

Immune



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The human body is like an exceedingly well-fortified castle, defended by billions of soldiers--some live for less than a day, others remember battles for decades, but all are

essential in protecting us from disease. This hidden army is our immune system, and without it we could not survive the eternal war between us and our microscopic enemies.

Immune explores the incredible arsenal that lives within us--how it knows what to attack and what to defend, and how it kills everything from the common cold to the plague bacterium. We see what happens when the immune system turns on us, and conversely how impossible life is without its protection. We learn how diseases try to evade the immune system, how they exploit vulnerabilities and even subvert it to their own advantage, and we discover how scientists are designing new drugs to harness the power of the system to advance medicine in the 21st century.

Some of the topics explored include why are so many people allergic to cats, but so few to hamsters? Do transplants ever reject their new bodies? What is pus? How does your body develop new weapons for new enemies? Why is cancer so hard for our immune system to fight? How does our immune system remember? Why did the 1918 flu pandemic kill mainly young, healthy people? Why did the 2009 swine flu outbreak lead to a spike in sleep disorders? Can we smell someone else's immune system, and does that help us subconsciously decide who we fall in love with?

Immune provides an entertaining, intriguing, and accessible account of the body's defenses against disease. Drawing on everything from ancient Egyptian medical texts to cutting-edge medical science, the book takes readers on an adventure packed with weird and wonderful facts about their own defense mechanisms, making this both informative and great fun to read.

作者介绍:

Catherine Carver completed her first degree in Natural Sciences before going on to study Medicine at the University of Aberdeen, which included time spent in Tanzania working with TB/HIV sufferers. She's worked at the Wellcome Trust and as a Research Fellow at the London School of Hygiene and Tropical Medicine, and studied Public Health at Harvard, where she was a Frank Knox Fellow.

Now living in Scotland, Catherine is a seasoned science communicator, and she has written blogs for The Lancet, Scientific American, Meducation, Mosaic and The Wellcome Trust.

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标签

科学和心理学

医学

个人管理

评论

免疫学的科普新作。很好，首次弄清楚为什么不能用棉签掏耳朵。习惯读书人口音后，还是被某些描述恶心到，医学科普真是难，夸一下作者。这个可以给普通人当工具书。很棒，一定找文本留存。后面有点儿散乱，泛医疗内容吧。

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书评

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