Bulletin of The British Association of Sport and Medicine

SPORTS MEDICINE SEMINAR

MANILA

December 3rd – 5th, 1981

H. E. Robson

The assembly of the nations of South East Asia for the 11th SEA Games held in the Philippines from December 6th gave a good opportunity for the doctors, physiotherapists and others engaged professionally in the scientific aspects of sport to get together for a short seminar on sports medicine. The venue was the magnificent Philippine International Convention Centre, equipped to take at least half a dozen conferences of a hundred people minimum at the same time, and with excellent lecture room facilities. Unfortunately, like so many places in the world in the 1980s, it was necessary for armed guards to carry out a security check of all entering the building, including a search of brief cases and handbags.

Three lecturers were invited from overseas; Dr. James Skinner, PhD, the American exercise physiologist, at present working at the University of Western Ontario, Canada; Dr. C. K. Giam, in charge of the Sports Medicine and Research Centre, Singapore; and the author. Of the other twelve lecturers, half were from the Philippines, and the remainder from other Asian countries. Each lecture, or two on similar topics, was followed by a very searching panel discussion, conducted by two Filipino experts in the subject, who commented on the lecture, frankly and critically, before opening the paper to general discussion. This was a most salutary experience, and one that could well be followed here. Lecture topics included a review of body energy and its application to competitive and recreational sport (Skinner), electromyography of the motor unit (Y. Umazume, Tokyo), fitness assessment (Giam), nutrition (Skinner, J. Rumawas of Indonesia and Joan Wright of Manila), prevention and treatment of injuries (H. E. Robson), knee arthrography (A. A. Rivera, Manila), sports injuries in Singapore (Giam), rehabilitation and training in the UK (Robson), in the Philippines (A. H. Mequi), and reports from Brunei, Burma, Indonesia, Malaysia, Singapore, and Thailand. The final morning started with psychology (A. Lagmay of Quezon City, Philippines) and concluded with a talk on acupuncture by Zan Y. J. and Liu Z. Y. of the Republic of China.

Although many of the topics were familiar to the European or North American listener, several papers left us in no doubt that our ideas of minimum standards of nutrition and provision of expensive facilities do not apply to much of Asia, apart from a few national stadia. It was also most interesting to learn about other approaches to health and sickness, even though we were unable to agree on even the choice of words to try to get an understanding of, for instance, the rationale behind the success of acupuncture. The theory of possible endorphin stimulation was entirely out of the conception of our Chinese lecturers, as was the idea of Yin and Yang to us. We have much to learn from each other!

THE OPENING OF THE GAMES. The official opening ceremony took place on the afternoon of Sunday, December 6th, at the Rizal Memorial Stadium. In general, the procedure followed that of the Olympic Games opening, but there were differences. The flags of the previous ten SEA Games were brought in, accompanied by escorts of the host countries in their national dress. The Philippines Marine Band provided the music, based upon the lively sometimes swinging techniques we associate with USA military bands. The march past of the armed forces heralded the appearance of President Marcos, the Head of State, and the various national teams entered the stadium, after which the official Games flag was presented in its casket, to be hoisted as the torch was brought into the arena and lit to the accompaniment of a gun salute that took many of us very much by surprise. Balloons and pigeons were released, some of the latter failing to take to the air fast enough to avoid capture by members of adjacent teams who broke ranks to secure their trophies (but we were glad to see that the symbols of peace were released unharmed in due course).

THE PHILIPPINE ISLANDS. This group of islands are virtually a continuation of the islands forming Japan and Taiwan, and stretch towards Borneo and the Celebes. They lie south of the Tropic of Cancer in the Northern hemisphere entirely. During the 13th and 14th centuries, they were occupied by Malaysians, who brought their Islamic religion with them. In the 16th century the expansion of exploration and commerce, largely initiated with treasure-seeking seamen, merchants and adventurers from the Iberian peninsula led to the discovery of these islands by Magellan, who claimed the territory for Spain, and Manila was established as the capital in 1571.

MANILA

OPENING CEREMONY
11th SOUTH EAST ASIAN GAMES

Lighting the torch.

The teams assembling.

MANILA AND DISTRICT

Manila traffic with Jeepney's.

Cocnut palms.

My namesake, Jeepney called "Henry".

Finance Ministry, Rizal Park.

Dr. Jesus de Leon, President, Philippine Sports Medicine Association.

Manila Cathedral, in the old city Intramuros.

The rapids, Pagsanjan.

Going up-river.

The General McArthur statue, Intramuros.

The Spanish influence extended to all the islands except the southern end of Mindanao, where there is still a Muslim community who want either independence or unity with another Muslim country. During the Napoleonic Wars, the Philippines were captured by the British in 1797. The garrison commander for a time was Colonel Arthur Wellesley, who became Duke of Wellington. They were handed back a few years later when Spain became Britain's ally. After were made in the 1930s, but before it could be granted the Second World War intervened, with the Japanese invasion and occupation, and full independence was attained in 1946. It took half a century for the dreams of José Rizal, the Nationalist hero, executed in 1896, to come to fruition. As in Malaysia, communist trained freedom fighters helped to evict the Japanese invaders, but continued to cause unrest when a democratic government was restored, so eventually martial law was declared in 1972, and is slowly being eased.

The official language of the country is English, with American intonation and spelling. After the USA and Britain, the Philippines are the world's third largest English speaking population, though there are over seventy local dialects. A composite language, Tagalog, has developed, and is used by most of the people in Luzon when talking to each other, other main languages being Spanish and Chinese, together with another four or five indigenous languages.

The bulk of the population are Roman Catholics, the Philippines containing about 75% of all Christians in Asia. Christmas is celebrated from December 5th until well into the New Year, and the shops were well decorated with Santa Claus, his sleigh, cotton wool snow and reindeer, but with a few model water buffalo thrown in for good measure. Their religion is a legacy of their Spanish occupation, the American legacy, they say, are their jeeps, much decorated and the main form of cheap public transport, and the Japanese legacy, it is claimed, is the driving technique — KAMAKAZI! The country consists of over 7,000 islands, covering an area of land a little larger than the United Kingdom, but with a similar sized population. Much of the two larger islands, Luzon and Mindanao, is mountainous, with hills up to 8,000 feet. The flat alluvial valleys grow rice as well as other grain crops. Tropical fruit is abundant, but not particularly cheap, and the roadside stalls with tiny bananas, mangoes, pawpaws and coconuts are most tempting.

THE "CANIVORE" CONTROVERSY. The week we travelled to Manila the news broke in British television, sparked off by a newspaper report, that dogs formed a major culinary treat in the Philippines. There were heated comments, and questions in Parliament, ending with an official protest from the Prime Minister. In official circles, there was a good deal of ill-feeling between the two countries, in which it was stated in the Manila "Bulletin" that Britain should keep out of the question, and treat its prisoners in the Maze with humanity, etc., etc. The only dogs we saw, however, were either the ubiquitous pi-dogs that roamed everywhere, or the family pets being taken out in the park on Sunday. There was no denial that dogs did form an item of food in the North of Luzon, but this was rare, and as a result of the recent disclosures regulations were being drafted to ensure that animals for food should be treated humanely.

PERSONAL EXPERIENCES. As a result of this coolness between the two nations, we were expecting to feel some hostility, but found the complete reverse. We were treated with great friendliness, from our professional colleagues, hotel staff, shopkeepers, taxidriver and even the three young women we met in a park just before returning home, and were therefore unable to accept their pressing invitation to visit their home and celebrate a family birthday.

By canoe to the Pagsanjan rapids.

Resuscitation afterwards, in company with a Korean dentist and a friend.

As my travelling expenses had been refunded in pesos, which could not be exchanged into sterling or dollars, we spent this money on an extra week's holiday, during which we explored the old walled city in Manila, Intramuros,

listened to an Advent Mass in Manila Cathedral, walked round the old Fort Santiago, badly damaged during the recapture of Manila in 1945, and walked home through the magnificent Rizal Park, past the memorial to the liberator executed on that spot, and guarded 24 hours a day. A half-day trip to a volcano lying in a crater lake in a larger volcano, started off badly when the minibus broke down, but we got there eventually. Another full day trip was to a fast-running river, ascended laboriously by canoe, but with a rapid return journey down the rapids. A double capsize in the flooded river prevented us getting all the way up to a waterfall, but we arrived back at our base very wet, including the cameras. Apart from these trips, we received hospitality at lunch from Dr. Macaraeg, Secretary of the Philippines Sports Medicine Association, and his wife, from Dr. Leonard Gilbert, an American who is one of the very few permitted to work in the Philippines, and by the President of the Philippines Sports Medicine Association, Dr. Jesus ("Jess") de Leon, whose attention during our stay was most assiduous.

BOOK REVIEW

Title: THE 1981 YEAR BOOK OF SPORTS MEDICINE
Editors: J. L. Anderson, F. George, L. J. Krakauer, R. J. Shepherd and J. S. Targ
Publishers: Year Book Medical Publishers Ltd., London for C. V. Mosby
 Price £31.50 416 pages

The format of this collection of abstracts follows that of the 1979 and 1980 year books that have already been reviewed in this journal. There have been some changes in the editorial panel, Drs. J. L. Marshall and T. B. Quigley no longer serving in this capacity. The 1981 year book is longer by some forty-five pages. Again the fields covered are exercise physiology, biomechanics, general medicine, sports injuries, and sports medicine for special groups such as women and children.

As before, the great majority of papers abstracted are from the USA, though there are some from Europe, including a few from the UK (but not, this year, from BJSM) and Japan. The abstracts are well written and clear figures or tables illustrate at least a third of them.

Once again, like the Year Book of Orthopaedics reviewed by Mr. Basil Helal in this journal, the year book should be an essential reference in any library supplying the needs of clinicians or others engaged in the practice and research pertaining to sports medicine.

H. E. Robson

BOOK REVIEW

Title: BODY ENERGY
Author: James S. Skinner
Publisher: Anderson World Inc., Mountain View California, 1981
 Price \$5.95 paperback 19 figures, 10 tables, 198 pages ISBN 0-89037-174-1

This book is written to give the educated but non-scientific layman an introduction to exercise physiology, so that he can design for himself an exercise programme to suit his needs. After a brief introduction the author explains metabolism and the changes that occur in mild and severe exercise, recovery and long-term training by a series of clear diagrams, the exchange of gases in the lungs and the tissues, the intake of food, liver storage, fat and muscle metabolism, energy production, carbon dioxide and lactic acid production.

For comparison of energy output Dr. Skinner uses multiples of basal metabolic needs, "mets", as measurement in calories needs corrections for age and body weight. Sitting at rest costs one met, housework, truck driving, walking at 3 mph — three mets; running at 6 mph — ten mets, or at 10 mph, sixteen mets. Fitness assessment is estimated most easily by a step test, using domestic stairs that can be raised or lowered by placing a thick board either on the lower, take-off step, or raising the height by placing the board on the upper step. Heart-beats per quarter minute, at rest and during exercise are made, converted to beats/min, and compared with the theoretical maximal heart rate of 220 minus age, used by many exercise physiologists. Guidance is then given on how to design one's own exercise programme, how to monitor progress, control weight, increase endurance, and a few examples of exercise programmes to suit the obese, the ex-athlete and the middle-aged.

Although written for the layman, this book should prove most useful to the physiotherapist or the physical educationist, either as an introduction to exercise physiology or as a refresher. I do not see why the medical student or older practitioner should not benefit similarly.

H. E. Robson