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### BOOK REVIEW

*Title:*           **TOWARD AN UNDERSTANDING OF HUMAN PERFORMANCE**  
*Author:*        Edmund J. Burke  
*Publisher:*     Mouvement Publications, Ithaca, New York. 1977   92 pages   26 papers.   £2.95

The lazy man's easy way of keeping up to date with published work in his field is to let someone else collect the material for him, and this Dr. Burke has done, in a most useful and readable way. The 26 collected papers on exercise physiology are by 24 different authors, which obviously leads to the usual lack of conformity of style, depth of study, tables and illustrations, and especially a lack of standardisation of printing the references after each paper. The papers have been selected well, 9 being reprints from other journals, but more editing could have been done, and there is no index. I found several points most interesting and instructive.

The first paper is by the editor, and gives an excellent review of the circulation and respiration, and the changes that occur in exercise and training. It provides a useful revision of exercise physiology and defines terms and concepts used in later papers. Londeree gives an interesting discussion on aerobic and anaerobic training, including the role and fast- and slow-twitch muscle fibres, that is obviously an edited version of a lecture to knowledgeable coaches; Counsilman continues this section on muscle training by discussing the rationale of isokinetic training and Dorothy Harris describes secondary amenorrhoea in athletes, suggesting that the lack of fat in the training athlete naturally unsuits her for pregnancy until she stops training and allows her body to take up its natural endomorphy. She dispels several "MCP" theories about women's physical inferiority. Jetté suggests the use of the tape measure for assessing the amount of fat that has to be lost in overweight athletes, rather than relying on scales that fail to differentiate between fat loss and dehydration. Although the book is subtitled "Reading in exercise physiology for the coach and athlete" it is really more suitable for the physician and sports scientist.

H. E. ROBSON