

EDITORIAL

Two papers in this issue make the point that sports injuries are often incurred as a consequence of failure to comply with recommendations or regulations framed to protect participants. Niels Ellitsgaard from Denmark points out that ignorance, inexperience and carelessness lead to non-compliance with parachuting safety regulations and hence preventable injuries. Also in this issue, Whitlock, Whitlock and Johnson remind us that horse-riding is one of the most dangerous sports. In their survey many of the riders involved in accidents on public roads had disregarded the safety advice of the British Horse Society. These two papers will surely prompt those doctors and sports scientists who advise governing bodies of sport to do all in their power to encourage compliance with existing safety regulations and, furthermore, to stimulate regular evaluation of such regulations.

My impression is that there is a considerable and increasing market for the simple heart rate monitors now freely available. Individuals who embark on an exercise programme with little previous experience are often advised to select an appropriate exercise intensity using an age-related heart rate range. The same approach, with more cautious limits, is sometimes used for exercise prescription in cardiac rehabilitation programmes. It is not encouraging, therefore, to read the report of two electrical engineers who examined the performance of a selection of devices for monitoring exercise heart rate. Burke and Whelan, from Trinity College, Dublin found that "None of the machines tested could be described as either accurate or reliable". This conclusion is obviously specific to the devices included

in their study and other devices may possess better performance characteristics. It nevertheless serves to remind us of the need to retain a healthy scepticism about the ubiquitous digital display.

Traditionally, the British Journal of Sports Medicine uses a photograph on its cover. Where possible this relates to a paper in the journal, but on other occasions it may simply be a sports' picture or one arising from the activities of BASM. We like to think that the cover photograph may attract the attention of new readers to the journal and help to convey its content. We are always pleased to receive good quality photographs, preferably in black and white, which might be suitable for the journal cover.

Members of BASM are reminded of the dates of the 1987 Congress, 25th to 27th September. An outline programme, together with an Abstract form accompany this journal. Please consider submitting your work as an oral communication. These constitute an important adjunct to the valued contributions of invited speakers and contribute greatly to the vigour of the meeting. Abstract of communications should reach the organiser, Dr. David Brodie by 1st May.

Adriane E. Hardman

ERRATUM

Report of BASM Congress 1986 (20:4, p. 180, para. 5)

This should read "In the treatment of hypertension, for example, calcium antagonists *or* captopril are permitted . . ." (As the astute reader will know, captopril is not a calcium antagonist — Ed.)

BOOK REVIEW

Title: PROCEEDINGS OF THE WORKSHOP ON DISABLED AND SPORT
Editors: Jean H. Hoeberigs, MD and Hans Vorsteveld, MD
Publishers: Nederlandse Invaliden Sportbond, Amersfoort, Holland
Price: 14 Dutch guilders (see below)

This gives a very clear, sympathetic, yet detailed account of the great importance of Sport for the Disabled, in the rehabilitation both mental and physical in this very special group of athletes.

There are still many problems to be overcome, but with the continued dedication to research, so well illustrated in this small but important publication, plus the enthusiasm of the athletes concerned, these will be surmounted.

Other speakers emphasised that the importance of technical training must be matched by expert medical advice, and also that 10% of the population is more or less handicapped, and any of us could end up the same situation!

The sections on Exercise Physiology in Leg Amputees, dealt with the older age group, who were unlikely to partake in athletics, but even after a short period of training, there was a decrease in heart rate and cardiac load, but I would have liked to have compared these results with a similar but younger age group.

I have a very personal interest and enthusiasm for sport for the disabled, partly because of my own experience of disablement, having been an above knee amputee since 1944. Sport has given me much happiness and physical fitness, but above all else a sense of becoming a complete person again.

CONCLUSION

This small book gives a very full introduction to the benefits of sports for the disabled, and I consider it to be very worthwhile reading for all those interested in sports medicine.

This workshop book can be obtained by payment of 14 Dutch guilders which has to take place by bank cheque or international bankers cheque, net of all charges in Dutch guilders only, made payable to Workshop Nederlandse Invaliden Sportbond, Bank account 65.38.61.400 Nederlandse Middenstandsbank, Amersfoort (the Netherlands). an
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