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American Medical Association Guide to Health and Well-Being After Fifty — Patricia Skalka. People over 50 are in a position to have a positive impact on their overall well-being. This book addresses their special medical and lifestyle needs. Random, 1984, 261 p., paper, \$8.95.

Annual Review of Biochemistry, Vol. 53 — Charles C. Richardson, Ed. The prefatory chapter tells of the life and work of Fritz Lipmann. Annual Reviews, 1984, 990 p., illus., \$29.

Earthfire: The Eruption of Mount St. Helens — Charles Rosenfeld and Robert Cooke. The story of the eruption of Mt. St. Helens with spectacular photographs. Also profiles the other mountains in the Cascade Range, explores the Pacific "Ring of Fire" and discusses plate tectonics, seafloor spreading, fissures and fault lines and geothermal flows. Originally published in hardback in 1982. MIT Pr, 1984, 155 p., illus., paper, \$9.95.

The Garden Book — John Brookes. A gorgeous gardening guide that describes designing, building, planting and maintaining various types of gardens, from window boxes to gardens that merge into the rural scene. The author believes the garden is an extension of the home and must fit with the scale and style of the building it adjoins to create a unified whole. Beautifully illustrated throughout. Crown, 1984, 287 p., color/b&w illus., \$22.50.

Genesis on Planet Earth: The Search for Life's Beginning — William Day, foreword by Lynn Margulis. Professor Margulis, in the foreword, describes the book as "an original, comprehensive and comprehensible account of the scientific Genesis: the great drama that occurred on the surface of the Earth some four billion years ago." The first edition was privately published in 1979. (See: SN: 11/10/79, p. 334). Yale U Pr, 2nd ed., 1984, 299 p., illus., \$35, paper, \$12.95.

Landscapes of the Night: How and Why We Dream — Christopher Evans, edited and completed by Peter Evans. The realms of sleep and dreams are explored in this book, which presents new findings about how and why we dream. In Dr. Evan's theory of dreams, the brain is likened to a computer. Sleep is explained as a disengagement from the external world so that the brain's programs can be "run, up-dated and tested." Dreams are the programs being run and during a certain type of sleep "the computer-brain comes on-line and our conscious mind has a glimpse of the programs being run." Viking Pr, 1984, 256 p., \$16.95.

The Solar System: The Sun, Planets, and Life — Roman Smoluchowski. A beautifully illustrated book that provides for the general reader a discussion of the formation of the sun in the interstellar chaos, the sun itself and its ultimate death, and the planets and their formation together with their moons. Addresses the problems of the origin of life and assesses the possibility that there is life elsewhere in the solar system. Sci Am Lib (W H Freeman), 1984, 174 p., color/b&w illus., \$27.95.

Profiles of the Future

By Arthur C. Clarke,
author of *2001* and *2010*

ARTHUR C.
CLARKE
Profiles
of the
Future

Holt, Rinehart and Winston,
1984, 251 pages, 8½" x 5¼",
hardback, \$15.95

... discusses the fourth dimension, the obsolescence of gravity, the colonization of the solar system and explains how asteroids will be pulled to earth to supply needed materials.

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