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Biomarkers: The 10 Keys to Prolonging Vitality — William Evans and Irwin H. Rosenberg. The chief of the Human Physiology Laboratory and the director of the Human Nutrition Research Center on Aging at Tufts University demonstrate that the body's decline results not from the passing of years but from the combined effects of inactivity, poor nutrition, and illness — much of which can be controlled. The authors identify 10 "biomarkers," the key physiological factors associated with prolonged youth and activity. They further provide dietary guidelines, self-tests for evaluating your physiological age, and exercise programs for every level of fitness. Fireside, 1992, 297 p., paperback, \$12.00.

The Cambridge Encyclopedia — David Crystal, ed. More than 100 contributors worldwide have written on the major areas of human knowledge for this edition, which offers 1,500,000 words, 750 illustrations, 75,000 cross-references, and 30,000 entries. Includes a section of information for quick answers to quick questions. Cambridge U Pr, 1992, 1,500 p., hardcover, \$49.95.

If I Were a Rich Man Could I Buy a Pancreas? and Other Essays on the Ethics of Health Care — Arthur L. Caplan. The director of biomedical ethics at the University of Minnesota discusses the nature of work in applied ethics and examines moral questions raised by animal research, organ procurement, and the frontiers of genetics and reproductive technology. After reviewing challenges to the American health care system, he concludes with suggested strategies for controlling costs while offering basic medical care for every American. Ind U Pr, 1992, 348 p., hardcover, \$29.95.

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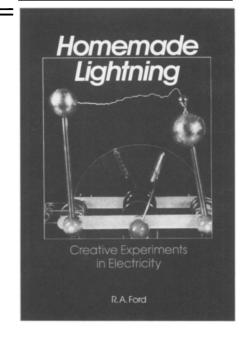
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SCIENCE NEWS, VOL. 142