

Table of Contents 2015
(Bold entries indicate addenda)

Preface	iv
Acknowledgements	xvii
Part I Introduction	
Chapter 1 Introduction	3
1.1 Introduction	3
1.2 Science and Engineering	3
1.2.1 Phylogeny	3
1.2.2 Motivation	4
1.2.3 Methods	5
1.2.4 Synthesis	7
1.3 Scientific Method	8
1.4 Mathematical Modeling	12
1.4.1 The Value of Models	12
1.4.2 Types of Models	14
1.4.3 Steps in the Modeling Process	15
1.4.4 Models and Empirical Observations	17
1.5 Biological Engineering	19
1.6 Expectations for Biological Engineers	21
1.7 About Predictions	23
1.8 About This Book	25
Questions, Chapter 1	27
Part II Principles from the Sciences	
Chapter 2 Principles of Physics	31
2.1 Effort and Flow Variables	32
2.1.1 Resistance	33
2.1.2 Capacity	34
2.1.3 Inertia	35
2.1.4 Efforts Required	35
2.2 Balances	37
2.3 States of Matter	40
2.3.1 Gases	40
2.3.2 Liquids	41
2.3.3 Solids	41
2.3.4 Gas Plasma	42

2.3.5 Phase Changes	42
2.4 Equivalence of Work and Energy	43
2.4.1 Work	43
2.4.2 Energy	44
2.4.3 Efficiency	46
2.5 Free Energy	49
2.5.1 Internal Energy	50
2.5.2 Enthalpy	50
2.5.3 Entropy	51
2.5.4 Gibbs Free Energy	51
2.6 Disorder and Entropy	52
2.7 Heat Transfer	54
2.8 Movement of Materials	55
2.8.1 Convection and Diffusion	55
2.8.2 Osmosis	58
2.9 Fluid Mechanics	62
2.9.1 Viscosity	62
2.9.2 Fluid Movement	62
2.9.3 Fluid Energy	65
2.9.4 Circulatory System	66
2.9.5 Static Pressure	68
2.10 Solid Mechanics	71
2.10.1 Inertia	71
2.10.2 Acceleration	72
2.10.3 Reaction Forces	73
2.10.4 Stress	73
2.11 Electricity	76
2.11.1 Electrostatics	76
2.11.2 Electrical Current	78
2.11.3 Electric Power	80
2.12 Temperature Effects	81
Questions, Chapter 2	82
Chapter 3. Principles of Chemistry	87
3.1 Periodic Nature of Elements	88
3.2 Chemical Bonding	93
3.2.1 Ionic Bonds	93
3.2.2 Covalent Bonds	96
3.2.3 Electronegativity	96
3.2.4 Water As a Polar Molecule	97
3.2.5 Hydrogen Bonds	98
3.2.6 Van der Waals Forces	
3.3 Chemical Equilibrium	101
3.4 Acids and Bases	103
3.4.1 Strong and Weak Acids and Bases	104

3.4.2 Salts	104
3.4.3 pH	105
3.5 Reaction Rates	107
3.5.1 Collision Theory	107
3.5.2 Intermediate Reactions	107
3.5.3 First Order Reactions	109
3.5.4 Enzyme-Substrate Reactions	109
3.6 Carbon Chemistry	110
3.6.1 Many Possible Configurations	110
3.6.2 Functional Groups	113
3.6.3 Amino Acids	115
3.6.4 Macromolecule Types	116
3.6.5 Polymers	117
3.6.6 Melting and Boiling Points	117
3.6.7 Organic Reactions	117
3.7 Physical Chemistry in Water	120
3.7.1 Solutions	120
3.7.2 Gels	123
3.7.3 Suspensions	128
3.7.4 Isoelectric Point	129
3.8 Protein Folding	130
3.9 Shape Effects and Enzymes	135
3.10 Energy-Rich Compounds	139
3.11 Temperature and Pressure Effects	147
3.12 Free Energy	149
Questions, Chapter 3	152
 Chapter 4. Principles of Mathematics and Engineering Sciences	157
4.1 Equality	158
4.2 Randomness and Probability	163
4.2.1 Probability Distributions	163
4.2.2 Self-Similar Data	167
4.2.3 Pseudo-Random Data	168
4.2.4 Statistics	169
4.3 Calculus	181
4.3.1 Derivatives and Differential Equations	181
4.3.2 First Order Equations	182
4.3.3 Exponential Responses	182
4.3.4 Second Order Equations	184
4.3.5 Periodicity	184
4.3.6 Nonlinear and Nonconstant Equations	186
4.3.7 Integration	187
4.4 Control Systems	190
4.4.1 Sensors	190

4.4.2	Actuators	193
4.4.3	Communications	196
4.4.4	Closed-Loop Feedback Systems	205
4.4.5	Open-Loop Systems	206
4.4.6	Closed-Loop Feedforward Systems	208
4.4.7	Adaptive Control Systems	208
4.4.8	Fuzzy Control Systems	209
4.5	Optimization	210
4.6	Information	211
4.7	Analog and Digital Signal Processing	215
	Questions, Chapter 4	216
	 Chapter 5. Principles of Biology	221
5.1	Form and Function	223
5.2	Modularity and Incremental Change	225
5.3	Genetic Basis	230
5.3.1	DNA as the Blueprint	230
5.3.2	RNA as the Fabricator	232
5.3.3	Gene Types	233
5.3.4	Genetic Expression	235
5.3.5	RNA Interference	241
5.3.6	Genetic Variation	242
5.3.7	Replication	243
5.3.8	Mutations	244
5.3.9	RNA Correcting DNA	248
5.3.10	Mitochondrial and Chloroplast DNA	249
5.3.11	Plasmid DNA	250
5.4	Competition and Selection	253
5.5	Biological Hierarchies	260
5.5.1	The Cell	261
5.5.2	What is Life?	266
5.5.3	Synthetic Biology	267
5.5.4	Ecology on Micro- and Macro- Scales	268
5.5.5	Food Pyramid	269
5.6	Is Biology Complex or Simple?	273
	Questions, Chapter 5	278
	 Part III Responses of Living Systems	
	 Chapter 6. Biological Responses in Context (BRIC)	283
6.1	BU Need Water	285
6.1.1	Water Has Unique Properties	285
6.1.2	Water Surrounding BU	286
6.1.3	Water Balance	286

6.1.4 BU Barriers to Water Movement	286
6.2 BU Need the Right Amount of Oxygen	288
6.2.1 Anaerobes and Facultative Anaerobes	289
6.2.2 Oxidative Metabolism	289
6.2.3 Oxygen Delivery	289
6.2.4 Too Much Oxygen	290
6.3 BU Need Food and Nutrients	292
6.3.1 Essential Elements	292
6.3.2 Food and Nutrients for Energy and Essential Biochemicals	295
6.3.3 Microbes Assist Digestion	296
6.3.4 Synthetic Growth Media	296
6.4 BU Become Ill in the Presence of Wastes	298
6.5 BU Need Heat Sources and Sinks	301
6.5.1 Heat Sources	301
6.5.2 Removing Excess Heat	301
6.5.3 Moving to a Better Neighborhood	303
6.5.4 The Best Thermal Conditions	304
6.5.5 Too Hot	305
6.5.6 Too Cold	305
6.6 BU Adapt to Their Environments	306
6.6.1 Cells and Microbes	308
6.6.2 Hypertension	308
6.6.3 Color Changes	308
6.6.4 Adaptations to Light	309
6.6.5 Other Adaptations	309
6.7 BU Modify Their Environments	313
6.8 Adaptations Require Extra Energy and Resources	316
6.9 BU, If Possible, Move to Friendlier Environments	318
6.10 BU Evolve Under Environmental Pressures	321
6.11 Crowding of BU Produces Stress	325
6.11.1 Antisocial Behavior	325
6.11.2 Crowding in Humans	326
6.11.3 Personal Space	326
6.11.4 Sensory Overload	328
6.11.5 Animal Spaces	329
6.11.6 Crowding and Disease	329
6.11.7 Densities in the Wild	330
6.12 BU Are Affected by Chemical Stresses	331
6.12.1 Toxicity	331
6.12.2 Dose-Response	332
6.12.3 High Doses	334
6.12.4 Metabolic Wastes	335
6.12.5 Nanoparticles	335
6.12.6 Toxins Used as Defenses	335
6.12.7 Toxin Tolerances	337

6.12.8 Toxin Concentration	339
6.12.9 Endocrine Disruption	341
6.13 BU Respond to Mechanical Stresses	343
6.13.1 Sedimentation and Clotting	343
6.13.2 Strengthening and Stiffening	344
6.13.3 Critical Shear Stress	345
6.13.4 Stem Cell Substrates	346
6.13.5 Whole Plant Responses	346
6.13.6 Bodies in Motion	346
6.14 Optimization Is Used to Save Energy and Nutrient Resources	347
6.14.1 Reproductive Advantage	347
6.14.2 Locomotion	348
6.14.3 Breathing	351
6.14.4 Genetic Variability	351
6.14.5 Ecological Optimization	351
6.14.6 Mode of Action	352
6.15 BU Alter Themselves to Protect Against Harsh Environments	355
6.15.1 Torpor, Hibernation, and Estivation	355
6.15.2 Endospores	356
6.15.3 Seeds and Spores	359
6.15.4 Plant Responses	360
6.15.5 Storage Structures	360
6.15.6 Response to Hemorrhage	360
6.15.7 Psychological Trauma	361
6.16 BU Cooperate With Other BU	362
6.16.1 Symbiosis	362
6.16.2 Coevolution	365
6.16.3 Plant Reproduction	366
6.16.4 Communal Benefit	368
6.16.5 Inadvertent Benefit	372
6.17 BU Compete With Other BU	374
6.17.1 Plants and Herbivores	374
6.17.2 Predators	375
6.17.3 Parasites	377
6.17.4 Pathogens	377
6.18 BU Reproduce	380
6.18.1 Asexual Reproduction	380
6.18.2 Exchange of Bacterial Genes	381
6.18.3 Somatal Cell Reproduction	381
6.18.4 Telomeres	383
6.18.5 Sexual Reproduction	385
6.18.6 Courtship	387
6.18.7 External or Internal Fertilization	389
6.18.8 Hermaphrodites	390

	6.18.9 Plant Reproduction	391
6.19	BU Coordinate Activity Through Communication	392
	6.19.1 Acoustic Stimuli	393
	6.19.2 Chemical Stimuli	396
	6.19.3 Touch Stimuli	402
	6.19.4 Visual Stimuli	402
	6.19.5 Others	405
	6.19.6 Just Noticeable Difference	407
6.20	BU Maintain Stability with Exquisite Control	409
	6.20.1 The Senses	409
	6.20.2 Controllers	412
	6.20.3 Redundancy	414
	6.20.4 Antagonistic Action	421
	6.20.5 Dead Zone	425
	6.20.6 Time Delays	426
	6.20.7 Working with Biological Control	427
6.21	BU Go Through Natural Cycles	430
	6.21.1 Regeneration	430
	6.21.2 Maturation	432
	6.21.3 Senescence	434
	6.21.4 Death	435
	6.21.5 Annual Cycles	436
	6.21.6 Monthly Cycles	438
	6.21.7 Diurnal Cycles	438
	6.21.8 Cycles Shorter Than a Day	442
	6.21.9 Asynchronous Nutrient Cycles	443
6.22	BU Need Emotional Satisfaction and Intellectual Stimulation	447
	6.22.1 The Nature of Emotions	447
	6.22.2 Personality	451
	6.22.3 Neurotransmitters	452
	6.22.4 Interpersonal Interactions	453
	6.22.5 Brain Development and Learning	455
	6.22.6 Psychological Hierarchy	459
	6.22.7 Social Infrastructure	463
	6.22.8 Mind-Body Interactions	466
6.23	BU Die	471
	6.23.1 What Does “Dead” Mean?	471
	6.23.2 Reliability Theory and Death Rates	474
	6.23.3 Is There a Natural Limit to Lifespan?	477
	Questions, Chapter 6	478
	Part IV Scaling Factors	
	Chapter 7. Allometric Relationships	491
	7.1 Allometric Relationships from Evolutionary Pressure	491

7.2 Dimensional Analysis	493
7.3 Golden Ratio	494
7.4 Fractal Scaling Within an Organism	495
7.4.1 Body Mass	497
7.4.2 Body Surface Area	497
7.4.3 Body Dimensions	499
7.4.4 Metabolic Rate and Related Temperatures	502
7.4.5 Oxygen Consumption	504
7.4.6 Heat Loss	505
7.4.7 Cardiovascular Factors	506
7.4.8 Respiration	510
7.4.9 Walking and Running	516
7.4.10 Relations Involving Time	521
7.4.11 Food and Waste	523
7.4.12 Bird Songs	525
7.5 Self-Similarity for Tissues and Organs	529
7.5.1 Organs	531
7.5.2 Tissues	532
7.6 Self-Similarity in Populations	533
7.6.1 Number of Species	533
7.6.2 Species Range	534
7.6.3 Population Densities	535
7.6.4 Population Doubling Time	538
Questions, Chapter 7	540
Part V Utilizing Living Systems	
Chapter 8. Biological Engineering Solutions	545
8.1 Systems Approach	545
8.2 Relationships Between Engineering and Biology	547
8.2.1 Living Things as the Solution (Bionics, or Hybrid Systems)	548
8.2.2 Living Things as Models (Biomimetics)	554
8.2.3 Biological Solutions to Biological Problems (Biotechnology)	558
8.2.4 Living Things As Recipients (Biomedical Engineering)	565
8.2.5 Living Things Inadvertently Affected	573
8.3 The Completed Design	577
8.4 Dénouement	580
Questions, Chapter 8	580
Appendix	585
References	667

