

Books

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The American Cancer Society Cookbook — Anne Lindsay with Diane J. Fink. Includes more than 200 recipes reflecting nutritional guidelines that research indicates could reduce cancer risk. The introduction discusses the American Cancer Society diet guidelines. Hearst Bks/Morrow, 1988, 269 p., color/b&w illus., \$17.95.

The Emergence of Life: Darwinian Evolution from the Inside — Sidney Fox. This pioneer in the study of the origin of life explains for the general reader evolutionary theory and scientific methodology. Discusses the nature of the transition from the inanimate to the animate and describes many years of experiments leading to his current concept of how life may have originated on earth. Basic, 1988, 208 p., illus., \$17.95.

The Eskimos — Ernest S. Burch Jr. A beautifully illustrated look at the history and culture of the Eskimo people by a leading expert on Eskimo society. On the northern periphery of Eurasia and North America in a vast expanse of treeless land, Eskimos have lived continuously for at least 4,000 years. This book explores the Eskimos' art, their rich mythology and their customs. Shows the Eskimos as not only pragmatic and highly skilled but also sophisticated in their personal relationships and in their ability to live together in constrictive family communities. U of Okla Pr, 1988, 128 p., color illus. by Werner Forman, \$22.50.

Fasting Girls: The Emergence of Anorexia Nervosa as a Modern Disease — Joan Jacobs Brumberg. Why, asks the introduction, does a disease become more prominent in one time period than in another? This book traces the roots of one of the "new" diseases, anorexia nervosa. Explores the cultural meaning of appetite in females' lives from medieval times to the present. Points out that anorexia nervosa was first identified and named in the Victorian era. Discusses diverse treatment strategies, revealing the changing logic of therapeutics from the 19th to the 20th century. Suggests reasons for the burgeoning incidence of the disease today. Harvard U Pr, 1988, 366 p., illus., \$25.

Gentle Giant: At Sea with the Humpback Whale — Tsuneo Nakamura. A beautiful photographic diary of an oceanic photographer's quest for humpback whales in the seas around Hawaii. The brief text and captions together with the photographs tell the story of these magnificent creatures. Chronicle Bks, 1988, 82 p., color illus., paper, \$12.95.

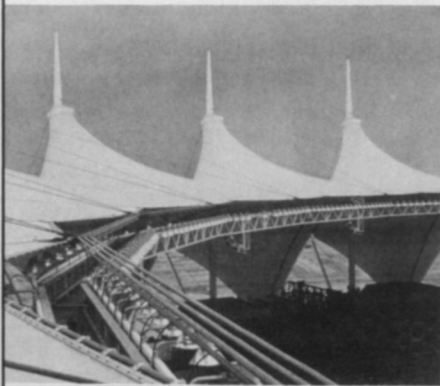
The Life It Brings: One Physicist's Beginnings — Jeremy Bernstein. This autobiography, as described in the preface, "is about a life in physics and the obvious excellences it has brought." It was in college that Bernstein first became interested in science. After 10 years at Harvard as undergraduate, as graduate student and then with a postdoctoral appointment at the Harvard Cyclotron, Bernstein went to the Institute for Advanced Study. Through this physicist, the reader meets many of the great minds of mid-20th-century physics. Originally published in hardback by Ticknor & Fields in 1987. Penguin, 1988, 171 p., illus., paper, \$7.95.

Overcoming Depression — Demitri F. Papolos and Janice Papolos. Explores for the general reader the nature and course of depression and mania. Describes the medications used in their treatment — the benefits as well as the complications. Examines and summarizes the current scientific concepts of the underlying causes of mood disorders. Discusses what happens to a person who suffers recurrent episodes of depression or mania and the impact of these illnesses on family members. Outlines ways in which all concerned might better cope with the problems the episodes present. Originally published in hardback in 1987. Har-Row, 1988, 319 p., illus., paper, \$8.95.

People of the Tropical Rain Forest — Julie Sloan Denslow and Christine Padoch. These 22 essays by international experts cover the history, anthropology and ecological economics of rain forests from Indonesia to the Amazon. Provides an introduction to the human cultures of an important but increasingly threatened natural resource. Published in conjunction with a Smithsonian Institution exhibit currently in Washington, D.C., which will travel to 14 cities in North America over the next six years. U of Cal Pr, 1988, 231 p., color/b&w illus., \$39.50. paper, \$19.95.

Science and Technology in the USSR — Michael J. Berry, Ed. Covers the role of science and technology within the social, economic and political systems of the Soviet Union. Examines specific scientific areas, such as agriculture, mathematics, biotechnology, space and medical research and energy technology. Includes scientific and technical organizations and associations that are involved in Soviet research and development. Longman(Gale), 1988, 405 p., \$95.

The Science of Structures and Materials



By
J.E. Gordon

W.H. Freeman,
1988, 8½" x 9½",
217 pages,
hardcover,
\$32.95, ISBN
0-7167-5022-8

Why don't our bones shatter when we jump or jog, even though each impact produces hundreds of pounds of force? How do the great bridges of the world support their own weight, much less thousands of automobiles and tractor trailers? How can a soaring skyscraper like the World Trade Center stay up or a colossal ship like the U.S.S. *Nimitz* stay afloat?

Examining the strength of structures and materials shows readers how the same mechanical principles that underlie the strength of natural structures like tendons and muscles apply to man-made structures like skyscrapers, ships and aircraft. Gordon, renowned for his contributions to materials science, describes an emerging spirit of cooperation among experts in widely different fields — engineers and shipbuilders; botanists, zoologists and doctors; mathematicians and physicists; chemists, metallurgists and crystallographers — and shows how their sharing of expertise is leading to astonishing advances in the development of new materials and structural designs. The author's conclusions suggest that the age of steel could soon be superseded by a new age of safer and more efficient nonmetallic structures.

— from the publisher

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