

EDITORIAL

For members of the British Association of Sport and Medicine, that is some 70% of the readership of this journal, the year ended with another successful weekend residential congress, held again in Birmingham. As delegates assembled on the evening of Friday, 1st November videotapes were shown on the prevention of sports injuries and maintenance of fitness. These were made by the National Coaching Foundation, heavily sponsored, and although faults or sometimes contrary opinions were expressed by the audience, it was felt that a useful exercise in preventive medicine had been carried out. One response was that BASM should have done this years ago, but as the cost of making one tape alone was some ten to twenty times BASM's annual turnover, the answer was obvious much as we would like to have done it. Most of those taking part — doctors, sports scientists, coaches and physiotherapists, are however, members of our association and I hope the productions gained benefit from this so as to be able to speak with authority.

The Saturday morning programme was organised by Dr. Wendy Dodds, who took the chair for a stimulating and detailed symposium on Nutrition in Sport. After an introduction by Dr. Dan S. Tunstall Pedoe, FRCP, Chairman of BASM, Dr. Ron Maughan, PhD spoke about thermoregulation in distance running, and emphasised that in the UK and other cold or temperate climates the thermal stresses were of hypothermia, not hyperthermia, and rectal temperatures could fall to levels approaching danger. Part of his work is reported in this number of the journal. Some special problems of fluid and electrolyte balance were discussed by Dr. Steve Wootton PhD, now working in Southampton, and diet influencing recovery from exercise, carbohydrate loading, and research being carried out at Loughborough was described by Dr. Clyde Williams, PhD. Unfortunately Mr. Wilf Paish, who was to have talked about the coach's viewpoints on nutrition, was in Australia and had to withdraw his contribution, but the time allotted was well spent in a lively discussion.

Simultaneous sessions of short papers were held in the afternoon; the section of exercise physiology was under the chairmanship of the newly-appointed Associate Editor (Physiology), Dr. Adrienne Hardman. The other section contained a mixture of clinical, nutritional and anthropometrical papers, but it was regretted that a paper on school child injuries had to be withdrawn as the Danish authors could not get over to England at the time. We hope they will present it next year. The abstracts of all papers presented are included in this journal.

The Association's Dinner ended the day's proceedings, and the principal speaker was Mr. D. R. Tremayne, Director of Lilleshall Sports Centre. He spoke of the increasing interest the Sports Council are taking in sports medicine and sports science, and gave us some hope for future collaboration.

On Sunday morning, the first Porritt Lecture was given by Mr. Michael Allen, FRCS, Consultant in the Accident and Emergency Department, Leicester Royal Infirmary. He was the first holder of the Porritt Fellowship of the Royal College of Surgeons, and had spent a year in research into lower leg pain in runners, travelling to the USA as part of this project. He has promised to write up his work with a view to publication in a later issue of this journal.

The Association's Annual General Meeting followed, and the main points that arose are described in the Hon. Secretary's Report later in this issue. The Executive Committee are now giving thought to a possible venue for Congress 1986, and its accompanying Annual General Meeting.

This will probably be earlier in the year, possibly September, and somewhere south of the Thames.

Congress 1987 is destined to take place at Liverpool University.

New BASM Areas

The Scottish Area has been active for about twenty years, and within the past three years, three new areas are already functioning.

YORKSHIRE and HUMBERSIDE Convenor: Mrs. Sue Nickson (formerly Bracey), BSc, MChS, 39 Clay Butts Birkby, HUDDERSFIELD, HD2 2FW.

SOUTHERN Convenor: Dr. P. L. Thomas, Health Centre, TWYFORD, Berkshire.

LONDON and SOUTH EAST Convenor: Mr. D. P. Chapman, MCSP. Half Moon Place, Burwash Road, HEATHFIELD, East Sussex (but volunteers are needed to help with the administration of this area, our Honorary Secretary already grossly overloaded with work for the Association).

WEST MIDLANDS As mentioned in the Hon. Secretary's report, an inaugural meeting for a WEST MIDLANDS area took place during Congress 85.

Two other areas are contemplated, and the provisional convenors would like support from members resident in the regions.

NORTH WEST Convenors: Mr. J. C. Lowry, MB, ChB, BDS, 42 Sergeant's Lane, Old Hall Park, Whitefield, MANCHESTER, M25 7LW and Mr. P. Foxcroft, MChS, 25 Knowsley Street, BURY, Lancs.

SOUTH WEST Convenor: Dr. M. Bottomley, Medical Centre, University of Bath, Quarry House, North Road, BATH, BA2 7AY.

Who will come forward to carry out similar duties for Wales, for East Anglia, East Midlands, North East England and Northern Ireland?

Associate Editor — Clinical. Dr. Wendy Dodds



We are pleased to announce that Dr. Wendy N. Dodds has been appointed to the honorary staff of this journal as an additional Associate Editor, and has already taken up her duties. She obtained a BSc in Physiology at Birmingham University in 1972, interrupting her medical studies and qualified MB, ChB in 1975, and within three years the MRCP as well. After house officers' posts in Birmingham, she worked in Leeds, at St. James' Hospital, noted for its Sports Injuries Clinic, and also in Aberdeen. Later she went to New

Zealand on a training fellowship in arthritis and rheumatism, and was able to gain extra sports medical experience with Dr. Hugh Burry. For the past two years she has been Consultant in Rheumatology in Yorkshire, including the famous Royal Bath Hospital, Harrogate.

Apart from sports medical and scientific interests, Wendy is a keen and active participant in sport. She was a member and MO to the British ski-orienteeing team, has competed in marathons, and currently is engaged in fell-running (perhaps inherited from her Northumbrian border-reever ancestors, to whom this was an essential part of life!). She is an honorary medical officer to the British Olympic Association and to other sporting organisations.

At the recent BASM Congress 85 at Birmingham Wendy organised the Saturday morning symposium on Nutrition in Sport, and took the chair for the session. The following week she, together with the other associate editor, Dr. Adrienne Hardman, and the Editor, attended the meeting of the European Association of Science Editors ("EASE") organised jointly by the BMJ.

Both these ladies are determined to learn as much as they can about their new part-time careers in medical and scientific journal production, which is most reassuring to me, to the Association and to the readers of this journal.

THE PORRITT FELLOWSHIP — SECOND HOLDER. Mr. Leslie Harold Boobis

The second surgeon to whom this award, granted by the Royal College of Surgeons, is also working in Leicester, like Mr. Michael Allen, the first fellow. Mr. Boobis is a Senior Registrar in general surgery, working in Leicester Royal Infirmary and Leicester General Hospital. He graduated from Glasgow University in 1973, and obtained Fellowships of the Royal Colleges of Surgeons of England and of Edinburgh in 1979.

His research interest is in cellular changes in muscle resulting from exercise, and this work is being conducted mainly in the adjacent Loughborough University of Technology, Department of Physical Education and Sports Science, where his collaborators are Dr. Clyde Williams and Dr. Adrienne Hardman. We are pleased to elect Mr. Boobis to membership of BASM, and to welcome him at Congress 85 in Birmingham where he came to support his colleague Mr. Allen who gave the first Porritt Lecture.

'Sports Medicine'

Our attention has been drawn to this journal, established a year ago, and published in New Zealand. It is produced six times a year, with a total of 480 pages at US \$105 a year. The names of many of the contributors and most of the Consulting Editors will be familiar to readers of Brit.J.Sports Med. The type occupies 19 x 15 cms per page, and is clear and well spaced and the illustrations including photographs are clear. Orders should be sent to ADIS Press Ltd., Suite 15C Manchester International Office Centre, Styal Road, Wythenshawe, MANCHESTER M22 5WL.

HELP REQUIRED — The British Ski Club for the Disabled

We have again received an appeal from this club for a volunteer to take up the honorary post of medical officer. Would any doctor interested please contact:

Mr. Hubert Sturges (Chairman)
Corton House
Corton
WARMINSTER
Wiltshire BA12 0SZ



A Centenary of Physical Education

In 1985 Martina Bergman Österberg established a small College in Hampstead, and a few years later moved to Dartford to establish the first specialist college for women teachers of physical training. Other specialist colleges became established later, following the Österberg principles. In many, it was possible to combine the course in physical education with physiotherapy. With the inception of the National Health Service, this dual qualification involving two separate ministries was discarded.

Physical Education courses for men did not start for several years later, under the stimulus of recruitment of conscripts for the 1914-18 war. Attention was drawn to the poor state of physical development of many young men from the poorer industrial regions, and physical training was instituted, first for these recruits, but after the war for schoolboys as well. There was a gradual shift from the stereotyped drill of PT towards a wider programme so that each boy should try to attain his best, despite his physical ability. The emphasis now concentrated on education through physical activity as well as through the more academic subjects. Within the past fifteen years, physical education has been accepted as an academic discipline leading to the award of degrees by Universities and Polytechnics, and to the establishment of a professorial chair.

The need to understand the structure and function of the body led to many PE teachers even before degree courses were available, to seek to improve their understanding by taking Masters' degrees or Doctorates in physiology, biomechanics, and psychology applied to human movement in the USA and later the UK. Sports Science and human movement studies are now accepted academic disciplines. Much of the research and teaching in exercise physiology and human anatomy is now being performed by the descendants of the four original pupils of Madam Österberg.

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International Activity Holiday Exhibition will take place at the Sandown Park Exhibition Centre, ESHER, Surrey from 23rd-26th January, 1986. Members of organisations such as BASM can obtain entry tickets at half price, that is £1.00. Some hundred exhibitors — tour operators, hotels, sports and leisure organisations will be present.

The Editors wish to express their gratitude to those who have refereed papers during the past year — Mr. W. Bell, Dr. M. Carruthers, Mr. J. Clegg, Mr. M. Harding, Dr. L. Hipkin, Mr. F. M. Holliday, Dr. J. Kane, Mr. J. B. King, Dr. F. Sanderson, Dr. P. N. Sperryn, Prof. D. E. M. Taylor, Dr. D. S. Tunstall Pedoe, Mr. W. Tuxworth and Dr. C. Williams. Above all, the advice of Surgeon Rear Admiral S. Miles has been invaluable, and we are indebted for secretarial help to Mrs. Olga Harris.

**Adrienne Hardman
H. E. Robson
Wendy Dodds**