

The Weekly Newsmagazine of Science

SCIENCE NEWS

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*Women
and
Heart
Disease*



"In its listing and discussions of do-it-yourself treatments for insomnia, this book is breathtakingly complete."

— From the Foreword by Ernest Hartmann, M.D.
Director, Sleep Disorders Center, Newton-Wellesley Hospital

Everybody's Guide to Natural Sleep

An estimated 20 million to 70 million Americans suffer from insomnia, with symptoms ranging from fitful sleep to chronic insomnia. **Everybody's Guide to Natural Sleep** is a layperson's guide to overcoming sleep difficulties without the use of drugs or artificial chemicals. Drawing on sources ranging from old wives' tales to the latest sleep research, the authors explain the causes of sleeplessness and present a multitude of natural methods, from breathing and relaxation to nutrition and exercise, to combat it.

Includes:

- how to break the sleeping-pill habit
- the effects of alcohol, coffee and vitamins on your sleep
- how to get yourself and your child to sleep
- how various aspects of the bedroom environment — sheets, pillows, air temperature and more — can affect your sleep
- suggestions for further reading.

Science News Books

1719 N St., NW, Washington, DC 20036

Please send _____ copy(ies) of **Everybody's Guide to Natural Sleep**. I include a check payable to Science News Books for \$10.95 plus \$2.00 postage and handling (total \$12.95) for each copy. Domestic orders only.

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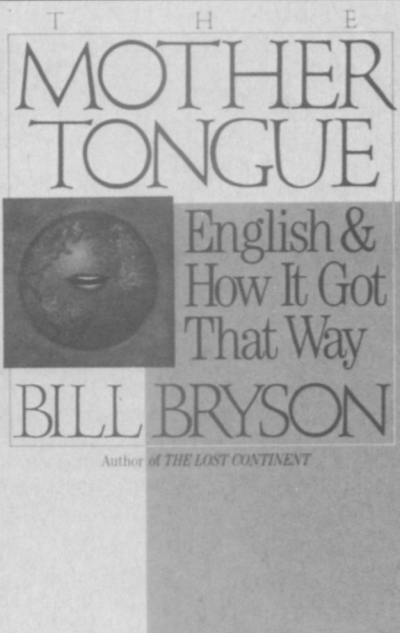
GdeNatSleep

RB1359

By
Philip Goldberg
and
Daniel Kaufman



Jeremy P. Tarcher, 1990,
243 pages, 5½" x 8¼",
paperback, \$10.95



"More than 350 million people in the world speak English and the rest, it sometimes seems, try to." Thus begins Bill Bryson's engaging jaunt through the quirks and by-ways of the world's most important — and baffling — of languages. No other language has achieved such eminence, overcome such odds, inspired such majesty of thought or caused such confusion as English.

Bryson covers the entire history of language, from the first crude murmurings of Neanderthal man 30,000 years ago to the explosion of English as a global language in this century. We learn why *island*, *freight* and *colonel* are spelled in such patently unphonetic ways, and why *four* has a *u* in it but *forty* does not. We learn how some of the most cherished "rules" of grammar can be traced to an eighteenth-century English clergyman who had no formal training in grammar, why one of the most prolific contributors to the *Oxford English Dictionary* couldn't come to the publication party (he was an inmate at a hospital for the criminally insane), and much, much more. This is a book that will, like the English language itself, amuse, delight and occasionally astonish you.

— from the publisher

William Morrow
and Co., 1990,
270 pages,
6¼" x 9½",
hardcover, \$18.95

"If it were not for the scholarship behind this book — you'll never find more information about the vagaries of English crammed into smaller space — Bill Bryson might well have called it not *The Mother Tongue* but *The Mother Tongue-in-Cheek*. A chuckle accompanies an unexpected nugget of fact on every page."

— Willard Espy, Author of *Have a Word on Me: A Celebration of Language*

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Please send me _____ copy(ies) of *The Mother Tongue*. I include a check payable to Science News Books for \$18.95 plus \$2.00 postage and handling (total \$20.95) for each copy. Domestic orders only.

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MotherTongue

RB1362

THE JOURNEY FROM EDEN

The Peopling of Our World



BRIAN M. FAGAN

When and where did modern humans first evolve? And how, against all the odds of the Ice Age world, did our ancestors succeed in colonizing the globe? *The Journey from Eden* is the first book for a general audience to address these questions, and to tell the exciting story of the human conquest of the earth.

For decades Africa has been recognized as the birthplace of our earliest forebears, the hominids. But the more recent origin of our own species, *Homo sapiens*, was a mystery. Some scholars looked to Europe as our ultimate homeland, others to Asia. Now, however, geneticists have traced our ancestry back through the female line to a putative mother of humanity or "Eve," who may have lived some 200,000 or 150,000 years ago in Africa.

Are the scientists right? In a skillful, dynamic narrative, Brian Fagan shows just how far the latest archaeological and fossil evidence supports the African Eve hypothesis. We learn of the Sahara as a giant "pump," alternately attracting and repelling human migrants, and Southeast Asia as the heartland of a unique bamboo-based technology that still flourishes. Like the scientists, we puzzle over enigmatic clues suggesting that articulate speech gave our ancestors the competitive edge over the European Neanderthals. Ultimately we track human colonists all the way to Australia and across the bitter Russian steppe to Siberia and the Americas.

Today, as we struggle to comprehend the world as a single, fragile entity, . . . the story of our ingenious, intrepid Ice Age ancestors holds lessons for us all.

— from the publisher

Thames and Hudson, 1990, 256 pages, 6-1/4" x 9-1/4", hardcover, \$22.50

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

JournEden

Please send me _____ copy(ies) of *The Journey From Eden*. I include a check payable to Science News Books for \$22.50 plus \$2.00 postage and handling (total \$24.50) for each copy. Domestic orders only.

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RB1360

On Albert Einstein's seventy-sixth (and final) birthday, a friend gave him a simple toy made from a broomstick, a heavy ball and a spring. Einstein was delighted. The gift worked on a principle he had conceived fifty years before, which underlay his revolutionary theory of gravity. With animated wit, A. Zee shows how the implications of Einstein's "happy thought" are still confounding modern physics and shaping our understanding of how the universe began, how the galaxies developed — of the very nature of space itself. This book is a brilliant gambol through the history of science and a fascinating glimpse of the physics of the future.

— from the publisher

Macmillan Publ., 1990, 272 pages, 6" x 9 1/4", paperback, \$9.95

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

OldManToy

Please send me _____ copy(ies) of *An Old Man's Toy*. I include a check payable to Science News Books for \$9.95 plus \$2.00 postage and handling (total \$11.95) for each copy. Domestic orders only.

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RB1361

"Zee writes with wry, poetic humor. . . . It's as if he's conducting an easygoing conversation with his audience."

— The New York Times

