

of the park. Each section is illustrated with an excellent map by Dee Molenaar. The final section is a directory giving roads, centers of population, byways to explore, ferries, public transportation, picnic areas, particular fishing areas, where to find clams, oysters, and crabs, and other information about the peninsula of interest to outdoorsmen. The last page has an excellent reading list for the peninsula. The book is beautifully illustrated with pictures by the author.

GEORGE W. MARTIN

The Cross Country Ski Book by Johnny Caldwell. The Stephen Greene Press, Brattleboro, Vt., 1964. 80 pages, 39 illustrations. Price, paperbound, \$1.95, hardbound, \$3.50.

The popular concept of skiing has changed greatly — narrowed — during the two decades of its great growth. This perhaps has been brought about in large part by the propaganda of the "downhill-resorts," as Johnny Caldwell calls them, and its reflection in the skiing publications, the movies, and the advertisements of the equipment and clothing manufacturers. In the process, the memorable pleasures of cross-country skiing have been largely neglected. But what is twice out-of-style is due for a revival of popularity, and it seems likely with this fine form of the ski sport. Thus Caldwell's book on "x-c" skiing is timely. It is also authoritative, for the author was a top-ranking competitor and has been a leading coach for many years. Moreover, it is the first and only book in English on the sport.

Cross-country skiing can logically be divided into touring (including mountaineering) and competition (including training). But in matters of equipment, technique and waxing, these two forms of the sport have common ground. It is especially the last-mentioned skill, waxing, that makes the book of interest to the ski-using mountaineer. The equipment chapter, too, is useful to the Alpinist. It would have been of practical help to the latter, as well as to the downhill skier who is considering touring but does not want to buy special equipment, if a recommendation of specific release bindings easily adapted to cross-country use and climbing had been included. The minimum essential here is that the heel can be lifted, while the rotation of the foot in the horizontal plane is prevented by lateral toe irons. Among the devices recommended by the Ski Club of Great Britain are the Geze Olymp, Ess-Nevada, Marker and Kandahar. This reporter has used the first-mentioned for two seasons with satisfaction. Caldwell's specialty being competition, this highly-developed side of the sport prevades the book, although he expresses his enthusiasm for recreational running and touring also.

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