

UNIVERSITIES, COLLEGES, AND JUNIOR COLLEGES, 1957-58—Ray C. Maul, Project Director—Research Division, N.E.A., *Nat. Educ. Assn.*, 55 p., \$1.

THE STORY OF EYES—S. Sutton-Vane—*Viking*, 221 p., illus. with drawings by Anthony Ravielli, \$3.50. For the layman the author here brings together the many provocative facts about vision, ranging from microscopic sea creatures to man in space.

THE STRENGTH TO MOVE A MOUNTAIN—W. Storrs Lee—*Putnam*, 318 p., illus., \$5. The story of the building of the Panama Canal, which took 10 years of work and cost \$375,000,000 in days when labor was demanding 20-30 cents an hour.

STUDIES ON FOSSIL VERTEBRATES—T. Stanley Westoll, Ed.—*Essential Bks.*, 263 p., illus., \$5.60. A volume of essays in honor of the great British vertebrate paleontologist, D.M.S. Watson.

TECHNOLOGY OF INSTRUMENTATION—Eric B. Pearson—*Van Nostrand*, 202 p., illus., \$4.75. An introductory textbook on the theory and practice involved in the instrumentation of measurement, control and computing processes.

THE VOCABULARY OF DENTISTRY AND ORAL SCIENCE: A Manual for the Study of Dental Nomenclature—George B. Denton—*Am. Dental Assn.*, 207 p., \$4. Since 1877 the A.D.A. has concerned itself with dental nomenclature. This book is a study of the principles of nomenclature applied to the problems of dental terminology.

WHAT'S GOING ON IN SPACE? A Chronicle of Man's Exploration into Space beyond this Earth—David C. Holmes—*Funk*, 256 p., illus., \$3.95. A U. S. Navy Commander reports on the events and the people engaged in pushing outward into space

YOU CAN REDUCE: A Practical Plan for Controlling Weight Safely and Comfortably—*National Live Stock and Meat Board*, 30 p., illus., paper, single copies free upon request direct to publisher, 407 S. Dearborn St., Chicago 5, Ill. Eating meat is part of the dieting plan. The American Medical Association checked the statements for accuracy.

Science News Letter, June 21, 1958

PHYSIOLOGY

Brain Waves Measure Depth of Natural Sleep

► SCIENTISTS can now tell just how soundly a person is sleeping at any time all during the night.

This information is obtained by a continuous measurement of brain waves, those electric signals tapped directly from the brain itself. As a person drifts off from wakefulness to the deepest sleep, the record of brain waves shows a gradually diminishing number of peaks of amplitude.

The record can be obtained without waking or disturbing the sleeper, Dr. David Lester of the Yale Laboratory of Applied Biodynamics reports to *Science* (June 6).

The brain wave record shows for any moment during the night whether the sleeper was awake, in a drowsy state or in light, moderate or deep sleep. This record of the depth of natural sleep will be useful in research on the factors that lead to deep or disturbed sleep.

Dr. Lester checked the method by comparing the depth of sleep as shown by the record with the judgments of three judges, based on examination of the record.

Science News Letter, June 21, 1958

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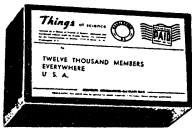
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