

the various substitutes. It tells how to gather and prepare these plants, and urges caution in identifying them.

Even for a person like myself who has smelled, tasted, nibbled and munched through many of these native gastronomical delights, this publication has some new information. I would recommend it to any beginner outdoor gourmet who already has a good knowledge of plants. Those unfamiliar with plants will need a knowledgeable friend to get the most out of this book.

Two last words: "Good sipping."  
— Reviewed by *Frank Switzer*, 1301 Shannon Road, Regina, Saskatchewan, S4S 5K9.

## THE COMPLETE OUTFITTING AND SOURCE BOOK FOR BIRD WATCHING

MICHAEL SCOFIELD, 1978. The Great Outdoors Trading Company, Marshall, Calif. 192 pp. \$6.95.

This book answers a multitude of questions for the novice birdwatcher, beginning with the basic one posed in the introduction: "Why bother with birds?"

A chapter on the history of bird watching takes us back to the first representation of a bird, probably the Common or European Crane, scratched on the wall of a cave in the Pyrenees in Paleolithic times, and entertains us with anecdotes about famous birdwatchers from Aristophanes to Roger Tory Peterson.

There are useful and detailed chapters on buying equipment. To take one example, the "Binocular

Buying Guide" has pictures and descriptions of 43 types of binoculars. One section deals with publications (periodicals and books) and another with clubs and organizations, how they originated and how to decide which to join. Clubs are listed for each state in the U.S.A. and for all Canadian provinces except New Brunswick and P.E.I., and for 23 countries outside North America, from Australia to Zambia. Next, the best birding sites are identified, beginning with the window looking into one's yard, and going on to list refuges, sanctuaries, etc. There is a state by state list of best birding sites, but no list for Canada. In addition, there is a section on tours, with advice on how to choose a suitable tour.

There is a glossary at the end of the book, and six appendices listing zoos and natural history museums, specifications for bird houses, birds' favourite plants, official state birds, "Rare Bird" telephone numbers, equipment manufacturers, and the 718 North American species.

As this is a soft-covered book, it is less expensive, and its black-and-white photographs of birds and birdwatchers and its chatty text make it more attractive to the novice birdwatcher. — Reviewed by *Lois Clark*, 403 - 1233 Fairfield Road, Victoria, B.C. V8V 3B4.

## BOOK LIST AVAILABLE

The Blue Jay Bookshop has published an extensive, 37 page list of natural history books and records. Copies are available from Box 1121, Regina, S4P 3B4 for \$1.00. With the list you receive a credit note for that amount good for purchases over \$6.00.