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Living in a Seasonal World

Springer

Victorian touring actresses brings new attention to women's experience of working in nineteenth-century theatre by focusing on a diverse group of largely forgotten 'mid-tier' performers, rather than the usual celebrity figures. It examines how actresses responded to changing political, economic and social circumstances and how the women were themselves agents of change. Their histories reveal dynamic patterns of activity

within the theatrical industry and expose its relationship to wider Victorian culture. With an innovative organisation mimicking the stages of an actress's life and career, the volume draws on new archival research and

plentiful illustrations to examine the challenges and opportunities facing the women as they toured both within the UK and further afield in North America and Australasia. It will appeal to students and researchers in theatre and performance history, Victorian studies, gender studies and transatlantic studies.

Mantle Convection and Surface Expressions

State University of New York Press

Offers a sweeping review of conceptions of and approaches to childhood.

Eco Soma W. W. Norton & Company

This comprehensive resource contains the latest data on the effects of exercise on blood glucose and metabolism, prevention of type 2, treatment plans, and medication adjustment, as well as exercise's effects on conditions such as retinopathy, nephropathy, and neuropathy. Highlights special patient groups.

Aid, NGOs and the Realities of Women's Lives Routledge
Drug delivery technologies represent a vast and vital area of Research and Development. The demand for innovative drug delivery systems continues to grow, and this growth continues to drive new developments. Building on the foundation provided by the first edition, Drug Delivery Systems, Second Edition covers the latest developments in both

Language and Gender

Wentworth Press

This book explores how international NGOs are navigating these rapid

changes, changes that challenge their role and legitimacy, their values, and their overall purpose. It calls for a re-examination of theories about change, and a re-focus on ideas of complexity and feminism and on learning from past NGO experience.

Education and Social Change Springer

This book summarises the newest information on seasonal adaptation in animals. Topics include animal hibernation, daily torpor, thermoregulation, heat production, metabolic depression, biochemical adaptations, neurophysiology and energy balance. The contributors to this book present interdisciplinary research at multiple levels ranging from the molecular to the ecophysiological, as well as evolutionary approaches. The chapters of this book provide original data not published elsewhere, which makes it the most up-to-date, comprehensive source of information on these fields. The book's subchapters correspond to presentations given at the 14th International Hibernation Symposium in August 2012 in

Austria. This is a very successful series of symposia (held every four years since 1959) that attracts leading researchers in the field. Like the past symposia, this meeting – and consequently the book – is aimed not only at hibernation but at covering the full range of animal adaptations to seasonal environments. For the next four years, this book will serve as the cutting-edge reference work for graduate students and scientists active in this field of physiology and ecology.

Alaska's Land Walter de Gruyter GmbH & Co KG

A multidisciplinary perspective on the dynamic processes occurring in Earth's mantle The convective motion of material in Earth's mantle, powered by heat from the deep interior of our planet, drives plate tectonics at the surface, generating earthquakes and volcanic activity. It shapes our familiar surface landscapes, and also stabilizes the oceans and atmosphere on geologic timescales.

Mantle Convection and Surface Expressions brings together perspectives from observational geophysics, numerical modelling, geochemistry, and mineral physics to build a holistic picture of the deep Earth. It explores the dynamic processes occurring in the mantle as well as the associated heat and material cycles. Volume highlights include: Perspectives from different scientific disciplines with an emphasis on exploring synergies Current state of the mantle, its physical properties, compositional structure, and dynamic evolution Transport of heat and material through the mantle as constrained by geophysical observations, geochemical data and geodynamic model predictions Surface expressions of mantle dynamics and its control on planetary evolution and habitability The American Geophysical Union promotes discovery in Earth and space science for the

benefit of humanity. Its publications disseminate scientific knowledge and provide resources for researchers, students, and professionals.

The History of Renville County, Minnesota

Sterling Publishing Company, Inc.

As sports have become more competitive over recent years researchers and trainers have been searching for new and innovative ways of improving performance. Ironically, an area as mundane as what an athlete eats can have profound effects on fitness, health and ultimately, performance in competition. Sports have also gained widespread acceptance in the therapeutic management of athletes with disorders associated with nutritional status. In addition, exercise has been one of the tools used for studying the control of metabolism, creating a wealth of scientific information that needs to be placed in the context of sports medicine and science. Nutrition in Sport provides an exhaustive review of the biochemistry and physiology of eating. The

text is divided into three sections and commences with a discussion of the essential elements of diet, including sections on carbohydrates, proteins, fats, vitamins and trace elements, and drugs associated with nutrition. It also discusses athletes requiring special consideration, including vegetarians and diabetics. The second section considers the practical aspects of sports nutrition and discusses weight control (essential for sports with weight categories and athletes with eating disorders), the travelling athlete (where travel either disrupts established feeding patterns or introduces new hazards), environmental aspects of nutrition (including altitude and heat), and the role of sports nutritional products.

Human Kinetics

This multi-disciplinary book will cater to students and those who want to have a more critical look behind the scenes of Antarctic science. This book will take a systems approach to providing insights into Antarctic ecosystems and the geophysical environment. Further, the book will link these

insights to a discussion of current issues, such as climate change, bio prospecting, environmental management and Antarctic politics. It will be written and edited by experienced Antarctic researchers and scientists from a wide range of disciplines. Academic references will be included for those who wish to delve deeper into the topics discussed in the book.

The Next Convergence

Cambridge Scholars Publishing

Focuses on radioactive waste and the threat of atomic warfare and argues against the use of nuclear technology The Health Professional's Guide to Diabetes and Exercise Amer Diabetes Assn

Create distinctive and unique glassware art in under an hour. Incredibly elegant to look at but deceptively simple to make, hand-etched glassware adds style and sophistication to any home. now you can craft original and practical projects.

Easy Glass Etching
Routledge

Diabetes doesn ' t have to slow you down. Whether you ' re a recreational

exerciser or a competitive athlete, *The Athlete's Guide to Diabetes* has the training and performance advice you need to remain active while effectively managing your condition. Renowned researcher and diabetes expert Dr. Sheri Colberg offers best practices and tips for managing blood glucose levels for athletes of all ages with type 1 and type 2 diabetes. She provides the most up-to-date information on insulin and other medications and their effects on exercise, nutritional practices and supplements, including low-carbohydrate eating, the latest technologies used to manage glucose, including continuous glucose monitoring (CGM), injury prevention and treatment as well as tactics for diabetes-related joint issues, and mental strategies for maximizing performance and optimizing health. You'll find 15 profiles of athletes with type 1 diabetes who share their accomplishments and how they manage medications, food intake, and other tools available to manage their activities with diabetes. Guidelines for 165 different sports and activities will reduce your trial and error when it comes to performing and feeling your best during fitness activities, endurance sports, endurance – power sports, power sports, and outdoor activities. The *Athlete's Guide to Diabetes* adheres to latest guidelines from such trusted sources as the American Diabetes Association and the American College of Sports Medicine. It is the one resource you can't be without if you want to stay healthy and active, train smarter, and reach new levels of athletic success without losing control of your blood glucose management. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The *Athlete's Guide to Diabetes Online CE Exam* may be purchased separately or as part of *The Athlete's Guide to Diabetes With CE Exam* package that includes both the book and the exam.

[Studies in Applied Linguistics and Language Learning](#)
Routledge

As sport has become more professionalised over the last thirty years, so the role of nutrition in promoting health and performance has become ever more important to athletes who search for the extra edge to succeed in their respective sports. With the expansion in the provision of medical and scientific support services in elite sport, those who advise athletes have had to become adept at identifying those dietary strategies that will help them to outperform their competitors. This book is structured in two parts. The first analyses the science that underpins the nutritional goals of athletes, with a focus on the implications for athletes during training, competition and recovery. The second looks more closely at the practical implications for different sport categories, i.e. those that focus on strength, power or endurance, and on weight category sports, team sports and winter sports. This volume will be of value

to sports dieticians and nutritionists and others involved in the care and support of athletes, as well as to those who take an interest in the subject of sport nutrition and competitive performance. Coaches and athletes will also find much of interest here. This book is based on the proceedings of the third in a series of Consensus Conferences in Sports Nutrition organised under the auspices of the International Olympic Committee. It was published as a special issue of the Journal of Sports Sciences. Drug Delivery Systems John Wiley & Sons This book gathers outstanding papers presented at the European Conference on Numerical Mathematics and Advanced Applications (ENUMATH 2019). The conference was organized by Delft University of Technology and was held in Egmond aan Zee, the Netherlands, from September 30 to October 4, 2019. Leading experts in the field presented the latest

results and ideas regarding the design, implementation and analysis of numerical algorithms, as well as their applications to relevant societal problems. ENUMATH is a series of conferences held every two years to provide a forum for discussing basic aspects and new trends in numerical mathematics and scientific and industrial applications, all examined at the highest level of international expertise. The first ENUMATH was held in Paris in 1995, with successive installments at various sites across Europe, including Heidelberg (1997), Jyväskylä (1999), Ischia Porto (2001), Prague (2003), Santiago de Compostela (2005), Graz (2007), Uppsala (2009), Leicester (2011), Lausanne (2013), Ankara (2015) and Bergen (2017). Exploring the Last Continent CRC Press Africa is often depicted as the continent with the lowest literacy rates in the world. Moving beyond this essentialising representation, this volume explores African literacies within their complex and diverse multilingual and multiscriptal histories and

contexts of use. The chapters examine contexts from the Maghreb to Mozambique and from Senegambia to the Horn of Africa and critically analyse multiple literacy genres and practices – from ancient manuscripts to instant messaging – in relation to questions of language-in-education and policy, livelihoods, Islamic scholarship, colonialism, translocal migration, and writing systems. As a whole, the book serves as an advanced introduction to language and society in Africa seen through the lens of literacy, and marks a unique contribution to scholarship in literacy studies offering a convenient collection of perspectives on and from Africa.

The Athlete 's Guide to Diabetes Routledge This project-oriented facilities design and material handling reference explores the techniques and procedures for developing an efficient facility layout, and introduces some of the state-of-the-art tools involved, such as computer simulation. A "how-to," systematic, and methodical approach leads readers through the collection, analysis and development of information to produce a quality functional plant layout. Lean manufacturing; work cells and group technology; time standards;

the concepts behind calculating machine and personnel requirements, balancing assembly lines, and leveling workloads in manufacturing cells; automatic identification and data collection; and ergonomics. For facilities planners, plant layout, and industrial engineer professionals who are involved in facilities planning and design. Fashion, Society, and the First World War American Diabetes Association Nonfiction alphabet book featuring facts about the people, places, and traditions of the community of Upper Arlington, Ohio. Each watercolor illustration includes a hidden bear paw; back matter includes additional activity to encourage exploration of Upper Arlington. Stunts of Late Nineteenth-Century New York U of Minnesota Press Corpora are used widely in linguistics, but not always wisely. This book attempts to frame corpus linguistics systematically as a variant of the observational method. The first part introduces the reader to the general methodological discussions surrounding corpus data as well as the practice of doing corpus linguistics, including issues such as the scientific research cycle, research design, extraction of corpus data and statistical evaluation. The second part

consists of a number of case studies from the main areas of corpus linguistics (lexical associations, morphology, grammar, text and metaphor), surveying the range of issues studied in corpus linguistics while at the same time showing how they fit into the methodology outlined in the first part. African Literacies Springer This brief, interpretive history of American schooling focuses on the evolving relationship between education and social change. Like its predecessors, this new edition adopts a thematic approach, investigating the impact of social forces such as industrialization, urbanization, immigration, globalization, and cultural conflict on the development of schools and other educational institutions. It also examines the various ways that schools have contributed to social change, particularly in enhancing the status and accomplishments of certain social groups and not others. Detailed accounts of the experiences of women and minority groups in American history consider how their lives have been affected by education, while "Focal Point" sections within each chapter allow the reader to hone in on key moments in history and their relevance within the broader scope of American schooling from the colonial

era to the present. This new edition has been comprehensively updated and edited for greater readability and clarity. It offers a revised final chapter, updated to include recent change in education politics and policy, in particular the decline of No Child Left Behind and the impact of the Common Core and movements against it. Further additions include enhanced coverage of colonial and early post-colonial American schooling, added materials on persistent issues such as race in education, an updated discussion of the GED program, and a closer look at the role of technology in schools. With its nuanced treatment of both historical and contemporary factors influencing the modern school system, this book remains an excellent resource for investigating and critiquing the social, economic, and cultural development of American education. Victorian touring actresses John Wiley & Sons A Washington Post Notable Nonfiction Book for 2011 With the British Industrial Revolution, part of the world's population started to experience extraordinary economic growth—leading to

enormous gaps in wealth stake for all of us as he and living standards looks ahead to how the between the global economy will industrialized West and develop over the next the rest of the world. fifty years. The Next This pattern of Convergence is certain divergence reversed to spark a heated after World War II, and debate how best to now we are midway move forward in the through a century of post-crisis period and high and accelerating reset the balance growth in the between national and developing world and a international economic new convergence with interests, and short-term fixes and long-term sustainability. countries—a trend that is set to reshape the world. Michael Spence, winner of the Nobel Prize in Economic Sciences, explains what happened to cause this dramatic shift in the prospects of the five billion people who live in developing countries. The growth rates are extraordinary, and continuing them presents unprecedented challenges in governance, international coordination, and ecological sustainability. The implications for those living in the advanced countries are great but little understood. Spence clearly and boldly describes what's at