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2. Leading article, Brit med J. 1969, 1, 525.

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"We ourselves have repeatedly observed rapid relief with diminished volume and purulence of the sputum and disappearance of pathogens, from treatment with trimethoprim and sulphamethoxazole."[1]

"...a combination of trimethoprim and sulphamethoxazole provided effective prophylaxis in chronic bronchitis. It dramatically diminished sputum volume, rendered it mucoid and abolished pathogens."[2]

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High Risk
'Flu can be a life-threatening infection in patients with chronic or debilitating disease. The danger is that 'flu will be succeeded by secondary infection such as pneumonia. It is in those patients whose resistance is already compromised by pre-existing disease that the mortality is highest. This is why health authorities in many countries now strongly recommend that such high-risk patients be protected against 'flu by routine vaccination.

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Influvac is a potent, highly purified, aqueous vaccine containing inactivated influenza virus. It confers a maximal degree of protection against the same or closely related strains of influenza virus as those included in the vaccine. The amount of antibody formation is quantitatively related to the amount of antigen in the vaccine. There is a limit to the amount of antigen necessary for optimal antibody formation so that more antigen will not increase the antibody titre. Influvac contains this maximum, distribution over those strains that are likely to circulate in the coming season. Thus it offers the best possible protection. Vaccination produces a maximum level of antibodies within approximately two weeks. The period of immunity may extend to 12 months, but is at least 6 months. Injections of Influvac are almost painless due to its high purity and to the fact that the virus has been inactivated by means of β-propiolactone instead of formaldehyde. Local or general reactions after inoculation are rare, since Influvac contains a minimal amount of protein (measured as nitrogen).

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Composition
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Wings Appeal
SEPTEMBER 15th – 20th 1969

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an enzymatic preparation for the control of cholesterol and fat metabolism in arterio- and atherosclerosis. It contains enzymes which catalyze the metabolism of fats, cholesterol, amines and their compounds. It restores the elasticity of the vessel walls, normalizes the permeability of the capillary membranes and increases oxygen and metabolite transport to the organs.

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**Indications:**
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**FORMULA per ampoule:**
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- Tyrosinase 20 mg ≡ 4000 units
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**Presentation:**
Boxes of 6, 25 and 100 ampoules.

Manufactured by Enzypharm C. V. Holland

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for prolonged action . . .
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insignificant cardiovascular effect . . .

With Medihaler-duo, Riker makes a further notable contribution to bronchodilator therapy. Medihaler-duo enables the physician to make a more positive approach to reversal of airway obstruction in bronchial asthma and chronic bronchitis.

Medihaler-duo takes advantage of the finding that the bronchodilator effect of isoproterenol can be significantly enhanced by the action of phenylephrine. As a result, it is possible to obtain a greater response to treatment than would be experienced from comparable doses of isoproterenol administered alone. Moreover, this enhanced bronchodilator effect is achieved without significant change in pulse rate or blood pressure at recommended dosage.

These results have been confirmed in clinical trials 1, 2, 3, 4, 5, 6, 7. With Medihaler-duo, relief is immediate in onset and often prolonged for three or more hours. Effect on the cardiovascular system has been found to be insignificant even in patients with uncomplicated hypertension.

. . . in bronchial asthma and chronic bronchitis

Composition Medihaler-duo contains a suspension of isoproterenol hydrochloride 8 mg./ml., phenylephrine bitartrate 12 mg./ml. and delivers to the patient a measured dose containing 0.16 mg. isoproterenol hydrochloride and 0.24 mg. phenylephrine bitartrate.

Contra-indications There are no absolute contra-indications, but Medihaler-duo should be used with caution in the presence of cardiac disease, hypertension or hyperthyroidism.

Side-effects Overdosage may cause dry mouth, palpitations, or nervousness.

Dosage Each puff from Medihaler-duo 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-duo should be administered to children only under the supervision of a responsible adult.

Basic NHS price Standard pack (complete 400-dose unit) 17/- plus Purchase Tax.


Full information is available on request. Medihaler-duo is a registered trade mark.

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diminished sensitivity of the respiratory centre to carbon dioxide; secondly, a redistribution of the circulation whereby the bulk of blood is pooled in various abdominal reserves, only vital organs having a minimal supply (the heart rate may drop from 120 per minute to 80 or 100) and, thirdly, the muscles are able to function with a very much greater degree of oxygen debt.

**Smoking and physical performance**

In a group of 337 men who were being given the Harvard Pack Test for Physical Efficiency the smoking habits were also studied. The results, which speak for themselves, are given in table II.

Of the total, the 256 smokers have a mean fitness index of 60 whereas that of the non-smokers is 73. The index does not vary greatly with the number of cigarettes smoked. There are too few pipe smokers in the series to draw any firm conclusions.

Thus there is little doubt that smoking has an adverse effect on performance. However there will be those who claim that the loss is worth accepting for the comfort given by smoking and there are even top class athletes who find a quiet cigarette before the ordeal has a steadying effect on the nerves.

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**ACCOMMODATION AT COLLEGE HEADQUARTERS**

Temporary residential accommodation for members and associates and their families is provided at college headquarters. This building, overlooking Hyde Park on one side and Princes Gardens on the other, is central and easily accessible.

The charges, including breakfast, are as follows:

- For single rooms: £2 10s. 0d. per night
- For double rooms: £4 5s. 0d. per night
- For a flatlet (bed-sitting room for two, bathroom and dressing room): £6 per night or £36 per week
- For a self-contained flat (double bedroom, sitting room, hall, kitchen and bathroom): £42 per week

Children under the age of 12 years cannot be admitted, and dogs are not allowed.

Members and associates may, subject to approval, hire the reception rooms for meetings and social functions. The charges for these are:

- Long room (will seat 100): 25 guineas for each occasion
- Damask room (will seat 50): 15 guineas for each occasion
- Common room and terrace: 15 guineas for each occasion

A service charge of 10 per cent is added to all accounts to cover gratuities to domestic staff.

For the convenience of members, four car ports, outside 14 Princes Gate, have been rented by the College and may be hired, at a cost of 10s. 6d. per 24 hours.

Enquiries should be addressed to the Administrative Secretary, The Royal College of General Practitioners, 14 Princes Gate, London, S.W.7. (Tel. 01-584 6262). Whenever possible bookings should be made well in advance.
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- a single agent with dual activity—calming anxiety and lifting depression
- a single agent—avoiding the disadvantages of fixed dosage drug combinations

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100 x 25 mg tablets ex 500 pack — basic NHS cost 17s 2d; 100 x 10 mg tablets ex 500 pack — basic NHS cost 8s 5d. Also available as a syrup, and an injection. Detailed information is available to physicians on request.

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

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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 2/8d. per tube.

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Composition Each brown capsule contains dioctyl-sodium sulphosuccinate 60 mg., a faecal softener, and 1-8 dihydroxyanthraquinone 50 mg., a mild peristaltic stimulant.

Side Effects No adverse side effects have been reported with Normax. 1-8dihydroxyanthraquinone may however give the urine an orange tint.

Dosage One to two capsules to be taken at night, or as prescribed.

Presentation & Basic N.H.S. Price Normax capsules are available in bottles of 30 and 250 at a basic N.H.S. price of 4/10 and 26/10 respectively.

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In just five days, 87 per cent of 251 patients with painful muscular conditions recovered or improved with Norgesic. Six days was the average treatment time in another trial, on 478 patients, when nearly nine out of every ten gained uniformly good or fair relief of pain. Norgesic gives the patient a better chance of rapid and reliable relief from pain — and an early return to normal work. Norgesic contains two agents acting in different but complementary ways. Orphenadrine citrate releases muscles from painful and incapacitating stiffness. Paracetamol relieves the pain of local tissue damage. By relieving both pain and muscle spasm Norgesic quickly restores the pain-free movement that plays a major part in speeding recovery, overcomes the limitations of simple analgesics, and spares the patient wasted days of immobility and needless pain.

Each tablet contains Orphenadrine Citrate B.P. 35 mg. and Paracetamol B.P. 450 mg. Dosage is two tablets three times daily. Side effects: within the recommend ed dosage, undesirable side effects are uncommon. Dry mouth, nausea, blurring of vision, dizziness, restlessness or drowsiness may however occur in some patients susceptible to the parasympatholytic action of orphenadrine. These symptoms disappear rapidly following reduction of dosage or withdrawal of treatment. Contra indications to Norgesic result from the parasympatholytic action of orphenadrine. Norgesic should not be given to patients with glaucoma, urinary retention (e.g., in prostatic hypertrophy or bladder neck obstruction) or myasthenia gravis. It should be used with caution in patients with tachycardia. Basic NHS prices: 100 tablets 14/4; 500 tablets 70/-. Norgesic is a registered trade mark. Additional information is available on request from Riker Laboratories, Loughborough, Leicestershire.


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Brit. med. J., 1968, 1,135 (20 Jan)

Aldomet

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Supplied as tablets containing methyldopa BP equivalent to 250 mg anhydrous methyldopa and, for emergency use, as an injection. Detailed information is available to physicians on request. ® denotes registered trademark.
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Urticaria is often at its worst at night-time. Pro-Actidil* taken in the evening, brings relief during the night and with its sustained antihistamine effect goes on working during the next morning and afternoon.

The three-layered Pro-Actidil presentation is effective in the treatment of allergic dermatoses especially if associated with urticaria, angioneurotic oedema, seborrhoeic eczema, pruritus, allergic asthma, and vasomotor rhinitis.

Pro-Actidil tablets each contain 10 mg triprolidine hydrochloride. Also available: Actidil* tablets, each containing 2.5 mg triprolidine hydrochloride (useful for daytime use and when a short duration of action is required), and as Actidil Elixir containing 2 mg in each 5 ml.

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Pro-Actidil sustained relief in urticaria

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Whenever oral hypoglycaemic agents are prescribed remember 'control' and add CLINISTIX strips to the prescription. And of course, insulin-dependent diabetics should test regularly with CLINITEST* reagent tablets. CLINISTIX reagent strips and CLINITEST reagent tablets are prescribable on NHS form EC10. Further information on testing patterns available on request.

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A unique practical postgraduate course is to be held at the Brook Hospital Postgraduate Centre, Woolwich during the week-ends 25–26 October and 6–7 December 1969 and 21–22 February and 21–22 March 1970. It is open to all registered medical practitioners but is particularly suitable for orthopaedic surgeons and physical medicine specialists.

The Department of Health recognizes the course for purposes of N.H.S. seniority payments and the British Postgraduate Medical Federation authorizes contributions towards hotel, travel, subsistence and tuition fees of N.H.S. general practitioners.

The number of places is limited. Full details can be obtained from Dr J. Ebbetts, 3 Arundel Terrace, Brighton, BN2 1GA.

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