
Greenleaf, J. E. and Castle, B. L., 1971 “Exercise, Temperature Regulation in Man During Hypohydration and Hyperhydration”, J. Appl. Physiol. 30: 847-853


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**BOOK REVIEW**

**Title:** A GUIDE TO SPORTS MEDICINE  
**Editors:** Peter G. Stokes, N, NZ, S, P,  
**Publisher:** Churchill Livingstone, 1979  
**Price:** £6.00  
**Pages:** 197 pages  
**Type:** Paperback

This guide is rather like a map of an island which includes only about half the coastline and none of the land. It is with great disappointment that I have read this sketchy little volume consisting largely of other people’s reprints and so eclectic as to defy use as a reference text. Of 197 pages, no less than 30 are devoted to the whole question of doping, the centrepiece of which is a 14-page reprint of a French paper of 1973 couched in anecdotal and philosophical terms. Other old masters include Pugh’s description of the Four Inns disaster, from The Lancet of 1964, a paper on air travel by Turner from 1974, reproduced from the Traveller’s Health Guide, a 1970 article on doping by Millar, from the Australian Journal of Sports Medicine and my own favourite on sports hygiene reproduced from the International Manual of Cycling, 1972. This contains the classic sentence “Hygiene of the cyclist’s person is essential in order to avoid contagion from illnesses, especially of the parasitic type”.

My experience of and great respect for so many fine leaders of sports medicine from Australasia makes me sad that such an inadequate book should be offered from down-under, particularly with such a pretentious title.

J. G. P. Williams
section only could be given in both styles by authors submitting MSS to more than one journal, or to journals where the reference style is unknown. Both Medisport and The Physician and Sports Medicine use the numbered system.

**THE CURRENT NUMBER**

This number of BJSM contains three articles concerning women in sport; a report from Leeds on the incidence of osteoarthritic changes in older teachers of physical education, which is encouraging for those who wonder whether physical activity will make degenerative joint disease more likely and two papers on maturation. Contrary to what many of us believe about the precocity of girl swimmers and gymnasts, menarche appears later than in inactive girls of similar ages and backgrounds, in Europe as well as in India. The reasons for this could make an interesting research project, and we hope this idea will be taken up; Anorexia of training? Overproduction of androgens? Stress effects on the suprarenal-pituitary axis?

The role of serum lipids in coronary artery and peripheral vascular disease is still provoking much interest, and recently the protective effect of the high density lipoproteins, stimulated by exercise, has warranted study. The paper by Donaldson and Kester discusses this. Another article from a cardiology department, this time from Finland, records work on oxygen uptake.

Much of sports medicine is concerned with trauma, and a paper from Ganel and colleagues in Israel stresses the need for early and accurate diagnosis, this time applied to scaphoid fractures. Four case reports are included, and there is a statement from the Rugby Football Union concerning rugby in schools.

As this is the last number of Volume 14, 1980, the CALL FOR SUBSCRIPTIONS FOR 1981 is included, and a list of the eighty or so new members elected since the last journal appeared. We extend our welcome to these new colleagues, and hope for their support.

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**ERRATUM**

"A Guide to Sports Medicine" by P. Stokes. This book was reviewed in BJSM 14:2/3 by Dr. P. N. Sperryn and not Dr. J. G. P. Williams. We apologise to both.