Book Reviews

Living With Wolves

Jim Dutcher and Jamie Dutcher

Seattle, WA: The Mountaineers Books, 2005

US \$34.95, 172 pages, hardcover

Living With Wolves chronicles the years that the authors lived among the Sawtooth wolf pack, beginning in 1991 when 2 adult wolves from a rescue center and 4 pups born in captivity were introduced into a remote area of the Sawtooth Mountains of Idaho. Two additional litters joined them later and, eventually, the mating pair gave birth to 3 surviving pups. In addition to the book, the authors have also produced 2 Emmy Award-winning films, *Wolf: Return of a Legend* and *Wolves at Our Door*, based on their experience.

For 6 years, Jim and Jamie Dutcher observed and interacted with the wolves of the Sawtooth pack. Years later they would return to the area with their grown son to film a 2-hour Discovery Channel special about their experience. With their camp long since abandoned and the original pack alive only in their hearts and minds, the authors set out to tell the story of their odyssey that began as a 2-year project and grew into a 6-year self-described obsession.

From their “wolf camp,” the authors grew to know the animals as individuals and experienced first hand the life cycle of a wolf pack. The reader is introduced to the members of the pack, including the alpha male, Kamots; the alpha female, Chemukh; the midrank members; and the omega male, Lakota, with whom the authors shared a special bond. Through this introduction, the reader gains some insight into the complex social structure of a wolf pack. Second only to that of primates in its complexity, the social structure of the wolf pack influences everything from how the young are raised to how they play, hunt, and feed.

The next sections describe how wolves communicate, hunt, play, and raise their young. Each page contains a beautiful, full-size color photograph that might easily stand alone without any text. In the final section, “Identifying Solutions,” the authors tell the history of the wolf in America and discuss wolf reintroduction. When the Sawtooth project began, wolves had been hunted to near extinction, with only about 50 wild wolves remaining in the American West. Two million had been killed in the previous 200 years. Through the work of the authors and other dedicated individuals, several programs to reintroduce the wolf have been established. One such project to reintroduce wolves into Yellowstone National

Park beginning in 1995 has helped stabilize the area’s ecosystem in the 10 years since their reintroduction. Today, wolves are found in greater numbers and are less threatened by extinction. Unfortunately, their future remains uncertain because of people who view their reintroduction negatively and because of their territory’s continued destruction by man.

The large-format book contains 120 photographs chosen from over 14,000 photographs taken by the authors. It also includes a 60-minute compact disc of wolf vocalizations. The book should appeal to anyone who is interested in learning more about these magnificent animals, who is already fascinated by them, who is interested in animal behavior or the interaction of humans and wild animals, or who has an appreciation of nature photography.

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Going Higher: Oxygen, Man, and Mountains, 5th Edition

Charles Houston, David E. Harris, and Ellen J. Zeman

Seattle, WA: The Mountaineers, 2005

US \$22.95, 318 pages, soft cover

For some 25 years this book has served as primary background reading for a generation of individuals with a burning curiosity of the human experience with high altitude. First published in 1980 as *Going High: The Story of Man at Altitude*, this 5th edition is published under the title *Going Higher: Oxygen, Man, and Mountains* and continues to evolve. The format remains the same, but the new cover photo will catch your eye at the bookstore, as will the 2 additional authors who have joined Dr Houston. The result is a smooth, easy reading style and expanded text that retains the very enjoyable historical perspective, practical advice, and the telling of anecdotes that facilitate a meaningful understanding of the effects of a lack of oxygen on the human body.

As in the previous edition, the book is divided into 4 distinct sections. Part I describes the physics of atmosphere and the essential role of oxygen to nearly every living organism. Part II takes the reader through an easily understandable review of the process of oxygen delivery from the air to tissue in the body. Part III is an up-to-date summary of mountain sickness and its diverse manifestations. Part IV offers practical information re-

garding acclimatization, prevention and treatment of altitude illness, and additional topics that affect our performance at altitude. The back of the book contains a glossary of medical and scientific terms that has been retained to aid lay readers and a brief historical biography of the early investigators that brought us this knowledge through to the mid-1900s.

Six new chapters expand the scope and detail of the book. The new chapters titled “Mountain Illness: The Air Up High” and “The Body Up High: Cellular and Vascular Responses to Hypoxia” present more detailed biology and physiology. A more complete description of medical conditions found at high altitude is provided with the addition of specific chapters discussing vision

and the eye at altitude and chronic and subacute mountain illness. A chapter titled “Genetics of High-Altitude Performance” presents up-to-date information that is not readily available in other basic texts. And a new chapter, “Limits to Work at Altitude,” gives an easy-to-understand explanation of practical concepts.

This book is intended for both lay and medical readers with a desire for accurate detailed and comprehensive information that goes miles beyond what is found in other basic texts and on the Internet. At US \$22.95, the cost of the book has not changed in 7 years, so this new, improved 5th edition is a better value than ever.

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