

## CONTENTS

	<b>PREFACE</b>	<b>7</b>
<b>1</b>	<b>THE ELUSIVE NATURE OF TIME</b> <i>Picture Essay: Years, Months, Minutes</i> 16	<b>8</b>
<b>2</b>	<b>LIFE'S REMARKABLE RHYTHMS</b> <i>Picture Essay: The Biological Clock</i>	<b>32</b>
<b>3</b>	<b>SUBDIVIDING THE YEAR</b> <i>Picture Essay: The Riddle of the Calendar</i> 64	<b>54</b>
<b>4</b>	<b>TICKING OFF THE HOURS</b> <i>Picture Essay: The Long Search for Perfect Timing</i> 84	<b>76</b>
<b>5</b>	<b>SEGMENTS OF THE SECOND</b> <i>Picture Essay: Measuring What the Eye Cannot See</i> 108	<b>100</b>
<b>6</b>	<b>FIXING THE START OF "LONG AGO"</b> <i>Picture Essay: Reaching Backwards in Time</i> 132	<b>122</b>
<b>7</b>	<b>THE EINSTEIN REVOLUTION</b> <i>Picture Essay: The Great Relativity Bomb Plot</i> 154	<b>144</b>
<b>8</b>	<b>THE ARROW OF TIME</b> <i>Picture Essay: Man versus Clock: the Unequal Struggle</i> 176	<b>166</b>
	<b>APPENDIX</b>	
	Perfecting the Clock	<b>193</b>
	The Innards of a Watch	<b>194</b>
	<b>FURTHER READING AND ACKNOWLEDGEMENTS</b>	<b>196</b>
	<b>INDEX</b>	<b>197</b>
	<b>PICTURE CREDITS</b>	<b>200</b>