

Enough documentation is provided to lend an air of authenticity to the research, but too little is provided to make *Company of Adventurers* a solid study of the HBC's control of the fur industry in Canada.

This matter of partial documentation creates yet another difficulty. The reader is frequently nonplussed to distinguish between statements of irrefutable fact, expert opinion, and hypotheses and conclusions proffered by the author himself. For the most part, Newman makes such distinctions clear, but too often *Company of Adventurers* demands an act of faith many readers will not be willing to grant.

One wonders if the Company would have had such good faith with similar deficiencies in the balance sheets of its factors.

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CIRCUMPOLAR HEALTH '84, PROCEEDINGS OF THE SIXTH INTERNATIONAL SYMPOSIUM ON CIRCUMPOLAR HEALTH. Edited by ROBERT FORTUINE. Seattle: University of Washington Press, 1985. 508 p., appendix, index. Hardcover. US\$40.00.

This volume contains many of the papers presented in Fairbanks, Alaska, in May 1984, the sixth symposium in a series held every three or four years since 1967. The papers deal with the health of three human populations: the "relocated southerners," "the people who have been here in the circumpolar regions for countless generations . . .," and "the visitors," usually belonging to the workforce whose tours of duty vary from a few days to a season or more. Some papers deal with acclimatization of newcomers, others with cultural adaptations in the original populations.

The settlement of a nomadic people is shown to have resulted in a loss of lung capacity and of leg muscle power, as the long treks between hunting and fishing sites are no longer made on foot. Interestingly, hand grasp is maintained to wrestle with snowmobiles! Subcutaneous fat is increased with a lower calorie output and an intake augmented by the availability of southern foods. Many southern foods contain sugar and are associated with dental caries. There is also increasing recognition of diabetes mellitus in a people who were once thought never to exhibit the condition. The effect of increasing adiposity on cardiovascular health cannot yet be demonstrated, but as this generation ages a comparison with their forebears will become possible.

Family planning is discussed in a paper from Finland, and from Greenland teen-age pregnancy, often ended by abortion, showing a need for improved sex education. The improvement in maternal, stillbirth, and neonatal mortality rates associated with delivery in well-organized hospitals is reported. From Alaska comes a report of Caesarean section rates of 25% for private hospitals compared with less than 10% for the Alaska Native Medical Centre. The value of midwives in maternal care is reported from Finland and Greenland. Unfortunately the improvement in pregnancy outcome is not matched in the mortality rates for infants and children, which remain stubbornly high in Labrador, northern Ontario, Greenland, and Alaska. The Finnish experience may provide guideposts to other countries.

A paper from Iceland on computerized records available for the population includes censuses up to 300 years old. It shows the use of linkage between disease records and relatives more or less close as chosen by the researcher. Dr. Petursdottir mentions particularly a study of breast cancer made using these records and throws out the challenge to those in Canada and elsewhere with immigrant populations of Icelandic origin to compare disease incidence among the migrants with that of their cousins in the homeland, a method that has proved a fruitful epidemiological technique in other contexts.

There are papers on infectious disease — historical for smallpox and tuberculosis in the early 1800s, more recently showing tuberculous damage to the lungs of Inuit in past decades, and current problems,

including the reactivation of tuberculosis. Hepatitis B is the focus of several papers, and the problems posed by prolonged virus survival in cold climates are also addressed.

Environmental contamination by mercury from both natural and industrial sources is considered because the metal accumulates in fish and marine mammals, which are important native foods. It appears that in Greenland a high selenium content in the diet has a protective effect. Radioactive and other contaminants blow north on prevailing winds and cause an "arctic haze." They accumulate in lichens, which are grazed by caribou. These are hunted by humans, and so in this nutritional context we have another example of the "global village" with the Arctic an unintended pollution sink. Happily a more benign aspect of northern diet is presented in a paper on "country food," the fish and game pursued and used locally in Labrador in 1980-81.

Tobacco smoke is the most frequently inhaled pollutant, and its deleterious effects are noted in students in Alaska and among Inuit in Canada. It is also reported as a factor in low birth weight and infant morbidity and as a precursor of fatal house fires. There are more entries in the index under alcohol than for any other topic. This reflects the recognized importance of this substance in the etiology of trauma (Jaw Fractures in Greenland), death due to house fires (Manitoba), the fetal alcohol syndrome, mental health problems, and in relationship to suicide. There are papers on strategy and management for both prevention and treatment of alcohol abuse and a plea for the involvement of community elders and of recognition and respect for local traditions.

Papers on health care, sickness care, and the delivery of services show increasing concern with native involvement. The Alaskan program for training and using Eskimo girls as community health aides shows one way of outflanking traditional professional boundaries. A Manitoba report shows the value of special premedical studies for native students seeking to qualify as doctors. The need to improve schools and transport, which may contribute more than direct employment of medically trained personnel, is recognized, as is the value of native involvement in policy-making and administrative areas, as well as in service delivery.

Technically the book is well produced, the print is legible, the illustrations show clearly the points we are to recognize, the tables are well laid out. Is the volume more than a souvenir for those who attended the symposium? It is a good overview of the type of health research going on in the polar regions. It gives names and addresses for workers in the field, sources of further information for those who wish to follow ideas and techniques reported. There are contributions from a dozen countries and many disciplines, showing opportunities for the application of ideas in fields different from those reported. Individual papers have references, which allow access to the field of study and draw attention to organizations active in the field.

Many individuals working in the North will wish a personal copy; many more will consult the book in the libraries of institutions whose staff may go to the North or who work with those already there. Most of the reports are from areas where cost is not an overwhelming obstacle to the delivery of top quality services, but poorer countries with sparsely populated areas, problems with the logistics of health care, and different climatic hazards will also be interested in much of the material presented.

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POPULATIONS AND BREEDING SCHEDULES OF WADERS, CHARADRII, IN HIGH ARCTIC GREENLAND. By HANS MELTOFTE. *Meddelelser om Grønland, Bioscience* 16:1-43, 1985. Softbound. No price indicated.

Waders include the bird families Charadriidae (sandpipers) and