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**Full House: Reassessing the Earth's Population Carrying Capacity** — Lester R. Brown and Hal Kane. Two leaders of the Worldwatch Institute report on their findings of a research project they conducted about population trends. After defining the extent of human growth in numbers and relating pertinent data about the currently over extended output of fisheries and grain harvests, they offer alternative population policies viable through the year 2050. Their policies mainly address ways to feed this burgeoning population and include a budget. Norton, 1994, 261 p., b&w illus., paperback, \$8.95.

**The Guide to the Galaxy** — Nigel Henbest and Heather Couper. Using some of the most state-of-the-art satellite photographs of different areas of our galaxy, the authors ably provide a tour of it as a whole and of all the objects it contains. These include mysterious black holes, the giant globular clusters of stars, every kind of star, regions of star formation, exploding stars and their remnants, and the enigmatic objects at the galactic center, as well as the giant halo surrounding the galaxy. They show how a better understanding of these new dimensions provides a fresh view of the galaxy as an active and interactive place. Cambridge U Pr, 1994, 265 p., color and b&w photos, paperback, \$24.95.

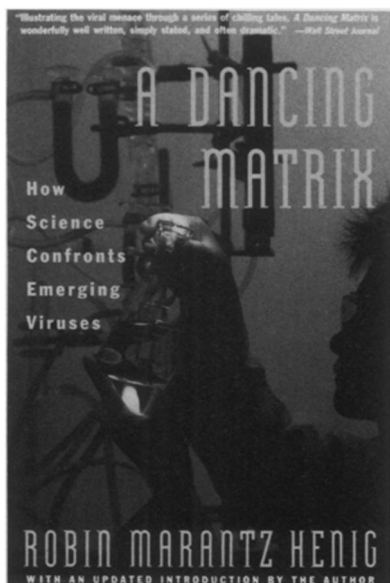
**How Does Aspirin Find a Headache?** — David Feldman. Feldman's seventh collection of Imponderables reveals the answers to such conundrums as Why doesn't ham change color when it's cooked? Why do pigeons make a whistling sound when they take off in flight? and more than 100 other questions submitted by readers — even one signed David Letterman "somewhere in Connecticut." Originally published in hardcover in 1993. HarperPerennial, 1994, 269 p., b&w illus., paperback, \$10.00.

**How and Why We Age** — Leonard Hayflick. A gerontologist delineates the growing field of biogerontology, otherwise referred to as the biology of aging. In six sections, Hayflick defines age in humans and animals, provides statistical data on aging, shows how humans age and change literally from head to toe, tells why we age, explains longevity techniques, and explores the possibilities for manipulating the life span. Hayflick thoroughly traverses the field, offering data compiled by himself and fellow researchers. Their findings often defy commonly held beliefs about prolonging life. For instance, he reports that a cure for cancer will only increase the average 65-year-old American's life span by 2 years, whereas curing heart disease would add 7 years. Hayflick also contends that exercise will not slow the aging process. Ballantine, 1994, 377 p., hardcover, \$24.00.

**Seismosaurus: The Earth Shaker** — David D. Gillette. Believed to be the largest dinosaur ever to walk on Earth — and at 150 feet and more than 100 tons perhaps the biggest land animal of all time — Seismosaurus' existence was not even known until a chance discovery 15 years ago by two hikers in New Mexico. The hikers contacted Gillette, who gathered together what would become one of the most advanced excavating teams ever assembled. With the help of many color photographs and remarkable illustrations, Gillette retraces this excavation and pieces together not only its bones but also the probable life and death of this Seismosaurus. Col U Pr, 1994, 205 p., color plates, photos, and illus., hardcover, \$39.95.

**Touched with Fire: Manic-Depressive Illness and the Artistic Temperament** — Kay Redfield Jamison. Plato opined that artists were somewhat mad. Now that theory has become indisputable in some cases as new advances in neuroscience and genetics have proved the link between creativity and emotional problems. Although only 1 percent of the population suffers from manic-depressive illness, it is estimated that as many as 30 percent of those in the creative arts do, at least to some extent. Jamison, a psychiatry professor, outlines the lives of several writers, with special emphasis on that of Lord Byron. Detailed explanations about the relationship between moods and imagination and about what manic-depressive illness is and whom it affects are included with these artistic biographies. Originally published in hardcover in 1993. Free Pr, 1994, 370 p., paperback, \$12.95.

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*"Provocative and intelligent . . . useful and highly readable."*

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Even as humanity reels beneath the assault of AIDS, epidemiologists are gearing themselves up for that plague's successor. It might be dengue fever, whose carrier, the Asian tiger mosquito, has recently appeared in the United States, or Creutzfeldt-Jakob disease, which has been transmitted by contaminated human growth hormone. The next pandemic might be caused by any of a dozen viruses that were once confined to other species or territories but now place human beings at risk as we increasingly cross their boundaries.

Updated to include the latest research and developments, this fascinating and sometimes unsettling book sums up all that we currently know about viruses: what they are, how they spread, and how scientists are trying to outwit them. Interweaving theory and real-life medical drama, *A Dancing Matrix* is science reportage at its most suspenseful and informative.

— *from Vintage Books*

Vintage Books,  
1994, 269 pages,  
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