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How the Leopard Changed Its Spots: The Evolution of Complexity—Brian Goodwin. Goodwin uses chaos theory, along with traditional biology, as the foundation for an alternative theory of evolution and 20th century genetics. Known as "the poet of theoretical biology," he believes that Darwinism applies to the small-scale aspects of evolution but leaves a void in the large-scale ones. Organisms cannot be simply reduced to their genetic essentials, he contends. Instead, they must be understood as dynamic systems with distinctive properties that characterize the living state, all of which he outlines here. Originally published in hardcover in 1994. Touchstone, 1996, 252 p., b&w photos and illus., paperback, \$14.00.

Lise Meitner: A Life in Physics—Ruth Lewin Sime. Born in 1878, Meitner's skill and expertise eventually gained her the respect of her colleagues in nuclear physics research when women were all but forbidden. She worked side by side with Otto Hahn and Fritz Strassmann in discovering nuclear fission, yet her career was left in ruins. She was forced to flee Germany in order to evade the Nazis, and Hahn claimed the credit for the project solely for himself. This well-researched tome examines Meitner's extraordinary journey and does much to solidify her place in the history of physics as well as provide compelling insight into a unique woman and experience. U CA Pr, 1996, 526 p., b&w photos and illus., hardcover, \$30.00.

Our Stolen Future: Are We Threatening Our Fertility, Intelligence, and Survival?—A Scientific Detective Story—Theo Colborn, Dianne Dumanoski, and John Peterson Myers. For nearly 50 years, the wilderness has produced omens of something amiss with the reproduction of many species—flourishing otters in England disappeared rapidly; female gulls in the Channel Islands began nesting together without males. Scientists like Colborn have only recently been able to attribute these abnormalities to hormonelike chemical pollutants that upset the endocrine systems and the reproductive habits and organs of animals. The impact of these pollutants on humans (low sperm counts, deformities, and so on) and a forecast of our future are discussed here. Dutton, 1996, 306 p., hardcover, \$24.95.

Sleep Thieves: An Eye-Opening Exploration into the Science and Mysteries of Sleep—Stanley Coren. Increasing numbers of people in the United States, are working more and sleeping less. But what is the price of this sleep deprivation, especially for truck drivers and police officers? How much sleep do people and animals need? Why do insomnia remedies often make the problem worse? How can the quality of one's sleep be improved? Coren answers these and many other questions about our most popular pastime in this look at sleep and its importance to the mental and physical well-being of humans, young and old, and society in general. Free Pr, 1996, 304 p., hardcover, \$24.00.

Step-by-Step Gardening Techniques Illustrated—Oliver E. Allen *et al.* Chosen from the popular monthly columns of the same name that appear in *HORTICULTURE*, this collection of how-to tips is sorted by season and is useful to virtually any gardener, novice or pro, in the Northern Hemisphere. Illustrated articles include how to prune lilacs, raise ferns from spores, save tomato seeds, sow a cover crop, repot a ficus, and grow primulas from seed. Storey Comm Inc, 1996, 212 p., b&w illus., hardcover, \$22.95.

Texas Heart Institute Heart Owner's Handbook—Patrick J. Hogan *et al.* Beginning with a quiz that helps determine the state of this organ, the book offers a step-by-step program to improve your health and, in turn, your heart. Chapters devoted to quitting smoking, regulating cholesterol, managing stress, and controlling weight are followed by others that discuss ailments of the heart. Wiley, 1996, 396 p., paperback, \$16.95.

Time Detectives: How Scientists Use Modern Technology to Unravel the Secrets of the Past—Brian Fagan. Archaeologists analyze human collagen to reconstruct ancient diets or fossilized seeds and grains to understand how our distant ancestors lived. Fagan takes readers on a journey through 15,000 years of human history as he explores some of archaeology's methodology and most significant finds in recent years, from the prepharaonic Egyptians to a newly discovered Maya city and the excavated gardens of colonial Annapolis, Md. Originally published in hardcover in 1995. Touchstone, 1996, 288 p., b&w plates and illus., paperback, \$14.00.

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How Many People Can the Earth Support?

Past attempts to answer this question have ranged widely—from less than 1 billion to more than 1,000 billion—one sign that there is not a single right answer. With the world population now at 5.7 billion, we have clearly entered a zone where limits on the human carrying capacity of the Earth have been anticipated, and may well be encountered.

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How Many People Can the Earth Support?
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