered throughout her stories are allusions to personalities allied with the movement in the United States, including figures such as Salvador Dal', Elsa Schiaparelli, Caresse Crosby, Wallace Simpson, Cecil Beaton, Helena Rubinstein, Elizabeth Arden, Joseph

Cornell, and Charles Henri Ford. Individuals such as these and others whom surrealism seduced often lead unorthodox and controversial lives that made them natural targets for moral opprobrium. Eschewing such parochialism, Welty borrowed the idiom of surrealism to develop modernized depictions of the South, a literary strategy that revealed not only cultural farsightedness but great artistic daring. Rev. ed. of: First aid/CPR/AED for schools and the community. 3rd ed. c2006. Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better. Casting a wide net through history and sleep problems, Dr. Cheney examines and authoritatively demonstrates the siren song of sleep is not just an individual's problem but a societal problem. This book is rich in surprising information about drowsy drivers, putting children to sleep, physicians in training, pilots, firefighters, military, police officers, truck drivers, shift workers, and sleep-inducing foods. Songs, poems, fairy tales, movies, literature, and recipe ideas from famous people make it more fascinating. An updated edition of a standard in its field that remains relevant more than thirty years after its original publication. Over thirty years ago, sociologist and University of California, Berkeley professor Arlie Hochschild set off a tidal wave of conversation and controversy with her bestselling book, *The Second Shift*. Hochschild's examination of life in dual-career households finds that, factoring in paid work, child care, and housework, working mothers put in one month of labor more than their spouses do every year. Updated for a workforce that is now half female, this edition cites a range of updated studies and statistics, with an afterword from Hochschild that addresses how far working mothers have come since the book's first publication, and how much farther we all still must go.

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