

The Weekly Newsmagazine of Science

# SCIENCE NEWS

August 18, 1990  
Vol. 138, No. 7  
Pages 97-112



## *Skeletal Stories of Gombe Chimps*



# UNDERSTANDING ALLERGY, SENSITIVITY & IMMUNITY

A Comprehensive Guide

Janice Vickerstaff Joneja, Ph.D.  
Leonard Bielory, M.D.

Sneezes, wheezes, runny nose, itchy skin, upset stomach, headaches — the miseries of an allergy attack are all too familiar to more than sixty million North Americans. And they have an astonishing range of substances to blame: ragweed pollen, dustmites, strawberries, eggs, milk, wheat, wasps, detergents, perfumes, wool, molds, feathers, aspirin. But the *real* cause of allergies and other less well understood sensitivities lies within the body itself, in the *inappropriate reaction* of the immune system to the outside world. The immune systems' array of defenses against truly harmful microorganisms turn against ordinarily harmless substances instead. Based on the most up-to-date biological and medical research, **Understanding Allergy** will prove a reliable guide through the complexities of the immune system and the controversies about diagnosis and treatment of allergies.

— from the publisher

## TOPICS INCLUDE:

- how the immune system works, and why it is so complicated
- what causes the itching, the sneezing, the diarrhea, the swelling, the rash
- how to tell an allergy from a common cold
- when to seek emergency help for insect bites
- how allergy tests work (and which ones to distrust)
- the difference between autoimmune and immune deficiency diseases
- how immunizations protect you against disease
- why you should not take ibuprofen if you are allergic to aspirin
- when antihistamines will help, and when they are a waste of money

Science News Books  
1719 N Street, NW, Washington, DC 20036  
Please send me \_\_\_\_\_ copy(ies) of **Understanding Allergy**. I include a check payable to Science News Books for \$13.95 plus \$2.00 postage and handling (total \$15.95) for each copy. Domestic orders only.  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Daytime Phone (\_\_\_\_\_) \_\_\_\_\_  
(used only for problems with order)

Rutgers Univ. Press,  
1990, 333 pages,  
6 1/4" x 9 1/4",  
paperback, \$13.95

RB1291

## PETERSON FIELD GUIDES

WESTERN

# Birding by Ear

A GUIDE TO BIRD-SONG IDENTIFICATION



Richard K. Walton & Robert W. Lawson

**Birding by Ear, Western:** Three cassette tapes accompany a booklet showing a line drawing of each bird and briefly describing its habitat and voice characteristics. Ninety-one common western species are grouped by their audio similarity into nineteen learning categories characterized by such terms as "hummers," "high-pitchers" and "warbling songsters." Birds also are grouped by habitat, such as "Pacific coastal forests," "urban parks" and "deserts and canyons." Good for the beginning birder or advanced visual birder.

— from the publisher

Western: Houghton-Mifflin, 1990, 3 tapes, 64-page booklet, \$35.00

**Birding by Ear, Eastern/Central** provides a system for learning bird song in general, including unfamiliar and new songs and calls. As you proceed through

the learning groups such as mimics, whistlers and name-sayers, you will develop techniques and vocabulary useful in characterizing and recalling bird song. Three cassette tapes accompany a booklet showing a line drawing of each bird and briefly describing its habitat and voice characteristics. Eighty-five common species are grouped by their audio similarity into seven learning categories. Good for the beginning birder or the advanced visual birder.

— from the publisher

## PETERSON FIELD GUIDES

EASTERN/CENTRAL

# Birding by Ear

A GUIDE TO BIRD-SONG IDENTIFICATION



Richard K. Walton & Robert W. Lawson

Eastern: Houghton-Mifflin, 1989, 3 tapes, 48-page booklet, \$35.00

Science News Books  
1719 N Street, NW,  
Washington, DC 20036

Bird EarEast  
Bird EarWest  
Set BirdEar

Please send me the tape(s) marked below. I enclose the price of the tape(s) plus \$2.00 for postage and handling per tape. Domestic orders only.

\_\_\_ Eastern \$35.00 \_\_\_ Western \$35.00  
\_\_\_ Both \$65.00

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone (\_\_\_\_\_) \_\_\_\_\_  
(used only for problems with order)

RB1290