

range from poor to adequate, and students would probably require supplementary photographs and guide books to complete the work satisfactorily.

Problems in Biology could be used successfully in an introductory course for good students. However, it does not seem to offer many features that cannot be found in the lab manuals currently in use.

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BIOLOGICAL PRINCIPLES WITH HUMAN PERSPECTIVES

by Gideon E. Nelson. 1980. John Wiley and Sons, Inc. (One Wiley Drive, Somerset, New Jersey 08873). 429 p. \$16.95.

Nelson states in his introduction that this textbook is designed for a semester course in biology for the freshman, non-major. With this in mind, I found it easy to review the book. In short, it is an excellent textbook. Rather than belabor the point, I will briefly discuss a few of the many features of this book that make it so good. First, the author approaches the topic of introductory biology with an emphasis on human beings. His reasoning: this makes a one-term biology course much more useful and interesting. He

includes extra material on nutrition, also because of its value to general students.

A second feature I find very appealing is Nelson's use of various art reproductions that face each chapter title page. This is effective because it ties other disciplines to biology and *vice versa*.

Nelson's use of photographic reproductions is a third outstanding point. The book contains many superb photographs that correlate well with the chapter text. I am especially impressed with the abundance of electron photomicrographs he uses. In addition, many excellent drawings appear throughout the book.

As with any textbook, this book does have some shortcomings. The only color in the book is on the cover, which, by the way, is very attractive. Color plates scattered throughout would have been more effective, especially with the chapters dealing with ecology. Color plates were probably not used in an effort to hold down the price of the book.

A second "flaw" is the omission of material on plant or animal morphology or taxonomy. Because of the intended use of this book as set forth in the introduction, this cannot actually be considered a shortcoming. The fact is apparent, though, that if a general student desires any further biology beyond the scope of this book (one semester),

s/he will have to purchase an additional textbook.

Nelson has an excellent textbook and one that I expect to see widely used on college campuses in the near future. This book is clearly written and illustrated, relatively inexpensive, and very accurate and up to date. It will be a fine textbook for an introductory biology course.

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Related Fields

THE CURVES OF LIFE

by Theodore A. Cook. Republication, 1979. Dover Publications (180 Varick Street, New York 10014). 474 p. \$5.95.

This is a book about natural spirals and how the spiral form has been appropriated by humans. It was written for natural history reading and is very useful to anyone interested in nature's wonders. Technically, it is an excellent book.

The writing style is typical of the period; the book was originally published in 1914. Sentences are long and complex, with many self quotes and tedious references to more or less related material. It is difficult reading if the reader

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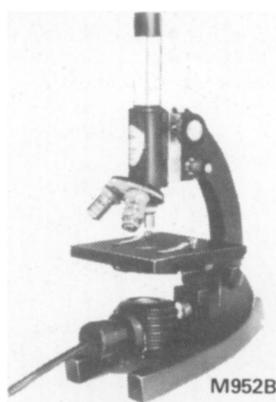
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wants specific information in concise form. The material is presented in such a round-about fashion that it is much better for occasional browsing than for serious reading. And, since it was written so long ago, it stops short of the world of spiral structure *inside* the cell.

The book is unique in subject matter and method of coverage. It belongs on the shelves of all true naturalists.

Fred A. Lawson
University of Wyoming
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WOMEN AND HEALTH CAREERS: A GUIDE FOR CAREER EXPLORATION

by Sheryl Burt Ruzek, ed. Program for Women in Health Sciences, University of California (San Francisco 94143). 190 p. \$7.50.

Most any woman who is employed, or considering employment, outside the home would appreciate this book. It is informative, interesting, and very practical. It encompasses an age range from the beginner to the semi-retired. Although much of the material pertains to health careers, there are many topics that apply to women workers in general.

For example, the first chapter deals with self-assessment and the structural and psychological barriers to career development. Chapter two describes employment patterns of American women and considers some of the factors that influence a career choice.

Many women do choose health-related careers, and the next three chapters of the book give an excellent description of the wide range of opportunities offered in science research, professions and paraprofessions, and in planning and administration. General career patterns and requirements are given, followed by numerous occupational summaries. Vast research is reflected in the variety of job descriptions listed. Each summary discusses educational requirements and the chances for entry,

re-entry, and advancement in the particular field. For those desiring further information, references and associations are provided for each specific area.

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CHEMISTRY AND THE LIVING ORGANISM

by Molly M. Bloomfield, 2nd ed., 1980.
John Wiley and Sons (One Wiley Drive, Somerset, New Jersey 08873). 600 p. \$17.50.

This well-written textbook addresses those students who dread chemistry because they view it as a subject taught in a highly technical language with little relevance to their personal needs. Because the principles of chemistry are presented in the context of their clinical and biological applications, the relevance of these concepts to the student's personal and professional life is constantly emphasized. This textbook is appropriate for students in the allied health sciences and related disciplines, such as physical education and home economics. I am of the opinion this textbook could also be used in selecting advanced biology courses in the secondary school where students plan to continue in science other than as a chemistry major.

Each chapter commences with learning objectives and a case history. The clearly stated learning objectives help the student to identify the important topics covered in the chapter and serve as a study guide for later review. The case histories are extremely effective in capturing the student's interest and motivating the study of the fundamental concepts being presented.

The author has divided the textbook into four main sections with chapter one, an introductory case history, as the first section. Appendices, glossary, and index are also appropriately included. The section on "Chemical Background" that leads the student through basic inorganic

chemistry is composed of eleven chapters moving from matter and energy to acids and bases. The readability of this section is excellent. Solutions to example problems should help the student solve end-of-chapter problems. A detailed review of basic mathematical concepts is included for students who need such fundamental review.

The section, "The Elements Necessary for Life," provides for an introduction to organic chemistry including chapters on carbon and hydrogen, oxygen, nitrogen, and one chapter on the remaining twenty elements.

The last section, "The Compounds of Life," consists of five chapters involving the chemistry of enzymes, vitamins, hormones, and nucleic acids.

The author has done an excellent job of including supportive materials illustrating those chemistry concepts that are often difficult for a student to grasp. It is obvious that the author has had first-hand experience teaching those students who are not science majors, but who are required to include chemistry in their curriculum.

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BIRD STUDENT: AN AUTOBIOGRAPHY

by George Miksch Sutton. 1980.
The University of Texas Press (Austin, Texas 78712). 216 p. \$15.95.

It was more than forty years ago that I first read Sutton's *Eskimo Year*. Since then I have followed his writing and his avian artwork with pleasure. Now his autobiography lies before me. Is my admiration sustained? And, more importantly, is my personal valuation likely to extend to a reasonable proportion of the *ABT* readership and to the students that it serves? On both counts the answer is "Yes."

First a word on format. The page size, 17.5 x 25.5 cm, is sufficient to display well ten unnumbered and unlisted color