

Book reviews

Clinical Sports Nutrition

Louise Burke and Vicki Deakin

Sydney: McGraw-Hill Book Company, 1994

ISBN 0 07 470085 5, pages 465

Dr Louise Burke has become a key player on the Australian and international sports nutrition scene, as head of the Nutrition Program at Australia's Institute of Sport (AIS), which promotes the study of sport and exercise at large in Australian society and underpins the elite sporting activities as recognised at the Olympic games and national events. Nutrition is increasingly recognised as a critical factor in sporting success by the AIS and other bodies. She is joined as co-editor and co-author of "Clinical Sports Nutrition" by Vicki Deakin of the Faculty of Applied Science at the University of Canberra, located as is the AIS in Australia's national capital, Canberra, where there is now a strong conjunction of sports nutrition interests.

The book gathers together much contemporary expertise, insight and information about exercise physiology and metabolism, training nutrition, assessment of nutritional status of athletes, kinanthropometry, body fatness in athletes, nutrient requirements (especially protein; carbohydrate and iron), special and idiosyncratic diets, health problems (amenorrhoea, osteopenia, stress

fractures), special groups (pregnant and lactating women, children and adolescents; diabetics, the physically handicapped and those with other medical problems like cardiovascular disease) and finally, counselling methods. There is a notable medical input by Professor Peter Fricker, Director of Sports Medicine at the AIS, together with dietitian David Manson on athletes with medical problems, complemented by that of Dr Dennis Wilson, Endocrinologist, and Lyn Brown, dietitian, on diabetes.

Why "clinical" in the title? The book might have simply been called "Sports Nutrition", but it is written largely by people who have come out of the clinical disciplines of medicine and dietetics, and who work with individuals, their preferences and health needs. There remains a need to pursue the issues, raised by the authors and the AIS in relation to elite sportspeople, for the broad, day-to-day exercise and nutrition needs of the public-at-large.

The book may be regarded as a text for courses embracing sports nutrition, and a resource for practitioners of sports medicine.

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The Diner's Dictionary - Foods and Drinks from A to Z

John Ayto

Oxford University Press 1993

ISBN 0-19-866193-2

Anyone who has more than a passing interest in language and who eats food (that's all of us) wonders occasionally about the origin of foods and the word which has come to give a meaning to an individual food. From where does "rice" or "kumquat" come, both as a food and a word. In this small book are written thumbnail sketches concerning more than 1200 food and drink terms.

The author John Ayto, has a wide knowledge of language linguistics and history, having published previously a fascinating book on the origins of English words. To this background, he has now added an obvious gastronomic interest to publish the current work.

Ayto traces the origins of some basic food terms such as apple, dough, salt, meat, milk and nut back to a remote Indo-European origin from 8000 to 6000 years ago. Trading connections between the East and the Mediterranean began some 3000 to 1000 years ago, and brought with it a further influx of words, as foods and

spices were interchanged. A further major expansion of the English lexicon of food terms came with the Norman conquest in 1066 allowing an admixture of Latin and Celtic terms. The discovery of the New World from 1492 onwards brought a further flood of new foods and terms such as potato, chocolate and avocado. The dominance of French cuisine in European style of cooking, and the ever-increasing cultural dominance of English by America have been the major food stories of the past two centuries.

Such joys as the Central American origin of the word avocado, which literally meant "testicle", the origins of "tea" versus "char" the Portuguese origin of Japanese "tempura" and the Tamil origin of "mulligatawny" (literally pepper water), are all to be found in these pages, amongst many others.

The book is naturally orientated towards England and the English culture, which may be a drawback for a wider Asian audience, for example. It is highly recommended as a light, very readable and stimulating reference to have on your shelves within easy reach.

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