

Rimm, D. C. and Masters, J. C., 1980 "Behaviour therapy: Techniques and empirical findings" (2nd Edition). Academic Press, New York.

Straub, W. F. (ed.), 1978 "Sport psychology: An analysis of athlete behaviour". Movement. Ithaca, N.Y.

Yaffé, M., 1979 "The contribution of psychology: An overview". Medisport, 1: 16-23.

DISCUSSION

Mr. Williams: Dr. Yaffé, do you believe that certain individuals however talented they may be, will never be champions?

Dr. Yaffé: Yes. The determinants of success are complex and multiple, and without behavioural analysis it is impossible to determine the importance of the event to the athlete.

Dr. Lucking: Dr. Yaffé, do you have any experience of the use of hypnosis?

Dr. Yaffé: I've no experience of using specific hypnotic techniques with athletes. I prefer active interventions, such as relaxation exercises and biofeedback. I do feel there is a role for hypnosis, especially for people who will not accept other measures.

BOOK REVIEW

Title: MEDICINE FOR SPORT
Editors: David French Apple and John Davis Cantwell
Publisher: Year Book Medical Publishers, Chicago, London, 1979
 Price: £26.50

This small handsomely produced book is written by the team physician to the Atlanta Hawks and the team physician to the Atlanta Braves. The transatlantic flavour is inescapable from the dedication page which includes "To . . . S.C.B. who taught her baby brother how to fight back when cornered, and . . . V.B. who emphasised the importance of a burning desire and led the Duke Blue Devils to the 1960 Atlantic Coast Conference Title."

The book is not intended as a textbook of sports medicine but is written for team physicians, trainers and health educators.

Since Dr. Cantwell is a cardiologist involved in rehabilitation and prevention there is an interesting emphasis on sport in middle age and on cardiology. However, the illustrations of coronary angiograms, ECGs and apex cardiograms may attract less attention from the prospective non-medical reader than those of the delightful lady marathon runners.

Although some sections are instructive, menstrual problems (nine lines) and drug abuse (no mention except in preface) are given less space than some rather routine advice on the management of pneumonia and many other problems which are not specific to sport and are managed no differently in the athlete. In the therapeutic advice, American drug names which may be unfamiliar here are used and some of the recommended approach (blood pressure in both arms, auscultation of all four quadrants of the abdomen) might be classed as "defensive, litigation-conscious American medicine" in Britain.

The physical medicine and physiology sections are well illustrated and very readable although one might quibble with some statements such as "After 60-240 minutes of exercise the working muscle begins to oxidise fatty acid."

Altogether I found it an enjoyable and readable book. It is not a substitute for a Sports Medicine Textbook and much of it will be unintelligible or inappropriate for trainers and health educators, but all will get something from it, if only a taste of Georgia.

D. Tunstall-Pedoe