

# 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

'Aldomet' is the most widely prescribed single antihypertensive in current use, and 'Aldomet' 250 mg is prescribed more than any other presentation.

But there are many patients who could benefit from a different approach—500 mg tablets.



**Aldomet**<sup>®</sup>

Methyldopa, MSD

**500 mg.**

**One aspect of 'Aldomet'**

**FOR CONVENIENCE**

Using the 500 mg tablet, the total number of tablets taken daily can be greatly reduced, while maintaining the established efficacy of 'Aldomet'.

**FOR COMPLIANCE**

Fewer tablets to take means that the hypertensive is more likely to persevere with therapy, and the simple dosage encourages patient compliance.

The balance is in favour of

**Aldomet**<sup>®</sup>  
prescribe by name

'Aldomet' is available as 125 mg, 250 mg, and 500 mg tablets—and an injection for emergency use. ® denotes registered trademark. Detailed information is available to physicians on request.

Merck Sharp & Dohme Limited  
Hoddesdon, Hertfordshire, EN11 9BU



# 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.

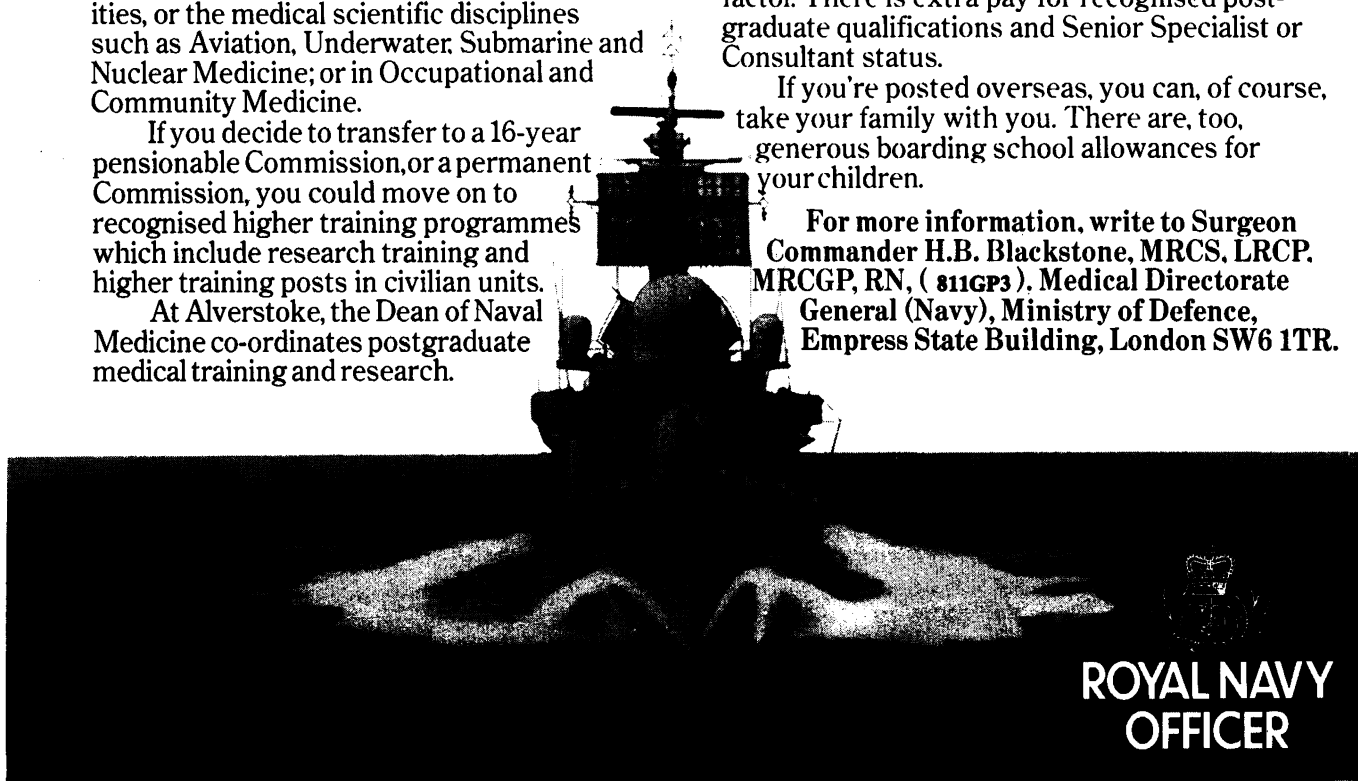
If you leave at the end of your 3 year Commission, you'll receive a tax-free gratuity of £1,500, or, after 5 years, £3,000.

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, MRCGP, RN, ( 811GP3 ), Medical Directorate General (Navy), Ministry of Defence, Empress State Building, London SW6 1TR.



**ROYAL NAVY  
OFFICER**

**96%**  
**SEPTRIN**



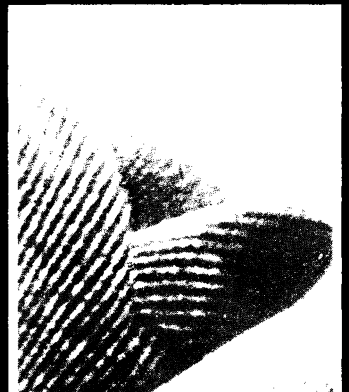
**86%**  
**AMPICILLIN**



**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**



**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

NYSTAFORM is a trade mark

DM 703

# 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.

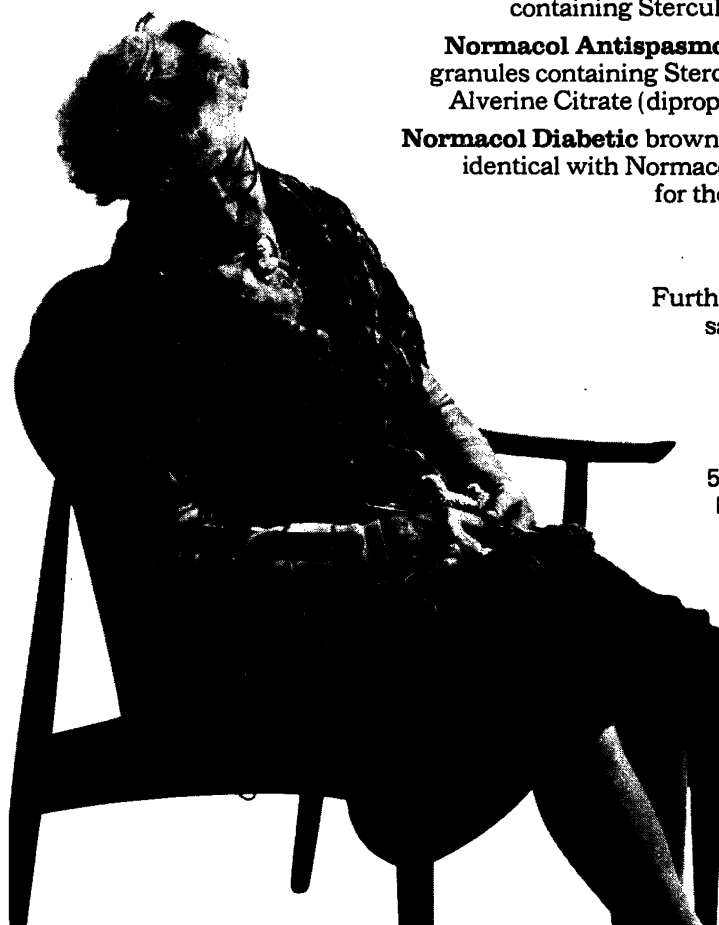
**Normacol Antispasmodic** orange coated granules containing Sterculia BPC 62% and Alverine Citrate (dipropylene citrate) 0.5%.

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

Further information and samples on request.



Norgine Limited  
59-62 High Holborn  
London WC1V 6EB



# 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

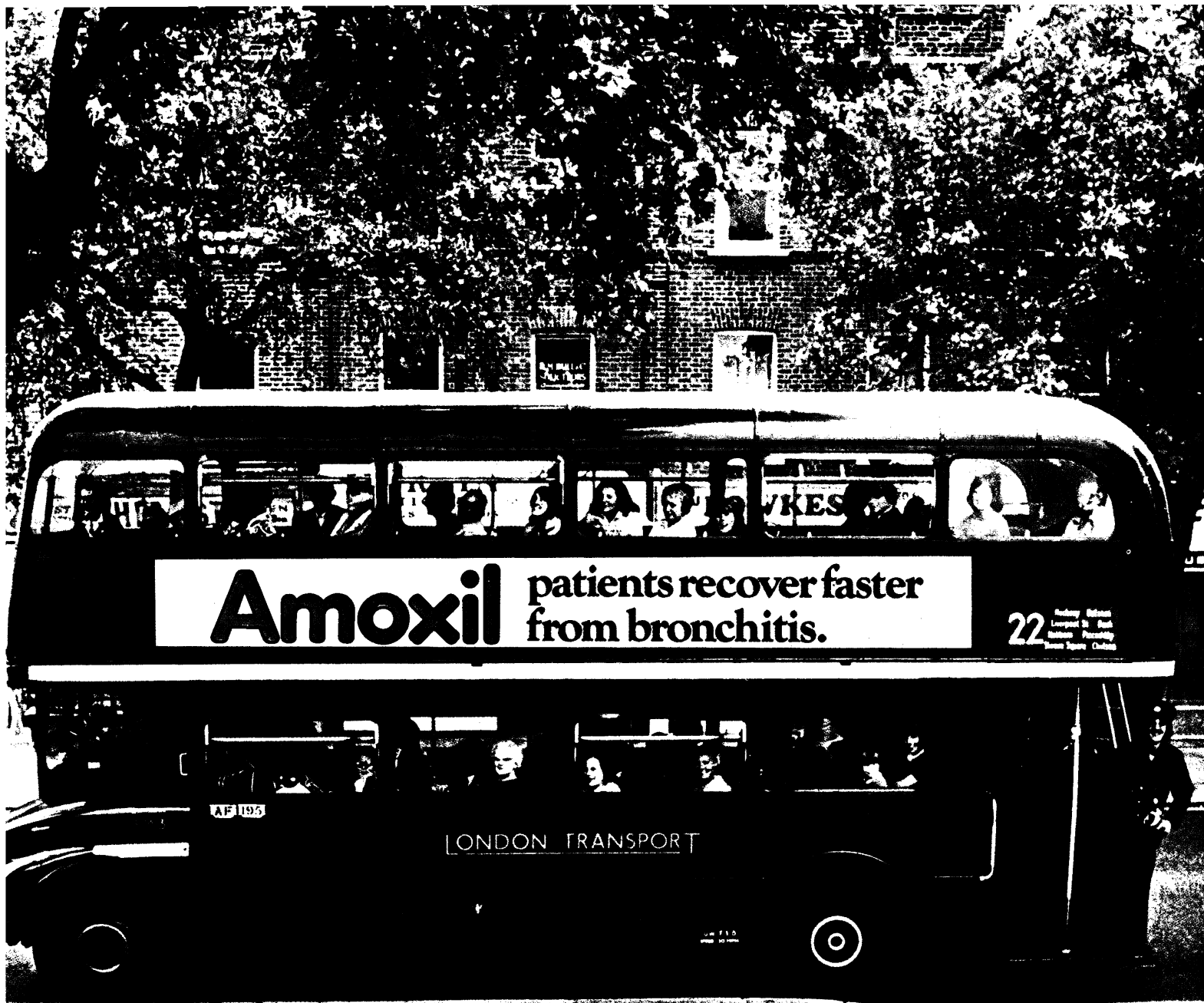
0.25mg in 5ml (50 microgram/ml)

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



## Faster recovery in Bronchitis.

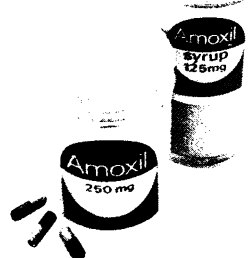
In ambulant patients with purulent sputum and dyspnoea, 5 days' therapy with Amoxil proved significantly more effective than oxytetracycline in all symptoms assessed!

Simple trouble free dosage.

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

# Amoxil

makes all the difference everywhere.

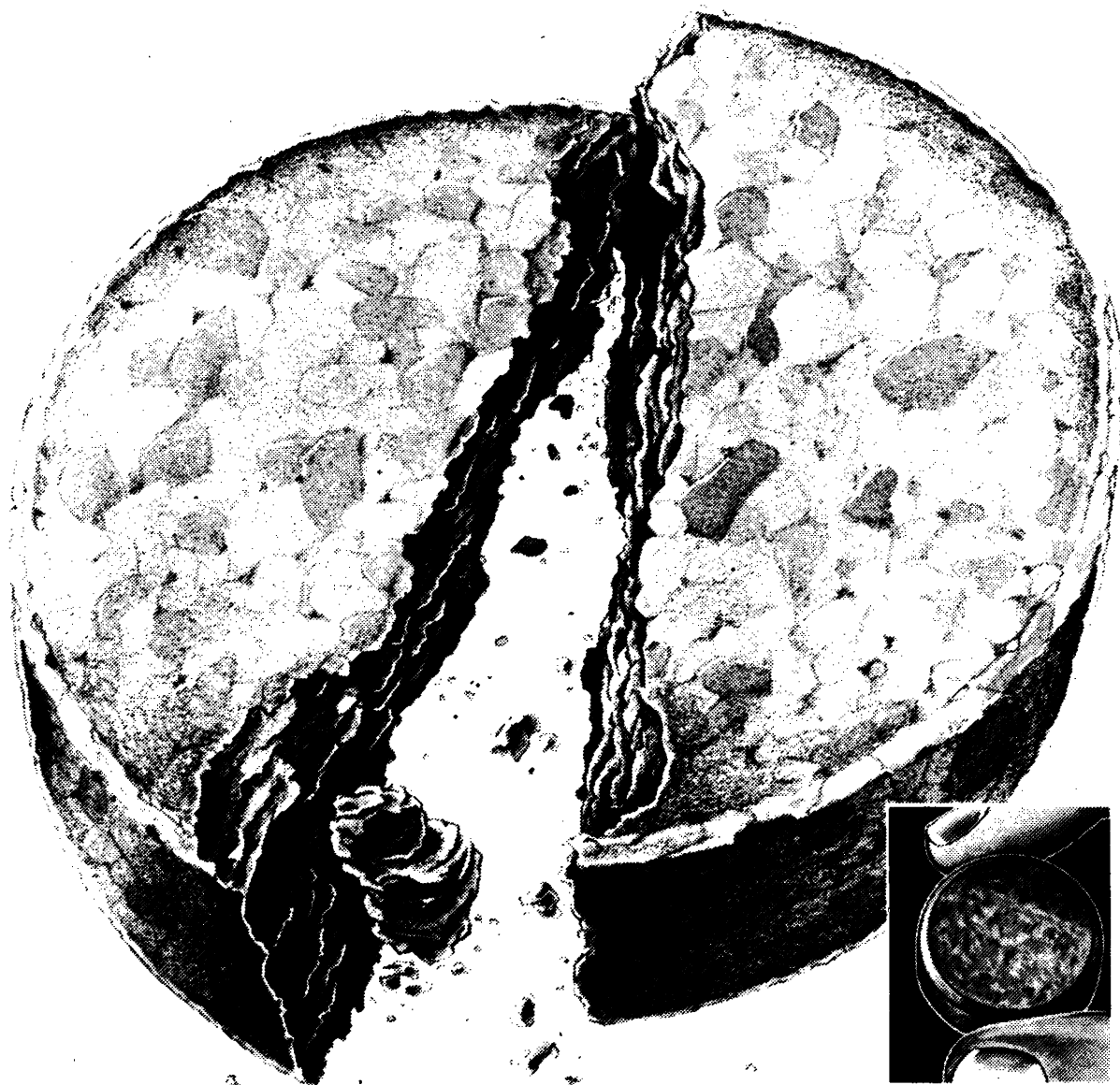


Full prescribing information on Amoxil (regd.) amoxycillin, is available from

**Bencard**

Great West Road, Brentford, Middlesex.





## Fybranta in diverticular disease

In a recent clinical trial published in the British Medical Journal,\* a comparison was made between three forms of treatment for patients with symptomatic diverticular disease. The authors concluded from this study that Fybranta Tablets are more effective than a high-residue diet or a bulking agent.

Fybranta did not merely improve the symptoms, the paper states that Fybranta also normalized the pathophysiological changes which diverticular disease brings about.

60% of the patients were entirely symptom free after only one month on the Fybranta regime. In addition, in all patients stool weight increased significantly; transit time was reduced by nearly a half and intra-colonic pressure was reduced to within normal limits.

Fybranta tablets are easily carried when the patient cannot eat at home. Chewed with a drink, they supply a day's cereal fibre in a highly acceptable form. Each tablet contains: Bran 2g.

\*Brit med J (1976) 1, 989-990.

# Fybranta

## Convenient, chewable, prescribable bran tablets

Full prescribing information on request from: Norgine Limited, 59-62 High Holborn, London WC1V 6EB



*Aureocort\**

*(Chlortetracycline / Triamcinolone Acetonide)*

*Cream·Ointment·Spray*

*The Classical answer to infected dermatoses*

LEDERLE LABORATORIES Cyanamid of Great Britain Limited  
Fareham Road Gosport Hants PO13 0AS Tel Fareham (03292) 6131



\*Aureocort is a Registered Trademark



## OCCASIONAL PAPERS

The *Journal of the Royal College of General Practitioners* has introduced a new series of associated publications called *Occasional Papers*.

Like the *Reports from General Practice* and *Journal Supplements* these are published by the Journal office, but unlike the other two series, will not be posted to all readers of the *Journal*. In this way substantial savings in publishing costs and postage can be made and interested readers can obtain copies direct from either 14 Princes Gate, Hyde Park, London SW7 1PU or from the Journal office, Alford House, 9 Marlborough Road, Exeter EX2 4TJ.

### OCCASIONAL PAPER 1

#### An International Classification of Health Problems in Primary Care

The World Organization of National Colleges and Academies of General Practice (WONCA) has now agreed on a new, internationally recognized classification of health problems in primary care. This classification has now been published as the first *Occasional Paper* which also includes a description of the working party which achieved this classification, and an article by Professor Bentsen of Norway.

**Price £2.25**, post free.

### OCCASIONAL PAPER 2

#### An Opportunity to Learn

*Occasional Paper Number 2* is the report of Dr E. V. Kuenssberg, the Wolfson Visiting Professor, and describes his visits to many countries of the world, his assessments of general practice, its organization, development and future.

**Price £2.25**, post free.



## 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.

From 1 January 1977, charges are:

	Members	Others
Single room	£5	£9
Double room	£9	£14
Flat 1	£11	£14
	(£70 per week)	(£90 per week)
Flat 3	£12	£15
	(£75 per week)	(£95 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.

	Members	Others
Long room	£30	£40
Damask room	£20	£30
Common room and terrace	£20	£30
Kitchen	—	£10
Dining room	£10	£10

Enquiries should be addressed to:

**The Accommodation Secretary  
The 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.

# 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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## 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.

**Trainee Assistant** Vacancy in Eight man Group Practice, all young, enthusiastic with different special interests. Purpose built Health Centre with full ancillary staff, pathological investigations, E.C.G.'s minor ops. Full Recreational facilities. Enjoy learning in a happy atmosphere.

Apply: Dr J. V. Thomas, Langley Health Centre, Common Road, Langley, Berks. Tel: Slough 44288.

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.

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

### PETERBOROUGH HEALTH DISTRICT

#### Vocational Training for General Practice in Peterborough

Applications are invited for two posts in this three year Scheme commencing in September and October 1977. Full registration is essential.

In Peterborough we are fortunate in having not only a group of enthusiastic general practitioner trainers but also a highly co-operative hospital staff, many of whom take an active part in the organisation of the Scheme which is based on the Peterborough District Hospital and Postgraduate Medical Centre which has splendid facilities.

In the first year the trainee spends six months in a training practice and six months as an S.H.O. in general medicine in the District Hospital and then one year in paediatrics, obstetrics and gynaecology and finally six months with clinical responsibility in geriatrics and gaining experience in rheumatology, ophthalmology, E.N.T., accident and emergency and dermatology. They will spend a second six months in a training general practice, in the final year.

A weekly Half-Day Release programme takes place throughout the three years on a termly basis. It is conducted mostly by small group discussion, and the programme is designed to incorporate ideas put forward by both trainees and trainers. Reference is also made in planning to the recommendations of the R.C.G.P.; the aim being to strike a balance between the practical and behavioural aspects which characterise primary health care.

In its present form the Scheme has six trainees in post at any one time.

Accommodation will be available throughout the three years if required.

The Course is recognised for the M.R.C.G.P., D.C.H. and D.R.C.O.G.

The closing date is Friday, 8th April 1977 and the shortlisting will take place during the week of the 11th-15th April. Interviews will be held during the week of 25th-29th April, 1977.

Full details and an application form are obtainable from The Course Organiser, Postgraduate Medical Centre, Peterborough Medical Centre, Peterborough District Hospital, Thorpe Road, Peterborough PE3 6OA.

### University of Bristol

Departments of Mental Health and Extra-Mural Studies PSYCHOTHERAPY WORKSHOP June 19—24, 1977.

This workshop is intended for psychologists, psychiatrists, social workers, and general practitioners who have a few years' experience of psychotherapy and possibly (but not necessarily) some training. £68.00 resident membership.

Further particulars and application forms from: The Assistant Director, Department of Extra-Mural Studies, University of Bristol, 32 Tyndall's Park Road, Bristol BS8 1HR.

### The University of Birmingham and West Midlands Regional Health Authority

General Practice Trainers and Prospective Trainers Course.

A five-day residential course from the evening of 17th April to lunch-time 22nd April, 1977 will be held at Coventry College of Education (just off the A45). It will give an opportunity for the sharing of past and present experiences and educational techniques both in general discussion and in small groups. New ideas to help with training now and in the future will be explored.

Write or telephone for details (021-454 4828 Extension 23) to Mrs C. A. Hunt, Regional Advisor's Office, Arthur Thomson House, 146 Hagley Road, Birmingham B16 9PA.

### UNIVERSITY OF LEICESTER

Department of Community Health

### PART-TIME LECTURERS IN GENERAL PRACTICE

Applications are invited from General Practitioners for two posts of part-time LECTURER IN GENERAL PRACTICE in the Department. The appointment will be for three sessions a week. Sessional time may be spent either in the Department or in the lecturer's own practice and there will be considerable flexibility of arrangements in order to allow the accommodation of both university and service commitments. The appointments will be for five years in the first instance and renewable.

The salary will be pro-rata on the Clinical Lecturer Scale (£3,741-£7,065, plus supplement of £312 at each point on the scale) and the starting point on the scale will depend on qualifications, age and experience.

Further details and application form from the Registrar, University of Leicester, Leicester LE1 7RH, to whom applications should be returned by 20th April, 1977.

### WEST LONDON INSTITUTE OF HIGHER EDUCATION

Incorporating Chiswick Polytechnic, Borough Road and Maria Grey Colleges

### COURSE FOR MEMBERS OF PRIMARY HEALTH CARE TEAM

This eight day Course is offered to Health Visitors, General Practitioners, Community Psychiatric Nurses, Social Workers, Midwives and District Nurses working within the primary health care team. Emphasis will be given to group work.

Course format: Tuesday, April 19—Wednesday, April 20, 1977. To be held in residence at the Maria Grey site, 300 St. Margaret's Road, Twickenham, Middlesex.

Wednesdays, April 27—June 1, 1977. To be held at Chiswick Polytechnic site, Bath Road, Chiswick, W4.

Course fee: £30.00 including residential period at the Maria Grey site.

Further details and application forms are obtainable from Dr T. McCormick, Head of the Department of Health Studies, Bath Road, W4.

### UPDATE SUBSCRIPTIONS

Update Publications Ltd. invite subscriptions for their journals at the following annual rates:

#### UPDATE

The Journal of Postgraduate General Practice. Fortnightly.

Inland	£22.00	Overseas	£28.00
Inland Students	£12.00		

#### HOSPITAL UPDATE

The Journal of Continuing Education for Hospital Doctors. Monthly.

Inland	£12.00	Overseas	£22.00
Inland Students	£8.00		

For further information, please apply to:

The Subscription Department, Update Publications Ltd, 33/34 Alfred Place, London WC1E 1DP. Tel: 01-637 4544.

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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**



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