

## Book reviews

**Exercise Testing in Children.** By Simon Godfrey. (Pp. 168; illustrated + tables. £5.00.) London: Saunders. 1974.

In this book Dr. Godfrey gathers together all the important information currently available for measuring the response of children to exercise.

The book opens with an introductory chapter explaining the uses of exercise in order to assess heart and lung disease. There are two chapters describing the available methods for measuring the response to exercise, including change in heart rate, ventilation, maximum oxygen uptake, and cardiac output. Dr. Godfrey lays considerable emphasis on the use of noninvasive techniques for these measurements, especially cardiac output. In doing so he draws liberally on his own personal contributions in these directions. He discusses in detail the types of exercise tests available, their application in specific clinical conditions, and the conclusions which can be drawn from them.

The book is well produced and illustrated with tables and graphs. There are detailed references to the literature. It contains all the essential information concerning the effects of exercise required by anyone setting up a respiratory function laboratory.

**The School Years in Newcastle upon Tyne 1952, to 1962,** being a further contribution to *The Study of a Thousand Families*. By F. J. W. MILLER, S. D. M. COURT, E. G. KNOX, and S. BRANDON. (Pp. xvii + 362; illustrated + tables. £6.00.) London: Oxford University Press. 1974.

'This book completes our account of Newcastle families', following the children to age 15 years, but the authors also look forward into the early years of adult life.

The idea of such a population survey came from James Spence and the study was an admirable part of 'the attempt of a University Department to fulfil its responsibility for the children of its community'. The work and the books presenting the findings of the study are of high academic quality. This book, like the others, is a gold mine. Glanced through and then read chapter by chapter over the months, it provides greatly rewarding postgraduate education for all paediatricians whether their main places of work are in the community or in hospitals. For trainee general practitioners (and for principles in general practices) it is essential reading. The authors comment, 'the suggestion of the Sheldon Committee that the supervision of the well child and the care of the sick child become the responsibility of family doctors was wise—provided family doctors will recognize the different characters of the needs, give the time, and prepare themselves professionally'. I would add that those who specialize in the medical, educational, and social care of children must make

efforts and 'give the time' to preparing the family doctors. This book shows that training trainee general practitioners in paediatric wards gives them a desperately incomplete basis for their future work. And now that hospital paediatricians are beginning to move into work outside the hospital, this is a book for them to read and to refer to and reread. It is well written and well printed and the authors deserve our thanks.

**Perinatal Research.** British Medical Bulletin, Volume 31, Number 1. Edited by P. W. NATHANIELSZ. (Pp. 98; illustrated + tables. £3.00) London: The British Council. 1975.

The British Medical Bulletin, three numbers of which are published in each year, has acquired an enviably high reputation. This applies without doubt in the case of fetal and neonatal paediatrics, where the two previous issues on 'Neonatal Physiology' (1961) and 'The Foetus and Newborn' (1966) attained worldwide readership.

The Bulletins have evolved into an attractive form, articles rarely as long as 6 pages, written in a concise style by first-class people actively working in research, the whole volume being planned and edited by someone of sufficient authority to impose a reasonable degree of uniformity of style and presentation on the different contributors.

K. W. Cross gives a pithy introduction to the following 15 articles. Fetal Breathing (Boddy and Dawes), The Rhythm of Infantile Breathing (Hathorn), Acceleration of Fetal Lung Maturation (Avery), Management of Hyaline Membrane Disease (Reynolds), Placental Transfer of Blood Gases (Comline and Silver), Storage and Supply of Fatty Acids Before and After Birth (Hull), Carbohydrate Metabolism (Shelley, Bassett, and Milner), Thyroid Function in the Fetus and Newborn Mammal (Nathanielsz), Prenatal Endocrine Function (Challie and Thorburn), Body Temperature Control in Mammalian Young (Alexander), Thermal Neutrality (Hey), Pharmacology and the Fetus (Van Petten), Taste and Swallowing in Utero (Mistretta and Bradley), Low-birth-weight Infants; Neurological Sequelae (Davies and Stewart).

The Editor (P. W. Nathanielsz) is himself a physiologist, and about half of the articles are written by physiologists. But this is a field where the application of physiology to clinical practice is perhaps more direct than in any other branch of medicine. Furthermore, several of the articles on physiological subjects are written by practising clinicians, and an alternative title to the collection would have been 'The Physiological Basis of Perinatal Medicine'. Paediatricians caring for the newborn will find this a first-class publication to have in their department, and one which will stir the ideas of both them and their juniors.