

of some of the more important developments in various aspects of sports medicine. The Organising Committee are selecting the best hundred papers to publish as the official Proceedings of the Congress, and it is hoped that this will be on sale during the first half of 1983. Enquiries and orders should be sent to: The Congress Secretariat, Possingergasse 2, A - 1150 WIEN (VIENNA), Austria.

Again there is a reminder that ALL subscriptions are due on January 1st. At the time of writing this column, late November, there are still some 150 members in arrears of subscription, either for the full amount of £10, or who have failed to update their previous bankers orders and have only paid £5. Apart from four notices in the journal and other mailed notices, each has been sent TWO PERSONAL REMINDERS. Laxity in paying subscriptions hampers seriously the work of the Association, and makes any budgeting very difficult. Members of an Association who do not wish to continue their membership must take the active step of submitting their resignation; it is not enough just to cancel a bankers order, or merely not send a cheque.

APOLOGY In the September issue on page 196, a photograph of Dr. Clyde Williams was wrongly labelled as being that of Mr. Ian Wood. We offer our apologies for this error to both these gentlemen.

BOOK REVIEW

Title: **INJURIES IN COMBAT SPORT**
Author: Greg McLatchie
Publishers: Offox Press, Oxford
 Price: £5.95 176 pages. 48 figures. Index ISBN 0-9506989-2-X

In the Introduction the author emphasises the point that "the only deleterious effect of 'Sport for All' is injury" and "we feel that this aspect of the sporting boom has been considerably understated."

He then classifies the combat sports into three groups; (1) Punching, kicking or both (2) Predominantly grappling and throwing (3) Predominantly involving the use of weaponry.

This book is written essentially for coaches of combat sports. There is an account of the evolution of safety control in boxing, the lessons from which other sports could well take note. Guidance is given on when medical aid should be sought immediately, later the same day, or by appointment within a few days.

The earlier chapters are concerned with injury prevention by training, the special problems of female competitors and diet. Perhaps a little more could be said about the need for Vitamin C to help with metabolism especially in endurance events, the ineffectiveness of Vitamin E in endurance (and to warn about heavy expenditure on "magic" dietary supplements). The addition of excretion of water in urine could be added to the list of routes of water loss – faeces, sweat and breath are the only ones stated. Another clanger is the illustration and description of the humeral origin of the biceps brachii muscle! A few other minor errors should be eliminated in a subsequent edition. In the list of first-aid equipment is there a use for 6" elastoplast bandages, except to split them into 3", 2" or 1½"? In handling neck injuries a five man LIFT technique is used not a LIFE technique (though the latter phrase is most applicable), the trachea is NOT the gullet when describing the vagus nerve and it is UNDISPLACED fractures that occur when the bones remain in good alignment not DISPLACED ones. It is Fig. 4 that illustrated head protection and not Fig. 3. The phrenic nerve does not supply the shoulder, there are eight small bones in the wrist, not light ones, and another printer's error in the same section, "strapping OFF plaster of Paris".

It is a pity that these small but sometimes significant errors were not spotted in proof, as they let down what is otherwise a useful and readable book for the coach or competitor not only in combat sports but in other sports such as football in which similar injuries can occur. The sections on injuries to the nervous system are especially well done and the book concludes with a series of twenty actual case histories, with a question of how the outcome, sometimes fatal could have been prevented, and recommendations for safer competitions and training.

H. E. Robson