

**BRITISH JOURNAL OF SPORTS MEDICINE**  
**EDITORIAL BOARD**

- Editor:* Dr. Henry E. Robson, 39 Linkfield Road, Mounstorrel, Loughborough, Leicestershire LE12 7DJ
- Chairman:* Surgeon Rear Admiral Stanley Miles, CB, MD, MSc, FRCP, FRCS, 25 Grove Road, Barton-on-Sea, New Milton, Hants. BH25 7DJ
- Members:* Prof. Arnold H. Beckett, DSc, PhD, FRIC, Chelsea College, London University  
Dr. Ernest J. Hamley, PhD, Loughborough University  
Mr. Basil Helal, MCh(Orth), FRCS, The London Hospital  
Dr. John E. Kane, PhD, West London Institute of Higher Education  
Mrs. Margaret John, MCSP, Studley, Warwickshire  
Prof. Harry Thomason, PhD, DLC, Loughborough University  
Dr. Dan Tunstall-Pedoe, MA, DPhil, FRCP, St. Bartholomew's Hospital, London

This Journal is published four times a year by  
**THE BRITISH ASSOCIATION OF SPORT AND MEDICINE**  
Sometimes two numbers may be issued in a combined publication

- Chairman:* Mr. Basil Helal, MCh(Orth), FRCS
- Hon. Secretary:* Dr. Peter N. Sperry, MRCP, 49 Blakes Lane, New Malden, Surrey
- Hon. Treasurer:* Dr. Henry E. Robson, 39 Linkfield Road, Mountsorrel, Loughborough, Leicestershire

---

**SUBSCRIPTIONS**

The Journal is sent to all members of the British Association of Sport and Medicine, and included with the annual subscription

FROM JANUARY 1st, 1982 EXTERNAL (NON-MEMBER) SUBSCRIBERS: £10 for subscribers in the United Kingdom, \$30 U.S. for overseas subscribers

Subscriptions run from January to the end of the year. Single numbers: £4 or \$10. A limited number of back issues are available.

**RENEWALS:** These should be confirmed before the end of the year, or at the latest by the end of January in the current year. Late renewals involving restoration to the mailing list after deletion, may incur an additional administration charge.

**MAILING** is by second class mail to the U.K., and surface mail overseas.

**ORDERS FOR THE JOURNAL** should be sent to the Editor/Treasurer at the above address. Payment with order is preferred. Cancellations should be sent before the end of the year, or by the end of January at the latest.

**APPLICATIONS FOR MEMBERSHIP** of the British Association of Sport and Medicine should be sent to the Hon. Secretary or Hon. Treasurer.

Siddiqui and his colleagues, both papers from the USA. From the UK are two accounts of training upon adolescent boys; Watkins and Ewing from the Scottish School of Physical Education, Jordanhill College, and Neil Armstrong and his colleagues from Liverpool and Salford.

The recent Test Match against New Zealand seems to be reflected in an Anglo-Kiwi controversy regarding some ENT problems of sub-aqua diving. Those involved are Noel Roydhouse, the very experienced New Zealand otorhinolaryngologist and a longstanding member of BASM and William McNicoll, until recently the Royal Navy's ENT surgeon and diving expert, and a participant in the symposium on diving medicine held at Nottingham University in April this year.

Finally, it is not without some sadness that we announce that the Printing Division of the Loughborough firm, Wells and Blackwell, has been taken over by another Loughborough firm, Barrow Reprographics. The Managing Director, Mr. Greenhalgh, has promised to do all he can to continue to produce this journal, and we are relieved to know that most of the key people who have produced our journal for many years are moving to the new business; Walter Leeson, the Works Manager and one of Leicestershire's leading photographers, Sally Cowdell who sets the IBM computerised type, George McMorran, blockmaker and lay-out expert, Paula Clarke and Winnie Sleath, offset litho printers and Pauline Stone in charge of binding and despatch. We hope the change-over, which took place at the end of August, will go smoothly, and that there will be no delay in the production of the Journal and the Annual General Meeting notices.

#### NEWS OF MEMBERS

It is regretted that most of the news we have concerning BASM members is sad. We learn of the deaths of two founder members, Dr. J. Bodkin ADAMS, and Dr. S. Leonard SIMPSON. We have also heard of the tragic death at the age of thirty of Dr. Patricia GRANT, who died after a fall at a horse trial. Obituaries are included in this issue.

Dr. Rex SALISBURY WOODS, another founder member, has had to retire from practice owing to ill-health, after sixty-four years in general practice in Cambridge. He was a shot-putter in the Paris Olympic Games in 1924, and a keen golfer until his illness earlier this year. In the Editorial mention was made of suggestion that GPs should retire at sixty-five. Dr. Salisbury Woods remained in active practice for twenty-five years beyond that age! May we wish him rapid improvement from his illness.

On a happier note, we offer our congratulations to Dr. Margaret AUSTIN, who recently received the insignia of Officer Sister of the Order of St. John. She qualified at the Royal College of Surgeons, Dublin, in 1969, and worked in Preston and the West Midlands before moving to Leicestershire where she is a partner in general practice. She and her husband David, a consultant ophthalmic surgeon at the Leicester Royal Infirmary, joined BASM in 1981. She is at present County Nursing Superintendent of the Leicestershire St. John Ambulance Brigade, and Honorary Medical Officer to the National Pony Club and to the Fernie Hunt. She is also a qualified riding instructor.

alisation of our Association. Only if we stop talking as amateurs can we give service as professionals. Let our obstructors pick up this challenge and drop their cudgels!

Thirdly, we must seek the active affiliation with us of all the other organisations interested in Federalism. We can all keep our identities but BASM can serve as the final common pathway to the Sports Council, which will be the only way to recognition and cash for all sports medicine and sciences.

Fourthly, we will seek to emulate our Australasian colleagues in expanding our educational and advisory services to sport at large in co-operation with the Sports Councils.

If defeated on this 'ticket' I shall help, to the best of my ability, my successors in the interests of BASM. If successful, I shall institute effective rules of debate and shall assume the support of the Association's membership in the above reform programme. The forthcoming list of Executive Committee nominations will clearly indicate which of my colleagues I would hope to have available to help us all transform our Association into a dynamic organisation for our time.

Peter SPERRYN  
August 1983

---

**THE LONDON HOSPITAL MEDICAL COLLEGE**  
**(University of London)**  
**DIPLOMA IN SPORTS MEDICINE**

Applications are invited from medical practitioners seeking training in this field, and who wish to attend a course leading to a College Diploma in Sports Medicine. The number accepted for this course will be limited.

This is a Primary Care Course, designed for the doctor who is closely involved with sport, either as a General Practitioner, as a Medical Officer attached to sporting facilities, or as Team Doctor. It is a very extensive course, with over 500 hours of timetabled teaching. Anatomical, physiological, pharmacological and psychological aspects of the subject will be covered by a course team including many guest speakers of international repute. Laboratory work at The London will be supplemented by visits to several laboratories specialising in fitness testing for athletes, or other aspects of exercise physiology. Clinical training in the prevention, recognition, primary care and rehabilitation of sports injuries will include visits to Sports Clinics, Rehabilitation Centres, and Specialist Physiotherapy Clinics. The course will not provide a training in the application of orthopaedic surgery for sports injuries.

The course begins annually in early October, and consists of one academic year of three eight-week terms.

Further information and application forms are available from Miss P. Thompson, Secretary, The Diploma Course in Sports Medicine, Surgical Unit, The London Hospital, Whitechapel E1 1BB. Telephone 01-247-5454 ext. 632.

# Call for Subscriptions 1984

**NOTICE IS HEREBY GIVEN** that all subscriptions for Membership and other Journal Subscriptions are due on **1st JANUARY 1984**. Payment should be made on receipt of this Notice, and no other invoice should be necessary.

Subscription rates for 1984:—

Ordinary Membership	£10.00
Affiliated Organisations	£16.00
Student Membership	£ 4.00
Retired rate for those no longer in practice, and unable to claim their subscriptions as taxable allowances Brit.J.Sports Med. is included with all these classes of subscription	£ 6.00

---

Journal of Sports Medicine and Physical Fitness (BASM members only)  
Is obtainable as a separate order.  
Must be confirmed by February 14th at latest.

£17.00  
or \$30.00 US including Bank transfer charges

BRITISH JOURNAL OF SPORTS MEDICINE — External "Library" subscribers who are not members of the Association.

United Kingdom	£10.00
Overseas	£12 Sterling or US \$30.00 (including bank charges)

ALL THESE SUBSCRIPTIONS (Except Membership Subscriptions for Scottish Area members) should be sent to the Honorary Treasurer:—

**Dr. H. E. ROBSON,**  
39 Linkfield Road,  
Mountsorrel,  
Nr. LOUGHBOROUGH,  
Leicestershire  
LE12 7DJ

**Tel: Leicester (0533) 303436 — Surgery**  
**(0533) 303971 — Residence**

---

**NB.** There are STILL many subscriptions unpaid or underpaid for 1983. Individual reminders have been sent to all involved, who risk losing their membership status.

---

Scottish Members should pay their membership subscriptions to:

**Mrs. Elizabeth Snodgrass,**  
54 Iain Road,  
Bearsden,  
GLASGOW.

The preferred method of payment for membership subscriptions is by Bankers Order and forms are available from the Hon. Treasurers.

**Subscribers from the Irish Republic**

Please ensure that payment including bankers orders will yield the full amount in **STERLING**. Bank transfer charges of £2 STERLING should be included on all cheques from Irish Republic banks.

*H. Evans Robson*

## FUTURE MEETINGS OF BASM AND OTHER ORGANISATIONS

ORGANISATION	VENUE	APPLICATIONS TO:	MEALS	ACCOMN.	FEES
Sat. 8 Oct. American Running & Running Assoc'n	All over USA	Mr. Ed Freeman, "Running and Fitness Day", c/o Am. Run. & Fit. Ass'n., 2420 K Street, NW, WASHINGTON DC 20037, USA	Not known	Not known	Not known
Sat. 8 & 9 Oct. International Center for Dance Orthopaedics & Dance Therapy	Pineapple West Dance Studio, 60 Paddington Street, London	Dr. E. L. Washington, MD, Internat. Center for Dance Orthopaedics & Therapy, 9201 Sunset Blvd., Suite 317, LOS ANGELES, Calif. 90069, USA	Pack lunch advised	No	£60 Drs. £50 Physios.
Sat. 8-16 Oct. Body Imaging Conf.	Maui, Hawaii	Conf. Secretary, 8th Ann. Conf. on Body Imaging, Dept. of Radiology, West Park Hospital, 22141 Roscoe Blvd., CANOGA PARK, Calif. 91304, USA	Not known	Not known	Not known
Mon. 10-14 Oct. BASM Advanced Course in Sports Med. (for those who attended any basic course)	Bisham Abbey Nat. Recreation Centre, Berkshire	Dr. P. L. Thomas, South Lodge, Shurlock Row, READING, Berks. RG1 0PX	Included	Included	Approx. £100
Sat. 14 Oct. BASM AGM following Scientific Meeting in morning	Bisham Abbey	Dr. P. L. Thomas for lunch bookings	Not known	A few rooms should be available	Not known for lunch charges. AGM — free
Tues. 25 Oct. Knee Ligaments Leicester Orthopaedic Society (mainly for Orthopaedic Surgeons but interested GP's and Physiotherapists may attend)	Leicester Royal Infirmary 10 a.m.-4 p.m.	Mr. M. Harding, FRCS, Dept. Orthopaedic Surgery, Royal Infirmary, LEICESTER	Lunch included extra	No	£25

**FUTURE MEETINGS OF BASM AND OTHER ORGANISATIONS (Continued)**

ORGANISATION	VENUE	APPLICATIONS TO:	MEALS	ACCOMN.	FEES
1984 Fri. 20-28 Jan.	First Internat. Symp. on Musculo-Skeletal Disorders	20-21 Bad Ragaz 22-28 St. Moritz, Switzerland	Symposium Secretary, UCLA Medical Center, 10833 le Conte, Room 76-139 CHS, LOS ANGELES, Calif. 90024, USA	Not known	Not known
Thurs. 26 Jan.- 4 Feb.	Ann. Winter Congresses and Seminars in Medical Diagnostic Imaging	Chamonix, France	Secretary, Winter Seminar, West Park Hospital Dept. of Radiol., 22141 Roscoe Blvd., CANOGA PARK, Calif. 91304, USA	Not known	Not known
Sat. 4 Feb.	Ditto	London			
Fri. 27-29 April	International Congress of Sports Physiotherapy	Frankfurt on Main, Germany	Deutscher Sportsbund, Bundesausschuss Leistungssport, Otto-Fleck-Schneisse 212, D-6000 FRANKFURT/MAIN 71, Germany	Not known	Not known

# BRITISH JOURNAL OF SPORTS MEDICINE

## GUIDANCE FOR CONTRIBUTORS

Several types of communications will be considered for publication by the Editorial Board.

1. ORIGINAL ARTICLES, reporting research, experimental work, innovations in therapeutic procedures, etc.
2. REVIEW ARTICLES on special topics, which should include an adequate but not necessarily an exhaustive bibliography.
3. ABSTRACTS of verbal communications given at scientific meetings. These may be published as 'Proceedings' of meetings, and sometimes the author might be invited to submit a fuller edited text of his talk, together with illustrations.
4. ANNOTATIONS, case reports, preliminary reports of research, and of pilot studies, usually not exceeding 400 words.
5. CORRESPONDENCE, — 'letters to the Editor'.
6. CONFERENCE REPORTS from Area organisations of B.A.S.M., or of other meetings with direct relevance to the work and interests of B.A.S.M. members.
7. NOTICES of forthcoming events relevant to Sports Medicine.
8. OBITUARY NOTICES concerning B.A.S.M. members and others distinguished in Sports Medicine.

### SUBMISSION OF MANUSCRIPTS

These should be sent to the Editor, Dr. H. E. ROBSON, 39 Linkfield Road, Mountsorrel, Nr. LOUGHBOROUGH, Leics. LE12 7DJ Tel. 0533-303436 (surgery) or 0533-303971 (home)

© The submission of a paper implies that it is unpublished, and has not been submitted for publication elsewhere. The copyright of articles is held jointly by the British Association of Sport and Medicine, who publishes the Journal, and by the author(s). No articles from this journal should be reprinted, in English or translation, without permission from both publisher and author(s), but no objection is made to a single photocopy being made for educational or research purposes.

Two copies of each manuscript should be submitted. They should be typewritten, double spaced, on one side of the paper only, in English, with conventional British spelling.

The title of the paper should be typed in capitals, with the name and principal qualifications of the author(s), e.g. "FRCS", "DipPE, PhD", "MSc(Psych)", "MB, BS, PhD" or "MCSP", then the appointment held, the department and the institution in which the work was carried out. If the author has moved since the work was performed, his present address should be added as a footnote.

In general, manuscripts should be prepared in accordance with the recommendations of the International Steering Committee of Medical Editors, the "Montreal Agreement". A booklet is obtainable from the Editor, British Medical Journal (50 pence), or Annals of Internal Medicine, 4200 Pine St., Philadelphia for U.S. authors.

AN ABSTRACT not exceeding 150 words should follow the heading of a long paper. This should include the chief points made in the paper, and the main conclusions drawn or suggested. Only very essential references are included here. On the advice of the Editorial Board, a communication may be published in abstract only. Following the Abstract, some three to six KEY WORDS should be inserted to assist with indexing.

**NOMENCLATURE.** Drugs should be specified by their official name, followed by the trade name and manufacturer's name in brackets if well known and widely prescribed under its trade name. Doses should be in metric measurements. S.I. units should be used, except for measurements of blood pressure, which should be in mm. Hg. Conversions from one system of measurements to another should be rounded off, and in all tables unnecessary decimal places should be avoided, as they are usually due to the mechanics of the computer, and not to accurate scientific measurement.

REFERENCES mentioned in the text should give the name of the author, or first author followed by 'et al' for multi-author papers, with the date of publication in brackets, e.g. "Wright, et al (1976)". In the reference section, the authors' names should be arranged in alphabetical order, followed by year of publication, title of paper, journal, volume number, and first and last pages, e.g. "WRIGHT, G., CLARKE, J., NINIMAA, V. & SHEPHARD, R. J. 1976 'Some reactions to a dry-land training programme for dinghy sailors' Brit.Journ. Sports Med. 10: 4-10". For text-book references, the author, editor, year, title of chapter, title of book, edition number, publisher, and city of publication should be given. Our retention of the "Harvard System" of references is our only major deviation from the recommendations of the Montreal Agreement.

TABLES should be numbered in capital Roman numerals.

ILLUSTRATIONS should preferably be drawn on card in indian ink, with labelling lightly in pencil, or written or typed well clear of the actual drawing or graph. Good quality half-tone photographs may be used if suitable for reduction to fit the space allocated. Coloured photographs will only be reproduced in half-tone and X-ray plates and transparencies cannot be guaranteed to give adequate reproduction. If necessary, a second photograph with arrows or lettering should be included, as a guide to the block-maker. Figures are numbered in Arabic numbers.

Authors are reminded that they are responsible for clearing copyright on any figures, tables or other matter already published elsewhere, and the Editor may require written authorisation to the author from the copyright holder. He may also require signatures on the letter accompanying MSS from ALL the contributors of multi-author papers.

PROOFS are corrected by the Editor, but usually sent for checking to the author, who should return them to the Editor without delay. Any extensive re-setting of type because of an author's "second thoughts" could be charged to the author. Owing to postal delays, even with airmail, proofs are not always returned to authors from overseas.

### REPRINTS

It is regretted that we cannot supply authors with the customary 50 free reprints that certain other journals offer. Orders for reprints should be made on submission of the manuscript, or when returning the proofs. The exact cost cannot be given accurately until publication, but as a guide we are currently charging, for 100 copies,

		US
1 page	£12.65	\$30
2 pages	£15.50	\$33.50
4 pages	£23.00	\$50
8 pages	£34.50	\$74
12 pages	£46.00	\$97

These prices exclude postage, packing; not bank clearance charges on cheques from overseas, which are included.

Preferred method of payment from overseas, Bank Drafts in Sterling.

A "Contributor's Copy" is sent gratis to each author and co-author.

THE EDITORIAL BOARD reserve the right to accept, reject, edit or otherwise correct any manuscript submitted. The opinions expressed in articles, book reviews or letters are those of the author, and do not necessarily agree with those of the editor, editorial board, or executive committee of the British Association of Sport and Medicine.

*These notes were revised in June 1982 for Volume 16.*