



Gut Reactions

Understanding Symptoms of the Digestive Tract

By *W. Grant Thompson*

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GutReact

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Thompson explains the causes, symptoms and treatments of irritable bowel, non-ulcer dyspepsia, irritable esophagus, heartburn, proctalgia fugax, chronic abdomen, globus, diverticula, burbulence, constipation and diarrhea. The explanations of these nonfatal syndromes, if coupled with the advice of a qualified physician, can help the reader avoid needless surgery, expensive and even harmful tests and unnecessary worry about mortal disease.

— from the publisher

"Everything you've ever wanted to know about gut reactions . . . I was impressed with his ability to translate important medical findings into everyday language."

— Marvin Schuster, *Francis Scott Key Medical Center*

Plenum, 1989, 377 pages, 8 1/2" x 6", hardcover, \$22.95

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Birds Asleep — Alexander F. Skutch. An ornithologist offers a beautifully illustrated survey of the sleeping habits of the world's birds. Skutch introduces the general reader to birds that sleep rarely in summer and often in winter; those that sleep in flight, in trees or in burrows; those that sleep only in groups and those that sleep alone. Valuable for any birdwatcher interested in this important element of the natural history of bird species. U of Tex Pr, 1989, 219 p., illus., hardcover, \$24.95.

Coasts — J.D. Hansom. A well-illustrated introduction to the physical nature of coastal environments, written for the student or professional. Explains coastal processes and land forms, the influence of sea level changes, and humans' effects on coasts. Cambridge U Pr, 1989, 96 p., illus., hardcover, \$15.95.

The Cuckoo's Egg: Tracking a Spy Through the Maze of Computer Espionage — Clifford Stoll. The true story of an astrophysicist-turned-systems-manager who caught the "Hanover Hacker" and has since become a leading authority on computer security. Reads like a captivating spy novel. Doubleday, 1989, 326 p., hardcover, \$19.95.

The Emperor's New Mind: Concerning Computers, Minds, and The Laws of Physics — Roger Penrose, foreword by Martin Gardner. This renowned mathematical physicist addresses whether a computer can have a mind and what mathematics and physics can and can't tell us about the human mind. He argues that physicists' lack of a fundamental insight into the connections between classical and quantum physics blocks the formation of a "theory of everything" and hinders a full understanding of how the mind works. Penrose supports his arguments with discussions of complex topics ranging from Turing machines to black holes. Oxford U Pr, 1989, 466 p., illus., hardcover, \$24.95.

The Nutrition and Health Encyclopedia, Second Edition — David F. Tver and Percy Russell. Written for the lay reader and scientist alike, this resource provides technical information about nutrients, food groups, nutritional diseases and the effects of nutrition on bodily functions. Updates the 1981 edition with more than 100 new and revised definitions. VNR, 1989, 639 p., charts & graphs, hardcover, \$39.95.

Positive Illusions: Creative Self-Deception and the Healthy Mind — Shelley E. Taylor. The author, a professor of psychology at University of California, Los Angeles, proposes that a positive outlook and a little self-deception are not only beneficial to the healthy mind but common in mentally fit people. Taylor distinguishes these positive illusions from denial and repression, and offers many examples of how people with normal mental-health profiles exaggerate their self-worth and capabilities. Basic, 1989, 301 p., hardcover, \$19.95.

The Space Telescope: A Study of NASA, Science, Technology and Politics — Robert W. Smith. This history of the Hubble Space Telescope — designed in the 1970s and scheduled for launch aboard the space shuttle this March — examines both its scientific development and the political obstacles faced by its proponents. Written by a science historian for space enthusiasts and scientists, the book is well illustrated and extensively referenced. Cambridge U Pr, 1989, 478 p., illus., hardcover, \$39.50.

Wild Plants of America: A Select Guide for the Naturalist and Traveler — Richard M. Smith. Dividing North America into 24 geographic regions, such as the New Jersey Pine Barrens and the southern Bald Cypress Swamps, this book examines the flora native to selected accessible sites in each region. Serves as a useful companion to a wildflower field guide. Includes a directory of botanic gardens and arboreta that feature native flora. Wiley, 1989, 267 p., hardcover, \$22.95, paperback, \$12.95.