was at first feared, after the reports of previous authors. We would encourage ice rinks to develop a properly trained First Aid team as this produces definite savings in hospital Accident Department time.

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 Prescott, M. V., 1986 "The effect of opening an ice-rink on the accident and emergency department of a district general hospital". *Archives of Emergency Medicine* 3: 107-110.
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BOOK REVIEW

Title: EXERCISE: BENEFITS, LIMITS AND ADAPTATIONS
Editors: D. Macleod, R. Maughan, M. Nimmo, T. Reilly and C. Williams
Publishers: E. and F. N. Spon, London
 Price: £12.50 396 pages Figs. Index ISBN 0 419 14140 5

This book is a collection of papers presented at a symposium organised by the Edinburgh Post-graduate Board of Medicine called "Exercise: benefits, limits and adaptations". The organising committee, contributors and participants brought together many of the household names in sports medicine, among them Åstrand, Morris and Saltin. This broad experience and expertise produced papers which also ranged in their content and emphasis, from the general review of epidemiological studies of the benefits of exercise, to the specifics of exercise.

The book is in five parts, Exercise and medicine, Short-term activity, Endurance: a multi-disciplinary perspective, Women and sport, and Environmental factors. Each paper was concluded by a question and answer section which further highlighted their content. All sections are then drawn together in the concluding address by P.-O. Åstrand who summarises the proceedings by stating that although evidence to support the view that exercise prevents disease is inconclusive; "there is a total, even unanimous agreement, shared by all exercise physiologists, that regular exercise is essential for optimal function of the human body."

It was gratifying to read a book on sports medicine which in my opinion has at last appeared to overcome the singularly British problem of the acceptance of the term sports medicine. This multi-disciplinary approach and the skilful editing by the authors has produced a source of knowledge, information and reference for all those involved in the practice or research of exercise, science and medicine.

W. M. Williamson

BOOK REVIEW

Title: BIBLIOGRAPHY ON RUGBY INJURIES
Authors: Patricia Coleman and Jonathon Nicholl
Publisher: Department of Community Medicine, University of Sheffield 1988
 Price: £5.00 48 pages No figs.

This bibliography of injuries sustained during rugby football has been compiled by the Medical Care Research Unit of the Department of Community Health, University of Sheffield, with financial assistance from the Sports Council, to whom gratitude is expressed. The authors have found 226 references in the literature collected from all rugby-playing countries, but have added another 13 in a supplementary list that includes the March issue of the *British Journal of Sports Medicine*, so it could not be more up-to-date. There is a two-page introduction, explaining the method used for data collection, and the system of classifying it, first by year of publication, then cross-indexed by key words. A computer search for any particular topic should be easy, but even without computer facilities it should not take long to find reference sources from any special country, any particular type of injury or anatomical site. The bibliography should prove invaluable to anyone concerned with sports injuries who is hoping to write up work for publication. The first reference quoted is in 1954. Each reference starts with its accession number, followed by the author(s), then the title of the article, the journal and volume, page numbers, etc. The later section, classified by key words, is not easily understood, as the accession numbers are on the extreme left of each page and covered by the sliding binding. The binding has therefore to be removed for the number to be read, and as the pages are not numbered I can see chaotic disarrangement of the lists unless great care is taken. I hope the authors will bear this in mind before printing more copies. I shall be sending my review copy to the BASM's Library Collection at the London Sports Medicine Institute where it can be available to those interested, though at only £5 it is well worth buying a copy from the Medical Care Research Unit, Department of Community Medicine, University of Sheffield Medical School, Beech Hill Road, SHEFFIELD S10 2RX (cash with order).

H. E. Robson