Less income tax and surtax now-more pension later!

Allowing for inflation, a doctor in a General Practice for 35 years may get about half his final income as a pension from the Superannuation Scheme. But is that sufficient to promise a carefree and comfortable retirement?

You could increase your pension by 50%-often more-with one of our Personal Pension Policies. In addition you receive full relief of income tax and surtax on the premiums you invest.

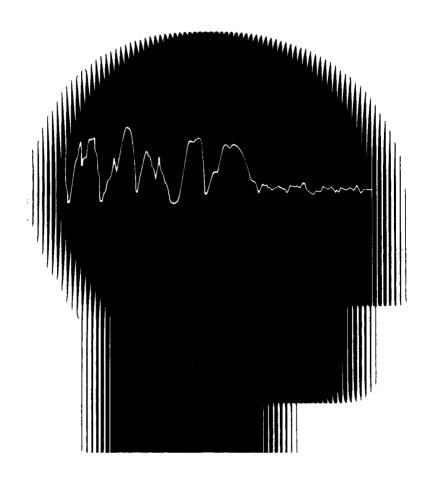
Bonuses declared every three years increase the pension. You are not committed to pay a fixed annual premium. You pay as you like in accordance with your earnings.

Should you die before pension age all payments are returned to your estate plus compound interest at 4%. You may take the pension at any age between 60 and 70.

For full details of these unique policies, write quoting ref. no. 008 to:-

Medical Sickness Society

P.O. Box 449, 7-10 Chandos Street, Cavendish Square, London W1 M OAD Telephone: 01-636 1686 (15 lines) 01-636 4158 (24-hour answering service)



Tegretol® Anticonvulsant

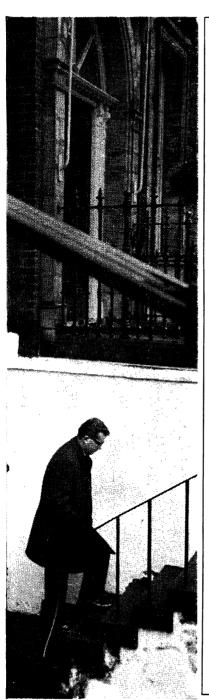
Geigy

Widens the scope of anti-epileptic therapy

Tegretol is available as tablets each containing 200 mg 5-carbamoyl-5H-dibenz (b,f) azepine.

Detailed literature will be supplied on request

Geigy (U.K.) Limited Pharmaceuticals Division Macclesfield, Cheshire



When depression and anxiety walk together...

'Surmontil'

the M&B antidepressant with psychosedative properties

Treatment of depression alone frequently leads to aggravation of underlying anxiety or agitation. The intrinsic double action of 'Surmontil' as antidepressant and anxiolytic obviates the need for supplementary medication in these cases.

At the same time, the central sedative activity of 'Surmontil' helps to restore normal sleep patterns.

Available as tablets containing 25 mg. trimipramine and injection solution. 12.5 mg. per ml. Also 10 mg. tablets for children, mild cases and to facilitate dosage adjustment.

Full information is available on request.

'Surmontil' is a trade mark of the manufacturer,

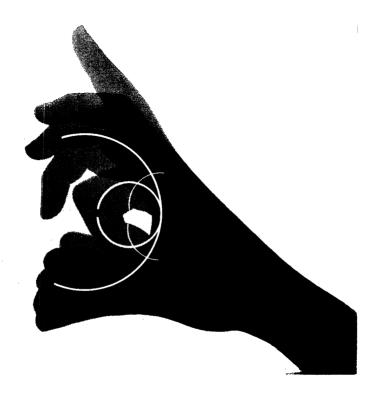


MAY & BAKER LTD DAGENHAM ESSEX

Geigy

Tanderil®

Helps arthritic joints to move again



Tanderil*

Major non-hormonal antirheumatic agent

Freedom from pain Reduction in morning stiffness Improvement in grip strength Decrease in joint swelling Increased mobility

Tanderil® is available as tablets containing 100 mg and as suppositories containing 250 mg of 1-phenyl-2-p-hydroxy-phenyl-3, 5-dioxo-4-n-butylpyrazolidine monohydrate.

Detailed literature describing Tanderil or any other Geigy product will be supplied on request.

Geigy (U.K.) Limited Pharmaceuticals Division Macclesfield, Cheshire

LATEST LIVINGSTONE BOOKS

THE PRINCIPLES AND PRACTICE OF MEDICINE

SIR STANLEY DAVIDSON

Ninth Edition.

1,358 pages, 139 illustrations, 45s.

"This is a compact account of the whole subject of internal medicine which combines a number of virtues. It is most plainly written so that it is a pleasure to read. In spite of its brevity, it never degenerates into mere lists of telegraphese. Its sections on treatment, short though they must inevitably be, are up to date and provide adequate practical guidance. Finally, a matter of some consequence, it is surprisingly cheap.—British Medical Journal

ANTIBIOTIC AND CHEMOTHERAPY

L. P. GARROD and F. O'GRADY Second Edition.

484 pages, 43 illustrations, 50s.

"Although physicians prescribe antibiotics more frequently than any other drugs, in perhaps no other area of therapy is there so much widespread misinformation and confusion. splendid volume should go a long way towards clearing the air. It is a must for general practitioners' shelves. chapters on each of the major antibiotics are superb—concise, readable and free of the laboratory jargon which often discourages clinicians. Moreover, the authors call a spade a spade. approach therefore goes beyond other pharmacology texts and makes the information more relevant to clinical practice. The authors have done a first-rate job of synthesizing theory and common sense, principles and practice.' -G.P. (U.S.A.)

DISEASE IN INFANCY AND CHILDHOOD

R. W. B. ELLIS and R. G. MITCHELL Sixth Edition.

694 pages, 306 illustrations, 80s.

"This is a well written authoritative textbook which may be confidently quoted by all examination candidates and a practical handbook which will be invaluable to all students, housemen and the family doctor. Each chapter is a well balanced paediatric essay, magnificently illustrated with first class photographs and illustrations, and rounded off by a short list of well-chosen references."—Queen's Medical Magazine

PHILOSOPHY AND ETHICS OF MEDICINE

M. GELFAND

174 pages, 21s.

"With the development of new forms of medical and surgical treatment, doctors are beginning to look again at the traditional values of medical ethics and to relate them to the scientific medicine we know today. Dr. Gelfand's book comes therefore at a very appropriate time. It is an admirable review, by a thoughtful and experienced practising doctor, of the philosophical concepts which underlie the practice of medicine, and their application in practice. It will be a valuable stimulus to thought for qualified doctors."—Warld Medicine

INTRODUCTION TO CLINICAL NEUROLOGY

SIR GORDON HOLMES

Revised by BRYAN MATTHEWS

Third Edition.

196 pages, 58 illustrations, 35s.

"All who have had the good fortune to learn their clinical neurology from Sir Gordon Holmes will welcome the memories which this "Introduction" will awaken, while a younger generation will find in the quintessence of the experience of a master of clinical neurology and its teaching."—Brain.

AUSCULTATION OF THE HEART

R. W. D. TURNER

Third Edition.

60 pages, 10 illustrations, 6s.

"This little volume of forty pages gives in a nutshell the essentials of auscultation . of the heart. The learned author realizing the difficulties faced by students and practitioners in mastering the subject, has given us in a concise yet authoritative form the basic facts on the As he says, given normal hearing, a good stethoscope, an appreciation of underlying mechanisms and reasonable opportunity to practise, everyone should become sufficiently What is necessary is the competent. methodical approach and attention to detail. An intelligent perusal of the book will help the reader in understanding the rationale and explanation of all that can be heard. We highly commend this book to practitioners of medicine."-Journal of Medicine and International Medical Abstracts and Reviews

How do General Practitioners spend their time?

Do Appointment Systems Work—and How do Patients use them?

What Type of Work Can a General Practice Nurse do?

THE NEW GENERAL PRACTICE

published on 24 June, answers these and many other questions. The book contains 22 articles published in the B.M.J. in the last two years, many of them describing pioneering work in the field of general practice. In his Introduction to the book Lord Platt says "Those who have already reorganized and reformed their practices will read this book with interest as they will be able to compare their own ideas with those of others, sometimes learning, sometimes having the satisfaction of knowing better.'

Demy Octavo

Paperback

204 pages

PRICE 15s. (U.S.A. \$2.00) postage not included

Copies can be ordered through any leading bookseller or direct from The Publishing Manager, British Medical Journal, B.M.A. House, Tavistock Square, London, W.C.1.

MINOR SURGERY

by David Kyle

336 pages

illustrated

75s.

A comprehensive collection of data on all aspects of medicine which require minor surgery, from bleeding under the finger-nail and objects in children's ears to tracheotomy, gunshot wounds and dilation and curettage. The author describes the exact surgical procedures and also covers pre- and post-operative treatments and how these differ in the various situations under which a GP may find himself called upon to operate. This is altogether an excellent book which more than adequately covers the field and will be an invaluable aid to the general practitioner.

BUTTERWORTHS 88 Kingsway London, WC2.

Cancer Chemotherapy
By Edward S. Greenwald, M.D., F.A.C.P.
216 pages
42s. net

Background to Migraine Edited by Robert S. Smith, M.A., M.D. 168 pages, 56 illustrations 36s. net

Bedside Nursing; 2nd Edition By I. Snapper, M.D., and A. I. Kaln, M.D. 856 pages 140s. net

Urinary Tract Infection in Childhood and Its Relevance to Disease in Adult Life By Victoria Smallpeice, M.D., F.R.C.P. 180 pages, 28 illustrations 36s. net

Handling the Young Cerebral Palsied Child at Home By Nancie R. Finnie, M.C.S.P. 200 pages, 160 illustrations 20s. net Anatomical Aspects of Lung Development Edited by John Emery, M.D., D.P.H., F.A.Path. 192 pages, 65 illustrations

45s. net

Studies in Clinical Enzymology By D. P. Mullan, M.B., M.R.C.P. 224 pages, 28 illustrations

40s. net

Care of Radiation Casualties By John Blakely, M.D., D.P.H., D.I.H. 144 pages, 24 illustrations, 2 colour plates 30s. net

Progress in Medical Genetics, Vol. 5 Edited by A. G. Steinberg, Ph.D., and A. G. Bearn, M.D. 160 pages, 26 illustrations 67s. 6d. net

Infectious Diseases
By A. M. Ramsay, M.A., M.D., and R. T. D.
Emond, M.B., CH.B., M.R.C.P., D.T.M. & H.
320 pages, 100 illustrations, 12 colour plates
63s, net



WILLIAM HEINEMANN MEDICAL BOOKS LTD.,

23 Bedford Square, London, W.C.I

Editorial Notices

The Journal is published monthly.

Articles must be original and should not have been published, or be in process of publication, in any other journal.

Copy should be submitted in double-spaced typescript, and any alterations clearly marked in ink, on quarto-sized paper typed on one side of the paper in double spacing.

Graphs and other line drawings must be in indian ink and drawn to size, or capable of reduction to 4 inches in width by $3\frac{1}{4}$ inches approximately in depth.

All communications to the editor should be addressed to The Journal of the Royal College of General Practitioners, Prospect House, Dartmouth, Devon. Tel. 2603.

Subscriptions. The present annual subscription is £4 4s. 0d. post free (single copies 10s. 6d.). Orders and remittances should be forwarded to E. & S. Livingstone Limited, 15, 16, 17 Teviot Place, Edinburgh 1.

Advertisers are asked to address enquiries concerning advertisement space to E. & S. Livingstone Limited, 15, 16, 17 Teviot Place, Edinburgh 1. Tel. CAL 6962.



Medihaler-iso Forte

contains a suspension of Isoprenaline Sulphate B.P. 20 mg./ml. and delivers 0.4 mg. per dose.

Medihaler-iso

contains a suspension of Isoprenaline Sulphate B.P. 4 mg./ml. and delivers 0.08 mg. per dose.

Dosage

Each puff from Medihaler delivers a measured dose. One to three puffs should be sufficient to provide relief in most cases, It should not be necessary for the patient to take further treatment for at least thirty minutes, or more than eight treatments a day.

Children

Medihaler should be administered to children only under the supervision of a responsible adult.

Caution

Caution

soprenaline is well tolerated by most patients. However, it should be used with caution in the presence of impaired cardiac function, hyperthyroidism and severe hypertension. Isoprenaline is a highly effective agent. The smallest dosage of it which provides relief should not be exceeded.

Basic NHS prices Medihaler-iso Forte, 17/-; Medihaler-iso, 14/4. 400-dose complete unit.

Additional information is available on request. Medihaler, Medihaler-iso are registered trade

only seconds need separate the onset of bronchospasm from the onset of relief

Medihaler makes the most of a minute dose

In the management of the asthmatic attack Medihaler opens airways in only seconds, quickly gives major relief - with only a minute dose. Why does a puff from Medihaler have such far-reaching effects? The medicament is delivered direct to its site of action in the lungs in the form of a dry spray of particles whose size is determined during manufacture. By this premicronisation, over 85 per cent, by weight, of the particles are delivered at the optimum size inhalation therapy: enough to penetrate deep into the finer air passages: heavy enough to remain there during exhalation. With only a minute dose, Medihaler gives the rapid and profound relief that is the foremost need of the patient fighting for breath.

Riker Laboratories · Loughborough · Leicestershire \ **Kiker**)



In the elderly, the special problems of constipation...



Constipation in the elderly can present special problems of treatment. Weakened abdominal muscles . . . the dangers inherent in straining . . . refusal to co-operate . . . the presence of pain, to which anal fissures or haemorrhoids may contribute the need for enemas and suppositories . . . the risk of faecal impaction, with consequent manual removal . . .

Dorbanex can simplify management of the patient posing these problems by providing comfortable, reliable and trouble-free evacutation. Dorbanex produces a soft but well-formed stool without griping or other unpleasant side-effects, reduces the need for enemas and suppositories, helps to prevent faccal impaction, and makes defaccation easier without increasing faecal incontinence.

...have a straightforward solution

Now available in three forms—as capsules and in two strengths of liquid—Dorbanex provides in one preparation a balanced treatment for constipation. By softening the stool and stimulating peristalsis, Dorbanex prepares the way for pain-free evacuation.

DORBANEX CAPSULES: each contains 1:8-dihydroxyanthraquinone 25 mg, poloxalkol 200 mg, DORBANEX LIQUID: each 5 ml, teaspoonful contains 1:8-dihydroxyanthraquinone 25 mg, poloxalkol 200 mg, DORBANEX LIQUID: each 5 ml, teaspoonful contains 1:8-dihydroxyanthraquinone 75 mg., poloxalkol 1000 mg. Dosage DORBANEX CAPSULES: Adults, one or two capsules. Children, one capsule. DORBANEX CAPSULES: Adults, one or two capsules. Children, half to one teaspoonful, as required. Before or after surgery: two to four teaspoonful or two to four capsules. DORBANEX FORTE: one teaspoonful, or as directed by the physician. Treatment should be taken at bedtime. Contra-indications In common with other gastro-intestinal evacuants, Dorbanex should not be given when acute, painful conditions of the abdomen are present, or the cause of constipation is suspected to be obstruction of the small or large intestine. Side-effects Dihydroxyanthraquinone may cause a temporary hamiless, pink or red colouring of the urine and, in prolonged use or high dosage, of the mucosa of the large intestine. Doses larger than two teaspoonfuls may cause slight gastro-intestinal discomfort in a few patients. Basic NHS Prices Dorbanex Capsules: bottles of 300 capsules 8/8; bottles of 300-capsules 78°; Dorbanex Liquid: bottles of 60 ml. 45°. Additional information on request.

Dorbanex prepares the way for pain-free, trouble-free evacuation

Riker Laboratories Loughborough Leicestershire





two complementary antihypertensive agents—but 'single tablet' convenience

Hydrome(

Methyldopa BP and hydrochlorothiazide BP

For many hypertensive patients, 'Hydromet' may often be the most suitable treatment. 'Hydromet' contains both methyldopa and hydrochlorothiazide, a combination already widely used in this country for the severer grades of hypertension. Note the substantial advantages which 'Hydromet' can bring to your patients.

® denotes registered trade mark. ('Aldomet' is a registered trademark)

- the convenience of a single tablet
- 'Hydromet' usually makes a satisfactory control of blood pressure possible on a lower dosage of methyldopa
- in some severe and resistant cases, 'Hydromet' can produce a greater antihypertensive response than methyldopa alone
- the diuretic action of hydrochlorothiazide is useful when hypertension is complicated by heart failure and oedema
- symptomatic postural hypotension is much less frequent than it is with other powerful antihypertensive agents

Available as tablets containing methyldopa BP equivalent to 250 mg anhydrous methyldopa and 15 mg hydrochlorothiazide BP. Detailed information is available to physicians on request.

мЭр

Merck Sharp & Dohme Limited Hoddesdon, Hertfordshire Telephone, Hoddesdon 67123



tolbutamide is the safest
 oral hypoglycaemic drug available
 for general use and
 it should be tried first ●

Today's Drugs, B.M.J., 1963, 1,521.

Rastinon tablets contain 0.5G tolbutamide B.P. Full information available on request.



Service in the cause of medicine



A UNIQUE ORAL GEL

WITH STRIKING ANALGESIC AND ANTISEPTIC PROPERTIES

Bonjela has been shown in formal American trials to bring rapid relief from pain in 90% of all cases of oral ulceration, herpes labialis, gingivitis and denture sores. By rapid relief is meant marked alleviation of pain within 2-3 minutes.

Bonjela also promotes healing whenever the actiology is partly or wholly bacterial. Some ulceration originates from endocrinal, viral or fungal causes which may require other forms of treatment.

Even in these cases where a bacterial element is superimposed on the

original infection Bonjela will reduce the severity of the infection and rapid relief from pain will be obtained.

FORMULA: Choline Salicylate 8.7%, Cetalkonium Chloride 0.01%, Alc. (95%) 39.0%, Menthol 0.057%, Glycer. 4.6%.

INDICATIONS: Herpes labialis, gingivitis, oral ulcerations, cheilosis, denture sores, infant teething disorders.

PRESENTATION: Bonjela is available in 10 g. tubes at a basic N.H.S. cost of 2/8½d. per tube.

LLOYDS' PHARMACEUTICALS LTD. 103 Mount Street, London, W.1. An associate of Lloyd-Hamol Ltd.



Literature and samples are available on request

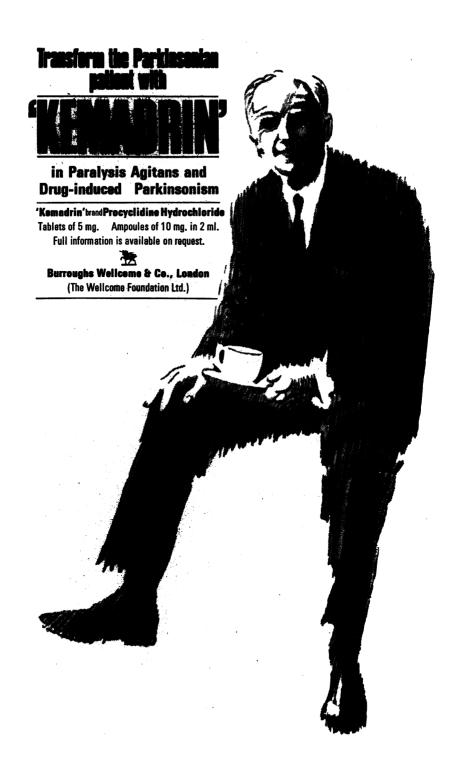
He cheats a little over exchanges . . . forgets his diet on holiday . . . and nothing very terrible happens – at the time. It's easy for the non-insulin dependent diabetic to lapse into complacency – but you can shake him out of it with CLINISTIX. You can make him understand that purple means danger – purple colour on the CLINISTIX is visible proof that control is slipping. Good control from the outset is essential if the risk of complications such as retinopathy and nephropathy is to be reduced: the patient who spends a few minutes a week on testing can save years of misery later.

For the insulin dependent diabetic prescribe CLINITEST*. Both CLINISTIX and CLINITEST are prescribable on EC10.





Ames Company, Division of Miles Laboratories Limited, Stoke Court, Stoke Poges, Slough, Buckinghamshire. *Trademark/AM6663



On the spot.



AZOSTIX detects renal insufficiencythe sooner you know about it the better!

You can check for uraemia in one minute with AZOSTIX*. Reliable semi-quantitative results are available in one minute over the ranges 20-130 mg/100 ml whole blood. AZOSTIX is an invaluable aid to diagnosis where renal insufficiency is suspected or must be excluded. AZOSTIX is equally useful for monitoring renal function so that protein restriction may be applied when the blood urea rises above 100 mg/100 ml. Other important uses are in the monitoring of

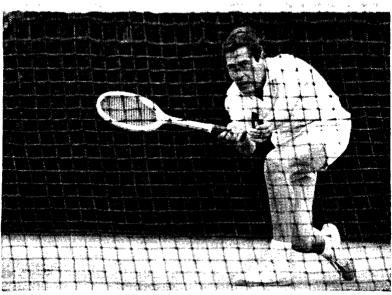
diuresis in congestive cardiac failure, in the checking of renal competence before treating hypertension and in detecting any renal damage when nephrotoxic drugs are being administered.

Determinations with AZOSTIX are easily made, need only one drop of blood and cause no inconvenience to either patient or physician.

Full information available on request.



Ames Co, Divn of Miles Laboratories Ltd, Stoke Court, Stoke Poges, Slough, Bucks. *Trade Mark AM 7104



STANDARD The weight of a tennis ball

The International Lawn Tennis Federation lays down that a tennis ball shall be more than 2oz. and less than $2\frac{1}{4}$ 0z. in weight. A fine distinction, you may think. But there is more to come. It must have a uniform outer surface. If there are any seams, they must be stitchless. It must be more than $2\frac{1}{2}$ " and less than $2\frac{1}{8}$ " in diameter, have a bound of more than 53" and less than 58" when dropped 100" upon a concrete base and a deformation of more than .265" and less than .290" when subjected to a pressure of 18 lb. applied to each end of the diameter.



The N.H.S. price of the 30 g. tube is 2/6d. and the cost of an average application of cream is under 1d.

LLOYD-HAMOL LTD., 103 Mount Street, London, W.1

STANDARD The Transvasin therapy for rheumatic symptoms

Transvasin as the standard treatment for the relief of rheumatic symptoms is becoming more and more widely accepted every day. Patients suffering from rheumatic lesions obtain rapid relief with this well-proven and economical medication. The esters of nicotinic, salicylic and p-aminobenzoic acids penetrate the skin and are concentrated at the point of injury, producing superficial erythema and deep hyperaemia. Transvasin is a valuable adjuvant in the treatment of osteo and rheumatoid arthritis.

CONTAINS	
Ethyl Nicotinate	2%
Hexyl Nicotinate	2%
Tetrahydrofurfuryl Salicylate	14%
Ethyl Aminobenzoate	
Base	



All your fees paid, plus £790 a year and allowances, while a Medical student.

As a Medical Cadet in the Royal Army Medical Corps, all your tuition fees are paid by the Army. In addition, you are paid £790 a year, and are eligible for allowances.

You can apply for a Medical Cadetship if you have passed your second M.B. or its equivalent, are under 25, and have a place at a medical school in the United Kingdom or Eire. If you are about to take your second M.B., you may still apply; but your acceptance will be conditional on your passing the examination.

If accepted as a Medical Cadet, you are given the probationary rank of 2nd Lieutenant. On qualification, you are promoted Lieutenant, and are paid as such while you fulfil your pre-registration appointment

—either at a civilian hospital of your own choice, or at certain military hospitals. After being fully registered, you are promoted Captain, and take up your duties in the RAMC.

Your obligation is then for five years of service on a Short Service Commission. During those five years, you will have a good chance of travel, make many friends, have ample leave (six weeks' paid leave a year, with a locum provided by the Army).

During that period you can, if you like, apply for a Regular Commission. Or you can leave the Army for civilian practice, the richer for some valuable experience of General Practice—and for a tax-free gratuity of up to £2,600 according to period of cadetship.

For further information about Medical Cadetships, or to arrange a meeting with an RAMC Officer to answer any questions you may have, write to: Colonel E. L. O. Hood MB, Ministry of Defence (AMD2), Dept. 307, Lansdowne House, Berkeley Square, London W1X 6AA