

valuable and important book. The authors are experts in both theory and practice and have been active in search and rescue activities on mountains and in the Arctic, as well as management of badly injured patients in hospitals. Written in language easily understood by the nondoctor, this is an excellent update on what we know (and don't know) about cold injury today. This book is strongly recommended for anyone expecting to be out in the cold, at high altitude or low down, or on the water.

CHARLES S. HOUSTON, M.D.

Medicine For The Outdoors; A Guide to Emergency Medical Procedures and First Aid. Paul S. Auerbach. Little Brown, Boston, 1986. 345 pages, profusely illustrated with line drawings; glossary, bibliography. \$12.95 (paper).

This is a first-class paperback, an easy-to-carry handbook for the lay person, describing the signs, symptoms, cause, treatment and prevention of just about everything you might encounter away from (or even in) your backyard. Written in nontechnical language, with excellent illustrations, it's the simplified version of the comprehensive *Management of Wilderness and Outdoor Emergencies*, edited by Auerbach and Geehr in 1983 and designed for health professionals. An appendix on commonly used drugs, giving indications, dosage, and side effects and an excellent glossary defining medical terms add to the value of a brief chapter on ideal first aid kits. Problems encountered in scuba diving, climbing, eating wild plants, or being struck by lightning, bitten by snakes or spiders are well but simply discussed. This is an ideal companion on any trip of more than a few days—and good medical education for a lazy day in the sack.

CHARLES S. HOUSTON, M.D.

Avalanche Safety for Skiers & Climbers. Tony Daffern. Rocky Mountain Books, Calgary, 1983. 172 pages, black and white photographs, diagrams, glossary, bibliography. \$11.50 (Canada).

Daffern directs this book to the mountaineer or back-country skier facing various types of avalanche hazards along the way. Using well-chosen case histories of mountaineering and wilderness skiing accidents, Daffern discusses the risks—including implications of decision-making—without resorting to sensationalism or preaching.

Daffern has gathered his snow studies and resource material from several respected sources and the technical sections are generally very good and up to date. However, I found a few of his drawings a little obscure, particularly the one describing heat gain/heat loss in the snowpack on pages 39 and 40. On the plus side, the section on field snow observations is the most complete of any current avalanche handbook. It includes many casual observations that can be made, while on skis, in addition to the more formal tests and snow structure studies.