to Paul to take it slowly. No sooner were the words out of my mouth when he came barreling down, out of control, headed straight for the tree.

Now I looked it up once again in Paul's newest edition and could find no instruction about how to handle what I faced that day. He managed to flip right before impact and was hanging upside down, stuck in the branches of the tree. There was our future editor, wriggling like a possum held up by the tail.

Medical care in the wilderness is all about dealing with the unexpected, learning to improvise, and applying our medical knowledge in uncommon settings. *Wilderness Medicine* has become the preeminent textbook for all medical practitioners who venture into the wilds for pleasure or professionally. Topics range from the obscure (tapir attacks in Brazil) to the gruesome (frost-bitten foreskin) to the common (sprains, strains, and blisters). Its authors speak from vast experience gained by combining their passion for medicine with their fascination for wilderness environments.

Wilderness Medicine is logically organized into 13 sections. There are the standard aggregations involving topics such as thermal injury, mountain medicine, wilderness trauma, marine hazards, animal and insect bites, travel medicine, and rescue and survival. Excellent sections can also be found with regard to food and water considerations; equipment, organization, and preparation; and special populations in the wilderness, including the elderly, the disabled, and endurance athletes. Some topics might be more logically integrated within other sections; for example, the chapter entitled "Chronic Diseases in the Wilderness" might be better matched with the section on "Special Populations" than with the chapter entitled "Injuries and Medical Interventions." But this is a minor consideration relative to Auerbach's generally masterful job at organizing an enormous amount of information.

New sections have been added to the fifth edition, including material on extreme sports, wilderness cardiology, mental health, preexisting conditions and disabilities, and tactical combat casualty care, which brings the consequences of battle injuries into stark focus. There are intriguing sections on plant-derived medical therapy along with a discussion of complementary and alternative medicine for management of pain. The firsthand account, accompanied by photographs of individuals being overrun by a forest fire, is mesmerizing. A brief appendix section entitled "Drug Storage and Stability" continues to offer practical guidance on maintaining a functional wilderness formulary.

Few medical texts will capture the imagination as does *Wilderness Medicine*, and none will better inform the reader. No other reference source is as comprehen-

sive, up-to-date, and expertly edited. This text should be considered indispensable for the medical library of anyone who treats environmentally induced illness, who frequents wilderness environments, or who is called on to provide medical care in remote areas.

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New Medicine: Complete Family Health Guide

Editor-in-Chief Dr. David Peters and Contributing

Editor Dr. Kenneth R. Pelletier

London: Dorling Kindersley Ltd, 2005

US \$35.00, 512 pages, hardcover

New Medicine is a well-written and illustrated compendium of information intended to present, side-by-side, explanations that allow the reader to understand choices for therapy from both "Western" allopathic medicine and from "alternative" or "complementary" medicine. Combined, all of this information presents an integrated approach to wellness, prevention, diagnosis, and treatment. This is a timely topic for medicine in general, and particularly germane to wilderness medicine, where all available resources for care should be considered.

The book is divided into two sections. In the first section, there are definitions, general descriptions, and introductory instructions that define the different types of medicine discussed in the second section, which deals with disorder-specific topics. The chapters in the first section include well-being and health, conventional medicine, nutritional medicine, bodywork therapies, Western herbal medicine, homeopathy, traditional Chinese medicine, acupuncture, environmental health, mind-body medicine, and psychological therapy. Though none of the discussions was sufficiently comprehensive to be considered definitive or detailed enough to form a basis for a health care professional to practice effectively, I found this portion of the book to be a refreshing overview of a general approach to the art of medicine. It more than serves its purpose of exposing the lay audience to the important principles and practices within each topic.

The second major section is titled "Disease & Disorders." It includes general advice and precautions and discusses the brain and nervous system, skin, eyes and ears, respiratory system, digestive and urinary systems, circulatory system, musculoskeletal system, hormonal system, women's health, pregnancy and childbirth, men's health, children's health, mind and emotions, allergies, and systemic disorders. It covers more than 100 diseases and disorders most amenable to an integrated approach, as estimated by the editors. This is terrific

stuff, and in a subsequent edition, I would love to see the book expanded to cover as many diseases and disorders as possible. Furthermore, if the editors pursue a second edition, it would be fascinating to see additional complementary approaches added from diverse cultures.

There are treatments indicated as primary treatments and backup treatments, but the writing doesn't get more specific than that on creating a treatment plan and setting priorities. Perhaps it was not the intention of the editors to guide the readers through a mandated approach to any particular disorder, but I would have found it useful to take a stand from time to time about the importance of beginning with a particular therapy or being alert to a particular concern with any certain disorder. For instance, one can apply many therapies to a migraine, sinusitis, or epilepsy. Is there a circumstance where you really should favor one particular therapy over another?

This release of the book carries a copyright date of 2007, but it appears that the book was released in Great Britain in 2005. The book was released in the United States in 2007, which is presumably the reason for the difference in dates. It is not clear if any revision in the content occurred between these two editions.

Also, the book is subtitled *Complete Family Health Guide*, but this is really not the case. Where is the discussion on nosebleeds, blisters, burns, and all of the other assorted acute problems that account for much of a family's medical concerns? There is advice for how to pick a practitioner, but that does not render this volume "complete."

The book is directed to a lay audience. Although there is a brief reference section near the end of the book, it would still have been nice to tie in at least selected references from the medical literature in support of some

of the claims made. There are many reasons to do this, not the least of which is to allow the readers to easily locate substantiation for assertions and opinions that might be controversial. Another reason is to be able to determine the degree to which the discussions are up-to-date from a scientific literature perspective. For instance, I am certain that there is a school of thought that might disagree with the stated efficacy of glucosamine and chondroitin as supplements intended to diminish arthritis. These opponents would certainly cite from the recent medical literature. Without going to a Web site, the reader cannot determine if the author(s) was even aware of germane studies. I do not offer this criticism because I find the book laden with unpalatable assertions, but rather to observe that while I have great respect for the editors and contributors, I know full well that our knowledge increases on a daily basis, and it is important to know with precision from what bodies of knowledge the most important foundations for this book have been drawn. Of course, there is a cutoff for input into any book, so the assumption would be that for this book it was prior to its initial release.

I am very favorably impressed by the concept for and execution of *New Medicine* and see a need for something like this at the doctor level. Given the vast amount of medical information available, it would be enormously useful to have a reference source that puts a "*New Medicine* approach" in the hands of healers. Peters and Pelletier have done a great service by creating this book, which hopefully inspires us all to work harder to be open-minded and comprehensive in our approach to patients.

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