

contempt when they recount the history of the development of environmental reforms and conservation achievements in the U.S., Reiger sets about to refute this oversight and injustice in this well documented, well illustrated book. The 150-page text of the book is followed by 75 pages of illustrations, 50 pages of extensive, well-cited notes, 40 pages of selected references, and an index. The book has been thoroughly researched and is well documented, and provides a good basis for a study of the history of conservation activities in the United States.

George Bird Grinnell, editor of *Forest and Stream* magazine from 1880 until 1911, receives plaudits on almost every page. If Reiger's previous book, *The Passing of the Great West*, hadn't been subtitled as a biography of Grinnell, he might well have mentioned Grinnell's name in the title of this book. I don't believe this is a shortcoming though, because, after reading both books, I agree that Grinnell is hero enough to rate two books as well as being the subject of Reiger's doctoral study.

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## Health

BIOLOGICAL AWARENESS: STATEMENTS FOR SELF DISCOVERY, by D. W. Edington and Lee Cunningham. 1975. Prentice-Hall, Inc. (Englewood Cliffs, N.J. 07632). 242 p. \$10.95 hardback.

Designed to supplement science, health, and physical education programs, this book introduces a student to the functioning of his body in an innovative manner. The student is presented a series of statements about the functioning of his body, and each statement is accompanied by a 5-15 minute easily performable exercise designed to enable the student to test the validity of the statement with respect to his own body.

Interpretation of some of the statements and their associated exercises requires the student to apply some knowledge of science; for example, "The source of the chemical energy used for muscular work is dependent upon the intensity and duration of the exercise condition." However, the vast majority are of a more general nature,

appealing particularly to someone interested in physical conditioning.

The book would most adequately serve secondary school students interested in health and physical education. To this end the authors discuss in detail their program's relevance to contemporary curriculum models in this field. The book would also be a valuable supplement to any program training health education professionals as trainers or therapists. Many of the exercises can be performed with no need for additional materials or equipment; the remainder require materials and facilities available in virtually every secondary school.

*Biological Awareness* will provide the interested student with many enjoyable, informative hours of exploring the physiological interactions between his own body and the environment in which it functions. At least one overweight, mesomorphic reviewer who possesses an average risk for cardiovascular disease thoroughly enjoyed her attempts at "self discovery."

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## Related Fields

AMERICAN ASTRONAUTS AND SPACE-CRAFT, ed. by David C. Knight. 3rd ed., 1975. Franklin Watts, Inc. (730 Fifth Ave., New York 10019). 207 p. \$8.87 hardback.

This publication presents a pictorial review of this nation's manned space efforts, from Project Mercury in 1959 through the Skylab missions in early 1974. The remarkable NASA photographs are worthy of anyone's serious study. Excellent colored pictures occupy 16 pages, and the fascinating subject matter helps offset the less than top quality of many of the black-and-white reproductions.

The contents of this book are somewhat disjointed, and neither the photo captions nor the meager accompanying narrative prevent the reader from becoming confused as to which project is being described. This publication is nevertheless a valuable resource for those interested in studying the evolution of the hardware and equipment employed in our space programs. This book contains brief autobiographies of the U.S. astronauts and a very useful

glossary of space terms. A 48-page supplement pertains to the Apollo and Skylab missions.

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## Zoology

KEEPING LIVE CORALS AND INVERTEBRATES, by Robert F. L. Straughan. 1975. A. S. Barnes & Co. (Box 421, Cranbury, N.J. 08512). 228 p. \$14.50 hardback.

This book would be sold appropriately in an aquarium shop. The author covers every aspect of aquarium preparation and lists materials needed. Sources for the materials are also named. The first 90 pages concern aquarium set-up and the keeping and collecting of corals. Many of the points are reiterated beyond necessity, and for some readers, reading the captions under the illustrations would be an adequate way to cover the material.

The strength of the book is in its illustrations. The eight color photographs are excellent, and the 192 black-and-white photographs are mostly so.

The book, while primarily devoted to keeping corals, does describe selection, feeding, and care of 25 marine invertebrates, including sea spiders, starfish, sea urchins, sea pens, nudibranchs and several kinds of shelled mollusks, shrimp, crabs, and noncoral coelenterates. There is also a short and helpful section on keeping and selecting marine algae and a longer section on setting up a miniature mangrove swamp.

The author has edited and published the *Salt Water Aquarium* magazine for nine years. It is a shame he did not save some areas of the book for editorial pages of that publication. Some of his views, on having some of the laws repealed which limit or prohibit collection, will not be shared by all readers. Other may question his premise that to keep an animal whose life span is limited in an aquarium is valid, because it is interesting and more practical than bringing the observer to the ocean floor.

While the author has a suggested reading list, he seldom refers to the work of others, and does refer frequently to his own experiences and achievements.