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Some patients seem to think that doctors never die. Or become ill. Or have accidents.

But as a doctor you know that your chances of falling sick, or breaking a leg tomorrow are the same as everyone else's. And the effect on your life and family is much graver.

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That's why it's so wise to insure against sickness or early death. Wiser still to insure with the company run exclusively for doctors and dentists: the Medical Sickness Society.

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an advance on the antibiotics

SEPTRIN

(Trimethoprim and Sulphamethoxazole)

- Septrin' acts quickly and decisively.
- eradicates common pathogens—including

 H. influenzae, Pneumococci, Proteus sp. E. coli, Klebsiella sp.
 - effective against penicillinase-producing organisms.
- new mode of bactericidal action overcomes problems of bacterial resistance.

clearly superior in URINARY INFECTION

'Septrin' was compared with ampicillin and sulphadimidine in the treatment of 106 hospitalised patients with urinary infections. Cure rates one week after finishing treatment were: 'Septrin' 85 per cent, ampicillin 70 per cent, and sulphadimidine 40 per cent; and after four or five weeks 67, 52 and 15 per cent respectively. (Cure = eradication of original organism from urine).

'Septrin' was "... clearly superior to either of the other treatments, and this superior effect was even more appreciable in the re-treatment of patients who had failed on another drug."²

- 1. Brit med J, 1969, 1, 541.
- 2. Leading article, Brit med J, 1969, 1, 525.

dramatically effective in RRONCHITTS

"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
- 1. Antibiotic and Chemotherapy, 2nd Edition, (1968), E & S Livingstone, Edinburgh and London.
- 2. Proceedings of the V International Congress of Chemotherapy, Supplement, (A 1-5a/3) 107.

SEPTRIN

'Septrin' is available as 'Septrin' Tablets, 'Septrin' Paediatric Suspension and 'Septrin' Paediatric Tablets. Full prescribing information is available on request.

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Burroughs Wellcome & Co. (The Wellcome Foundation Ltd.) Dartford, Kent

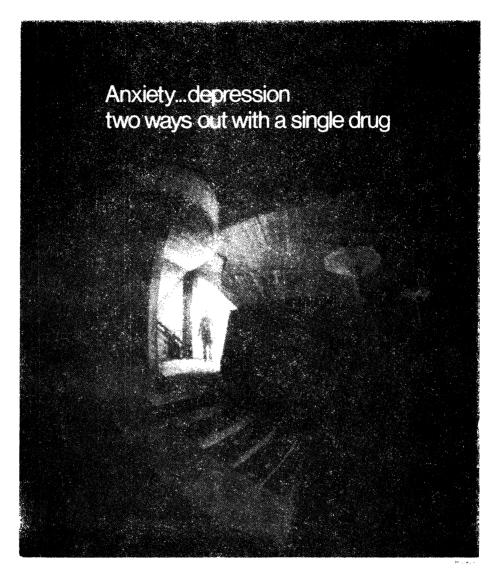
Duphar laboratories concentrate all their resources and efforts on just four fields of medicine.

Gastroenterology, Obstetrics and Gynaecology, Cardiovascular and Respiratory Pathology are the areas in which Duphar, the UK associates of an international organisation, have chosen to deploy their resources. Duphar products are marketed in the knowledge that they are born of thorough investigation and exhaustive research. Since Duphar concentrate their efforts on a small range, the medical profession can be sure that any product released represents an advance in a specialised field.



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Duphar research aims solely at the development of original molecular structures which represent therapeutic advances. Before we develop any product we must be assured that it will fill a definite gap in the therapeutic armamentarium. By adhering to this policy Duphar have succeeded in making their contributions to four carefully

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flucan be a killer Influvac can save lives

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.

Prophylaxis

Patients with chronic heart and lung conditions and those in the age group 50+must be protected from the 'flu viruses. Prophylactic immunization is the only effective measure. Mortality from influenza may be reduced dramatically by routine vaccination.

Influvac

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).

Presentation and Basic N.H.S. Prices

Influvac D.S. 1 ml. (Cartrix Disposable Syringe) 12/-, Influvac 1 ml. ampoule 10/-.

Influvac 10 ml. multi-dose vial 80/-. Influvac 100 ml. multi-dose vial 700/-

Influvac administered by hypospray jet injection team

(per dose) 12/6.

Quantity rates available on application.

Composition

A2/Hongkong 1/1968 10,500 H.A. units. B/Netherlands 78/1966 7,000 H.A. units. Total virus content 17,500 H.A. units.

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The CROOKES Laboratories Limited,
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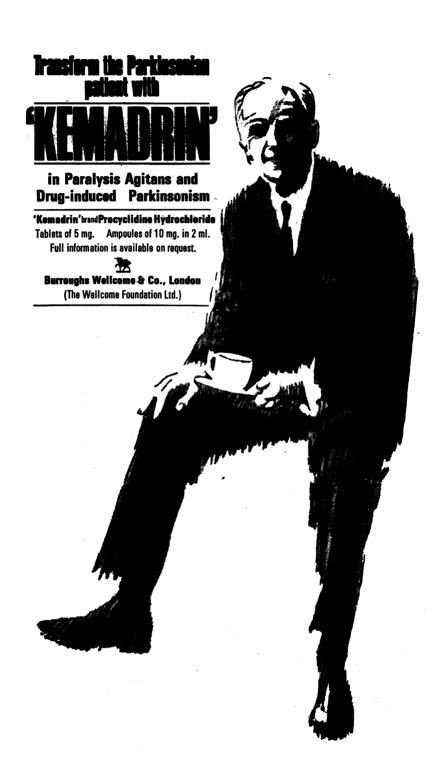
To uphold the standard of selective medical research, Duphar collects informed opinion from all over the world. This accumulation of knowledge covers a wide range since depth of information is the keynote of Duphar philosophy. The link which we establish between our

research team and the medical profession is no less informative, but it concentrates on just four selected fields – gastroenterology, obstetrics and gynaecology, cardiovascular and respiratory pathology.

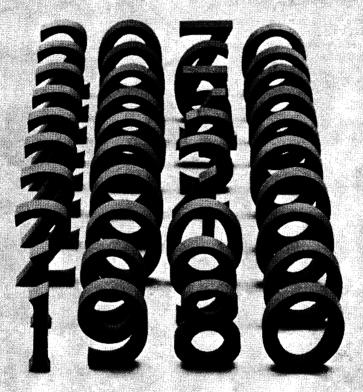


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have given their service, their health, and in many cases, their lives for their Country and in defence of Freedom. Today many of them and their dependants are in urgent need of the R.A.F. Association's Welfare Service. Please give all you can for the emblem on Wings Day or send a donation direct to Headquarters.



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AND THE CHARITIES ACT, 1960)

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your cardiac and hypertensive patients if you were to provide effective treatment without committing them to the harmful side-effects of the present day accepted regimen.

This can now be done with

MASOLASTINE

an enzymatic preparation

for the control of cholesterol and fat metabolism in arterio- and atherosclerosis. It contains enzymes which catalize 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.

Vasolastine is non-toxic and has no sideeffects (apart from the beneficial ones of euphoria and a sense of rejuvenation).

Indications:

Angina pectoris, degenerative arterial disease hypertension, intermittent claudication, peripheral vascular disease.

it would be for

FORMULA per ampoule:

Enzymes of the lipid metabolism 30 mg.≡ 8000 units Amin-oxidase Tyrosinase 20 mg.≡ 4000 units Stabilizing solvent to 2 ml.

Presentation: Boxes of 6, 25 and 100 ampoules.



Manufactured by Enzypharm C. V. Holland

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introducing

medihaler **duo**



for prolonged action . . . rapid relief . . .

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 isoprenaline 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 isoprenaline 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 isoprenaline hydrochloride 8 mg./ml., phenylephrine bitartrate 12 mg./ml. and delivers to the patient a measured dose containing 0.16 mg. isoprenaline 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.

- 1. Curr. therap. Res. (1962) 4:601. 2. J. Amer. Geriat. Soc. (1968) 16:786. 3. J. Allergy (1968) 41:285.
- 4. Thorax (1968) 23:590. 5. Amer. J. med. Sci. (1965) 249:309. 6. Marseille Medical (1967) 104:585.
- 7. Int. Arch. Allergy (1963) 24:17.

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.

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)
Damask room (will seat 50)
Common room and terrace

25 guineas for each occasion 15 guineas for each occasion

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.

why **Tryptizol** alone in anxiety-depressive states?

- a single agent with dual activity calming anxiety and lifting depression
- a single agent—avoiding the disadvantages of fixed dosage drug combinations

Tryptizol is a single agent with dual activity and so many advantages

'Tryptizol' is a single agent, providing economical therapy—

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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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 aetiology 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 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

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 2/8¼d. per tube.



Normax takes out of constipation

.. and promotes comfortable evacuation

Normax is indicated for the treatment of constipation particularly in conditions where it is important that your patients should not strain to stool—coronary thrombosis, cardiac failure, haemorrhoids, episiotomy. Normax has also been used in the treatment of constipation of pregnancy, and in preparation of patients for surgical and radiological procedures. Normax is also indicated for geriatric patients and for patients with spastic colon and diverticulitis.

Composition Each brown capsule contains dioctyl-sodium sulphosuccinate 60 mg., a faecal softener, and 1-8 dihydroxyanthra-quinone 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.

Normax is a registered trade mark

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.





In just five days, 87 per cent of 251 patients with painful muscular conditions recovered or improved with *Norgesic*¹. 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 pain². 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 recommended 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. Contraindications to Norgesic result from the parasympatho-

lytic action of orphenadrine. Norgesic should not be lytic action or orpnehadrine. 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 1. Practitioner (1966) 191:660.

2. Brit. J. Clin. Pract. (1967) 21:37. Riker

Five days of **NORGESIC** could get him back to work

year in, year out-many hypertensive patients are making changes for the better







130

160

150

'If a patient is able to tolerate methyldopa control of the blood pressure is more physiological, there being less postural and exercise hypotension...

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

Aldomet

Methyldopa MSD

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.





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.

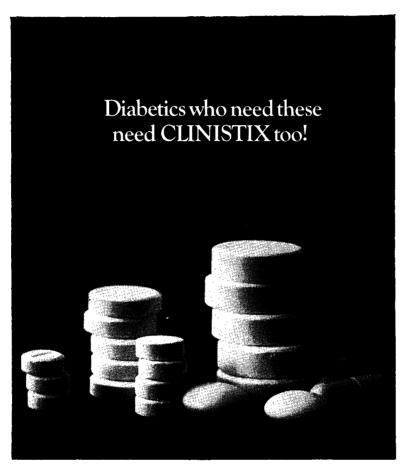
Pro-Actidil tablets each contain 10 mg triprolidine hydrochloride. Also available: Actidil* tablets, each containing 2.5 mg triprolidine hydrochloride (useful for daytime use and when a short duration of action is required), and as Actidil Elixir containing 2 mg in each 5 ml.

-Trode Marits
Full information is available on request.

(The Wellcome Foundation Ltd.) Dartford, Kent.

Pro-Actidil sustained relief in urticaria





When you prescribe diet and oral hypoglycaemic agents, add 'CLINISTIX strips' to the prescription.
Non-insulin dependent

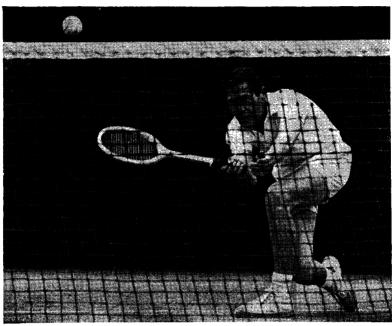
diabetics need to check regularly that their diabetes is controlled.

Tests for glycosuria with CLINISTIX reagent strips can be made by practically all patients and take only 10 seconds to perform.

Whenever oral hypoglycaemic agents are prescribed remember 'control' and add CLINISTIX strips to the prescription. And of course, insulindependent 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. * trade mark

Ames Company Division of Miles Laboratories Limited. Stoke Court. Stoke Poges, Slough, Bucks





STANDARD The weight of a tennis ball

The International Lawn Tennis Federation lays down that a tennis ball shall be more than 20z. and less than $2\frac{v_6}{6}$ oz. 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 $2\frac{1}{6}$ " 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..

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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.

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CONTAINS Ethyl Nicotinate	2%
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Central surgery, full appointments system, ancillary help, attached health visitor. Full access to x-ray and pathology diagnostic facilities. Near Windsor Postgraduate Medical Centre. Night and weekend rota with another practice. Clinical assistantships possible. Other appointments held.

Two-bedroomed self-contained flat available. Initial salary according to experience with early parity. Box 101, Journal of the Royal College of General Practitioners, 104 Gloucester Place. London, W.1.

TRAINEE welcomed in 4-man semi-rural group practice near Southport. Appointments system, ancilliary help, full co-operation from laboratory and x-ray department. Box 102, Journal of the Royal College of General Practitioners, 104 Gloucester Place, London W.1.

Mental Health and the Family Doctor

MANIPULATION IN GENERAL PRACTICE

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.

Publications

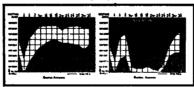
Copies of the following publications may be obtained from E. & S. Livingstone, Limited, Teviot Place, Edinburgh.

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When your patient presents with symptoms of gastric hyperacidity, Nulacin therapy provides continuous neutralisation—essential for the prevention and healing of peptic ulcer since most peptic ulcers arise and recur in the presence of free acid.

The Nulacin*tablet is prepared from whole milk combined with dextrins and maltose, together with magnesium trisilicate 230 mg., magnesium oxide 130 mg., calcium carbonate 130 mg., magnesium carbonate 30 mg., Ol. Menth. Pip. q.s.



Full information is available on request to

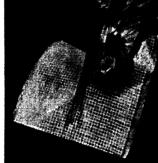


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In the treatment of ulcers and burns, or in any skin condition open to infection . . .

It's as easy as ABC to use doubly-interleaved intertulle fucidin







Each square slides easily from the pack; dressings no longer stick together. There is no waste. A tulle square is cut to the size you need, the protective interleaving is peeled away and the dressing applied to the lesion. The remaining protective sheet is removed and dressing is completed as required. Intertulle Fucidin has the bactericidal power of Fucidin Ointment against staphylococci and streptococci and remarkable freedom from side-effects.

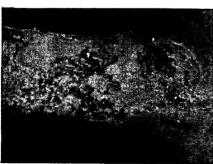
Intertulle Fucidin is presented in special white plastic packs containing 10, 4"x 4" sterile gauze squares, doubly-interleaved for easy use and impregnated with Fucidin Ointment (2% Sodium Fusidate B.P. in a neutral ointment base) – the logical topical antibiotic.

Now available on E.C.10

a case in point: Left: Varicose ulcer on leg of 74 year-old man.

Right: After 5 weeks' treatment with Intertulle Fucidin.

Photographs from Leo Laboratories' Library of British Dermatological Case Histories. 1989.







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LEO LABORATORIES LIMITED • HAYES • MIDDLESEX • Telephone 573 6224