



McGraw-Hill, 1989, 164 pages, 9" x 6", paperback, \$9.95 ISBN 0-07-005017-1

The Tenth Dimension is the point at which the disparate fields of cosmology and elementary particle physics meet. With his genius for making the most complex scientific ideas simple and engaging, Bernstein details the fascinating developments of the past thirty years that have led to new revelations about how the universe was born and how it expands.

How have these theories evolved? Who are the major figures? The Tenth Dimension answers these and many other questions as it opens a door to new scientific understanding for the general reader.

— from the publisher

"Concentrates ... on scientific history, outlining the experimental confirmation of and the intellectual appreciation of theories that often developed even before a context for them existed. The quick character sketches ... and vignettes ... are lively and memorable."

- Publishers Weekly

Science News Books 1719 N Street, NW, Washington, DC	20036
Please send copy(ies) of The Ti payable to Science News Books for handling (total \$11.95) for each copy	\$9.95 plus \$2.00 postage and
Name	
Address	
City	
State	Zip
Daytime Phone – ()	s with order) RB1117

# Healthy Pleasures

### By Robert Ornstein and David Sobel

Addison-Wesley, 1989, 301 pages, 8½" x 5¾", hardcover, \$16.95 ISBN 0-201-12669-9

Science News Books 1719 N Street, NW Washington, DC 20036

Daytime Phone - (\_

(used only for problems with order)

Please send \_\_\_\_\_ copy(ies) of Healthy Pleasures. I include a check payable to Science News Books for \$16.95 plus \$2.00 postage and handling (total \$18.95) for each copy. Domestic orders only.

Name	
Address	
City	
Stato	Zin

fries and a glass of wine—isn't nearly as lethal as you have been led to believe.

On a deeper level, helping another person, or engaging in philanthropy at any level, may actually lengthen your life. Most important of all, your positive approach to yourself and to the world is more significant in the long run than all the fitness programs and diets you undertake.

— from the publisher

Using the latest research in medicine, biology and psychology, the authors — a renowned brain researcher and a leading expert in

preventive medicine—propose a new way to manage health, with less effort and more fun. The key is the Pleasure Principle—nature's way of alerting us that what we enjoy is likely to be good for us. The simple pleasures you can get from a hug, from watching your

favorite team play well, from a good laugh or even from a three-

hankie movie — these are all experiences that science now tells us have a positive effect on our ability to ward off disease. And the

occasional meal you love but are afraid to eat — say, steak, french

"Good news for all those devoting their lives to the search for health. Sobel and Ornstein dispel the myths associated with simple pleasures through careful documentation of the actual health benefits of enjoying life as you like it. There's not a trace of Pollyanna here, just good scholarship that supports a welcome balance in our view of health and how to achieve it." — Lowell S. Levin, Yale University School of Medicine

## LIGHT By Michael I. Sobel

Written for the general reader, this fascinating exploration of light traces the development of physical theories of light through the centuries and shows how the laws of physics explain light phenomena.

Univ. of Chicago Press, 1989, 263 pages,  $9\frac{1}{2}$ " x  $6\frac{1}{2}$ ", paperback, \$14.95 | ISBN 0-226-76751-5

Science News Books 1719 N St., NW, Washington, DC 20036
Please send $\_\_\_$ copy(ies) of $Light$ . I include a check payable to Science News Books for \$14.95 plus \$2.00 postage and handling (total \$16.95) for each copy. Domestic orders only.
Name
Address
City
StateZip
Daytime # ()

#### Topics include:

- Light waves or particles?
- Light as electromagnetic radiation
- Mirrors, lenses and telescopes
- · Lasers, solar cells, fiber optics and holograms
- The human eye as an optical instrument
- Color and color vision
- Fireflies, photosynthesis and biological clocks
- The sun, stars and galaxies

"At long last, here is a book about a technical subject that anyone can read with interest and understand. And there is not a single mathematical equation in the entire text. The author's technical genius and communications skills are combined with excellent lucid sketches, concise meaty captions and fascinating photographs to make this a 'must read' book for everyone."

— Jason R. Taylor, Science Books and Films

### Bind and Save your copies of **Science News**

Keep your copies of SCIENCE NEWS always available for quick, easy refer-

ence in this attractive, practical binder.

Simply snap the magazine in or out in a few seconds — no punching or mutilating. It opens *flat* — for easy reference and readability. Sturdily constructed, this blue vinyl binder stamped in a gold tone will make a fine addition to your library.

SCIENCE NEWS binders hold one six-month volume of SCIENCE NEWS. Each of the 26 issues snaps into the cover with a metal rod. \$8.00 each, 2 for \$15.00. Postage-paid.

Order now, from

**Science News** 

1719 N Street N.W. Washington, D.C. 20036

Domestic orders only

