Section III deals with treatment approaches to restore normal movement of the foot and ankle using orthotics, physiotherapy or surgery. The chapter covering the fabrication of orthotic devices, which is supplemented by some interesting case studies, is bound to be of interest to various disciplines involved with the treatment of foot and ankle problems. This book forms part of a series of monographs covering Contemporary Perspectives in Rehabilitation. The objective of this series is to provide comprehensive and clinically relevant presentations which are challenging for both the student and clinician. This volume clearly achieves this objective.

R. Wytk BSc

Handbook of Osteopathic Technique
L. S. Hartman
Unwin Hyman Ltd, 1990, £19.95, 206 pp, ISBN 4445815 0

This A4 sized paperback book of 206 pages is divided into two sections. The first, of 35 pages, is a brief outline of osteopathic theory and technique. The second, the remainder of the book, consists of photographs showing the application of the techniques, with a short explanation. The quality of the pictures is good enough, and judging by the expressions on the faces of the patients, the manipulations were real! There are arrows added to show the general direction of the force applied. There are, however, a lot of blank pages of wasted paper.

The preface states that the book is intended as an aide-memoire, but also as a means of learning basic holds, not the same thing. The sections on the classification and description of osteopathic techniques make interesting reading for a conventional practitioner. The concept of cranial osteopathy with movement between cranial bones and a palpable 12 cycles per second craniocervical rhythm is a little hard to accept, however. There are no photographs demonstrating these techniques.

There is little or no attempt to give any diagnosis to which the various techniques should be applied. The section on the knee shows a demonstration of the anterior and posterior draw signs. No mention of the cruciate ligaments is made, indeed the caption reads ‘some authorities are of the opinion that the knee can develop a lesion where the tibia rides back on the femur’, and that performing the draw sign can correct the situation!

This handbook is not for those who want an introduction to osteopathy or manipulative techniques. The practitioner who already has training in manipulation will find the photographs of the methods a useful guide to have to hand.

R. Hackney MB, Dip Sports Med

Physical Education and the Study of Sport
R. J. Davies, C. R. Bull, J. V. Roscoe and D. A. Roscoe

This team of four authors has written a concise and thorough book which seeks to expose the individual’s personal development as well as physical performance in physical education, an approach useful in better understanding and justifying the importance of physical education. The overall attempt has been to produce an interesting book which gives a varied perspective of the physical experience of human movement. Taking this into account, the book is divided into three sections: ‘the performer in action’, ‘the performer as a person’ and ‘the performer in society’.

As a basic textbook, it is aimed at students of all ages and may be useful for teachers and invaluable to sports coaches. Sports doctors and physiotherapists may well benefit from the chapters in part 2, ‘the performer as a person’. These look at the nature and classification of skill, individual differences in movement patterns, psychomotor abilities, principles of motor learning and teaching, as well as psychology of sport.

In ‘the performer in action’, the application of human anatomy, physiology and biomechanics is developed in relation to the study of physical education and sport. The relevant chapters are well written for students in this field and are useful for other audiences as a quick review. Chapter 4, ‘training for physical performance’, is probably the most practical chapter for those individuals involved in sports medicine and sports physiotherapy as it gives a general review of ‘principles and types of training’. Chapters 7 and 8 look at the ‘nature and application of force’ and ‘rotating systems’.

The final section of this textbook explores the contemporary sociocultural aspects, historical perspectives and comparative studies of physical education and sport. An international approach is considered in this section by looking at physical education based on historical influences, socioeconomic factors and administration in several different countries.

Nancy Laurennson MSc

Human Physiology (2nd English edn)
R. F. Schmidt and G. Thews (Eds)

If I had to recommend a single textbook of human physiology to students of medicine, physiology or sports science, or indeed to those who teach these students, this might well be the one. It has all of the advantages of a well established, multi-author text, with few of the disadvantages. Many multi-author books suffer from the disadvantage of an uneven coverage; often the editors have failed to impose discipline on their contributors. However, the days when an individual could set himself the task of writing a textbook of physiology have surely gone. Ernest Starling, Arthur Guyton, Hugh Davson and others who achieved this in the past had the advantages of a more leisurely age, to say nothing of a relatively small body of information to deal with. Most people would agree that it is now beyond the scope of any one individual to produce a comprehensive, up-to-date coverage of the whole field.

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of human physiology. Few can achieve more than a superficial understanding of those areas outside their own research specialization. It is difficult, if not impossible, for those not completely immersed in a subject to achieve the perspective which is essential if it is to be covered in detail without becoming bogged down in trivial and irrelevant detail. Textbooks should certainly cover their subject in depth; for most of their readers, their prime function is as a reference book rather than as a book to be read from cover to cover. Where the subject is a broad one, however, detail must not be allowed to obscure the important points. In this respect, the editors and authors of this book have succeeded remarkably well. The coverage is uniformly good and the joins hardly show.

The disadvantage of some well established texts is that they tend to slip into a comfortable middle age. By the tenth edition, their structure has become rigid and resistant to modernization. Although Schmidt and Thews’ Human Physiology is advertised as the second edition, this is somewhat misleading, as this refers to the second English language edition. The first English edition (1983) was in fact a translation of the 20th German edition of Herman Rein’s Physiologie des Menschen, which first appeared in 1936. In their preface to the new edition the editors state that the text has been fundamentally rejuvenated. Certainly, it shows no sign of old age.

The book is directed at students of medicine – or so we are told in the preface to the first edition. Unlike many English language physiology textbooks directed at medical students, however, the primary emphasis is on a comprehensive coverage of the basic physiology rather than on the clinical aspects of the subject. For the non-clinician, the pathophysiological aspects do not intrude. A Senior Honours physiology student who borrowed my copy for last minute revision was impressed!

As book prices go today, this is good value for money; more than 800 pages for a little more than £40. My only minor complaints are that the strength of the binding of my copy was not up to the standard I would expect from Springer Verlag: it will not stand up to the use I expect it to get. Also, the title page proudly proclaims the presence of 643 figures, ‘Most in Colour’. In fact, only a handful are in full colour, most of the remaining (red and black) line diagrams; these, however, are extremely effective, and this is not a serious complaint.

R. J. Maughan PhD

Women, Sport and Performance: a Physiological Perspective
C. L. Wells

This unique volume is directed at a wide readership, from clinicians and scientists working in the field of sports medicine, to coaches, female athletes and women in general. Having perceived this as somewhat ambitious it is a pleasure to acknowledge that the author has succeeded in presenting ample basic information on female anatomy and both general and reproductive physiology to assist the less well informed reader whilst providing a wealth of scientific data from a broad spectrum of research which has been brought together, carefully evaluated and presented with appropriate conclusions in most cases. There is a copious bibliography in support of the text and the author is at pains to indicate to those requiring more information where such can be found.

Initial chapters are a comparison between the sexes of morphology, physiology and physical performance, with a particularly clear and concise account of metabolic and thermoregulatory responses to exercise. The substance of the book is devoted to consideration of the ages of women through puberty, the menstrual years, pregnancy and after the menopause. Each is treated to an examination of its associated physiology and problems, together with the risks and benefits of exercise of varying degree. The topic of ‘athletic amenorrhoea’ is well covered and appropriate emphasis given to the concern that these young women should be encouraged to consider hormone replacement to prevent associated bone loss.

Appropriate consideration is given to nutrition and associated disorders, and the concluding chapters are devoted to the woman as an athlete.

This is an eminently readable book which also serves as an admirable source of reference for anyone interested, involved or concerned with the health of women generally, and female athletes in particular. At £28.00 it is particularly good value.

J. Fox FRCOG

Biomechanics and Exercise Physiology
A. T. Johnson
New York: John Wiley & Sons, 1991, £66.70, 0 471 85398 4

This original book spans two major subject areas and is highly selective in the topics that it addresses. Indeed, the title of the book is almost misleading as the main emphasis of the text, written by an engineer, is on quantitative description with mathematical or conceptual models being the main focus of attention. As such it is not for the beginner in biomechanics or exercise physiology, but will appeal primarily to those individuals with an interest in modelling, particularly to those working in Medical Physics and also to physiologists working in the areas of thermoregulation, cardiovascular and respiratory physiology, as these topics are well covered in the text.

The first and second chapters of the book give an introduction to exercise...