

No more wide-awake dawns with  
**REM NOS**

First choice Nitrazepam for safer, natural sleep



Remnos is the DDSA trade mark for pharmaceutical preparations containing Nitrazepam BP 5mg Further information is available on request from: DDSA Pharmaceuticals, 310 Old Brompton Road, London SW5 9JQ

# A doctor can gain a lot from 5 years in the Royal Navy.

As a qualified doctor, you can join the Royal Navy for 3 or 5 years on a Short Service Commission.

In that time, you'll spend up to a year practising medicine in a Naval ship.

You could have the chance of working and living overseas for a time.

And you'll be able to do your General Professional Training in one of the clinical and medical scientific disciplines at a Naval hospital or an RN establishment.

## At sea.

After a short Officers course at the Royal Naval College, Dartmouth, and a basic course in maritime medicine at the Institute of Naval Medicine, Alverstoke, you'll normally go to sea for about 12 months.

You'll be responsible for the medical care of some 250 to 500 men in your ship (and advise the Captain on health and environmental problems).

You won't lose touch with modern medicine, as you can visit local hospitals in ports of call and use the teaching aids provided by your Naval tutor.

## Postgraduate training and specialisation.

After your sea-time, career counselling will determine your postgraduate training programme.

There are opportunities for General Professional Training in preparation for a clinical career in general practice, the hospital specialities, or the medical scientific disciplines such as Aviation, Underwater, Submarine and Nuclear Medicine; or in Occupational and Community Medicine.

If you decide to transfer to a 16-year pensionable Commission, or a permanent Commission, you could move on to recognised higher training programmes which include research training and higher training posts in civilian units.

At Alverstoke, the Dean of Naval Medicine co-ordinates postgraduate medical training and research.

## Naval hospitals.

The two largest Naval hospitals are at Haslar (near Portsmouth) and Plymouth.

They undertake the care of Naval personnel, their families and NHS civilians, providing a broad spectrum of clinical material. Both hospitals are recognised for higher training in the major specialities.

There is a full range of modern technical equipment, and the nursing and paramedical staff are highly skilled.

There are smaller hospitals in Malta and Gibraltar.

## Salary.

If you join us immediately after registration, your salary will be £5,997 as a Surgeon Lieutenant.

You can, however, join at any age up to 39. In that case, your postgraduate experience is taken into account, and you could join as a Surgeon Lieutenant Commander earning £8,015 a year.

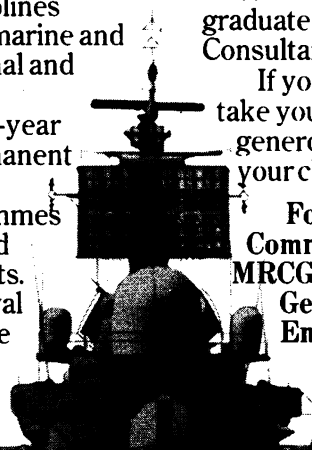
If you leave at the end of your 3 year Commission, you'll receive a tax-free gratuity of £1,500, or, after 5 years, £3,000.

If you decide to stay on, you can apply for a 16-year pensionable Commission or a permanent Commission.

The salary structure is based on an analogue computed from the average earnings of general practitioners in the NHS, with an additional X-factor. There is extra pay for recognised postgraduate qualifications and Senior Specialist or Consultant status.

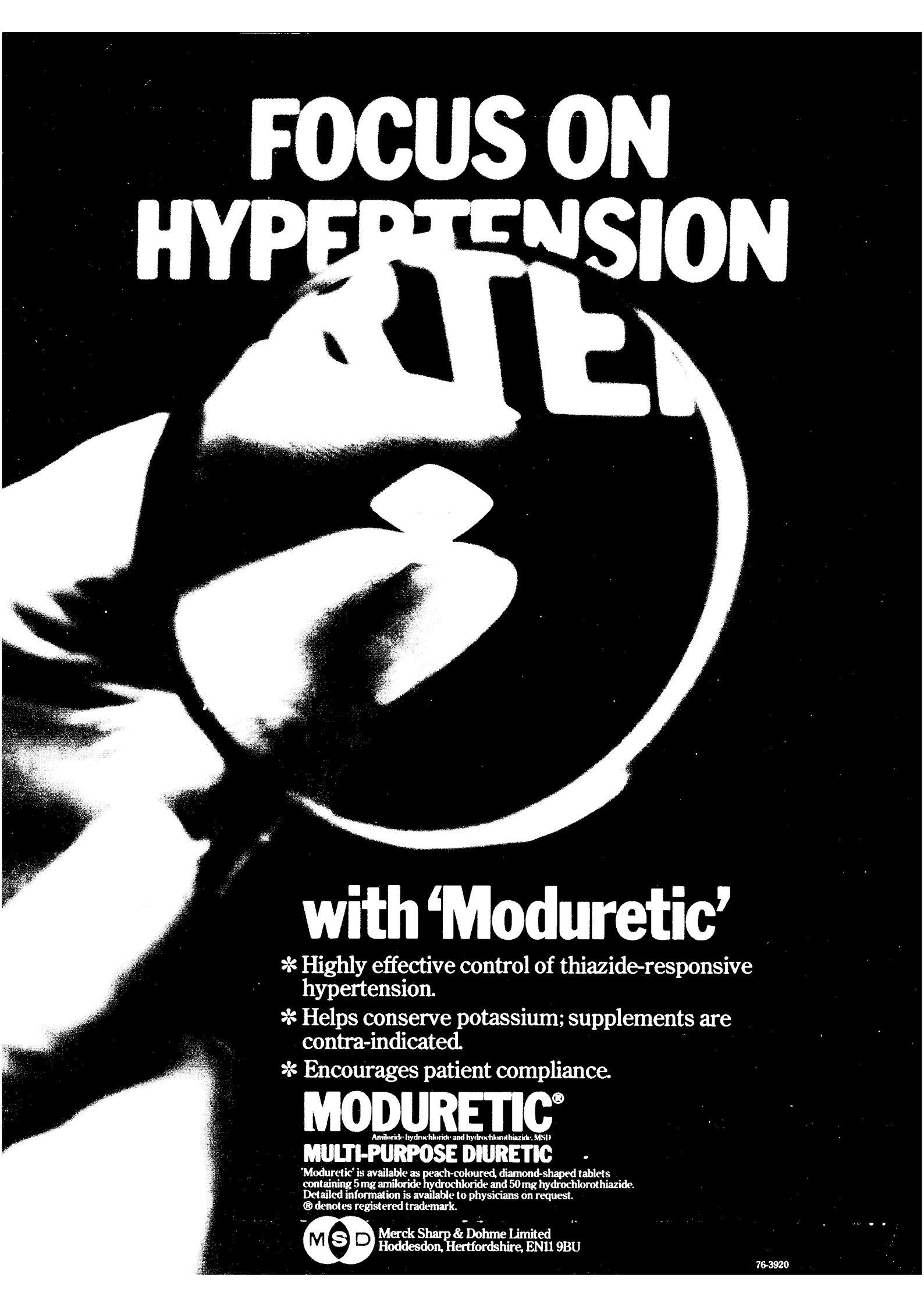
If you're posted overseas, you can, of course, take your family with you. There are, too, generous boarding school allowances for your children.

For more information, write to Surgeon Commander H.B. Blackstone, MRCS, LRCP, MRCP, RN, (811GP2), Medical Directorate General (Navy), Ministry of Defence, Empress State Building, London SW6 1TR.



**ROYAL NAVY  
OFFICER**

# FOCUS ON HYPERTENSION RATE



with 'Moduretic'

- \* Highly effective control of thiazide-responsive hypertension.
- \* Helps conserve potassium; supplements are contra-indicated.
- \* Encourages patient compliance.

**MODURETIC®**

Amiloride hydrochloride and hydrochlorothiazide, MSD

**MULTI-PURPOSE DIURETIC**

'Moduretic' is available as peach-coloured, diamond-shaped tablets containing 5 mg amiloride hydrochloride and 50 mg hydrochlorothiazide. Detailed information is available to physicians on request.  
® denotes registered trademark.



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Hoddesdon, Hertfordshire, EN11 9BU



**Soothe the discomfort  
of infected nappy rash rapidly with**

**NYSTAFORM-HC**

nystatin + iodochlorhydroxyquin + hydrocortisone

Full prescribing information is available on request

**Dome Laboratories**



Division of Miles Laboratories Ltd

Stoke Court Stoke Poges Slough SL2 4LY Tel Farnham Common 2151

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**96%**  
**SEPTRIN**



**86%**  
**AMPICILLIN**



**52%**  
**TETRACYCLINE**



**39%**  
**PENICILLIN V**



# Septtrin in chest infections

**the antibacterial cover that makes sure**

The chart above shows *in-vitro* sensitivities of a variety of chest organisms, in particular *Strep.* and *H. influenzae*, to four frequently used antibacterials; 96% were shown to be sensitive to Septtrin.<sup>1</sup>

Septtrin\* has a bactericidal action against all likely chest pathogens. Add to this the speed of clinical response and convenient dosage of Septtrin and you have an antibacterial you can rely on for both acute and chronic chest infections.

<sup>1</sup> *Modern Geriatrics* (1975) 5: 11, 21

Septtrin contains trimethoprim and sulphamethoxazole.  
Full prescribing information is available on request.  
Wellcome Medical Division  
The Wellcome Foundation Ltd., Berkhamsted, Herts



**Wellcome**

# 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 (dipropyline citrate) 0.5%.

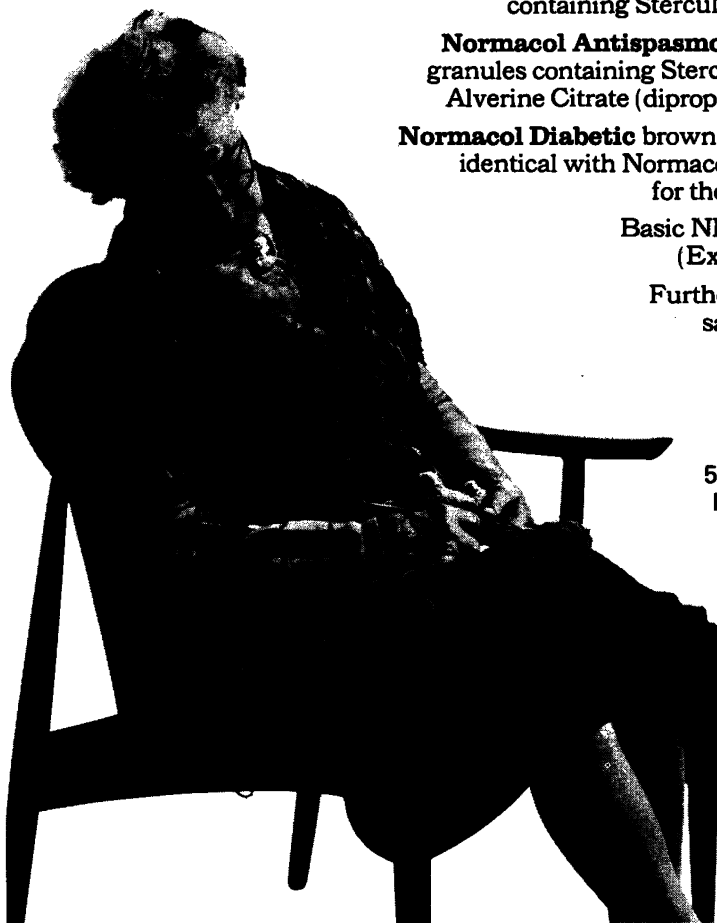
**Normacol Diabetic** brown coated granules is identical with Normacol Standard except for the absence of sugar.

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

Further information and  
samples on request.



Norgine Limited  
59-62 High Holborn  
London WC1V 6EB





# Nystan-tp<sup>TM</sup>

**the antifungal of choice  
for even the most recalcitrant of  
vaginal candidal infections**

Full prescribing information available: The Technical Department, E. R. Squibb & Sons Ltd.,  
Regal House, Twickenham, Middlesex, TW1 3QT.

Nystan is a registered trade mark of nystatin produced by E. R. Squibb & Sons Ltd.





## Faster recovery in Bronchitis.

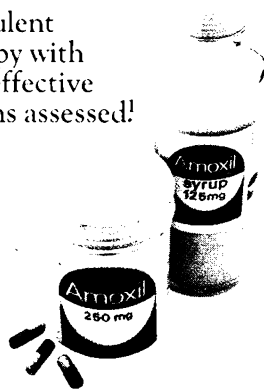
In ambulant patients with purulent sputum and dyspnoea, 5 days' therapy with Amoxil proved significantly more effective than oxytetracycline in all symptoms assessed!

Simple trouble free dosage.

Low incidence of side effects.<sup>2</sup>

# Amoxil

makes all the difference everywhere.



<sup>2</sup> Z. Drugs, (1979), 9, 81.  
Full prescribing information on Amoxil (regd.) amoxycillin, is available from

 **Bencard**

Great West Road, Brentford, Middlesex.



# IN ASTHMA AND CHRONIC BRONCHITIS

Ventolin is the most extensively prescribed bronchodilator



## VENTOLIN INHALER

provides selective, metered-dose aerosol bronchodilator therapy and being long acting, is suitable for routine maintenance therapy. The rapid action is useful for relieving attacks of acute dyspnoea and doses may be taken prophylactically before exertion or to prevent exercise-induced asthma.

## VENTOLIN TABLETS 2mg & 4mg

are available whenever oral bronchodilator therapy is preferred and offer convenient flexibility of dosage.

## VENTOLIN SPANDETS

offer sustained duration of action orally and are particularly valuable when nocturnal bronchospasm is a problem.

## VENTOLIN SYRUP

the oral bronchodilator of choice whenever liquid medicine is preferred.

## VENTOLIN INJECTION

0.5mg in 1ml (500 microgram/ml)

## VENTOLIN INJECTION

0.25mg in 5ml (50 microgram/ml)

for subcutaneous, intramuscular or intravenous injection in the rapid relief of severe bronchospasm or status asthmaticus.

Ventolin Inhaler contains salbutamol BP.  
The oral and parenteral preparations of Ventolin contain salbutamol sulphate BP.

# VENTOLIN

## PRIMARY THERAPY IN REVERSIBLE AIRWAYS OBSTRUCTION

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

# Update Postgraduate Centre Series

The Update Postgraduate Centre Series is a series of well illustrated booklets, each covering a single topic of importance to family medicine.

The object of the series is to serve as 'back-up' to the work of the postgraduate centres. It is also meant to encourage discussion and individual study of diseases commonly encountered in general practice.

Copies of the following booklets are currently available: other titles are in preparation and will be announced in the journals when they are published.

Chronic Bronchitis  
Hypertension  
Urinary Infections  
Upper Respiratory Tract Infection  
Diseases of Old Age  
Diseases of Women  
Anxiety and Depression  
Pain  
Asthma

Copies of the above booklets may be obtained from the publisher, price **60p each**, plus 15p p&p per copy.

Broadsheets were prepared to accompany 4 of the booklets in this series and, although these have now been discontinued, a few copies are still available. They are:

'Pulmonary Function Tests in General Practice' (Asthma); 'Differential Diagnosis in Upper Respiratory Tract Infection' (Upper Respiratory Tract Infection); 'The Investigation of Hypertension' (Hypertension) and 'How to Read a Barium Meal' (Peptic Ulcer.)

The broadsheets are printed in two colours, measure 17" x 24½" and cost **50p each**, plus 15p p&p per copy.

All orders must be accompanied by a cheque or Postal Order made payable to Update Publications Ltd. Please type or print your name and address clearly. Send your order to:

**Update Publications Ltd., 33/34 Alfred Place, London WC1E 7DP**



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*Cream·Ointment·Spray*

*The Classical answer to infected dermatoses*

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## CLASSIFIED ADVERTISEMENTS AND NOTICES

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Classified advertisements are welcomed and should be sent to: Mr Robert Clarke, Advertisement Manager, *The Journal of the Royal College of General Practitioners*, Update Publications Ltd., 33/34 Alfred Place, London WC1E 7DP. Copy must be received by 1st of the month preceding the month of issue to ensure inclusion. Every effort will be made to include advertisements received after this date but publication cannot be guaranteed and the advertisement may have to be held over to the following issue.

The charge for space in this section is £5 per single column centimetre, 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 reserves the right to refuse any advertisement. All recruitment advertisements in this section are open to both male and female applicants.

Replacement partner for 2-man suburban partnership. This modern, well documented, practice operates from new purpose built premises and covers a pleasant, well circumscribed area to the West of Hull. Good complement of ancillary staff. GP Obstetrics. List size approximately 4,700. One in four night rota.

Further details may be obtained from Drs. W. A. Brighthouse and Paul Iveson, 7 Weeton Way, Anlaby, Hull HU10 6QH.

**PARTNER**—S.E. London. Efficiently run, pleasant practice and staff, in new premises. Growing list of nearly 3000. 1/3 of the practice work for 1/3 of net practice pay. More—of each proportionately—if desired. Salary for first year, then full partnership if congenial.

Please reply to Box No. GP1, Update Publications Ltd. 33/34 Alfred Place, London WC1.

### WELSH NATIONAL SCHOOL OF MEDICINE (University of Wales)

#### LECTURER IN GENERAL PRACTICE

Applications are invited for the appointment of Lecturer in General Practice in the General Practice Unit of the Department of Community Medicine. Applicants should have adequate vocational training or practical experience in General Practice and an interest in researches in that field.

The successful candidate will act as one of the practitioners working from a Health Centre near the new Medical Teaching Centre in Cardiff. In this capacity he or she will comply with all the requirements of the National Health Service, but the list will be restricted to allow the pursuit of research interests and participation in undergraduate and postgraduate teaching.

Salary will be within the scale for Clinical Lecturers (£3,894—£7,002 per annum plus £312 non-enhanceable supplement on all points of the scale, plus a mileage allowance) with participation in U.S.S.

Applications should be submitted within four weeks of the appearance of this advertisement to the Registrar, Welsh National School of Medicine, Heath Park, Cardiff CF4 4XN, from whom further particulars may be obtained. The successful applicant will be expected to take up the post by September, 1977.

### THE UNIVERSITY OF SHEFFIELD FACULTY OF MEDICINE

Intensive G.P. Refresher Course  
28 March—1 April, 1977 (inclusive)

## DERMATOLOGY

This course will have special reference to common skin ailments encountered in General Practice and will be a practical course in which a large number of patients will be demonstrated.

Accommodation will be available in a University Hall of Residence.

The course is organised under Section 63 of the Public Health Act, 1968. The fee for those not eligible under Section 63 will be £20.00.

Enquiries and applications (stating whether or not accommodation will be required) should be sent to:

The Associate Postgraduate Dean,  
University of Sheffield Medical School,  
Faculty of Medicine,  
Beech Hill Road,  
Sheffield S10 2RX.

## **Vocational Training for General Practice The Ipswich Scheme**

This is a well-established vocational training scheme. It is specifically designed to allow a group of 8 trainees to undertake their training programme together. The programme consists of 2 years rotating appointments in hospital and a total of 1 year in general practice.

Trainees will be offered the option of a month in general practice from 1st July 1977, with the remaining 11 months to be completed after the hospital appointments. The group will commence their hospital training on 1st August 1977.

The hospital period will include appointments in general medicine, obstetrics and gynaecology, paediatrics, geriatrics, casualty, psychiatry and an elective period.

The particular features of the Ipswich Scheme include a sponsorship of the trainees by general practitioners: weekly seminars in psychological medicine during the hospital period: a specifically designed group training programme based on a day-release scheme during the general practice year.

Hospital accommodation (married and single) will be available during the hospital and G.P. training periods.

The course has the approval of the Royal College of General Practitioners and, upon completion, the doctors will be entitled to receive the vocational training allowance and will be eligible to sit the DRCOG, DCH and MRCGP examinations.

Applications can now be accepted. Early application is strongly advised, as positions may be filled any time after January 31st, 1977.

Application forms are available from:

**The Postgraduate Medical Centre,  
The Ipswich Hospital,  
Anglesea Road Wing,  
Ipswich.**

Interested visitors will be welcome.

## **North of England Faculty of the Royal College of General Practitioners in Association with the Regional Postgraduate Institute for Medicine and Dentistry**

### **Two Residential Advanced Courses in General Practice**

**Collingwood College, Durham University  
28th March 1977—1st April 1977 inclusive**

The courses are for established general practitioners intending to take the MRCGP examination. They may also be helpful to College Tutors, trainers and other GPs wishing to become familiar with the educational assessment methods used in connection with doctors completing vocational training for general practice.

*Places will be limited to a combined total of 24 and applications are invited to:*

**Miss M. L. Burt, Department of Family and Community Medicine  
The Medical School, Newcastle upon Tyne NE1 7RU**

*Approval under section 63 is being sought.*

**TAYSIDE HEALTH BOARD  
EASTERN REGIONAL POSTGRADUATE  
MEDICAL EDUCATION COMMITTEE  
DUNDEE AND PERTH & KINROSS DISTRICTS**

Applications are invited from fully registered medical practitioners who would like to join one of the above schemes starting on 1st August, 1977. Two years will be spent in Senior House Officer posts chosen from the following specialities:

<b>DUNDEE</b>	
General Medicine	6 months (obligatory)
Obstetrics and Gynaecology	6 months
Psychiatry	6 months
Accident & Emergency	6 months
Infectious Diseases	6 months
Paediatrics	6 months
ENT/Ophthalmology/ Dermatology	2 months each

<b>PERTH</b>	
General Medicine	6 months (obligatory)
Obstetrics & Gynaecology	6 months
Paediatrics	6 months
ENT/Ophthalmology	3 months each
or	
Psychiatry	6 months

One year will be spent as a trainee in an approved teaching General Practice.

An active day release programme is in operation throughout the 3 year period and successful candidates will be required to attend.

The Scheme is recognised by the Royal College of General Practitioners as suitable preparation for the MRCGP examination.

The posts are non-resident with the exceptions of Paediatrics in Perth which is compulsory resident, and the requirement to be resident whilst on duty in Obstetrics and Gynaecology, and in Paediatrics in Dundee.

Every effort will be made to assist trainees in obtaining hospital residential accommodation.

Application forms and further particulars may be obtained from the Secretary to the Board, Vernonholme, Riverside Drive, Dundee, with whom application forms should be lodged not later than 5th March, 1977.

Vacancies exist in practices in the Tayside Region for those doctors who are doing a self-constructed programme. These vacancies are mainly in good teaching practices in country areas and in most cases, residential accommodation is available for the trainee doctors' year in the practice. Trainees joining these practices will be expected to attend the Day Release Course operating in the Tayside Region. Enquiries regarding these vacancies should be addressed to the Regional Adviser in General Practice, Eastern Regional Postgraduate Medical Education Committee, Vernonholme, Riverside Drive, Dundee, when a list of practices will be supplied.

## **ANNUAL SPRING MEETING 1977**

The Annual Spring Meeting of  
the Royal College of General Practitioners  
will be held on

**15-17 APRIL 1977**

at the

**UNIVERSITY OF EXETER**

*Applications should be made to:*

**Dr M. S. Hall, MRCGP  
Senior Lecturer  
The Department of General Practice  
Exeter Postgraduate Medical Institute  
Barrack Road  
Exeter EX2 5DW.**

## **TRAINERS' COURSE**

A one week residential course for general practitioners who are or who hope to become approved trainers is being held by the Department of General Practice at the University of Exeter from 4—8 July 1977.

Exeter has the only University Department of General Practice in the British Isles outside an undergraduate medical school and three of the lecturers in this Department have attended the Nuffield Course of the Royal College of General Practitioners.

Numbers will have to be limited and those interested are advised to apply early to: The Department of General Practice, Postgraduate Medical Institute, University of Exeter, Barrack Road, Exeter EX2 5DW.

In hypertension or angina, or both

**YOUR PATIENT WANTS TO *LIVE* 24 HOURS A DAY**



**NOW JUST ONE DOSE A DAY SHOULD BE ENOUGH**

The intrinsic long action of Beta-Cardone permits simple and effective once-a-day dosage in hypertension or angina, or both. Full details of this convenient and easily remembered 24 hour dosage regimen are shown in a new dosage chart, which may be had on request.

To facilitate effective once-daily dosage **200mg** new strength now available.

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**Protects the patient day and night**



Beta-Cardone (Sotalol hydrochloride) is a trade mark of  
**DUNCAN, FLOCKHART & CO. LTD., LONDON E2 6LA.**  
Full information is available on request.