

Salter-Harris classification (Cooperman et al, 1980; Rang, 1983). The second and most important reason for reporting this case is to draw attention to the dangers of weight-lifting by school children. Both weight-lifting and, more especially weight-training, are becoming increasingly popular at schools. However both schools and sports clubs forbid unsupervised weight-lifting and insist on the accompanying presence of "spotters" at all times. Should parents purchase such sports equipment in order that their children may further pursue these activities at home it is the parents' responsibility both to educate them and to supervise them in its use at all times.

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References

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- Rang, M. (Ed.), 1983 "Injuries of the epiphysis, growth plate, and the perichondral ring". *Children's Fractures*. 2nd Edition. J. B. Lippincott Co., Philadelphia.

BOOK REVIEW

Title: DEATH IN THE LOCKER ROOM
Author: Bob Goldman
Publisher: Icarus Press, South Bend, Indiana. 1984
 Price: \$19.95 Cloth bound ISBN 0-89651-155-3

Death in the Locker Room was written following seven years research by an American biologist who saw two of his friends die as a result of taking anabolic steroids. His research took the form of reading all the available text books, research articles and journals, together with interviews with athletes, coaches, physicians and researchers. He describes how anabolics are taken, who takes them, why and what kind of side effects occur. He also deals with the philosophical aspect as to how athletes feel about taking drugs.

He defines two groups of drugs, the restorative (therapeutic) and the ergogenic. He defines three types of sports physicians, those who give both groups of drugs, those who prescribe restorative drugs only and those who prescribe nothing while an athlete competes. He points out the grey areas between the therapeutic (restorative drugs), and the ergogenic group but does not answer the question as to where the line shall be drawn. He does however give useful recommendations to any physician involved with treating athletes.

The book is a personal statement that drugs, especially anabolics, have no place in sport and is best kept in a library as a reference. It is liberally illustrated and includes about 1,000 references.

P. L. Thomas