

Each chapter is structured to stand alone, starting with a brief overview of what is to be discussed and finishing with a succinct summary of the key conclusions. Details of data analyses have been relegated to short notes at the end of each chapter that, although may not please more statistically inclined readers, serves the intended goal of making the text very readable. The result is that information is presented in a way that will be accessible to all—from undergraduates to professional scientists.

Whether intentional or not, large parts of the book also contain a personal perspective that is particularly refreshing to read. For example, while the authors' enthusiasm for the goats is obvious, their concerns for the future of the Caw Ridge population also come across clearly. Coupled with an honest appraisal of the study's limitations as well as its successes, readers will get some insight into the effort and dedication required to run a long-term field study of this nature.

Overall, *Mountain Goats* is an excellent progress report on an important project that should continue to provide great insights into this remarkable animal. As such, the volume should be of great interest to a wide audience of evolutionary ecologists, wildlife managers, and just about anyone with a keen appreciation of field biology.

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fense of the field against its perceived detractors (e.g., Georges Cuvier in the 19th century and G. G. Simpson in the 20th century).

The text is rather awkwardly translated from the original French, which, combined with the author's rather old-fashioned style in that language, has resulted in a stilted, often convoluted prose. The book is illustrated by black-and-white photographs of animals mentioned in the text, historical and modern images of unknown animals, and portraits of cryptozoologists.

Although cryptozoology gained a more rigorous methodology in the late 20th century (*Cryptozoology: Interdisciplinary Journal of the International Society of Cryptozoology*. 1982–1999), Heuvelmans's own writings, this book included, often eschew critical analysis of available data. Rather, the dual cataloging of the last 150 years of zoological discoveries and the observations of unexplained or as yet incompletely known animals are proffered as evidence that many large animals remain to be discovered. Although it may appeal to general readers, zoologists will find little new information here, and anyone interested in the topic might be better advised to refer to the now dated, but more engaging volume, *On the Track of Unknown Animals* (B. Heuvelmans. 1995. London: Kegan Paul International).

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BERNARD HEUVELMANS' THE NATURAL HISTORY OF HIDDEN ANIMALS.

Edited by Peter Gwynvay Hopkins. London (United Kingdom): Kegan Paul and New York: Columbia University Press; distributed by Marston Book Services, Oxfordshire, United Kingdom. \$120.00. xii + 145 p.; ill.; index. ISBN: 978-0-7103-1333-1. 2007.

Cryptozoology, the study of hidden or unknown animals, is a vocation for almost no one, but an avocation for many who are fascinated by the possibility of living dinosaurs, lake monsters, and wild men, as well as by the more mundane discoveries of large animals such as giant squid, coelacanths, the Komodo dragon, and the okapi. This posthumous work by the "father of cryptozoology" (Bernard Heuvelmans, 1916–2001) was compiled, with the author's approval, by the editor and others from his notes and published writings. Stated to be a brief introduction, it is rather a personal view of the history of cryptozoology and a defense of the discipline. Topics covered include the social and historical roles of monsters and myths, the appropriate subjects of cryptozoology, a consideration of "living fossils" and "lost worlds," praise for early cryptozoologists and their discoveries, and a de-



HUMAN BIOLOGY AND HEALTH

AGING: THE PARADOX OF LIFE: WHY WE AGE.

By Robin Holliday. Dordrecht (The Netherlands): Springer. \$44.95. xiii + 132 p.; ill.; index. ISBN: 978-1-4020-5640-6. 2007.

This is a short popular book written by a famous geneticist and biogerontologist. The author is a retired professor notable for his classic studies of genetic recombination, with a DNA intermediate now known as the "Holliday structure" (or "Holliday junction"). In just 132 pages, he presents to general readers his personal understanding of the biological aging process, its multiple causes, evolution of aging and longevity, interspecies differences in life span, the number of genes involved in human aging and longevity, modulation of aging and life extension, determinants of human longevity, and many other topics, such as the origin of religion and human warfare. This broad discussion of so many different topics is supported by a very short bibliography (just one page), which may

be appropriate for the general public, but will create an impression of some incompleteness for more sophisticated readers.

The volume is useful in dispelling a myth of "healthy" aging unrelated to diseases, as the author argues convincingly that separation of age-related diseases and biological aging is not possible even at the theoretical level, because of strong interactions between these processes. Discussion of the evolution of aging is somewhat outdated and simplistic, because too much emphasis is made on the disposable soma theory and tradeoffs between longevity and reproduction, without discussing new accumulated facts contradicting this theory.

Many readers will be surprised to learn from this book that further significant extension of human life is neither possible, nor desirable. These conservative views do not represent a current consensus of the gerontological scientific community, and no convincing arguments are presented to support them. Still, it is useful to know the author's position on this hotly debated topic of the future of human longevity.

Overall, this volume may be of interest to the general public, as it helps to balance the current bold optimistic expectations for the future of human life span and life extension with a healthy dose of skepticism. It would be also strongly recommended that any future edition of this book contains an expanded bibliography, and deeper discussions of the scientific topics and supporting evidence, in addition to the personal views of the author.

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BODY OF WORK: MEDITATIONS ON MORTALITY FROM THE HUMAN ANATOMY LAB.

By Christine Montross. New York: Penguin Press. \$24.95. viii + 295 p.; ill.; no index. ISBN: 978-159420-125-7. 2007.

Dissection of human bodies is a formative experience for doctors, but it is paradoxical. It confronts the student with death while teaching healing. It demands scientific rigor while necessitating reflection. It requires detachment, but elicits compassion. Students approach it with trepidation, fascination, and determination. To understand the feelings and insights engendered by the dissection of a person, one should read *Body of Work*, the fresh, honest, and insightful "meditations" of a medical student as she dissects her donor, Eve.

The skeleton of *Body of Work* is Eve's gradual dissection, described from the perspective of a medical student maturing from a nervous neophyte to a survivor of the first semester of medical school. Montross describes how the cadaver

teaches and affects. How it forces reflection on death, dying, disease, and mortality, on autopsy, surgery, a dying patient, and illness in her own family. How dissection contributes to stress in the first year of medical school. But, ultimately, the cadaver teaches Montross not only anatomy, the connections, positions, and functions of the human body, but it also teaches about the generosity of people, and through this, a sense of gratitude. In affirming the value of the dissection experience, celebrating the selfless generosity of those who donate their bodies for dissection, and honestly revealing the personal journey of a first-year medical student, *Body of Work* is a must-read for anyone entering medical school, individuals who would donate their bodies, and those who teach and care for doctors in training.

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MOLECULES AND MEDICINE.

By E. J. Corey, Barbara Czako, and László Kürti.
Hoboken (New Jersey): John Wiley & Sons. \$49.95
(paper). xii + 254 p.; ill.; index. ISBN: 978-0-470-22749-7. 2007.

This volume highlights over 100 of the most significant drugs in use today. The development, action, and clinical use of each drug is described concisely in a single page and is accompanied by useful, full-color illustrations. Particular emphasis is placed on the extensive effort and varied methods required for the development and understanding of any pharmaceutical agent. Each page is headed by the molecular structure of the drug and a list of summary information, including the year of introduction, its clinical use, the mechanism of action, and related drugs. The molecules are organized into sections based on therapeutic area (e.g., anti-inflammatory agents, cardiovascular agents, and treatments for infectious disease) and each section begins with a biological and pharmacological overview of the particular therapeutic area. The modular organization makes the book easy to read in sections and to keep on hand as a quick reference.

Molecules and Medicine is extremely well organized and integrates the history, chemistry, biology, and pharmacology of drug development seamlessly. This volume is highly recommended for anyone working specifically in organic or medicinal chemistry, as well as those in health and medical fields. In addition, the book would be ideal for a university course on medicinal chemistry, highlighting the interplay between chemistry and biology in drug development. The authors' stated intention is to appeal to a broad readership and educate the general public about science. Al-