

## Books

**Books** is an editorial service for readers' information. To order any book listed or any U.S. book in print, please remit retail price, plus \$2.00 postage and handling charge for each book, to **Science News Books**, 1719 N St., N.W., Washington, DC 20036. To place Visa or MasterCard orders, call 1-800-544-4565. All books sent postpaid. Domestic orders only. Please allow 4-6 weeks for delivery.

**Ape Man: The Story of Human Evolution** — Rod Caird. As a companion to the television series of the same name, this book combines numerous illustrations and photographs with data provided by top researchers in the field of human evolution to depict what makes humans human. Chapters detail what and how we know about the rise of walking, use of language, colonization, making images, and higher thinking in an effort to comprehend where humans came from and perhaps to detect something about the future of the species. Macmillan, 1994, 192 p., color photos and illus., hardcover, \$30.00.

**Birdscaping Your Garden: A Practical Guide to Backyard Birds and the Plants That Attract Them** — George Adams. The lifestyles of 64 of the most delightful birds to look at and listen to, from hummingbirds to the black-tailed gnatcatcher, are highlighted here in order to best attract these birds to your backyard. Tips for planting and cultivating the trees and bushes necessary for the nesting and feeding of these avian visitors conclude this guidebook. Rodale Pr, 1994, 208 p., color photos and b&w illus., hardcover, \$29.95.

**Bugs in the System: Insects and Their Impact on Human Affairs** — May R. Berenbaum. This lesson in insect appreciation dissects the makeup of some of the 10 quintillion insects estimated to be alive on Earth at any given time. Thoroughly researched, Berenbaum's book intertwines numerous anecdotes with entomological history to produce a better understanding of these small creatures. Many of our food and agricultural industries, such as cotton production, depend on pollination by insects, the author points out, and some advanced fields such as genetics and computer science have been furthered by insects. Addison-Wesley, 1995, 377 p., b&w photos and illus., hardcover, \$25.00.

**Chimpanzee Travels: On and Off the Road in Africa** — Dale Peterson. On his journey into the heart of equatorial Africa, Peterson tried to locate a group of primates that had never before encountered humans. With the help of Jane Goodall and a few other renowned primatologists, he found his way to such a group. Here, in what is essentially an eloquent travelogue, Peterson describes the trials and tribulations of his trip through cities and rain forest, as well as some insights into the problems facing both humans and animals in Africa. Addison-Wesley, 1995, 279 p., hardcover, \$22.00.

**Eros and Evolution: A Natural Philosophy of Sex** — Richard E. Michod. Challenging the widely accepted view that sex is necessary for genetic diversity in offspring, evolutionary biologist Michod argues here that sex is needed for genetic repair. Beginning with analysis of the reproductive processes of the simplest life forms, Michod uses mathematical and computer models to bolster his hypothesis and to speculate further on why species exist at all. In addition, he contends that, despite the effort and risks involved with sex, it is essential to the immortality of life itself. Addison-Wesley, 1995, 241 p., hardcover, \$25.00.

**Food and Mood: The Complete Guide to Eating Well and Feeling Your Best** — Elizabeth Somer. Insomnia, low energy, depression, premenstrual syndrome (PMS), and seasonal affective disorder (SAD) may all be caused in part by deficiencies in diet, reports nutritionist Somer. Citing hundreds of scientific studies about the effects of food on a number of features of the human mind and body, she provides data about the causes of such problems and renders a "Feeling-Good Diet" that promotes mental, physical, and emotional good health. She also looks at the value of supplements and shows how poor eating habits can trigger more serious problems such as eating disorders. H Holt & Co, 1995, 460 p., hardcover, \$25.00.

**The Lupus Handbook for Women: Up-to-date Information on Understanding and Managing the Disease Which Affects 1 in 500 Women** — Robin Dibner and Carol Colman. From diagnosis to treatment to living with lupus, this guidebook provides a general understanding of what the disease is and how to control it. Fireside, 1994, 176 p., paperback, \$10.00.

**Mathematics: The Science of Patterns** — Keith Devlin. Working from the modern conception of mathematics as the science of patterns, Devlin explores patterns in counting; reasoning and communication; motion and change; shape, symmetry, and regularity; and position. By interweaving historical highlights and current developments, he lets readers peer into the kind of reasoning that allows mathematicians to create and explore arcane subjects and shows how mathematics informs our perception of reality. Scientific Am Lib, 1994, 215 p., color photos and illus., hardcover, \$32.95.

**The Natural Nursery: The Parent's Guide to Ecologically Sound, Nontoxic, Safe, and Healthy Baby Care** — Louis Pottkotter. Realizing the importance of convenience in addition to safety, this reference is tempered with common sense and practicality as it imparts information on raising a child in a healthful, natural, and safe environment. Eight sections focus on food and drink, fabrics for clothing and bedding, bath products, illnesses, pollutants in the home, pesticides, outdoor hazards, and the debate between cloth and disposable diapers. Contemp Bks, 1994, 366 p., paperback, \$14.95.

**The Roots of the Self: Unraveling the Mystery of Who We Are** — Robert Ornstein. Building on research conducted in the areas of child development, personality testing, brain organization, and genetics, the author of *The Evolution of Consciousness* offers insights into why people differ. He focuses on the external elements that shape human development and contends that there are three basic dimensions to individual differences — introvert-extrovert, organizer-free spirit, and optimist-pessimist. Any of these aspects taken to an extreme, he says, can create socially undesirable characteristics such as criminality or schizophrenia. However, one of Ornstein's key premises is that every brain changes by virtue of circumstance and life experience. Originally published in hardcover in 1993. Harper SF, 1995, 240 p, b&w illus., paperback, \$12.00.

**To order by Visa or MasterCard,  
call 1-800-544-4565  
In D.C. Area: 202-331-9653**

## Detect and Plot Radiation On Your PC (Including Palm Tops)

Open a door to the fascinating world of nuclear science with the **RM-60 Micro Roentgen Radiation Monitor**. This palm-sized unit detects Alpha, Beta, Gamma & X-Rays. Displays 1000 times the resolution of survey geiger counters. Track Radon gas. Find sources. Check food, water, and ceramic coffee mugs for contamination (eye opening). Plot Munon showers. Easy to setup and run.



Learn about radioactivity. Exciting computer application. Demonstrate alpha emission from smoke detector, beta and gamma emission from lantern mantle, other common items. Plot background cosmic rays, rocks, bricks, plane ride. Wipe tissue on T.V. screen then generate a beautiful decay plot of the collected Radium B (Radon daughter, half life: 27 mins.). Check TVs, CRTs for X-rays (U.S. Dept. H.E.W. 21 CFR 1029.10).

Rugged and accurate digital circuitry, needs no adjustments, no batteries. Should last a lifetime. Plugs into serial port. Cable extendible with telephone wire.

Superb user friendly software including TSR program (run other programs simultaneously). Makes excellent dosimetry system, with alarm, real time graph, data logging and TSR. Medical personnel, slip in pocket when making rounds. Add strobe - siren to meet OSHA's reg. 29CFR 1910.96 & 1910.97. Used by medical waste facilities, cancer treatment centers, water & sewer plants, universities (lessons available), nuclear facilities, high schools, scrap handlers, hobbyists, Radon trackers. Thousands sold for over five years. Call or write for *PC Mag. & Byte* reviews.

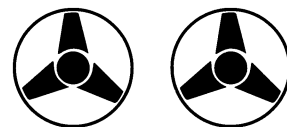
Complete RM 60 System: \$149.50  
VISA/MC/EURO 45 day \$ back.  
To order or for more information call: (800) 729-5397

Also available: LCD-60 Digital readout for use without computer, RM-70 & RM-80 pancake units.

**AWARE Electronics** Phone/Fax: (302) 655-3800  
P.O. Box 4299, Wilmington DE 19807

## SCIENCE NEWS

The Weekly Newsmagazine of Science



is now available to the blind, visually impaired, and physically disabled on cassette tapes.

All inquiries should be made directly to:

**Recorded Periodicals,**  
Division of Associated Services  
for the Blind  
919 Walnut Street  
Philadelphia, PA 19107  
215-627-0600 x208

Subscription fee is \$48.00 annually.

Tapes are specially modified for National Library Service playback equipment. Only individuals possessing such equipment should apply.