Thus, I would like to suggest that there is now a place for using bouncing and ballistic stretching alongside the well recommended yoga and PNF stretching. Its place and its reason for use must be carefully ascertained. The ultimate goal of stretching should be to achieve functional range—not potential range.

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Erratum

Dr Malcolm Read writes to point out our printing error in Vol. 23:2 (June 1989), page 78. The correct text should read 'Pure Ginseng is not proscribed' (not 'pre-scribed'). We apologise for this error. Ed.

Book Reviews

Determination of the Moments of Inertia of the Human Body and its Limbs

W. Braune and O. Fischer
Springer-Verlag, Berlin, 1989, DM 85,
84 pp, ISBN 3 540 18813 4

'Determination of the Moments of Inertia of the Human Body and its Limbs' has been translated from the German by P. Maquet and R. Furlong. It describes the procedures and presents the original results of the classic experiments by W. Braune and O. Fischer in 1892. The work was carried out to determine the forces exerted on and by parts of the body during walking which were prepared and subsequently published in the much acclaimed work 'The Human Gait'. This slim volume is comfortable to read in translation and is beautifully prepared and presented. It is a specialist's book and will be of

interest to serious students and practitioners of biomechanics, ergonomics, medicine and related disciplines.

W. Bell PhD

Year Book of Podiatric Medicine and Surgery 1988

Richard M. Jay
Year Book Medical (Chicago, London),
Hardback, 330 pp, £31.50,
ISBN 0-8151-4859-3, ISSN 0742-194X

Richard Jay and his contributing editors have searched the multitude of US and foreign medical journals to present us with abstracted articles and research papers in seventeen chapters of exceptional quality. Chapters cover paediatrics to arthritis, taking in biomechanics, sports medicine, traumatology and system disorders

affecting the foot, en route. Articles are well illustrated with clear X-rays and photographs. At the end of each article the editor comments on the significance and quality of the work, offering succinct criticism.

With the wealth and diversity of material contained within the book, it is perhaps best used as a reference stepping stone for those wishing to further their own study or research. As a whole the book would prove invaluable to a modern-day chiropodist/podiatrist as well as the orthopaedic or podiatric orientated physician. To a sports medicine practitioner only certain chapters would be directly relevant.

This volume is probably best suited to the shelves of a medical reference library, but certainly would not gather dust.

D. Bucklow MChS, SRCh

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