

## BOOK REVIEW

**Title:** A COLOUR ATLAS OF RHEUMATOLOGY  
**Author:** A. C. Boyle  
**Publishers:** Wolfe Medical Publications Ltd., London  
 Price: £11      Soft cover      176 pages      ISBN 0 7234 0960 9

This is a well presented, compact colour atlas detailing the majority of rheumatological conditions which are amenable to photography. Each chapter begins with a résumé of the condition under discussion followed by a mixture of clinical and X-ray pictures, each accompanied by an appropriate legend.

The longest chapter deals with rheumatoid arthritis and emphasises the multi-system nature of this disease. The following chapter on juvenile chronic arthritis was the only disappointment, in that it utilised the term Still's disease more frequently than one would in clinical practice today. After dealing with inflammatory condition the author covers degenerative arthropathies, crystal arthropathies and connective tissues diseases. A picture of an LE cell is perhaps unnecessary since this test would now be obsolete in most laboratories but I suppose may turn up in an examination situation. Rarer arthropathies and miscellaneous conditions are then covered. Generally the quality of the photographs is good, although a few of the X-rays have not been well reproduced. This book is recommended to fit in the pocket of any clinician, whatever their speciality or stage of career, and has the value of providing a spectrum of rheumatology that can be covered in a matter of minutes.

**Wendy N. Dodds**

## BOOK REVIEW

**Title:** PRINCIPLES OF EXERCISE TESTING AND INTERPRETATION  
**Authors:** Karlman Wasserman, James Hansen, Darryl Sue and Brian Whipp  
**Publishers:** Lea and Febiger, Philadelphia, 1987  
 Price: US\$43.50      274 pages with index and numerous tables      ISBN 0 8121 1020 X

The overall impression of this book indicates that it provides a detailed comprehensive introduction to the biochemical, physiological and the biomechanical mechanisms related to the body's response to exercise. It is a well presented and well bound book.

The first four chapters concentrate on the physiological and clinical factors related to exercise testing. They give a clear informative explanation of the principles of physiology of exercise, measurement of the physiological response to exercise and some of the major pathological disorders which limit exercise performance. The middle chapters discuss detailed methods of exercise testing, the normal values of exercise response and the interpretation of this response. Chapter 7 particularly provides an interesting approach in that it uses the knowledge of oxygen consumption and anaerobic threshold in the development of flow charts to deduce pathophysiology. The final chapters discuss with interpretive comments actual cases evaluated in the authors' clinical exercise laboratory. Though these case histories are informative, to have half the book on casework seems a little excessive.

A good understanding of cardiorespiratory physiology is required to get the best out of this book. What it does lack is a detailed discussion of the use of the ECG to diagnose coronary artery disease but, as the authors themselves comment, this aspect has already been described in detail in a number of monographs. Though the book is clearly clinically based, and thus has limited material on sport, it will provide a most helpful reference on exercise testing for clinicians and exercise physiologists alike. It will also provide an excellent reference for researchers and students in sports sciences and sports medicine.

**Peter Bale**

## BOOK REVIEW

**Title:** MAXIMAL AEROBIC POWER — A LONGITUDINAL ANALYSIS  
**Authors:** R. L. Mirwald and D. A. Bailey  
**Publisher:** Sports Dynamics London, Ontario 1986  
 Price: \$7.60 US      80 pages      104 references      ISBN 0 9691619 8 0

The title to this text presented the reader with different expectations than it provided. This book is not devoted to the theory and measurement of maximal aerobic power, but appears to be a higher degree thesis based on data from the Saskatchewan Growth and Development Study with special reference to maximum oxygen uptake. The content is presented in conventional dissertation format and as such is an excellent source of relevant literature, specific results and appropriate discussion and conclusions. The debate on curve fitting, comparisons with other published data, maturational age and physical activity analysis were all meritorious. The five major conclusions were justified.

I personally welcomed the text but one had the feeling throughout that a more conventional, if less convenient method of obtaining such useful information would have been on a thesis microfiche through inter-library loan.

**David A. Brodie**