

## MEDICAL INTELLIGENCE: PERILS OF JOGGING

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Earlier this year, adding to the list of complications of jogging first reported in the *Medical Journal of Australia* in 1972, was the report on “Penile frostbite, an unforeseen hazard of jogging” (*New England Journal of Medicine* 296: 178, 977).

*The New England Journal* (297:20 p127, 1977) now reports another complication—Jogger’s Nipples. The condition is an irritation of the nipples caused by friction against the shirt, and occurs in women who don’t wear brassieres while jogging.

Although the Journal suggested several remedies (petrolatum, talcum powder, silk blouses), topless jogging would be simpler and much more interesting.