

The Weekly Newsmagazine of Science

# SCIENCE NEWS

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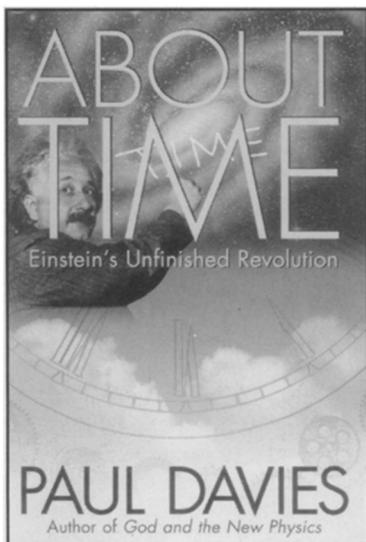
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In this extraordinary and very accessible new book, Paul Davies, examines the deep mysteries of time, explores the consequences of Einstein's relativity theory, and reports on the latest theories at the forefront of research.

When scientists began to explore the implications of Einstein's time for the universe as a whole, they discovered that time is elastic, and can be warped by rapid motion or gravitation, that time cannot be meaningfully divided into past, present, and future, nor does time flow in the popular sense.

But important though Einstein's theory of time turned out to be, it still did not solve "the riddle of time," and the search for a deeper understanding of time and its relationship with the rest of the physical universe remains at the top of the scientific agenda. From black holes, where time stands still, to the bizarre world of quantum physics, where time vanishes completely, Professor Davies finds evidence that our current theories of time simply don't add up. Why, for instance, does the universe appear younger than some of the objects within it? And how does the concept of time emerge from the timeless chaos of the big bang? Is the passage of time merely an illusion? Can time run backwards? Is time travel possible?

Professor Davies claims that dramatic new discoveries about time can be expected soon, and Einstein's revolution, which swept away the commonsense notion of time near a century ago, remains tantalizingly unfinished.

—from Simon & Schuster

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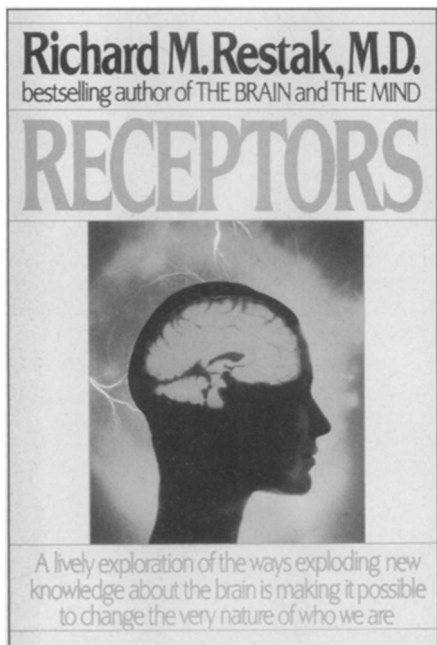
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What if there were a pill that could change you from a introvert into the extrovert you always wanted to be? A capsule to make you more assertive, creative, or intelligent? What if you could design your own brain? Who would you be?

Only a few years ago such possibilities seemed the stuff of science fiction, but in today's laboratories remarkable new advances in brain research are making transformations like these a reality. In *Receptors*, famed neuropsychiatrist Richard M. Restak leads us on an exhilarating—and sometimes disquieting—scientific adventure into this bold new frontier. He shows us how breakthrough discoveries are enabling neuroscientists to decode the mysteries of the human brain, holding out the exciting possibility of relieving, and ultimately perhaps even curing, conditions such as memory loss, depression, schizophrenia, Parkinson's, and even Alzheimer's disease.

From the levitating ointments of medieval "witches" to the magic mushrooms of southern Mexico, from the LSD of the psychedelic age to the latest discoveries of today's psychopharmacologists, Dr. Restak provides a vivid and lucid account of humanity's unceasing effort to understand and harness the powers of the mind—and the possibility that solutions to some of the brain's deepest mysteries may be close at hand.

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*Westview Press, 1995, 196 pages*  
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Please send \_\_\_\_\_ copy(ies) of *At the Fringes of Science*. 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.

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Scientific discoveries are constantly in the news. Almost daily we hear about new and important breakthroughs. But sometimes it turns out that what was trumpeted as scientific truth is later discredited.

What is a nonscientist to believe? Many books debunk pseudoscience, and some others present only the scientific consensus on any given issue. In *At the Fringes of Science*, Michael Friedlander offers a careful look at the shadowlands of science. What makes Friedlander's book especially useful is that he reviews conventional scientific methods and shows how scientists examine the hard cases to determine what is science and what is pseudoscience.

He leads the reader through case after entertaining case, covering favorites of "tabloid science" such as astrology and UFOs, scientific controversies such as cold fusion, and those maverick ideas that were at first rejected by science only to be embraced later.

— from Westview Press

## At the Fringes of SCIENCE



Heart disease remains America's leading killer, accounting for 43 percent of all deaths. Now, Dr. Harvey B. Simon shows how you can fight heart disease with the most up-to-date scientific information and know-how, but without drugs or surgery.

Dr. Simon's program is unique in going far beyond the familiar "big four" — low-fat diet, exercise, smoking cessation, and stress reduction. His program advocates nutritional supplements such as antioxidants and soluble fiber, which are often overlooked by physicians despite their demonstrated benefits, and he explains why recent controversial studies of antioxidants may be misleading.

Other controversial though scientifically valid recommendations include low-dose alcohol, regular consumption of fish, low-dose aspirin, and avoiding passive smoking. The chapter called "Facts or Fads: Other Tips That May Help," includes the latest word on everything from garlic and onions to vitamin B<sub>6</sub>, antacids, and lecithin. An important chapter on estrogen replacement therapy addresses the specific concerns of women and their particular risk factors. And, finally, should medical intervention be necessary, Dr. Simon explains the benefits and risks of state-of-the-art medical tests, medications, and other treatments.

Because many of Dr. Simon's recommendations may strike some as unorthodox, he documents the scientific basis for his program by presenting and explaining in clear language the relevant medical studies. Authoritative, practical, and supportive, *Conquering Heart Disease* is an empowering way to avoid high-tech medicine and achieve optimum cardiovascular health.

—from Little, Brown, and Company

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