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This text is designed to introduce the principles of biochemistry and their applications to undergraduate students who desire a basic knowledge of biochemistry. The text is aimed at students in nursing, nutrition, agriculture, and other sciences for which a survey course in biochemistry is sufficient. However, we believe that students in fields other than science can and should comprehend the material.

The book is based on lectures given in an introductory biochemistry course at the University of Wisconsin. In working with the undergraduates in this course, we have found that many students view biochemistry as an "ivory tower" science which bears little or no relationship to everyday life, and that they cannot visualize how the material presented will ever be useful to them. In the hope of stifling the "Why are we learning this stuff?" refrain, we have emphasized the fact that biochemical principles underlie many common phenomena. For example, we include information about the enzymatic basis of inherited disease, drug therapy when it involves enzyme inhibition, and the biochemical basis of wine making, pickling, and other food preparation. We have tried to include explanations of topics currently being discussed in popular periodicals and newspapers.

Our experience has indicated that the beginning student often reacts negatively to biochemistry because the courses consist of the memorization of countless chemical formulas and the minute details of metabolic pathways. We believe this to be an inappropriate and stifling approach to the subject. In writing this text, we started