

Wonderful Life

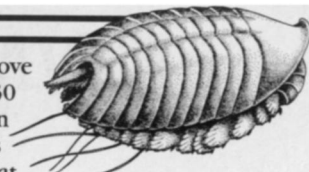
The Burgess Shale and the Nature of History



STEPHEN JAY GOULD

Norton, 1989, 347 pages, 6 1/4" x 9 1/2", paperback, \$10.95

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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Wonderlife

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Headache Relief

A Comprehensive, Up-To-Date,
Medically Proven Program that can Control
and Ease Headache Pain

By Alan Rapoport
and
Fred Sheftell

Simon and Schuster, 1990, 288 pages, 5 1/2" x 9", hardcover, \$18.95

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If you are one of the millions of people who suffer from chronic headaches, this book can help you. Dr. Alan M. Rapoport and Dr. Fred D. Sheftell are cofounders and codirectors of The New England Center for Headache, an institution devoted solely to alleviating the pain of chronic headache sufferers. Drawing on their extensive clinical experience and their excellent record of treatment, they have written this book to explain what steps you can take to help relieve your pain.

The doctors explain how emotions, nutrition, sleep patterns, exercise, stress and workplace or other environmental factors can influence headache pain. They offer specific advice about which foods and substances can trigger headaches (alcohol is at the top of their list) and how to identify the food or medication that may be causing your headache. They provide the latest research about the relationship between the menstrual cycle and headaches in women, about children's headaches and about current over-the-counter and off-the-shelf medications.

Drs. Rapoport and Sheftell believe that medication may provide short-term relief but that the same benefits that drugs provide can be obtained over the long term from modifications in diet and exercise habits and from stress reduction.

This is a book of sound advice based on clinically proven techniques that can help anyone who suffers the pain of chronic headache.

— from the publisher

Includes:

- Information about the latest techniques
- The best balance of nutritional, psychological and pharmaceutical information and advice
- Reliable information about migraine and other types of headaches
- Authoritative advice about headaches in children



READING THE PAST...



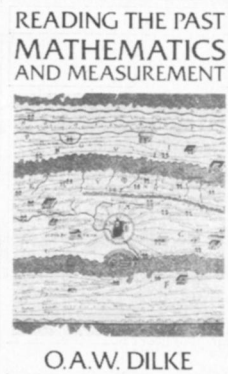
In Orkney, Shetland and the Scottish Islands, in Ireland, in the Isle of Man and above all in Scandinavia, travelers still come upon great memorial stones, inscribed with the curious angular alphabet called runes.

Rune-masters also cut their letters on other objects, including swords, brooches, pendants and rings. This book tells the story of runes from the earliest Continental inscriptions of the late second century AD through to the Viking Age and to the related script used for the English language in Anglo-Saxon times. The author shows what a wealth of material about our early civilization has been recorded in runes and suggests to the readers where they themselves may discover them.

The cuneiform writing system flourished in the Near East from before 3000 BC to AD 75. This book surveys the development of the script from the earliest pictographic signs to the latest astronomical tablets and the process by which it came to be used for writing many different Near Eastern languages. Sample texts show how the script is analyzed into words and syllables and how to read the names of the most famous kings as they appear on monuments. The decipherment of cuneiform is explained, and — for the collector — some guidelines for identifying fake inscriptions are given.

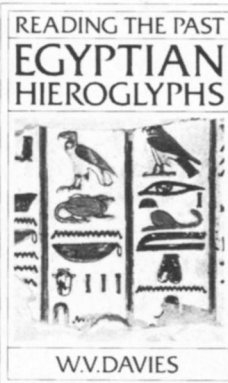


Maya glyphic writing is one of the most complex scripts ever devised. From before AD 250 until well after the Spanish conquest Maya Indians of Mexico and Central America used elaborate pictorial signs to record ideas, words and syllables. This book surveys the discovery and partial decipherment of glyphic writing and introduces the reader to the media on which glyphs are recorded. It explains the underlying principles of Maya writing, including its grammar, before reviewing how decipherments have dramatically enhanced our understanding of ancient Maya civilization.



Most of us are familiar with Roman numerals, as they are still in occasional use today, but how did the ancient Egyptians, Sumerians, Babylonians and Greeks write numbers? How did they measure distance,

capacity and weight, and how did the early architects and engineers make the necessary calculations for building their great pyramids, temples, aqueducts and roads? This book outlines the ancient systems of mathematics and measurement and describes how they were used in mapping, surveying, telling the time, trade and commerce, as well as in leisure pursuits such as games and puzzles, and in the occult. A final chapter sketches subsequent developments in the West, including the introduction of arabic numerals, and shows how the mathematical legacy of the Graeco-Roman world influenced science and technology in the Renaissance and beyond.



The hieroglyphic script of ancient Egypt is one of the oldest and most beautiful of the world's known writing systems. It was invented at the dawn of Egypt's dynastic history, towards the end of the fourth millennium BC, and was employed for over three thousand years, finally falling into disuse during Egypt's Coptic or Christian Period. This book explains the underlying principles of the script and describes its origin, development and uses, with due attention paid to its cursive derivatives called hieratic and demotic.

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The University of California Press, 9 1/2" x 6 3/4", 64 pages, black and white illustrated, paperback, \$8.95