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BOOK REVIEW

Title: PROGRESS IN ERGOMETRY, QUALITY CONTROL AND TEST CRITERIA
Authors: H. Loellgen and H. Mellerowicz (Eds.)
Publisher: Springer-Verlag, Berlin. 1985
Price: £19.00 **Paperback** **ISBN 0-540-13570-7**

Not all papers included in these proceedings have obvious relevance to the title of the seminar at which they were presented. Nevertheless some contributions do represent work towards one of the goals for the progress of ergometry in medicine as set out by Mellerowicz in his preliminary remarks. The paper by Loellgen consists of sound, practical advice on quality control and is an excellent source of references for the use of probability theory in exercise testing. Two chapters deal with evaluation of relatively new techniques; Stegemann and Essfeld's description of problems encountered with breath-by-breath expired air analysis systems and possible solutions is informative and opens up many possibilities; the accuracy of constant load electromagnetic cycle ergometers is examined by Landry and co-workers who have some reservations concerning the stability of the braking power of such ergometers over time and usage. Problems exist too with pedal speed-dependent ergometers, as shown by Cramer in his short but informative paper.

Measurement of blood lactate concentration is frequently undertaken as an index of muscle metabolism during exercise. Terry Graham cautions against a simplistic view of lactate metabolism and, in straightforward language, provides help with standardisation of methodology and interpretation. Jan Karlsson and co-workers document their experience of determining the onset of blood lactate accumulation (OBLA) in athletes and patients. The haemodynamic response to exercise receives attention; Heck and colleagues provide some 'normal values' for blood pressure in cycle ergometry whilst Thadani reminds readers of the influence of posture on blood pressure. Ruddel and co-authors show that if exercise intensity is very light blood pressure is influenced by factors other than the exercise test itself. Surprisingly, habituation of naive subjects to the procedures of ergometry is not suggested by these authors as a means of overcoming this problem.

An appendix includes a reprint of the American Heart Association's (AHA) checklist for operation of an exercise testing laboratory and a checklist for quality control arising from deliberations at the Seminar. The latter also relies heavily on the recommendations of the AHA and lacks detail. The text comprises 275 pages, including 104 Figures and 88 Tables.

Adrianne E. Hardman

BOOK REVIEW

Title: HOW TO RUN A MARATHON
Authors: Tony Benyon and Kevin Macey
Publisher: New English Library, Sevenoaks, Kent. 1986
Price: £6.95 (UK Edition) **120 pages. 57 whole page cartoons** **ISBN 0-450-06151-5**

My locum, knowing my almost obsessional interest in sports medicine and exercise physiology, gave me this book as a birthday present to bring me down to earth, and I can recommend it strongly to any wife/husband, girl/boy friend, parent or child of an equally obsessional runner as a suitable gift for the same purpose.

Chapters on what to wear, including pantomime horse costumes, how to train, effects of running (including the devastation of the sex life), types of runners and the race itself are all mentioned and each page of text is faced by an amusing but often only too true a cartoon. Serious runners will be amused at what they see illustrative of what their less dedicated friends do, and those with a more amateur approach will laugh at the dedicated. This is a book to dip into, to keep in the bathroom or waiting room (but it will soon be pinched) or to read at a single session, for example while waiting for the athlete to return home from his twenty mile jog on a cold winter's evening.

H. E. Robson