

Burke, W. E., Tuttle, W. N., Thomson, C. W., Janney, C. D. and Weber, R. G., 1953 "Relation of grip strength and grip strength endurance to age". *J.Appl.Physiol.* 5: 628-630.

Fox, E. in Howald, H. and Poortmans, Y. (Eds.) 1975 "Metabolic adaptation to prolonged physical exercise". Psirkhauser Verlag, Basel, 119-126.

Inbar, O. and Bar Or, O., 1977 "Relationships of anaerobic and aerobic arm and leg capacities to swimming performance of 8-12 year old children". *Proc. 7th Int. Symp. Pediatric Work Physiology. Trois Rivieres, Quebec*, in Shephard, R. J. and Lavalee, H. (Eds.) "Frontiers of activity and child health". Quebec. Pelican Press, 1977.

Margaria, R., Aghemo, P. and Rovelli, E., 1966 "Measurement of muscular power (anaerobic) in man". *J.Appl.Physiol.* 21: 1662-1664.

Petrofsky, J., Burse, R. L. and Lind, A. R., 1975 "Comparison of physiological responses of women and men to isometric exercise". *J.Appl.Physiol.* 38: 863-868.

Thorstensson, B., Sjodin, B. and Karlsson, J., 1975. "Enzyme activity and muscle strength after spring training in man". *Acta Physiol.Scand.* 94: 313-318.

Åstrand, P. O. and Rodahl, K., 1970 "Textbook of work physiology". New York, McGraw Hill, 349-370.

BOOK REVIEW

Title: JIM FIXX'S SECOND BOOK OF RUNNING
Publisher: Random House, New York
 Price \$10.00 U.S. 239 pages, 12 tables, 18 figs., Bibliography Hard Cover

This sequel to the bestseller "The complete book of running" is yet another addition to the current dearth of popular books on running.

Jim Fixx's first book was able to herald the running boom but this second book adds little to the regular runner's knowledge of the subject.

However for the newcomer to the running scene it provides a useful collection of information in a single volume. For the sedentary layman it gives the salient facts on the benefits of exercise and practical advice on how to start running regularly.

The chapter on equipment illustrates the excessive commercial interest which has taken advantage of the popularisation of running. A chapter on podiatry reflects the interest in this paramedical speciality in the U.S. but is of less interest to the British reader because of the general lack of development of this in this country. Again with the U.S. reader in mind the runner's directory may be helpful giving details of equipment, publication, organisation and services "worth knowing about".

A selected bibliography is available for those interested in following up some of the points made by the author but the incompleteness of these, with lack of page numbers, detracts from their usefulness.

In general each subject tackled by the author provides a balanced viewpoint with comprehensive coverage on all facets of running and is notably one of the few books to devote a section to fell running.

This book would provide a useful introduction for the reader who is just developing an interest in running but of less value to the already converted.

Wendy Dodds