BOOK REVIEW

Title: MODERN CARDIOVASCULAR PHYSIOLOGY. 2nd EDITION
Author: C. R. Honig
Publisher: Little, Brown and Company, Boston. UK Agents — Churchill Livingstone, Edinburgh, 1988
 Price: £14.95 Soft cover ISBN 0 316 37213 7

This is a reworked edition of Carl Honig's original text with many improvements particularly in terms of clarity. The themes of 'reserve of function' and the 'systems concept' run throughout the book which is divided into five parts. I quote from the Preface which states that; "The first two deal with the biophysical essentials: cardiac mechanics, electrophysiology, and hemodynamics. The third part is concerned with exchanges between blood and tissue, including new concepts in O₂ transport. The fourth part describes selected regional circulations. This idiosyncratic material has been simplified by use of a common approach. The final part develops the regulation of pressure, flow, and volume and the integration of cardiovascular controls with voluntary behaviour."

Each chapter contains clinical applications which highlight the relevance of the text and concludes with a brief but relevant list of references. The appendices include a number of problems and suggested approaches for solving them which is excellent revisionary material. The figures within the text utilise a full range of techniques including electron micrographs, flow diagrams and models. The book illustrates the importance of the basic physical sciences to full understanding. It will be a valued text for all medical or health science undergraduates and useful in many post-graduate courses.

David A. Brodie

BOOK REVIEW

Title: FORENSIC MASS SPECTROMETRY
Author: J. Yinon
Publisher: CRC Press, UK Agents — Wolfe Medical, London, 1987
 Price: £101.50 227 pages Index Many figures and references ISBN 0 8493 5366 1

The title of the book and that of its individual chapters might encourage one to purchase this volume. Chapters 1 to 3 probably being the most attractive to readers of BJSM. Chapter 1 on Mass Spectrometry of Commonly Abused Drugs covers a number of the drugs which are also discussed in Chapter 2 on Mass Spectrometry of Drugs and Toxic Substances in Body Fluids but, unfortunately, the cross-referencing is poor. Chapter 3 on Mass Spectrometry in Sports Testing is disappointing. It is one of the smallest chapters, its 18 pages containing one whole page for a table of contents, 11 figures some of which are of dubious value, and only about 6 pages of text. Hence its coverage of the subject is less than superficial. Within this chapter, the 2 pages on Drug Testing in the 1984 Olympic Games appears to be based solely on information gleaned from an instrument manufacturer rather than from any of those involved at the Olympic laboratory in Los Angeles. In its favour, the volume contains numerous references, with 232 in Chapter 1 and 155 in Chapter 2, but suffers the usual problem of books in that the most recent reference is several years out-of-date.

In view of the cost of the book, unless one was well endowed with funds and was interested in some of the other chapters which covered topics including explosives, arson analysis, pyrolysis of synthetic polymers, tear gases and detection of art forgery by mass spectrometry, the purchase of this book might be hard to justify.

David A. Cowan

BOOK REVIEW

Title: NUTRITION FOR SPORT
Author: Steve Wootton
Publisher: Simon and Schuster, London, 1988
 Price: £9.95 199 pages with index Hardback ISBN 0 671 69922 9

This book provides an authentic and practical guide to sports persons on the role of nutrition to improve both their general health and their athletic performance. The author suggests that athletes should be able to accept nutritional advice in the same way they are given sound training and medical advice.

Basic information on nutrition is given in the first chapter, and in a manner understandable to the general reader. The meeting of energy requirements is well detailed in the second chapter, the role of carbohydrate loading being described, together with an explanation of the biochemical mechanisms involved. The importance of fluid intake is described and in a later chapter there are recommendations for maintaining fluid balance during the following exercise. Another chapter on nutrition and training shows that a good diet may make its greatest impact by helping the athlete to recover more effectively between training sessions. It is also suggested that eating does not have to be restricted to traditional mealtimes. Further chapters describe the need for vitamins and minerals, but show the questionable advantage of pills, powders and potions.

An extensive glossary of nutritional and medical terms is included at the end of the book and there is also an informed question and answer section on concepts in practical sporting contexts. The book, which also contains many sports nutrition references, can be recommended to those desiring detailed information on the contribution good nutrition can make to the athlete's well-being and success.

Ivan M. Sharman