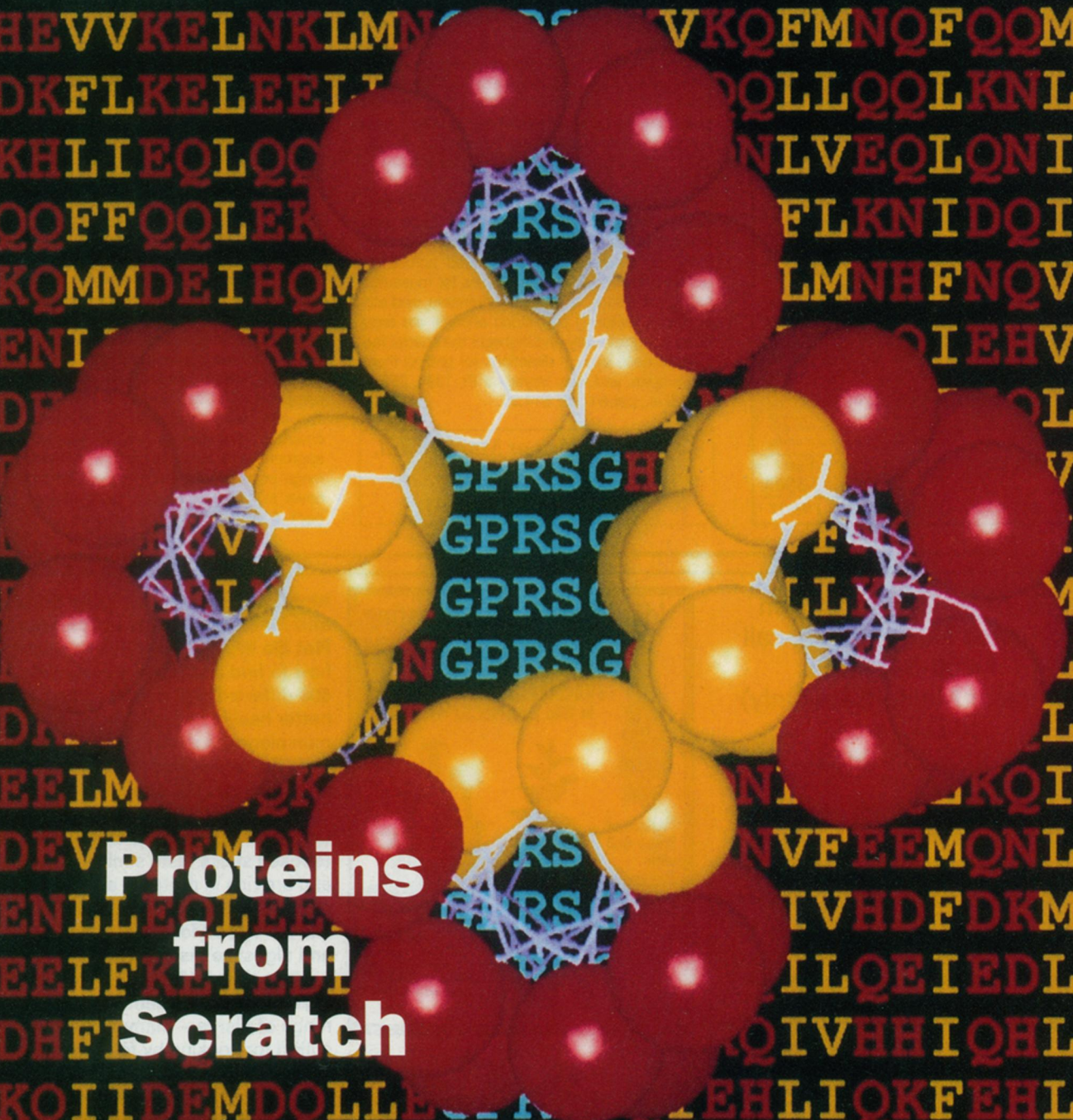


The Weekly Newsmagazine of Science

SCIENCE NEWS

December 10, 1994
Vol. 146, No. 24
Pages 385-400



Proteins from Scratch

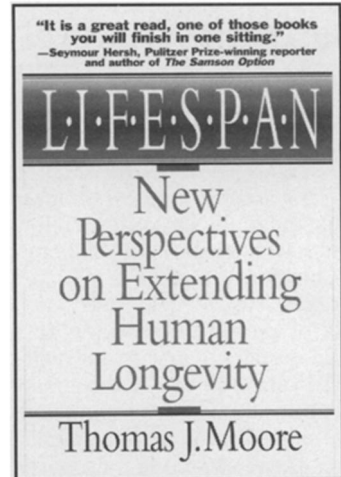
Lifespan is the story of the modern quest for a longer and healthier life. Fascinating and well documented, it discusses what matters for living longer and what is not so important. It examines how scientists, drug manufacturers, and food companies promote products that have little effect on lifespan,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

Science News Books

1719 N Street, NW, Washington, DC 20036

Lifespan

Please send me _____ copy(ies) of **Lifespan**. I include a check payable Science News Books for \$12.00 plus \$2.00 postage and handling (total \$14.00) for each copy. Domestic orders only.

Name _____
 Address _____
 City _____ State _____ Zip _____
 Daytime Phone _____
(used only for problems with order)

RB2193

**Order by phone for faster service! 1-800-544-4565
 (Visa or MasterCard Only) In D.C. Area: 202-331-9653**

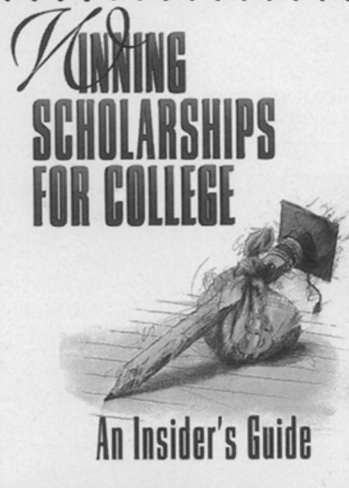


In *Winning Scholarships for College: An Insider's Guide*, Marianne Ragins, the recipient of more than \$400,000 in scholarship funds, proves that it's not always the students with the best grades or the highest SAT scores who win scholarships. Whether you are in high school, returning to college, currently enrolled in college, or planning to study abroad, this easy-to-follow guide will show you the path to scholarship success. It explains that geographic location, academic achievements, involvement in extracurricular activities, leadership potential, special talents, and rigorous research efforts all combine to determine your chances of securing aid for college.

Written in a unique student-to-student voice, *Winning Scholarships for College* also includes:

- ◆ Nearly 100 invaluable resources for uncovering scholarship opportunities
- ◆ No-fail test-taking tips for scoring high on the SAT and ACT
- ◆ Sixteen surefire ways to sell yourself during an academic interview
- ◆ Clever suggestions for preparing scholarly resumés that will get you noticed
- ◆ Hard-hitting advice on how to come out on top in the application process
- ◆ Easy-to-follow guidelines for writing winning personal essays

— from Henry Holt & Co.



MARIANNE RAGINS
RECIPIENT OF MORE THAN \$400,000 IN SCHOLARSHIP MONEY

Order by phone for faster service, call:
**1-800-544-4565
 (Visa or MasterCard Only)**

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

Henry Holt & Co.,
 1994, 158 pages,
 5 1/2" x 8 1/4",
 paperback, \$10.95

Science News Books

1719 N Street, NW, Washington, DC 20036

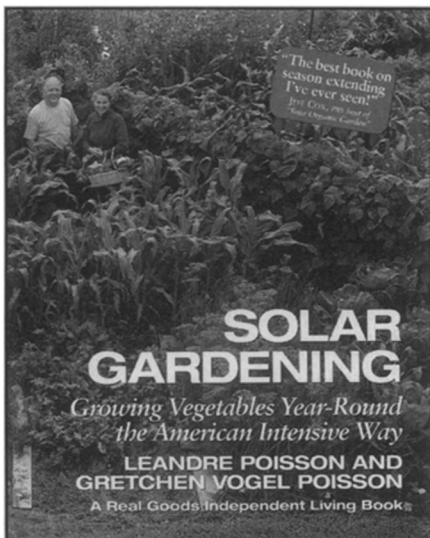
WinScholColl

Please send _____ copy(ies) of **Winning Scholarships for College**. I include a check payable to Science News Books for \$10.95 plus \$2.00 postage and handling (total \$12.95) for each copy. Domestic orders only.

Name _____
 Address _____
 City _____
 State _____ Zip _____
 Daytime Phone _____
(used only for problems with order)

RB2190





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

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

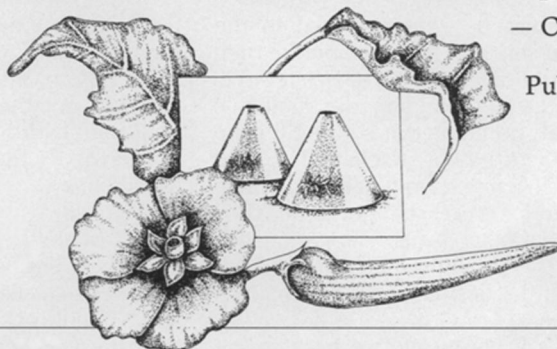
Chelsea Green Publishing Co., 1994,
 267 pages,
 8 1/2" x 11",
 paperback, \$24.95

SOLAR GARDENING shows how to increase the effects of the sun during the coldest months of the year and how to protect tender plants from the intensity of the scorching sun during the hottest months through the use of solar "mini-greenhouses." The book includes instructions for building a variety of solar appliances plus descriptions of more than 90 different crops, with charts showing when to plant and harvest each. In fact, you can grow enough vegetables to feed a family of four on a 40' by 40' plot harvesting everyday of the year. In *Solar Gardening* the Poissons show you how to:

- ❖ Dramatically increase the annual square-foot yield of your garden.
- ❖ Extend the growing and harvest seasons for nearly every kind of vegetable.
- ❖ Select crops that will thrive all year, without artificial heating or cooling systems.

Armed with nothing but this book and a few simple tools, even novice gardeners can quickly learn to extend their growing season and increase their yields.

— Chelsea Green Pub., Co.



Science News Books
 1719 N Street, NW, Washington, DC 20036

SolarGarden

Please send _____ copy(ies) of *Solar Gardening*. I include a check payable to Science News Books for \$24.95 plus \$2.00 postage and handling (total \$26.95) for each copy. Domestic orders only.

Name _____

Address _____

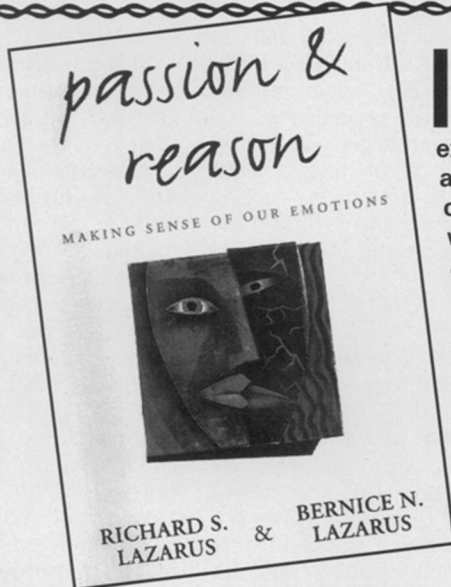
City _____

State _____ Zip _____

Daytime Phone _____

(used only for problems with order)

RB2192



To order by phone, call:
1-800-544-4565

(Visa or MasterCard Only)

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

Oxford University Press, 1994,
 321 pages,
 6 1/4" x 9 1/2",
 hardcover, \$25.00

In *Passion and Reason*, Dr. Richard Lazarus and Bernice Lazarus move beyond overly technical treatments of emotional psychology to really explain, in plain, accessible language, how emotions are aroused, how they are managed, and how they critically shape our views of ourselves and the world around us. The Lazaruses explore the short- and long-term causes and effects of many emotions, evaluating research on stress and health, and the links between negative emotions and heart disease, cancer, and other physical and mental diseases. They make a strong case that, contrary to common assumption, emotions are *not* irrational—our emotions, motives, and thoughts are inextricably linked. This linkage makes it possible to understand each emotion with precision.

Exploring fifteen emotions in depth, from love to jealousy, the authors show how the personal meaning we give to the events and conditions of our lives trigger such emotions as anger, anxiety, guilt, and pride.

Packed with insight and compellingly readable, *Passion and Reason* will enrich all readers fascinated by our emotional lives.

—from Oxford University Press

Science News Books, 1719 N Street, NW, Washington, DC 20036

PassionReasH

Please send _____ copy(ies) of **Passion and Reason**. I include a check payable to Science News Books for \$25.00 plus \$2.00 postage and handling (total \$27.00) for each copy. Domestic orders only.

Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____

(used only for problems with order)

RB2191