

(Rooker, 1977; Pearce, 1978; D'Costa, 1979). We would suggest that if compression type bullworkers are used, that this particular recommended exercise is avoided until the person is physically fit and has become familiar with the equipment.

REFERENCES

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BOOK REVIEW

Title: THE SOMATOTYPES OF SPORTSMEN AND SPORTSWOMEN
Author: Peter Bale. 1983
Publisher: Brighton Polytechnic – Chelsea School of Human Movement, Eastbourne
Price: £2.50 (from Author) 54 pages + 22 Figs. Soft cover Index

During the past thirty years, there have been many studies on the physique of Olympic and other international class athletes, frequently using control groups of less active students. The author has summarised many of these studies, giving brief description of the characteristics of each group of sportsmen and women, pointing out minor differences, noted by the various authors, and illustrating each group with a somatogram showing the mean somatotypes of the group distributed on the graph according to the different investigators. For example the mean somatotype of male swimmers, according to Lindsay Carter's study in 1970 is 252½ but 244 according to a Belgian study by Vervaecke and Persyn in 1981. One might expect higher ratings in the more mesomorphic athletes in Carter's surveys, as his method permits higher ratings than the seven points in each component originally propounded by Sheldon, though extensions of mesomorphy beyond seven are noted as the mean somatotypes of weight lifters by Stepnicka of Czechoslovakia in 1977 and by Barrell and Wright in the UK in 1975, as well as by Caster in 1970 and in 1974. Tanner, in 1964, and other authors of around the same period give means that fall within Sheldon's triangle. There is more consistency between investigators in most of the other sports.

The book is made from A4 electric typewritten copy, including the labelling of the somatograms, and printed by a photographic process. Unfortunately a few errors have escaped the final revision; – "Equatic" instead of "Aquatic" sports, "Curton, T. K." instead of "Cureton", but with 128 references from which data has been extracted, the book is an excellent and painstaking review of the subject, excellent value for the low price asked, and invaluable to anyone working in the field of anthropometry, with athletes, and with other groups of men and women.

H. E. Robson