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