

equipment necessary becomes more sophisticated e.g. walkie-talkie radio, helicopters, etc. and this has been recognised to some extent by the Highlands and Islands Development Board who have granted funds to help in the purchase of the more sophisticated equipment.

Conclusions

(1) Exposure must be avoided. It is much easier to avoid than it is to treat especially under difficult conditions. Those who venture on the hills must be fit and must plan their route carefully. They should know and remain within their physical capabilities and they must get off the mountains if at all possible before darkness. They should pay much more attention to local knowledge and should not embark upon excursions when conditions are unfavourable or without knowing the severity of the route.

(2) Clothing must be adequate for the job and must be both wind and waterproof and those who venture on the mountains must wear proper boots.

(3) If people are going to climb, they must be properly equipped and if they are going to climb in snow, they must have the knowledge and equipment to cope with the difficulties which may be encountered.

(4) Common sense should be the sheet anchor of those who embark on the mountains and a message should be left at base giving information as to the route and the approximate time of return and on no account should plans be changed without informing someone at base.

(5) We must not stifle the spirit of adventure but it is important to maintain a sense of proportion and young people in their early teens do not have the physical resources of the adult. If one is training commandos, one is dealing with mature individuals and they probably have to be pushed near the limit of human endurance. In dealing with the more immature school child, one has to be much more circumspect or disasters will continue to happen with all the attendant publicity and uninformed criticism.

Climbing accidents hit the headlines but they really cause much less work to hospitals in the area than accidents which occur on the roads and which many appear to accept as inevitable. We are concerned however, with the climber or hill-walker who takes unnecessary risks or who is not adequately trained or equipped for his expedition. He is not only a danger to himself and to the other members of his party but he endangers the lives of volunteers who have to go out to rescue him.

REFERENCES

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2. McCLURE, A. L., 1970, Personal Communication.

REVIEW

INTERNATIONAL CONGRESS OF WINTER SPORTS MEDICINE

Publishers: Organising Committee, c/o Department of Physiology, Jikei University School of Nishi-Shinbashi, Minato-Ku, Tokyo, JAPAN.

172 pp, illustrations and references

Price:— None given

This is an excellent publication containing numerous papers of interest to clinicians, physiologists and physical educationists alike. While winter sports may be somewhat esoteric (anyone for ski-jumping?) the principles underlying for example the biomechanics of trauma remain of universal significance.

Since no price is quoted a letter of enquiry to the publishers would be well worth the price of the stamp.

J. G. P. WILLIAMS, F.R.C.S.