NOTICE

FINNISH SPORTS AND EXERCISE MEDICINE JOURNAL

A fairly large number of the first issue of this journal, printed in English, has been sent to our retired Hon. Secretary for distribution to those of our members who would like a copy. The journal is most interesting, and relevant generally to problems common to the UK and North West Europe.

Would anyone wanting a free copy of this journal send a stamped addressed envelope, 10½" x 8½" (27 x 22 cms) – the size this journal comes in – with a 33 pence stamp (UK) or a one US dollar bill (overseas) to

Dr. P. N. Sperry,
49 Blakes Lane,
NEW MALDEN,
Surrey.

BOOK REVIEW

Title: **BASIC SPORTS SCIENCE**
Authors: K. Klausen, I. Hemmingsen and B. Rasmussen
Publisher: Mouvement Publications, Ithica, N.Y. English Edition – Translation edited by Edmund J. BURKE
Price: \$9.95 148 pages. figs. 50 drawings. Index

The authors of this book are on the staff of the August Krogh Institute, Copenhagen, and they have produced an interesting introduction to Sports Science – a brief description of the bones, types of joints, and actions of the main muscle groups, with details of simple experimental work that could be done to amplify the material of each chapter. Included in the anatomy section are good diagrams illustrating the mode of action of muscle contraction, the interactions of actin and myosin that were described so clearly by H. E. Huxley in 1959, and a brief description later in the book of the role played by red and white muscle fibres, which is not so clear.

Circulation and respiration are dealt with in a similar fashion; a brief description of the anatomy, followed by a lengthier discussion of the physiology, amplified by experiments, the latter not needing any expensive electronic equipment. The principles behind strength and endurance training are explained, and useful reference tables and nomograms are included, such as the du Bois nomogram for calculating surface area for height and weight, von Döbeln's tables for lean body mass, and Åstrand's nomogram for maximum oxygen uptake. Of the 22 references given for further reading, all are from Scandinavian, US or Canadian sources.

With a book written originally, I presume, in Danish, and translated, the translation edited by an American, one or two minor points of style diverge from standard British usage. There are several split infinitives, and some repetition of "is called", "this is called a sprain or strain", which rather talks down to the reader. Decimal points are indicated in the usual Scandinavian way as a comma, 6,9 instead of 6.9 and thousands are separated by a full point, 10.000 instead of a comma. I could find little to criticise in the text, though I consider the knee, with its complicated movements so essential to the sportsman, as a bad example of a hinge joint, and "housemaid's knee" is not due to bleeding or effusion into the knee joint itself. Åstrand's name, which begins with the penultimate letter of the Scandinavian languages, was quoted as Astrand, without its superscribed symbol, in the index.

These minor points, easily corrected in the next edition, do not really detract from a useful book that could form a standard text for the physical education teacher who does not need a deeper study of human biology, or for the keenly interested coach.

H. E. Robson