

Index

Page numbers in italic type refer to figures, those in bold to tables.

- abdomen, 3, 50, 59, 61, 67, 72, 73, 74, 75, 116, 120, 121, 142
 circumference, 65, 67, 69, 119
 acculturation, 11, 12, 170, **200**
 active metabolic mass, 79
 adipose tissue, 42, 43, 52, 75, 99, 143, 144–5, 198–9, 228, 246
see also brown adipose tissue
 age, 10, *11*, 13, 14, 15, 30, 38, 43, 44, 52, 54, 58, 59, 61, 64, 67, 72, 76, 77, 78, 81, 87–8, 89, 90, 91, 95, 99, 100, 102, 104, 105, 107, 108, 111, 113, 115, 130, 135, 137, **140**, 143, 147, 148, 157, 160–1, 175, 207, **211**, 217, 239, 240
 young adulthood to old age, 155–64
see also children, foetus, neonates
 air displacement, 46–7
 Allen, J. A., 128
 and Bergmann ‘rules’, 167, 197, 249
 anabolic steroids, 229–31
 androgens, 89, 136, 140, 146, 153, 159, 231, 234
 animal investigations, 1, 29, 31, 45, 48, 51, 69, 72, 91, 98, 101, 190, 191, 209, 210–11, 213, 226, 241, 247
 ankles, 25, 27, 49–50, 77, 108, 240
 anorexia nervosa, 209, 212, 221, 223, 235–8, 239
 ante-mortem changes, 29, 30, 32, 45
 anthropometry, 105, 108–9, 133, 149
 antipyrine, 85, 90
 arms *see* limbs
 athletes, 12, 44, 59, 60, 67, 76, 89, 98, 122, 125, *126*, *127*, 129, *130*, *131*, 131–2, 133, 135, 146, 159, 172–5, **173–4**, 192, 194, 216, 230, 240–1
 ‘athletic’ build, 3
 ‘average man’, 7, **8**, **157**
 basal metabolic rate, 160, 223
 BAT *see* brown adipose tissue
 ‘behaviourists’, 2–3
 Behnke scaling method, 62, 63
 Bergmann, C., 128
 and Allen ‘rules’, 167, 197, 249
 biceps, 50, 54, 58
 blood, 138, 247
 haematocrit, 138, 147, 236
 haemoglobin, 138, 172, 204, 207, 219
 plasma, 138, 213, 252
 volume, 147, 190, 216, 249
 body-box, 46–7
 body density, 37, 44, 45, 56, 57, 70, 108, 146, 160, 182, 213, 240
 body mass, 6, 9–12, **10**, 19, **20**, 21, 33–4, 45, 50, 65, 69, 77, 79, 87–8, 104, 134, 135, 136, 137, 140, 146, **158**, **159**, 167, 171, 184, 204, 208, 209, 217, 218, 220, 223, **224**, 224–5, 235, 238
 body mass index, 9, *11*, 62, 78, 120
 body size, 98, 183–4, 192–3
 body volume, 47–8, 66
 errors, 47, 48
 using body segments, 47
 using limb volume, 48
 bone, 10, 24, 25, 27, 28, 30, 32, 33–4, 42, 67, 71, 72, 73, 76, 91, 110, 127, 129, 140, 142, 162, 163, 178, 190–1, **191**, 194–5, 204, 207, 211, 213, 221, 240, 241
 calcification, 170
 density, 43, 44, 45, 110, 132, 148, 156, 170, 233, 234
 disorders, 238–9 *see also* osteoporosis
 epiphyses, 128, 129, 132, 133, 151, 192
 growth, 127–8, 151
 mass, 25, 29, 115, 213, 241
 brain, 30, 42, 102, 136, 219, 221
 breast *see* mammary glands
 Broca’s index, 77
 bromide, 84
 brown adipose tissue, 137, 138, 246
 bulimia, 236, 238
 cadavers, 25, 26, 28–34, **32**, **33**, 42, 49, 52, 54, 59, 61, 62, 64, 73, 74, 81, 88, 91, 99, 161, 162, **191**

- anatomical dissections, 30–4, 36
 archaeological, 130
 calcium, 29, 101, 113, 114, 137, 140, 148,
 151, 163, 164, 190, 191, 195, 220,
 233, 239, 240, 241
 ‘calcium bone index’, 113
 radioactive, 114
 calf, 25, 27, 50, 54, 115, 126, 142, 170
 calipers, 28, 53, 54, 70–1, 108
 Canada Fitness Survey, 180, **181**, 183, 184,
 185
 cancer, 32, 232
 carbon
 total body, 103
 catecholamines, 122, 138, 198
 cheek, 150
 chest, 59, **63**, 117
 childhood and adolescence, 134, 135, 141–
 55, *144*, *145*, 204, 206, 207, 209,
 210, 213, 214, 227
 chloride, 83–4, 101, 148
 volume, 82
 cigarette consumption, 11
 ‘compositionists’, 2
 Compton scattering, 112
 computerized tomography, 24, 70, 72–4,
 114, 121, 125, 193, 213, 221,
 233
 connective tissue, 30, 164
 Conrad’s plastic index, 135
 creatinine excretion, 91–3, 149, 150, 160,
 161, 206, **216**, 219, 221
 cross-sectional areas, 20, 24, 25, 27, 155,
 156, 157, 161, 163, 170, 192, 193,
 206, 241
 equations, 24, 25
 CT *see* computerized tomography
 Cushing’s syndrome, 206

 DNA *see* deoxyribonucleic acid
 Darwin, C., 243–4
 data analysis
 centiles, 16
 percentage of reference value, 16
 Z-scores, **13**, 16
 densitometric calculations, 41–3, 51, 58–9,
 64, 158
 formulae, 43–4
 deoxyribonucleic acid, 150, 186
 deuterated water *see* water, isotopic forms
 diet, 43, 50, 54, 61, 87, 92, 94, 100, 103,
 121, 165, 175, 193, 195, 204, 208,
 211–12, 214, 216, 219, 220, 221,
 229, 232, 233, 234, 235, 237, 250
 disease and illnesses, 3, 15, 40, 120–1, 155,
 207, **211**, 231, 250–1, 252
 cardiovascular, 62, 120
 diabetes, 120, 252
 hypertension, 120
 ischaemic heart, 120
 stroke, 120
 visceral, 232–3
 distribution curves, 12, **13**
 diuresis, 89
 drugs, 234, 235
 Donnan equilibrium factor, 82–3
 dual photon absorptiometry, 74, 103, 112,
 240
 DuBois, E. F.
 body surface formula, 196

 ectomorphy, 3–4, 4, 17, 62, 183, 196
 elbow, 77
 electrical conductivity and impedance
 measurements, 49–51, 52, 87–8
 electronic fat analyser (Syntex), 55
 embalming, 32, 33
 empiricism, 1, 2, 21–2, 25, 34, 39, 124,
 197, 207–8
 endocrine disorders, 228–9
 endocrine factors, 62
 endomorphy, 3–4, 183, 196
 environmental factors, 7, 44, 54, 133, 134,
 152, 168–9, 170, 171, 175, 178, 179,
 242, 253, 254
 evolutionary pressures, 168
 food shortages, 167–8, 253 *see also*
 nutrition
 habitats, 15, 253
 high altitudes, 204–5, **205**
 pressure (high and low), 249–50
 secular trends, 171 *see also* acculturation
 temperature, 12, 167, 195–203, **197**, **200**,
 202, 244, 245–9
 work, 167
 enzyme defects, 188
 epidemiological indices, 76–80
 estimates from lean mass, 80
 linear regression equations, 79
 mass for height ratios, 76–9, **78**
 ethanol, 85
 ethnic differences, 115, 121, 123, 124, 128–
 9, 130, 131, 152, 154–5, 165–72,
169, 184, 188, 201, 204, **205**, 214,
 217–18, 227, 234, 251
 negroids, 108, 128, 198
 exercise *see* physical activity

 fat, 12, *14*, **20**, 21, 24, 25, 27, 28, 30, 31,
 32, 33–4, 35–6, 38, **39**, 41–3, 44, 49,
 56, 57, 59, 62, **63**, 67, **68**, 71, 72, 76,
 77, **78**, 88, 90, 104, 114, 115, 120,
 136, 137–8, 141, 142, 143–6, 149,
 156, 157, 158, 159, 169–70, **169**,

342 *Index*fat (*continued*)

- 172, **173–4**, 178, 184–6, 193, 194, 195, **197**, 202, 203, 206, 207, 209, 210, 213, 215, 216, 217, 218, 219, 220, 231, 232, 247
- distribution of, 115–24
 - centripetal patterns, 115, 119, 120, 121, 123
 - median versus lateral, 116
 - peripheral pattern, 115
- see also* obesity, subcutaneous fat
- fat biopsy, 74–6
- 'fatness' factor, 59, 115
- feet, 27, 52, 195
 - calcaneus, 190
- femur, 130–1, 132, 194, 240
 - femoral condyle, 25, 108, 211
 - femoral intercondyle, 27
- fertility, 12, 15
- fluid volume
 - body water, 85–8
 - estimation, 81–3, 146–7
 - extracellular, 83–5, 147
 - indicator dilution, 81–2
 - stability of, 88–90
 - use in determining gross body composition, 90
- foetus, 130–1, 137, 138, **139**, 140, 205, 238
- forearm, 25, 72, 73, 74, 163
- frame size, 10, 11
- Galileo Galilei
 - theory of proportionality, 17
- gamma radiation, 101, 103, 110, 113, 156
- genetics *see* heredity
- gestation, 137–40
 - gluteal region, 75, 120
- growth, 13, 17–19, 44, 133–7, **133**, 176
 - hormones, 133, 153, 192, 210, 229–31
 - pattern of lean tissue, 149
 - rate, 250–1
- H₂¹⁸O *see* water, isotopic forms
- 'habitus apoplecticus', 3
- 'habitus phthisicus', 3
- Halle
 - body types, 3
- hand, 52, 126, 131, 163
- heterosis, 171
- hormones, 210, 228
 - aldosterone, 233, 234
 - cortisone, 154
 - disorders, 233–4
 - gluco-corticoids, 154
 - insulin, 154, 234
 - parathyroid, 164
 - progesterone, 234

- thyroxine, 153, 203, 234
 - see also* growth, oestrogens, testosterone
- heart, 32, 204, 221, 233
 - cardiac failure, 234–5
 - cardiac muscle, 186, **187**
- height *see* stature
- heredity, 7, 58, 120, 152–3, 165, 167, 168–9, 170, 171–2, 174–5, 205
 - family studies, 179–83, **179**, **187**, 223, 251
 - formal genetic studies, 175–86
 - genetic control of cell, 186
 - genetic markers, 168, 175–6
 - inherited abnormalities, 175–6, 226–8
 - see also* transmissibility, twins
- hips, 3, 62, **63**, 117, 118, 119, 129, *131*, 136, 143
- H³ standardization, 18–19
- human adaptability, 242–5
 - acclimatization, 243
 - conditioning and habituation, 243
 - historical views, 243–4
 - international study programme, 244–5
 - technological adaptations, 248
- humerus, 24, 107, 132, 140
 - humeral condyle, 25, 108
 - humeral intercondyle, 27, 131
- hydrogen, 101
- hydrostatic measurements, 27, 30, 34, 36, 37, 39, 45, 61, 77, 112, 141, 149, 156
- hypertension, 234
- hypothalamic lesions, 228
- ICRP *see* International Commission on Radiological Protection
- ilium, 54
 - iliac circumference, 65
 - suprailiac fold, 56, 58, 59, 61, **63**, 69, 115, 116, 117, 120, 142
- image analysing computer, 75
- inert gas absorption, 48
- infections, 231–2
- informal theory, 2
- infra-red interactance methods, 74
- intercondylar diameters, 76–7, 109
- International Biological Programme, 58, 142, 157, 167, 252–3
- International Commission on Radiological Protection, 102, 156, **157**
- Inuits, 12, 124, 136, 155, 201, 215, 248, 253
- inulin, 82, 83, 85
- iron, 148
- Kaup index *see* body mass index
- ⁴⁰K estimation, 51
- knee, 12, **63**, 67

- kurtosis, 117
 kyphosis, 13, 77, 156
- Lamarck, J., 243
 LBM *see* lean body mass
 lean body mass, 91–107, 113, 114, 125, 135, 160–1, 172, 182, 194, 207, 209, 211, 216, 231
 lean tissue, 27, 49, 50, 76, 79, 88, 114, 142, 146, 149–51, 156, 158, 159, 189, 192, 194, 208, 209, 213, 214, 221, 223, 232, 234, 236, 237, 252
 density, 42–3, 44
 mass, 4, 29, 30, 35, 80, 90, 91–107, 124, 144, 150, 190, 206, 211
 see also muscle
 legs *see* limbs
 'leptosome', 3
 life expectancy, 14–15
 limbs, 73, 76, 77, 109, 115, 118, 125, 128, 129, 163, 170, 193
 lower, 27, 28, 109, 128, 130, 191, 195
 overall volume 27
 upper, 28, 109, 126, 127–8, 130, 193, 195, 218
 liver, 30, 42, 93, 190, 213
 LTM *see* lean tissue mass
 longitudinal surveys, 155, 156, 160, 163, 170, 241
 lungs, 37, 38, 204, 205
 luxusconsumption, 208, 210, 223
- magnesium, 29
 magnetic resonance imaging, 70–1
 malnutrition, 15, 24, 53, 92, 104, 121, 122, 212–25, 216, 250–1
 see also nutrition
 mammary glands, 35, 117, 136, 143, 234
 Matiegka, J.,
 anthropometric formulae, 25, 26, 108
 menstruation, 12, 42, 53, 89, 92, 102, 145–6, 195, 238, 241
 mesomorphy, 3–4, 4, 183
 metabolic chambers, 1
 3-methyl-histidine, 93–5
 Metropolitan Life Insurance Company
 'ideal weights', 7
 migrant studies, 166, 170, 172
 see also acculturation
 minerals, 14, 28, 31, 36, 138, 147–8, 151, 207, 213, 220, 235
 bone mineral content, 109, 111, 112, 132, 140, 148, 154, 162, 190, 194–5, 214, 241, 252
 mortality rate, 9
 muscle, 10, 12, 24, 27, 28, 30, 32, 33–4, 42, 67, 71, 72, 73, 91, 92, 95, 99, 113, 125, 126, 127, 149, 150, 161, 172, 178, 186, 189, 193–4, 200, 206, 207, 213, 216, 218, 219, 221, 230, 231, 232, 233, 236, 237, 246, 251, 252
 development, regional assessments of, 105–7, 106, 124
 growth, 15
 hyperplasia, 150–1
 hypertrophy, 126, 150–1
 index, 100
 mass, 25, 29, 94, 102, 115, 136, 215
 skeletal, 21
 wasting, 231–5
 muscular dystrophies, 233
- neonates, 29, 54, 61, 133, 136, 137–40
 nervous tissues, 42
 neutron activation, 101–2, 112–14, 156, 163, 232
 neutron resonance scattering, 103
 nitrogen, 29, 91, 101, 102, 114, 148, 190, 192, 206, 213, 214, 220, 221, 229–30, 231–2, 237
 NMR *see* nuclear magnetic resonance
 non-shivering thermogenesis, 246, 247
 nuclear magnetic resonance, 70, 71, 104
 nutrition, 15, 58, 108, 115, 120, 121, 123, 137, 152, 196, 205–6
 see also malnutrition
 'nutritionists', 2, 3
- obesity, 68, 75, 76, 77, 78, 79, 92, 98, 119, 120, 122, 145, 147, 194, 203, 206, 209, 210, 211, 220, 226–9, 237, 252
 gross over-feeding, 229
 relationship to disease, 120, 228
 oestrogens, 146, 154, 163, 164, 234, 239, 241
- osmium tetroxide technique, 75
 osteoporosis, 15, 100, 108, 112, 156, 176, 234, 238–41
 bed rest effects, 241
 prevention, 241
- pattern recognition, 3
 penis development, 135
 phantom, 97, 98, 101, 111, 113
 approach, 22–3
 plexi-glass, 73
 unisex, 21–3
 phosphorus, 101, 104, 113, 190, 214, 220
 photogrammetry, 48–9
 photomicrographs, 75
 photon absorptiometry, 110–14, 140, 156
 physical activity, 95, 104, 108, 115, 121, 122, 124, 134, 152, 164, 175, 189–95, 202, 203, 206, 209, 210, 211,

344 *Index*

- physical activity (*continued*)
 220, 221, 224, 227, 233, 237, 239,
 241, 247
 inactivity, 252
 ponderal index *see* ratios
 positivism, 1
 post-mortem changes, 45
 potassium, 29, 30, 36, 84, 93, 95–100, **95**,
99, **100**, 113, 126, 137, 138, 147–8,
 149, 158, 163, 190, 193, 213, 214,
 220, 221, 232, 233, 234, 236, 237
 isotope ⁴⁰K, 95–6, 97, 98, 100, 114, 126,
 143, 144, 156, 160, 231, 237
 isotope ⁴²K, 97, 98
 proportionality, 17–21, 22
 body mass, 20–1
 body mass as standardization, 21
 circumferential scaling, 20
 data interpretation, 17
 empirical evidence, 19–20
 H³ standardization, 18–19
 multivariate technique, 21
 theories, 17–18
 protein, 14, 24, 31, 137, 172, 208, 212, 216,
 217, 220, 221, 222, 230, 232, 235,
 239
 puberty, 117, 134, 141, 143, 144, 148, 150,
 153, 215
 ‘pyknic’ build, 3
- Quetelet
 ‘average man’ concept, 7, 17
 Quetelet index *see* body mass index
- radiation, 96, 97
see also potassium, ⁴⁰K isotope
 radiographic densitometry, 109–10
 radiographic measurements, 27, 38, 109,
 111, 135, 140, 221, 240
 limbs, 115, 129–30
 soft-tissue, 71–2, 115, 149, 193, 213
 radiosulphate and mannitol, 83
 raffinose, 83
- ratios
 calcium : potassium, 113
 mass : height, 17, 74–9
 ‘proportionality’, 22
 stature : cube root of body mass
 (ponderal index), 17, 78
 waist : hip, 62, 74
 reference standard, 5, 7
 renal disease, 32, 92, 231, 235
 function, 89, 93, 164, 214
 mass, 190
 residual gas volume, 37–41, **39**, **41**
- Santorio Santorio
 weighing chair, 1, 2
 sexual dimorphism, 3, 26, 32, 35, 44, 52,
 54, 58, 59, 64, 67, 68, 69, 70, 72, 74,
 78, 81, 87–8, 91, 93, **100**, 102, 105,
 113, 115, 117, 118–19, 121, 128,
 130, 135, 136, 141, 142, 143, 147,
 148, 150, 151, 153, 154, 161, 163,
 192–3, 199, 201, 203, 215, 240
 shadow shield counter, 96
 skeletal density, 44
 age, 135, 151–2
 dimensions, 67
 mass, 45, 108–9, 137, 162
 maturation, 178, 206
 musculature, 76, 91, 94, 186, 190, 221,
 233
 skin, 25, 26, 30, 49, 67, 93, 102, 136, 190,
 213, 221
 skinfolds, 3, 12, 45, 52–76, **55**, **57**, **60**, **63**,
65, **66**, 77, 103, 104, 105, 107, 114,
 115, 116, 117, *118*, *119*, 122, 142,
 143, 199, 201, 213, 219, 231, 237,
 248
 circumference, 50, 65
 compressibility, 54, 138, 156
 distribution, 62–4
 formulae, 65
 measurement site, 54
 size scaling, 61–2
 thickness, 25, 36, 137, 144, **159**, 224
- Society of Actuaries
 ‘ideal’ body mass, 7, 8, 10, 11, 109
 sodium, 30, 82–3, 84, 89, 101, 104, 148,
 151, 189, 214, 220, 232, 233, 234
 sodium iodide crystal detectors, 96–7, 101,
 111
 somatotype, 4, 183–4
 space travel, 250
 spine, 163
 problems, 13
 supraspinal skinfold, 54
 vertebrae, 109, 191, 195, 240
- spleen, 190
 starvation, 219–25
 basal metabolism, 223
 re-feeding, 225
 weight loss, 222
- stature, 4, **6**, **13**, 18–19, *19*, **20**, 21, 25, 32,
 34, 38, 50, 62, 72, 78, 79, 87–8, 93,
 100, 105, 113, 128, 134, 135, 136,
 141, 144, 146, 147, 150, 156,
 160, 163, 169, 171, 184, 192, 196,
 197, 204, 205, 215, 218, 251
- stress and strain, 242

Index

345

- subcutaneous fat, 25, 26, 34, 35, 54, 56, 62, 64, 69, 70–1, 73, 74, 77, 116, 118, 122, 123–4, 136, 137, 140, 144, 156, 170, 182, 197, 198, 199, **200**, 201, 210, 216, 231, 236, 242, 247, 248, 252
- subscapular fold, 56, 58, 59, 61, **63**, 64, 75, 115, 116, 117, 119, 137, 142, 143, 170, 214, 219
- sucrose, 83
- TBV *see* body volume
- tendon, 30
- testosterone, 150, 229–30
- thermal stress, 196–8
- thigh, 25, 27, 54, 59, 61, 72, 113, *126*, 142, 170, 193, 233
- thiocyanate, 82, 83, 84–5
- total body water (TBW) *see* water content
- transmissibility, **182**, **183**
- triceps, 24, 50, 56, 58, 59, 61, **63**, 65, 67, 69, 107, 115, 116, 122, 137, 142, 143, *144*, 219, 236
- tritiated water *see* water, isotopic forms
- trunk, 50, 113, 115, 116, 119, 121, 129, *131*, 170, 201
- tuberculosis, 3, 11
- twins, 170, 177–8, **177**, **179**, **180**, 182, 184, 185, 227
- ultrasound, 69–70, 161
- underwater weighing, 36–7, 51, 64, **65**, **68**, 79, 90, 142
- upper arm, 25, 50, 61, 77, **106**
 circumference, 24, **106**, 107
- urea, 85
- US National Center for Health Statistics, **5**
- viscera, 25, 26, 30, 34, 136, 236
- vital capacity, 38, 134, 141, 204, 205
- water content, 28, 29, 30, 31, 36, 44, 51, 81, 91, 104, 122, 137, 138, **140**, 143, 146, 148, 151, 156, 160, 162, 189, 190, 206, 207, 213, 221, 237
- water displacement, 45–6, 47
- water, isotopic forms, 85–7
 H_2^{18}O , 85, 86
 deuterated, 85, 86, 124, 143, 146
 tritiated, 86, 87
- wrist, 25, 45, 49–50, 67, 77, 105, 108, 152
- X-ray spectrophotometry, 132