reference for working in the Third World. The book is most relevant for physicians.

Emergent Field Medicine was authored and edited by physicians with substantial experience in disaster and refugee medicine; this experience is reflected in the text's organization and clarity. Divided into 24 chapters, the book begins with sections on public health and education, identifying refugee medical priorities, and understanding the cultural context of a situation. It then moves on to the specifics of providing medical care in the field. Each chapter focuses on the practical issues of clinical medicine in developing countries. (Is tuberculosis on your differential diagnosis for a common cause of pelvic inflammatory disease? It should be.) Although the book is meant to serve as a reference text, the chapters are not as detailed as might be expected. Although this lack of detail detracts from its utility as a reference book, the result is a readable and practical book for health care workers of varying backgrounds.

A particularly useful feature of the book is the brief, highlighted sections that emphasize Critical Actions, Key Points, Tips & Tricks, and Did You Know? sections. Unlike some texts where highlighting is overdone, the key points in this book are kept short (usually 1–2 sentences) and relevant.

I was especially pleased with 2 chapters, Anesthesia & Pain Management and Dental Emergencies. The chapter on pain management demonstrates the experience of the authors by focusing on the proper use of ketamine and the expanded role it plays in developing countries, as compared with the current and marginal use it enjoys in the United States. Similar praise applies to the section on dental emergencies, which is the most comprehensive and detailed description of emergency dentistry for non-dentists that I have seen.

If there is a weakness in the book, it is perhaps a lack of photographs. Although many of the book's sections are adequately illustrated with line diagrams, the chapters on the field laboratory and infectious disease in particular suffer from an absence of photos. The few photos that do exist are in the dermatology section and are limited to black and white. Additionally, only 1 chapter concludes with a section outlining additional recommended reading and references. Unlike photographs, the addition of selected references could have been done at little cost.

Overall, this is an excellent book that should be read and carried by anyone who practices medicine in developing countries.

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Perú, 1st edition

David L. Pearson and Les Beletsky
San Diego, CA: Academic Press, 2001
US \$29.95, Can \$44.25, £19.95, 502 pages, softcover

Perú is a general field guide that is part of the *Ecotravellers' Wildlife Guide* series published by Academic Press. The series, aimed at nonspecialized travellers, is designed to provide a single field guide of the birds, reptiles, frogs and other amphibians, insects, and mammals of a given region. With a size and weight that is slightly greater than that of the average Lonely Planet guidebook, the books are small enough to fit in most day-packs and useful enough to make them worth the weight.

The first half of the book describes the geographic ranges, climate, and ecological niches found in Perú. There is a useful chapter describing the Peruvian national park system with brief descriptions of typical park visits. There is a chapter dedicated to each animal class, with sections on the more common or more interesting families. Each animal family section describes the natural history, ecology, behavior, breeding, and endangered or population status, with appropriate focus on how to find and observe the animals in the wild. The sections are written for the educated amateur and, in areas where access to English-language books is limited, make excellent spare-time reading material.

The second half of the book is devoted to color plates of animals, with somewhat of a bias toward the more recognizable birds. The plates are well illustrated and labeled. A brief caption appears on the opposing page that gives common and scientific names, useful identifying features and size, habitat, and range. Although this caption may seem trivial, it is extremely useful and eliminates many frustrating moments of page flipping when trying to identify a bird while it remains in view. The colorful frog and bird sections are the most extensive and interesting, whereas butterflies and other insects are limited to 4 pages of color plates. There is a brief section on flora; however, the plates are of limited utility and have little associated text, so those with botanical inclinations will need a supplemental book.

Perú is a large country with 5 distinct geographic regions and numerous ecological niches. Despite the scope of the topic, the authors have published a well-written general wildlife guide that is useful as a field guide, as a natural history text, and as travel reading material. The amateur naturalist will find *Perú* a useful travel companion that is worth its weight in the backpack, despite the country's sometimes-formidable altitude. However, those who are die-hard bird or butterfly watchers will probably want a more complete manual, as the nature of

the book precludes it from covering any class of animal extensively. Other books in the series include *Costa Rica, Belize and Northern Guatemala, Tropical Mexico, Ecuador and the Galápagos Islands, Brazil—Amazon and Pantanal, Hawaii, Florida, and Alaska*.

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Plants and People of Nepal

Narayan P. Manandhar
Portland, OR: Timber Press Inc, 2001
US \$69.95, 599 pages, hardcover

From Mt Everest to the fertile plains just above sea level, Nepal is home to an immense and diverse plant population that thrives in the dramatically changing climate and terrain. The author of *Plants and People of Nepal*, Narayan P. Manandhar, surveyed his country (on foot!), all 75 districts, in his lifelong project to catalog, record, and identify over 1500 kinds of plants. But he didn't stop at the idea of simply identifying the plants; his purpose was to record the uses of these plants by the indigenous cultures. This experience and wisdom, traditionally communicated by word of mouth and susceptible to being lost with the death of the older generations, spurred the author to record what he learned. In doing so, he has rescued this heritage for his fellow Nepalese and for concerned ethnobotanists worldwide.

The first 2 chapters describe the land and people of Nepal. Anyone who has visited Nepal knows that covering the 60-some ethnic communities, from Chapang to Tharu, that have resulted from a melting pot of cultures traveling through Asia, is a task in itself. The author does a good job of describing the complexity of the people, their numerous languages and dialects (over 50 languages and dialects are spoken in Nepal!), and their religions and ceremonies.

Chapter 3, The Ethnobotany of Nepal, covers everything from the routine agricultural uses of plants to medical, clothing, decorations, and religious uses. Chapter 4, the bulk of the book, is a veritable encyclopedia of Nepali plants with over 830 line drawings that assist with identification. Forty-eight color photographs add to the flavor of the text.

Plants and People of Nepal is the definitive ethnobotanical source for this country's vast resource. Anyone planning to spend time in or live in Nepal, and at all interested in plants and ethnobotanical conservation, will find this book both an interesting reading and an important reference text.

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Wilderness Emergency Care

Steve Donelan
Holiday, FL: American Safety & Health Institute, 2001
US \$18.95 (each), Student Guide, 197 pages, spiral bound, and Instructor Guide, 220 pages, 3-hole loose-leaf

As interest in outdoor activities has grown over the last few decades, so has the interest in wilderness medicine and emergency care. This has led to an increasing demand for wilderness medicine instruction. With these 2 books, Steve Donelan has distilled his 25 years of experience in this arena into useful guides for both students and instructors. Intended as a support for his American Safety & Health Institute-approved Wilderness First Aid, Wilderness First Responder, and Wilderness Emergency Medical Technician (EMT) upgrade courses, these books provide a well-organized, concise, introductory curriculum in wilderness care.

The student guide is divided into 7 major sections (preparation and assessment, 2 injury sections, environmental issues, biological hazards, some specific medical issues, and evacuation and survival), consisting of a total of 37 chapters as well as recommended readings, a bibliography, index, and list of gear sources. There is a good emphasis on safety and injury prevention, including entire chapters devoted to backpacking stoves, and wilderness eye protection. The medical information is appropriate for basic to EMT level providers, although there is some outdated information (eg, the fern test for cerebrospinal fluid [CSF] rhinorrhea is still recommended). The text is copiously illustrated, with both reproduced photographs and line drawings, the quality of which is adequate. Occasionally, photographs aren't well reproduced, or the point of line drawings isn't entirely clear. However, the many superb clinical and field medicine photographs contributed by Dr Schiffman markedly enhance the work.

The loose-leaf instructor's manual could pretty much stand on its own as a text. It is here that Mr Donelan's teaching experience truly comes to the fore. The second section, devoted to instructor skills, is a good set of recommendations, clearly influenced by real-world experience, for putting together a course of any type. It discusses, among other things, the use of texts, handouts, and other aids; ways to ensure that the course is relevant and interesting; and methods for evaluating and improving a course. The remainder of this resource book is devoted to teaching aids, with course outlines, lesson guides for individual topics, tests, quizzes, suggestions for teaching exercises, and an extensively prepared scenario for a practical exam. Although these are tied to the appropriate chapters of the student guide, they could be used by themselves to prepare