

# The only way to be sure of the future is to buy it

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 later life?

By supplementing the scheme with one of our Personal Pension policies you could increase your pension by 50% — often more. In addition you receive full relief of income tax and surtax on the premiums you pay.

A card giving your name, address, date of birth, quoting reference 008/1, for full details of this unique policy specially designed for General Practitioners will receive prompt attention. But in the meantime there are certain facts you might like to know right away.

For instance, 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. And should you die before pension age all payments are returned to your estate plus compound interest at 4%. Finally, you may take the pension at any age between 60 and 70.



## **MEDICAL SICKNESS ANNUITY AND LIFE ASSURANCE SOCIETY LIMITED**

P.O. Box No. 449, 7-10 Chandos Street, Cavendish Square, London, W.1

01 - 636 - 1686 (15 lines), 01 - 636 - 4158 (24-hour answering service)

**'I think I need a tonic, doctor...'**



**...can be a  
symptom, too**

The plaintive cry for a tonic frequently heard in the surgery may be an expression of unsuspected faulty protein metabolism. The weakness, lassitude, lack of energy and interest in the debilitated patient points to a negative nitrogen balance which may be rapidly corrected by the administration of Anabolex. After as little as a week's treatment with this drug the patient feels better, eats better and gains weight.

Anabolex can safely be given to patients of whatever age and of both sexes; given in therapeutic doses it is virtually non-virilizing. The only known con-

tra-indications are prostatic carcinoma and pregnancy.

Presentation: All tablets are foil packed in cartons of 30, 100 and 250 tablets of 25 mg.\*

Dose: The maintenance dose of Anabolex is 2-3 tablets daily and, based on the NHS price, costs about 1/- a day. Free literature available on request.

**Anabolex** Trade Mark

a protein-anabolizing, virtually non-virilizing compound

Lloyd-Hamol Ltd.,  
103 Mount Street, London, W.1

\*Each tablet contains 25 mg. Sranolone

**LLOYD-  
HAMOL  
Ltd.**

Vertigo

Vomiting

Viral labyrinthitis

Migraine

# Stemetil

Full information is available on request



'Stemetil' is a trade mark of the manufacturers, May & Baker Ltd Dagenham Essex  
for its brand of prochlorperazine



# Out of strength—gentleness

## SAMURAI WARRIOR

The military elite of feudal Japan, the Samurai were renowned and respected for ferocity and prowess in combat, yet governed by a strict code of chivalry. Today, simplified and formalised, their fighting techniques and rules of conduct have developed into the more peaceable, physical and philosophical recreation known as Kendo.



## Ismelin®

guanethidine sulphate BP

Seven years ago Ismelin established a standard for the reliable and consistent reduction of severely raised blood pressure which has not since been surpassed. Effective in up to 90% of cases, Ismelin is distinguished by an absence of toxic activity which makes it especially suitable for long-term therapy.

Today, it is accepted that these very qualities make Ismelin equally appropriate for the firm yet smooth control of milder states of hypertension.

## Simple Dosage in Milder Hypertension

**Effective in up to 90% of patients**

## Sustained Continuous Control

10 and 25 mg tablets guanethidine sulphate BP in 100's and 500's. Basic NHS price 100 x 10 mg —27s 8d  
10 mg amps, for i.m. inj. 6 x 1 ml NHS price —17s 4d

C I B A

Full information on request

**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,  
Manchester 23.**

# **ROTER** **IN PEPTIC DISORDERS**

**does more than just relieve pain**



Each tablet contains: Bismuth  
Subnitrate Roter (350 mg.),  
Magnesium Carbonate (400 mg.),  
Sodium Bicarbonate (200 mg.) and  
Cortex Rhamni Frangulae (25 mg.).

Packings: Tins of 40 and 120, also  
dispensing sizes, 360 and 720  
(P.T. exempt).

ROTER tablets quickly overcome the pain and discomfort of minor gastric disturbances, but their true value is most evident in their control and frequent healing of peptic ulcer in both the early and the advanced or chronic stages. With Roter therapy, hospitalisation or surgery is mostly avoided; the patient remains ambulant and uncommitted to a restricted or prescribed diet; and recurring medical attention is usually obviated. Roter is worth remembering for your "gastric" patients.

Literature will be supplied on request from:-

**F.A.I.R. LABORATORIES LTD., TWICKENHAM, MIDDLESEX.**



## A NEW 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

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%.

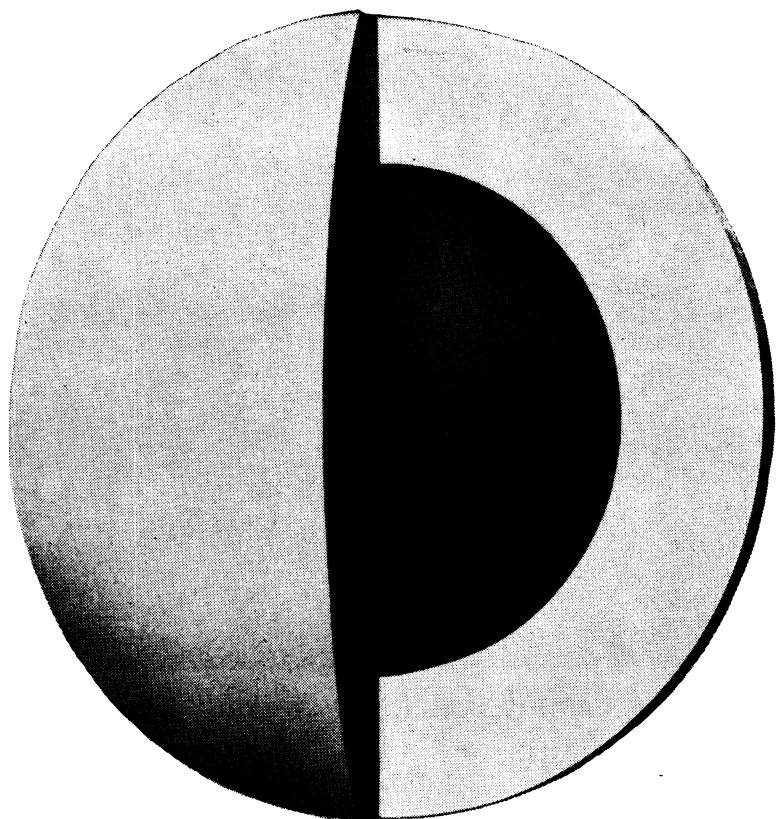
**INDICATIONS:** Herpes labialis, gingivitis, oral ulcerations, cheilosis denture sores, infant teething disorders.

**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





# Butazolidin® Alka mantle tablets

**A new approach to the  
treatment of patients with  
a known gastric sensitivity  
to antirheumatic agents**

Butazolidin® Alka is formulated as a  
mantle tablet, incorporating 100 mg  
dried aluminium hydroxide gel B.P. and  
150 mg magnesium trisilicate B.P. around  
a central core of 100 mg Butazolidin®

Geigy (U.K.) Limited  
Pharmaceuticals Division Manchester, 23



# ONLY ONE

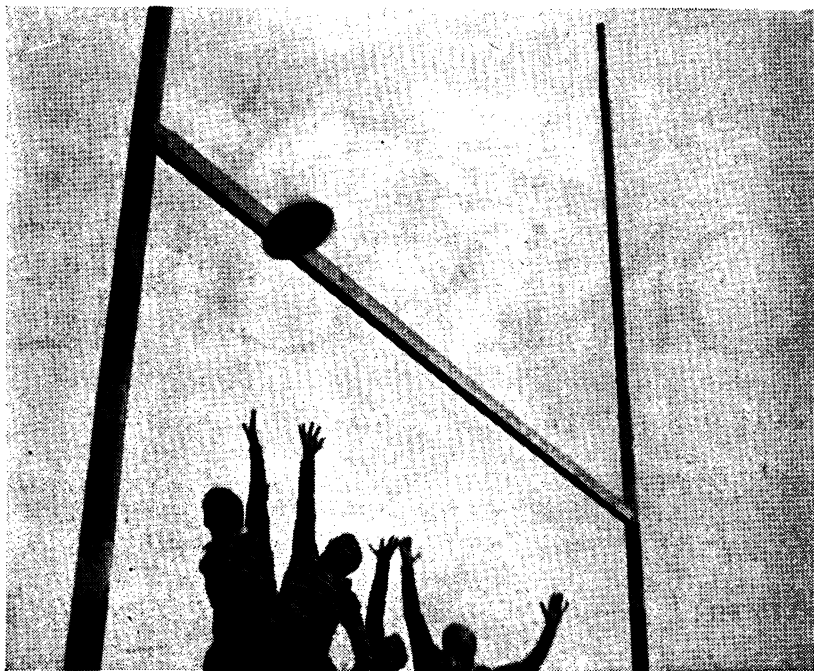
*Only one conception regulator offers ultra-low dosage of both hormonal components with a decade of clinical experience behind each.*

*Norinyl-1 is that unique conception regulator. Its reliability, safety, tolerance and simplicity have been confirmed in a comprehensive evaluation involving 5,000 women, studied carefully for more than 50,000 cycles.*

# NORINYL-1

Each Norinyl-1 pack contains 21 tablets of Norethisterone B.P. 1 mg. and mestranol 0.05 mg. Full prescribing information on request.

**SYNTEX**  Syntex Pharmaceuticals Ltd, Maidenhead, Berks, England



## STANDARD

The height of the crossbar

The Rugby Union was founded on January 28th, 1871, forty-eight years after William Webb Ellis 'first took the ball in his arms and ran with it.' Mr. A. Rutter of Blackheath was the first president, and two months later the first Rugby International took place, between England and Scotland. (Scotland won.) It is the Rugby Union, of course, who lay down the law today, including the size of the goal posts, each of which must exceed 11 ft. from the ground, placed 18 ft. 6 in. from inside to inside of the posts, with a crossbar 10 ft. from the ground.

LLOYD-HAMOL Ltd.

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

LLOYD-HAMOL LIMITED,  
103 Mount St., London, W.1.

## STANDARD

The Transvasin therapy for rheumatic symptoms

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 .....	2%
Base .....	to 100%



# PORPHYRIA— A ROYAL MALADY

Published January 1968

The booklet contains two articles by Dr. Ida Macalpine and her colleagues on porphyria in the Royal Houses of Stuart, Hanover and Prussia; a historical reassessment by Dr. John Brooke and an introduction to the disease by Professor Abe Goldberg.

Illustrated



Royal Octavo



68 pages

*“... a remarkable piece of medical detection ...”*

Daily Telegraph  
Liverpool Post  
Sheffield Morning Telegraph  
Western Daily Press

Glasgow Herald  
Scottish Daily Mail  
The Times  
Yorkshire Post

**Price 13s. 6d. (U.S.A. \$1.75) including postage**

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

## CAR HIRE-PURCHASE

### Preferential Financial Terms for Doctors and Dentists

Get details of the special hire-purchase terms offered to the profession by

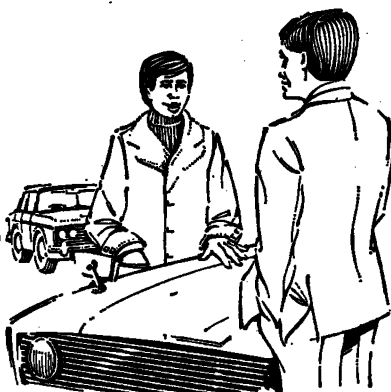
**The Medical Sickness Finance Corporation**

- ★ Minimum deposit
- ★ Maximum period of repayment
- ★ Payments waived on death

Send the coupon below to us at  
**7-10 Chandos Street**  
**Cavendish Square, London W1**  
**Telephone 01-636-1688**

A wholly owned subsidiary of  
Medical Sickness Annuity and Life  
Assurance Society Ltd.

Name.....	
Address.....	
Occupation.....	GP





Opens  
airways  
in seconds...

From the moment the asthmatic patient begins to fight for breath, only seconds need elapse before the onset of relief—with *Medihaler*.

Reports repeatedly confirm that *Medihaler* places rapid profound relief within easy reach of the patient. In one trial *Medihaler-iso* Forte improved the mean expiratory flow rate of 24 patients by 47 per cent three to five minutes after inhalation—18 per cent higher than the next best preparation<sup>1</sup>. In another trial, *Medihaler-iso* Forte was the fastest-acting of six pocket aerosols—and *Medihaler-iso* was next in rapidity of action<sup>2</sup>. In yet another trial<sup>3</sup>, a single inhalation (0.4 mg.) from *Medihaler-iso* Forte had significantly greater effect than 5 mg. of isoprenaline inhaled continuously over three minutes from an oxygen-powered nebuliser.

Simple to operate, compact to carry, giving profound relief from a minute dose, *Medihaler* opens airways in seconds when the fight for breath is on.

1. *Brit. Med. J.* (1966) **1**:1014 2. *Rev. Inst. Hyg. Mines* (Belgium) 1965 **20**(5):170. 3. *Brit. J. Dist. Chest* (1964) **57**:140

*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. delivers 0.08 mg. per dose.

**Dosage:** *Medihaler* delivers a full strength dose which should be sufficient to provide relief in most cases.

**Caution:** Isoprenaline 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 potent agent. The smallest dosage of it which provides relief should not be exceeded.

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

Additional information is available on request.

*Medihaler*, *Medihaler-iso*: registered trade marks

## Medihaler opens airways in seconds

Riker Laboratories Loughborough Leicestershire



*Perimean multiple*—demand of less than 10 items of service for three or more episodes of illness.

*D.F.P.*—demand forming population—population over the age of 15.

*Rank of illness*

*Rank 1*—equivalent to serious and moderate in the Logan classification.

*Rank 2*—equivalent to mild and minor in the Logan classification.

### Acknowledgements

To Mr J. Pearson, department of public health and social medicine, University of Dundee, for assistance with the planning of the mathematical and statistical considerations in this article; to Professor A. Mair, department of public health and social medicine, University of Dundee, for the use of equipment in the analysis; and to Riker Laboratories, Loughborough, Leicestershire, for financing the investigation.

### REFERENCES

- Jacob, A. (1966a). *J. Coll. gen. Practit.*, **11**, 41.  
 Jacob, A. (1966b). *J. Coll. gen. Practit.*, **11**, 241.  
 Payne, W. (1966). *J. Coll. gen. Practit.*, **12**, 172.

### 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 Gate 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, bath-room 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.

Enquiries should be addressed to the **Administrative Secretary, The Royal College of General Practitioners, 14 Princes Gate, London, S.W.7.** (Tel. KNightsbridge 6262). Whenever possible bookings should be made well in advance.



**● 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

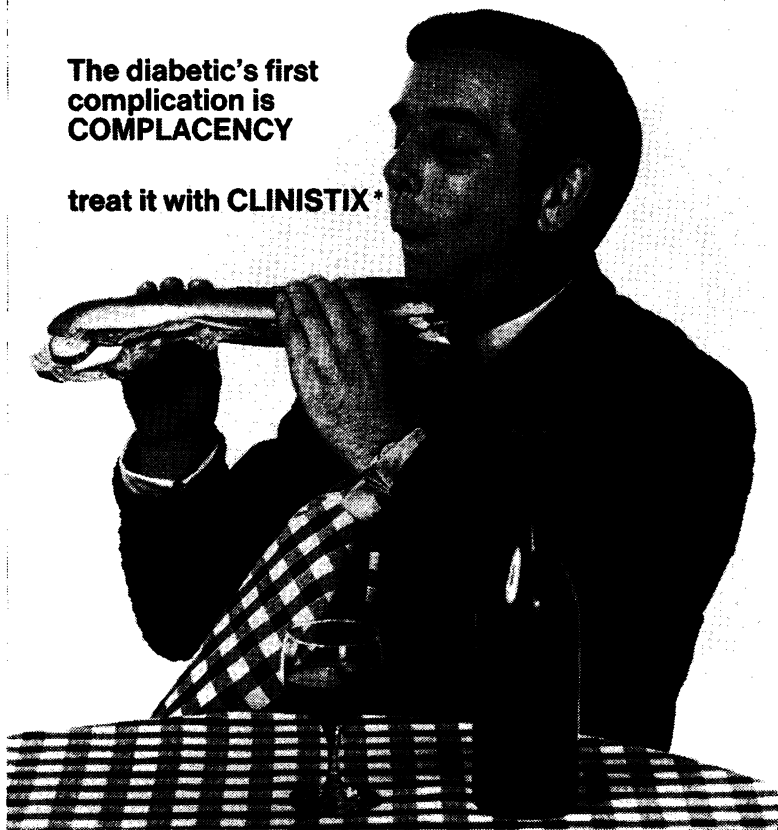
**Hoechst Pharmaceuticals Limited**  
Hoechst House Kew Bridge Brentford Middlesex

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.

**The diabetic's first  
complication is  
COMPLACENCY**

**treat it with CLINISTIX\***



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

\* trademark AM6663



Why take  
a bottle?

when a  
teaspoonful of  
**Pholtex**  
can give  
cough relief for  
8 to 10 hours

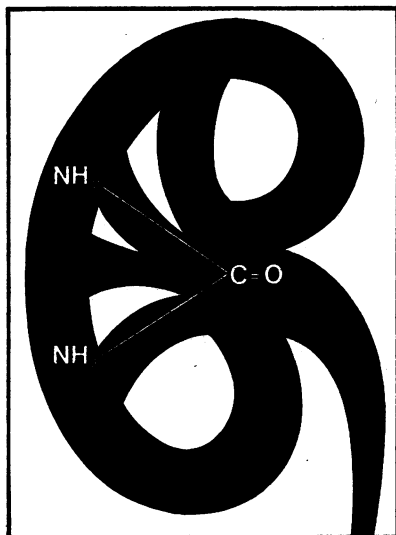
Dosage: one teaspoonful two or three times daily  
(Children—half to full adult dosage, according to age).  
Each teaspoonful (4 ml.) contains Pholcodine B.P. 15 mg. and  
Phenyltoloxamine 10 mg. as ion exchange resin complexes in  
a pleasantly flavoured, thixotropic vehicle.  
Basic NHS cost: 2 fl. oz. 5/-; 20 fl. oz. 47/4.

Riker Laboratories · Loughborough · Leicestershire **Riker**

Pholtex: registered trade mark

67-1 PH





# **Detect abnormal blood urea in 60 seconds**

## **Azostix\***

REAGENT STRIPS

Wherever you are, a valuable blood urea result at your fingertips in one minute.

All you need with AZOSTIX reagent strips is one large drop of blood, a watch, a wash bottle and one minute to detect abnormal (and normal) blood urea.

Available in bottles of 25 strips  
(colour chart provided on bottle label).

 **Ames**

For full information about AZOSTIX reagent strips: please contact  
Ames Company, Division of Miles Laboratories Limited,  
Stoke Court, Stoke Poges, Slough, Buckinghamshire. \* Trademark/AM6447

**less / more  
pain / activity**

**INDOCID**

Indomethacin

REGD

**for many arthritic patients**

'Indocid' is a non-steroid anti-inflammatory agent with marked analgesic properties. In a number of painful acute and chronic arthritic disorders and in acute musculo-skeletal conditions such as bursitis, tendinitis and synovitis, 'Indocid' is gaining increasing acceptance as a valuable product for short-term and long-term use.

Supplied as 25 mg capsules and 100 mg suppositories.  
Detailed information is available to physicians on request.



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

**Each year  
two million  
migraine attacks  
are treated  
with**

**'Migril'**

**What factors have contributed towards  
the great success of 'Migril'?**

Each 'Migril' tablet contains **two milligrammes** of ergotamine.  
'Migril', alone, averts nausea and vomiting by the inclusion of **cyclizine**  
(a fast acting anti-emetic).

After more than ten years of extensive clinical use both doctors and  
patients have found that 'Migril' **does** master migraine.

Each tablet of 'Migril' brand Ergotamine Compound contains 2 mg. ergotamine tartrate, B.P.  
50 mg. cyclizine hydrochloride, B.P., and 100 mg. caffeine hydrate, B.P.

**'Migril' MASTERS MIGRAINE**

Full information is available on request.



**Burroughs Wellcome & Co.** (The Wellcome Foundation Ltd.) **London**

## NEW BOOKS

---

**MERSKEY & SPEAR**

### **PAIN—Psychological and Psychiatric Aspects**

**H. MERSKEY**, M.A., D.M., D.P.M., *Physician in Psychological Medicine, The National Hospitals for Nervous Diseases, London*, and **F. G. SPEAR**, M.D., D.P.M., *Consultant Psychiatrist, Middlewood Hospital, Sheffield*.

Surprisingly little has been written about pain from the psychiatric and psychological viewpoints, although works have been published on its anatomical, physiological and neurological aspects. The authors of this important book review the existing literature and from their own researches critically assess several available theories and offer their own unitary view of pain. The extensive bibliography to the literature covering all aspects of pain is a very useful feature.

232 pages 40s.

**MANSFIELD & JENKINS**

### **Practical Anaesthesia for Lung Surgery**

**R. E. MANSFIELD**, L.R.C.P., M.R.C.S., F.F.A.R.C.S., D.A., *Consultant Anaesthetist, Brompton Hospital, King George V Hospital for Diseases of the Chest, and Milford Chest Hospital*, and **R. JENKINS**, M.A., L.R.C.P., M.R.C.S., F.F.A.R.C.S., D.A., *Consultant Anaesthetist, United Cardiff Hospitals and Welsh Hospital Board*.

"A textbook for the practical anaesthetist . . . It is an excellent introduction to the subject and the sections dealing with the actual procedures could well be read by anyone about to embark on work in this field . . . The book is beautifully illustrated and well produced and has an excellent index." *British Journal of Anaesthesia*.

214 pages 43 illustrations 50s.

**ANDREWES & PEREIRA**

### **Viruses of Vertebrates**

**SIR C. ANDREWES**, M.D., F.R.C.P., F.R.S., *Late Wellcome Trust Fellow; Late Deputy Director, National Institute for Medical Research, Mill Hill, London*, and **H. G. PEREIRA**, M.D., *National Institute for Medical Research, Mill Hill, London*.

Sir Christopher Andrewes has been assisted in this revision by H. G. Pereira of the Medical Research Council. Subjects are discussed under the main groups: RNA viruses, DNA viruses, and the unclassified. There is a full discussion of each virus, its properties, and relations with other viruses. Work in this field proceeds so rapidly that considerable revision, and re-arrangement has been necessary for this edition.

2nd Edition 448 pages 70s.

**BAILLIÈRE, TINDALL & CASSELL**

7 & 8 Henrietta Street, London W.C.2



**The Care of Radiation Casualties**

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

**Biological Psychiatry, A Review of  
Recent Advances**

By J. R. Smythies, M.D., M.R.C.P., D.P.M.  
120 pages, 21 illustrations 30s. net

**Cervical Spondylosis and other disorders  
of the cervical spine**

Edited by Lord Brain, D.M., L.L.D., D.C.L.,  
D.S.C., F.R.C.P., F.R.C.S., F.R.B., F.F.R., and  
Marcia Wilkinson, D.M., F.R.C.P.  
240 pages, 150 illustrations 55s. net

**Exotic Diseases in Practice**

By B. G. Maegraith, M.B., D.PHIL., F.R.C.P.  
377 pages, 31 illustrations, 2 colour plates  
50s. 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

**Background to Migraine:**

**Proceedings of the First Migraine Symposium**  
Edited by Robert Smith, M.D.  
168 pages, 56 illustrations 36s. net

**Ultrastructure of the Thyroid Gland**

By A. Lupulescu, M.D., and A. Petrovici, M.D.  
174 pages, 102 illustrations 80s. net

**Developmental Dyslexia**

By Macdonald Critchley, M.D., F.R.C.P.  
120 pages, 36 illustrations 25s. net

**Heredity and Environment in the Functional  
Psychoses;**

**An Epidemiological-Clinical Twin Study**  
By Einar Kringlen, M.D.  
200 pages 65s. net

**Malabsorption Syndrome**

By A. C. Frazer, C.B.E., M.D., D.S.C., F.R.C.P.  
120 pages, 53 illustrations 30s. net

**Diseases of Man Acquired from His Pets**

By B. Bisseru, M.Sc., Ph.D., M.B., B.S., M.R.C.S.,  
M.R.C.P.E.D., D.T.M. & H., D.OBST.R.C.O.G.  
498 pages, 94 illustrations 84s. net

**The Chromosome Disorders:**

**An Introduction for Clinicians**  
By G. H. Valentine, M.B., CH.B., M.R.C.P.,  
D.C.H., F.R.C.P.(C)  
144 pages, 74 illustrations 25s. net

**WILLIAM HEINEMANN MEDICAL BOOKS LTD.,**

**23 Bedford Square, London, W.C.1**