BOOK REVIEW

Title: PERFORMANCE IN ENDURANCE EVENTS
Authors: F. Peronnet, G. Thibault, M. Ledoux and G. Brisson 1987
Publisher: Spodym Publishers, Ontario, Canada
 Price: £11.00 US \$19.95 Can. \$24.95 272 pages Figs. & Tables ISBN 0 9691619 9 9

One criticism of this book is that it is difficult to decide to whom to recommend it. It begins as though very much aimed at the lay person, using the analogy of a car engine to illustrate the energy needs of the body. It quickly progresses to a detailed scientific description of the various sources of energy supply, oxygen utilisation and heat regulation, for which I feel that a certain amount of basic science knowledge is necessary.

The book is presented as a series of questions which are then discussed, but it also involves the student throughout in a study of his or her own performance, by means of a series of step by step calculations accompanying the text. This seems to be a novel and effective way of putting the knowledge to immediate and practical use which should help to reinforce the learning process.

Once over the hump of the apparently lay approach it should prove a useful book for both medical students and those doctors whose physiological education has grown rusty. It must also appeal to the keen endurance athlete who wants to learn more about their function and in particular to their coach. It is a cheerful and practical text book that certainly helps you to make much more sense of the readout from the British Olympic Medical Centre. Two minor points; it does not have a detailed index, but the chapter index should guide you to the area you want. Proof readers are obviously a dying breed, it abounds with spelling mistakes, but it is far from alone in that.

Malcolm Bottomley

BOOK REVIEW

Title: 1986 THE YEAR BOOK OF SPORTS MEDICINE
Editor-in-Chief: L. J. Krakauer
Editors: J. L. Anderson, F. George, R. J. Shephard and J. S. Torg
Publishers: Year Book Medical Publishers Inc., Chicago, London
 Price: £41.00 466 pages ISBN 0 8151 5160 8

This book represents a literature review from 97 leading journals reviewed through to February 1986. In alphabetical order these journals range from 'Acta Endocrinologica' to 'Thorax'. The book is divided into six sections entitled Exercise Physiology and Medicine, Biomechanics, Sports Injuries, Pediatric (sic) Sports Medicine, Women in Sports and Athletic Training. Sections one and three are large enough to be further subdivided. Section one into Cardiovascular Physiology, Respiratory Physiology, Metabolism and Nutrition, Physiology of Specific Sports, Physiology of Drugs and Miscellaneous Topics. Section three deals in turn with Head Neck and Spine Injuries, Upper Extremity Injuries, Lower Extremity Injuries, Knee Arthroscopy, Foot and Ankle Injuries and Miscellaneous Topics.

The title of the article is given followed by the authors, journal reference and summary followed by an editorial comment. The editorial comments are often perceptive, relating the current article to previous research and possible future work in the area. Each article is supported where necessary by a relevant Table or Figure. This year book contains a great deal of detailed information taken from both animal and human studies. Those individuals interested in a particular article will of course look up the original reference. Some articles reflect more than others North American interests, e.g. Recreational Drugs, Laboratory Detection of Marijuana Use and Break Dancer's Wrist. Having said that the book reflects current interests in sporting activities at recreational and competitive levels for children, young adults and veterans. Articles refer to the proper strength or fitness levels necessary for participating in sports activities. Hormonal responses to exercise in man are dealt with, electrolyte replacement, exercising in the cold or heat and implications for athletic training. The end result of sports participation is also adequately covered with respect to injury or trauma, effective treatment and preventative measures. The articles contained in this book would be of interest to teachers, physical educationists, sports scientists, medical practitioners and possibly recreational managers.

The book intrinsically covers this broad spectrum of interests but I feel it is biased more towards individuals with a medical background, for example the chapter on Cardiovascular Physiology contains many articles on beta receptor blockade and the physiological responses to exercise. Similarly the chapter on Pediatric Sports Medicine uses terms unfamiliar to me, e.g. prodromes, Apgar scores and idiopathic scoliosis. A glossary of terms would have been most helpful and widened the appeal of this useful reference book.

Roger Ramsbottom