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BOOK REVIEW

Title: PEDIATRIC SPORTS MEDICINE FOR THE PRACTITIONER
Author: Oded Bar-Or, Professor of Pediatrics, McMaster University
Publisher: Springer-Verlag, New York, Berlin, Heidelberg, Tokyo
Price: \$38.10

This single author book is a marriage of paediatrics, medicine, and physiology. It is a happy marriage. The informative text is easy to assimilate.

Commencing with the normal child's reaction to exercise it deals with conditioning and training related to the individual body structures. Working capacity in healthy and sedentary individuals is discussed along with the use of exercise as a diagnostic implement. The deleterious effect of exercise is mentioned with advice regarding its prevention.

The following chapters which deal with the various bodily systems are full of information which must be of particular value to the paediatrician who though clinically knowledgeable in his own discipline may not have had the experience of dealing with children involved in sport. Throughout this section of the book the value of exercise as a diagnostic measure, and in therapeutics is emphasised. Included is a chapter on exercise in different climatic conditions which must be valuable to the young itinerant athlete.

The book is concluded with a number of appendices of practical use to the worker in this field of study.

Following each chapter are many references to the work of world wide authors. It has been a pleasure to study this publication which should be on the book shelf of the paediatrician, the family physician, and the sports scientist.

H. Noel Bleasdale