showing that this is one of the most common sources of disability in the United States today.

There is also an exercise section on isolation of specific muscle groups. Although the descriptions include helpful photographs on proper techniques, there is only 1 description per exercise, so the complete movement from start to finish is not visualized.

A very helpful component of this textbook is the inclusion of sample health questionnaires, consent forms, emergency procedures forms, treadmill exercise forms, sample contracts for hiring employees, and monthly budget reports. It appears to contain every resource needed to open an exercise facility.

Although this "handbook" contains a vast amount of information, each topic is given a cursory look, and it is written in a typical textbook fashion, which makes it unwieldy and dry. I believe it would serve as the perfect resource for the physical therapist seeking certification or opening an exercise facility. It has little applicability for the practitioner of wilderness and environmental medicine.

Karin H. Molander
Palo Alto, CA, USA

Atlas of Travel Medicine and Health

Jane Chiodini and Lorna Boyne

Hamilton, Ontario, British Columbia: Decker Inc, 2003
US \$59.95, 136 pages, softcover, glossy with bicolor maps
Includes CD-ROM.

Written by 2 nursing specialists in travel medicine from Glasgow, Scotland, this well-illustrated text attempts to give the traveler an overview of health concerns covering 102 countries. The book is divided into 3 sections. Section 1 covers general health information for the health professional on issues from water safety, accidents, and heat-related topics to medical insurance. Section 2, also designed for the health professional, deals

with 13 travel-related health issues, including polio, dengue fever, yellow fever, and malaria. Section 3 is the atlas portion with bicolor maps of the countries covered, including immunization recommendations, health concerns as covered in section 1, malaria, and rainfall and temperature graphs for the capital cities. The accompanying CD-ROM duplicates the text in a portable document file format (which requires free installation of Acrobat reader) that enables the reader to search for a country, disease, or any text of interest. The CD booted quickly on my computer (Windows 98SE platform) without requiring additional memory, and searching was easily achieved.

The authors supply a brief list of websites related to travel medicine and appropriately add the caveat that data are likely to change rapidly and that searching online for up-to-date information before visiting a specific country or region is well advised. This is exemplified by the lack of inclusion of West Nile virus and severe acute respiratory syndrome, which have appeared since this text was written.

It is difficult to recommend this book, not only to the health professional who advises travelers to the countries listed, but also to the individual for his or her own personal use. In most cases, the information supplied is simply an overview. There are no actual recommendations for specific medication regimens for prophylaxis or treatment of the various disease processes included. Although the maps are interesting, the information on each page is redundant, and because the rainfall and temperature charts are for the capital cities only, they may not reflect the locale that the traveler may visit. Notably absent are cold-weather and altitude concerns. The book may be appropriate as a reference for the lay traveler in order to stimulate other more in-depth inquiries to other text sources or travel-medicine specialists. The ready access in this country to online information, however, may not justify the \$60 price of the book.

John R. Saucier, MD
Yarmouth, ME, USA