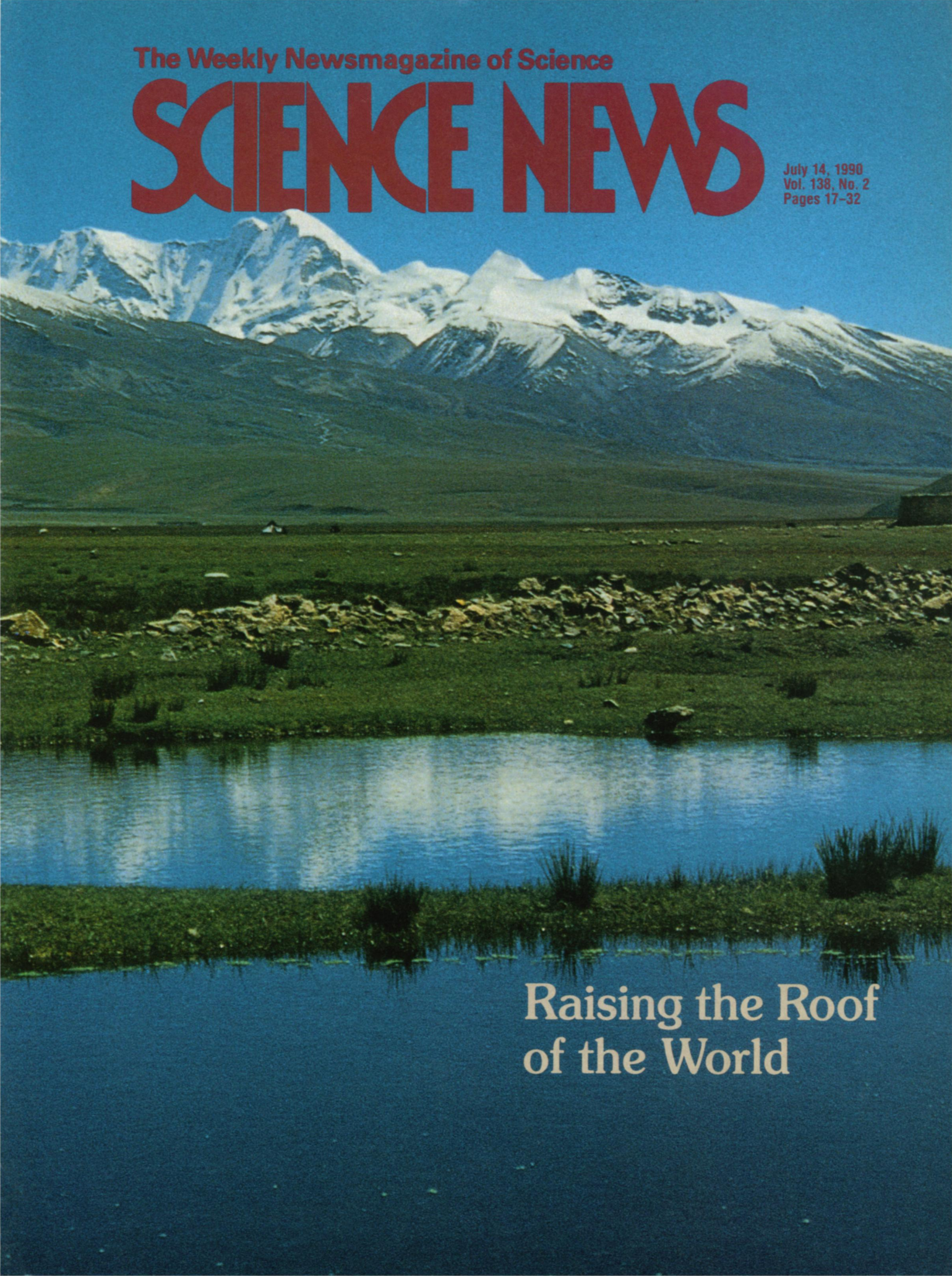


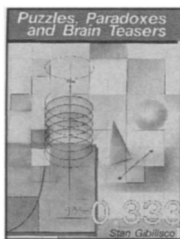
The Weekly Newsmagazine of Science

# SCIENCE NEWS

July 14, 1990  
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Pages 17-32



Raising the Roof  
of the World



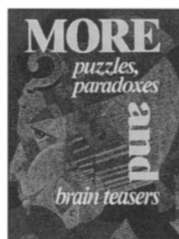
Logic can take some strange twists and turns that defy even the most commonly accepted rules. Gibilisco has put together an exciting excursion into the seemingly logical world of mathematics. It is an intriguing look at mysteries that are both frustrating and amusing. Although the topics are of a mathematical nature, the discussions are nontechnical, easy to read

and require no more than high-school level math and the ability to think clearly. Subject areas explored include:

- Irrational numbers, painting an infinite surface, the a.m./p.m. dilemma, the Frog and the Wall
- Improper use of context, circumstantial evidence, contradiction, irrelevance, appeals to force, authority and pity
- The fastest mile, the slope of a curve, quantized space, collections of things, and the theory of numbers, dimensions and analysis.

— from the publisher

TAB Bks, 1988, 111 pages, 9 1/4" x 7 1/4", paperback, \$8.95



Gibilisco challenges you to grapple with fundamental contradictions in the "absolute" science of mathematics. Take an entertaining and thought-provoking look at the bizarre realities of the mathematical and physical world, including:

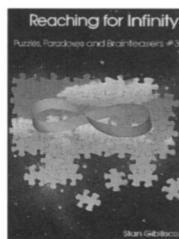
- common perceptual illusions of sight, time, and sound
- geometric anomalies like Euclid's Parallel

Postulate and Fermat's Last Theorem

- the nature of coincidence, predestiny, and things that are "bound to happen"
- concepts of true order and true randomness

— from the publisher

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Gibilisco describes the physical nature of infinity in non-technical language and leads you to examine various aspects of the infinite as perceived through mathematics, including:

- Einstein's space-time distortion, boundless space, and time without end
- The homogeneity paradox, quantization paradox, and black holes

- Irrational numbers, the continuum hypothesis, and the concept of aleph-null
- Ordinal and cardinal numbers, dividing by zero

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# No More Sleepless Nights

By Peter Hauri and Shirley Linde

Insomniacs come from all walks of life, and it's estimated that over 100 million Americans lose at least one night's sleep every month. Famous insomniacs include Benjamin Franklin, Napoleon Bonaparte, Marilyn Monroe and Winston Churchill. However, with the recent developments in sleep research and understanding of sleep disorders, there is no need for anyone to suffer in ignorance from this affliction any longer.

**No More Sleepless Nights** offers a comprehensive look at this problem. Peter J. Hauri, PhD, Director of the Mayo Clinic Insomnia Program, and award-winning medical writer Shirley Linde, PhD, outline the drug-free steps necessary to overcome insomnia in an easy-to-read format. Discuss such factors as:

- the harmful effects of caffeine, alcohol and nicotine on sleep
- the importance of a comfortable sleeping environment (the mattress, lighting, noise, air temperature, etc.)
- the need to have a regular sleep cycle
- techniques for relaxing the mind and body before bedtime
- daily stress management and the productive use of "worry time"
- a proper diet which contributes to healthy sleep patterns and how much food should be eaten at different times in the day
- exercise programs which lead to a good night's sleep

— from the publisher

"Drs. Hauri and Linde have written an extremely thorough and informative book that will educate individuals whether or not they are having trouble sleeping. Dr. Hauri's treatment program, highly regarded by sleep specialists around the world, is explained in a manner that will benefit thousands."

— James K. Walsh, PhD, Director, Sleep Disorder Center, Deaconess Hospital, St. Louis, Missouri

Wiley, 1990, 262 pages, 9" x 6", hardcover, \$19.95

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Where do smelly old sneakers, sticky soda cans and other yucky things go after you throw them away? Can you ever make nothing out of something? This entertaining 3-2-1 CONTACT Extra, **The Rotten Truth**, focuses on the garbage crisis, the science behind the problem of waste disposal and the technology being used to solve it. Go on an adventure with cast member Stephanie Yu and some surprise guests—like the Rappin' Wrapper—to learn **THE ROTTEN TRUTH** about garbage. Come along with Stephanie as she visits a landfill and a recycling plant, leads a tour through the Museum of Modern Garbage, and much more. You'll find amazing facts, terrific live-action footage, colorful animation, great music and plenty of fun in this special 30-minute EXTRA from the award-winning science series, 3-2-1 CONTACT.

Recommended for ages 6 and up. VHS only. \$14.95.

"The producers have simplified a complicated subject without making it simplistic or boring . . . the tape is instructive and stimulating. Best of all, it helps us see things we take for granted—glass bottles, disposable diapers—in a new way, not just as useful objects but also as potential threats."

— ENTERTAINMENT WEEKLY

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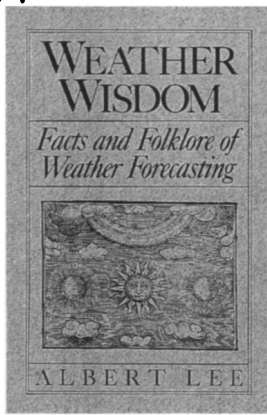
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*For Adults*

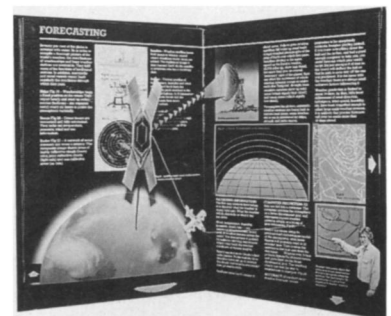


Congdon & Weed, 1990, 180 pages, paperback, \$7.95

**Weather Wisdom** by Albert Lee. Did you know that if ants are marching single file, rain is on the way? Blue hues in a rainbow signal fair weather? A cricket's chirp can tell the temperature more accurately than a thermometer? Lee shares these and hundreds of other handy weather proverbs in this charming almanac of natural weather indicators. Through American folklore handed down from the early settlers, farmers, sailors and Indians, you'll learn the art of weather forecasting by simply becoming attuned to changes in the clouds, sun and moon and the responses of plants, birds, insects, and even fish (which *do* bite more before wet weather). Lively explanations uncover the *why's* behind surprisingly accurate folk forecasters—why sheep scatter in fair weather, why old bones and bunions act up before a storm, and why it never (well, hardly ever) rains on Yom Kippur. First published in 1976 and long out of print, *Weather Wisdom* is a paperback reprint of a folklore classic. Illustrated with more than two dozen charts and drawings, this practical and revealing guide to natural weather prediction brings back the fascinating folk heritage of America's first weather men and women.

— from the publisher

*For Kids and adults!*



**The Weather Pop-Up Book**, by Francis Wilson. What is the troposphere? How does a barometer work? What happens when two fronts clash? Watch a hurricane build, and learn why the horse latitudes are called the horse latitudes. Find out about cyclones, wind, rain, heatwaves, jet streams and hail in this exciting, informative pop-up book that graphically explains in full color and three dimensions everything you've ever wanted to know about weather, and brings to life the fascinating techniques of space-age meteorology. *Simon & Schuster, 1987, 10 pop-up pages, 12" x 8 1/2", hardcover, \$12.95.*

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