
Bibliography.

The Physique of the Olympic Athlete, by J. M. Tanner. This is a comprehensive study of the physique of Olympic Games athletes, based on research carried out at the Rome Olympics in 1960, and the British Empire and Commonwealth Games in 1959. Dr Tanner and his team measured, photographed and X-rayed one hundred and thirty-seven track and field athletes, coming from twenty-three countries, including Britain, Australia, New Zealand, Canada, South Africa, the U.S.A., the U.S.S.R., and Japan. Amongst them were eleven gold medallists (Berruti, Otis, Davis, Snell, Elliott, Halberg, Bolotnikov, Shavlakadze, Tsibulenko, Boston, Nieder and Thompson) and several present and previous world record holders. In addition a number of weightlifters and wrestlers were studied. The aim of the research was to show how far compe-

titors in different events differ in size, shape, muscularity and skeletal proportions and thus to define the optimal build for each athletic task. The recording of all the individual measurements, the reproduction of the body-build photographs of over one hundred of the athletes, and the presentation of a number of X-rays showing the relative amounts of bone, muscle and fat, make this a unique atlas of the human body at the pitch of athletic perfection.

Dr Tanner is a medical scientist well known for his studies on the physique of adults and the growth and development of children. He is himself an ex-athlete of international calibre, and an expert on physical education. His analysis will appeal to all physical educationalists and human biologists, as well as to coaches, athletes and everyone interested in sport.

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