
Online Library Bown R Stephen Sail Age Of Mystery Medical Greatest The Solved Gentleman And Mariner Surgeon A How Scurvy

Thank you for downloading **Bown R Stephen Sail Age Of Mystery Medical Greatest The Solved Gentleman And Mariner Surgeon A How Scurvy**. Maybe you have knowledge that, people have look numerous times for their favorite readings like this Bown R Stephen Sail Age Of Mystery Medical Greatest The Solved Gentleman And Mariner Surgeon A How Scurvy, but end up in harmful downloads.

Rather than enjoying a good book with a cup of coffee in the afternoon, instead they cope with some infectious bugs inside their laptop.

Bown R Stephen Sail Age Of Mystery Medical Greatest The Solved Gentleman And Mariner Surgeon A How Scurvy is available in our book collection an online access to it is set as public so you can download it instantly.

Our digital library spans in multiple locations, allowing you to get the most less latency time to download any of our books like this one.

Merely said, the Bown R Stephen Sail Age Of Mystery Medical Greatest The Solved Gentleman And Mariner Surgeon A How Scurvy is universally compatible with any devices to read

KEY=AND - MARQUEZ PONCE

Scurvy

How a Surgeon, a Mariner and a Gentleman Solved the Greatest Medical Mystery of the Age of Sail

In the days of tall ships, one dreaded foe was responsible for more deaths at sea than piracy, shipwreck and all other illnesses combined: Scurvy. Countless mariners suffered an agonizing death, which began with bleeding gums, wobbly teeth, and the opening of old wounds. Surgeon James Lind, Captain James Cook and physician Sir Gilbert Blane undertook to solve the riddle of Scurvy. Their achievements heralded a new age and cracked the greatest medical mystery of the Age of Sail.

Vitamin C

A 500-Year Scientific Biography from Scurvy to Pseudoscience

Rowman & Littlefield **Vitamin C: A 500-Year Scientific Biography from Scurvy to Pseudoscience** is the compelling story of the history and science behind vitamin C. Vitamin C begins with scurvy, which afflicted Europe for four hundred years and killed millions. The reasons that a disease whose cure was known from the outset persisted over that time are at once baffling and familiar, and these trials eventually lead to invention of the science of epidemiology. Author Stephen M. Sagar MD then chronicles the discovery of vitamins at the beginning of the twentieth century, a story that encapsulates the rise of a scientific approach to nutrition but with surprising twists and turns. As vitamin science became more acquainted with the mainstream, scientist Linus Pauling reached new heights of fame and influence by popularizing the practice of taking megadoses of vitamin C to prevent colds - a claim that was not necessarily backed by data. This kickstarted the growth of the \$40 billion vitamin and supplement industry, which has since prospered all while ignoring science. This unique and engrossing narrative reveals how medical science functions in the real world and how it has changed over the centuries. Featuring swashbuckling sailors, arctic explorers, penny-pinching bureaucrats, academicians with clashing egos, and intrepid scientists working in malaria-infested jungle laboratories, the story of C is in many ways the story of how science gets done (and undone). From the trial and error of early explorers to the scientific breakthroughs made by biochemists and the birth of the modern supplement industry, this revelatory book tells the story of how cherished beliefs, self-interest, and politics often intertwine with scientific progress.

Trapped in Terror Bay

Solving the Mystery of the Lost Franklin Expedition

Kids Can Press Ltd **An up close account of the ill-fated Franklin expedition. In 1845, Sir John Franklin set sail from England with two ships in search of the Northwest Passage. Not only did they not succeed, the ships and their crew members vanished, their fate an unsolved mystery for decades. In 10 suspenseful episodes, the captivating story of that doomed polar mission is revealed from the viewpoints of the commander, those back home and the search parties. It's a riveting tale, that in bone-chilling detail answers the question: What really happened in Terror Bay? At last, a story long hidden in the icy Arctic, finally gets to be told.**

Read On...History

Reading Lists for Every Taste

ABC-CLIO **Make history come alive! This book helps librarians and teachers as well as readers themselves find books they will enjoy—titles that will animate and explain the past, entertain, and expand their minds.**

Mathematics for the Environment

CRC Press **Mathematics for the Environment** shows how to employ simple mathematical tools, such as arithmetic, to uncover fundamental conflicts between the logic of human civilization and the logic of Nature. These tools can then be used to understand and effectively deal with economic, environmental, and social issues. With elementary mathematics, the book se

Madness, Betrayal and the Lash

The Epic Voyage of Captain George Vancouver

[D & M Publishers](#) From 1792 to 1795, George Vancouver sailed the Pacific as the captain of his own expedition — and as an agent of imperial ambition. To map a place is to control it, and Britain had its eyes on America's Pacific coast. And map it Vancouver did. His voyage was one of history's greatest feats of maritime daring, discovery, and diplomacy, and his marine survey of Hawaii and the Pacific coast was at its time the most comprehensive ever undertaken. But just two years after returning to Britain, the 40-year-old Vancouver, hounded by critics, shamed by public humiliation at the fists of an aristocratic sailor he had flogged, and blacklisted because of a perceived failure to follow the Admiralty's directives, died in poverty, nearly forgotten. In this riveting and perceptive biography, historian Stephen Bown delves into the events that destroyed Vancouver's reputation and restores his position as one of the greatest explorers of the Age of Discovery.

Cadwallader Colden, 1688–1776

A Life between Revolutions

[Hamilton Books](#) In this book, Philip Ranlet examines the prolific political career of Cadwallader Colden. Colden was the long lasting lieutenant governor of royal New York. A determined foe of entrenched interests in New York such as the manor lords, the lawyers, and the fur smugglers, he remained a vigorous supporter of the royal prerogative. He handled Indian relations for many years and was the first true historian of the Iroquois. Also one of the preeminent scientists of the colonial period and the Enlightenment itself, he established botany in America and also tried to revise the work of Sir Isaac Newton. Lieutenant Governor Cadwallader Colden continued to battle the enemies of British rule until his death during the American Revolution in 1776 at 88 years old.

Ancient Ocean Crossings

Reconsidering the Case for Contacts with the Pre-Columbian Americas

[University of Alabama Press](#) Ancient Ocean Crossings paints a compelling picture of impressive pre-Columbian cultures and Old World civilizations that, contrary to many prevailing notions, were not isolated from one another, evolving independently, each in its own hemisphere. Instead, they constituted a “global ecumene,” involving a complex pattern of intermittent but numerous and profoundly consequential contacts. In Ancient Ocean Crossings: Reconsidering the Case for Contacts with the Pre-Columbian Americas, Stephen Jett encourages readers to reevaluate the common belief that there was no significant interchange between the chiefdoms and civilizations of Eurasia and Africa and peoples who occupied the alleged terra incognita beyond the great oceans. More than a hundred centuries separate the time that Ice Age hunters are conventionally thought to have crossed a land bridge from Asia into North America and the arrival of Columbus in the Bahamas in 1492. Traditional belief has long held that earth's two hemispheres were essentially cut off from one another as a result of the post-Pleistocene meltwater-fed rising oceans that covered that bridge. The oceans, along with arctic climates and daunting terrestrial distances, formed impermeable barriers to interhemispheric communication. This viewpoint implies that the cultures of the Old World and those of the Americas developed independently. Drawing on abundant and concrete evidence to support his theory for significant pre-Columbian contacts, Jett suggests that many ancient peoples had both the seafaring capabilities and the motives to cross the oceans and, in fact, did so repeatedly and with great impact. His deep and broad work synthesizes information and ideas from archaeology, geography, linguistics, climatology, oceanography, ethnobotany, genetics, medicine, and the history of navigation and seafaring, making an innovative and persuasive multidisciplinary case for a new understanding of human societies and their diffuse but interconnected development.

Captain James Cook in Atlantic Canada

The adventurer and map maker's formative years

[Formac Publishing Company Limited](#) The skills, knowledge and experience that took Captain James Cook to the South Seas and around the world seemed to come out of nowhere. In fact, as author Jerry Lockett has discovered, their foundation was laid during the time he spent in Atlantic Canada. His experiences on Canada's east coast and the naval men he met there shaped him to become one of the most successful explorers of all time. Cook arrived in Halifax, Nova Scotia in 1758 as a competent but undistinguished warrant officer in Britain's Royal Navy. Over the next nine years he learned the complex skill of navigation and prepared many detailed maps of the coastline and key harbours. He left with the skills and reputation that made him an obvious choice to lead a voyage of exploration to the far side of the world. In this absorbing and well-researched biography Jerry Lockett tells us of Cook's experiences as a young man and of the influential men who became his mentors and patrons. He also describes Cook's role in the key British military actions at Louisbourg and Quebec which brought an effective end to the French regime in North America.

A Path in the Mighty Waters

Shipboard Life and Atlantic Crossings to the New World

[Yale University Press](#) In October 1735, James Oglethorpe's Georgia Expedition set sail from London, bound for Georgia. Two hundred and twenty-seven passengers boarded two merchant ships accompanied by a British naval vessel and began a transformative voyage across the Atlantic that would last nearly five months. Chronicling their passage in journals, letters, and other accounts, the migrants described the challenges of physical confinement, the experiences of living closely with people from different regions, religions, and classes, and the multi-faceted character of the ocean itself. Using their specific journey as his narrative arc, Stephen Berry's A Path in the Mighty Waters tells the broader and hereto underexplored story of how people experienced their crossings to the New World in the eighteenth-century. During this time, hundreds of thousands of Europeans - mainly Irish and German - crossed the Atlantic as part of their martial, mercantile, political, or religious calling. Histories of these migrations, however, have often erased the ocean itself, giving priority to activities performed on solid ground. Reframing these histories, Berry shows how the ocean was more than a backdrop for human events; it actively shaped historical experiences by furnishing a dissociative break from normal patterns of life and a formative stage in travelers' processes of collective identification. Shipboard life, serving as a profound conversion experience for travelers, both spiritually and culturally, resembled the conditions of a frontier or border zone where the chaos of pure possibility encountered an inner need for stability and continuity, producing permutations on existing beliefs. Drawing on an impressive array of archival collections, Berry's vivid and rich account reveals the crucial role the Atlantic played in history and how it has lingered in American memory as a defining experience.

Do You See Ice?

Inuit and Americans at Home and Away

[University of Chicago Press](#) Many Americans imagine the Arctic as harsh, freezing, and nearly uninhabitable. The living Arctic, however—the one experienced by native Inuit and others who work and travel there—is a diverse region shaped by much more than stereotype and mythology. *Do You See Ice?* presents a history of Arctic encounters from 1850 to 1920 based on Inuit and American accounts, revealing how people made sense of new or changing environments. Routledge vividly depicts the experiences of American whalers and explorers in Inuit homelands. Conversely, she relates stories of Inuit who traveled to the northeastern United States and were similarly challenged by the norms, practices, and weather they found there. Standing apart from earlier books of Arctic cultural research—which tend to focus on either Western expeditions or Inuit life—*Do You See Ice?* explores relationships between these two groups in a range of northern and temperate locations. Based on archival research and conversations with Inuit Elders and experts, Routledge's book is grounded by ideas of home: how Inuit and Americans often experienced each other's countries as dangerous and inhospitable, how they tried to feel at home in unfamiliar places, and why these feelings and experiences continue to resonate today. The author intends to donate all royalties from this book to the Elders' Room at the Angmarlik Center in Pangnirtung, Nunavut.

The Age of Scurvy

How a Surgeon, a Mariner and a Gentleman Helped Britain Win the Battle of Trafalgar

[Summersdale Publishers](#) From the sixteenth to the eighteenth century, one dreaded foe was responsible for more deaths at sea than piracy, shipwreck and all other illnesses combined. This scourge of the seas was Scurvy. Countless mariners perished from an agonising death which began with bleeding gums, wobbly teeth and the opening of old wounds. Surgeon James Lind, sea captain James Cook, and physician Sir Gilbert Blane determined to crack the riddle of Scurvy. Their achievements heralded a new era and solved the greatest medical mystery of the Age of Sail.

The Last Viking

The Life of Roald Amundsen

[Da Capo Press](#) *The Last Viking* unravels the life of the man who stands head and shoulders above all those who raced to map the last corners of the world. In 1900, the four great geographical mysteries—the Northwest Passage, the Northeast Passage, the South Pole, and the North Pole—remained blank spots on the globe. Within twenty years Roald Amundsen would claim all four prizes. Renowned for his determination and technical skills, both feared and beloved by his men, Amundsen is a legend of the heroic age of exploration, which shortly thereafter would be tamed by technology, commerce, and publicity. Feted in his lifetime as an international celebrity, pursued by women and creditors, he died in the Arctic on a rescue mission for an inept rival explorer. Stephen R. Bown has unearthed archival material to give Amundsen's life the grim immediacy of Apsley Cherry-Garrard's *The Worst Journey in the World*, the exciting detail of *The Endurance*, and the suspense of a Jon Krakauer tale. *The Last Viking* is both a thrilling literary biography and a cracking good story.

Outbreak!

50 Tales of Epidemics that Terrorized the World

[Simon and Schuster](#) From ancient scourges to modern-day pandemics! Throughout history—even recent history—highly contagious, deadly, and truly horrible epidemics have swept through cities, countrysides, and even entire countries. *Outbreak!* catalogs fifty of those incidents in gruesome detail, including: The Sweating Sickness that killed 15,000, including Henry VIII's older brother Syphilis, the "French Disease," which spread throughout Europe in the late fifteenth century The romantic disease: tuberculosis, featured in *La Boheme*, *La Traviata*, and *Les Miserables* The worldwide outbreak of influenza in 1918, which killed 3 percent of the population The mysterious appearance of HIV in the 1980s The devastating spread of Ebola in West Africa in 2014 From ancient outbreaks of smallpox and plague to modern epidemics such as SARS and Ebola, the stories capture the mystery and devastation brought on by these diseases. It's a sickeningly fun read that confirms the true definition of going viral.

Fortune's Favorite

Sir Charles Douglas and the Breaking of the Line

[Fireship Press](#) When you think of the great heroes of the 18th Century Royal Navy, you would probably think of Horatio Nelson, possibly Sir Sidney Smith; but would the name Sir Charles Douglas spring to mind? If it doesn't—it should. Sir Charles Douglas played a pivotal role in many of the most important events of the late eighteenth century, and yet his name appears only in short passages and footnotes of works on naval history and the American Revolution. In *Fortune's Favorite: Sir Charles Douglas and the Breaking of the Line*, the Royal Navy captain finally receives the attention he deserves for his part in the Relief of Quebec, the Battle of Valcour Island, his naval gunnery innovations, and the Battle of the Saints, including his contribution to the "breaking of the line" maneuver, which has been a subject of controversy for nearly two centuries. Written by an American descendant of Sir Charles, *Fortune's Favorite* is the definitive work on this most extraordinary man.

Violent Appetites

Hunger in the Early Northeast

[Yale University Press](#) How hunger shaped both colonialism and Native resistance in Early America "In this bold and original study, Cevalco punctures the myth of colonial America as a land of plenty. This is a book about the past with lessons for our time of food insecurity."—Peter C. Mancall, author of *The Trials of Thomas Morton* Carla Cevalco reveals the disgusting, violent history of hunger in the context of the colonial invasion of early northeastern North America. Locked in constant violence throughout the seventeenth and eighteenth centuries, Native Americans and English and French colonists faced the pain of hunger, the fear of encounters with taboo foods, and the struggle for resources. Their mealtime encounters with rotten meat, foraged plants, and even human flesh would transform the meanings of hunger across cultures. By foregrounding hunger and its effects in the early American world, Cevalco emphasizes the fragility of the colonial project, and the strategies of resilience that Native peoples used to endure both scarcity and the colonial invasion. In doing so, the book proposes an interdisciplinary framework for studying scarcity, expanding the field of food studies beyond simply the study of plenty.

Green Smoothie Revolution

The Radical Leap Towards Natural Health

[North Atlantic Books](#) Thanks to processed and fast foods, being overworked, and feeling stressed while eating on the fly, it is increasingly difficult for most of us to eat anywhere near a balanced diet. We may not be obviously sick, but may suffer from lack of focus, insomnia, sluggishness, or any host of symptoms caused by nutritional deficiency. Green Smoothie Revolution takes aim at this silent epidemic by restoring balance to our diets. Combining nutrition and know-how with recipes that pack a powerhouse punch, Victoria Boutenko reintroduces long neglected fruits, vegetables, and greens in the most persuasive style for our busy lives: with fast prep and delicious results. Featuring 200 recipes, Green Smoothie Revolution offers both simplicity (4 ripe pears, 1 bunch parsley, 2 cups water; blend well) and enough variety to keep taste buds happy and nutrients coming from a wealth of options. From the Trade Paperback edition.

Canadian Geographic

Spectator In Hell

A British Soldier's Story of Imprisonment in Auschwitz

[Summersdale Publishers LTD - ROW](#) In 1942 the young soldier Arthur Dodd was taken prisoner by the German Army and transported to Oswiecim in Polish Upper Silesia. The German name for the place was 'Auschwitz': a name now synonymous with man's darkest hour. Auschwitz-Birkenau, the most infamous German death-camp of the Second World War, functioned for the incarceration and extermination of those that the third Reich deemed "undesirables": Jews, homosexuals, Communists. What is less known is that it was the fate of hundreds of British POWs to find it their prison, and to behold the atrocities meted out by Hitler's SS. This is the true story of one of those witnesses. Forced to do hard labour, starved and savagely beaten, Arthur thought his life would end in Auschwitz. Determined to go down fighting, he sabotaged Nazi industrial work, risked his life to alleviate the suffering of the Jewish prisoners, and aided a partisan group planning a mass break-out.

Merchant Kings

When Companies Ruled the World, 1600 1900

[D & M Publishers](#) Commerce meets conquest in this swashbuckling story of the six merchant-adventurers who built the modern world, as told by "Canada's Simon Winchester" (Globe and Mail). Through the Age of Heroic Commerce, from the 17th to the 19th centuries, a rogue's gallery of larger-than-life merchant kings ruled vast tracts of the globe and expanded their far-flung monopolies to generate revenue for their shareholders, feather their own nests and satisfy their vanity and curiosity. Their exploits changed the world during an age of unfettered globalization, mirroring a world we know today. Merchant Kings looks at each ruling monopoly through its greatest merchant king and considers their stories together for the first time: Jan Pieterszoon Coen of the Dutch East India Company Pieter Stuyvesant of the Dutch West India Company Robert Clive of the English East India Company Alexandr Baranov of the Russian-American Company George Simpson of the Hudson's Bay Company Cecil John Rhodes of the British South Africa Company

Captain James Cook and the Search for Antarctica

[Pen and Sword History](#) Two hundred and fifty years ago Captain James Cook, during his extraordinary voyages of navigation and maritime exploration, searched for Antarctica - the Unknown Southern Continent. During parts of his three voyages in the southern Pacific and Southern Oceans, Cook 'narrowed the options' for the location of Antarctica. Over three summers, he completed a circumnavigation of portions of the Southern Continent, encountering impenetrable barriers of ice, and he suggested the continent existed, a frozen land not populated by a living soul. Yet his Antarctic voyages are perhaps the least studied of all his remarkable travels. That is why James Hamilton's gripping and scholarly study, which brings together the stories of Cook's Antarctic journeys into a single volume, is such an original and timely addition to the literature on Cook and eighteenth-century exploration. Using Cook's journals and the log books of officers who sailed with him, the book sets his Antarctic explorations within the context of his historic voyages. The main focus is on the Second Voyage (1772-1775), but brief episodes in the First Voyage (during 1769) and the Third Voyage (1776) are part of the story. Throughout the narrative Cook's exceptional seamanship and navigational skills, and that of his crew, are displayed during often-difficult passages in foul weather across uncharted and inhospitable seas. Captain James Cook and the Search for Antarctica offers the reader a fascinating insight into Cook the seaman and explorer, and it will be essential reading for anyone who has a particular interest the history of the Southern Continent.

The Last Viking

The Extraordinary Life of Roald Amundsen

[Aurum Press](#) One hundred years have passed since Robert Falcon Scott's beleaguered expeditionary team arrived at the South Pole, only to find that they had been beaten by the Norwegian explorer Roald Amundsen. The most feted explorer of his generation, Amundsen counted the discovery of the Northwest Passage, in 1905, as well as the North Pole amongst his greatest achievements. In the golden age of polar exploration Amundsen, whose revolutionary approach to technology transcends polar and nautical significance, was a titan among men. However, until now, his story has rarely featured as more than a footnote to Scott's tragic failure. Reviled for defeating Scott but worshipped by his men, Amundsen was pursued by women and creditors throughout his life before disappearing on a rescue mission for the Italian Fascist who had set off in an airship to claim the North Pole for Mussolini. The Last Viking is the life of a visionary and a showman, who brought the era of Shackleton to an end, put the newly independent Norway on the map and was the twentieth century's brightest trailblazing explorer. Against the backdrop of the race to conquer the most inhospitable corners of the earth, The Last Viking stands alongside The Worst Journey in the World for its grim immediacy of heroism and hardship. Bestriding the generation defined by adventure and the unquenchable desire for discovery, it is the mesmerising story of courage, misery, friendship and the ultimate price paid for immortality.

Eve

Sex, Childbirth and Motherhood Through the Ages

In "Eve", Petrina Brown explores the influence of religion and folklore on sex and childbirth and their impact on women. A natural storyteller, she has researched customs and ceremonies from around the world, revealing extraordinary advice that has been followed for fertility, contraception and abortion. In the final chapter she relates celebrities experiences of childbirth, both mothers and fathers. Eve is an insightful and compelling journey through women's history - from prehistoric Egypt to the present day.

Daily Life through Trade: Buying and Selling in World History

Buying and Selling in World History

[ABC-CLIO](#) Trade has long been—and will continue to be—a driving force that shapes our world. This book documents the tremendous importance of trade throughout history and its influence toward peaceful coexistence among nations.

All Canada in the Hands of the British

General Jeffery Amherst and the 1760 Campaign to Conquer New France

[University of Oklahoma Press](#) In 1760, General Jeffery Amherst led the British campaign that captured Montreal and began the end of French colonial rule in North America. All Canada in the Hands of the British is a detailed account of Amherst's successful military strategy and soldiers' experiences on both sides. Newly promoted general Jeffery Amherst took command of British forces in North America in 1759 and soon secured victories at Fort Duquesne, Louisbourg, Quebec, Fort Ticonderoga, and Niagara. In 1760 William Pitt, head of the British government, commanded Amherst to eliminate French rule in Canada. During the ensuing campaign, Amherst confronted French resurgence at Quebec and mounted sieges at Isle aux Noix and Fort Lévis, both of which were made difficult by French strategic placements on nearby islands. As historian Douglas R. Cubbison demonstrates, however, Amherst was well before his time in strategy and tactics, and his forces crushed French resistance. In this first book-length study of Amherst's campaign, Cubbison examines the three principal columns that Amherst's army comprised, only one of which was under his direct command. Cubbison argues that Amherst's success against the French relied on his employment of command, control, communications, and intelligence. Cubbison also shows how well Brigadier General James Murray's use of what is today called population-centric counterinsurgency corresponded with Amherst's strategic oversight and victory. Using archival materials, archaeological evidence, and the firsthand accounts of junior provincial soldiers, Cubbison takes us from the eighteenth-century antagonisms between the British and French in the New World through the Seven Years' War, to the final siege and its historic significance for colonial Canada. In one of the most decisive victories of the Seven Years' War, Amherst was able, after a mere four weeks, to claim all of Canada. All Canada in the Hands of the British will change how military historians and enthusiasts understand the nature of British colonial battle strategy.

1494

How a Family Feud in Medieval Spain Divided the World in Half

[D & M Publishers](#) When Columbus triumphantly returned from America to Spain in 1493, his discoveries inflamed an already-smouldering conflict between Spain's renowned monarchs, Ferdinand and Isabella, and Portugal's João II. Which nation was to control the world's oceans? To quell the argument, Pope Alexander VI - the notorious Rodrigo Borgia - issued a proclamation laying the foundation for the Treaty of Tordesillas, an edict that created an imaginary line in the Atlantic Ocean dividing the entire known (and unknown) world between Spain and Portugal. Just as the world's oceans were about to be opened by Columbus's epochal voyage, the treaty sought to limit the seas to these two favoured Catholic nations. The edict was to have a profound influence on world history: it propelled Spain and Portugal to superpower status, steered many other European nations on a collision course and became the central grievance in two centuries of international espionage, piracy and warfare. At the heart of one of the greatest international diplomatic and political agreements of the last five centuries were the strained relationships and passions of a handful of powerful individuals. They were linked by a shared history, mutual animosity and personal obligations.

Lost Colony

The Untold Story of China's First Great Victory over the West

[Princeton University Press](#) During the seventeenth century, Holland created the world's most dynamic colonial empire, outcompeting the British and capturing Spanish and Portuguese colonies. Yet, in the Sino-Dutch War--Europe's first war with China--the Dutch met their match in a colorful Chinese warlord named Koxinga. Part samurai, part pirate, he led his generals to victory over the Dutch and captured one of their largest and richest colonies--Taiwan. How did he do it? Examining the strengths and weaknesses of European and Chinese military techniques during the period, Lost Colony provides a balanced new perspective on long-held assumptions about Western power, Chinese might, and the nature of war. It has traditionally been asserted that Europeans of the era possessed more advanced science, technology, and political structures than their Eastern counterparts, but historians have recently contested this view, arguing that many parts of Asia developed on pace with Europe until 1800. While Lost Colony shows that the Dutch did indeed possess a technological edge thanks to the Renaissance fort and the broadside sailing ship, that edge was neutralized by the formidable Chinese military leadership. Thanks to a rich heritage of ancient war wisdom, Koxinga and his generals outfoxed the Dutch at every turn. Exploring a period when the military balance between Europe and China was closer than at any other point in modern history, Lost Colony reassesses an important chapter in world history and offers valuable and surprising lessons for contemporary times.

Cultured Food in a Jar

100+ Probiotic Recipes to Inspire and Change Your Life

[Hay House, Inc](#) In her third cookbook, creator and founder of the Cultured Food Life blog and author of Cultured Food for Life and Cultured Food for Health Donna Schwenk offers over 100 probiotic recipes for the on-the-go lifestyle. These cultured food recipes are easy-to-make and all portable in jars. Schwenk covers everything from the basics like making your own kefir, kombucha, and nondairy milks, to snacks and beverages, to filling, savory meals. Complete with full-color photos and clear, thorough instructions, Cultured Food in a Jar offers an accessible, mouthwatering approach to probiotic eating and gut health.

A Most Damnable Invention

[Penguin Group Australia](#) The dramatic story of two brilliant but controversial men and their world-changing scientific discoveries. Humanity's desire to harness the destructive capacity of fire extends back to the dawn of civilization. But the true age of explosives began in the 1860s with Swedish chemist Alfred Nobel's discovery of dynamite, which made possible industrial mega-projects such as the Panama Canal. Dynamite also caused great loss of life and environmental damage. With a troubled conscience, Nobel left his vast estate to the Nobel Prizes. As the use of explosives and fertilizers soared, nations scrambled for the vital ingredient: nitrates. The 'nitrogen problem' was solved by enigmatic German scientist Fritz Haber. His breakthrough not only prolonged the First World War, but led to the tripling of world population. When he was awarded a Nobel Prize, it sparked international condemnation. Deftly blending popular science, history and biography, *A Most Damnable Invention* is a vivid account of the incendiary substance that truly made our world.

Conquering Innovation Fatigue

Overcoming the Barriers to Personal and Corporate Success

[John Wiley & Sons](#) This practical guide reveals the nine major "fatigue factors" that can block the path to innovation success, along with solutions to energize innovation. Original advances in innovation practice and new case studies are applied to guide inventors, entrepreneurs, companies, universities, and even policy makers in conquering innovation fatigue. Cost-effective solutions include guidance on intellectual assets, dealing with disruptive innovation, and driving innovation using the "Horn of Innovation" and "Circuit of Innovation" models. A surprising view of DaVinci as an engine of open innovation is presented. Throughout the book, a unique aspect is exploring the journey of innovators, including corporate employees and entrepreneurs, at the often-overlooked personal level using the metaphor of immigrants in a strange land to identify barriers and solutions.

Talking Book Topics

Scottish Studies Review

American Book Publishing Record

Naval Evolutions

A Memoir

[Fireship Press](#) One of the most revolutionary tactics in naval warfare was developed in the 18th Century, and was called "Breaking the Line." The Royal Navy used it to win fleet engagements ranging from the Battle of the Saints, to Trafalgar. But, who developed it? Years of controversy led to a war of words between supporters of John Clerk of Eldin, Admiral Lord Rodney, and Rodney's captain-of-the fleet, Sir Charles Douglas. In 1832, the latter's son, Sir Howard Douglas, set forth the arguments on behalf of his father in his book *Naval Evolutions: A Memoir*. He assumed it would be the final word on the matter. It was not. Full of solid evidence, including eyewitness testimony, the book should have laid the issue to rest. Instead, it was largely ignored or dismissed as biased due to the relationship of the author to his subject. But, dismissed or not, the book remains, and the arguments are overwhelming. Fireship Press is proud to revisit this controversy with the release of a new edition of the book, with an introduction by Christopher Valin, perhaps the world's leading expert on the life of Sir Charles Douglas. It's a book that any serious student of naval history will want to read.

Mankind

The Story of All Of Us

[Hachette UK](#) It takes more than 10 billion years to create just the right conditions on one planet for life to begin. It takes another three billion years of evolving life forms until it finally happens, a primate super species emerges: mankind. In conjunction with History Channel's hit television series by the same name, *Mankind* is a sweeping history of humans from the birth of the Earth and hunting antelope in Africa's Rift Valley to the present day with the completion of the Genome project and the birth of the seven billionth human. Like a Hollywood action movie, *Mankind* is a fast-moving, adventurous history of key events from each major historical epoch that directly affect us today such as the invention of iron, the beginning of Buddhism, the crucifixion of Jesus, the fall of Rome, the invention of the printing press, the Industrial Revolution, and the invention of the computer. With more than 300 color photographs and maps, *Mankind* is not only a visual overview of the broad story of civilization, but it also includes illustrated pop-out sidebars explaining distinctions between science and history, such as why there is 700 times more iron than bronze buried in the earth, why pepper is the only food we can taste with our skin, and how a wobble in the earth's axis helped bring down the Egyptian Empire. This is the most exciting and entertaining history of mankind ever produced.

Island of the Blue Foxes

Disaster and Triumph on the World's Greatest Scientific Expedition

[Hachette UK](#) The story of the world's largest, longest, and best financed scientific expedition of all time, triumphantly successful, gruesomely tragic, and never before fully told The immense 18th-century scientific journey, variously known as the Second Kamchatka Expedition or the Great Northern Expedition, from St. Petersburg across Siberia to the coast of North America, involved over 3,000 people and cost Peter the Great over one-sixth of his empire's annual revenue. Until now recorded only in academic works, this 10-year venture, led by the legendary Danish captain Vitus Bering and including scientists, artists, mariners, soldiers, and laborers, discovered Alaska, opened the Pacific fur trade, and led to fame, shipwreck, and "one of the most tragic and ghastly trials of suffering in the annals of maritime and arctic history.

The Book of Negroes

[Random House](#) Abducted from her West African village at the age of eleven and sold as a slave in the American South, Aminata Diallo thinks only of freedom - and of finding her way home again. After escaping the plantation, torn from her husband and child, she passes through Manhattan in the chaos of the Revolutionary War, is shipped to Nova Scotia, and then joins a group of freed slaves on a harrowing return odyssey to Africa. Lawrence Hill's epic novel, winner of the Commonwealth Writers' Prize, spans three continents and six decades to bring to life a dark and shameful chapter in our history through the story of one brave and resourceful woman.

Reforming America's Health Care System

The Flawed Vision of ObamaCare

[Hoover Press](#) Health policy experts from the United States, Canada, and Western Europe discuss both what to expect from the recent health reform legislation and alternatives that should still be considered. The contributors argue that Americans already have a superior health care system and that if Congress enacts reforms that remove artificial barriers and constructively open markets to competition, private-sector creativity will generate innovative, low-cost insurance products for tens of millions of consumers.

The Wolf

How One German Raider Terrorized the Allies in the Most Epic Voyage of WWI

[Simon and Schuster](#) On November 30, 1916, an apparently ordinary freighter left harbor in Kiel, Germany, and would not touch land again for another fifteen months. It was the beginning of an astounding 64,000-mile voyage that was to take the ship around the world, leaving a trail of destruction and devastation in her wake. For this was no ordinary freighter—this was the Wolf, a disguised German warship. In this gripping account of an audacious and lethal World War I expedition, Richard Guilliat and Peter Hohnen depict the Wolf's assignment: to terrorize distant ports of the British Empire by laying minefields and sinking freighters, thus hastening Germany's goal of starving her enemy into submission. Yet to maintain secrecy, she could never pull into port or use her radio, and to comply with the rules of sea warfare, her captain fastidiously tried to avoid killing civilians aboard the merchant ships he attacked, taking their crews and passengers prisoner before sinking the vessels. The Wolf thus became a huge floating prison, with more than 400 captives, including a number of women and children, from twenty-five different nations. Sexual affairs were kindled between the German crew and some female prisoners. A six-year-old American girl, captured while sailing across the Pacific with her parents, was adopted as a mascot by the Germans. Forced to survive on food and fuel plundered from other ships, facing death from scurvy, and hunted by the combined navies of five Allied nations, the Germans and their prisoners came to share a common bond. The will to survive transcended enmities of race, class, and nationality. It was to be one of the most daring clandestine naval missions of modern times. Under the command of Captain Karl Nerger, who conducted his deadly business with an admirable sense of chivalry, the Wolf traversed three of the world's major oceans and destroyed more than thirty Allied vessels. We learn of the world through which the Wolf moved, with all its social divisions and xenophobia, its bravery and stoicism, its combination of old-world social mores and rapid technological change. The story of this epic voyage is a vivid real-life narrative and simultaneously a richly detailed picture of a world being profoundly transformed by war.

Precious Cargo

How Foods From the Americas Changed The World

[Catapult](#) Precious Cargo tells the fascinating story of how western hemisphere foods conquered the globe and saved it from not only mass starvation, but culinary as well. Focusing heavily on American foods—specifically the lowly crops that became commodities, plus one gobbling protein source, the turkey—Dewitt describes how these foreign and often suspect temptations were transported around the world, transforming cuisines and the very fabric of life on the planet. Organized thematically by foodstuff, Precious Cargo delves into the botany, zoology and anthropology connected to new world foods, often uncovering those surprising individuals who were responsible for their spread and influence, including some traders, brutish conquerors, a Scottish millionaire obsessed with a single fruit and a British lord and colonial governor with a passion for peppers, to name a few. Precious Cargo is a must read for foodies and historians alike.