listened to an Advent Mass in Manila Cathedral, walked round the old Fort Santiago, badly damaged during the recapture of Manila in 1945, and walked home through the magnificent Rizal Park, past the memorial to the liberator executed on that spot, and guarded 24 hours a day. A half-day trip to a volcano lying in a crater lake in a larger volcano, started off badly when the minibus broke down, but we got there eventually. Another full day trip was to a fast-running river, ascended laboriously by canoe, but with a rapid return journey down the rapids. A double capsize in the flooded river prevented us getting all the way up to a waterfall, but we arrived back at our base very wet, including the cameras. Apart from these trips, we received hospitality at lunch from Dr. Macaraeg, Secretary of the Philippines Sports Medicine Association, and his wife, from Dr. Leonard Gilbert, an American who is one of the very few permitted to work in the Philippines, and by the President of the Philippines Sports Medicine Association, Dr. Jesus ("Jess") de Leon, whose attention during our stay was most assiduous.

BOOK REVIEW
Title: THE 1981 YEAR BOOK OF SPORTS MEDICINE
Editors: J. L. Anderson, F. George, L. J. Krakauer, R. J. Shepherd and J. S. Targ
Price £31.50 416 pages

The format of this collection of abstracts follows that of the 1979 and 1980 year books that have already been reviewed in this journal. There have been some changes in the editorial panel, Drs. J. L. Marshall and T. B. Quigley no longer serving in this capacity. The 1981 year book is longer by some forty-five pages. Again the fields covered are exercise physiology, biomechanics, general medicine, sports injuries, and sports medicine for special groups such as women and children.

As before, the great majority of papers abstracted are from the USA, though there are some from Europe, including a few from the UK (but not, this year, from BJSM) and Japan. The abstracts are well written and clear figures or tables illustrate at least a third of them.

Once again, like the Year Book of Orthopaedics reviewed by Mr. Basil Helal in this journal, the year book should be an essential reference in any library supplying the needs of clinicians or others engaged in the practice and research pertaining to sports medicine.

H. E. Robson

BOOK REVIEW
Title: BODY ENERGY
Author: James S. Skinner
Publisher: Anderson World Inc., Mountain View California, 1981
Price $5.95 paperback 19 figures, 10 tables, 198 pages ISBN 0-89037-174-1

This book is written to give the educated but non-scientific layman an introduction to exercise physiology, so that he can design for himself an exercise programme to suit his needs. After a brief introduction the author explains metabolism and the changes that occur in mild and severe exercise, recovery and long-term training by a series of clear diagrams, the exchange of gases in the lungs and the tissues, the intake of food, liver storage, fat and muscle metabolism, energy production, carbon dioxide and lactic acid production.

For comparison of energy output Dr. Skinner uses multiples of basal metabolic needs, "mets", as measurement in calories needs corrections for age and body weight. Sitting at rest costs one met, housework, truck driving, walking at 3 mph — three mets; running at 6 mph — ten mets, or at 10 mph, sixteen mets. Fitness assessment is estimated most easily by a step test, using domestic stairs that can be raised or lowered by placing a thick board either on the lower, take-off step, or raising the height by placing the board on the upper step. Heart-beats per quarter minute, at rest and during exercise are made, converted to beats/min, and compared with the theoretical maximal heart rate of 220 minus age, used by many exercise physiologists. Guidance is then given on how to design one's own exercise programme, how to monitor progress, control weight, increase endurance, and a few examples of exercise programmes to suit the obese, the ex-athlete and the middle-aged.

Although written for the layman, this book should prove most useful to the physiotherapist or the physical educationist, either as an introduction to exercise physiology or as a refresher. I do not see why the medical student or older practitioner should not benefit similarly.

H. E. Robson