

Power Bars

The original nutrition bar from Berkeley is still the best. On the mountain, on airplanes, or on a random weary afternoon at work, a Power Bar is the clearest pickup my body answers to. I buy 'em by the case.

—SB

Power Bars

By the case, Any warehouse store, like Costco



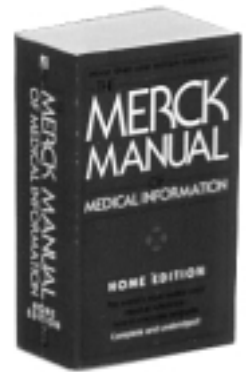
The Merck Manual of Medical Information Home Edition

Frankly, most medical compendiums for the home suck. The only remotely useful book for lay people has been the Merck Manual, long the standard of information in doctor's hands. But while the Merck Manual contains the kind of detailed and reliable info you really need, it is tough to decipher its jargon and medical logic. That's why this hefty paperback is so fantastic. It has the same intelligent, no-nonsense, unadulterated material, but presented in a much friendlier, easier-to-parse style. And it's cheap. In our family we keep the standard Merck as backup, but most times all we need is the Home Edition.

—KK

The Merck Manual of Medical Information

Home Edition
Robert Berkow, Ed.
1997, 1,620 pages
\$8
Pocket Books

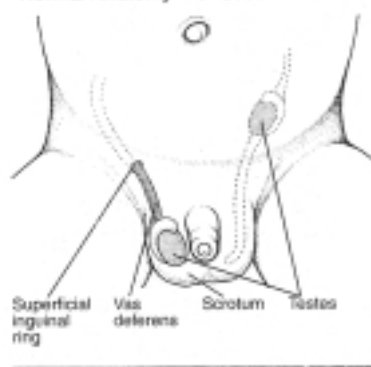


Examination of Vocal Cords

Examination Findings



Normal Anatomy Undescended Testis



A Child With Mumps

A child with mumps will likely develop a tender swelling between the ear and the angle of the lower jaw.



Bell's Palsy Paralyzes One Side of the Face

