EDITORIAL

This edition of BJSM contains a series of papers on "Infections in Sport", two papers on injuries in sport, two concerned with physiological responses to exercise and one survey of activity levels in relation to the health and fitness of 500 British men. Both papers concerned with injuries demonstrate the effectiveness of preventive measures. McCormick and Davis provide data on the incidence of injuries in a relatively new sport, sailboarding; they conclude that the majority of injuries are preventable if people take simple protective measures and are prudent about when and where to sail. Chapman follows up his 1985 report of mouthguard use and orofacial injuries by the 1984 Great Britain Touring Team with a comparative study of the 1986 Australian Touring Team. Ninety per cent of those sustaining orofacial injuries were not wearing a mouthguard at the time. Furthermore the incidence of such injuries was more than one and a half times higher amongst British players, only 25% of whom wore a mouthguard, compared with more than 90% of the Australian Team. One hopes that, during the four years since Chapman's first observations, more British players have adopted the practice of wearing a mouthguard.

It has been known for many years that the performance of prolonged, high intensity exercise (70-80% of maximal

oxygen uptake) is enhanced by the prior consumption of a carbohydrate-rich diet. In their paper White and co-workers examine the influence of preceding diet on performance during exercise of higher intensity and shorter duration. They found that, on average, exercise time was longer by 7 min. after a high carbohydrate diet than after a high fat and protein diet. Bland and Williams report data on activity levels in 500 British men. Their findings support accumulating evidence suggesting that those with an active lifestyle have a greater functional capacity and more desirable body weight.

BASM Congress '88 will, as in previous years, include opportunities for exercise as well as a full academic programme. This year the surroundings could not be more attractive and we hope that delegates will get out on foot and enjoy Autumn at Gleneagles. We look forward to seeing you there. One of the talking points of the Congress weekend may be the re-launch of your journal and the changes which will accompany the transfer of responsibility to Butterworth's, the scientific publishers. Dr. Peter Sperryn will be Editor-in-Chief of BJSM from January 1989 and he will no doubt welcome comments and suggestions for innovative changes which you, BASM members and readers, would like to see.

Adrianne E. Hardman

OBITUARY

Dr. Margaret Whyte Macgregor, FRCOG, DPH

It is with regret that we have just learned of the death of Dr. Margaret Macgregor, one of the longest-serving members of the Scottish Area of BASM which she joined in 1965. She was a member of a distinguished Scottish medical family, daughter of Sir Alexander Macgregor, a famous Medical Officer of Health for Glasgow, four of whose children became doctors. Dr. Margaret qualified in Glasgow in 1943, served during the war as a Captain RAMC, and then went to Kenya to take charge of the Maternity and Child Welfare Service in Mombasa. At this time she took the Diploma of Public Health, and on her return to Glasgow she specialised in Obstetrics and Gynaecology, finally Consultant at the Glasgow Royal Maternity and the Royal Samaritan Hospitals until her retirement some two years ago.

Her research interests were concerned mainly with anaemia in women, especially in pregnancy. She was keenly interested in the problems of women in sporting events, based originally on her personal experience as an international hockey player, and later a very competent golfer. She was able to make several contributions on gynaecology in sportswomen at meetings of the Scottish Area BASM, and will be missed greatly.

H. E. Robson