

## Books

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**The Best Years of Your Life**—Miriam Stoppard. An illustrated guide to physical and mental fitness and health in your fifties and beyond. Combines up-to-date information on aging with the recent findings on preventing or coping with common ailments. Provides practical information on retirement, age-proofing your home and living with illness. Originally published in the UK in 1983. Ballantine, 1986, 318 p., illus., paper, \$9.95.

**Celebrating the Wild Mushroom: A Passionate Quest**—Sara Ann Friedman. By a "mushroom zealot" who relates the joy of discovery and the frustration of fruitless search, entwined with the history and the botany of the fungi. Describes and illustrates 20 edible wild mushrooms and offers recipes for their preparation. Includes a bibliography and suggested field guide. Dodd, 1986, 265 p., illus. by Diana Jacobs, \$18.95, paper, \$12.95.

**Don't Panic: Taking Control of Anxiety Attacks**—R. Reid Wilson. This psychologist provides information to help panic sufferers deal with anxiety disorders. Reviews the physical sensations that are commonly associated with panic and shows that these sensations are a part of the body's normal system for dealing with emergencies. (A panic attack is an exaggeration of an emergency response.) Goes on to present techniques for overcoming anxiety disorders and for learning to manage the physiological symptoms of panic. Har-Row, 1986, 288 p., \$15.95.

**Engines of Creation**—K. Eric Drexler, foreword by Marvin Minsky. Describes in great detail the possibilities in the emerging field of molecular technology, also referred to as nanotechnology. Prepares us, according to the foreword, to think of what we might become should we persist in making new technologies. Doubleday, 1986, 298 p., \$17.95.

**Legged Robots That Balance**—Marc H. Raibert. Describes and illustrates machines that use legs to run, balancing themselves as they travel about the laboratory. The purpose of these robots is to shed light on the principles of legged locomotion, which can help us to understand animal locomotion and to build useful legged vehicles. MIT Pr, 1986, 233 p., illus., \$30.

**The Mensa Think-Smart Book**—Abbie F. Salny and Lewis Burke Frumkes. A mental exercise program designed to improve your memory and reading comprehension, develop your vocabulary, increase your logical abilities, improve your skill with numbers and stimulate your intuitive sense. Har-Row, 1986, 124 p., paper, \$5.95.

**The Nemesis Affair: A Story of the Death of Dinosaurs and the Ways of Science**—David M. Raup. An active participant in this emerging scientific theory describes the events that led up to the Nemesis theory—an explanation for the demise of the dinosaurs and the last of the trilobites. This is also an account of the way science works, as seen by an outstanding scientist. Norton, 1986, 220 p., illus., \$14.95.

**The New Astronomy**—Nigel Henbest and Michael Marten. New astronomical imaging techniques show different views of familiar objects like the sun, Saturn, the Milky Way and the Andromeda Galaxy. Radio, infrared, ultraviolet, X-ray and gamma ray images reveal new and otherwise invisible aspects of the universe, such as the birth and aftermath of star death, the eruptions from the centers of distant quasars, the surface of Venus and Saturn's output of heat energy. These and many other fascinating images are reproduced here with text that explains, for the general reader, the images and tells what has been learned from them. Originally published in hardback in 1983. Cambridge U Pr., 1986, 240 p., color/b&w illus., paper, \$14.95.

**The Parent's Guide to Pediatric Drugs**—Ruth McGillis Bindler, Yvonne Tso and Linda Berner Howry. Provides advice on the proper use, effects and administration of all types of medicine, both prescription and nonprescription, for children from infancy to adolescence. Har-Row, 1986, 313 p., illus., \$20, paper, \$9.95.

**The Tenth Muse: The Pursuit of Earth Science**—Ronald B. Parker. In this collection of essays on geology, Parker first introduces the general reader to his concept of energy storage or buffer hypothesis and describes how a scientist disseminates a new idea to colleagues. Goes on to write in charming style about other geologic topics, such as volcanoes, geysers, a boron mine, glaciers and fossil excrement. Scribner, 1986, 221 p., \$15.95.

# Memoir of a Thinking Radish

## An Autobiography of Peter Medawar

Medawar introduces this autobiography as "a book of opinions which my life can be regarded as a pretext for holding." Incisive and witty as ever, he describes his early years in Rio de Janeiro, "the rude and barbaric life of Marlborough," Oxford in the 1930s, illness and recovery, and the rewards and frustrations of work in a wide variety of academic institutions around the world. He won a Nobel Prize in 1960 for work that formed the basis of modern immunology and organ transplantation. There is a rich diet of anecdote—about his extraordinary brother Philip, his early school days, his musical education, his wife Jean and their family, his experiences with illness, his frequent visits to America and much more. The result, a sheer delight to read, is a highly personal account of some of the episodes in the life of one of the most engaging and impressive men of our time.

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RB563

— from the publisher

"What emerges in the book is not only a portrait of the author, but a vivid, dense and unromanticized picture of English life."

— The New York Times Book Review

Oxford Univ. Press, 1986, 209 pages, 8¾" x 5¾", hardcover, \$17.95.