

health

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THE QUEST FOR QUIET

**New cures
for noise fatigue**

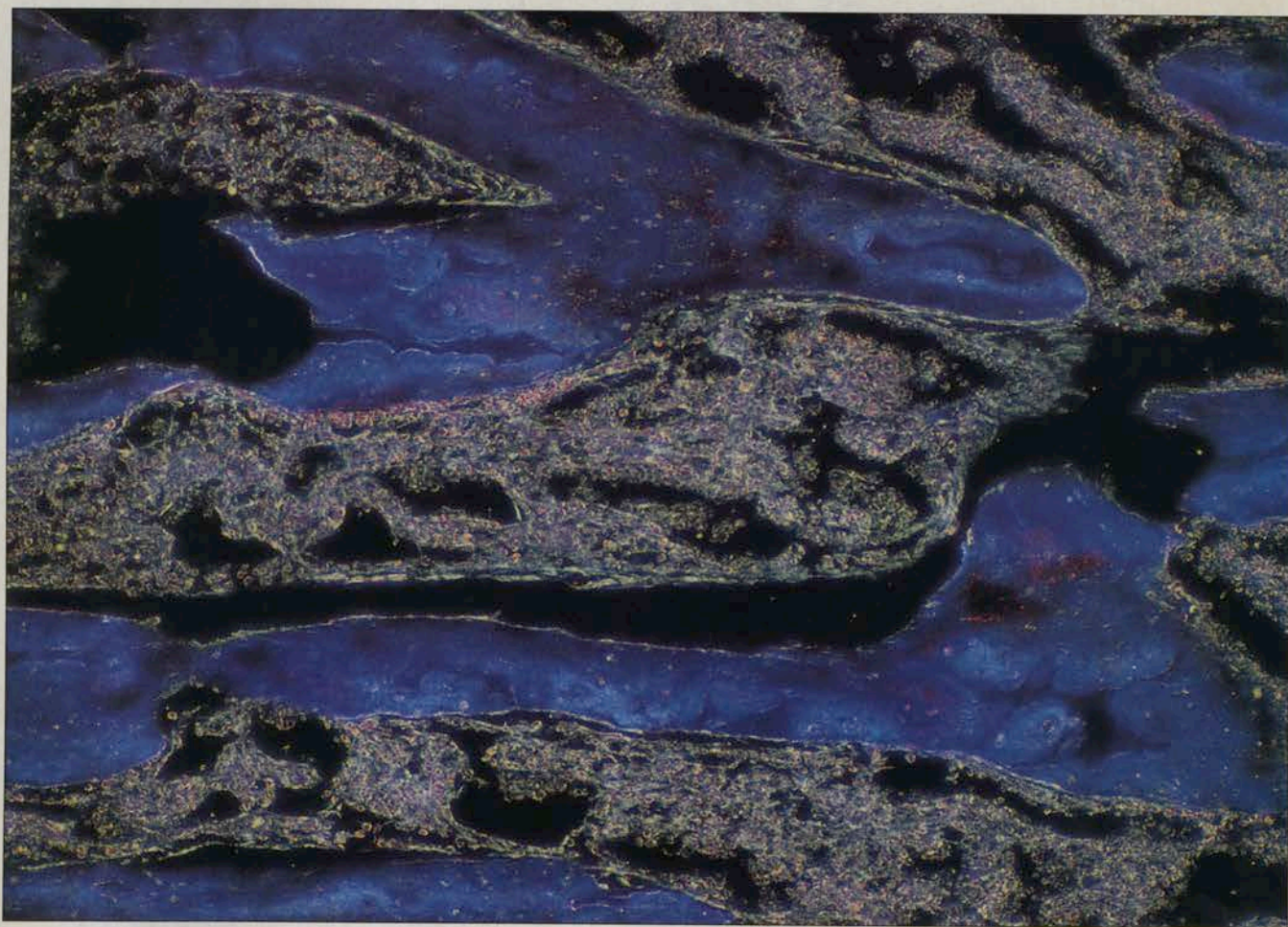
**Is monogamy
a myth?**

**Why energy
shifts with
the seasons**

**Hair curl
chemistry**



bodyshots



SKELETAL SCAFFOLDING

Adult bone can be as strong as stone, but it starts out as pliable as rubber. Here, a swirly sea of soft cartilage (purplish-blue), interspersed with islands of bone marrow (gray), illustrates a bone's spongy beginnings before birth. As a baby develops gradually into a young adult, bone cells attach to this flexible framework and build up—a process that allows bone to grow and lengthen. Eventually, sturdy bone nudges out most of the cartilage. Marrow-filled cavities (black) keep bone porous enough to be lightweight and resilient, yet not fragile or fracture-prone. Eating plenty of calcium and indulging in skeleton-strengthening exercise help maintain this delicate balance. — CHERYL SACRA

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