considerable change. The finding of an associated increase in apolipoprotein A levels, between the sessions is in accord with the HDL-cholesterol findings, as in man this apolipoprotein is a major component of HDL-cholesterol. Serum triglyceride levels decreased by 32% over the year, again consistent with previous findings on the influence of exercise on triglyceride levels (Wirth et al. 1979).

The psychological evaluation conducted at the two sessions provided clear-cut data regarding the enhanced mental states of all six cyclists. The 16PF evaluation at the first session established the squad with characteristics indicating self-sufficiency, toughness and practical mindedness. The significant increase between sessions in the Bortner Type A analysis provided evidence of heightened ambition and competitiveness acquired over the intervening 12 months. The changes in POMS analyses indicated similar improvement in mood states with a significant reduction in the group score for evaluations on confusion and tension. The GHQ and STAI findings provided corroboration of these results.

These findings, therefore, have established the present physical and mental well-being of these six road cyclists who are due to compete later this year in the Los Angeles games. Their dietary intake over the past year has been monitored and found to be highly appropriate to individuals engaged in strenuous physical activity. The changes observed in their blood lipid patterns and their general psychological testing have indicated training and competition related improvements in their physical and mental states.

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References


BOOK REVIEW

Title: TENNIS MEDIC
Authors: Levisohn and Simon
Publishers: (In UK) Blackwell Scientific Publications, Oxford

This book gives a very comprehensive discourse on all aspects of tennis which must be one of the most popular sports played worldwide.

The first section of the book is devoted to the means by which the body can be conditioned to improve one’s play and at the same time prevent injuries. However the average club or county player in this country is unlikely to carry out the many suggestions advised by the authors although the physical fitness fanatic may carry out the exercises with enthusiasm. One point emphasised is the importance of an adequate warming-up period prior to starting play. The usual five minutes knock-up period is insufficient particularly in cold weather. The jogging, sprinting and various other exercises suggested are probably helpful for the professional on the circuit but for most players the way to get fit is to play tennis and keep playing. In the winter months a complimentary game must be found and the best is squash.

The second section of the book deals with tennis injuries but many of those described are so rare that they are hardly worth considering. Advice on the management of tennis elbow is disappointing although I appreciate the treatment is most difficult. Changing to a Maxi or Jumbo size racket is of great help not only in preventing but treating tennis elbow. The treatment suggested for most injuries is ice, aspirin and heat but as most injuries get better on their own, I doubt if aspirin is justified as this in itself can have unpleasant consequences in certain individuals.

One important point made is that in hot weather fluid loss must be replaced promptly and the best replacement is water taken in small amounts during changeover even if you are not thirsty.

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