

The Weekly Newsmagazine of Science

SCIENCE NEWS

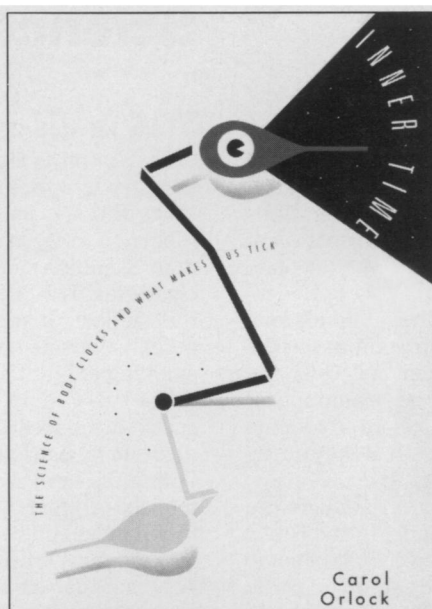
March 19, 1994
Vol. 145, No. 12
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Mastering the Moth

In *Inner Time* readers can discover:

- How to use inner rhythms to stay energized and take advantage of the hours when we're at our best.
- How we may be close to a cure for jet lag.
- How problems of aging result from inner clocks losing their rhythm.
- How depression and mental illness can occur when inner clocks fall out of tune.
- The best times to eat to lose weight.
- The times of day best suited for business success, romance or athletic competition.



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Just three decades old, the science of chronobiology is revolutionizing our understanding of the inner clocks and rhythmic cycles that govern our mind and body. Scientists are discovering how our bodies are a symphony of thousands of overlapping cycles and schedules that affect everything from our physical strength to the times during the day when we feel most intellectually sharp.

Like the animals and plants around us, we are tuned to the cycles of our planet. Time cycles, encoded into our cells, tell us when to sleep and wake, work and play. When we ignore them, we put both our health and our happiness at risk.

Inner Time explains both the development and the findings of this new field, showing how we can safely stay in touch with our inner rhythms and get the most from life.

— from *Birch Lane Press*

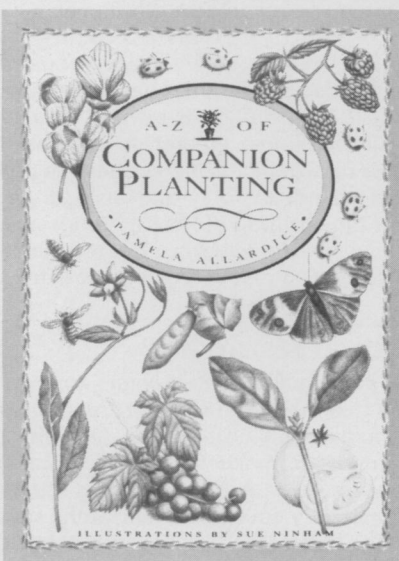
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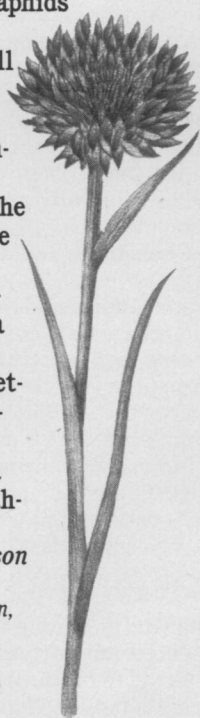
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- Did you know that garlic planted next to roses deters aphids and other predators?
- Or that marigolds planted at the foot of apple trees will have a positive effect on fruiting and the tree's resistance to pests?
- Or that cabbage growth will be greatly improved by interplanting with aromatic herbs?

For centuries, farmers and gardeners have observed the benefits of growing particular plants together to improve the health and growth of flowers, vegetables and herbs, but only recently has science begun to confirm the positive effects of companion planting in the garden. Pamela Allardice has blended this traditional wisdom with the latest scientific findings to create an easy-to-use alphabetical guide. Interspersed with delightful snippets of folklore, traditional herbal remedies and delicious recipes, this superbly illustrated book will enable you to plant a garden that will be better able to take care of itself without the use of harmful pesticides.

— from *Angus & Robertson*



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