



# How Science Works: Evaluating Evidence in Biology and Medicine

*Stephen H. Jenkins*

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## **How Science Works: Evaluating Evidence in Biology and Medicine** Stephen H. Jenkins

One week, red wine is good for the heart. The next week, new reports say its bad for the health. So which is true? Anyone whos ever read science news with fascination, or whos ever been confounded by conflicting stories will appreciate this book. Taking a look at some true to life contemporary news stories, the author assesses recent studies on topics ranging from vitamin C and caffeine to pollution and cancer. With straight talk and a passion for the whole project of science, he demysifies the cult of the expert and sheds light on the nitty-gritty details of scientific processes. Any scientist loves a challenge, but the biggest challenge of all, observes Jenkins, is shared by scientists and nonscientitsts alike: how to make practical decisions in light of ambiguous evidence. Promising no simple answers, this book does offer excellent food for thought for people pondering that next glass of wine.

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