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**Cheating Time: Science, Sex, and Aging**—Roger Gosden. This retrospective of the history of aging reflects Gosden's own research into the possibility of averting menopause through implantation of ovarian tissue. He establishes a solid link between longevity and reproduction particularly as it relates to the production and effects of hormones. This leads to discussion about hormone therapy from as early as 200 A.D. to the present. Comparative analysis of the body clocks of a variety of animals with our own helps personalize and pave the way for a solid understanding of why we age at all. WH Freeman, 1996, 427 p., b&w photos, hardcover, \$23.95.

**Dead Snails Leave No Trails: Natural Pest Control for Home and Garden**—Loren Nancarrow and Janet Hogan Taylor. With a little entomological prowess and a well-stocked pantry, most people can safely deter the creatures that feast on their lawns and gardens, argue Nancarrow and Taylor. Pest-by-pest they explain the role of an assortment of troublemakers in nature and the benefits of creatures such as caterpillars. Interspersed throughout are descriptions of natural repellents useful inside and out, such as the all-purpose chile for chasing away rabbits and deer and lemon peels that can rid your pets of fleas. Ten Speed Pr, 1996, 148 p., b&w illus., paperback, \$11.95.

**Hieroglyphics: The Writings of Ancient Egypt**—Maria Carmela Betrò. Both the meanings and stylizations of more than 600 hieroglyphic figures, organized by subject, are presented in this guidebook. The authors show how each symbol is used, how it evolved into cursive handwriting, and discuss the significant variants of the hieroglyph over time. The reference is complete with a glossary, index, and bibliography. Abbeville Pr, 1996, 251 p., b&w photos and illus., hardcover, \$29.95.

**How Things Are: A Science Tool-Kit for the Mind**—John Brockman and Katinka Matson, eds. Questions about ourselves and our world are answered by some of the most prominent scientists of the day. What is the difference between the mind and the brain? Why are there differences in skin color? How is human communication possible? Why can't we travel faster than light? Ian Stewart, Marian Stamp Dawkins, and Daniel C. Dennett are some of the authors who answer these and other questions. Originally published in hardcover in 1995. Quill, 1996, 303 p., paperback, \$14.00.

**Shadows in the Sea: The Sharks, Skates, and Rays**—Thomas B. Allen. Widely regarded as the definitive guidebook to selachians, or cartilaginous fishes, this text has been updated by one of the original authors. It spans the relationship throughout time of humans and sharks and offers a natural history guide to particular species and their habits and habitats. Allen regales readers with accounts of shark attacks and human retaliation over the years, all the while conveying a sense of their strength and habits. Lyons and Burford, 1996, 354 p., b&w photos and illus., paperback, \$18.95.

**Traces of an Omnivore**—Paul Shepard. Widely regarded as the founder of human ecology, Shepard was a profound thinker who cherished the concept that we are still of the Pleistocene. In this collection of essays, readers may glimpse the range of Shepard's writings on environmental philosophy and deep ecology written from the viewpoint that we are still interconnected to our wild side; we are still genetically driven omnivores despite our attempts at civilization. Island Pr, 1996, 235 p., hardcover, \$24.95.

**The Very First Light: The True Inside Story of the Scientific Journey Back to the Dawn of the Universe**—John C. Mather and John Boslough. The Big Bang theory came into vogue in the 1940s as a possible answer to the origins of the universe, but it wasn't until 1990, when scientists were able to analyze microwave radiation, that proving the theory became a possibility. The project scientist who saw the Cosmic Background Explorer (COBE) project through its 20-year long evolution joins forces with science writer Boslough to impart Mather's story of struggle and eventual triumph in detecting the primordial seeds that would nucleate the growth of the galaxies. Along the way the authors relay how big science projects come to be and how this discovery will impact cosmology in the years to come. Basic, 1996, 328 p., b&w photos, hardcover, \$27.50.

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*W.W. Norton, 1996, 192 pages,  
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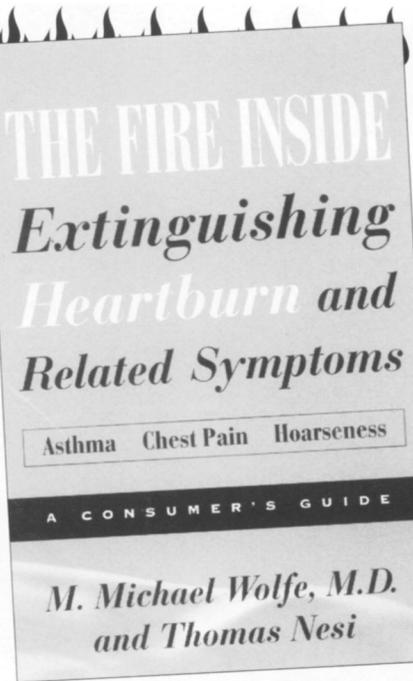
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**T**en percent of Americans—perhaps more—suffer from heartburn every day. Are you one of them?

If so, help is here in this lively and informative work. Presenting the most up-to-date information, it is the first book for general readers about treating and preventing acid reflux, whose prime symptom is heartburn.

Much of the advice in this book comes from the cutting edge of medicine. The book dispels myths about reflux disease, calms fears, and points sufferers toward correct diagnosis and therapies. If you're a sufferer you should know:

- ♥ how and why acid reflux disease has come to be known as "The Great Masquerader";
- ♥ how to tell if your asthma, hoarseness, or chest pain is related to reflux disease;

- ♥ how antacids can help you and how they can sometimes harm you;
  - ♥ why you may be taking the wrong dosage of your present medication or taking it at the wrong time;
  - ♥ how lifestyle changes can help your condition;
  - ♥ how a recently developed breakthrough drug—taken once a day—can virtually eliminate symptoms in less than two months.
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