
This interesting booklet gives recipes for preparing many common plants and their products. Some of the items that are not often eaten include acorns, camas roots, clover flowers, dock, lichens, and thistle roots. Other items in the book, such as blackberries, huckleberries, and wild strawberries, scarcely need an introduction to hikers. The inclusion of bracken fern (Pteris aquilina) may be questionable since bracken fern poisoning has been described in livestock, and the toxic factor was found to be stable to heat. Overconsumption of avalanche lilies, glacier lilies, and tiger lilies might infringe the laws that protect wild flowers, and the eater thereof should be prepared to defend his actions as arising from an emergency. The authors recommend waiting eight hours, after consuming a small quantity of an unrecognized food, to see if gastrointestinal symptoms develop. Good advice!

Thomas H. Jukes


During the last decade Neuzeitliche Berrettungstechnik has become the standard mountain rescue text throughout the world. Its popularity in the United States is indicated by the great demand for the unauthorized partial translation that was widely circulated during the 1950’s. The translators have performed a very real service for the mountain rescue movement in North America by producing this volume at this time.

Even so, Mountain Rescue Techniques must be considered as an interim step at best in the development of technical rescue literature on this continent. The problems faced by rescue units here differ in many ways from those in Europe, and a text that meets the specific needs of North America is bound to evolve. With the development of highly specialized teams capable of handling extensive and lengthy searches and rescues, utilizing radio nets, helicopter support, and other equally complex equipment, this book may seem elementary. However the chapters on improvised summer and winter rescue methods and equipment should prove of great value to climbers in general, as will the summary on First Aid, and even the most experienced rescue specialist is bound to find a new
idea or gain new insight in the possible uses of an already accepted technique. *Mountain Rescue Techniques* deserves a place on the bookshelf of every climber. Let us hope it is well thumbed.

**George R. Sainsbury**


This is a book for early 'teen-agers; the first of what will probably be an ever-growing number of volumes of semi-factual accounts of mountain rescues. No doubt it was inevitable that the popular authors would discover this field of volunteer endeavor, which has always been plagued by lurid accounts in the press. The volume created quite a stir in mountain rescue circles following its appearance last fall, reactions varying from enthusiasm to antipathy. The primary objection seemed to be a feeling that accounts lacked accuracy, and in some instances were directly misleading. A secondary objection was the impression that the volume leaves of "heroism" — the emphasis on medals and awards given by various agencies (*not* volunteer mountain rescue units).

As might be expected, I approached the book with some misgivings. It is relatively easy for the well informed to pick accounts of rescues apart detail by detail, and I must admit that in at least one instance I could hardly recognize a rescue in which I took part. However mountain accidents and rescues are somewhat akin to automobile accidents. They are individual experiences for participants, and frequently those involved recount widely varying tales of the happenings that take place. Helen Orlob seems to have made an honest and extensive effort to obtain the facts, and the "facts" related by some do not necessarily agree with the "facts" remembered by others.

No doubt there is more emphasis on the "heroic" than most rescuers would prefer, but as a general accounting of the growth of the mountain rescue movement in the western United States the book is essentially accurate in spirit. The selected incidents in the last fifteen years that it covers give insight into the growth of the movement, from early organization, to the acquisition of technical rescue equipment, to elaborate electronic communication systems, to the advent of the helicopter and its revolutionary effects on the field, and finally to the ability to apply and coordinate all available resources on the level of expeditionary rescue.

If you can discount the heroics and accept this book for what it is, a book for young people, you will find *Mountain Rescues* to be the first available reasonably accurate account of the development of organized mountain rescue on our continent. It is to be recommended as an introduction to the complexities of the field.

**George R. Sainsbury**