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The American Heart Association Cookbook
— Ruthe Eshleman and Mary Winston. The death
rate from heart disease has been steadily declining
since 1968. While this cannot be attributed
solely to changes in lifestyle, it is clear, says the
foreword, that there is a connection. This book is
an excellent source of encouragement for those
who wish to maintain a well-rounded, appetizing,
low-fat, low-cholesterol diet. Practical sugges-
tions are provided for buying, preparing and serv-
ing proper proportions of foods. A section on
restaurant eating, including ethnic cuisines, will
enable you to enjoy eating out. This fourth edition
was originally published in hardback by McKay in
1984. Ballantine, 1986, 542 p., illus., paper,
\$10.95.

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Cover: The debate over whether an asteroid or comet drove the dinosaurs and other life to extinction at the end of the Cretaceous period 65 million years ago is as fiery as ever. Some new streaks in the extinction theories include a look at acid rain and other environmental ills that might befall the world after a comet or asteroid impact and a study showing that Cretaceous extinction patterns are not as simple as previously thought. (Comet photo: NASA)



Departments

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Annual Review of Genetics, Vol. 19 — Allan Campbell, Ed. This volume begins with an article on the history of mouse genetics by Elizabeth S. Russell and ranges in scope to an article on the structure and evolution of the insulin gene. *Annual Review*, 1985, 584 p., illus., \$27.

Mayonnaise and the Origin of Life: Thoughts of Minds and Molecules — Harold J. Morowitz. Delightful, thought-provoking essays by this Yale University biochemist with scientific themes that bridge the two cultures. *Scribner*, 1985, 244 p., \$15.95.

Progress in Neuroscience: Readings from Scientific American — Introduction by Richard F. Thompson. These articles, selected from recent issues, present an overview of our current understanding of the major fields of neuroscience and highlight exciting new discoveries and theories about the brain. *WH Freeman*, 1985, 151 p., color/b&w illus., \$21.95, paper, \$12.95.

The Riddle of the Dinosaur — John Noble Wilford. Tells the story of the paleontologists who since the early 1800s have explored the mystery of the dinosaur. Presents the up-to-date picture of the dinosaur, including the beliefs that some were quick-moving warm-blooded animals and others cared for their young. Discusses the mass extinction theory and the possible causes of extinction. *Knopf*, 1985, 304 p., illus., \$22.95.

Time's Arrows: Scientific Attitudes Toward Time — Richard Morris. Looks in detail at the evolution of ideas about time from the ancient Babylonians to present-day physicists. "Without these changes in outlook, modern science would not have been possible," says the author. "Indeed, science developed in Western culture, and it was only Western culture that embraced the ideas of abstract, linear time." This fascinating account of time is intended for the general reader. Originally published in hardback in 1985. *S&S*, 1986, 240 p., \$8.95.

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