

Waterlog

The dramatic story of the four courageous female swimmers who captivated the world in the summer of 1926. Despite the tensions of a world still recovering from World War I, during the summer of 1926, the story that enthralled the public revolved around four young American swimmers-Gertrude Ederle, Mille Gade, Lillian Cannon, and Clarabelle Barrett-who battled the weather, each other, and considerable odds to become the first woman to conquer the brutal waters of the English Channel. The popular East Coast tabloids from New York to Boston engaged in rivalries nearly as competitive as the swimmers themselves; each backed a favorite and made certain their girl-in bathing attire-was plastered across their daily editions. Just as Seabiscuit, the little horse with the big heart, would bring the nation to a near standstill when he battled his rival War Admiral in 1938, this quartet of women held the attention of millions of people on both sides of the Atlantic for an entire summer. Gavin Mortimer uses primary sources, diaries, interviews with relatives, and contemporary reports to paint an unforgettable portrait of a competition that changed the way the world looked at women, both in sport and society. More than an underdog story, The Great Swim is a tale of perseverance, strength, and sheer force of will. A portrait of an era that is as evocative as Cinderella Man, this is a memorable story of America and Americans in the 1920s.

In this stunning and inspiring guide, Kate Rew, founder of the Outdoor Swimming Society, takes you on a wild journey across Britain, braving the elements to experience first-hand some of the country's most awe-inspiring swim spots, from tidal pools in the Outer Hebrides to the white-sand beaches of the Isles of Scilly. Waterfalls, natural jacuzzis, sea caves, meandering rivers - every swim is described in loving detail, taking in not only the gleeful humour of each mini-adventure and the breathtaking beauty of the surroundings, but also practical information about how to find these remote spots. Featuring evocative photography from Dominick Tyler, this is a must-have book for serious swimmers and seaside paddlers alike, and is perfect for the outdoors enthusiast in your life.

Is there anything quite so exhilarating as swimming in wild water? This is a joyful swimming tour of Britain, a frog’s-eye view of the country’s best bathing holes – the rivers, rock pools, lakes, ponds, lochs and sea that define a watery island. Charming, funny, inspiring, an assertion of the native swimmer's right to roam, a celebration of the magic of water – this book will indeed make you want to strip off and leap in. Selected from the book Waterlog by Roger Deakin VINTAGE MINIS: GREAT MINDS. BIG IDEAS. LITTLE BOOKS. A series of short books by the world’s greatest writers on the experiences that make us human Also in the Vintage Minis series: Eating by Nigella Lawson Liberty by Virginia Woolf Summer by Laurie Lee Desire by Haruki Murakami RACR is a series of biennial international conferences on risk analysis, crisis response, and disaster prevention for specialists and stakeholders. RACR-2015, held June 1-3, 2015 in Tangier, Morocco, was the fifth conference in this series, following the successful RACR-2007 in Shanghai (China), RACR-2009 in Beijing (China), RACR-2011 in Laredo (US

Signs of Water

Notes from Walnut Tree Farm

The Waterlog Years

Stress Tolerance in Horticultural Crops

Waterlogged

I Found My Tribe

The British journalist explores self-healing in wild waters across the UK—from Yorkshire to Jura and Wales—in this "genuine and refreshing nature memoir" (Kirkus Reviews). Following the example of naturalist Roger Deakin in his classic memoir Waterlog, journalist Joe Minihane b swimming and its restorative qualities. Putting one arm over the other, sometimes resting on his back, he begins to confront his personal demons while rekindling old friendships and forging new ones. Through Minihane's thoughtful description, the act of swimming becomes bot wild water puts him in touch with nature and himself. From Hampstead to Yorkshire, from Dorset to Jura, from the Isles of Scilly to Wales, Floating is a love letter to different wild stretches of water. But it also captures Minihane's struggle to understand his life and move forward. authoritarian and naturalistic spirit of Roger Deakin, Minihane celebrates the joy of taking time out to feel better.

'Lovely, lively, passionate... a celebration of nature's ability to inspire healing and joy' Robert MacFarlane In the breaststrokes of Roger Deakin's Waterlog, this is the story of one man's search for himself across the breadth of Britain's wild waters. Joe Minihane became obsessed with way it soothed his anxiety, developing a new-found passion by following the example of naturalist Deakin in his own swimming memoir. While fighting the currents - sometimes treading water Minihane swims to explore, to forget, to find the path back to himself through nature sky he finally begins to find his peace. Floating is a remarkable memoir about a love of swimming and a deep appreciation for the British countryside: it captures Minihane's struggle to understand himself, and the healing properties of wild stretches of water. From Hampstead to Isles of Scilly to Wales, Minihane uses Waterlog to trace his own path by diving right in.

This work reflects preoccupations with the threats posed to our environment due to climatic factors, major and natural hazards of all kinds and demographic influences. Topics covered include land surface processes, coastal zones and atmospheric risks. The region of Central and Eastern Europe has a rich and long history in cart- raphy. Many important improvements in mapping and cartography have been proposed and performed by cartographers and researchers of that region. The long and outstanding history has led to a lively contemporary methods for depicting the earth and its cultural and natural attributes are used. This book focuses on the contemporary activities in all major realms of cartography in Central and Eastern Europe. It covers aspects of theoretical, topographical, thematic and multimed been presented at the first Symposium on Cartography for Central and Eastern Europe, which took place from February 16th to 17th, 2009 in Vienna, Austria and was organized by the International Cartographic Association (ICA) and the Vienna University of Technology. The sym together cartographers, GI scientists and those working in related disciplines from CEE with the goal of offering a platform for discussion and exchange and stimulation of joined projects. About 130 scientists from 19 countries followed the invitation and visited Vienna, Austria. contributions is edited in this book and is meant as a mirror of the wide range of activities in the realm of cartography in this region. The innovative and contemporary character of these topics has lead to a great variety of interdis- pinary contributions. Topics cover an enormous ships to the main book issues.

The Serious Problem of Overhydration in Endurance Sports

Challenges and Mitigation Strategies

Waterlog, the Beach Series : [exhibition] November 1-December 31, 2005, Reception, November 3, 6-8 Pm

Emerging Economies, Risk and Development, and Intelligent Technology

A Swimmer's Journey Through Britain

Waterlog 101

The preservation of waterlogged organic materials has transformed our understanding of the historic environment. Their study involves the collaboration of many different disciplines from within the heritage sector. This guidance is aimed at anyone planning for or working with waterlogged organic artefacts, including archaeological curators, archaeologists and specialists (finds specialists, environmental archaeologists and conservators). This guidance will help the reader appreciate the information and research potential waterlogged organic artefacts can offer. It will briefly describe material conditions and commonly applied conservation techniques, in order for people less familiar with these situations to make the right decisions when commissioning work. For practitioners in the field, it contains useful advice on lifting, storage and packaging. The chapter on analytical techniques highlights areas for further research. Case studies and specialist views are provided to illustrate the principles with real-life scenarios.

Inspired by John Cheever's classic short story, "The Swimmer," Roger Deakin set out from his moat in Suffolk to swim through the British Isles. The result of his journey is a maverick work of observation and imagination. "From the Trade Paperback edition.

First published 1968. John Hillaby recounts his famous walk from Land's End to John O'Groats

SHORTLISTED FOR THE SAMUEL JOHNSON PRIZE 2015 SHORTLISTED FOR THE WAINWRIGHT PRIZE 2016 Landmarks is Robert Macfarlane's joyous meditation on words, landscape and the relationship between the two. Words are grained into our landscapes, and landscapes are grained into our words. Landmarks is about the power of language to shape our sense of place. It is a field guide to the literature of nature, and a glossary containing thousands of remarkable words used in England, Scotland, Ireland and Wales to describe land, nature and weather. Travelling from Cumbria to the Cairngorms, and exploring the landscapes of Roger Deakin, J. A. Baker, Nan Shepherd and others, Robert Macfarlane shows that language, well used, is a keen way of knowing landscape, and a vital means of coming to love it. Praise for Robert Macfarlane: 'He has a poet's eye and a prose style that will make many a novelist burn with envy' John Banville, Observer "I'll read anything Macfarlane writes" David Mitchell, Independent 'Every movement needs stars. In [Macfarlane] we surely have one, burning brighter with each book.' Telegraph '[Macfarlane] is a godfather of a cultural moment' Sunday Times

Guidelines on Their Recovery, Analysis and Conservation

Absorption and Drug Development

Haunts of the Black Masseur

A Memoir

Emerging Technologies with High Impact for Ocean Sciences, Ecosystem Management, and Environmental Conservation

The Rings of Saturn

A classic of nature writing beloved by Rachel Carson, Ted Hughes, and Thomas Hardy. Tarka the Otter is one of the defining masterpieces of modern nature writing, a model for books like J. A. Baker’s The Peregrine that seek to transcend the boundaries between the human and the animal worlds. Henry Williamson’s tale of the struggle for survival draws on his years of observing otters in the wild. It is also thought to reflect his traumatic experiences in the First World War.

Water is more important than ever before. It is increasingly controversial in direct proportion to its scarcity, demand, neglect, and commodification. There is no place on the planet where water is not, or will not be, of critical concern. Signs of Water brings together scholars and experts from five continents in an interdisciplinary exploration of the theoretical approaches, social and political issues, and anthropogenic hazards surrounding water in the twenty-first century. From the kitchen taps of Detroit, Michigan to the water-harvesting infrastructure of Tokyo, from the Upper Xingu Basin of Brazil to the Sunda Deep of the Java Trench, these essays flow through time and place to uncover the many issues surrounding water today. Asking key theoretical questions, exposing threats to vital water systems, and proposing paths forward, Signs of Water brims with histories, ontologies, and political struggles. Bringing together local experiences to tell a global story, it centers water as history, as politics, and as a human right.

Stress Tolerance in Horticultural Crops: Challenges and Mitigation Strategies explores concepts, strategies and recent advancements in the area of abiotic stress tolerance in horticultural crops, highlighting the latest advances in molecular breeding, genome sequencing and functional genomics approaches. Further sections present specific insights on different aspects of abiotic stress tolerance from classical breeding, hybrid breeding, speed breeding, epigenetics, gene/quantitative trait loci (QTL) mapping, transgenics, physiological and biochemical approaches to OMICS approaches, including functional genomics, proteomics and genomics assisted breeding. Due to constantly changing environmental conditions, abiotic stress such as high temperature, salinity and drought are being understood as an imminent threat to horticultural crops, including their detrimental effects on plant growth, development, reproduction, and ultimately, on yield. This book offers a comprehensive resource on new developments that is ideal for anyone working in the field of abiotic stress management in horticultural crops, including researchers, students and educators. Describes advances in whole genome and next generation sequencing approaches for breeding climate smart horticultural crops Details advanced germplasm tolerance to abiotic stresses screened in the recent past and their performance Includes advancements in OMICS approaches in horticultural crops

Roger Deakin set out in 1996 to swim through the British Isles. The result a uniquely personal view of an island race and a people with a deep affinity for water. From the sea, from rock pools, from rivers and streams, tarns, lakes, lochs, ponds, lidos, swimming pools and spas, from fens, dykes, moats, aqueducts, waterfalls, flooded quarries, even canals, Deakin gains a fascinating perspective on modern Britain. Detained by water bailiffs in Winchester, intercepted in the Fowey estuary by coastguards, mistaken for a suicide on Camber sands, confronting the Corryvreckan whirlpool in the Hebrides, he discovers just how much of an outsider the native swimmer is to his landlocked, fully-dressed fellow citizens. Encompassing cultural history, autobiography, travel writing and natural history, Waterlog is a personal journey, a bold assertion of the native swimmer's right to roam, and an unforgettable celebration of the magic of water.

Proceedings of the 21st EARSeL Symposium, Paris, France, 14-16 May 2001

Waterlogged Organic Artefacts

Solubility, Permeability, and Charge State

Between Earth and Paradise

Nanobiotechnology

The Swimmer as Hero

An award-winning scientist offers his unorthodox approach to childrearing: “Parentology is brilliant, jaw-droppingly funny, and full of wisdom...bound to change your thinking about parenting and its conventions” (Amy Chua, author of Battle Hymn of the Tiger Mother). If you’re like many parents, you might ask family and friends for advice when faced with important choices about how to raise your kids. You might turn to parenting books or simply rely on timeworn religious or cultural traditions. But when Dalton Conley, a dual-doctorate scientist and full-blown nerd, needed childrearing advice, he turned to scientific research to make the big decisions. In Parentology, Conley hilariously reports the results of those experiments, from bribing his kids to do math (since studies show conditional cash transfers improved educational and health outcomes for kids) to teaching them impulse control by giving them weird names (because evidence shows kids with unique names learn not to react when their peers tease them) to getting a vasectomy (because fewer kids in a family mean smarter kids). Conley encourages parents to draw on the latest data to rear children, if only because that level of engagement with kids will produce solid and happy ones. Ultimately these experiments are very loving, and the outcomes are redemptive—even when Conley’s sassy kids show him the limits of his profession. Parentology teaches you everything you need to know about the latest literature on parenting—with lessons that go down easy. You’ll be laughing and learning at the same time.

In a masterful work of cultural history, Charles Sprawson, himself an obsessive swimmer and fluent diver, explores the meaning that different cultures have attached to water, and the search for the springs of classical antiquity. In nineteenth-century England bathing was thought to be an instrument of social and moral reform, while in Germany and America swimming came to signify escape. For the Japanese the swimmer became an expression of samurai pride and nationalism. Sprawson gives is fascinating glimpses of the great swimming heroes: Byron leaping dramatically into the surf at Shelley’s beach funeral; Rupert Brooke swimming naked with Virginia Woolf, the dark water “smelling of mint and mud”; Hart Crane swallow-diving to his death in the Bay of Mexico; Edgar Allan Poe’s lone and mysterious river-swims; Leander, Webb, Weissmuller, and a host of others. Informed by the literature of Swinburne, Goethe, Scott Fitzgerald, and Yukio Mishima; the films of Riefenstahl and Vigo; the Hollywood “swimming musicals” of the 1930s; and delving in and out of Olympic history, Haunts of the Black Masseur is an enthralling assessment of man–body submerged, self-absorbed. It is quite simply the best celebration of swimming ever written, even as it explores aspects of culture in a heretofore unimagined way.

A Mother Jones' Best Book of the Year "A beautiful ode to the act of swimming outdoors. . . . Deakin's insistence on wild swimming for all is really an insistence on a better ecosystem for all." –The Atlantic A masterpiece of nature writing, Roger Deakin's Waterlog is a fascinating and inspiring journey into the aquatic world that surrounds us. In an attempt to discover his island nation from a new perspective, Roger Deakin embarks from his home in Suffolk to swim Britain—the seas, rivers, lakes, ponds, pools, streams, lochs, moats, and quarries. Through the watery capillary network that braids itself throughout the country, Deakin immerses himself in the natural habitats of fish, amphibians, mammals, and birds. And as he navigates towns, private property, and sometimes dangerous waters and inclement weather, Deakin finds himself in precarious situations: he’s detained by bailiffs in Winchester, intercepted by the coast guard at the mouth of a river, and mistaken for a dead body on a beach. The result of this surprising journey is a deep dive into modern Britain, especially its wild places. With enchanting descriptions of natural landscapes, and a deep well of humanity, boundless humor, and unbridled joy, Deakin beckons us to wilder waters and inspires us to connect to the larger world in a most unexpected way. Thrilling, vivid, and lyrical, Waterlog is a fully immersive adventure—a remarkable personal quest, a bold assertion of the swimmer's right to roam, and an unforgettable celebration of the magic of water.

"Produced to coincide with the group exhibition 'Waterlog', this publication provides a unique overview of this multifacted touring project. Drawing inspiration from the profound sense of place of the landscape of East Anglia and the distinct literary work of W.G. Sebald, the exhibition presented a series of specially-commissioned works by Alexander and Susan Maris, Simon Pope, Marcus Coates, Tacita Dean, Guy Moreton and Alec Finlay." [Publisher's statement]. See also 'The Memorial Walks', by Simon Pope.

Swimming

On the Mahogany Trail

Cartography in Central and Eastern Europe

Models and Methods

Swamplands

Parentology

After giving up a hectic life as a journalist in Europe and Hollywood in the late 1960s to return to his boyhood love of nature, Mike Tomkies moved to Eilean Shona, a remote island off the west coast of Scotland. There he rebuilt an abandoned croft house a life of life observing nature. He tracked foxes and stags, made friends with seals and taught an injured sparrow-hawk to hunt for itself. It was the indomitable spirit of this tiny bird that taught Tomkies what it takes for any of us to be truly free. Whether he v food or battling through stormy seas in a tiny boat, he learned that he could survive in the harsh environment. This is the astonishing story of daring to take the first step away from urban routines and embracing a harsh yet immensely rewarding way of life. Tomkies to an even more remote location and inspired an acclaimed series of books on various animals and the challenges and joys of living in remote places.

The groundbreaking book that details the fundamentals of reliability modeling and evaluation and introduces new and future technologies Electric Power Grid Reliability Evaluation deals with the effective evaluation of the electric power grid and explores the plays in the planning and designing of the expansion of the power grid. The book is a guide to the theoretical approaches and processes that underpin the electric power grid and reviews the most current and emerging technologies designed to ensure reliable authors—noted experts in the field—also present the algorithms that have been developed for analyzing the soundness of the power grid. A comprehensive resource, the book covers probability theory, stochastic processes, and a frequency-based approach theoretical foundation for reliability analysis. Throughout the book, the concepts presented are explained with illustrative examples that connect with power systems. The authors cover generation adequacy methods, and multi-node analysis which includes b well as composite power system reliable evaluation. This important book:
• Provides a guide to the basic methods of reliability modeling and evaluation
• Contains a helpful review of the background of power system reliability evaluation
• Includes information sources that have the potential to create a more reliable power grid
• Addresses renewable energy sources and shows how they affect power outages and blackouts that pose new challenges to the power grid system
Written for engineering students and Power Grid Reliability Evaluation is an essential book that explores the processes and algorithms for creating a sound and reliable power grid.

Many times drugs work fine when tested outside the body, but when they are tested in the body they fail. One of the major reasons a drug fails is that it cannot be absorb by the body in a way to have the effect it was intended to have. Permeability, Solu Charged State of Ionizable Molecules: Helps drug discovery professionals to eliminate poorly absorbable molecules early in the drug discovery process, which can save drug companies millions of dollars. Extensive tabulations, in appendix format, of properties about 200 standard drug molecules.

Popular work on well-known timber species in West and Central African rain forests.

Tarka the Otter

finding hope and healing in Scotland's book town

The Great Swim

Devorgilla Days

Mitigation of Abiotic Stress in Plants

Wild Swim

This is a memoir of intense physical and personal experience, exploring how swimming with seals, gulls and orcas in the cold waters off Orkney provided Victoria Whitworth with an escape from a series of life crises and helped her to deal with intolerable loss. It is also a treasure chest of history and myth, local folklore and archaeological clues, giving us tantalising glimpses of Pictish and Viking men and women, those people lost to history, whose long-hidden secrets are sometimes yielded up by the land and sea.

In a world filled with breathtaking beauty, we have often overlooked the elusive magic of certain landscapes. A cloudy river flows into an Arctic wetland where sandhill cranes and muskoxen dwell. Further south, cypress branches hang low over dismal swamps. Places like these—collectively known as swamplands or peatlands—often go unnoticed for their ecological splendor. They are as globally significant as rainforests, yet, because of their reputation as wastelands, they are being systematically drained and degraded. Swamplands celebrates these wild places, as journalist Edward Struzik highlights the unappreciated struggle to save peatlands by scientists, conservationists, and landowners around the world. An ode to peaty landscapes in all their offbeat glory, the book is also a demand for awareness of the myriad threats they face. It inspires us to see the beauty and importance in these least likely of places. Our planet's survival might depend on it.

From the author of the acclaimed and much-loved *Waterlog* and *Wildwood*. For the last six years of his life, Roger Deakin kept notebooks in which he wrote his daily thoughts, impressions, feelings and observations. Discursive, personal and often impassioned, they reveal the way he saw the world, whether it be observing the teeming ecosystem that was Walnut Tree Farm, thinking about the wider environment, walking in his fields or on Mellis Common, or quietly contemplating his past and present life. *Notes From Walnut Tree Farm* collects the very best of these writings, capturing Roger's extraordinary, restless curiosity into the natural and human worlds, his love of literature and music, his knack for making unusual and apposite connections, and of course his distinct and subversive charm and humour. Together they cohere to present a passionate, engaged and - in spite of the worst pressures of contemporary life - optimistic view of our changing world.

AN INSPIRING STORY OF STARTING OVER 'We all need a Devorgilla Cottage somewhere in our hearts' - KIRSTY WARK 'Beautifully written' - ALEXANDER ARMSTRONG 'A magical and beautifully written memoir and so evocative of Wigtown and its landscape' - RUTH HOGAN This is a story about uncovering the things that really matter, and discovering what makes us feel alive. It is a story about finding that inner strength and resilience, and never giving up hope. Eight years ago, Kathleen Hart was diagnosed with breast cancer. Further complications led to a protracted recovery and months spent in hospital, where Kathleen had to learn how to walk again. While recuperating, she came across a small whitewashed cottage for sale in Wigtown, Scotland. Driving hundreds of miles on nothing more than a few photographs and an inkling, she bought it that very same day, and named it Devorgilla after the formidable 13th century Scottish princess. Devorgilla Days is the story of how Kathleen left behind her old life to begin again in Scotland's book capital. From renovating her cottage to exploring the seemingly quiet, but actually bustling town, she encounters a whole community of book lovers, beekeepers, artists and writers - and Lobster Fishermen. Kathleen starts wild swimming, a ritual that brings peace and clarity to her mind as her body heals. And, with the support of her virtual worldwide community who know her as PoshPedlar on Instagram, she rebuilds her life again. Heartwarming and deeply moving, Devorgilla Days is an inspiring tale of one woman's remarkable journey, a celebration of community, and a call-to-arms for anyone who has ever dreamt of starting over.

Journey Through Britain

An Island Life

Community Perspectives on Water, Responsibility, and Hope

Waterlog

Swimming with Seals

Observing Our Environment from Space - New Solutions for a New Millennium

"The WaterLog® H-3612 is a longer range version of the H-3611, which is the radar sensor that OSTEP selected for use in several operational NWLON and PORTS® water level observatories...The following report contains a description of each set of tests conducted with the WaterLog® H-3612 along with a summary of results. As discussed in the final section, all test results have led to the recommendation to use the WaterLog® H-3612 radar sensor at CO-OPS operational air gap stations where the sensor's maximum 70-m range is not expected to be exceeded"—Introduction/Background (pages 1-2).

This book provides up-to-date knowledge of the promising field of Nanobiotechnology with emphasis on the mitigation approaches to combat plant abiotic stress factors, including drought, salinity, waterlog, temperature extremes, mineral nutrients, and heavy metals. These factors adversely affect the growth as well as yield of crop plants worldwide, especially under the global climate change. Nanobiotechnology is viewed to revolutionize crop productivity in future. The chapters discuss the status and prospects of this cutting-edge technology toward understanding tolerance mechanisms, including signaling molecules and enzymes regulation in addition to the applications of Nanobiotechnology to combat individual abiotic stress factors.

WaterlogA Swimmer's Journey Through BritainRandom House (UK)

"The book is like a dream you want to last forever" (Roberta Silman, *The New York Times Book Review*), now with a gorgeous new cover by the famed designer Peter Mendelsund *The Rings of Saturn*—with its curious archive of photographs—records a walking tour of the eastern coast of England. A few of the things which cross the path and mind of its narrator (who both is and is not Sebald) are lonely eccentrics, Sir Thomas Browne's skull, a matchstick model of the Temple of Jerusalem, recession-hit seaside towns, wooded hills, Joseph Conrad, Rembrandt's "Anatomy Lesson," the natural history of the herring, the massive bombings of WWII, the dowager Empress Tzu Hsi, and the silk industry in Norwich. W.G. Sebald's *The Emigrants* (New Directions, 1996) was hailed by Susan Sontag as an "astonishing masterpiece perfect while being unlike any book one has ever read." It was "one of the great books of the last few years," noted Michael Ondaatje, who now acclaim *The Rings of Saturn* "an even more inventive work than its predecessor, *The Emigrants*."

Vintage Minis

Landmarks

Water Log

Proceedings of the 5th International Conference on Risk Analysis and Crisis Response, June 1-3, 2015, Tangier, Morocco

Electric Power Grid Reliability Evaluation

A Return to Waterlog

Water Log is a book of trajectories: stories liquidly knit around the characters of an island that are trying to keep their sense of belonging through the practice of surf, love, sex and friendship. With a felt debt to Rock'n Roll, Big Kahuna, Julio Cortázar, and the art of destructotherapy, Clemente's Log is a rebellious splash of poetic images and sensations that will leave the reader happily refreshed and eroticized.

"Drink as much as you can, even before you feel thirsty." That's been the mantra to athletes and coaches for the past three decades, and bottled water and sports drinks have flourished into billion-dollar industries in the same short time. The problem is that an overhydrated athlete is at a performance disadvantage and at risk of exercise-associated hyponatremia (EAH)—a potentially fatal condition. Dr. Tim Noakes takes you inside the science of athlete hydration for a fascinating look at the human body's need for water and how it uses the liquids it ingests. He also chronicles the shaky research that reported findings contrary to results in nearly all of Noakes' extensive and since-confirmed studies. In *Waterlogged*, Noakes sets the record straight, exposing the myths surrounding dehydration and presenting up-to-date hydration guidelines for endurance sport and prolonged training activities. Enough with oversold sports drinks and obsessing over water consumption before, during, and after every workout, he says. Time for the facts—and the prevention of any more needless fatalities.

A transformative, euphoric memoir about finding solace in the unexpected for readers of *H is for Hawk*, *It's Not Yet Dark*, and *When Breath Becomes Air*. Ruth's tribe are her lively children and her filmmaker and author husband Simon Fitzmaurice who has ALS and can only communicate with his eyes. Ruth's other "tribe" are the friends who gather at the cove in Greystones, Co. Wicklow, and regularly throw themselves into the freezing cold water, just for kicks. *The Tragic Wives'* Swimming Club, as they jokingly call themselves, meet to cope with the extreme challenges life puts in their way, not to mention the monster waves rolling over the horizon. Swimming is just one of the daily coping strategies as Ruth fights to preserve the strong but now silent connection with her husband. As she tells the story of their marriage, from diagnosis to their long-standing precarious situation, Ruth also charts her passion for swimming in the wild Irish Sea--culminating in a midnight swim under the full moon on her wedding anniversary. An invocation to all of us to love as hard as we can, and live even harder, *I Found My Tribe* is an urgent and uplifting letter to a husband, family, friends, the natural world, and the brightness of life.

Toby Old

Waterlog: A Swimmers Journey Through Britain

Test and Evaluation Report for WaterLog® H-3612 Radar Sensor in CO-OPS Air Gap Applications

Tundra Beavers, Quaking Bogs, and the Improbable World of Peat

Selected Papers of the 1st ICA Symposium on Cartography for Central and Eastern Europe

A Life Regained