BOOK REVIEW

**Title:** OUTDOOR PURSUITS FOR DISABLED PEOPLE  
**Editor:** Norman Croucher, OBE  
**Publisher:** Woodhead-Faulkner for The Disabled Living Foundation, 1981  
**Price:** £5.55 Paperback  
**Hard cover  180 pages**

For anyone interested as well as those involved with disabled people this is a very worthwhile book not only for the valuable and useful information which it contains but also for the philosophy and attitudes to disability and the disabled which runs as a basic theme throughout the whole book. This is also true for disabled people themselves.

The book is divided into six parts and five appendices. Part one is titled “Before You Start” and deals with “Medical Aspects” and “Instruction and Equipment”. This gives a sound and reasoned account of the medical aspects well balanced between sensible caution and the spirit, the enjoyment and excitement of the challenge of sport and participation. It also emphasises as does the whole book, that medical and other advice must be “informed” advice. Part two deals with activities on land, underground and in the air: part three activities on and under the water: part four activities in the snow. These parts give a very good account of the ever increasing number of outdoor activities that disabled people can pursue, and are pursuing. These accounts give the nature of the sport and its requirements and relates them to disability, gives advice and where further and more detailed information can be obtained. Part five concerns outdoor Centres and courses that are available and part six holidays, travel and transport, insurance, inspiration and integration and the future and contains useful practical information and thought on development. The first four appendices deal with national and other organisations and a note to teachers. Appendix five gives a classification of disability and relates this, in a chart, to suitability of some of the activities described in the text. In introducing the chart the dangers of generalisation in this matter and the need for common sense are pointed out. The importance of not reading the chart in isolation from the rest of the book is stressed.

As a catalogue or guide it is excellent to have on the bookshelves of all those concerned with helping the handicapped, especially in this “Year of the Disabled”.

G. G. Browning