minor scratches were so common that they did not report them as injuries. Part of the difference was due to a large number of muscular strains (43% of all injuries) in joggers compared to only 4% in this study. The reason for this may be that the untrained jogger's musculoskeletal system is exposed to a relatively greater load compared with a well-trained runner.

In a statement from an Oslo sports clinic, Bjørholt et al (1974) found that overuse injuries accounted for 81% of injuries in middle and long distance runners consulting the clinic staff. Acute indirect injuries (sprains) made up 17% and acute direct injuries 2%. The corresponding figures in this study were 48%, 19% and 33%, thus considerably more acute direct injuries. This is due to the fact that during competitions and terrain training, running is on an uneven surface and in rough terrain resulting in falls and bumps.

The distribution of overuse injuries (Table II) is in accordance with other studies of runners (Bjørholt et al, 1974; Gudas, 1980; Lutter, 1980; Orava, 1980) with knee and ankle region being the most frequent locations. Overuse injuries of the knee were located laterally in 67% of the cases and anteriorly in 33%. This corresponds to what Bjørholt et al (1974) found but in contradistinction to others (Lutter, 1980; Gudas, 1980; Apple, 1979) who found anterior knee pain as being most frequent. Perhaps this difference reflects a different age distribution with more femoro-patellar pain syndromes in the older age categories. Orava's (1980) study which mainly included track and field athletes showed peroneal tenosynovitis in only 2% as compared with 14% in this study. This increased frequency of peroneal tenosynovitis in orienteers reflects the extraordinary load imposed on the dynamic stabilisers of the ankle joint by running on uneven ground.

As illustrated in Fig. 2, there was a clear seasonal variation of injuries. Bjørholt et al (1974) found a similar seasonal variation of overuse injuries but with the peak incidence three months later. This is probably due to the climatic difference between Denmark and Norway with difference in the timing of the continuous training period and competitive season.

Injuries in elite orienteers are no more frequent than in joggers. The injuries are of a minor severity and the injury pattern resembles that of other long distance runners, though with an increased number of acute injuries caused by falls and bumps. As in other long distance runners, medial shin pain, Achilles peritendinitis, and iliotibial band friction syndrome were found to be dominant among overuse injuries.

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BOOK REVIEW

Title: BAILLIÈRE'S ANATOMY ILLUSTRATED

Authors: J. R. W. Ross and K. Marks

Publishers: Bailliere Tindall, 1986

Price: £4.95

41 pages + index, 21 plates

Hardback

ISBN 0-7020-1127-4

Available from Holt-Saunders Ltd., 1 St. Anne's Road, Eastbourne

This very attractively produced book is the successor to Baillière's Atlas of Female Anatomy of which seven editions appeared between 1908 and 1969. It is intended, in the words of its authors — a Senior Lecturer in Anatomy at the Charing Cross and Westminster Medical School, London, and a Medical Artist — "to help student nurses and others concerned with studying and caring for the human body . . .". The authors have faced up to the very difficult task of selecting and compressing essentials from a wide subject (that is sometimes inadequately treated even in multi-volume works) into no more than 41 uncrowded pages with 16 text figures and amplified by 21 colour plates. They are to be congratulated on the extent to which they have succeeded. Inevitably there must be argument about what has been omitted — most of these omissions are minor as long as one remembers the level of factual retention to be expected from its readers. Yet with more than a third of each text page occupied by wide blank margins surely many of these omissions could have been avoided; such matters include a more consistent provision of information about the nerve supply and function of some muscle groups, more complete lists of the muscles in some groups, some mention of two-joint muscles, and even quite a brief account of the structures (muscles, nerves and blood vessels) in the soles of the feet. The typesetting style, with bold type for new terms is clear and easy to read. The index is full. The artist author has contributed very attractive plates but the delicacy of his colouring technique does not allow clear delineation of the outlines of deep sutures. This slim volume should provide an easy readable introduction to gross anatomy for school leavers who will, however, require more extensive and detailed texts when they go forward to the nursing, physiotherapy and kindred courses of the present day. It is quite inadequate for Medical or Dental students.

A. Young, Senior