



Fig. 4: The effects of exercise on  $R$  values during running and walking. Zero on the X axis indicates the start of exercise.

Our findings of a closely aligned  $VE-VCO_2$  response at the start of exercise and a faster response for  $VO_2$  are congruous with those found in investigations using square wave (Diamond et al, 1977; Linnarsson, 1974) and sinusoidal (Casaburi et al, 1977) work forcings. The coupling of  $VE$  and  $VCO_2$  irrespective of stride frequency during steady state exercise is indicative of the fact that  $VE$  is tightly coupled to the metabolic demands placed on the body. Further evidence for the  $VE-VCO_2$  link is noted during the transition from rest to exercise when  $VE$  is found to "track"  $VCO_2$ .

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#### BOOK REVIEW

**Title:** A BIBLIOGRAPHY OF RESEARCH PAPERS ON PHYSIQUE, SOMATOTYPING AND BODY COMPOSITION RELATED TO SPORTS PERFORMANCE. 2nd Edition  
**Author:** Peter Bale 1985  
**Publisher:** Brighton Polytechnic, Chelsea School of Human Movement, Denton Road, EASTBOURNE, Sussex BN20 7SR  
 Price: £3.50 55 pages A4 typewritten Soft cover ring binding

This second edition of "Bale's Bibliography of Body Composition" (and can we not use this as a much easier title than the one the author gives the work?) updates the comprehensive lists of references from the first edition. As before, the references are given alphabetically in each of the eighteen sections, each section being devoted to one group of sports, such as "Athletics — track, field and distance running", or "table tennis, tennis and squash". Inevitably, many of the 600 references are duplicated; for example, J. M. Tanner's 'Physique of the Olympic Athlete' is quoted in several sections, and three of J. Lindsay Carter's papers in even more. As well as the groups of specific sports, sections are devoted to nutrition and to training, both related to physique — and most of the significant and less significant papers of the past twenty years are listed.

A few unfortunate errors have been missed in proof; the small circle above the Å of Åstrand's name, which makes it the penultimate, not the first letter of the Norwegian alphabet; the dot above the V in  $VO_2$  max, indicating the rate of oxygen uptake, and worst of all, the misspelling on several occasions of the names of the Curetons, T. K. and his son, K. J., both spelt several times as "Curton". Several references are made to the "Journal of Sports Medicine" without specifying which. From the volume numbers and years I assume this is the "Journal of Sports Medicine and Physical Fitness". Apart from this, the lists provide a useful source of reference for any student or scientist interested in physique assessment, and the author is to be congratulated on the production of a very helpful research tool, at a price a student can afford for himself. Cash with order to the College, postage and packing included.

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