



The Living Clocks

Ritchie R. Ward



The Living Clocks:

The Living Clock John D. Palmer, 2002-03-14 From one celled paramecium to giant blue whales we all have internal clocks that regulate the rhythms we live by In *The Living Clock* John Palmer one of the world's leading authorities on these rhythms takes us on a tour of this broad and multifaceted subject examining everything from glowing fruit flies to the best cures for jet lag Palmer has a wonderful sense of humor and an eye for the startling fact We learn that fiddler crabs in a lab where there are no time nor tide cues remain active when low tide would occur and motionless during high tide the same pattern they follow in their natural habitat In fact you can remove a crab's leg and the leg will keep a tidal rhythm as long as it's kept alive Moreover humans are subject to more than one hundred biological rhythms Mental acuity peaks in the afternoon for instance and our blood pressure peaks at seven in the morning when most heart attacks occur The time of day you take medication can affect how well it works And Palmer shows that when our clocks are thrown off kilter trouble follows especially for rotating shift workers the Bhopal spill the Chernobyl reactor explosion and the Three Mile Island accident all happened when new crews began early hour shifts No one has discovered exactly how our internal clocks work Palmer says a Nobel Prize awaits that lucky scientist but they are no less fascinating for their inexplicable nature Frequently amusing and always eye opening *The Living Clock* is a treat for everyone curious about the nature of life as well as anyone planning a long jet flight

The Living Clocks Ritchie R. Ward, 1974 ***The Living Clocks*** Ritchie R. Ward, 1971 This explanation of biological clocks includes discussions of jet lag how birds navigate and why plants fruit and flower at certain times of the year

The Living Age , 1895 *Littell's Living Age* , 1921 *Living Clocks in the Animal World* Miriam F. Bennett, 1974

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