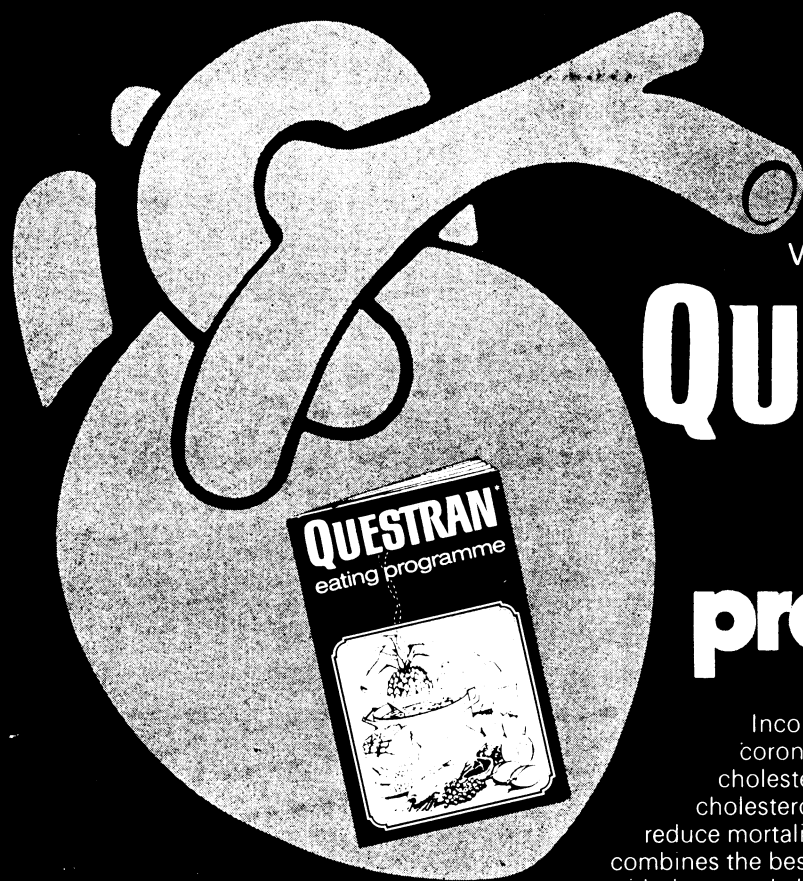


Protect your patients at risk from ischaemic heart disease!



write now for the

QUESTRAN^{*} eating programme

Incontrovertible evidence now exists that coronary heart disease is related to serum-cholesterol concentrations.^{1,2} Active serum-cholesterol reducing programmes significantly reduce mortality.³ The Questran Eating Programme combines the best features of a low cholesterol intake with the remarkable lipid lowering power of Questran. Reduction in cholesterol levels of 35 to 40%,⁴ protect your "At Risk" patients from the hazards of hypercholesterolaemia.

References:

1. Lancet, (1972) // 551
2. Lancet, (1969) // 1380
3. Lancet, (1972) // 835
4. Lipids & Heart Disease (1968) page 71

NOW sustained cholesterol reduction is yours for the asking

BRISTOL

BRISTOL LABORATORIES Division of Bristol-Myers Company Ltd., Stamford House, Langley, Slough SL3 6EB, Bucks.

*Questran is the Bristol trade mark for the only palatable form of cholestyramine.

Normacol makes work for idle bowels

By increasing the bulk of the faecal mass Normacol brings about a natural stimulation of the peristaltic reflex. Normacol absorbs up to sixty times its own volume of water—this increase in bulk stimulates peristalsis and the bowels are allowed to function as they should.

Normacol Standard brown coated granules containing Sterculia BPC 62% and Frangula BPC 1949 8%.

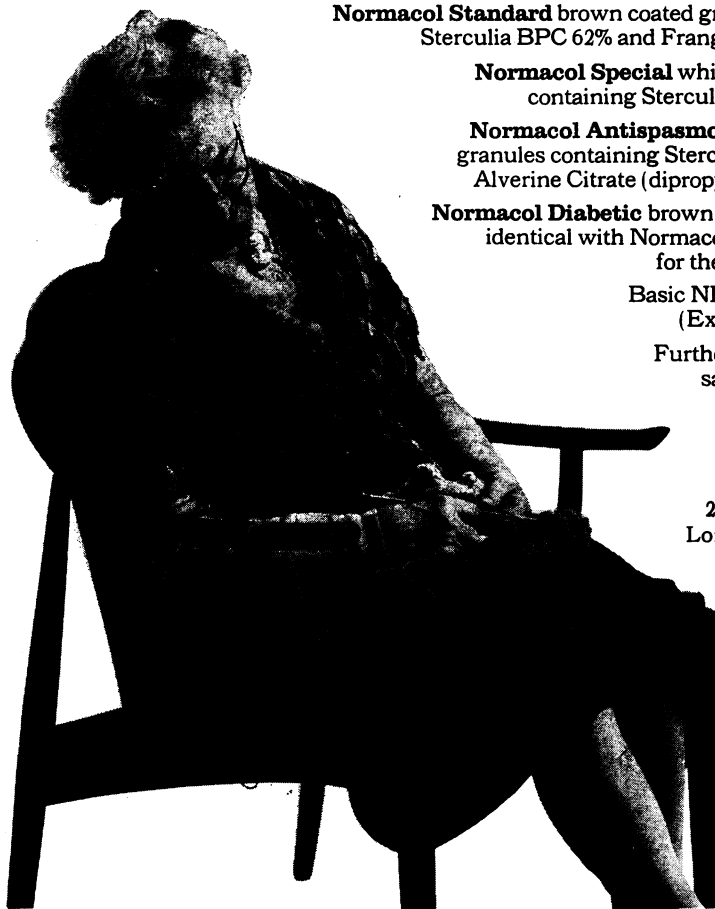
Normacol Special white coated granules containing Sterculia BPC 62% alone.

Normacol Antispasmodic orange coated granules containing Sterculia BPC 62% and Alverine Citrate (dipropylamine citrate) 0.5%.

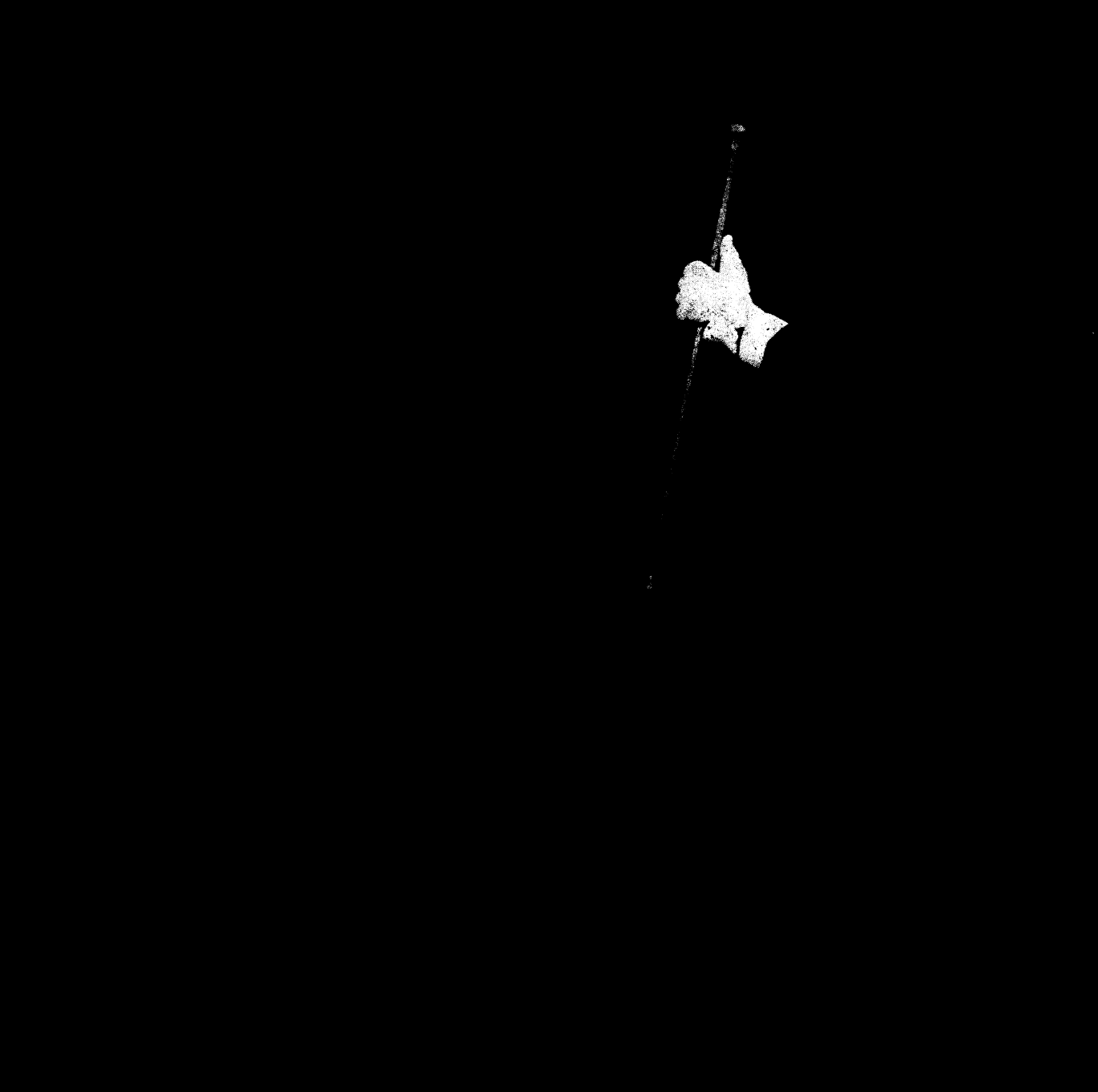
Normacol Diabetic brown coated granules is identical with Normacol Standard except for the absence of sugar.

Basic NHS price 100G. 16p (Ex dispensing pack).

Further information and samples on request.



Norgine Limited
26-28 Bedford Row
London WC1R 4RC



He's back with a

There's now considerable evidence to show that Amoxil is more effective than other broad spectrum antibiotics in the treatment of chest infections.^{1,2,3,4}

There are some good reasons for this:

Firstly, Amoxil is extremely well absorbed by the oral route,⁵ attaining high bactericidal concentrations.

And secondly, the overall absorption is

unaffected by the presence of food⁵ which means your patient doesn't have to remember to take Amoxil half an hour or whatever before meals.

Couple this with Amoxil's apparently excellent ability to penetrate into bronchial secretions^{3,6}, and you've probably explained why Amoxil out-performs other broad spectrums.^{1,2,3,4}

Amoxil t.d.s. – a far better routine for you and your patients.

AMOXIL a virtuoso



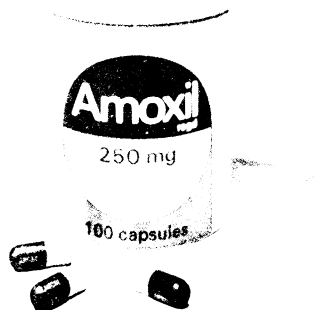
better routine

Further information on Amoxil (regd.), amoxycillin, is available from: Bencard, Brentford, Middlesex.

1. Brit. J. Dis. Chest, (1972), 66, 185.
2. Chemotherapy, (1973), 18, 1.
3. S.A. Med. J., (1973), 47, 717.
4. To be published in Practitioner.
5. Brit. Med. J., (1972), 3, 13.
6. Chemotherapy of Chronic Bronchitis, Second Edition, (1973).

 Bencard

performer in chest infections



Better and kinder than antispasmodics



The action of PRIMPERAN is confined to the oesophagus, stomach and small intestine.

By restoring a normal pattern of peristalsis in the upper gastrointestinal tract, PRIMPERAN abolishes duodenal spasm and reflux across both pylorus and cardia.

Painful spasm, heartburn, nausea and vomiting are rapidly relieved without the unpleasantness of anticholinergic side-effects.

Alone, or in combination with antacids, PRIMPERAN acts more rapidly and more effectively against a wider range of symptoms than conventional antispasmodics.

PRIMPERAN®

Also available as tablets and injections

metoclopramide



Further information is available from

Berk Pharmaceuticals Ltd, Shalford, Surrey, England.

Registered Trade Mark

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Its success has gone to their heads

- * The leading anti-migraine preparation for over 9 years.
- * Acts between initial warning and full-blown attack.
- * Ergotamine and caffeine control the migraine headache.
- * Anti-nauseant action provided by cyclizine.

*MIGRIL® Ergotamine Compound tablets contain ergotamine cyclizine and caffeine. Full prescribing information is available on request.
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MIGRIL



MASTERS MILLIONS OF MIGRAINES

Alistair is an he has only on

It's all around him, all the time, yet he's never seen it. Because at only 0.3mm in length, the common dust mite doesn't advertise itself.

Yet this minute creature is responsible for a disabling disease in an estimated 300,000 Britons. Now, at last, there is a new answer. A short immunisation course that is simple and very effective. A fundamental treatment that for the first time gives you, the family doctor, real control over this type of allergic asthma. And a new quality of life for your asthma patients.

Migen is effective. Allergy has always been recognised as one of the most common causes of asthma. Recently it has been established that the most important allergenic factor in house dust is the house dust mite; in fact, more than 90% of house dust sensitive patients are sensitive to house dust mite. And, "The rise in the mite content of dust from September to October has been shown to be directly related to an increase in asthma during this period."*

Migen immunises against the house dust mite. Immunisation against this powerful allergen raises the patients' overall level of tolerance. If he is multi-sensitive, he may well find that he no longer reacts to contact with other allergens which have previously provoked attacks. And the stress caused by fear of attack is reduced.

Migen is simple. Migen is a short course vaccine which contains pure extract of *Dermatophagoides pteronyssinus*, the most common British house dust mite. Just six injections form a complete course of treatment for asthma and perennial rhinitis. And each syringe

is pre-filled to ensure accurate dosage.

Migen - minimal side effects. Migen's active material is released slowly but completely for maximum efficiency and minimum risk of adverse effects. Migen is adsorbed onto tyrosine, a naturally occurring amino acid, fully metabolisable in the human body.

Migen is a Bencard product. Prepared by Bencard, leaders in allergy research, Migen is the first asthma treatment to give you control over your asthma patients. Migen may be prescribed on the basis of case history alone, no complicated testing techniques are necessary. However a simple confirmatory skin test kit is available on request, together with patient record cards and advice notes.

Migen. Many products have been advocated for use in the treatment of asthma. Most have drawbacks that you and your patients suffer for the sake of some relief. Now Migen offers an opportunity to treat asthma simply and effectively.

Allergy has always had a strong hold on the asthmatic. From today a powerful and very common

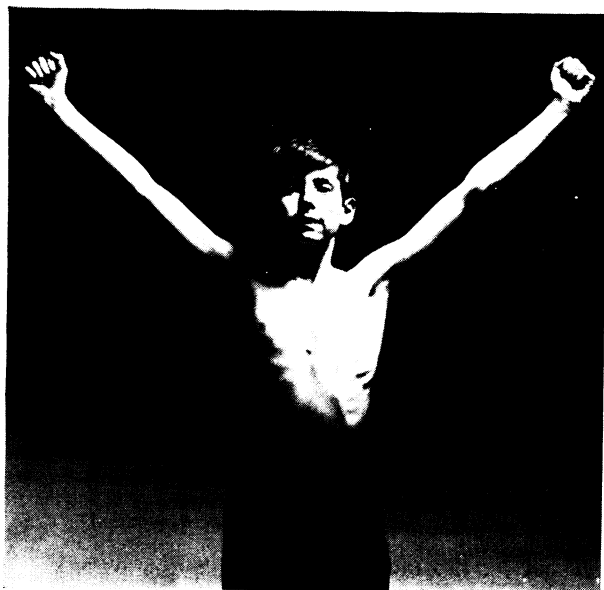


Treatment pack consisting of six pre-filled syringes with sterilised needles.

*Asthma Research Council.

 Bencard

asthmatic, e real enemy.



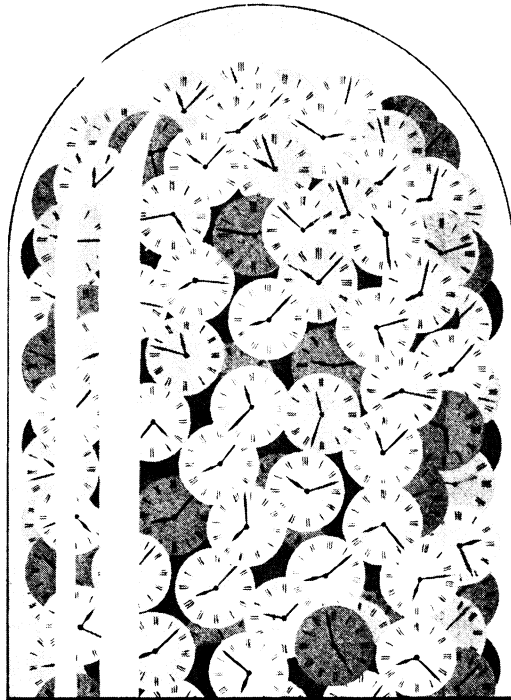
allergen can be controlled from your surgery, with Migen. It's asthma immunisation made easy.

Full information on Migen (regd.) is available on request from Bencard, Great West Road, Brentford, Middx.

"Windmills." A shoulder loosening exercise designed to aid asthmatics. The child should stand with weight thrown forwards onto the ball of the foot, making sure that his head is kept straight at all times. Breathing should be natural with the mouth shut.

Migen

asthma immunisation made easy.



timed-release iron

provides better absorption

FEOSPAN 'SPANSULE'
CAPSULES

for the treatment of
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Fefol 'SPANSULE'
CAPSULES

for prevention of anaemia in
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Full information is available upon request

'Feospan' contains ferrous sulphate

'Fefol' contains ferrous sulphate and folic acid.

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Foot Health Education Service

**A full range of foot health
educational material can be
supplied to you free of charge.**

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(foot anatomy and shoe fitting)
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- Information about orthopaedic
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departments

For full details please write to :—

The Fitting Services Manager,
Clarks Ltd,
Street,
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Ventolin sets a higher standard



Clinical trials have demonstrated
the superior efficacy of Ventolin
over other bronchodilators

in bronchodilator therapy

Measurement of lung function is generally considered essential in order to assess the efficacy of bronchodilator therapy.

One of the commonly used instruments for this purpose is the dry wedge spirometer (Vitalograph) with which the patient's spirogram can readily be obtained. From this the forced expiratory volume in 1 second (FEV₁) and the forced vital capacity (FVC) can easily be calculated.

During the five years that Ventolin has been available it has been the subject of a large number of clinical trials. An analysis of the first 50 of these is shown in the table.

Number of clinical trials	Number of patients involved	Number of the trials conducted 'double-blind'	Number of 'double-blind' trials against an active bronchodilator
50	1,477	20	18

HIGHLY EFFECTIVE

In all the clinical trials Ventolin was shown to be highly effective, producing near maximum reversibility of bronchospasm.

HIGHLY SELECTIVE

In all the clinical trials, without exception, Ventolin was shown to be a highly selective bronchodilator, whether it was administered by mouth or by inhalation. Therapeutic doses had no effect on the heart. In some investigations where many times the therapeutic dose was investigated again no effect on the heart could be detected.

LONG DURATION OF ACTION

In trials in which the duration of action was measured this was shown to be from 4 to 6 hours.

A wide range of preparations to suit each individual need



VENTOLIN INHALER—for rapid, long-lasting relief of acute bronchospasm.

VENTOLIN TABLETS—2 mg and 4 mg—for routine oral bronchodilator therapy.

VENTOLIN SYRUP—fruit-flavoured for ready acceptability by children.

VENTOLIN SPANDETS—sustained-action tablets, particularly suitable where nocturnal bronchospasm is a problem.

Ventolin Inhaler contains salbutamol BP, all oral Ventolin preparations contain salbutamol BP as sulphate.

For the relief of bronchospasm . . . prescribe VENTOLIN

MOST DOCTORS DO!



Full prescribing information is available on request. Ventolin and Spandet are trade marks of ALLEN & HANBURYS LTD LONDON E2 6LA



This is what we call practising medicine.

A career in Naval medicine can be a rewarding experience. Opportunities to specialise abound. And perhaps above all else, there is an immense satisfaction to be gained from the wide variety of work you will be involved in.

At sea, for instance, you could be anywhere from the Mediterranean to the Pacific Ocean. Looking after the health and well being of the company of a modern warship.

And though you could spend as long as the first eighteen months of your five year Short Service Commission on board different ships, you need have no fear of losing contact with mainstream medicine. For no matter where you are, you will be kept informed of current medical opinion.

After this, the choice is yours. Post graduate medical training and a career in the clinical disciplines at one of our naval district general hospitals. Haslar or Plymouth, for instance, with their wide spectrum of clinical material drawn from naval personnel, their dependants and the local civilian population as well. There are also naval hospitals in Malta, Gibraltar and Mauritius, with opportunities for exchange appointments elsewhere.

Or you might prefer occupational medicine in our research orientated naval dockyards. Aviation medicine with its accent on rotary wing support of the Fleet. And for those with an administrative turn of mind, community medicine.

Royal Naval expertise in maritime medicine is recognised world wide and research into underwater medicine, nuclear medicine and the closed submarine environment is centred

at the Institute of Naval Medicine at Alverstoke.

Naval general practice in well staffed and equipped medical centres extend as far afield as Hong Kong and Singapore. And new training schemes are now under way in the United Kingdom.

Should you be moved or sent abroad at any time, all expenses will be paid by us. We will help you with accommodation (at very reasonable rents) and provide allowances for the education of your children, if you have a family.

If you enter the Royal Navy immediately after registration you will be given the rank of Surgeon Lieutenant and a salary of £4,099, rising to £4,249 after four years.

On the other hand, if you are older (up to the age of forty) and more experienced, we can offer you a number of opportunities in general practice and the specialities. And, depending on your post-registration experience, you could enter as a Surgeon Lieutenant Commander at a salary of £5,161, rising to £5,658.

Then, at the end of your five year Short Service Commission you could leave with a tax free gratuity of £3,000.

But if it is mutually agreeable, you could apply for a Full Career Commission or a 16 year pensionable commission. The choice is yours.

In the meantime if you would like further information, write giving details of your age and qualifications to Surgeon Commander L.C. Banks, R.N., (26BU2) Department of the Medical Director General (Naval), Empress State Building, Fulham, London SW6.



Vocational Training for General Practice

**Devon Area Health Authority
Exeter University/
Exeter and Mid-Devon Hospitals**

Applications are now invited for three places starting on 1st August 1974 on the new vocational training scheme for general practice being started by the Department of General Practice at the Postgraduate Institute of Exeter University.

Trainees will begin with an introductory period in a University approved teaching general practice and will then rotate at senior house officer level through posts at the Royal Devon and Exeter Hospitals in paediatrics (six months, recognised for the DCH) medicine/acute geriatrics (six months) gynaecology (three months) accident and emergency department (three months). Options will be available for some trainees in acute medicine, obstetrics, geriatrics and acute psychiatry. The final ten months will be spent in a teaching general practice.

Throughout the three years in University term time a half-day release course will be held and the teaching will be designed to meet the requirements of the MRCGP examination.

*Applications and enquiries should be made
as soon as possible to:*

**Dr D. J. Pereira Gray, Senior Lecturer,
Department of General Practice,
Postgraduate Medical Centre,
Barrack Road, Exeter EX2 5DW.**

Epidemiology in country practice

by

W. N. PICKLES

This classic book from general practice has not been available for many years.

A special facsimile of the 1939 edition has now been published by the Royal College of General Practitioners in a *limited edition* of 1,000 copies. Any profits will go to the college appeal.

Copies are available from the address below and orders will be dealt with in turn while stocks last.

Cheques should be made payable to the Royal College of General Practitioners and orders sent to: Bookpack Department, The Royal College of General Practitioners, Kitts Croft, Writtle, Chelmsford CM1 3EH. Price: £3 post free (£4 overseas), cash with order.

COLLEGE ACCOMMODATION

Charges for college accommodation are reduced for members (i.e. fellows, members and associates). Members of overseas colleges are welcome when rooms are available. All charges for accommodation include breakfast and are subject to VAT; a service charge of 12½ per cent is added. Members are reminded that children under the age of 12 years cannot be admitted and dogs are not allowed.

Charges are:	<i>Members</i>	<i>Others</i>
	£	£
Single room	3.50	4.50
Double room	6.00	9.00
Flat 1	8.00 or 50.00 per week	10.00 or 60.00 per week
Flat 3	9.00 or 55.00 per week	12.00 or 70.00 per week

Charges are also reduced for members hiring reception rooms compared with outside organisations which apply to hold meetings at the College. All hirings are subject to approval and VAT is added.

Charges are:	<i>Members</i>	<i>Others</i>
	£	£
Long room	30.00	40.00
Damask room	20.00	30.00
Common room and terrace	20.00	30.00
Kitchen	—	10.00
Dining room	10.00	10.00

Enquiries should be addressed to the Accommodation Secretary, Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU. (Tel. 01 584 6262). Whenever possible bookings should be made well in advance.

UNIVERSITY OF NOTTINGHAM
MEDICAL SCHOOL

Department of Community Health

Applications are invited from General Practitioners for two posts of Lecturer in General Practice in the Department. These will be part-time teaching and research posts in Family Medicine, tenable for three years. Five General Practitioners, whose practices are in the Nottingham area, are already actively engaged in the teaching and research programme of the Department. The two new Lecturers will join this team, and work particularly with Dr. D. H. H. Metcalfe (the Senior Lecturer in Community Health responsible for the co-ordination of teaching in General Practice).

It is envisaged that the Lecturers will work for three half-days per week, although about two of these sessions will be teaching in the course of providing medical care in their own practices.

Salary will be pro-rata on the clinical lecturer scale (£2,535-£5,271) and the starting point on the scale will depend on qualifications, age and experience.

For further details and an application form, please write to the Senior Assistant Registrar, Medical School, University of Nottingham, University Park, Nottingham NG7 2ED, to whom applications should be returned by the 14th June 1974.

CLASSIFIED ADVERTISEMENTS

Classified advertisements are welcomed and should be sent to: *The Journal of the Royal College of General Practitioners*, Classified Advertisement Department, 5 Bentinck Street, London W1M 5RN.

The charge for this service is 40p per line, plus 20p if a box number is required. Fellows, members and associates of the Royal College of General Practitioners may claim a ten per cent reduction.

The inclusion of an advertisement in this *Journal* does not imply any recommendation and the editor of the *Journal of the Royal College of General Practitioners* reserves the right to refuse or stop the insertion of any advertisement.

UNIVERSITY OF MANCHESTER

RESEARCH OFFICER IN THE
DEPARTMENT OF
GENERAL PRACTICE

Applications invited from medically qualified candidates for this post, to make a comparative study of two groups of entrants to general practice. One group will have received formal vocational training; the other will not have had such training. Appointment will be for three years. Salary range p.a.: £4,089-£4,464. F.S.S.U. Further particulars and application forms (returnable by May 3rd) from the Registrar, The University, Manchester M13 9PL. Quote ref.: 73/74/RCGP.

CHURCH OF THE PROVINCE OF
SOUTH AFRICA

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**DOCTORS NEEDED FOR
MISSION HOSPITALS**

Three grades of post are available, viz.—

1. SENIOR HOUSE OFFICER GRADE
2. REGISTRAR GRADE
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Applications from recently retired practitioners will also be welcomed.

Appointment will normally be for a period of one year or longer as agreed.

Information on salaries, terms of service, living conditions etc., may be obtained from The Director, Department of Medical Missions, 319 Central House, Central Street, Pretoria, Transvaal, Republic of South Africa.

Readers are asked to mention *The Journal of the Royal College of General Practitioners* when replying to all advertisements.



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**Director of Family
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Progressive 415 bed acute general hospital with ECF and rehabilitation facility seeking family physician ABFP or eligible to direct Family Practice Residency Programme. Individual will have the opportunity to develop the programme and will be involved in planning the Model Family Practice Unit. Medical school appointment available. Private practice experience helpful but not required. We are located in a suburban community approximately 30 miles from New York City. Excellent salary and fringe benefits. For consideration submit résumé to Executive Director.

John F. Kennedy Medical Center
Edison, New Jersey 08817

**Bedfordshire Area Health Authority
Northern District**

**Vocational Training Scheme
for General Practice**

There are two vacancies in this scheme for fully registered doctors commencing on 1st June 1974 with appointments in Obstetrics and Gynaecology and Accident and Emergency, and later in General Medicine, Geriatrics and Paediatrics. This two-year period will be followed by one year in selected general practices in Bedfordshire.

All trainees will attend a half-day release course throughout the 3 years and post-graduate lectures and seminars in the Bedford Medical Institute. There will also be secondments to other hospital departments.

The course has the approval of the Royal College of General Practitioners and the trainee will be eligible to sit the M.R.C.G.P., D.C.H. and the D.Obst.R.C.O.G.

Applications and requests for further information should be sent to:

*Establishment Officer,
Bedfordshire Area Health Authority
Northern District,
3 Kimbolton Road, Bedford.*

RESIDENTIAL COURSE

Recent Advances in Obstetrics & Gynaecology. Suitable for General Practitioners and Junior Hospital Staff.

JUNE 21-23, 1974

**UNIVERSITY COLLEGE OF
NORTH WALES, BANGOR**

For further particulars, apply:
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Burinex^{*} K

the only
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with built-in
potassium supplementation

- Burinex K is positively indicated as a diuretic
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The time of administration can be suited to the daily routine of the ambulant patient. An early evening dosage allows the patient to retire to bed in a state of therapeutic dehydration—minimising nocturia and nocturnal dyspnoea.

The short period of diuretic activity

allows for natural compensatory absorption of dietary potassium during the prolonged diuretic-free phase (some 21 hours per day).

Burinex K reduces the number of tablets the cardiac patient has to take, thus avoiding confusion and medication errors.



Burinex K is bumetanide (0.5 mg) with slow-release potassium chloride (573 mg)



Leo Laboratories Limited,
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Further information available on request.

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