

The Weekly Newsmagazine of Science

# SCIENCE NEWS

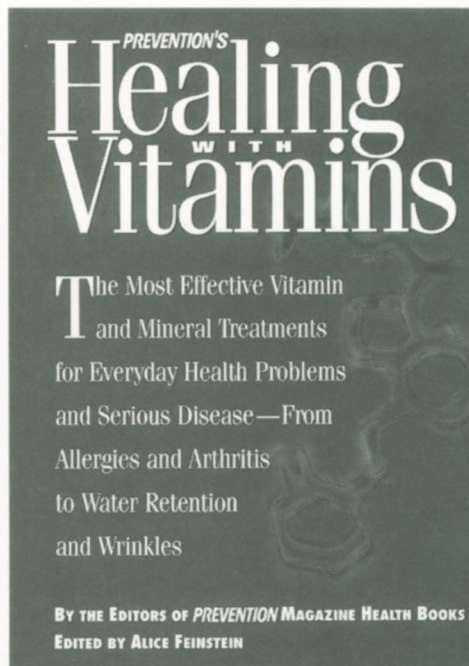
January 11, 1997  
Vol. 151, No. 2  
Pages 17-32

## Universal Blood

The current explosion of research about vitamins and minerals makes all previous vitamin books obsolete. This single volume presents in practical use-it-now form, the best of what doctors currently know about using vitamins and minerals to cure diseases. It details what supplements to take for specific diseases, when to take them, and how much to take. Highlights include: the vitamin prescription that cardiologists take to prevent heart disease, the vitamins and minerals that cancer specialists recommend to enhance treatment, the B vitamin that prevents serious birth defects, the vitamin cure for migraine headaches, and so much more, including:

- Nutritional prescriptions for over 100 common diseases
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- The best food sources of all vitamins and minerals
- Which vitamins work and how much to take
- Translates vitamin dosages into the new government-mandated daily values

— from Rodale Press



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Rodale, 1996, 593 pages  
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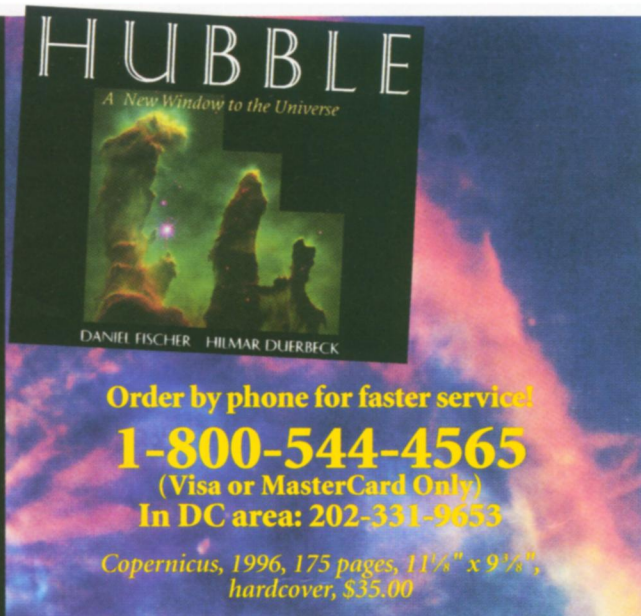
First proposed in 1946, funded and designed in the 1970s, built in the 1980s, launched in 1990, and repaired in 1993, The Hubble Space Telescope has only recently begun performing as it was meant to. In this book we see the first fruits of Hubble's long and difficult journey.

Everywhere it looks, Hubble is discovering new phenomena in space, clearing up old mysteries, and creating new ones. Among its startling recent findings are:

- ▶ Extremely bright stars whose mass could be up to 200 times that of the sun
- ▶ The first direct observation of "core collapse" in a globular cluster (M15)
- ▶ The first genuine brown dwarf candidate, a companion to the star Gliese 229 that appears to be 20 to 50 times the size of Jupiter
- ▶ Confirmation that quasars do indeed reside in galaxies—but not in the kind of galaxies we had always thought
- ▶ Discovery of the second known supermassive black hole at the center of a galaxy—an object in NGC 4621 with a mass roughly a billion times that of the sun. Or is it not a black hole but perhaps a supermassive disk?

In addition, Hubble has given us stunning images of the "stellar nursery" in Orion, the spectacular 1994 comet crash on Jupiter, turbulent weather on Saturn, and dozens of other astonishing sights. This beautiful book explains and recounts the long path that led to Hubble's launching, describes how it is currently being used, and offers a glimpse into the future of telescopes in space.

—from Copernicus



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Copernicus, 1996, 175 pages, 11 1/4" x 9 1/4",  
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DoseSanityH

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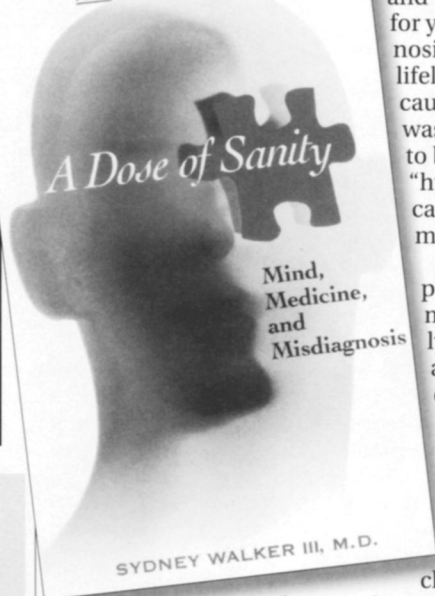
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In *A Dose of Sanity*, psychiatrist Sydney Walker, III takes us inside the big business of contemporary psychiatry and reveals how, by sacrificing sound medical principles in favor of labeling-by-convenience and dangerous pharmacological quick fixes like Prozac and Ritalin, some psychiatrists jeopardize the physical and mental health of millions of people.

Reading like a medical detective novel, *A Dose of Sanity* tells the stories of dozens of men and women, many of whom suffered needlessly for years simply for lack of a sound medical diagnosis. You'll meet the concert musician whose lifelong bouts with "psychosis" were actually caused by undiagnosed typhus; the widow who was treated for "panic attacks" that turned out to be the products of a thyroid dysfunction; the "hyperactive" boy whose symptoms were caused by exposure to carbon monoxide; and many others.

Walker explores the politics of modern psychiatry and explains why many well-meaning psychiatrists often overlook underlying medical problems, such as diabetes, allergies, and viral infections—all of which can cause symptoms similar to those produced by psychiatric disorders. Most important, Walker provides valuable advice on how to protect yourself from the dangers of psychiatric misdiagnosis. His unique, **24-Hour-Day Profile** lets you track your behavior and physical and emotional changes over the course of each day—giving you and your physician valuable clues to what your symptoms

A psychiatrist explains why it's *not* all in your head.



really mean.

Responding to books that extol the virtues of psychiatric miracle drugs, *A Dose of Sanity* offers a controversial and enlightening insider's look at the psychiatric establishment.

— from John Wiley & Sons

THE BOOK OF  
*Numbers*



JOHN H. CONWAY • RICHARD K. GUY

*Copernicus*, 1996  
 310 pages, 6 1/4" x 9 1/2"  
 hardcover, \$29.00

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Journey through the world of numbers with two of the field's most entertaining experts as your guides.

*The Book of Numbers* invites you to • fraternize with famous families of numbers • appreciate the primacy of primes • fathom fractions • imagine imaginary numbers • investigate the infinite ones.

This is a book unlike any other. Ranging from a fascinating survey of number names, words, and symbols to an explanation of the phenomenon of surreal numbers ("an extremely large, yet infinitely small subclass of the most recent development of number theory"), *The Book of Numbers* is a fun and fascinating tour of numerical topics and concepts. It will have you contemplating ideas you never thought were understandable—or even possible.

In *The Book of Numbers*, John Conway and Richard Guy show us why patterns and properties of numbers have captivated mathematicians and non-mathematicians alike for centuries.

*The Book of Numbers* features Conway and Guy's favorite stories about all the kinds of numbers any of us is likely to encounter—and many others besides. "Our aim," the authors write, "is to bring to the inquisitive reader... an explanation of the many ways in which the word 'number' is used." They explore patterns that emerge in arithmetic, algebra, and geometry, describe these patterns' relevance both inside and outside mathematics, and introduce the strange worlds of complex, transcendental, and surreal numbers. This unique book brings together facts, pictures, and stories about numbers in a way that only an extraordinarily talented pair of mathematicians and writers could. — from *Copernicus*

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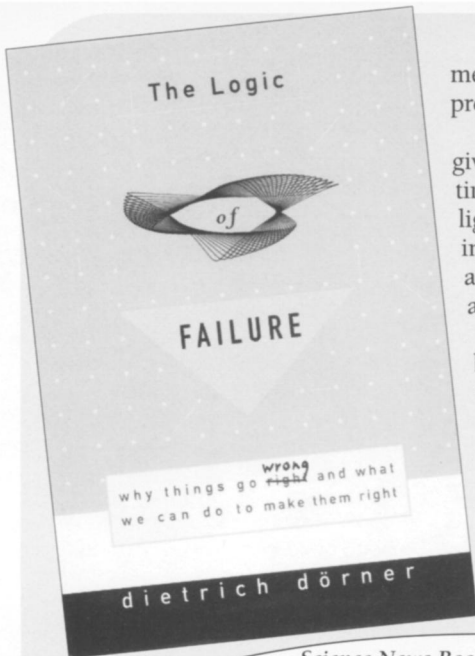
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Why do trains crash when the signals are working? Why does a nuclear reactor melt down with all operators alert at their posts? Why do so many of our best-laid professional and personal plans so often go awry?

Dietrich Dörner, winner of Germany's highest science prize, considers why—given all our intelligence, experience, and information—we make mistakes, sometimes with catastrophic consequences. Surprisingly, he finds the answer not in negligence or carelessness, but in what he calls “the logic of failure”: certain tendencies in our patterns of thought—such as taking one thing at a time, cause and effect, and linear thinking—that, while appropriate in an older, simpler world, prove disastrous for the complex world we live in now.

Dörner finds no lack of examples. Why did the Aswan Dam planners who brought the blessings of cheap electricity to Egypt not realize that they would also interrupt the annual floods that for millennia had kept the Nile Valley rich and fertile? Why do planners of Third World health programs not realize that increased life expectancy requires increased food and thereby inadvertently end up contributing to starvation?

Working with intriguing computer simulations of his own invention, Dörner exposes the flaws in our thinking. His examples—sometimes hilarious, sometimes horrifying—and brain-teasing thought experiments teach us how to solve complex problems. Together they make *The Logic of Failure* a corrective tool, a guideline for intelligent planning and decision making.

—from Metropolitan Books

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Please send \_\_\_\_\_ copy(ies) of *The Logic of Failure*. 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.

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Metropolitan Books, 1996, 222 pages, 6 1/4" x 9 1/4", hardcover, \$25.00



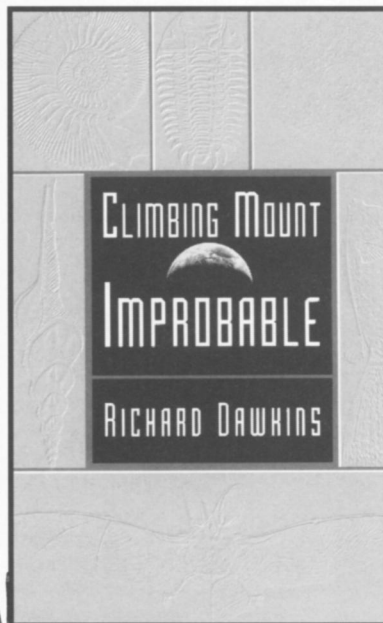
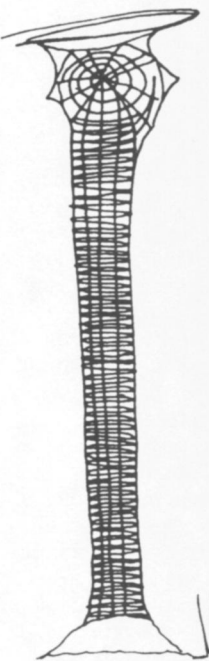
The towering cliffs of Mount Improbable can never, it seems, be climbed. In Richard Dawkins' remarkable new book, the heights of Mount Improbable represent the combination of perfection and improbability epitomized in the seemingly “designed” perfection of living things. From the combined strength and sensitivity of an elephant's trunk to the life-saving camouflage of an ant-mimicking beetle, the living world is populated by creatures that seem miraculously well-designed for the lives they lead.

These complex and brilliantly effective features cannot have come about by chance alone. That would be equivalent to scaling the sheer face of the mountain in a single leap. The only way to explain seemingly designed objects is through gradual evolution— inching up the gentle paths on the far side of Mount Improbable.

With Dawkins' guidance, the reader is introduced to the intricate, silken world of spiders; sees how the fig is a garden for its own teeming population of insects; and learns that the eye has evolved, independently, no fewer than 40 times. Through it all runs DNA, the molecule of life, responsible for its own destiny on an unending pilgrimage through geological time.

In elegant and erudite prose, Dawkins imparts to his readers with his passion for the endless variety and adaptability of the gene and all its works.

— from W.W. Norton



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W.W. Norton, 1996

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