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The Great Human Diasporas: The History of Diversity and Evolution—Luigi Luca Cavalli-Sforza and Francesco Cavalli-Sforza. During the last 40 years, population geneticist Luigi Luca Cavalli-Sforza gathered blood samples from 15 populations spread across five continents. Through careful DNA testing, he constructed an evolutionary tree that places the first humans in Africa and the Middle East. From there, he traces their approximate routes as they colonized Earth 100,000 years ago. With the help of his son, Francesco, Cavalli-Sforza also ponders the existence of a single ancestral language, updates the status of the human genome diversity project, and ties his research to issues of race, eugenics, and genetic engineering. Addison-Wesley, 1995, 300 p., b&w illus., hardcover, \$27.50.

The Music of the Spheres: Music, Science and the Natural Order of the Universe—Jamie James. From about the time of Pythagoras in the sixth century until the Romantic period of the 19th century, music was considered a divine science. The two fields, as James relays, were useful for understanding the universe and our role in it. Pythagoras combined science and math to invent the mathematical musical scales and also to show the harmony in celestial systems. James's historical treatise describes how these two areas developed in tandem. Originally published in hardcover in 1994. Copernicus, 1995, 262 p., paperback, \$13.00.

The New Wellness Encyclopedia—The Editors of the *University of California at Berkeley Wellness Letter*. Divided into five major parts—Longevity, Nutrition, Exercise, Self-Care, and Environment and Safety—this extraordinarily comprehensive guide offers tips and guidelines for improving health and extending one's life span. The volume covers the numerous medical studies, preventive measures, and lifestyle changes related to antioxidants' potential for protecting against heart disease and cancer; new cholesterol testing guidelines; optimal calcium intakes for men and women; expanded vitamin and mineral charts; a comprehensive discussion of weight control; diet plans; an exercise regime; treatment for low-back pain; and guidelines on screening tests such as mammograms. HM, 1995, 624 p., b&w/color illus., paperback, \$19.95.

The Periodic Kingdom: A Journey Into the Land of the Chemical Elements—P. W. Atkins. Atkins provides a guided tour of the periodic table of elements, which he views as a kingdom with a specific geography, history, and administration. He presents the kingdom's population, structure, laws, and founders in an effort to make even the novice chemist fluent in the language of the elements and knowledgeable about their role in the world around us. For example, he shows how knowing an element's location on the table predicts certain properties of that element and how physical similarities can point to deeper affinities. Basic, 1995, 161 p., hardcover, \$20.00.

Plants and Their Names: A Concise Dictionary—Roger Hyam and Richard Pankhurst. Entries listing more than 16,000 scientific and vernacular plant names include a description of each plant, details of its geographical distribution and of its application in such areas as medicine and cooking, and information on the derivation of the name itself. OUP, 1995, 545 p., hardcover, \$29.95.

Poetry of the Universe: A Mathematical Exploration of the Cosmos—Robert Osserman. Terse yet lyrical, this book relays the excitement and the power of the mathematical ideas that form the core of modern cosmology. Osserman's goal is to explain the idea of curved spacetime, and he does so through a historical as well as a modern-day look at mathematics. For the more advanced and interested reader, notes at the end of the book disclose the technical underpinnings of the notions introduced. Anchor Pr, 1995, 210 pages, b&w illus., hardcover, \$18.95.

Route of the Mayas—Knopf Guides. Both a travel guide and a historical reference, this book leads the reader through the Maya world—past and present—in Mexico, Guatemala, Belize, Honduras, and El Salvador. Highlighting sites such as Copán, Tulum, Uxmal, and Cancún, the guide brings the ancient Mayan vividly to life, from their ritual Ball Game to hieroglyphic remains to how they built their villages. Chock full of photographs, maps, and illustrations, this book gives the traveler a point of reference for almost any site he or she may be touring. It also includes up-to-date travel tips about hotels, restaurants, festivals, concerts, and theaters. Knopf, 1995, 424 p., b&w/color photos and illus., paperback, \$25.00.

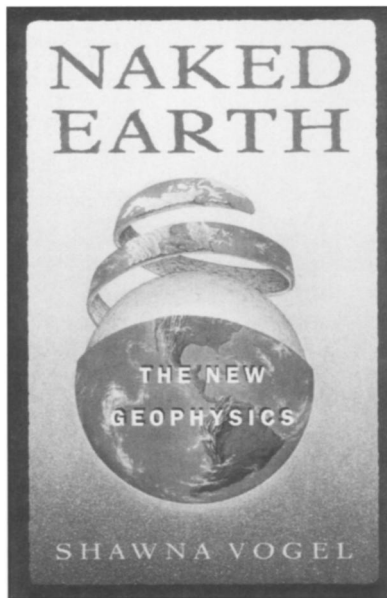
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In fiction, Jules Verne sent a traveler to the center of the earth, and Lewis Carroll sent a little girl named Alice down a rabbit hole into Wonderland. Yet neither of these extraordinary journeys of the imagination came close to the amazing truth about the awesome interior of the planet on whose fragile surface we live.

Naked Earth offers an illuminating and thoroughly riveting account of the pioneering geophysicists of today. Around the globe, from the Californian desert to the Siberian tundra, the enthralling picture of inner earth emerges through their breakthrough investigations and heated debates. We learn of outdated theories that have been disproven by bold new scientific concepts, dazzling detective work, and immensely powerful technology, which have radically altered our insights into the deepest mysteries of our planet.

We see how continents have formed and split, oceans expanded and shrunk, ice ages come and gone, compass points wildly swung, earthquakes erupted where none were thought possible—all because of tumultuous forces that, until recently, have been beyond our understanding.

In a beautifully crafted work that is at once impeccably authoritative and wonderfully accessible, Shawna Vogel provides readers with new explanations to ancient mysteries and the latest geophysical hypotheses. Just as Jacques Cousteau made oceanography a romantic and swashbuckling enterprise, Vogel opens a window to the turbulent world beneath our feet. —from Dutton



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