

CONTENTS

MARCH 2018 • VOL. 233 • NO. 3 • OFFICIAL JOURNAL OF THE NATIONAL GEOGRAPHIC SOCIETY

FRONT

FROM THE EDITOR

Singer-songwriter **Paul McCartney** on skipping meat one day a week

VISIONS

EXPLORE

Wellness The health benefits of coffee and mushrooms; printing a human organ; and longevity tourism in China

FEATURES

60 | LIFE AMONG THE RUINS

Syria's civil war turned Aleppo neighborhoods into rubble. Now, as a fragile normalcy returns to the city, the challenge is to rebuild what was lost.

By *Caelainn Hogan* Photographs by *Sebastián Lista*



On the Cover Peggy Whitson has spent more days in space than any other U.S. astronaut: 665, accumulated over three flights. Raised in Iowa, Whitson is also the first woman to serve as NASA's chief astronaut and the first woman to command the International Space Station. "As I've traveled farther away from that farm in Iowa," she says, "my sense of what home is has expanded. Since being in space, home is actually planet Earth." Photo by Dan Winters

Corrections and Clarifications
Go to natgeo.com/corrections.

30 | EPIC JOURNEYS

Why do some birds migrate thousands of miles? How are they able to find their way to the same summer and winter sites year after year? Even as researchers answer those questions, they're discovering how humans disrupt these ancient journeys.

By *Yudhijit Bhattacharjee*
Photographs by *Stephen Wilkes*

68 | BEYOND THE BLUE MARBLE

Earth, in astronauts' eyes.
By *Nadia Drake*
Photographs by *Martin Schoeller*

108 | DRYING LAKES

The world's inland waters suffer due to overuse, climate change, and drought.
By *Kenneth R. Weiss*

88 | WHEN LIFE GOT COMPLICATED

From microbes to animals.
By *David Quammen*
Photographs by *David Liittschwager*

134 | SIBERIAN SOLITUDE

Life in an isolated village.
By *Eve Conant*
Photographs by *Elena Anosova*

ELSEWHERE

TELEVISION

EXPLORING OUR STRANGE ROCK

Take a mind-bending tour of one of the universe's most peculiar and remarkable places: Earth. In the 10-part series *Our Strange Rock*, award-winning filmmaker Darrin Aronofsky tells the story of how our planet formed and generated so many natural wonders (among them ancient caves in the Bahamas that diver Becky Kagan Schott has explored, right). Actor Will Smith hosts the series, which airs on Mondays at 9/8c starting March 12 on National Geographic.

NAT GEO WILD

SAVOR AMERICA'S WILD FRONTIER

From the Appalachian woods to the Badlands of South Dakota and beyond, the five-part series *America's Wild Frontier* showcases the wild plants and creatures that are national treasures. It airs Fridays at 8/7c starting March 2 on Nat Geo Wild.

Subscriptions For subscriptions, call 1-800-NGS-LINE (647-5463). Our subscriber names available to you prefer not to be included, you 1-800-647-5463. To opt out of future request to: DMA Choice, c/o Data

NATIONAL GEOGRAPHIC (ISSN 0027-1372) TO CANADA: \$5.00 TO INTERNATIONAL PERIODICALS POSTAGE PAID AT WASHINGTON, DC PERMIT NO. 4000 CANADA AGREEMENT NUMBER 400002 \$5.99/ISSUE EN FRANCE: EMO FRANCE 11, 20182 MILANO, AUT. TRIB. MI 256/2563 SUBSCRIBERS: IF THE POSTAL SERVICE