Book Reviews

Writing and Speaking in the Technology Professions, Second Edition. Edited by D. F. Beer (University of Texas, Austin). Wiley-Interscience Publishers, IEEE Press, Piscataway, NJ. 2003. xiv + 517 pp. 8.5 × 11 in. $44.95. ISBN 0-471-44473-1.

The book is composed of 10 parts, each with roughly seven to eight articles from IEEE Transactions on Professional Communication over the past two decades. Forty-six of the articles are new to this edition. This book serves as an "all in one" type of improvement handbook. Many examples are geared toward the engineer and most of the authors are engineers, but the book will also benefit anyone in the scientific profession. The topics covered in the book include research report writing, visual and oral presentations, reference manual writing, winning over the customer, international writing, and cyberpspace/e-mail.

Parts I and II are a review of what most scientists "should" have learned in college English composition and/or scientific writing courses. It is an excellent refresher, and new things can be learned from it. Foreign scientists striving to improve their written English in the workplace would especially benefit from this section.

Parts III, V, VII, and VIII relate to real world situations, such as making presentations, customer interaction, and team communication. The section "Fifteen Questions to Help You Write Winning Proposals" was particularly excellent, concisely and pointedly telling writers what they need to know to write successful proposals. Some of the other sections were a bit long, but still well written.

Parts IX and X deal with topics usually not seen in traditional books on writing. Part IX is on global communication, and part X is on the Internet and electronic communication. Global and electronic communications in the workplace are more important than ever. I found these sections especially valuable, since our company is international, with R&D people in Europe and Japan.

Writing and Speaking in the Technology Professions, priced at ~$45, is a good value and should be in every company library under "Professional Development".

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The Short Road to Great Presentations. By Peter and Cheryl Reimold (PERC Communications). John Wiley & Sons, Inc., Hoboken, NJ. 2003. xvii + 342 pp. 8 1/2 × 11 in. $39.95. ISBN 0-741-28136-0.

Recently, I sat in a seminar, trying to ignore the resonant snores of an audience member nearby, and straining to interpret the mumbling tones of the speaker. "Basically, as you can see on slide #67...," he droned, gesturing toward a massive table typed with 14-point font. It was the 34th time he had said 'basically' since the beginning of the talk, I noted while valiantly attempting to read the slide past his belly, which, due to his position, blocked nearly a third of the screen from view. If only this speaker had read *The Short Road to Great Presentations* and employed its suggestions!

At first glance, this book seems not terribly impressive, its glossy soft-bound form more reminiscent of a laboratory manual than of an authoritative text on creating clear and effective presentations. However, once you venture into the first few pages of the literary landscape, the authors' clear organization of pertinent topics, crisp language, and realistic examples of both good and poor presentations will capture you.

The authors describe good presentation giving as a skill—something that can be learned and continually improved upon—rather than as an inborn talent, an attitude comforting to the presentation-impaired. Organized broadly into two parts, this book in the first portion describes and defines *what* materials you will need in order to effectively give a good presentation, while the second half illustrates *how* to give it. The arrangement of topics within these broader sections is satisfyingly logical, with each clearly defined, justified, and accompanied by a flock of pertinent and practical examples. Contrasting outline, note, slide, chart, and visual styles are designed to encourage positive self-critique and improvement.

Unlike other books of this subject, topics invoking the power of psychology are introduced, including the effects of color scheme, voice tonality, language, gestures and body stance, eye contact, and even humor—with an attention to detail that will be especially appreciated by people from other countries giving presentations in the United States for the first time. Techniques for dealing with familiar, yet trying, challenges, such as regaining lost attention, time shortages, technical problems, handling hostile and/or skeptical questions, successfully moderating conference sessions, and intelligently using presentation software, are communicated clearly and succinctly.

The price of this book is very reasonable, given the wealth of topics, examples, and techniques contained within; the contents are both effective and applicable to presenters, whether they come from academia or industry, from this country or another. The only flaw seemingly apparent in this book is perhaps an *overabundance* of details, illustrations, and examples, which I suspect might fatigue one reading the book cover to cover in under 24 h. I would recommend this text to any person who values self-improvement and plans to make presentations as part of his or her professional career.

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The Practice of Medicinal Chemistry, 2nd Ed. Edited by C. G. Wermuth (University of Louis Pasteur). Academic Press, San Diego, CA. 2003. xv + 768 pp. 22 × 28.5 cm. $174.95. ISBN 0-12-744481-5.

This book is written for organic chemists with little or no background in medicinal chemistry who would like to acquire specific aspects of medicinal chemistry during their early years in pharmaceutical industry. In this regard, the authors have done an excellent job in choosing what to cover and what to gloss over in their coverage. Most of the chapters are well written and very appropriate for the stated objectives. In this reviewer's opinion, this text would also be of value to graduate programs in medicinal chemistry and natural products for beginning graduate students.

The second edition of this book contains updated information reflecting current practice in the design, discovery, and development of new therapeutic agents. It also includes discussions on the use of modern drug design strategies such as genomic and proteomic research, receptor mapping, automated, high-throughput/virtual screening techniques, and drug solubilization in the discovery and development of new drugs.

The book is divided into eight parts. Part I, General Aspects of Medicinal Chemistry, includes a chapter entitled "A brief history of drugs: from plant extracts to DNA technology", which provided a rich historical perspective as to why chemists in natural products and in medicinal chemistry should work together in their quests for future design and discovery of new therapeutic agents. The remaining three chapters cover the measurement of biological activity and the three main phases of drug activity that are very useful to all medicinal/industrial chemists.

Part II, Lead Compound Discovery Strategies, is, perhaps, one of the best parts of this book for the beginning organic/natural products chemist. It contains a must-read chapter, written by the editor, discussing various strategies and original working hypotheses used in the search for new lead compounds. The remaining six chapters cover important topics such as using natural products, molecular biology, combinatorial chemistry, database mining, chemoinformatics, and the Internet for lead discovery in medicinal chemistry. The chapters on "Natural products as pharmaceuticals and sources for lead structures" and "The contribution of molecular biology to drug discovery" should be of the most interest to readers of this journal because they contain many examples of success stories in the design and discovery of modern drugs.

Part III, Primary Exploration of Structure−Activity Relationships, contains seven chapters focusing on basic medicinal chemistry principles. Beginning graduate students in Medicinal Chemistry and industrial chemists should find these chapters particularly useful and informative.

Part IV, Substituents and Functions: Qualitative and Quantitative Aspects of Structure−Activity Relationships, contains four chapters; the chapter on the "Specific substituent groups" is very thorough, while the chapters on the "Role of functional groups in drug receptor interactions" and "QSAR" are quite informative. However, this reviewer found the inclusion of a chapter on "Compound properties and drug quality" under this section puzzling. Not only is this chapter poorly written, but the title is also misleading, because it actually covers the design of combinatorial libraries.

Part V, Spatial Organization, Receptor Mapping and Molecular Modeling, contains seven well-written chapters covering specific aspects of medicinal chemistry from stereochemical aspects of drug action, pharmacophore identification and receptor mapping, 3D-QSAR, protein crystallography, to peptidomimetic drug design. These are important topics for beginning graduate students in medicinal chemistry and natural products chemistry. In this reviewer's opinion, the chapter on "The transition from agonist to antagonist activity: symmetry and other considerations" perhaps should have been included in the previous section (Part IV).

Part VI, Chemical Modifications Influencing the Pharmacokinetic Properties, contains five chapters. The chapters on "The fate of xenobiotics in living organisms" and "Biotransformation reactions" provide basic principles for all medicinal chemists interested in learning how drugs and xenobiotics are metabolized. The chapters on "Designing prodrugs and bioprecursors" and "Macromolecular carriers for drug targeting" provide interesting strategies for any medicinal chemists involved in lead optimization or target delivery of drug molecules. The chapter on "Chemical mechanisms of toxicity: basic knowledge for designing safer drugs" unfortunately contains some errors under N-oxidations. The statement on the relative toxicities of primary, secondary, and tertiary amines is incorrect; only hydroxylamines derived from the primary and secondary aromatic amines are potentially hepatotoxic, not aliphatic amines. This is because primary aromatic amines are always acetylated in vivo via Phase II metabolic biotransformation, while secondary aromatic amines can be N-dealkylated followed by acetylation as illustrated by acetaminofluorene under Figure 32.11. Furthermore, the author also errs in stating that 4-ene-VPA is the hepatotoxic/teratogenic metabolite of valproic acid (VPA). 2,4-Diene-VPA has been established recently as the real toxic metabolite of VPA.

Part VII, Pharmaceutical and Chemical Formulation Problems, contains five very important chapters for the industrial medicinal chemist. The chapters on "The preparation of water-soluble compounds" cover the criteria for the selection of appropriate salt for formulation and also the strategies of converting a water-insoluble drug into a water-soluble derivative.

Part VIII, Development of New Drugs: Legal and Economic Aspects, contains four chapters addressing very important aspects of new drug development from an industrial perspective. The chapter on "Legal aspects of product protection—what a medicinal chemist should know about patent protection" is a must-read chapter for all chemists working in drug research. The chapter on "The consumption and production of pharmaceuticals" is informative, but unfortunately outdated.

In conclusion, this book is highly recommended for any organic, medicinal, and natural product chemists who would like to learn basic drug design principles in medicinal chemistry. It is also a suitable text for advanced undergraduate and beginning graduate students training to be medicinal chemists.

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Allelopathy, Chemistry and Mode of Action of Allelochemicals. Edited by Francisco A. Macías (University of Cádiz), Juan C. G. Galindo (University of Cádiz), José M. G. Molinillo (University of Cádiz), and Horace G. Cutler (Mercer University). CRC Press, Boca Raton, FL. 2004. xiv + 372 pp. 16 × 24 cm. $129.95. ISBN 0-8493-1964-1.

The word allelopathy is derived from two Greek words, *allelon* meaning "of each other" and *pathos* meaning "to suffer". In a broader sense, the term allelopathy denotes the body of scientific knowledge that concerns the production of secondary metabolites by one organism and escape or release of these allelochemicals into the environment to subsequently influence the growth and development of other organisms. In the Preface, the editors note, "Initially, most of the work in allelopathy was observational, and the science was chided by purists as being clumsy and somewhat lacking in hard content and proof. But in recent years, some of the chemical causes and effects for the allelopathic phenomenon have begun to take form. Essentially, this was the substance of *Recent Advances in Allelopathy, Volume 1. A Science for the Future* (eds. F. A. Marcias, J. C. G. Galindo, J. M. G. Molinillo, and H. G. Cutler. University of Cádiz Press, 1999). Indeed, that publication was a mix of both observational and chemical allelopathy, and it emanated from the First Symposium of the International Allelopathy Society (IAS), held in Cádiz, Spain, in September 1996. Essentially, the present work, *Allelopathy: Chemistry and Mode of Action of Allelochemicals* is Volume II in the continuing saga of allelopathy and the title is self-explanatory." The volume begins with a 12-page introduction by G. R. Waller on "Reality and Future of Allelopathy", which outlines the world's need for research and development in allelopathy in agriculture, forestry, and ecology, and appears to be based on a talk given by the author at the First World Congress on Allelopathy: A Science for the Future.

This book contains 16 short chapters, each of about 15−35 pages in length, contributed by 44 authors. Some chapters are in the form of reviews, but the majority are research updates from the authors' laboratories. These chapters cover a wide variety of topics and are reasonably current, with a number of citations being made to papers published between 1995 and 2001. The review-type chapters are few and cover subject areas such as SAR studies on heliannane sesquiterpenes, chemistry of host−parasite interactions, importance of alkaloidal functions, mode of allelochemical action of phenolic compounds, and useful bioassays for the study of allelopathy. The remaining chapters cover a wide variety of topics of contemporary interest including modes of allelochemical action of lichen metabolites, phytotoxic terpenoids, phenolic compounds, hydroxamic acid derivatives, phytotoxic fungal metabolites, bioactive compounds from Potamogetonaceae, fate of phenolic allelochemicals in soils, generation, effects, and detoxification of benzoxazolin-2(3*H*)-ones in the competition among plants, and application of analytical, proteomic, and microscopic techniques in allelopathy research. In addition, the book contains a comprehensive Index.

The book is poorly organized, and the chapters are uneven in quality and style of presentation. It would have helped the reader if chapters were grouped into three sections, with a short introduction for each, covering allelochemicals and their interactions, mode of action and SAR studies of allelochemicals, and scientific tools for the study of allelopathy. Despite these drawbacks, the book is well-produced, free of any serious errors. Although it is probably too expensive for most individual scientists, this book is certainly a worthwhile acquisition for departmental and university libraries.

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Botanical Medicines, the Desk Reference for Major Herbal Supplements, 2nd ed. By Dennis J. McKenna, Kenneth Jones, and Kerry Hughes (University of Minnesota, Institute of Natural Products Research). Haworth Press, Binghamton, NY. 2002. xx + 1138 pp. 15 × 21 cm. $79.95. ISBN 0-7890-1266-9.

A desk reference on 34 botanicals that includes over 1000 pages of text is a rarity in the United States. The selection of the plants is quite rational, representing some of the most scientifically studied medicinal plants from Europe, China, and America that have the potential for widespread popular use. The inclusion of the fungi *Cordyceps*, *Monascus* (red yeast rice), and *Ganoderma* (Reishi), as well as plants consumed as botanical supplements that also have a place as foods and beverages, like cranberry, grapeseed, and green tea, adds to the diversity of botanicals reviewed.

To have a quick reference of the scientific basis of the known risks and benefits for a group of plants that is widely consumed as supplements or herbal medicines is of utility for both healthcare and research professionals, as well as companies interested in these plants. There is a wealth of information in the book for each plant that is organized by the botany, traditional uses, chemistry, possible therapeutic applications, preclinical data, clinical data, dosage, safety, and selected references. The information for each heading is necessarily brief to cover so many topics, is sometimes primarily based on review articles, and, for some topics, is limited for making an expert evaluation of the meaning and applicability of the information.

For what is currently available for a basic reference on many of the most popular botanicals, this book is among the best that has been written, and I have found it a useful addition to my library.

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Quality Standards of Indian Medicinal Plants, Vol. 1. A. K. Gupta, Coordinator (Medicinal Plants Unit, Indian Council of Medical Research). Indian Council of Medicinal Research, Ansari Nagar, New Delhi, India. 2003. xvii + 262 pp. 20 × 27.5 cm. $40.00. ISBN-0972-7213.

According to the Preface of this volume, nearly 7500 plant species are used in India in the formulation of

medicinal plant-based healthcare products. The present book provides concise and informative analytical monographs for 32 of these species, which were selected for their therapeutic value. It is planned to publish further volumes to cover approximately 200 species in total. The individual pharmacognostic and phytochemical monographs were compiled by staff members from botanical and pharmaceutical institutions in Ahmedabad, Lucknow, Mohali, and Thiruvananthapuram, with the particular plants covered being chosen by an expert task force.

The plants included in this volume are, in turn, *Abutilon indicum*, *Alpinia galanga*, *Arnebia euchroma*, *Artemisia annua*, *Asparagus racemosus*, *Bergenia ciliata* forma *ligulata*, *Butea monosperma*, *Cassia occidentalis*, *Cassia senna* var. *senna*, *Cinchona officinalis*, *Cinnamomum verum*, *Curcuma amada*, *Cyperis rotundus*, *Elettatia cardamomum*, *Gymnema sylvestre*, *Holarrhena antidysenterica*, *Jatropha glandulifera*, *Lawsonia inermis*, *Moringa oleifera*, *Mucuna pruriens*, *Murraya koenigii*, *Myristica fragrans*, *Nigella sativa*, *Piper longum*, *Pueraria tuberosa*, *Sida acuta* ssp. *acuta*, *Tephrosia purpurea*, *Terminalia bellirica*, *Terminalia chebula*, *Tinospora cordifolia*, *Tylophora indica*, and *Wedelia chinensis*. If *G. sylvestre* is taken as a representative example, the monograph has a color photograph of the leaves and twigs; a list of synonyms in seven of the languages used in India; a macroscopic description of the plant; a microscopic description of the powdered leaves, supported by a helpful figure; a listing of the chemical constituents and their structures, inclusive of the sweetness-inhibitory gymnemic acids as major principles; details of a TLC identity test; descriptions of antisaccharine and foaming index assays; quantitative standards (limits on foreign matter, total ash, loss on drying, etc.); and information on known adulterants/substitutes, pharmacology, the therapeutic category represented, safety aspects, and dosage. This monograph is supported by over 30 updated references. The book has several appendices detailing general protocols useful for the quality control of herbal remedies, including methods for the isolation of marker substances and the correct procedures for the drying and storage of raw plant material. Three indices are provided, embracing separate lists of botanical and chemical names and common names used for the 32 plants covered. Overall, the book has been well thought out and is carefully presented. It is printed on high-quality glossy paper, and the many illustrations included are of overall high standard, including useful color photographs of TLC plates after solute separation. However, one or two of the plant photographs are not completely in focus, and several of the GC and HPLC traces could have been drawn a little more neatly.

This book is intended for persons performing quality control in the botanical drug industry, practitioners of indigenous systems of medicine, regulatory authorities, and academicians, researchers, and health professionals. It can be highly recommended for its target market, especially at the very reasonable price asked for a hard-backed volume.

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Liquid Chromatography/Mass Spectrometry, MS/MS and Time of Flight MS: Analyses of Emerging Contaminants. Edited by I. Ferrer and E. M. Thurman (U.S. Geological Survey), Oxford University Press, New York (American Chemical Society Symposium Series 850). 2003. xii + 415 pp. $6^1/_4$ x $9^1/_4$ in. $145.00. ISBN 0-8412-3825-1.

This symposium series, sponsored by the ACS Division of Environmental Chemistry, was based upon the 223rd American Chemical Society meeting (April 2002 in Orlando, FL) entitled "Analysis of Emerging Contaminants Using LC/MS/MS". The book, consisting of 22 chapters divided into three sections, is representative of methods that have been developed to identify trace compounds of anthropogenic origins via LC/MS/MS. Each chapter has been written as a research article that typically contains an introduction, experimental, results and discussion, conclusion, and reference sections. While there are no theoretical discussions on mass spectrometry, the text does provide informative detail on the strengths and weaknesses of the various mass spectrometers (Q-TOF MS/MS, QIT MS/MS, triple quadrupole MS/MS) and their application toward monitoring emerging contaminants: pharmaceuticals, hormones, antibiotics, pesticides, natural products, and surfactants.

In this first section, Chapters 1−3 provide an introduction to the environmental contaminant issue, strengths and weaknesses of the various mass spectrometers, and European guidelines toward identification of residues. Chapters 4−8 comprise the second section, entitled "Identification of Unknowns by Combining LC/MS/MS and TOF-MS". Of particular interest to natural products chemists, Chapter 4 provides an excellent example of dereplication of known compounds from novel structures within an extract of the marine cyanobacterium *Lyngbya majuscula*. This difficult task was accomplished *in toto* by LC-mass spectroscopy. Mineralization of diuron, a herbicide, via photo-Fenton degradation, determination of an unknown system contaminant (*n*-butylbenzenesulfonamide), sensitive and selective determination of polar organic contaminants (pharmaceuticals and personal care products), and the discovery of degradates of alachlor, acetochlor, and metolachlor are presented in Chapters 5−8. In the last, and by far the largest, section of the text, Chapters 9−22 are further subdivided into emerging contaminants of pharmaceuticals, pesticides, and surfactants/natural products, respectively. This section is the "heart" of this book, in which various separation techniques when combined with mass spectrometry (e.g., Q-TOF MS/MS, QIT MS/MS, triple quadrapole MS/MS) serve to identify low levels of emerging contaminants or their degradative products. Chapters 15 and 21 are particularly interesting. The former describes the determination of acetanilide (herbicide) degradates in ground and surface waters via direct aqueous injection. The important advantage of this technique is the absence of any sample preparation (i.e., no laborious or time-consuming sample cleanup or concentration required). The latter chapter relates the use of 2,4-dinitrophenylhydrazine to derivatize polar carbonyls of disinfectant byproducts to form their hydrazones. Such a process provides better separation by HPLC and better ionization by electrospray ionization when compared to the parent compounds.

During 1999−2000, reconnaissance of United States water resources by the U.S. Geological Survey for pharmaceuticals and other wastewater byproducts indicated that 80% of the streams (139 streams from 30 states) sampled had some measurable levels of contamination. Reminiscent of Rachael Carson's "Silent Spring" with

regard to the potential impact that these compounds may pose to our environment, *Liquid Chromatography/Mass Spectrometry, MS/MS and Time of Flight MS: Analyses of Emerging Contaminants* is a timely text that introduces sensitive analytical techniques to address environmental water quality. The editors did a fine job with this broad subject, which included contributions by European scientists. While it may not be a drawback, the editors contributed to seven of the 22 chapters, an indication that this area of science is in its infancy. Even though some chapters contained minor typographical errors and poorly reproduced drawings, none detracted from the topics as presented.

In summary, this text will be a welcome resource for environmental analytical chemists, environmental toxicologists, or anyone interested in studying the metabolism and environmental fate of drugs or chemicals, as well as natural product chemists wishing to learn of alternative mass spectroscopic techniques for the identification of metabolites.

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Herbal Medicine and Botanical Medical Fads. By Frank Hoffmann (Sam Houston State University) and Martin Manning (U.S. Department of State). The Haworth Press, Inc., Binghamton, NY. 2002. xii + 241 pp. 6 × 8 1/2 in. $24.95 (soft). ISBN 0-7890-1149-2.

The title of this book suggests an exploration of the important distinction between the responsible practice of herbal medicine and faddish behavior toward herbal products often observed in popular culture. While it may catch the eye of health-care professionals or scientists with an interest in pharmacognosy, the book contains relatively little practical discussion of modern herbal medicine and unfortunately ignores the potential problems associated with "botanical medical fads". It is a consumer text that emphasizes popular uses of herbs and summarizes historical, botanical, and general medicinal information available from other secondary resources. The introduction links a discussion of the definitions of fads with a brief history of cultural trends in the use of herbs and spices. The remainder of the volume consists of an alphabetical series of short essays covering 100 commonly used culinary and medicinal herbs, interspersed with entries describing a diverse array of herbal topics. The authors state that their work "attempts to integrate information from a variety of perspectives: agriculture and botany, the medical sciences, gardening, the decorative arts, cosmetics, cooking, and popular culture" and that it is targeted toward "herb enthusiasts and students in schools and institutes of higher education". Although there is unquestionably a growing need for accessible information about herbal medicine, there are a number of issues that prevent recommendation of this book to those interested in an evidence-based approach to this field.

The authors, a professor of Library Science (Hoffmann) and a research librarian (Manning), do not have backgrounds in the natural sciences and are writing from the perspective of aficionados of popular culture. Because their area of expertise presumably values comprehensive research of the literature, the lack of primary sources in this book is surprising. Each essay finishes with a bibliography, but of over 340 references cited for the herbal sections, only 35 are from primary, peer-reviewed literature sources (and seven of those are parenthetically acknowledged to be cited from other secondary sources, calling into question whether the authors consulted the primary literature in those cases). There is a single, brief mention of the German Commission E, and only one reference to the American Botanical Council's German Commission E Monographs. While the targeted audience may not be interested in exploring the primary literature, the credibility of some of the medicinal claims presented in this book is of concern. The authors rely heavily on a book called *Heinerman's Encyclopedia of Healing Herbs and Spices* by medical anthropologist John Heinerman (to whom they dedicate their book), citing it in over 60% of their herbal bibliographies. A careful perusal of the *Encyclopedia* itself revealed many recipes for herbal remedies and anecdotal descriptions of "cures" attributed to herbal formulations, but few references to clinical trials or scientific studies.

Also of concern in *Herbal Medicine and Botanical Medical Fads* is the "Supplementary List of Botanicals and Their Applications", a compilation that includes additional medicinal herbs. The list provides no cautions about toxicity, adverse effects, potential drug interactions, or the dangers of self-treatment. One entry is completely vague (a listing for applications of "fungus" to cancer and chronic fatigue syndrome), and another is arguably unsafe (listing the highly toxic nux vomica as a remedy for hangovers without any warning concerning its use).

This book provides some interesting historical information and botanical descriptions and summarizes many traditional medicinal applications, even for herbs not commonly recognized as medicinal. Unfortunately, the discussions of a number of the more scientifically researched herbal medicines are disappointing. For example, although the section on ginkgo is relatively well referenced, the authors barely discuss its medicinal value, only briefly mentioning its antioxidant properties and its applications in traditional Chinese medicine. They attribute ginkgo's popularity to its "ability to cut across demographic lines", stating that, "It is in high demand as a means of increasing oxygen to the brain—thereby enhancing mental sharpness—among yuppies, latter-day hippies, hardcore advocates of alternative medicine, second- and third-generation Asian Americans, and many other subcultures." The essay on St. John's Wort, while more convincingly referenced than most of the pieces, details the lesser-studied applications of this herb, while downplaying its promise in the treatment of mild to moderate depression and emphasizing (twice) that it is unsuitable for treating severe depression.

Those searching for information on herbal research and safety will find sections that describe, and provide contact information for, organizations such as the American Botanical Council and the Herb Research Foundation. The history of laws regulating herbal products and the roles of the FDA and the FTC in the regulatory process are described in another essay.

There are few, if any, publications by scientists or physicians cited in the list of recommended reading, and none by generally recognized authorities such as Varro Tyler or James Duke. Professor Tyler's *The Honest Herbal* and *Herbs of Choice* are excellent examples of works that provide accessible information to health-care providers, herbal researchers, and laypeople, while extensively referencing the primary literature. It is curious that The

Haworth Press, publisher of *Herbal Medicine and Botanical Medical Fads*, lists two books attributed to Dr. Tyler on the page entitled "New, Recent, and Forthcoming Titles of Related Interest", but the authors themselves only reference him twice. This book covers a wide range of herbal topics, but contains little evidence-based information about herbal medicine. Therefore, from a scientific standpoint, it is not suggested for the readership of the *Journal of Natural Products*. However, those seeking anecdotes, folklore, and general medicinal information about various herbs should find some useful and entertaining passages within its pages.

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