

utan population density is assessed by nest counting. However, there are several factors that limit the book's utility to biologists, the most important of which is the lack of a bibliography. Although Payne has done an excellent job of synthesizing decades of research on orangutan behavior, he refers to primary sources only by the author's name, making the task of tracking down original studies more onerous for readers. At times, the text can be repetitive, as the same information appears in more than one chapter. There are also a few disjointed transitions from topic to topic, particularly in Chapter 3, but these do not detract too much from the utility of the book as a reference resource.

The lavish illustrations will delight orangutan enthusiasts, and these alone make the volume an excellent purchase. For those lucky enough to have visited wild orangutans in Sumatra and Borneo, Prudente's photographs will evoke vivid memories of the experience; for those who have not yet had the chance, this book may serve as an inspiration to help protect and conserve orangutans and their environment.

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TEXAS CORAL REEFS. *Gulf Coast Studies, Volume 13.* By Jesse Cancelmo; foreword by Sylvia Earle. College Station (Texas): Texas A&M University Press. \$24.95. xviii + 132 p.; ill.; index. ISBN: 978-1-58544-633-9. 2008.

TEXAS QUAILS: ECOLOGY AND MANAGEMENT. Edited by Leonard A. Brennan. College Station (Texas): Texas A&M Press. \$40.00. xiii + 491 p.; ill.; index. ISBN: 978-1-58544-503-5. 2007.

FINDING BIRDS ON THE GREAT TEXAS COASTAL BIRDING TRAIL: HOUSTON, GALVESTON AND THE UPPER TEXAS COAST. *Gulf Coast Studies, Volume 12.*

By Ted Lee Eubanks, Jr., Robert A. Behrstock, and Seth Davidson; maps by Cindy Lippincott. College Station (Texas): Texas A&M University Press. \$23.00 (flexbound). xiii + 258 p.; ill.; bird and general indexes. ISBN: 978-1-58544-534-9. 2008.

SECRET LIVES OF BRITISH BIRDS.

By Dominic Couzens; illustrated by Peter Partington. Christopher Helm. London (United Kingdom): A & C Black. £14.99 (paper). 160 p.; ill.; index. ISBN: 978-07136-7513-9. 2006.



HUMAN BIOLOGY AND HEALTH

THE SCIENCE OF STAYING YOUNG.

By John E. Morley and Sheri R. Colberg. New York: McGraw-Hill. \$24.95. xv + 254 p.; ill.; index. ISBN: 978-0-07-149283-6. 2008.

This is a popular book with practical advice on how to maintain health in later life, written by leading gerontologist and geriatrician John Morley, in collaboration with exercise physiologist and professor of exercise science Sheri Colberg. The volume covers a wide range of topics, including dietary recommendations (fish, alcohol, vegetables, spices, and more), exercise (aerobic, resistance, balance, flexibility, and posture), hormone therapy (vitamin D, growth hormone, ghrelin, melatonin, pregnenolone, DHEA, estrogen, and testosterone), keeping a sharper mind (avoiding memory loss and depression), advice on maintaining a healthy body weight, and prevention of cardiovascular diseases, cancer, osteoporosis, arthritis, frailty, and falls. The authors also take a glimpse into the future, and discuss scientific discoveries and new promising biomedical approaches in the pipeline, which may help to delay aging process in the near future. Busy readers specifically interested in practical advice may go directly to pages 226 to 227 of the book, where all suggestions are summarized in a list of 13 health recommendations. Some notable novel suggestions include a significant increase in vitamin D consumption, taking small amounts of alcohol on a regular basis, avoiding weight loss at older ages (after age 60), and having a favorable attitude to testosterone replacement therapy for older males.

The volume may be interesting to biologists for two reasons. First, biologists are aging too, and they may benefit from learning how to maintain their health and scientific productivity as they get older. Second, biologists involved in aging studies (biogerontologists) may find this book particularly helpful, because it sends a strong positive message to the public and policymakers, and mobilizes public support for aging research. Specifically, the authors note: "We recommend that in 2008 and beyond, Congress give up its ageist attitudes and pass legislation to increase . . . funding for the National Institute on Aging, and move rapidly toward a universal computerized medical record" (pp. 223–224). "[I]t is time for America's baby boomer population to begin to advocate its own better future, simply by inundating Congress with letters, e-mails, and phone calls (contact information can be found at senate.gov and at house.gov).

Only in this way will our remaining years be better for us than it was for those who went through it before us" (p. 224).

The book could be even more helpful if its statements were accompanied with particular references to published studies in the main text. Although selected citations are listed at the end of the volume, it is not easy for readers to figure out which statement corresponds to a particular publication.

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HEALTHY AGING AND LONGEVITY: THIRD INTERNATIONAL CONFERENCE. *Based on a conference held in Melbourne, Australia, on October 13–15, 2006. Annals of the New York Academy of Sciences, Volume 1114.*

Edited by Noah J. Weller and Suresh I. S. Rattan. Published by Blackwell Publishing, Boston (Massachusetts), on behalf of the New York Academy of Sciences, New York. \$145.00 (paper). xv + 466 p.; ill.; index of contributors. ISBN: 978-1-57331-680-4. 2007.

As it enters the third millennium in the form in which we presently count time, the human species faces many threats to its continued survival, at least in its present "civilized" form. Among them are: the outcomes of "civilization"-induced global warming that if left unchecked will lead, among other things, to massive flooding of presently heavily populated areas; nuclear annihilation; the possible spread of infectious diseases with which even contemporary medicine and public health will be unable to effectively deal; and continued, unfettered population growth to the extent that the total potential food and water supply are simply overwhelmed. In other words, our species, at least in its presently "civilized" form, does face the threat of demolition by the Four Horsemen of the Apocalypse: Death, War, Pestilence, and Famine, although these Horsemen are ones created totally by ourselves, not by any divine power.

A major element of unfettered population growth is the phenomenon of aging, which is the subject of this volume. None of the papers address the issue I describe above, but they do discuss how we can go about making the state of older age a healthier one, thus a less dependent one and, hopefully, a productive one. For if we are to deal effectively with any of the Four Horsemen, as our population ages, it is going to have to become healthier than it is presently so that its members can be more productive and less dependent for longer than they are currently.

The book is organized into four parts: Biogerontology, with 11 papers ranging from The Science of Healthy Aging to Effects of Old Age on

Hepatocyte Organization; Clinical Perspective, with 12 papers on topics such as Fit and Well at Eighty to 'Anti-Aging Medicine' and the Cultural Context of Aging in Australia; Socio-cultural Perspective, with 15 papers that include titles such as Are We Getting Healthier as We Grow Older? to Lifestyle of the Elderly in Rural and Urban Malaysia; and Interventions, with 10 papers, ranging from Nutritional Interventions in Aging and Age-Associated Diseases to Evidence-Based Practice.

Although few will read this volume from cover to cover, it surely belongs on the reference bookshelf of programs that deal with any aspect of the phenomenon of aging and how to make it a much more healthy experience than now exists. That is only one of the many changes that "civilized" humanity will have to make in the way it conducts itself if it is to fend off the coming onslaught of the Four Horsemen.

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SKELETAL BIOLOGY AND MEDICINE, PART A: ASPECTS OF BONE MORPHOGENESIS AND REMODELING. *Based on a conference held in New York City, 25–28 April 2007. Annals of the New York Academy of Sciences, Volume 1116.*

Edited by Mone Zaidi. Published by Blackwell Publishing, Boston (Massachusetts), on behalf of the New York Academy of Sciences, New York. \$145.00 (paper). xiii + 508 p.; ill.; index of contributors. ISBN: 978-1-57331-684-2. 2007.

SKELETAL BIOLOGY AND MEDICINE, PART B: DISEASE MECHANISMS AND THERAPEUTIC CHALLENGES. *Based on a conference held in New York City, 25–28 April 2007. Annals of the New York Academy of Sciences, Volume 1117.*

Edited by Mone Zaidi. Published by Blackwell Publishing, Boston (Massachusetts), on behalf of the New York Academy of Sciences, New York. \$145.00 (paper). xxi + 394 p.; ill.; index of contributors. ISBN: 978-1-57331-728-3. 2007.

These volumes are the result of a conference on skeletal biology and medicine held in 2007. The conference, a follow-up to one held in 2005, was cosponsored by the Mount Sinai School of Medicine and the New York Academy of Sciences. Conference participants were either invited or preselected. Hence, contributions are not a random assortment of research topics within the field. The proceedings are published in two volumes. Articles in each publication consist of reviews, original research articles, and brief commentaries. Both volumes are printed in black and white, which generally does not diminish the impact of any of the figures.