would hope for a more extended discussion of those adaptations required to deal successfully with too much food, the prime nutritional problem of our era. In historical terms, this is a new challenge for the human race, one that demands our attention for it has yet to be fully met.

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**REFERENCE**


The contents of this book are part of a CRC Press, Inc, series of books whose topics have ranged from exercise and disease processes to nutrition and physical activity. This particular issue focuses on minerals and electrolytes. The editors have brought together some well-known and some new faces in this area. The topics presented are clearly written. The first several chapters focus on iron and exercise. Initially, iron and exercise seem to be a primary highlight of the book; however, this book also covers several important issues relating to nutrition, minerals, and electrolytes. Other topics include physical activity and zinc metabolism, effects of exercise on magnesium metabolism, chromium and aerobic exercise, as well as chapters on fluid, electrolyte, and carbohydrate replacement during exercise, and free radicals in athletics. The chapters are concise and presented as original research or as review articles.

The reference lists at the end of each chapter are extensive. It is a well-organized book that provides solid information in the areas of exercise, minerals, electrolytes, and fluid replacement. It would be an excellent resource book for individuals researching these topics, and/or for the practitioner of sports nutrition.

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