A serious error occurs in Chapter 12 in the section dealing with the treatment of frostbite. The modern method of fast rewarming of injured members is discussed and the instruction given to rewarm in water at a temperature of 55°C or 130°F. Two pages later it is remarked, inconsistently, that ". . . the frostbitten part should be protected from cold, but *otherwise left alone to thaw slowly by itself* (sic)." Both statements are incorrect and contradict a number of authorities.*

Although there are minor differences in the water temperature recommended by the various experts (viz., "110°F to 115°F", "108°F to 112°F", or "never have the water warmer than 112°F") it is quite clear that the use of water at 130°F would cause serious further injury to a frostbitten member.

The new edition, in welcome contrast to earlier ones, is illustrated profusely with photographs of a high quality well known to readers of Sierra Club publications. It is a useful manual and has no serious competitor among English language books. It is a shame it lacks an index.

HENRY W. KENDALL

Front Range Panorama, edited by Louisa W. Arps and published by the Colorado Mountain Club. Price $3.75.

The *Panorama* consists of a cardboard folder 12″ x 9″ which opens like a double record album to reveal two pockets. In the left pocket is one long folded map (16″ x 33″) of the visible mountains west of Denver; the map is marked off into seven sections, and includes an index of place-names. The map is laid out as though the mountains are being viewed from the roof of the Denver Museum of Natural History in City Park. In the right-hand pocket are seven individual maps (each 8″ x 33″), one for each of the sections indicated on the master map. Each is drawn in detail and contains descriptive and historical information about the specific group being described; all seven taken together will help identify mountains from Pikes Peak and the Rampart Range in the south to Longs Peak and the Mummy Range in the north. The *Panorama* is well and thoroughly done, and will be of especial interest to those people frequently visiting or living in the Denver area.

BOYD EVERETT

Field Book—The Wind River Range from *Guide to the Wyoming Mountains and Wilderness Areas with Supplement,* by Orrin H. Bonney and

* See *Frostbite* by Bradford Washburn, *AAJ* 1962, 13:1, Page 1; *A Study of Frostbite Treatment* by W. J. Miles, M.D., *Summit,* November, 1962, page 10; *Frostbite—A Review* (page 233) and the note (page 392) by H. C. McDade, M.D., both in *Apalachia,* December, 1962.

Lorraine Bonney. Denver, Colorado: Sagebooks, 1960 and 1962. 148 pages, 37 ills., 8 maps, index, 1962 supplement. Price $3.50.

The field book is a portion of *Guide to the Wyoming Mountains and Wilderness Areas* which was reviewed in detail in the *American Alpine Journal* 1960. The 12 pages of supplement contain much new material as well as corrections to the original text, and should not be overlooked in using this field book. It is indeed unfortunate that the pictures and maps have lost so much in inadequate reproduction since this guide is a must for anyone who plans to travel in this area. Being paperbound, it is lighter to carry, but at the same time it will not be as durable in the rucksack.

WALDO H. HOLCOMBE

High Trails: A Guide to the Cascade Crest Trail, by Robert H. Wills. Seattle: University of Washington Press, 1962. 157 pages. Maps. Price $3.00.

High Trails serves its narrow purpose: trail description of the Pacific Crest Trail in Washington, mileages, trail conditions, access roads, and short general remarks about each section. Like most outline guides, it gives you just enough descriptive material to whet your appetite.

However, limiting this book to the Crest Trail is limiting indeed. Traveling the Crest Trail through the Cascades is like the driver who travels the superhighway through your state and then claims to have seen your state. In this case, the traveler has just begun to glimpse the startling Cascades and its trails.

For example, in the North Cascades Primitive Area the Cascades must be close to 100 miles across. The Crest Trail passes through one of the least spectacular parts. Traveling through Mount Rainier National Park you merely skirt the edges and come nowhere near the famous Wonderland Trail. Also, you are miles away from the pristine beauty of Mount St. Helens and Spirit Lake. I have always felt that Cascade Crest Trail was a misnomer. Many sections are far from the crest and indeed are in the very valleys beneath the crest, for in places this country is far too rugged to build or maintain such trails. A prime example of this is the crest of the Cascades between Cascade Pass and Suiattle Pass. With its jumble of cliff-sided mountains and active glacier terrain, many claim this section to be the most wild and rugged part of the continental United States.

This is not to detract from the book, however, for it adequately and accurately serves its limited purpose of describing 457 miles of trail in the State of Washington.

PHILIP H. ZALESKY, *Seattle Mountaineers*