

The Weekly Newsmagazine of Science

SCIENCE NEWS

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**Crafting
Immunity**

The *New Houseplant* proves to aficionados and dabblers alike that there is more to houseplants than windowsills. Filled with descriptions of and instructions for cultivating more than five hundred different species of plants, it is also packed with ideas for bringing the garden indoors and using plants as living elements of your interior design. There's a chapter on the edible houseplant, covering everything from the care and feeding of lemon trees to raising your own bean

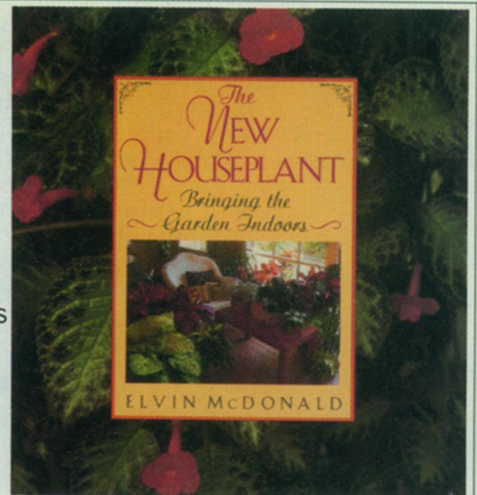


sprouts.

All the basics are here — how to choose (or mix up your own) potting soil, watering and fertilizing schedules, how to prune a plant, how to make more plants from the plants you have, or even how to create your own hybrids. There's a full chapter on diagnosing plant problems and handy lists of plants just right for the amount of light you get indoors.

The New Houseplant is a necessary armchair reference for pros and amateurs alike.

from Macmillan



To order by phone, call:
1-800-544-4565
(Visa or MasterCard Only)

In D.C. Area:
202-331-9653

Macmillan, 1993,
270 pages,
9 1/2" x 10 1/4",
hardcover, \$40.00



Science News Books

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NewHouseplH

Please send me _____ copy(ies) of *The New Houseplant*. I include a check payable to Science News Books for \$40.00 plus \$2.00 postage and handling (total \$42.00) for each copy. Domestic orders only.

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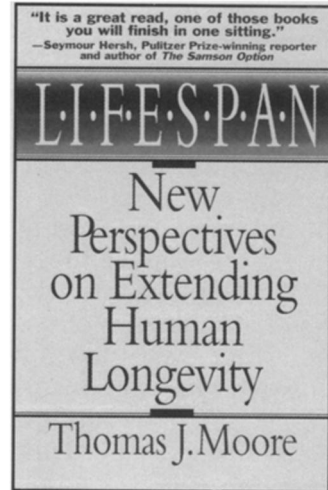
***Lifespan* is the story of the modern quest for a longer and healthier life. Fascinating and well documented, it discusses what matters for living longer and what is not so important. It examines how scientists, drug manufacturers, and food companies promote products that have little effect on lifespan, and shows where we are neglecting some major threats.**

***Lifespan* offers a new perspective on longevity factors that we hear about every day. How important are weight and cholesterol? (Author Thomas Moore explains why these risk factors are exaggerated.) Is your parents' or grandparents' longevity a guide to your own lifespan? (It is a generally unreliable indicator of your prospects, although the genes you inherit may be very important.) Why do some individual actions, such as smoking, matter, while others, such as exercise, have little or uncertain effect?**

***Lifespan* also journeys to the scientific frontiers of longevity research. Find out what kind of breakthrough would it take for most people to live to age 100. Moore describes the experiments that greatly increase the lifespan of animals and might work in humans, and he tells us about the hormones that might control the aging process.**

This book helps make sense of a fascinating subject that intrigues us all — mankind's oldest dream, the desire to extend the natural lifespan.

— from *Simon & Schuster*



Touchstone Books, 1994, 318 pages
5 1/2" x 8 1/2", paperback, \$12.00

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Lifespan

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