

The Weekly Newsmagazine of Science

# SCIENCE NEWS

April 15, 1995  
Vol. 147, No. 15  
Pages 225-240



**IQ Infractions**

"A series of portraits or analyses, as powerful and sensitive, and unsparing and un sentimental, as anything I have ever read."

— Oliver Sacks

To order by phone from  
**Science News Books, call:**  
**1-800-544-4565**  
**(Visa or MasterCard Only)**  
**In DC Area: 202-331-9653**

Vintage, 1995, 278 pages,  
 5" x 8", paperback, \$13.00

NATIONAL BESTSELLER

# How We Die

Reflections on Life's Final Chapter

**SHERWIN B. NULAND**

"Elegant and uncommonly moving... Nuland writes with unshakable passion."  
*Time*

There is a vast literature on death and dying, but there are few reliable accounts of the ways in which we die. The intimate account of how various diseases take away life, offered in *How We Die*, is not meant to prompt horror or terror but to demythologize the process of dying, to help us rid ourselves of that fear of the terra incognita.

Though the avenues of death — AIDS, cancer, heart attack, Alzheimer's, accident, and stroke — are common, each of us will die in a way different from any that has gone before. Each one of death's diverse appearances is as distinctive as that singular face we each show during our lives. Behind each death is a story.

In *How We Die*, Sherwin B. Nuland, a surgeon and teacher of medicine, tells some stories of dying that reveal not only why someone dies but how. He offers a portrait of the experience of dying that makes clear the choices that can be made to allow each of us his or her own death.

— from Alfred A. Knopf, Inc.

**Science News Books**

1719 N Street, NW, Washington, DC 20036

HowWeDie

Please send me \_\_\_\_\_ copy(ies) of *How We Die*. I include a check payable to Science News Books for \$13.00 plus \$2.00 postage and handling (total \$15.00) for each copy. Domestic orders only.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

(used only for problems with order)

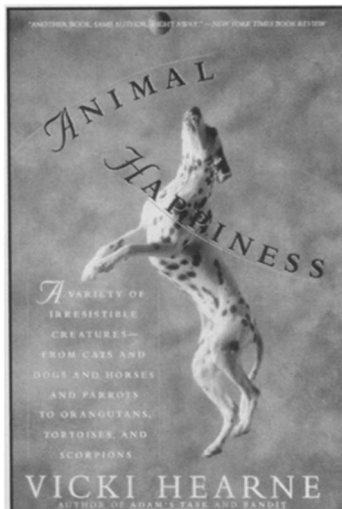
RB2271

In a series of irresistible cameos, Vicki Hearne shares her enormous delight in the astonishing variety and individuality of our fellow species: Peppy the Wonder Horse and his astrologer; Sarah, the scorpion who suffered during holidays because her owner's family would visit and look at her with disgust and fear; the stalwart Maximilian, a chocolate Lab, eyes, ears, and companion to a blind and deaf woman; the lion Scrapper, who died of a broken heart; the Pakistani frog who became entranced by his reflection in a bathroom tile; the Japanese ornamental carp called koi, kept by their owners for the beautiful patterns they make in the pond, and the raccoons and herons who regard the koi as lunch, not art; and many, many more.

In these pages, we are also treated to the wisdom of the irascible, oracular "Josephine Trainer," advice columnist, and to extended reflections on Airedale sprightliness and versatility. Hearne's passionate, acute intellect informs her meditations on the naming of dogs and the mourning of them when they die, on a troupe of orangutan comedians and their Vegas act, on Wittgenstein's lion and language, and the animals of the Book of Job.

As always, Hearne writes with a poet's passion and eye for detail, a delicious wit, and a glorious appreciation for the ineluctably individual in all creatures great and small.

— from HarperPerennial



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

HarperPerennial, 1995, 238 pages,  
 5 1/4" x 8", paperback, \$12.00

**Science News Books**

1719 N Street, NW, Washington, DC 20036

AnimHappin

Please send \_\_\_\_\_ copy(ies) of *Animal Happiness*. I include a check payable to 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)

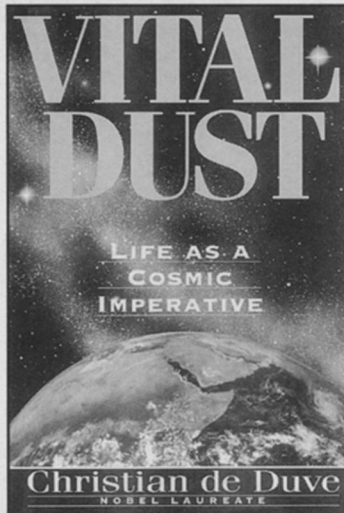
RB2272

Carefully forming analogies that present the mysteries of life in terms as familiar as the letters of the alphabet, Christian de Duve, the Nobel Prize-winning biochemist, guides us on a wondrous journey through the past four billion years. From the formation of the first biomolecules to the complexities of the human mind, from microscopic chains of amino acids and nucleotides to cataclysmic events in distant galaxies, he arrives at the compelling conclusion that the universe is strewn with "vital dust" capable of spawning life anywhere under the right conditions. Life and mind are not accidents; they are natural manifestations of matter.

At the heart of *Vital Dust* is the concept of seven increasingly complex "ages" of life on Earth. With each age, de Duve shows the key event that defined the age and the new event that led to the next. He argues that simple, deterministic chemical reactions put life on track but that other mechanisms led inexorably to greater complexity and biodiversity: the development of a lock-and-key system that serves as the universal device of biological recognitions at the molecular level; the emergence of a common ancestor of all organisms, from amoebas to humans; the great oxygen holocaust; the conversion of some bacteria into complex cells; and the successive improvements in reproductive strategies that made possible the spectacular diversity of life on Earth.

Provocative and powerfully argued, *Vital Dust* is one of the most important science books to come along in some time.

— from Basic Books



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

*Basic Books, 1995, 362 pages,*  
*6 1/2" x 9 1/2",*  
*hardcover, \$25.00*

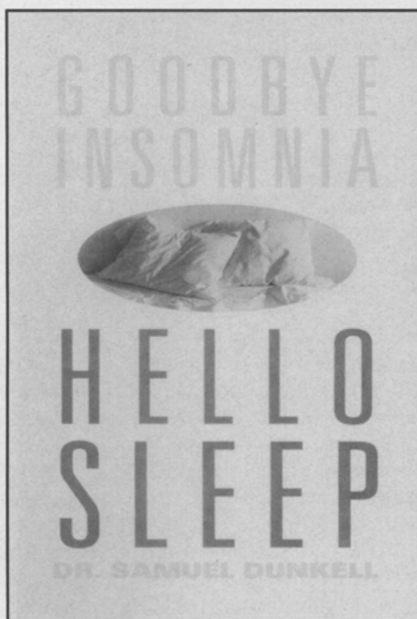
Science News Books, 1719 N Street, NW  
 Washington, DC 20036

VitalDustH

Please send \_\_\_\_\_ copy(ies) of *Vital Dust*. 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)

RB2273



In *Goodbye Insomnia, Hello Sleep*, Samuel Dunkell, M.D., a leading authority in the field, demonstrates procedures that can help virtually everyone who suffers from insomnia. Dr. Dunkell outlines tested procedures for overcoming sleeplessness, including stress reduction measures, relaxation exercises, sleep hygiene guidelines, behavior therapy techniques, bright light therapy, and brief focus psychotherapy.

Dr. Dunkell describes various forms of insomnia: short and long term; jet lag; shift work and other sleep-timing difficulties; the parasomnias (for example, sleepwalking, sleep talking, and night terrors); sleep problems in children, adolescents, and seniors; insomnia associated with medical and environmental factors; and others.

The author also discusses such topics as intimacy and gender in relation to insomnia, and the nature of dreams and applying dream analysis to solving sleep disturbances. He then recaps his original ground-breaking discoveries about the meaning of sleep positions, and tells how this knowledge is used in diagnosing sleep problems.

*Goodbye Insomnia, Hello Sleep* shows readers how they can identify and understand the nature of the insomnia they experience, what they can do to help themselves, and lists the professional resources available to enable them to overcome the problem.

— from Birch Lane Press

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

GoodbyeInsomH

Please send \_\_\_\_\_ copy(ies) of *Goodbye Insomnia, Hello Sleep*. I include a check payable to Science News Books for \$18.95 plus \$2.00 postage and handling (total \$20.95) for each copy. Domestic orders only.

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

RB2270

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

*Birch Lane Press, 1994, 245 pages,*  
*6" x 9", hardcover, \$18.95*