Astrand, P. O. and Rygming, I., 1964 “A nomogram for calculation of aerobic fitness (Physical Fitness) from pulse rate during sub-maximal work”, J.Appl.Physiol. 7: 218-221.


Hellerstein, H. K. and Ader, R., 1971 “Relationship between per cent maximal oxygen uptake and per cent maximal heart rate in normals and cardiacs”. Circulation 43 and 44 (Suppl. II).


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**BOOK REVIEW**

**Title:** RADIOLGICAL DIAGNOSIS OF FRACTURES

**Authors:** D. Findlay and M. Allen

**Publisher:** Bailliere Tindall

Price: £15 Soft Cover 256 pages Index

This is a book into which a huge amount of work has been put. There are extensive illustrations on 249 pages. One has to make a decision immediately as to whether this book is useful or not in that it shows a method of diagnosis based exclusively on line drawings, radiographs only being present on the first page or so. This reviewer finds this confusing because it is very difficult to ignore lines on a sheet of paper which can, as it were, be looked through on a radiograph. This, however, may represent a level of experience at which this book is not aimed but unfortunately its precise target has not been identified.

As in any book there are some omissions, incorrect labelling a muddle, that having been said, if you want to learn X-Rays from lines on paper this is probably the book from which to do it.

There is a great frustration in that there is no reference section, just by frequent references to named problems in the text.

The junior doctor may find this helpful in the context of fractures, but in my view will rapidly study the real X-Ray more helpful.

**J. B. King**

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**BOOK REVIEW**

**Title:** 1984 YEAR BOOK OF ORTHOPAEDICS

**Editor:** D. Coventry

**Publisher:** Year Books per Blackwell, Oxford

Price: £45 Hard Cover 368 pages Subject and Author Indices

This Year Book series provides a very useful introduction to a specialist subject. It, however, does presume a significant amount of knowledge on the part of the beholder, simply in that reviewers are not adequately introduced and on the whole are only well known to those intimately into this field.

The format is that papers are summarised with a brief review from one of the participating team at the end; out of necessity there has to be a selection of the papers. In this case, most of the reviewers seem to be from the same institution. Usually the Year Book represents a splendid attempt at an across the board presentation of what is new. There is little in this volume that is useful to those involved in Sports Medicine that will not have appeared in the Year Book of Sports Medicine itself.

**J. B. King**