

illustrate more important points. Numerous charts and diagrams provide technical data in an understandable way. The information is up to date. The author manages to avoid medical jargon and to speak to the average reader without condescension. This is an inexpensive, valuable addition to any outdoor library.

CHARLES S. HOUSTON, M.D.

Peaks and Passes of the Garhwal Himalaya. Jan Babicz. Alpinistyczny Klub Eksploracyjny, ul Armii Krajowej 12, Sopot, Poland, 1991. 246 pages, ridgeline maps, numerous drawings of peaks with routes marked, topos. Available postpaid from Jan Babicz, ul Grottgera 24/2, 80-311 Gdańsk, Poland, \$14.00 (US). (Better to send banknotes than a check.)

This very valuable book, written in English, begins with general information about Garhwal. Part two deals with the 7000-meter peaks of the region, including Nanda Devi, Trisul, Kamet, Mana, Chaukhamba, Satopanth and others. Part Three has data on the peaks of the western part of the Gangotri region, such as Thalay Sagar, Shivling, the Bhagirathi peaks and many others. These two sections give a detailed history, in most cases up to 1989, of the individual mountains, the routes by which they were climbed and by whom. There are skillful drawings of the peaks with the routes shown, plus topos of some routes, maps locating the mountains and other important information. The final section describes high treks.

This reviewer, who has made several expeditions in the region, finds the book accurate and a great reference tool. It should be consulted by anyone planning to visit the region. The author believes that the book will soon be available from Chessler in the United States and from Cordee in England, but it may be ordered directly from him.

H. ADAMS CARTER

Trekking Mount Everest. Ryohei Uchida. Chronicle Books, San Francisco, 1991. 128 pages, 257 color photographs, 3 sketch maps. \$16.95.

Ryohei Uchida is a master photographer. He has been a professional for 21 years and has visited Nepal thirty times. While preparing the present volume, he made six trips to Nepal during four years. The photographs are stunning. There are lovely scenes of the landscape taken along the route between Jiri to Everest Base Camp, photographs of the local people at home and at work, shots of festivals and art objects.

This is more than just a trekker's guide, thanks to the gorgeous photographs and information it gives. Eight of the well-illustrated chapters are devoted to the trekker routes to approach the Base Camp of Everest: for instance from Jiri to Lukla, from Lukla to Namche Bazar, etc. There are also two side trips: from