science to teach maths at a junior school level. If health fitness professionals – an odd, and certainly ungrammatical, term – do not know maths by this stage in their career, then it is too late. There are other concerns, such as the lack of progression as one reads through the book: in the last chapter as in the first, simple conversions, as from kg to lbs, are worked through. In summary, I would find it difficult to recommend this book to my students. There is clearly a need for improved teaching of maths to those who go on to careers in science and medicine, but I am not convinced that the approach taken here is helpful.

RON MAUGHAN

Kinanthropometry and Exercise Physiology Laboratory Manual. Tests, procedures and data. Edited by Roger Eston and T Reilly. (Pp 343; £36.00.) Andover: E & FN Spon, 1995. ISBN 0 419 17880 5.

I had no idea this book was on its way, so it is as unexpected as it is welcome. We have long needed a laboratory manual for exercise physiology, especially in view of the enormous growth of such laboratories in the sports science courses mushrooming around the country.

How right is MR Hawes of Calgary to start by reminding us that "The notion of densitometry as a criterion method for evaluating body composition ... requires recognition of limitations of the method ... over the years they appear to have been seriously neglected". How excellent, and concise, is G Beunen of Louvain on physical growth, maturation and performance; PH Dangerfield on posture; Borms and van Roy from Brussels on flexibility; and Winter on maximal intensity exercise (with his scholarly historical reminders). The chapters on energy balance and on $\dot{V}O_{2\max}$ and running economy from Cooke, and from Boreham on assessing performance in young children (with three pages of normal data) are particularly beautifully written. Nevill has written an eminently workable (being linked with MINITAB) chapter on statistical meth-

ods, and I am particularly gratified to see Winter and Nevill joining forces to produce the most lucid account I have yet read on the important and all-pervasive question of scaling, or adjusting for differences in body size.

Although there is an able isokinetic account (of one joint) in Baltzopoulos' excellent chapter on skeletal muscle function, I really do feel that a whole chapter should have been devoted to a much broader range of isokinetic dynamometry applications, in view of the ever increasing number of units with this expensive equipment. Surely Boreham or Koutedakis or someone from the BOMC could have been given this brief?

A manual is nothing if not full of detail, and while this one contains a number of points that any of us might wish to debate, overall this is a truly first class and hugely useful book. Tom Reilly and Roger Eston, and the publishers, are to be heartily congratulated, on both their foresight and their effort.

CRAIG SHARP

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