Book Reviews

Sharks & Rays—Elasmobranch Guide of the World

Ralf M. Hennemann

Frankfurt, Germany: IKAN—Unterwasserarchiv, 2001

US \$38.65, Euro \$41.00, 304 pages, hardcover

Sharks & Rays is primarily a pictorial guide to the more than 1000 species of cartilaginous fishes known to reside in the aquatic habitats of the world. This includes some of the largest, most feared, and least understood animals on the planet. Indeed, none of these species can actually be considered well known. Unfortunately, negative public perceptions combined with overfishing have adversely affected many species of sharks and rays. This harm is compounded by the meager interest in learning more about them.

After a brief introductory chapter that succinctly summarizes much of what is known about elasmobranch biology, the book consists of hundreds of high-quality photographs of sharks, rays, and chimaeras in their natural habitat with accompanying text that gives further details of the depicted species, including scientific name and, sometimes, popular name, physical description and size, feeding behavior, distribution, and depth range where most often found. The photographs are grouped according to species, order, and family and are consistently very well done.

This is a beautiful book and a valuable reference. It should be of substantial interest to scuba divers, marine scientists, and many others.

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Lewis and Clark: Doctors in the Wilderness

Bruce C. Paton

Golden, CO: Fulcrum Publishing, 2001

US \$18.95, 240 pages

Although most readers of *Wilderness and Environmental Medicine* are quite well versed in the very latest of what modern science and medicine can provide today's wilderness adventurer, fewer have the interest or inclination to explore the historical roots of what today has come to be known as "wilderness medicine." Perhaps fewer yet are interested enough in the health-related aspects of the turn of the 19th century in general, or the Lewis and Clark journey (1804–1806) in particular, to have read Eldon Chuinard's fine, scholarly work, *Only One Man*

Died. Dr. Chuinard's book, published in 1979, is a serious historical treatment of not only the previously neglected medical aspects of the Lewis and Clark expedition, but also of the larger state of medical affairs in the late 1700s and early 1800s.

Whereas Dr. Chuinard's *Only One Man Died* definitely appeals to the serious amateur or professional historian, Dr. Paton's *Lewis and Clark: Doctors in the Wilderness* will appeal to a much larger audience. By drawing upon his background as a surgeon and wilderness medicine expert, Dr. Paton has produced a very readable, nontechnical, and often entertaining book.

The patron of the Lewis and Clark expedition, President Thomas Jefferson, urged Meriwether Lewis to meet and receive tutoring from the leading scholars of the day before embarking on the expedition. Dr. Benjamin Rush, a true Renaissance man (the only physician to sign the Declaration of Independence) and viewed by many as the father of American medicine, advised Lewis on many aspects of health care. The state of the art in medical care in the early 1800s is clearly described and will be an eye-opener for those who have not previously pursued historical literature of this nature. As the major medical and health-related events of the expedition are described and discussed, one wonders how only one death occurred during this epic 3-year journey. Infectious diseases, malnutrition, and gunshot wounds were prime obstacles that threatened the success of this expedition. Captains Lewis and Clark, although minimally trained in the medical arts of the day, were arguably able to assess, diagnose, and treat wilderness illness and injury with as much (if not more) competence as most physicians of the period. The rudimentary state of medicine in 1800 partly explains this, but Lewis and Clark were also cautious and perceptive individuals who well understood the phrase, "First, do no harm."

Many readers who are familiar with the 4th edition (2001) of Auerbach's *Wilderness Medicine* will perhaps have read Dr. Paton's foreword outlining the health care aspects of the Lewis and Clark expedition. In this short piece, he gives an abbreviated account of the illnesses and injuries that Meriwether Lewis and William Clark's expedition faced as they felt their way across a vast, complex, and largely unknown continent. Perhaps more importantly for today's practitioner of wilderness medicine, he also places their struggles to assess, diagnose, and treat in the context of how a modern "trip doctor" might fare given similar circumstances of remoteness, limited medical supplies, etc. In *Lewis and Clark: Doc-*