

terpenes). The remaining Chapters cover a variety of interesting topics on ethnomedicine and herbal drugs, as mentioned previously. These include, among others, herbal drugs such as Ginseng, *Harpagophytum*, *Ginkgo*, and *Tinospora*. There are also Chapters on artemisinin, curcumin and the biological activities of epigallocatechin gallate and kinetin. Whereas some Chapters focus on more specific herbal drugs, others have certain target diseases/ailments as the focus. This allows for the book to provide a lot of concise information on a variety of topics.

With global interest in this field of research on the increase, books such as this one provide important reviews and references to various topics. Although it does save some printing space, I am personally not in favour of the bibliographic format used in this book (use of a numbered system, with no article titles given). References to other source articles can sometimes be the most important aspect of "review" Chapters in these types of reference works, and it is unfortunate that the full article titles are not given as this is often very useful information to a researcher. The book, however, is certainly a valuable addition to the field, and would be of interest to researchers and students in various fields of botany and ethnobotany, pharmacology, and herbal medicine.

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EndNote 1-2-3 Easy! Reference Management for the Professional, Second Edition, A. Agrawal, 2009, Springer, New York, USA, Price: €44.95, Soft Cover, 294 pages, ISBN: 978-0-387-95900-9, Website: www.springer.com

One of the tasks of any scientist is to manage literature and compile references in a meaningful and useful manner. This becomes an increasingly difficult task, as one collects more and more publications for the duration of a project, and throughout one's career. Information management is a major component in the research process and preparation of scientific manuscripts, although it is something that is seldom 'taught' in any course. With the increasing use of personal computers for information management, various reference software options have become available. EndNote® is one such available program, and is a popular and widely-used reference management software program. Endnote can be used as a database for simply cataloguing papers, but it also has the functionality to be a very powerful tool for referencing. Its use, however, is greatly enhanced with greater user skill and improved understanding of its capabilities. With this idea in mind, Agrawal has produced a really useful guide to fully using EndNote.

One of the unfortunate things about any book dealing with computer software is that new software versions are regularly released, as is the case with EndNote. Although the book is based

on Version X1 of EndNote, Version X4 has been recently released by Thomson Reuters. This, however, does not negate the usefulness of this book, since the main features of the software have not changed dramatically, and additional support and information on any upgrades can be found on the EndNote website (www.endnote.com). It is therefore, still a very useful book for those unfamiliar with the software, and the changes between Version X1 and recent releases should easily be managed. The book provides step-by-step instructions on using EndNote to create a digital library of scientific references and to create an accurately formatted reference list (bibliography) in a manuscript. It is both beneficial to novices and would aid experienced users in making use of the more advanced features of the software. Although it does take a little time to work through the book, the effort is worth it, as it enables one to really get the most out of EndNote and benefit from the powerful reference tool that it is.

When EndNote was released a few years ago, I was a bit of a sceptic, and didn't really understand the advantages of using such software, or how it could be an aid to manuscript preparation. I have, however, successively become more familiar with EndNote, and now find it to be a very useful research tool. If you've never used EndNote referencing software before, and are perhaps interested but nervous to do so, this is a book worth getting and spending some time on.

This Second Edition of *EndNote 1-2-3 Easy!* comes with a CD that contains a sample EndNote library, very useful 'cheat sheets' for quick reference, and copies of all the figures and tables in the book. There are also links to several online resources providing help on scientific writing and on downloading files, filters and styles for EndNote. It also contains a sheet with keyboard shortcuts (something that I personally found to be very useful). I would certainly recommend this book as a really useful addition for any University Library and Research Institution that makes use of EndNote.

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The Machinery of Life, Second Edition, David S. Goodsell, 2009, Copernicus Books, Springer Science + Business Media, New York, USA, Price: €25.00, Hard Cover, 167 pages, ISBN: 978-0-387-84924-9, Website: www.springer.com

The Second Edition of *The Machinery of Life* is a colourful improvement on the First Edition which was published in 1993. It covers much of the same content, but all the illustrations are now in colour and important scientific advances made in the last 15 years have been incorporated. In addition, a new chapter on "life, ageing and death" has also been included.

What makes this book rather unique is that the author, David S. Goodsell, has a distinctive talent of being able to produce artistic, yet “factual” and detailed interpretations of biological molecules, cells and tissues. His illustrations allow one to visually conceptualise what is going on inside a cell, and in various tissues and organisms (e.g. bacteria). Although this book is written with the non-scientist reader in mind, it is at a level of scientific footing that will satisfy readers who are scientists. Being a relatively easy read, with the aid of fantastic illustrations, it conveys an immense amount of information and concepts of biochemistry and molecular biology. Thus, it is a very good introductory text to biochemistry and molecular biology, and also provides a useful introduction to proteins, nucleic acids, lipids and polysaccharides. It also explores how vitamins, viruses, poisons and drugs affect the molecules in our bodies.

This book is beautifully illustrated and gives incredibly detailed drawings of the “molecular machines” that control the processes of life. Goodsell has produced watercolour paintings which magnify portions of a cell by one million times. He uses a combination of hand-drawing and computer graphic illustrations to show the arrangements of molecules inside cells and to help the reader better imagine biological molecules packed into living cells. The use of consistent scale and style allows the reader to gain a better grasp of the relative sizes of various molecules, ribosomes, proteins, and bacteria.

In my opinion, this book is a “must have” for any University Library, or for anyone who has any need to understand the “machinery of life”. Every biology student would benefit greatly from reading this book, and even if one already has a copy of the First Edition, it would be well worth purchasing a copy of the recently published Second Edition.

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Pooley's Trees of Eastern South Africa — A Complete Guide, Richard Boon, 2010, Flora & Fauna Publications Trust. Price: R295.00, PVC Cover, ISBN: 978-0-620-46019-4, E-mail: woodpamela@telkom.co.za, Website: www.briza.co.za

Many field guides for southern Africa or parts thereof are in need of revision. When finding out that Elsa Pooley's 1993 “Complete Field Guide to the Trees of Natal, Zululand and Transkei” was getting a facelift I was however surprised, as I felt this was — as it stood — one of the better field guides available. But it sure was worth the trouble. Richard Boon's revision is not only a bigger book, superb in terms of text, photography, and mapping, but also succeeds in making the

word ‘complete’ feel more at home, insofar as this is attainable by field guide standards. Beyond completeness where true trees are concerned, the book now includes plants such as low shrubs with woody rootstock, which could otherwise have been missed out from both wildflower and tree treatments. The most debatable line to be drawn was in the case of alien species. Following previous treatments, invasive species were included, while naturalised non-invasive ones, as well as widely planted, but not naturalised ones (as are many forestry species) were left out. It can be argued that at least the former category should have been included, since many of these plants are already more widespread than most of our local endemics.

The book acknowledges many changes in taxonomy that have recently happened at the species and genus level (e.g. *Searsia* as the new name for African *Rhus* species; though no distinction is made between African and Australian acacias). I was a bit disappointed though that recent taxonomic changes at higher level were largely ignored. The book continues to mention long-defunct family names such as Sterculiaceae and Tiliaceae (now Malvaceae), Caesalpiniaceae and Mimosaceae (now Fabaceae), while recent splits from Euphorbiaceae (Phyllanthaceae, Putranjivaceae) are not adopted. If the taxonomic revisions that brought about these families were primarily based on molecular data, there is now sufficient morphological support to make this knowledge field guide-worthy. More importantly, the presence in the region of truly distinctive and often ancient plant lineages such as the Aphloioaceae and Gerrardinaceae (both former Flacourtiaceae, and treated as such in the book), needs to be highlighted rather than concealed. These, together with the Heteropyxidaceae, Rhynchosocalycaceae and Oliniaceae (kept as families in the book and optionally in international treatments), as well as *Apodytes* and *Cassinopsis* (uneasily fitted in Icacinaceae, and yet to be widely-accepted as two distinct families), form the most characteristic ancient elements of the southern and East African tree floras, and this book is probably the best printed reference for the field worker interested in any of them.

A useful feature are the phenological data (flowering and fruiting months), plotted in colour alongside the distribution maps. The leaf line drawings are both accurate and representative, though it could be argued that multiple leaves should have been illustrated, at least for the most variable of the species — and in this respect Eugene Moll's 1981 “Trees of Natal” remains useful.

Thus, with the few drawbacks that any book of such broad scope will inevitably have, I feel this is the field guide yet to beat in our part of the world, and I sincerely hope that this level of completeness will one day be attainable for herbaceous plants.

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