

Books

Books is an editorial service for readers' information. To order any book listed or any U.S. book in print, please remit retail price, plus \$2.00 postage and handling charge for each book, to **SCIENCE NEWS BOOKS**, 1719 N Street, NW, Washington, DC 20036. All books sent postpaid. Domestic orders only. Please allow 4-6 weeks for delivery.

Anatomy of a Scientific Discovery — Jeff Goldberg. Recounts the discovery of endorphins — natural opiates produced in the brain — and the international race to determine their chemical composition. Discloses the drama behind the scientific breakthrough and reveals the human side of modern science. Originally published in hardcover in 1988. Bantam, 1989, 228 p., paperback, \$8.95.

The Cambridge Guide to the Material World — Rodney Cotterill. A beautifully illustrated guide to the world at the microscopic and atomic levels. A nonmathematical description of the physics, chemistry and biology of nature's components — crystals, metals, glass, water, polymers, plants and animals, among others. Originally published in 1985. Cambridge U Pr, 1989, 352 p., color/b&w illus., paperback, \$27.50.

Kenya: The Magic Land — Mohamed Amin, Duncan Willetts and Brian Tetley. Two photographers and a writer present stunning oversized photographs and interesting text telling the story of the tribal cultures, wildlife and natural history of this diverse country. Bodley Head (Random), 1989, 191 p., color illus., hardcover, \$39.95.

The New Physics — Paul Davies, Ed. Twenty contributors, including Stephen W. Hawking, Frank Close and Abdus Salam, communicate for the nonspecialist but serious reader the essential flavor of the latest ideas in physics without the technicalities. Mathematics is kept to a minimum, and a glossary helps with the technical terms that are unavoidable in this challenging subject area. Cambridge, 1989, 516 p., illus., hardcover, \$49.50.

Our Sweetest Hours: Recreation and the Mental State of Absorption — Gene Quarrick. "Absorption," according to the preface, "is the hypnosis of the common people . . . and also the heart of adult play." The author feels absorption must be examined if we are to understand the human drive for recreation as a phenomenon in its own right. This fairly technical yet absorbing book looks at the scientific evidence linking absorption and hypnosis and shows how adults use this absorbed-hypnotic capability to bring diversion to their lives in the form of stories, music and intoxication, among others. McFarland & Co., 1989, 246 p., hardcover, \$25.95.

The Surgeon General's Report on Nutrition and Health 1988. Written for policymakers and the general public, this report summarizes the research on the role of diet in health promotion and disease prevention and focuses on the link between diet and chronic illness — heart disease, stroke, diabetes, dental diseases, obesity and cancer. A substantial introduction covers nutrition basics. Originally published by the Government Printing Office in 1988. Prima Pub Comm (St. Martin), 1989, 727 p., paperback, \$18.95.

The Turing Omnibus: 61 Excursions in Computer Science — A.K. Dewdney. A fun book for serious computer science enthusiasts who would like to discover the usefulness and significance of topics such as generative grammars, random numbers, the Chomsky hierarchy, public key cryptography, cellular automata and Church's thesis. Each chapter opens with a brief introduction and closes with a few problems to solve yourself; references are given for further reading. Computer Science Press, 1989, 415 p., illus., hardcover, \$24.95.

Wildflowers for All Seasons — Anna Wojtech and Ghilleen T. Prance. Beautiful, botanically accurate paintings by Wojtech show seasonal wildflowers in bloom in the northeastern United States. Beginning with Skunk Cabbage in the spring and ending with the dried Joe-Pye Weed of early winter, Prance relates interesting facts about each flower along with common and Latin names. This book is not a field guide, but a gorgeous accompaniment to one. Crown, 1989, 208 p., color illus., hardcover, \$35.00.

Vanishing Tracks: Four Years Among the Snow Leopards of Nepal — Darla Hillard. A first-person account of the Snow Leopard Project in western Nepal, which was the first successful attempt to radio-collar and track this rare and elusive creature. Amazing color photographs of the snow leopard and human mountain dwellers add to the drama. Morrow, 1989, 332 p., illus., hardcover, \$24.95.

"What I seek in this book . . . is not to hand beginners cut flowers but to give them tips on growing their own; not to provide accounts applicable to only a few birds, but to give pointers on how to go about observing almost any bird anywhere," Kilham writes in his preface. The author shows that all birds, if you are patient and observant, are interesting, and that sometimes the most commonplace ones — such as robins, house sparrows or crows — are the most intriguing. The author's infectious fascination with birds is not confined to common, everyday species. Kilham tells about the fatal impact of a Barred Owl's caterwauling on a grey squirrel; why White-breasted Nuthatches sweep the entrances of their nests; the feeding behavior of rare and magnificent Orange-breasted Falcons among the ruins of Tikal; the bizarre nesting habits of Casqued Hornbills; the courtship of Sandhill Cranes; the sudden massing of thousands of Tree Swallows; and why Blue Jays eat sand. This is a book both the beginner and the lifelong birdwatcher will enjoy.

— from the publisher

Chelsea Green, 1988, 187 pages, 8 3/4" x 5 3/4", paperback, \$9.95
ISBN 0-930031-20-2

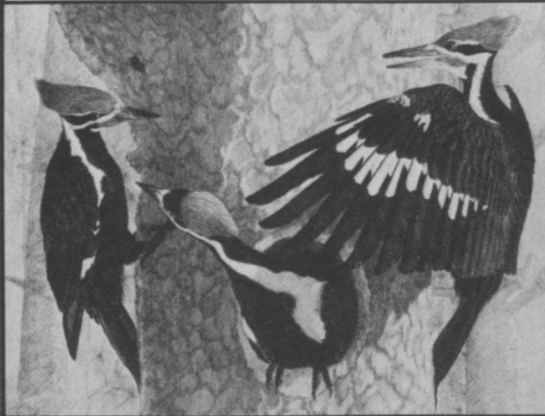
Science News Books
1719 N St., NW, Washington, DC 20036

Please send _____ copy(ies) of *On Watching Birds*. I include a check payable to Science News Books for \$9.95 plus \$2.00 postage and handling (total \$11.95) for each copy. Domestic orders only.

Name _____
Address _____
City _____
State _____ Zip _____

RB1085

On WATCHING B·I·R·D·S



LAWRENCE KILHAM

Foreword by John K. Terres

Illustrations by Joan Waltermire