summit of Mount Everest. Although many climbers know the Tenzing name, and some thank their Sherpa colleagues for their help on risky expeditions, very few know the history of the Sherpa people and of their supreme sacrifices for the relatively new career of high-altitude mountaineering. Far fewer climbers consider the impact that the industry has had on the Sherpa culture, from the positive effects (increases in salary, better education, and better health care) to the negative effects (westernization of their villages and the environmental degradation of their homeland).

Initially, one might wonder if Tenzing has anything to share that is new on the subject. He recounts his grandfather's historic climb and his own climb to Everest's summit, but these stories can be found in several previous publications, not the least of which is his uncle Jamling Norgay's *Touching My Father's Soul*. However, because of his family connections and famous name, Tenzing had access to records, photographs, and personal accounts of the Sherpa pioneers of Everest. He is therefore able to recount the history of the Sherpa people in mountaineering like no other writer has done before.

Forewords written by Sir Edmund Hillary and the Dalai Lama eloquently introduce the text, but the book could have stood on its own. Tenzing's work is a gift to his people (who are not known for keeping written records of their heritage) and their past, and the photographs are a precious collection for all to enjoy.

Tenzing Norgay and the Sherpas of Everest is a fascinating history lesson for anyone interested in Nepali cultures and mountaineering, and it is a must-read for any mountaineer who climbs in the Khumbu region.

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Where to Watch Birds in Central America, Mexico, and the Caribbean

Nigel Wheatley and David Brewer
Princeton, NJ: Princeton University Press, 2002
US \$19.95, 448 pages, softcover

Certain criteria are essential for a good birding guide. Some books are guides to identification, others to places. This book falls into the latter category and covers a large area, including Costa Rica—one of the favorite places for true aficionados.

A birding guide of this sort should be authoritative, written by authors who are familiar with the area and the birds to be seen; it should be easy to use; its maps and illustrations should be accurate and helpful; it should be small enough to be put in a pack or pocket; and it

should have a binding strong enough to withstand rough handling.

This book is successful in nearly all of these categories. The authors are well-known authorities who have spent many years exploring the countries they describe. Each section is laid out according to the same pattern: a brief summary including the size of the country, how to get around, and some information about accommodation and food. Details about health and safety are included where necessary. The climate, habitats, and conservation issues are all discussed before listing the species you can expect to see and where they are likely to be seen. Each site is listed by name and is described in sufficient detail, often including a map with useful details such as a particular clump of trees where a certain bird might be seen.

Throughout the book are occasional black-and-white line drawings of birds. Although the drawings are excellent, they add little but decorative value because there are so few of them. However, this book is not intended to be used for identification but as a guide to the knowledgeable birder.

The 5 1/2 × 9-inch format is small enough to put in your pack, but you will also need a bird identification guide, good binoculars, and a notebook to complete your equipment.

This is an excellent guide. If you are heading for the Caribbean, read it before you leave or put a copy in your pack.

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Essentials of Sea Survival

Frank Golden and Michael Tipton
Champaign, IL: Human Kinetics, 2002
US \$24.95, Can \$39.95, 305 pages, softcover

Of the 140 000 people who die each year in water-related incidents worldwide, few ever thought they would be in a survival situation. Most people who go to sea professionally or for recreation believe that catastrophe will never befall them. *Essentials of Sea Survival* is written for mariners as well as for the health care professionals and rescue personnel who may care for them when disaster strikes. This informative book examines the nature of the threats to survival in the marine environment (eg, hypothermia, drowning, cold water immersion, and dehydration) and the physiological responses of the body to these challenges. The book gives the reader a comprehensive and practical understanding of the dangers confronted by a mariner and knowledge