emotional control. An examination of psychophysiological measures before and after stress inoculation training, together with well designed group experiments, would provide valuable information on the effect of the intervention and on the relationship between self-report and psychophysiological changes.

It can be concluded, therefore, that while the present observations do not unequivocally establish stress inoculation as the instrument of change in this context, they give support to the view that it is a very useful technique for stress management in sport.

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BOOK REVIEW

Title: HOW TO WRITE AND PUBLISH A SCIENTIFIC PAPER

Author: Robert A. Day

Publisher: ISI Press, Philadelphia, USA

Price: \$14.95 soft cover \$20.95 hard cover 181 pages. Second Edition ISBN 0-89495-021-5

This volume is one of a series published by ISI Press. The series is designed to improve the communication skills of professional men and women as well as students embarking upon professional careers. It is certainly a must for all those whose work involves preparing manuscripts for publication in scientific journals. Many of the currently available books on scientific writing and publishing attempt to cover this broad area of enforced creativity in a single volume while Robert Day confines his book to the essential requirements for publishing a paper. I have often considered the many books on this topic to be part of a covert plot to intimidate the reader into not writing and so leave the field clear for the authors of these so-called 'self-help' texts. This is not the case with Robert Day's book which throws a lifeline to all of us swamped by demands to publish scientific papers.

In this book he takes his readers step by step through the whole process of preparing and presenting a manuscript for publication in what I can only describe as a kindly and amusing way. Each chapter has a title and an accompanying quotation which is so apt and thought-provoking that the reader finds it easy to linger and ponder before delving into the contents of the chapter. The chapters follow the format of a scientific paper devoting a chapter on How to Prepare a Title, List Authors, Prepare the Abstract, Write the Introduction, Write the Methods and Materials Section, Write the Results Section and design tables and illustrations and Write the Discussion and Reference list. In each of these chapters there is not only sound advice which represents distilled wisdom of an experienced editor but also so many amusing anecdotes that it is almost worth reading for these alone. For example on the problem of lengthy titles he describes and cites papers whose titles almost take longer to read than the paper itself! Or on the problem of authorship and whose name should be on the paper he cites a paper on which there were twenty-seven authors and the paper only contained twelve paragraphs!

In the latter half of the book he extends his welcomed and easy to read advice to writing conference reports, book reviews, theses and even offers some tips on how to prepare a paper for oral presentations. On the nuts and bolts side of preparing a manuscript he covers the issues of Ethics, Rights and Publishing Permission as well as the Use and Misuse of English and of course how to avoid the "jargon trap" into which we are all too often seduced in our hurry to meet deadlines.

The Appendices are full of useful information which will inevitably result in them becoming one of the much thumbed sections of this book and not sadly neglected as in many other texts in which they appear to be an after-thought of a publisher with an eye for size rather than content. For example there is an appendix which deals with "Abbreviations That May Be Used Without Definition In Table Headings" as well as one on "Words And Expressions To Avoid". In addition the appendix on "Prefixes and Abbreviations for SI Units" is most useful and will help the would-be author avoid annoying the Editors to whom he sends his manuscripts by not using the wrong or inappropriate abbreviations.

In conclusion this is a "user-friendly" text in which the author shares his experience with the reader in such a way that it encourages one to put pen to paper or finger(s) to keyboard. I strongly recommend this book to all would-be authors and hope that not only will they obtain great practical benefit from it but that they will enjoy the book for its humour and style.

Clyde Williams