EDITORIAL

Most issues of BJSM carry papers and case reports concerned with injuries, both acute and chronic, which are incurred through participation in sport. The present edition is no exception in this regard. Whilst dissemination of experience of the diagnosis, treatment and prognosis of such injuries is a fundamental role of a journal of sports medicine this literature does emphasise the negative effects of a sporting lifestyle. At a different level the national press demonstrate the same emphasis. Injuries in boxing and rugby are reported at length but fewer column inches are devoted to the favourable influence of sport on health and well-being. Whilst sport-related injuries are a proper and continuing concern of the journal I suggest that the positive effects of sports participation are worthy of greater attention. These effects may be manifest in two ways. Firstly, the vigorous exercise which is an integral part of most sports probably contributes to the maintenance of good health. Secondly, in seeking to acquire and maintain physical fitness an individual shuns habits which are detrimental to health. There is, unusually, evidence to support the latter claim in this issue. Hutchinson and co-workers report that the incidence of smoking, a practice well-known to be hazardous to health, is much lower among English professional footballers than the national average. This differential is not attributable to club strictures and so probably derives from attitudes engendered through the playing of the sport. As the authors suggest, this information could be invoked in an attempt to diminish cigarette smoking amongst young people who follow football.

The personal commitment of many BASM members to an active lifestyle is periodically demonstrated by the groups of joggers seen at the Annual Congress and by items in the Bulletin soliciting entries for one or other event for medical personnel. It is my view that the journal should reflect this commitment and encourage submission of scientific papers concerned with the honest appraisal of the potential of regular exercise for enhancing normal health.

50 Years of Physical Education at Loughborough

On August 3-4 the Department of Physical Education and Sports Science at Loughborough University celebrated the 50th Anniversary of the first physical education courses at the old College of Education. Past and present members of staff joined ex-students for a one-day conference, followed by a formal dinner in the University. The invited lecturers were Denzil Flanagan, HMI, Professor Alan Patmore of Hull University and Professor Clyde Williams of Loughborough. The audience were most appreciative of their contributions, on physical education, the development of land use for recreation and sports science at Loughborough, respectively. On the following day, 5th August, a series of well-attended Sports Science Workshops were led by 3 of the Department's many distinguished alumni, Dr. Paul Thomas, Dr. Peter Cavanagh and Professor Brian Whipp, DSc. Both Dr. Thomas and Dr. Cavanagh paid tribute to Dr. Henry Robson, Chairman of the Editorial Board of BJSM, for his contribution to the development of their enthusiasm for sports science whilst he was lecturing at Loughborough.

ITEMS OF INTEREST

Members may wish to note that the establishment of the British International Rowing Office at 6 Lower Mall, Hammersmith, London W6 9DJ (Tel. 01-741-3140). A new journal, Clinical Rehabilitation, will be published by Edward Arnold from 1987. The editor will be Dr. Keith Andrews, MD, MRCP of Laydwell Hospital, Salford. Members interested in the topic of Aging and Motor Behaviour may wish to submit manuscripts to be considered for inclusion in a book of this name to be published by Benchmark Press. Submissions to the editor, Dr. Andrew C. Ostrow, 265 Coliseum, West Virginia University, Morgantown, WM 26506-6116, USA.

Members interested in the Diploma Course in Sports Medicine at the London Hospital Medical College may wish to know that a fellowship (£7,000) and two bursaries (£4,000) are offered by the Smith and Nephew Foundation. The awards are open to graduates who obtained their primary medical qualification in a British medical school. Application forms for awards for the course starting in October 1987 may be obtained from the Administrator, The Diploma Course in Sports Medicine, Gl Building, 26 Ashfield Street, London E12AJ. Closing date for applications is 31st January, 1987.

The 1987 Medical Olympic Games will be held in Morocco from the 5th to 12th July. Details are available (large SAE) from Dr. David Delvin at GP, 30 Lancaster Gate, London W23LP.

Adrienne E. Hardman

BOOK REVIEW

Title: PREVENTION OF HEAD INJURIES IN SKIING MECHANISMS, EXPERIMENTAL STUDY AND PREVENTION
Author: Sooyouna Oh
Publishers: Karger, Basel. 1986
Price: £15.40 164 pages 174 figures and 13 tables

The "Head Injury" a comparatively new type of skiing injury has come with the development of high precision faster skis and complex fixation bindings. It is not surprising that the Cantonal Hospital, Chur, well known to me in the days of Professor Algower, a leading exponent in the open reduction of fractured bones, should be the source of a monograph on this new problem.

Based on ten years of neurological experience it documents the severity and explores the causes.

In the case of the latter the author identifies three main groups — free fall where the severity of the injury is directly proportional to the speed of the skier; collision of skiers related to the density on the slopes and impact injuries with other skull-cracking objects.

He illustrates the severity of such head injuries with a number of case histories and statistics. The treatment is basically immediate first aid and hospitalisation. The prevention in the majority of instances is the wearing of protective clothing and behaviour.

This book might well cut down the ridiculously high number of ski accidents which occur in Scotland if read by all skiers.

P. A. P. Mackenzie
Prevention of head injuries in skiing

P. A. P. Mackenzie

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