It is remarkable that training regimes can be so selective. Strength training can increase the number of myofibrils and the muscle mass; speed training the amount of glycolytic enzymes; endurance training the oxidative capacity, the number of mitochondria, the amount of glycogen in the muscle, and the effectiveness of the cardiovascular system. Behind all there are improvements in neuromuscular coordination which reduce wasted work.

A virtue of the book is that it makes readily available much work on exercise physiology that was published only in German and has thus been neglected by many American and British scientists; a drawback is that in many areas it is three or four years out of date. Despite this it should be on the bookshelves of all who care about how muscles work.

R. E. DAVIES

Department of Animal Biology and Graduate Group on Molecular Biology, School of Veterinary Medicine, University of Pennsylvania, Philadelphia

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Advanced Studies in Criminology. Arthur N. Foxe. Tunbridge, New York, 1972. 90 pp. \$4.75.

Advances in Agronomy. Vol. 24. N. C. Brady, Ed. Academic Press, New York, 1972. xii, 450 pp., illus. \$24.50.

Advances in Applied Microbiology. Vol. 15. D. Perlman, Ed. Academic Press, New York, 1972. x, 468 pp., illus. \$24.50.

Advances in Cell and Molecular Biology. Vol. 2. E. J. DuPraw, Ed. Academic Press, New York, 1972. xviii, 428 pp., illus. \$22.

Advances in Enzyme Regulation. Vol. 10. Proceedings of a symposium, Indianapolis, Oct. 1971. George Weber, Ed. Pergamon, New York, 1972. xiv, 462 pp., illus. \$27.

Advances in Solid State Physics. 12, Festkörper Probleme. A meeting, Freudenstadt, Germany, Apr. 1972. O. Madelung, Ed. Pergamon, Elmsford, N.Y., 1972. viii, 682 pp., illus. \$46.50.

Advances in the Study of Behavior. Vol. 4. Daniel S. Lehrman, Robert A. Hinde, and Evelyn Shaw, Eds. Academic Press, New York, 1972. xiv, 218 pp., illus. \$12.

The American Alligator. Its Life in the Wild. Edward R. Ricciuti. Harper and Row, New York, 1972. vi, 72 pp., illus. \$5.95.

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Computer Management. A Common Sense Approach. Nancy Foy. Auerbach, Philadelphia, 1972. xiv, 210 pp., \$9.95. Cosmology, Fusion and Other Matters.

George Gamow Memorial Volume. Frederick Reines, Ed. Colorado Associated University Press, Boulder, 1972. xiv, 320 pp., illus. \$15.

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Dedekind Sums. Hans Rademacher and Emil Grosswald. Mathematical Association of America, Washington, D.C., 1972. xvi, 102 pp., illus. \$8; to members, \$4. Carus Mathematical Monographs, No. 16.

Dimensional Analysis and Group Theory in Astrophysics. Rudolf Kurth. Pergamon, New York, 1972. xiv, 236 pp. \$22.50.

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Irradiation Effects in Fissile Materials. J. Leteurtre and Y. Quéré. North-Holland, Amsterdam; Elsevier, New York, 1972. x, 128 pp., illus. \$15.50. Defects in Crystalline Solids, vol. 6.

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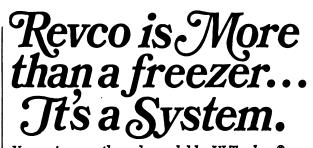
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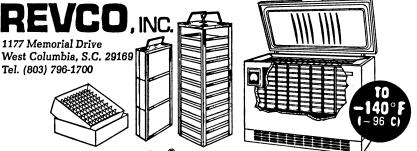
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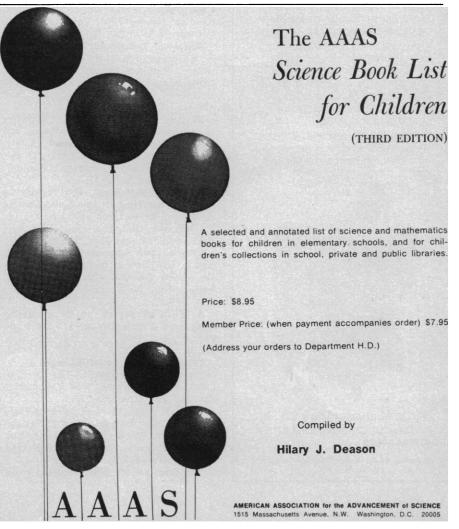
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Life. Sidney W. Fox and Klaus Dose. Freeman, San Francisco, 1972. xvi, 360 pp., illus. \$16.

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The People's Handbook of Medical Care. Arthur Frank and Stuart Frank. Random House, New York, 1972. xiv, 494 pp. \$8.95.

Perfusion Techniques in Biochemistry. A Laboratory Manual in the Use of Isolated Perfused Organs in Biochemical Experimentation. B. D. Ross. Oxford University Press, New York, 1972. xvi, 478 pp., illus. \$37.

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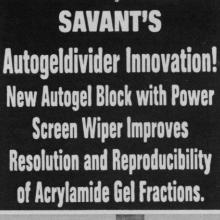
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Practical Applications of Infrared Techniques. A New Tool in a New Dimension for Problem Solving. Riccardo Vanzetti. Wiley-Interscience, New York, 1972. xviii, 356 pp., illus. \$19.95.

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The Prehistory of the Tehuacan Valley. Vol. 4, Chronology and Irrigation. Frederick Johnson, Ed. Published for the Robert S. Peabody Foundation by University of Texas Press, Austin, 1972. xii, 290 pp., illus. + charts. \$15.

Preimplantation Mammalian Embryos in Vitro. Recent Studies, II. Papers by Ralph L. Brinster and others. MSS Information Corp., New York, 1972. 186 pp., illus. \$15.

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James H. Hogge. Auerbach, Philadelphia, 1972. x, 208 pp., illus. \$9.95.

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Psychiatric Complications of Medical Drugs. Richard I. Shader, Ed. Raven, New York, 1972. 394 pp. \$14.50.

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Radiation and Scattering of Waves. Leopold B. Felsen and Nathan Marcuvitz. Prentice-Hall, Englewood Cliffs, N.J., 1973. xxiv, 888 pp., illus. \$35. Prentice-Hall Microwaves and Fields Series.

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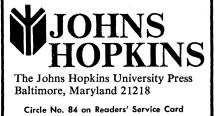
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