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BOOK REVIEW

Title: PHYSIOLOGICAL CHEMISTRY OF EXERCISE AND TRAINING
Editors: P. E. di Prampero and J. R. Poortmans
Publisher: S. Karger, Basel and New York, 1981
 Price \$58.75 60 figures, 22 tables, 219 pages

This is the proceeding of the 1979 Symposium in Fiuggi Terme of the research group on Biochemistry and Exercise, and was sponsored by the International Council of Sports and Physical Education at UNESCO. As with the Sports Sciences book on "The Biochemistry of Exercise", this book is somewhat inevitably out of date for the researcher in the field of sports medicine. Where it differs markedly is that it contains a wealth of practical information for high-powered coaches or athletes on metabolic manipulations to improve marathon running performance, electrolytes, trace elements and vitamins in exercise, a need for supplementation in certain groups, and a statistical treatment of wind assistance and resistance and the possible advantages of shielding behind a front runner by C. T. M. Davies who has written two of the most valuable sections of the book. Indeed all the contributions to this book are by top ranking international experts and are of similarly excellent quality. The more complex topics are presented clearly and the papers are intelligible to a wide range of people which is vital if such a book is to be useful in a multi-disciplinary field such as sports medicine.

I would rate this as an authoritative and useful book for anyone interested in furthering physical performance in sport and promoting scientific techniques in training.

The editors are to be congratulated on the high standard and clarity of this volume.

Malcolm Carruthers, MD, MRCPath, MRCP