

The Weekly Newsmagazine of Science

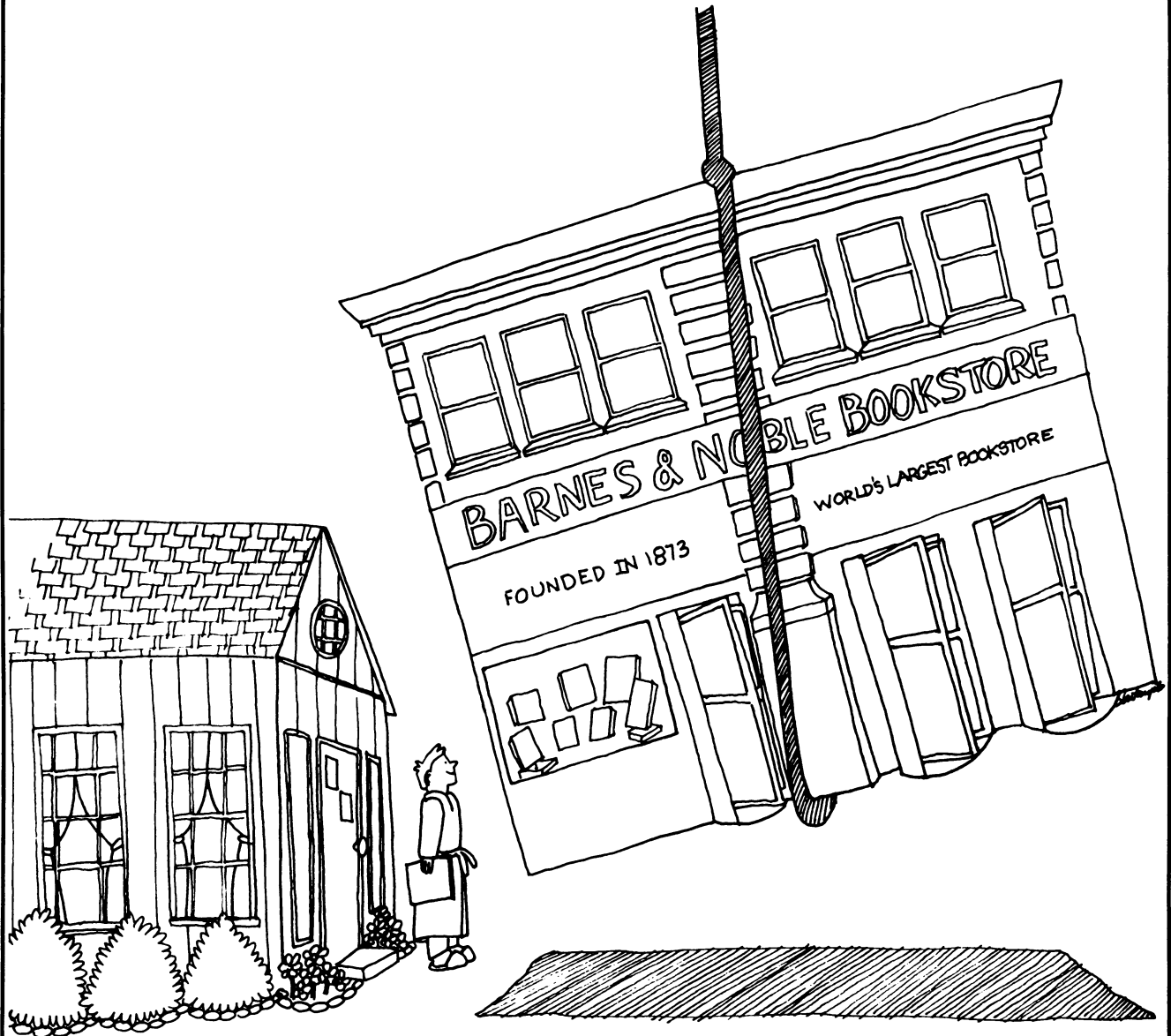
# SCIENCE NEWS

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# Seasons of the Mind

## Why You Get the Winter Blues and What You Can Do About It

By Norman E. Rosenthal

Millions of people are affected by the "winter blues." Often, it is a feeling of general malaise they cannot readily explain. Yet seasonal affective disorder (SAD) is recognized today as a distinct form of depression. Rosenthal, a world-renowned authority and pioneering researcher of SAD, has written the definitive book on this unique disorder. In *Seasons of the Mind* he explains everything you need to know about how the seasons can affect your moods and your life — and what you can do to feel better all year long.

WHAT IS SAD? Seasonal affective disorder is not in your imagination: It is a very real — and sometimes very serious — physiological affliction. It is a proven fact that changes in the weather and the season alter our brain chemistry and can affect how we feel, how we sleep, what we eat and how well we can cope with the everyday demands of our careers and relationships. Some sufferers feel as though they have entered a period of hibernation: overeating, oversleeping and withdrawing from the world. Others lose their appetites and find themselves restless and agitated. In its milder forms we call SAD the "winter blues." In its most severe forms, it can render one virtually dysfunctional.

— from the publisher

Bantam, 1989, 278 pages, 6¼" x 9¼", hardcover, \$18.95

Science News Books, 1719 N St., NW, Washington, DC 20036

SeasonsMind

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# Wonderful Life

The Burgess Shale and the Nature of History



# STEPHEN JAY GOULD

Norton, 1989, 347 pages, 6½" x 9½", hardcover, \$19.95

Tucked into the Canadian Rockies, 8,000 feet above sea level, is a small limestone quarry formed 530 million years ago called the Burgess Shale; less than a city block long and only ten feet high, the Burgess Shale holds the remains of an ancient sea that nurtured more varieties of life than can be found in all of our modern oceans. Here lived dozens of creatures never seen before or since — creatures perfectly preserved in awesome detail, including the five-eyed *Opabinia* and *Anomalocaris*, whose mouth was a circular nutcracker.

The early-twentieth-century discovery of the Burgess Shale by Dr. Charles D. Walcott, head of the Smithsonian Institution, could have thrown traditional scholarship on evolution into confusion. He misinterpreted these peculiar fossils and shoehorned all Burgess animals into the conventional categories of worms and arthropods. The story of why Walcott failed — how he could not have succeeded given his time and his past — and how and why later efforts did succeed tells us much about science and society — and about ourselves. For it is our view of life that shapes us. Is evolution the story of an inverted cone, small in the kinds of life at the bottom and steadily widening, diversifying? Burgess Shale teaches us instead that evolution produced an incredibly prolific bush that spread its branches suddenly half a billion years ago and has ever since seen bits of life fall away.

— from the publisher

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Wonderful

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