

# Books

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**The Audubon Society Field Guide to the Night Sky.** This portable guide includes more than 270 color photographs of the solar system and deep-sky objects, 48 monthly sky charts, 88 constellation charts, and detailed explanations for each, providing history and mythology as well as more technical information on size, composition and much more. The book begins with general information on the universe, the solar system, constellations and observing the night sky. Knopf, 1991, 714 p., color illus., paperback, \$18.00.

**The Female Heart: The Truth About Women & Coronary Artery Disease** — Marianne J. Legato and Carol Colman. Although coronary artery disease is the leading cause of death among women in the United States, women are often excluded from heart studies and women with symptoms of coronary artery disease are taken less seriously than men with the same symptoms, the authors contend. This book gives women practical general advice on self-care and prevention as well as more targeted information on coronary issues specific to women, such as the role of hormones, problems arising from pregnancy and menopause, and risks faced by overextended working women. S&S, 1992, 252 p., hardcover, \$21.00.

**In the Country of Hearts: Journeys in the Art of Medicine** — John Stone. Compelling essays by this cardiologist and professor offer a glimpse into the human and medical aspects of cardiology. Stone's compassionate case histories educate the reader on the workings of the heart and cardiac afflictions and their treatment, while revealing the thoughts and emotions of doctors who treat and repair this vital organ. Originally published in hardcover in 1990. Dell, 1992, 211 p., paperback, \$10.00.

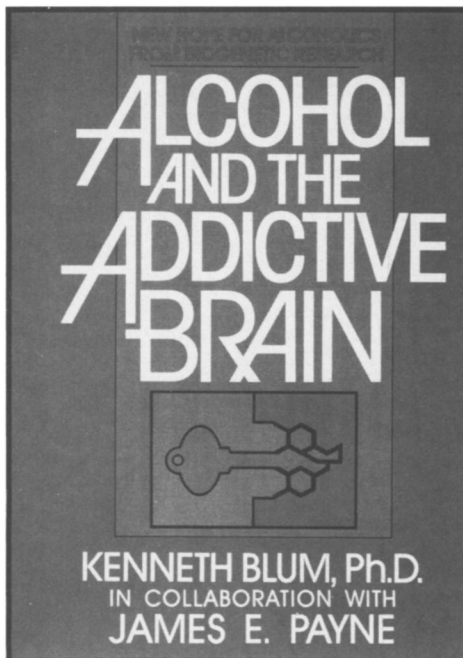
**Nuclear Waste: The Problem That Won't Go Away** — Nicholas Lenssen. In the past 50 years, 26 countries have used nuclear power, accumulating thousands of tons of radioactive waste that will remain dangerous for tens of thousands of years—and yet none of these countries has found a safe, permanent disposal method, asserts Lenssen in this *Worldwatch* Paper (#106). He reviews a variety of unsuccessful efforts to resolve the waste problem, including the United States' search for a high-level waste burial site, and examines the social, medical, technical and political factors contributing to the international deadlock. *Worldwatch*, 1991, 62 p., paperback, \$5.00.

**State of the World 1992** — Lester R. Brown *et al.* The environmental statistics are ominous: Every day, 50 to 400 plant and animal species go extinct; in some places, the ozone layer is thinning twice as quickly as scientists expected; and the world population swells by 92 million each year. But Brown and his coauthors at the *Worldwatch* Institute contend that we already have the technology to overcome these threats, and they outline our options for restoring Earth's abused environment. Written for the general reader. Norton, 1992, 256 p., paperback, \$10.95.

**Time for the Stars: Astronomy in the 1990s** — Alan Lightman. Basing his discussion on the assessment and recommendations of the National Academy of Sciences' Astronomy and Astrophysics Survey Committee, this astrophysicist summarizes our current understanding of the universe and explains what the astronomical community hopes to accomplish in this decade. A straightforward introduction written for the general reader. Viking Penguin, 1992, 124 p., illus., hardcover, \$20.00.

**Tough Plants for Tough Places: How to Grow 101 Easy-Care Plants for Every Part of Your Yard** — Peter Loewer. Whether your garden has poor soil, not enough water, too much shade or a steep slope, there is something here for you. After a general introduction to gardening techniques, Loewer describes low-maintenance plants (including flowering plants, trees, shrubs and vines) that thrive under poor conditions, and suggests 25 garden designs using these plants. Illustrated with line drawings. Rodale Pr Inc, 1992, 247 p., illus., hardcover, \$24.95.

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A dramatically new understanding of the nature and progression of alcohol addiction is currently emerging: alcoholism as the result of an imbalance in the brain's natural production of neurotransmitters critical to our sense of well-being.

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—from the publisher

*"As a physician involved in the field of addictions for the last 25 years, I see this book as a medical classic. I would recommend it to any physician who seeks knowledge about alcoholism and the effects of this disease on the brain. I would also recommend it to patients and their families, as well as to students interested in the genetics of the disease.*

—Nicholas A. Pace, M.D.  
Assistant Professor of Clinical Medicine,  
NYU School of Medicine  
Medical Director, Pace Health Services, New York City

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