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**The Aztecs** — Richard F. Townsend. This portrait of the Aztecs, written by an expert on pre-Columbian culture, begins with a narrative of the Spanish conquest and charts the rise of the Aztecs from nomads to empire builders. Townsend shows how war and human sacrifice served as instruments of terror and reinforced the belief that the shedding of human blood ensured fertility of the land and renewal of the seasons. Descriptions of everyday life and discoveries from archaeological excavations are interwoven with results from recent studies of Aztec monuments, Spanish records, and illustrated codices. Thames Hudson, 1992, 224 p., hardcover, \$29.95.

**Bright Air, Brilliant Fire: On the Matter of the Mind** — Gerald M. Edelman. The Nobel prize-winning director of the Neurosciences Institute and chairman of the neurobiology department at the Scripps Research Institute explores how consciousness and thought emerged from the evolution of the human brain. He concludes that individuality must lie at the very center of what it means to have a mind, that no creature is born value-free, and no physical theory of the universe can claim to be a "theory of everything" without including an account of how the brain gives rise to the mind. Basic, 1992, 280 p., hardcover, \$25.00.

**Calculated Risks: The Toxicity and Human Health Risks of Chemicals in Our Environment** — Joseph V. Rodricks. What is meant when a chemical is labeled carcinogenic? How are human risks from hazardous chemicals identified, and how well are they known? Rodricks describes how scientists come to understand the toxic properties of chemicals present in foods, consumer products, and the workplace, and the health risks they pose. Cambridge UP, 1992, 256 p., hardcover, \$22.95.

**Ocean Frontiers: Explorations by Oceanographers on Five Continents** — Elisabeth Mann Borgese, ed. Borgese, who chairs the planning council of the International Ocean Institute, chronicles major research projects of 12 oceanographic institutions on five continents. Generously illustrated with black-and-white and color photos. Abrams, 1992, 288 p., hardcover, \$49.50.

**Save the Earth** — Jonathan Porritt. The author, an environmental activist in Britain, joins with 16 scientists and over 100 activists, statesmen, artists, and business people to address worldwide environmental issues and policies. Topics include population, rain forests, croplands, global warming, wetlands, rural resources, oceans, mountains, rivers and lakes, shorelines and estuaries, and biodiversity. Each topic is accompanied by color photographs, graphics and quotations from international celebrities and leaders. With a foreword by the Prince of Wales and an introduction by Robert Redford. Turner Pub GA, 1991, 208 p., hardcover, \$29.95.

# ALCOHOL AND THE ADDICTIVE BRAIN

KENNETH BLUM, Ph.D.  
IN COLLABORATION WITH  
JAMES E. PAYNE

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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The future for alcoholics and their families is at last looking brighter. Blum and Payne explore the possibilities that are just over the medical horizon: that within the next decade we will be able to identify children of alcoholics who are at risk even before birth; that eventually we will be able to repair the defective genes, and cease passing down the predisposition to alcoholism from generation to generation; that in the meantime new nutritional and pharmacological approaches may help to reverse the fundamental imbalance. *Alcohol and the Addictive Brain* is a fascinating scientific detective story with a possible happy ending.

—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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