

YOUR HEART

Harley Williams, Cassel, London 1970. £1. 6. 0.

This book is written essentially for the intelligent lay man, to describe the workings of the heart in health and disease, and to give some sound commonsense advice on how to maintain cardiovascular health without being obsessional.

Personally I found the book to be enjoyable holiday reading. Brief biographies of the pioneers of cardiology, from Harvey to Barnard, and descriptions of recent advances in surgery, investigations, and intensive care make the book interesting to the medical as well as the lay reader. There is little of direct relevance to exercise physiology or sports medicine, but ideas are expressed that could act as another stimulus to simple research and investigations by general practitioners as well as consultants, and residents, and by our physical education and physiotherapy members as well.

Perhaps the main fault in the production of the book is the complete lack of illustrations - neither anatomical diagrams, graphs, ECG's or tables. The writers of articles forming the sources of material quoted are given, with their hospital address, but the full references to the journals in which these articles appeared are omitted. In spite of these faults, the book is well worth reading.