

**TABLE II**  
Somatotype characteristics of Nigerian Athletes (Mean  $\pm$  SD)

Category	Somatotype		
	Endomorphy	Mesomorphy	Ectomorphy
Badminton	2.2 $\pm$ 0.9	3.9 $\pm$ 1.1	2.9 $\pm$ 0.6
Basketball	1.9 $\pm$ 0.5	5.3 $\pm$ 1.7	3.4 $\pm$ 1.1
Handball	1.9 $\pm$ 0.8	4.9 $\pm$ 1.8	3.2 $\pm$ 0.8
Hockey	2.9 $\pm$ 0.7	4.8 $\pm$ 2.1	2.7 $\pm$ 1.4
Judo	3.6 $\pm$ 1.1	5.1 $\pm$ 1.1	2.6 $\pm$ 1.0
Soccer	2.2 $\pm$ 0.8	5.4 $\pm$ 1.5	2.9 $\pm$ 0.9

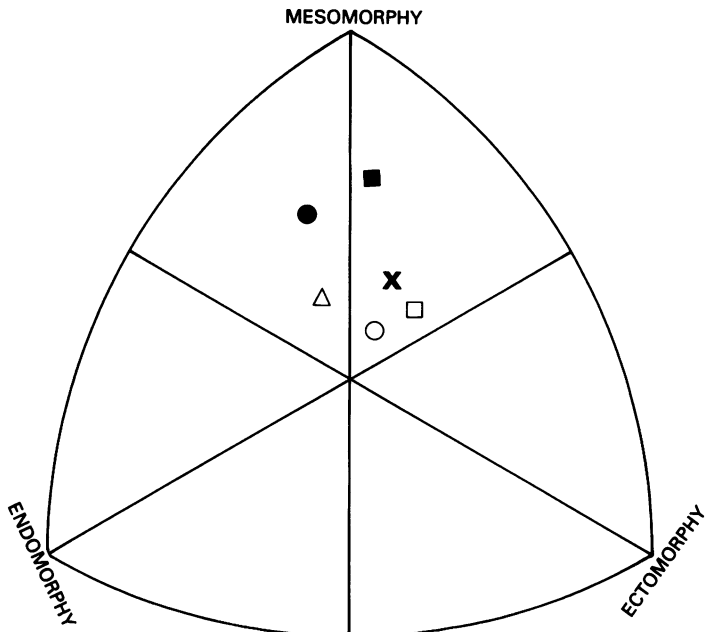


Fig. 1: Mean somatotype distributions of Nigerian athletes:  $\square$  badminton players ( $n = 18$ );  $\circ$  basketball players ( $n = 30$ );  $\times$  handball players ( $n = 16$ );  $\triangle$  hockey players ( $n = 24$ );  $\bullet$  judokas ( $n = 18$ );  $\blacksquare$  soccer players ( $n = 25$ ).

## References

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## BOOK REVIEW

**Title:** 1984 YEAR BOOK OF SPORTS MEDICINE  
**Editors:** L. J. Krakauer, J. L. Anderson, F. George, R. J. Shephard and J. S. Torg  
**Publishers:** Year Book Medical Publishers Inc., Chicago. UK Agents — Blackwell Scientific Publications, Oxford  
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 Price: £43 459 pages Hard cover Indices — Subject and Author  
 Black and white figs. and graphs

Literature reviewed up to February 1985 is reviewed, most of the reviews taking up approximately one page, and many with graphs, photographs or X-Rays, and often followed by comments from the editors. The book opens with a leading article, 'The Exercise Hypothesis', by E. R. Eichner, the haematologist from Oklahoma University, and reviews current theories on factors predisposing to coronary artery disease, the benefits and dangers of exercise and sensible precautions that can be taken. The main part of the book is subdivided into seven sections — exercise physiology, general medicine, biomechanics, sports injury, paediatric sports medicine, women in sport and athletic training.

As in previous editions, the great majority of papers abstracted are from the USA, but there is an increased number from Europe, Australia, South Africa and elsewhere, which is welcome. Eight papers from *Brit.Jnl.Sports Med.* are abstracted (though several were among our many contributions from the USA). The job of making abstracts from 99 separate Journals, some like *Lancet* and *BMJ* published weekly, must be enormous, and I would regard this book as a most useful annual abstract for the research library, either in the Clinical Sciences or Sports Sciences collections.

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