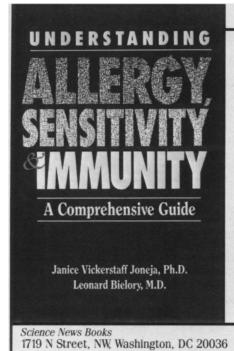
The Weekly Newsmagazine of Science



Skeletal Stories of Gombe Chimps



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.

UnderAllergy

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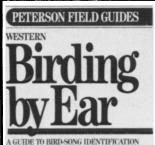
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Rutgers Univ. Press. 1990, 333 pages, 61/4" x 91/4" paperback, \$13.95

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



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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," "highpitchers" 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.

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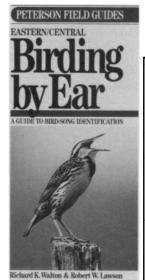
Western: Houghton-Mifflin, 1990, 3 tapes, 64-page booklet, \$35.00



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.

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