be recommended for individuals who were judged to be in a 'high-risk' category.

Finally, although our subjects were requested to produce selected levels of effort on only three consecutive occasions, there was a strong trend towards improved correspondence of RPE and both heart rate and VO_2 at the lower levels of RPE. This suggests that practice is required if RPE is to be employed with confidence as a prescriptive device where most judgements are likely to be made in the intermediate effort levels of the scale.

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BOOK REVIEW

Title: THE OLYMPIC BOOK OF SPORTS MEDICINE. VOL. 1 OF THE ENCYCLOPAEDIA OF SPORTS MEDICINE
Editors: A. Dirix, H. G. Knuttgen and K. Tittel
Publisher: Blackwell Scientific Publications, Oxford, 1988
Price: £39.50 **692 pages** **Numerous figures** **Index** **References** **ISBN 0 632 01963 8**

Sixty-two contributors have combined to produce a most comprehensive book on sports medicine for Olympic and other national or international teams, and authors have been selected from among those prominent in the Olympic medical hierarchy and in the International Federation of Sports Medicine, "FIMS". Two of the contributors are from the UK, Peter Sperryn and Arnold Beckett, and the others, including several overseas members of BASM from all over the world. The preface is written by His Excellency J. A. Samaranch, President of the International Olympic Committee, who describes the relationship between the IOC and its Medical Commission under the chairmanship of Prince Alexandre de Merode. Many of the present medical problems facing top level sport relate to doping, — those doping "might not in fact contain the seeds of their own destruction", and this was written a few months before the 1988 Olympic Games took place, with the associated doping scandals. Another pertinent point he puts forward is the danger of the wealthy industrialised countries letting their sports science and medicine produce a sporting elite, whereas less developed countries who may have naturally gifted athletes can only use their resources merely to encourage hygiene and advise about nutrition. Further details of FIMS and its Medical Commission are given by the editors and by Prince de Merode. FIMS is "one of the largest medical societies in the world" (and BASM have made significant contributions to it over the past fifty or so years through Lord Porritt, John G. P. Williams, its past Secretary General, and now Peter Sperryn). The Medical Commission was founded in 1966, mainly to combat the unfair philosophy of "running at all costs", so from the first the fight against doping was its prominent interest, with 27 accredited laboratories world-wide for dope control. Other Sub-Commissions of FIMS Medical Commission are concerned with Physiology associated with Biomechanics; Injury; Co-ordination with National Olympic Committees including Education.

The remaining twelve parts of the book are devoted to: Physiology; Fitness Assessment; Environment (all sections, hot and cold, altitude, pollution — written by Roy Shephard); Training; Anthropometry; the Young Athlete; the Female Athlete; the Older Athlete; Sports Injuries; Exercise and Chronic Disease; Team Care; Doping. Some of the criteria laid down for team care, such as an extensive medical examination every three years, are perhaps advisable for the Olympic athlete, but impractical for every club standard athlete. The criteria for a team's accommodation and the required medical facilities are most useful, together with advice on legitimate medication to avoid adverse dope tests.

The book is very well presented, with abundant figures and graphs. Most of the colour photographs are of healthy athletes performing their chosen activity or undergoing ergometer investigations, but a few injuries are well illustrated. Each part of the book is introduced by a somewhat abstract coloured illustration of sport in action, based upon classical Greek figures. The print is clear, well spaced out and easy to read. I found few mistakes (though in nearly 700 pages and hundreds of references some could easily be missed; e.g. on page 363 "Kristoff" is mentioned, but in the appropriate reference section, it is spelt as "Krissoff").

This is a most enjoyable book to read as well as to study, and is very strongly recommended to any Team Doctor looking after a team in residence, as well as his supporting staff of physiotherapists, chiropractors and nurses. Much is also of relevance to team managers and games organisers. At a price of just under £40, I consider it good value.

Henry E. Robson