Children are more likely to stick to physical activity if they enjoy it and feel a sense of achievement. They are less likely to understand the long term consequences of preventative health actions than adults. It is argued that public health statements based on the physical effects of exercise fail to address the fundamental issue of how the behaviour can be sustained long enough to achieve the desired physical and mental benefits. There continues to be a great deal of concern for the health of women and young children in rural third world communities where sustained physical effort is a way of life. A study in Nepal is described, which showed that behavioural techniques were as important as mechanical or physiological adaptations.

It is stated that improved cardiorespiratory fitness is the main consequence of aerobic exercise and it does have a positive long term effect on mood and psychological well being. It appears that very light exercise programmes are not sufficient and that intensive conditioning programmes may confer less benefit than moderately intensive schedules. Recent studies have re-affirmed the difficulty of getting people to continue in sporting activities once they have stopped. Policy makers would therefore, it is claimed, achieve more by preventing drop out in young adults than by promoting take up among middle aged and elderly non-participants.

The message given is clear; teach children to enjoy physical exercise so that they continue to participate as adults and they will benefit in later life from health gain.

This is a useful book for public health physicians and health promoters generally as well as clinicians and scientists interested in physical activity.

PETER GRIME
Department of Public Health
and Epidemiology,
Medical School,
Manchester

Food Poisoning and Food Hygiene. B C Hobbs and D Roberts. (Pp 402; £16.95.) London: Edward Arnold, 1993. ISBN: 0-340-53740-X.

This is the sixth edition of a text book by the former director and the present deputy director of the Food Hygiene Laboratory of the Central Public Health Laboratory, London. Although written for a wider audience, this book is a useful aide memoire for any public health physician who is involved with food poisoning, whether in investigating or controlling an outbreak, advising the public generally, or maintaining standards in health care premises.

The epidemiology of the principal food poisoning micro-organisms are considered in some detail. It is salutary to be reminded that microbiology is in a state of constant change. Before the late 1970s campylobacter was not referred to. Now it is known to be responsible

for many incidents of gastroenteritis affecting both children and adults. It was not until the mid 1980s that it became apparent that the serotype *Salmonella enteritidis* was becoming increasingly involved in cases of food poisoning. In 1986, 27% of all reported cases of *Salmonella* infection were caused by *S enteritidis*. There was a continuous increase to 63% in 1991. Warnings about the use of inadequately cooked eggs has not reduced the incidence of food poisoning from this source. Only relatively recently was it recognised that listeriosis after infection with *Listeria monocytogenes* had increased significantly for the fetus, newborn baby, and adult. The national warnings in the UK regarding the association of soft mould-ripened cheese with listeriosis was followed by a significant drop in cases in the UK in 1990 and 1991.

The incidence of outbreaks and sporadic cases of food poisoning generally continues to increase. Epidemiological accounts of outbreaks illustrating the role of the principal pathogens concerned are given. There is evidence that anxiety and stress in animals during transport and in strange surroundings, together with deprivation of food and water before slaughter, predispose the animals to enhanced excretion and infection. For example stress and cross infection can be important factors in *S typhimurium* infection in calves and veal. The view is taken that without international cooperation between the disciplines responsible for animal care and hygiene the intestinal disease of salmonellosis will persist and continue to rise.

In examining food hygiene in the prevention of food poisoning four main aims of food hygiene are dealt with, namely: the initial safety of raw animal products before entry to the food industry; the hygiene and care of food handlers; food storage conditions; and the general design and cleanliness of kitchens and equipment. Factors contributing to 1479 outbreaks of food poisoning were studied and the conclusions reached were that for all types of food poisoning the factors which were recorded as most commonly contributing to outbreaks included: preparation of food more than half a day in advance of needs; storage at ambient temperature; inadequate cooling; inadequate reheating; use of contaminated processed food (cooked meats and poultry, pies and take away meals prepared in premises other than those in which the food was consumed); undercooking; and cross contamination from raw to cooked food. The work concludes by giving a synopsis of UK and EU food legislation and a section on the importance of education.

I found this book a useful and authoritative presentation of key facts about food poisoning and its prevention presented in a readily accessible format.

PETER GRIME
Department of Public Health
and Epidemiology,
Medical School,
Manchester

SHORT REVIEWS

Methodological Issues in AIDS Behavioural Research. Ed D G Ostrow, R C Kessler. (Pp 373; \$49.50) New York: Plenum Press, 1993. ISBN 0-306-44439-9.

Presents a selection of methodological issues of interest to both experienced and new researchers together with examples that illustrate innovative methodological approaches relevant to persons working with the diverse populations affected by AIDS.

The Role of the Public Health Nurse: A Review of the International Literature. M Khan, R Landes. (Pp 18 price not stated). Salford: Public Health Research and Resource Centre, 1993.

A review of the international literature focussing on the role of the public health nurse as it relates to needs assessment.

Human Population Genetics: A Centennial Tribute to J B S Haldane. Ed. P P Majumder. (Pp 357 \$85.00) New York: Plenum Press, 1993. ISBN 0-306-44572-7.

Incorporates the proceedings of an International Conference on Human Genetics, held in Calcutta, India, to bring together geneticists, anthropologists, clinicians, and statisticians to evaluate the impact of Haldane's contribution to various areas of human genetics and also to review recent developments in the subject.

Young People, Health and Family Life. J Brannen, K Dodd, A Oakley, P Storey. (Pp 237; £12.99) Buckingham: Open University Press, 1994. ISBN 0-335-19097-9.

Analyses the results of a questionnaire survey of over 800 young people aged 15 to 16 years in a borough in the west of London and an intensive interview survey of a subsample of 64 households randomly selected from the survey participants.

Tuberculosis: Back to the Future. Eds J D H Porter, K P W J McAdam. (Pp 303 £14.95) Chichester: John Wiley, 1994. ISBN 0-471-94346-0.

In this publication, international participants in a London School of Hygiene and Tropical Medicine Public Health Forum summarise the current state of the art of tuberculosis research and control.

PETER GRIME