FRUSEMIDE
now available as
FRUSID
the proven, rapid onset diuretic with the gentle action
Impeccable quality and proven bio-availability

This well known work of art the fountain called Manneken Pis stands on the Rue de l'Erable in Brussels and dates from before 1619. Legend tells us that the statuette depicts the son of a rich bourgeois who when lost was found by his parents at the corner of the Rue de Chene while assuming the well known posture. Reproduced by permission of the Belgian Tourist Office.

Frusid is the trade mark applied to formulations containing Frusemide BP 40mg. Available in packs of 50, 250, and 1000. Basic NHS cost: Tablets 100 £2.29 (ex 1000 pack)

DDS
Further information and samples on request from the Medical Information Department, DDSA Pharmaceuticals, 310 Old Brompton Road London SW5
Sounds right for Septrin

d. in chest infections

Why run the risk of a bacterial chest infection becoming chronic?
Experience increasingly indicates the need for prompt, vigorous treatment. Whenever chest sounds indicate infection, rely on SEPTRIN:
- more effective than ampicillin or tetracycline
- over 30 million treatment courses prescribed worldwide.

SEPTRIN
Ludiomil is a new serotonin antagonist with a unique pharmacological profile: the drug works at night and is excreted in the morning without affecting sleep or mental performance. There are also significant differences which should prove advantageous.

**Once daily dosage at night**

Pharmacokinetic studies have shown Ludiomil to have a long half-life of about 50 hours and the same trough daytime blood level. This means that if 150 mg is given once daily, essentially the same trough may be maintained and saturation of the drug site avoided. It is also noted that there may be some benefit to the ‘aging’ patient.

![Blood concentration graph](image)

Theoretically predicted blood-concentration patterns for Ludiomil in man resulting from two different dosage schedules.

**Full dosage right from the start**

Ludiomil can be given to full dosage at once in the morning or at night, particularly with a once daily dosage of 150 mg. In the morning, blood levels at the end of the first week are elevated in patients with severe depression. The effect of the drug on sleep disorders has been noted in depressed patients, but not in normal subjects.

*Where preferred, i.d.s. regimes may be used.*

**References**


Simplifies the treatment of depression

Rapid onset of action

A recent double-blind controlled placebo controlled trial which suggests that Ludionil has an onset of action in 2-7 days (S.Afr.med. J. 1974, 47: 86). In a total of 80 cases of endogenous depression, the onset of action was found to be faster than that of other antidepressants. In addition, current side effects were all but negligible in Ludionil treated patients. Full benefit was usually achieved only after 2-4 weeks.

<table>
<thead>
<tr>
<th>Days of treatment</th>
<th>Ludionil f</th>
<th>%</th>
<th>amitriptyline f</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>4.76</td>
<td></td>
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<tr>
<td>2</td>
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<tr>
<td>5</td>
<td>14</td>
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<tr>
<td>6</td>
<td>15</td>
<td>71.43</td>
<td>6</td>
<td>30.00</td>
</tr>
<tr>
<td>7</td>
<td>19</td>
<td>90.48</td>
<td>16</td>
<td>80.00</td>
</tr>
<tr>
<td>21</td>
<td>21</td>
<td>100</td>
<td>20</td>
<td>100</td>
</tr>
</tbody>
</table>

2 cases not reported

Cumulative frequency record of onset of effect (S.Afr.med. J., 1974, 48, 47)

Macrodoses associated anxiety

Ludionil has a lower incidence of side effects associated with depression, at an equal or lower effective dose. In addition, Ludionil did not produce suicidal ideations, or other side effects noted in other tricyclic antidepressants.

*Ludionil 75mg* bottle 20

For moderate depression

Take 1 tablet daily

For severe depression

Tablets 2-4 times daily

*Note: All side effects potentially reversible on cessation*

Takeda Pharmaceutical Industries Limited

4.5 Frederick Road, Midrand, West Rand
For those patients who cannot or will not tolerate bran...

...the best alternative is Normacol.*

A high residue diet with added fibre in the form of unprocessed bran is rapidly being recognised as the most effective treatment for diverticular disease. However, there are patients who cannot tolerate bran or who find it unpalatable. And of course there are always those who will not take something unless it’s 'medicine.' For them, the best alternative to bran is Normacol.

Normacol provides the bulk which is necessary to prevent segmentation of the sigmoid colon and effect a lowering of the intracolonic pressure. Symptoms can thus be rapidly relieved and bowel habits restored to normal.


Normacol Standard brown coated granules containing Sterculia BPC 62% and Frangula BPC 1940 8%
Normacol Speciál white coated granules containing Sterculia BPC 62% alone
Normacol Antispasmodic orange coated granules containing Sterculia BPC 62% and Alverine Citrate 0.5%
Normacol Diabetic brown coated granules is identical with Normacol Standard except for the absence of sugar

Further information and samples on request

NORGINE LIMITED 26-28 Bedford Row London WC1B 4RC
timely release
from 'tea & toast' anaemia

"Fesovit" timed release capsules replace iron stores depleted by poor eating habits, and help to meet the daily requirements for essential vitamins B and C. The unique 'Spansule' Capsule is formulated to release the majority of the iron not in the stomach where it can cause gastric irritation but in the duodenum and jejunal where the absorption of iron is optimal.

This is not a clinical diagnosis. It is merely a convenient and familiar way of describing those anaemias caused by poor eating habits, e.g. a diet made up almost exclusively of tea and toast.

"Fesovit" and 'Spansule' are trade marks.
"Fesovit" contains ferrous sulphate, vitamin B complex and vitamin C.

Smith Kline & French Laboratories Limited,
Welwyn Garden City, Hertfordshire AL7 1EY
Clearly a distressing infection...

In difficult situations, immediate therapy with Magnapen gives a greater certainty of first-time success even when there are no laboratory reports to guide you.

Magnapen destroys all the bacteria commonly met in general practice, so it can be used with confidence to treat distressing infections rapidly and with the safety of a penicillin.

Full prescribing information on Magnapen for the treatment of severe ENT, respiratory and soft tissue infections is available on request.

Magnapen* (fluoxacillin with ampicillin in equal parts) is a British product originated by:

Beecham Research Laboratories
Brentford, England

...time to call on the greater certainty of

Magnapen
ACTIFED COMPOUND LINCTUS MAKES COUGHS DISAPPEAR

ACTIFED COMPOUND LINCTUS contains codeine, triprolidine, and pseudoephedrine and has a pleasant blackcurrant flavour.

Full prescribing information is available on request. Wellcome Medical Division, The Wellcome Foundation Ltd., Berkhamsted, Herts.
When Minocin was compared with co-trimoxazole it was found to be...

...faster

'There was a more rapid and complete resolution of symptoms with minocycline...'

The mean time taken for symptoms to resolve with minocycline was 4.2 days as against 5.4 days with co-trimoxazole.

...more effective

'...At both 5 and 10 days the results with minocycline were better than with co-trimoxazole...'

Complete resolution of symptoms without recurrence:

<table>
<thead>
<tr>
<th></th>
<th>5 days</th>
<th>10 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>minocycline</td>
<td>76%</td>
<td>100%</td>
</tr>
<tr>
<td>co-trimoxazole</td>
<td>62%</td>
<td>87%</td>
</tr>
</tbody>
</table>

...and particularly convenient

'The small dose of minocycline is particularly convenient for use by ambulant patients, especially those who are going to work.'

Minocycline 100 mg: one twice daily.

Full information is available on request:

Lederle Laboratories
A division of Cyanamid of Gt Britain Ltd
Fareham Road Gosport Hants PO13 0AS

Presentation: blister packs of 9 and 45 tablets each containing 100 mg minocycline

'Trade Mark

'General Practitioner Research Group
Practitioner (1975) 214, 110

MINOCIN

Urinary Infections
Migril hits migraine right behind the eyes

Migraine attacks often begin with the eyes. MIGRIL, taken at the first warning, prevents the full-blown attack. MIGRIL combines a fast-acting vasoconstrictor with an effective antinauseant. When carrying MIGRIL your patients have a comprehensive treatment for the migraine attack, and are thus spared the anxiety associated with an impending attack.

MIGRIL is the most widely used symptomatic anti-migraine preparation in Britain.

MIGRIL contains ergotamine, cyclizine and caffeine. Full prescribing information is available on request. Wellcome Medical Division, The Wellcome Foundation Ltd., Berkhamsted, Herts.

Migril masters millions of migraines
Have you seen the Amoxil difference?

Clinical features reported in numerous studies on Amoxil include faster absorption, higher urinary concentrations, and better penetration through bronchial membrane barriers; all contributing to the greater clinical success achieved with this antibiotic. In fact, the Lancet concluded recently "Amoxycillin [Amoxil] seems to be a genuine improvement on ampicillin..."

Recent microscopic studies have provided further explanation of the outstanding clinical success of Amoxil. They showed clearly that Amoxil produced more rapid bacterial cell death than other antibiotics.

Experience in practice confirms Amoxil's safety and convenience. Amoxil patients benefit from the simple t.d.s. dosage which can be taken with or without food. In addition, there are very pleasant tasting paediatric syrups. Amoxil, the antibiotic that's currently making all the difference in respiratory, urinary tract and paediatric infections.

References
1. 'Antibiotics under the microscope', A film freely available to the medical profession.

Full prescribing information on Amoxil (reg), amoxycillin, is available from Bencard, Brentford, Middlesex. makes all the difference.
John died last week from ischaemic heart disease—
Now his immediate family is your concern

Ischaemic heart disease now causes more than 25% of all deaths in the United Kingdom.1

Patients with familial hypercholesterolaemia (Type II) are particularly at risk. Moreover, the family and relatives of affected individuals are also prone to premature death from IHD.2

Prompt identification and treatment offer the only opportunity to prevent early onset of the condition.3 The most significant therapeutic advance is QUESTRAN.4,4 QUESTRAN restores the normal lipid balance, reducing plasma cholesterol by as much as 40%.3 In this respect QUESTRAN is superior to Clofibrate.4

QUESTRAN*

Restores lipid balance and protects your patients at risk from IHD

References:
1. On the State of the Public Health (1973) p.31, H.M.S.O.
5. Neda F. Heart Disease (1970) p. 73

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

Further information available on request from:

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

PL0125/009
EASTBOURNE VOCATIONAL TRAINING SCHEME

East Sussex Area Health Authority

Applications are invited for the third intake to this Scheme, commencing on 1st October, 1975. There are two vacancies. Trainees are appointed at Senior House Officer grade, and spend six months in an approved training practice at the start and a further six months at the end of the three-year course.

The rotation of hospital posts is as follows:

- Paediatrics
- Geriatrics with Rheumatology
- Psychiatry
- Accident and Emergency

Six months are spent in each post.

The course also offers non-resident instruction and experience in Obstetrics, and an opportunity to see the work of all departments of the District Hospitals.

Weekly half-day Release programmes throughout the three years include one year at Sussex University studying Sociology and Human Development, and programmes arranged by the Eastbourne Community Medicine and Social Service Departments. Fortnightly, Trainer/Trainee Club meetings, and a full programme of Postgraduate Meetings are also held. The course is recognised for the M.R.C.G.P., and recognition for the D.C.H. is being sought.

A new district hospital is being built in Eastbourne, and will be opened in January 1976.

Single and married hospital accommodation is available and may be retained during the General Practice periods.

Further details of the Course and local facilities in this attractive seaside town, together with the application form, from the District Administrator, Avenue House, The Avenue, Eastbourne (Telephone: Eastbourne 37121).

Application forms to be returned by 23rd June 1975.
WEST GLAMORGAN HEALTH AUTHORITY
SWANSEA DISTRICT
SWANSEA GENERAL PRACTICE
VOCATIONAL TRAINING SCHEME

Applications are invited from registered doctors to enter an approved General Practice Training Scheme commencing on 1 August 1975.

The three-year course consists of seven months of General and Chest medicine and six months of Obstetrics with Gynaecology, both at Morriston Hospital, followed by one year as a General Practice Trainee. The final year consists of six months in the Paediatric Department at Morriston Hospital and six months in the Accident and Emergency Department at Singleton Hospital. The Scheme is approved by the Regional Post Graduate Education Committee and the Obstetric post is recognised for the Diploma in Obstetrics.

Further information is available from Dr R. B. Parker, 78 Newton Road, Mumbles, Swansea Area Tutor in General Practice. Telephone Swansea 66955.

Application forms are available from District Administrator, Swansea Health District, 137/139 St. Helen’s Road, Swansea. Completed forms to be returned by 31 July 1975.

MID-SUSSEX VOCATIONAL TRAINING SCHEME FOR GENERAL PRACTICE

A vocational 3 year appointment commencing in the SENIOR HOUSE OFFICER grade and consisting of two years in hospital posts and one year in general practice linked with a general practice hospital—to commence 1st October, 1975. Interviews early June.

The hospital appointments include:-

(a) at Cuckfield Hospital—rotating posts in Medicine, Obstetrics/Gynaecology and Accident/Orthopaedic Surgery.

(b) at St. Francis Hospital—Psychiatry.

(c) at Crawley Hospital—Paediatrics.

Throughout the 3 years there will be a Day Release for postgraduate study, including a year in Social Studies at Sussex University. The post is non-residential but married or single accommodation will be provided if required. The Obstetric appointment fulfills the requirements of the D.Obst.R.C.O.G. Completion of the 3 year term will entitle the holder, after entering general practice, to the special vocational training allowance, and encouragement is given to take the M.R.C.G.P.

Application forms and further information can be obtained from the Hon. Secretary, Mid-Sussex Postgraduate Medical Centre, St. Francis Hospital, Haywards Heath, Sussex.

Trainee vacancy in pleasant semi-rural seaside practice. Well organised group with all facilities. Half day release. Excellent opportunities for study. Dr Anderson, 463A Scalby Road, Scarborough, N. Yorks, YO12 6UB.

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

CLASSIFIED ADVERTISEMENTS

Classified advertisements are wanted and should be sent to: The Journal of the Royal College of General Practitioners, Longman Group, Burnt Mill, Harlow, Essex.

The charge for this service is 50p per line, plus 25p 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.

INTERNATIONAL MEDICAL PERSONNEL DOCTORS’ BUREAU

Offer

- Locum and permanent placements . . .
- In general practice and hospitals . . .
- Throughout London and the British Isles . . .
- For all grades and specialties . . .
- With no charge to staff.

Write to us at:

Hinde House, 11 Hinde Street,
Manchester Square, London W1.

Or telephone 01-487 5213, 935 2466/6221.

(X2531)
Applications are invited for a three-year traineeship in Vocational Training for General Practice, consisting of two years' hospital and elective training and a one-year traineeship in an approved practice.

After a short period of orientation of not more than three months in the training practice, trainees will start hospital appointments at S.H.O. level in a Bristol hospital. The posts offered are six months in medicine, six months in obstetrics with gynaecology, three months in paediatrics and three months in geriatrics; the remaining six-month period in hospital will be partly or wholly elective, when opportunities will be given to gain experience in special hospital, and other, departments. The trainee will complete the year in practice before or after this elective period. A half-day release course is run during University term-time throughout the three years and contains a special extended course in psychiatry.

The orientation period in practice should start in May-June 1976, the first hospital appointments to commence on 1st August, 1976.

Applicants who are suitably qualified should write giving details of previous experience, the names and addresses of two referees and quote a date when they would anticipate being able to start the preliminary orientation period in practice. Applications should be received by 30th November, 1975.

It may also be possible to assist practitioners who have already partly fulfilled the necessary criteria and who wish to complete the requirements for vocational training. The course is recognised for the Vocational Training Allowance by the Department of Health and Social Security and also for the M.R.C.O.G.

Applications and requests for further information should be sent to: The Adviser in General Practice, Medical Postgraduate Department, University of Bristol, 21, Woodland Road, Bristol, BS8 1TE.

These will commence as an optional period of up to 3 months as a Trainee in General Practice, followed by Hospital posts (2 years), the remaining part of the Trainee year being done at the end of the hospital period. The initial period in General Practice will commence on or after 1.11.75, with the hospital posts commencing on 1.2.76.

The Hospital period consists of 6 month periods in Obstetrics and Gynaecology (recognised for D.Obst., R.C.O.G.) General Medicine and Paediatrics (recognised for D.C.H.), with a 6 month optional period of the Candidate's choice, during which posts are available in several other hospital departments with possibilities for attending Hospital specialist outpatient clinics. There is a good library at Northgate.

Other rotations can be arranged for candidates who may have already done post-registration hospital posts suitable for Vocational Training, and who wish to do a different or shorter hospital period.

During the whole period a regular study half-day is held on topics relating to General Practice. Married accommodation is available during the hospital period (and the initial period in General Practice, where appropriate).

At present, all hospital posts are in Great Yarmouth, and training practices exist in Gt. Yarmouth, Gorleston, Lowestoft and the surrounding areas.

Closing date: 27th June, 1975. Interview Date: 24th July.

Further information and application forms may be obtained from the Course Organiser, Dr. D. R. M. Stuart, c/o P.G. Secretary, Northgate Hospital, Gt. Yarmouth.

Opinions expressed in *The Journal of the Royal College of General Practitioners* and the supplements should not be taken to represent the policy of the Royal College of General Practitioners unless this is specifically stated.
TEACHING PRACTICES

by

Donald Irvine, M.D., F.R.C.G.P.

Reports from General Practice Number 15

One of the most important developments in medical education in recent years has been the introduction of three-year training programmes for general practice. *Teaching Practices* outlines many of the characteristics of the teachers, and, particularly, the practices where this work is being done.

This is the most detailed and authoritative report on this subject so far published and introduces a new system of scoring teaching practices.

Copies are available now from the Longman Group Ltd., 43–45 Annandale Street, Edinburgh EH7 4AT, Scotland. Price: £1.00 ($3.50).

---

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 Value Added Tax; 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.

<table>
<thead>
<tr>
<th>Charges are:</th>
<th>Members</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>£</td>
<td>£</td>
<td></td>
</tr>
<tr>
<td>Single room</td>
<td>3.50</td>
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</tr>
<tr>
<td>Double room</td>
<td>6.00</td>
<td>9.00</td>
</tr>
<tr>
<td>Flat 1</td>
<td>8.00 or 50.00 per week</td>
<td>10.00 or 60.00 per week</td>
</tr>
<tr>
<td>Flat 3</td>
<td>9.00 or 55.00 per week</td>
<td>12.00 or 70.00 per week</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Charges are:</th>
<th>Members</th>
<th>Others</th>
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</thead>
<tbody>
<tr>
<td>£</td>
<td>£</td>
<td></td>
</tr>
<tr>
<td>Long room</td>
<td>30.00</td>
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</tr>
<tr>
<td>Damask room</td>
<td>20.00</td>
<td>30.00</td>
</tr>
<tr>
<td>Common room and terrace</td>
<td>20.00</td>
<td>30.00</td>
</tr>
<tr>
<td>Kitchen</td>
<td>–</td>
<td>10.00</td>
</tr>
<tr>
<td>Dining room</td>
<td>10.00</td>
<td>10.00</td>
</tr>
</tbody>
</table>

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.
JOURNAL PUBLICATIONS

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Please send me a sample wallet of Centyl K containing starter doses for three patients.

Name...........................................
Address...........................................

Further information available on request.
Centyl is a registered trade mark.
Centyl K contains 2.5 mg bendroflumethiazide, 37.5 mg potassium chloride (0.7 mEq potassium) in a slow release core.

Leo Laboratories Limited,
Hayes Gate House, Hayes, Middx.