ERRATUM

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Determination of Endurance Capacity and Prediction of Exercise Intensities for Training and Competition in Marathon Runners

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The third paragraph on the right-hand column, page 16, should read as follows:

In numerous graded laboratory tests described in the German and international literature, values for laboratory and marathon capacity at given lactate concentrations also appear to concur. However, the running velocities at lactate concentrations of 3 or 4 mmol/l determined in these laboratory tests are, in part, far above average marathon velocities (32, 41, 44, 45).

BOOK REVIEWS

Rüegg, J.C.: Calcium in Muscle Activation. A Comparative Approach. (Springer-Verlag, Berlin-Heidelberg-New York, 1986)

General classification:		Fields covered:	
Textbook for:		Clinical Aspects for:	
Review	☐	Diagnostics	☐
Special Topic	☒	Treatment	☐
Methods	☐	Exercise Biochemistry	☒
		Exercise Physiology	☒
introductory	☐	Exercise Morphology	☒
advanced	☐	Biomechanics	☒
specialiced	☒	Other Fields	☐

	excellent	good	average	poor
Evaluation	x			
Figures	x			
Tables		x		
Literature	x			

Calcium ions are the intracellular messengers that activate the contractile machinery of all muscles. How is this activation achieved? How is the calcium level and the calcium traffic within the cell regulated? How have these basic processes been adapted to meet the special functional requirements of fast and slow skeletal muscle fibers, and in the heart and smooth muscles? There are the questions addressed in Rüegg's monography 'Calcium in Muscle Activation' which is of interest not only to exercise- and muscle physiologists or general biologists but indeed to anyone who wants to know how his muscles become activated in muscle concentration during exercise. The book is recommended to every scientist who is deeply involved with the significance of calcium ion in muscle contraction.

Sportärztliche Untersuchung und Beratung, edited by D. Clasing and I. Siegfried, perimed-Verlag, Erlangen, West-Germany 1986.

General classification:		Fields covered:	
Textbook for: sportmedical examination and advice	(x) (x)	Clinical Aspects for:	
Review	☐	Diagnostics	☒
Special Topic	☐	Treatment	☒
Methods	☐	Exercise Biochemistry	☐
		Exercise Physiology	☒
introductory	☒	Exercise Morphology	☐
advanced	☒	Biomechanics	☐
specialiced	☐	Other Fields	☒

	excellent	good	average	poor
Evaluation		x		
Figures		x		
Tables		x		
Literature			x	

On 264 pages a very clear and informative introduction in sports medical examination technics, including physical, ergometer and laboratory aspects, is given. This book is especially written for the athletes' physician, and for doctors who want to postgraduate in sports medicine as well as for interested medical students, trainers, and athletes. The clearly arranged tables and nomogrammes are very helpful. Furthermore, general topics as school-sport and reactivation after injuries and diseases are discussed. Some chapters should be more detailed as ECG and orthopedical examination.

We recommend this book to the addressed readers mentioned above.

G. Manzl