Brief Contents

1 The Major Issues 1

2 Nerve Cells and Nerve Impulses 27

3 Synapses 49

4 Anatomy of the Nervous System 83

5 Development and Plasticity of the Brain 123

6 Vision 151

7 The Other Sensory Systems 189

8 Movement 225

9 Wakefulness and Sleep 259

10 Internal Regulation 289

11 Reproductive Behaviors 317

12 Emotional Behaviors 343

13 The Biology of Learning and Memory 373

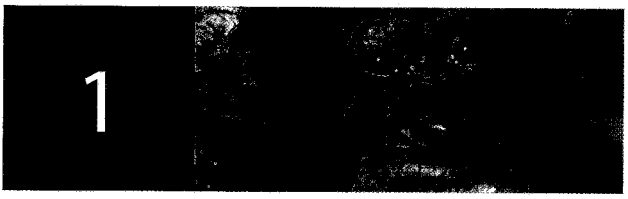
14 Cognitive Functions 403

15 Mood Disorders and Schizophrenia 437

A Brief, Basic Chemistry 462

B Society for Neuroscience Policies on the Use of Animals and Human Subjects in Neuroscience Research 467

Contents



The Major Issues 1

MODULE 1.1 The Mind–Brain Relationship 2

Biological Explanations of Behavior 3

The Brain and Conscious Experience 5

Career Opportunities 7

In Closing: Your Brain and Your Experience 9

MODULE 1.2 The Genetics of Behavior 11

Mendelian Genetics 11

- Sex-Linked and Sex-Limited Genes 12

Heredity and Environment 13

- Possible Complications 13
- Environmental Modification 14
- How Genes Affect Behavior 14

The Evolution of Behavior 15

- Common Misunderstandings About Evolution 15
- Evolutionary Psychology 17

In Closing: Genes and Behavior 19

MODULE 1.3 The Use of Animals in Research 21

Reasons for Animal Research 21

The Ethical Debate 22

- Degrees of Opposition 23
- Possible Compromise 23

In Closing: Humans and Animals 24

Exploration and Study 25

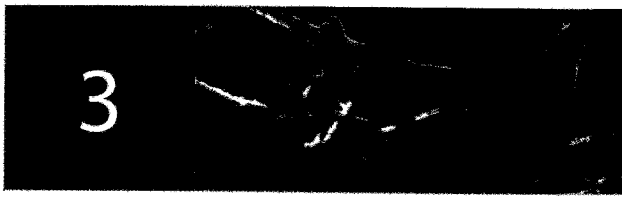
Nerve Cells and Nerve Impulses 27

MODULE 2.1 The Cells of the Nervous System 28

Anatomy of Neurons and Glia 28

APPLICATIONS AND EXTENSIONS Santiago Ramón y Cajal, a Pioneer of Neuroscience 28
The Structures of an Animal Cell 29
The Structure of a Neuron 30
Variations Among Neurons 32
Glia 32
The Blood-Brain Barrier 34
Why We Need a Blood-Brain Barrier 34
How the Blood-Brain Barrier Works 34
The Nourishment of Vertebrate Neurons 35
In Closing: Neurons 36

MODULE 2.2 The Nerve Impulse 37
The Resting Potential of the Neuron 37
Forces Acting on Sodium and Potassium Ions 38
Why a Resting Potential? 39
The Action Potential 40
The Molecular Basis of the Action Potential 40
The All-or-None Law 42
The Refractory Period 42
Propagation of the Action Potential 43
The Myelin Sheath and Saltatory Conduction 44
Local Neurons 45
Graded Potentials 45
APPLICATIONS AND EXTENSIONS Small Neurons and Big Misconceptions 45
In Closing: Neural Messages 46
Exploration and Study 47



Synapses 49

MODULE 3.1 The Concept of the Synapse 50
The Properties of Synapses 50
Speed of a Reflex and Delayed Transmission at the Synapse 51
Temporal Summation 51
Spatial Summation 51
Inhibitory Synapses 53
Relationship Among EPSP, IPSP, and Action Potentials 54
In Closing: The Neuron as Decision Maker 54

MODULE 3.2 Chemical Events at the Synapse 56
The Discovery of Chemical Transmission at Synapses 56
The Sequence of Chemical Events at a Synapse 57
Types of Neurotransmitters 58
Synthesis of Transmitters 58
Transport and Storage of Transmitters 59
Release and Diffusion of Transmitters 60
Activation of Receptors of the Postsynaptic Cell 60
Inactivation and Reuptake of Neurotransmitters 61
Negative Feedback From the Postsynaptic Cell 66
In Closing: Neurotransmitters and Behavior 66

MODULE 3.3 Synapses, Drugs, and Addictions 68
Types of Mechanisms 68
What Abused Drugs Have in Common 68
A Survey of Abused Drugs 70
Stimulant Drugs 70
Nicotine 71
Opiates 72
Marijuana 72
Hallucinogenic Drugs 73
Alcohol and Alcoholism 73
Genetics 73
Risk Factors 74
Addiction 75
Seeking Pleasure and Avoiding Displeasure 76
Cravings in Response to Cues 76
Brain Reorganization 76
Medications to Combat Substance Abuse 77
Medications to Combat Alcohol Abuse 77
Medications to Combat Opiate Abuse 78
In Closing: Drugs and Behavior 78
Exploration and Study 80

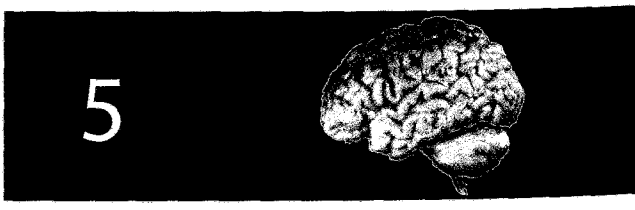
Anatomy of the Nervous System 83

MODULE 4.1 Structure of the Vertebrate Nervous System 84
Terminology to Describe the Nervous System 84
The Spinal Cord 86
The Autonomic Nervous System 87
APPLICATIONS AND EXTENSIONS Goose Bumps 87
The Hindbrain 89
The Midbrain 91

The Forebrain 92
Thalamus 92
Hypothalamus 92
Pituitary Gland 93
Basal Ganglia 94
Basal Forebrain 95
Hippocampus 95
The Ventricles 95
In Closing: Learning Neuroanatomy 96

MODULE 4.2 The Cerebral Cortex 98
Organization of the Cerebral Cortex 98
The Occipital Lobe 100
The Parietal Lobe 100
The Temporal Lobe 100
The Frontal Lobe 102
APPLICATIONS AND EXTENSIONS The Rise and Fall of Prefrontal Lobotomies 103
Modern View of the Prefrontal Cortex 103
How Do the Parts Work Together? 103
In Closing: Functions of the Cerebral Cortex 105

MODULE 4.3 Research Methods 107
Correlating Brain Anatomy With Behavior 107
Recording Brain Activity 109
Effects of Brain Damage 111
Effects of Brain Stimulation 113
Differences in Brain Size and Structure 114
Comparisons Across Species 114
Comparisons Among Humans 115
Comparisons of Men and Women 117
In Closing: Research Methods and Their Limits 119
Exploration and Study 120

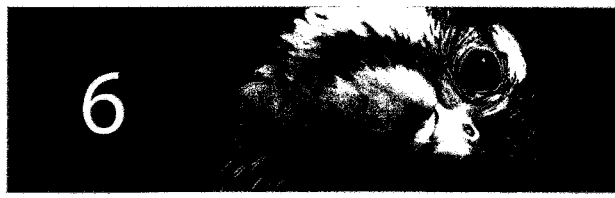


Development and Plasticity of the Brain 123

MODULE 5.1 Development of the Brain 124
Maturation of the Vertebrate Brain 124
Growth and Development of Neurons 124
New Neurons Later in Life 125

Pathfinding by Axons 126
Chemical Pathfinding by Axons 126
Competition Among Axons as a General Principle 128
Determinants of Neuronal Survival 129
The Vulnerable Developing Brain 130
Differentiation of the Cortex 131
Fine-Tuning by Experience 132
Experience and Dendritic Branching 132
Effects of Special Experiences 134
In Closing: Brain Development 137

MODULE 5.2 Plasticity After Brain Damage 139
Brain Damage and Short-Term Recovery 139
APPLICATIONS AND EXTENSIONS How Woodpeckers Avoid Concussions 139
Reducing the Harm From a Stroke 139
Later Mechanisms of Recovery 141
Increased Brain Stimulation 141
The Regrowth of Axons 142
Sprouting 142
Denervation Supersensitivity 143
Reorganized Sensory Representations and the Phantom Limb 142
Learned Adjustments in Behavior 145
In Closing: Brain Damage and Recovery 147
Exploration and Study 148



Vision 151

MODULE 6.1 Visual Coding 152
General Principles of Perception 152
From Neuronal Activity to Perception 152
The Eye and Its Connections to the Brain 153
Route Within the Retina 154
Fovea and Periphery of the Retina 155
Visual Receptors: Rods and Cones 155
Color Vision 157
The Trichromatic (Young-Helmholtz) Theory 157
The Opponent-Process Theory 159
The Retinex Theory 160
Color Vision Deficiency 162
APPLICATIONS AND EXTENSIONS People With Four Cone Types 162
In Closing: Visual Receptors 163

MODULE 6.2 Neural Basis of Visual Perception 165
An Overview of the Mammalian Visual System 165
Processing in the Retina 165
Pathways to the Lateral Geniculate and Beyond 168
Pattern Recognition in the Cerebral Cortex 169
Pathways in the Visual Cortex 170
The Shape Pathway 171
METHODS 6.1 Microelectrode Recordings 171
The Columnar Organization of the Visual Cortex 172
Are Visual Cortex Cells Feature Detectors? 173
Shape Analysis Beyond Area V1 174
Disorders of Object Recognition 174
The Color, Motion, and Depth Pathways 175
Motion Perception 175
APPLICATIONS AND EXTENSIONS Suppressed Vision During Eye Movements 177
Motion Blindness 177
In Closing: From Single Cells to Vision 178

MODULE 6.3 Visual Development 180
Vision by Human Infants 180
Attention to Faces and Face Recognition 180
Early Experience and Visual Development 180
Deprived Experience in One Eye 180
Deprived Experience in Both Eyes 181
Uncorrelated Stimulation in the Two Eyes 182
Early Exposure to a Limited Array of Patterns 183
Impaired Infant Vision and Long-Term Consequences 183
In Closing: The Nature and Nurture of Vision 186

Exploration and Study 187

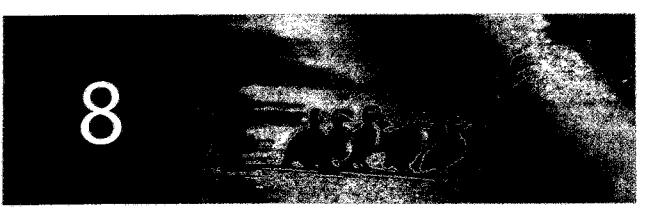
7

The Other Sensory Systems 189

MODULE 7.1 Audition 190
Sound and the Ear 190
Physical and Psychological Dimensions of Sound 190
Structures of the Ear 190
Pitch Perception 192
Frequency Theory and Place Theory 192
The Auditory Cortex 194
Hearing Loss 196
Sound Localization 196
In Closing: Functions of Hearing 198

MODULE 7.2 The Mechanical Senses 199
Vestibular Sensation 199
Somatosensation 199
Somatosensory Receptors 199
APPLICATIONS AND EXTENSIONS Tickle 200
Input to the Central Nervous System 201
Pain 203
Pain Stimuli and the Pain Pathways 203
Ways of Relieving Pain 204
Sensitization of Pain 207
Itch 207
In Closing: The Mechanical Senses 208

MODULE 7.3 The Chemical Senses 210
Chemical Coding 210
Taste 211
Taste Receptors 211
How Many Kinds of Taste Receptors? 211
APPLICATIONS AND EXTENSIONS Chemicals That Alter the Taste Buds 212
Mechanisms of Taste Receptors 212
Taste Coding in the Brain 213
Individual Differences in Taste 213
Olfaction 215
Olfactory Receptors 216
Implications for Coding 216
Messages to the Brain 217
Individual Differences 218
Pheromones 219
Synesthesia 219
In Closing: Different Senses as Different Ways of Knowing the World 221
Exploration and Study 223



Movement 225

MODULE 8.1 The Control of Movement 226
Muscles and Their Movements 226
Fast and Slow Muscles 228
Muscle Control by Proprioceptors 229
Units of Movement 230
Voluntary and Involuntary Movements 230
APPLICATIONS AND EXTENSIONS Infant Reflexes 230

Movements Varying in Sensitivity to Feedback 231
Sequences of Behaviors 231
In Closing: Categories of Movement 232

MODULE 8.2 Brain Mechanisms of Movement 234
The Cerebral Cortex 235
Areas Near the Primary Motor Cortex 236
Mirror Neurons 237
Conscious Decisions and Movements 238
Connections From the Brain to the Spinal Cord 240
The Cerebellum 242
Role in Functions Other Than Movement 242
Cellular Organization 243
The Basal Ganglia 245
Brain Areas and Motor Learning 246
In Closing: Movement Control and Cognition 247

MODULE 8.3 Movement Disorders 249
Parkinson's Disease 249
Possible Causes 249
L-Dopa Treatment 252
Other Therapies 252
Huntington's Disease 253
Heredity and Presymptomatic Testing 253
In Closing: Heredity and Environment in Movement Disorders 256

Exploration and Study 257

Wakefulness and Sleep 259

MODULE 9.1 Rhythms of Waking and Sleeping 260
Endogenous Cycles 260
Setting and Resetting the Biological Clock 261
Jet Lag 263
Shift Work 263
Mechanisms of the Biological Clock 264
The Suprachiasmatic Nucleus (SCN) 264
How Light Resets the SCN 264
The Biochemistry of the Circadian Rhythm 266
Melatonin 266
In Closing: Sleep–Wake Cycles 267

MODULE 9.2 Stages of Sleep and Brain Mechanisms 269
Sleep and Other Interruptions of Consciousness 269

The Stages of Sleep 269
Paradoxical or REM Sleep 270
Brain Mechanisms of Wakefulness and Arousal 272
Brain Structures of Arousal and Attention 272
Brain Function in REM Sleep 274
Sleep Disorders 275
Sleep Apnea 276
Narcolepsy 277
Periodic Limb Movement Disorder 277
REM Behavior Disorder 277
Night Terrors, Sleep Talking, and Sleepwalking 277
In Closing: Stages of Sleep 278

MODULE 9.3 Why Sleep? Why REM? Why Dreams? 280
Functions of Sleep 280
Sleep and Energy Conservation 280
APPLICATIONS AND EXTENSIONS Hibernation 280
Need for Sleep and Effects of Deprivation 282
Sleep and Memory 282
Functions of REM Sleep 283
Biological Perspectives on Dreaming 284
The Activation-Synthesis Hypothesis 284
The Clinico-Anatomical Hypothesis 284
In Closing: Our Limited Self-Understanding 285
Exploration and Study 287

Internal Regulation 289

MODULE 10.1 Temperature Regulation 290
Homeostasis and Allostasis 291
Controlling Body Temperature 291
APPLICATIONS AND EXTENSIONS Surviving in Extreme Cold 292
The Advantages of Constant High Body Temperature 293
Brain Mechanisms 293
Fever 294
In Closing: Combining Physiological and Behavioral Mechanisms 295

MODULE 10.2 Thirst 296
Mechanisms of Water Regulation 296
Osmotic Thirst 296

Hypovolemic Thirst and Sodium-Specific Hunger 297
In Closing: The Psychology and Biology of Thirst 299

MODULE 10.3 Hunger 300
How the Digestive System Influences Food Selection 300
Enzymes and Consumption of Dairy Products 301
Other Influences on Food Selection 301
Short- and Long-Term Regulation of Feeding 302
Oral Factors 302
The Stomach and Intestines 303
Glucose, Insulin, and Glucagon 303
Leptin 305
Brain Mechanisms 306
The Arcuate Nucleus and Paraventricular Hypothalamus 306
The Lateral Hypothalamus 307
Medial Areas of the Hypothalamus 309
Eating Disorders 310
Genetics and Body Weight 310
Weight Loss 311
Anorexia Nervosa 312
Bulimia Nervosa 312
In Closing: The Multiple Controls of Hunger 313
Exploration and Study 315

Reproductive Behaviors 317

MODULE 11.1 Sex and Hormones 318
Organizing Effects of Sex Hormones 319
Sex Differences in the Gonads 319
Sex Differences in the Hypothalamus 321
Activating Effects of Sex Hormones 321
Rodents 321
Humans 322
Parental Behavior 325
In Closing: Reproductive Behaviors and Motivations 327

MODULE 11.2 Variations in Sexual Behavior 329
Evolutionary Interpretations of Mating Behavior 329
Interest in Multiple Mates 329
What Men and Women Seek in a Mate 330
Differences in Jealousy 330
Evolved or Learned? 330
Conclusions 330

Gender Identity and Gender-Differentiated Behaviors 331
Intersexes 331
Interests and Preferences of CAH Girls 332
Testicular Feminization 333
Issues of Gender Assignment and Rearing 333
Discrepancies of Sexual Appearance 334
Sexual Orientation 335
Behavioral and Anatomical Differences 335
Genetics 336
An Evolutionary Question 336
Prenatal Influences 337
Brain Anatomy 338
In Closing: We Are Not All the Same 339
Exploration and Study 341

Emotional Behaviors 343

MODULE 12.1 What Is Emotion? 344
Emotions, Autonomic Arousal, and the James-Lange Theory 344
Is Physiological Arousal *Necessary* for Emotions? 345
Is Physiological Arousal *Sufficient* for Emotions? 345
Brain Areas Associated With Emotion 346
Attempts to Localize Specific Emotions 346
Contributions of the Left and Right Hemispheres 348
The Functions of Emotions 349
Emotions and Moral Decisions 349
Decision Making After Brain Damage That Impairs Emotions 350
In Closing: Emotions and the Nervous System 351

MODULE 12.2 Attack and Escape Behaviors 353
Attack Behaviors 353
Heredity and Environment in Violence 354
Hormones 355
Serotonin Synapses and Aggressive Behavior 356
Escape, Fear, and Anxiety 357
Fear, Anxiety, and the Amygdala 357
Studies of Rodents 358
Studies of Monkeys 359
Activation of the Human Amygdala 359
Damage to the Human Amygdala 360
Anxiety-Reducing Drugs 362

METHODS 12.1 Microdialysis 362

APPLICATIONS AND EXTENSIONS Alcohol as an Anxiety Reducer 364

In Closing: Doing Something About Emotions 364

MODULE 12.3 Stress and Health 366

Concepts of Stress 366

Stress and the Hypothalamus-Pituitary-Adrenal Cortex Axis 366

The Immune System 367

Effects of Stress on the Immune System 367

Stress Control 369

Posttraumatic Stress Disorder 369

In Closing: Emotions and Body Reactions 370

Exploration and Study 371

The Biology of Learning and Memory 373

MODULE 13.1 Learning, Memory, Amnesia, and Brain Functioning 374

Localized Representations of Memory 374

Lashley's Search for the Engram 374

The Modern Search for the Engram 376

Types of Memory 377

Short-Term and Long-Term Memory 377

Working Memory 378

The Hippocampus and Amnesia 379

People With Hippocampal Damage 379

Theories of the Function of the Hippocampus 382

The Hippocampus and Consolidation 386

Other Types of Amnesia 387

Korsakoff's Syndrome and Other Prefrontal Damage 387

Alzheimer's Disease 388

What Patients With Amnesia Teach Us 389

The Role of Other Brain Areas in Memory 389

In Closing: Different Types of Memory 391

MODULE 13.2 Storing Information in the Nervous System 393

APPLICATIONS AND EXTENSIONS Blind Alleys and Abandoned Mines 393

Learning and the Hebbian Synapse 394

Single-Cell Mechanisms of Invertebrate Behavior Change 395
Aplysia as an Experimental Animal 395
Habituation in *Aplysia* 395
Sensitization in *Aplysia* 396
Long-Term Potentiation in Vertebrates 396
Biochemical Mechanisms 397
LTP and Behavior 399
Drugs and Memory 399
In Closing: The Physiology of Memory 400
Exploration and Study 401

Cognitive Functions 403

MODULE 14.1 Lateralization of Function 404
The Left and Right Hemispheres 404
Visual and Auditory Connections to the Hemispheres 404
Cutting the Corpus Callosum 405
Split Hemispheres: Competition and Cooperation 408
The Right Hemisphere 409
Hemispheric Specializations in Intact Brains 410
Development of Lateralization and Handedness 410
Anatomical Differences Between the Hemispheres 411
Maturation of the Corpus Callosum 411
Development Without a Corpus Callosum 412
Hemispheres, Handedness, and Language Dominance 412
Avoiding Overstatements 412
In Closing: One Brain, Two Hemispheres 413

MODULE 14.2 Evolution and Physiology of Language 415
Nonhuman Precursors of Language 415
Common Chimpanzees 415
Bonobos 416
Nonprimates 417
How Did Humans Evolve Language? 418
Language as a Product of Overall Intelligence 418
Language as a Special Module 419
A Sensitive Period for Language Learning 420
Brain Damage and Language 420
Broca's Aphasia (Nonfluent Aphasia) 420
Wernicke's Aphasia (Fluent Aphasia) 422
Brain Mechanisms for Bilinguals 424
Music and Language 424
Dyslexia 424
In Closing: Language and the Brain 427

MODULE 14.3 Consciousness and Attention 428
Brain Activity Associated With Consciousness 428
Consciousness as a Threshold Phenomenon 430
The Fate of an Unattended Stimulus 431
The Timing of Consciousness 431
Neglect 431
In Closing: Attending to Attention and Being Conscious of Consciousness 433
Exploration and Study 434

Mood Disorders and Schizophrenia 437

MODULE 15.1 Mood Disorders 438
Major Depressive Disorder 438
Genetics and Life Events 439
Nongenetic Biological Influences 439
Abnormalities of Hemispheric Dominance 440
Antidepressant Drugs 440
APPLICATIONS AND EXTENSIONS Accidental Discoveries of Psychiatric Drugs 440
Effectiveness of Antidepressants 442
Other Therapies 445
Bipolar Disorder 445
Genetics 446
Treatments 446
Seasonal Affective Disorder 446
In Closing: The Biology of Mood Swings 447

MODULE 15.2 Schizophrenia 449
Characteristics 449
Behavioral Symptoms 449
APPLICATIONS AND EXTENSIONS Differential Diagnosis of Schizophrenia 450
Demographic Data 450
Genetics 451
Twin Studies 451
Adopted Children Who Develop Schizophrenia 452
Efforts to Locate a Gene 452
The Neurodevelopmental Hypothesis 453
Prenatal and Neonatal Environment 453
Mild Brain Abnormalities 454

METHODS 15.1 The Wisconsin Card Sorting Task 455
Early Development and Later Psychopathology 455
Treatments 456
Antipsychotic Drugs and Dopamine 456
Role of Glutamate 457
New Drugs 458
In Closing: The Fascination of Schizophrenia 459
Exploration and Study 461

APPENDIX A
Brief, Basic Chemistry 462

APPENDIX B
Society for Neuroscience Policies on the Use of Animals and Human Subjects in Neuroscience Research 467

References 470

Name Index 519

Subject Index/Glossary 534