This laboratory manual could be used by many colleges. High school teachers might find it a good source of easy-to-assemble lab exercises.

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Genetics

INTRODUCTION TO MODERN GENETICS

by Robert P. Wagner, Burke H. Judd, Bob G. Sanders, and Richard H. Richardson. 1980. John Wiley and Sons, Inc. (One Wiley Drive, Somerset, New Jersey 08873). 548 p. $20.95.

This textbook was written to present the core of basic genetic concepts in a single-semester course at the college level. Though there is no indication from the authors as to what prerequisites would be required of a student prior to taking such a course, a general biology course would appear to be the minimum requirement. Because the orientation of the book is more to the theoretical nature of genetics than to the practical, it is assumed that a course using this textbook would be geared to students with more than a casual interest in biology.

The book is attractive and well written. It is organized in a traditional manner, dealing first with a brief history of the science of genetics, progressing to Mendelian genetics, the structure and function of genetic material, and, finally, to population genetics. This classic organization contributes to the clarity of the book, as does the authors' clear and concise writing style. At the end of each chapter is a summary, a list of terms, questions to answer, and problems to work. Problems are of varying levels of difficulty and are analytical in nature. The student is required to apply concepts presented in each chapter to solve the problems at the end of that chapter.

The book would be excellent for use in an introductory genetics course for biology majors. It would provide a foundation for those going on to further genetics courses or a good background in genetics for those whose interests lie in other areas and use this as a terminal course. The book would be improved by the addition of a glossary of terms. Having the definitions of terms pulled out and either placed at the end of the chapters or at the end of the book would help the student to learn the many new terms associated with the field of genetics. Addition of a glossary would make an already excellent book a perfect choice for both the teacher and student of genetics.

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Health

SELF HEALTH: THE LIFELONG FITNESS BOOK

by Nathaniel Lande. 1980. Holt, Rinehart and Winston (383 Madison Avenue, New York 10017). 192 p. $9.95.

According to Lande, many people believe that they have little control over the state of their health. They blame many of their health problems on infectious microorganisms and toxins in the environment. He points out that for many staying healthy is simply a matter of seeing a physician when they are ill and getting a pill or a drug to cure them. Taking this into consideration, the aim of the book is to inform the reader that good health is largely a matter of correct life style, and has little to do with physicians and medicines. In other words, poor living habits are the cause of far more ill health than are pathogenic microorganisms and harmful chemicals in the environment.

A well-balanced diet, not overly indulged in, adequate physical exercise, and enough rest are essential for good health. No smoking and avoidance of excessive quantities of alcoholic beverages are also necessary. The book presents straightforward and easy-to-follow programs to achieve these goals, and having achieved them, to maintain them as lifelong habits. The major topics are nutrition and physical exercise. The nutritional programs are adaptable to meet the particular needs of an individual. A diet planned to give optimal nutrition does not have to be unappetizing and restricted to relatively few kinds of food, and the book lists many different breakfast, lunch, and dinner menus that are nourishing as well as varied. The exercise programs are designed to bring individuals up to prime physical fitness for their age, and then to keep them in that condition. In addition to information on when, where, and how to exercise, there is advice on how to overcome the boredom so often associated with exercise activities. These self-health programs do not require special foods or equipment.

The book is written for the general adult population, and is inadequate for use as a textbook for a health education course. Much of the information in the book is presented in an encyclopedic manner, with the chapters having many sections, each with a subtitle, and often the sections have little narrative. For example, among the topics in Chapter 2 are "Diet and Cancer" with fifteen lines devoted to the subject, and "Diet and Heart Disease" with ten lines of discussion. Not only is the information inadequate, it is also choppy to read.

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Physiology and Anatomy

THE GRAY'S ANATOMY COLORING BOOK

by Matthew V. DeCaro. 1980. Running Press (38 South 19th Street, Philadelphia 19103). 64 p. $4.95.

Human anatomy changes little. Perhaps in another 1,000 years it will be necessary to update several pages in *Gray's Anatomy*. Anatomy texts have kept pace with the lack of change. Within the last several years, however, the methods of teaching/learning anatomy have become innovative. Programmed texts and self-paced audiovisual packages on anatomy are commonplace at most institutions. The theme of this "new wave" anatomy is "Learning anatomy can be fun." Consistent with this trend is the advent of anatomy "coloring books." Several good ones are available.

The DeCaro text is, as the name implies, a compendium of reworked illustrations from *Gray's Anatomy*. There are 61 pages including 110 illustrations. All drawings are good quality ink line on heavy paper suitable for crayon, pencil, felt-marker, or watercolor application. Drawing labels and instructions are minimal; therefore, the text is best used in conjunction with a standard anatomy text or atlas to identify the relevant structures. This format makes it unnecessary to delete excess material, but instead allows you to build exactly what you want into the text making it useful as a learning tool for various levels of competency at your descretion.

Specifically, there are 40 drawings of skeletal structures, 9 of muscle, 41 cardiovascular/viscera, 13 nervous/sensory, 4 respiratory, and 3 miscellaneous with the complete exclusion of female genitalia and only a cursory coverage of male genitalia. There are no histology drawings. All drawings are printed only on page facings leaving all adjacent back