

BOOK REVIEW

Title: DIET IN SPORT
Author: Wilf Paish
Publisher: EP Publishing Limited, Wakefield
 Price: £2.50 96 pages including index.

This book, written by a National Athletics Coach, provides the reader with a succinct summary of the role of diet and its contribution, from a practical standpoint, to a sportsman's performance.

The introductory chapter gives an account of the different food categories including the major nutrients: carbohydrates, fats and proteins. It also describes the other important items; vitamins, minerals, and dietary fibre.

Subsequent chapters describe energy systems and expenditure and how such expenditure is met by dietary metabolism. Thus present physiological and biochemical theories, including the Cori and Krebs's cycles, are explained. The inclusion of such details is justified in the author's view because coaches nowadays pay considerable attention to these energy systems believing that each system responds differently to the various forms of training.

Other chapters deal with special considerations for sportsmen, dietary fads and fallacies, planning a diet for sportsmen, the content of the Pre-Event Meal, and the use of special diets for special events.

Ergogenic (work producing) aids are also enumerated. These are divided into the tranquillisers, local anaesthetics, cardiac stimulants and depressants, anti-Parkinsonian drugs, the central nervous system stimulants, the vasodilators and synthetic hormones. The use and mis-use of such compounds is considered alongside the philosophy of their employment.

The final chapter deals with the methods of training for sport. The inclusion of such a chapter might not be expected in a book on nutrition but the author reasons that just as a motorcar requires the best grade of fuel for its top performance so too the sportsman needs to be correctly "tuned" for best results to transpire.

The book is suitable for coaches, trainers and managers of all sports teams competing at high levels. It should prove of much interest to them since it has been written by one who has had much practical experience in the day-to-day training of some of the best athletes in the British Isles.

Ivan M. Sharman

BOOK REVIEW

Title: 1979 YEAR BOOK OF SPORTS MEDICINE
Editor: T. B. Quigley
Publishers: Year Book Medical Publishers Inc., Chicago and London
 Price: Not stated pages 282

This is the first edition of the "Year Book of Sports Medicine" and, as such, might properly be referred to as the Year Book of *American* Sports Medicine, since in keeping with far too common a transatlantic practice references to the European and other world literature are conspicuous by their infrequency. This is somewhat peculiar since in the Publishers' note Sports Medicine is referred to as a wide-ranging inter-disciplinary field and "its literature is scattered throughout hundreds of journals published in many countries and many languages". Nevertheless most readers will find it extraordinary that of the 49 known National or International Journals of Sports Medicine only 4 (and 3 of them are American!) were found to have material worthy of a presentation.

The idea behind the Year Book is good and properly developed it could offer to its American readership an entree much needed into the wealth of information available in the European literature: While for the potential readership in the rest of the world a book of this type could provide a general comprehensive guide to the more important areas of the world literature. It is to be hoped that in future the editorial policy will be less manifestly insular and the index to authors will include the names of the authors of the many valuable contributions to the field that have been made internationally in the past year or so.

J. G. P. Williams