

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

His Daily Dose

in angina or hypertension, or both.



To facilitate effective
once-daily dosage

200mg

new strength now available.

The long action of Beta-Cardone means that one dose in 24 hours is effective in hypertension, angina, or both. This length of action is intrinsic, and does not depend on extrinsic devices such as special coatings or slow release mechanisms.

Beta-Cardone does not accumulate in the body, and does not give rise to impotence, postural hypotension, nasal congestion, or dry mouth. And, to the patient, the once-daily dosage regimen is as easy to remember as his breakfast.

The L-O-N-G acting beta-blocker

Beta-Cardone

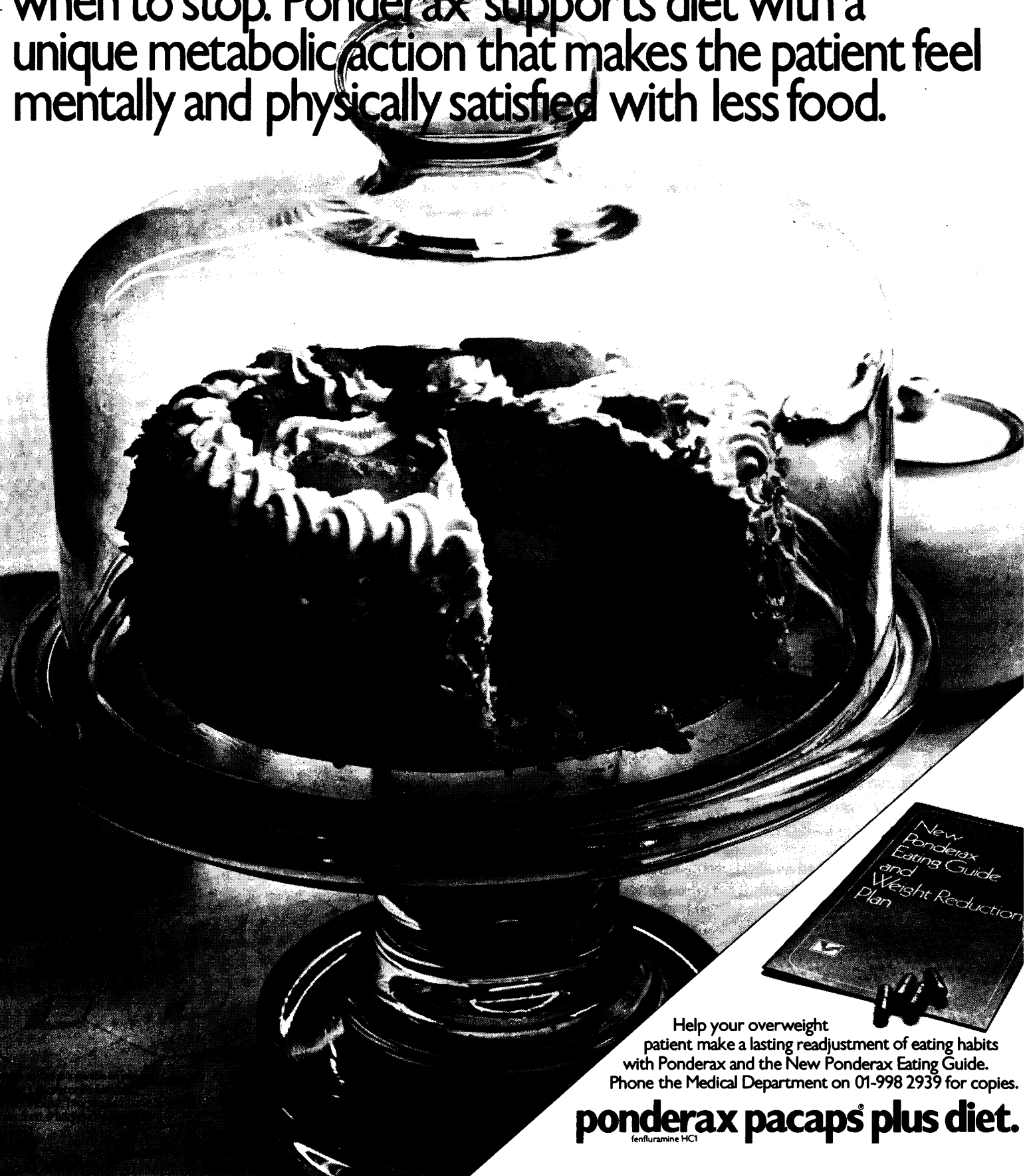
Protects the patient day and night.



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

Ponderax[®] is unique in helping both mind and body to adapt to diet.

Inside every Ponderax Pacap is a signal which says when to stop. Ponderax supports diet with a unique metabolic action that makes the patient feel mentally and physically satisfied with less food.



Help your overweight patient make a lasting readjustment of eating habits with Ponderax and the New Ponderax Eating Guide. Phone the Medical Department on 01-998 2939 for copies.

ponderax pacaps[®] plus diet.

fenfluramine HCl

AUTUMN



How many bronchitics won't live to see another?

The really positive protective step you can take this autumn is to administer the influenza vaccine ADMUNE to selected cases. It will positively protect 70-80% of those vaccinated.

- ☐ ADMUNE means positive protection against a major cause of bronchitic exacerbation.
- ☐ ADMUNE means fewer hospital admissions and more efficient administration.
- ☐ ADMUNE means an easing of your work-load this winter.
- ☐ ADMUNE means a full immunising dose of the prevalent strains and virtual freedom from side effects.

**Plan your immunisation programme now
protect your bronchitics and elderly with**

New Formula

ADMUNE

The purely British flu vaccine

In each 0.5ml (ampoules, basic cost £1.60):
A/Vic/3/75 (H₃N₂) 400 I.U.
B/HK/8/73 400 I.U.



Admune is a trademark of DUNCAN, FLOCKHART & CO. LIMITED, London E2 6LA. Full information is available on request.

DF77/127/HN

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.

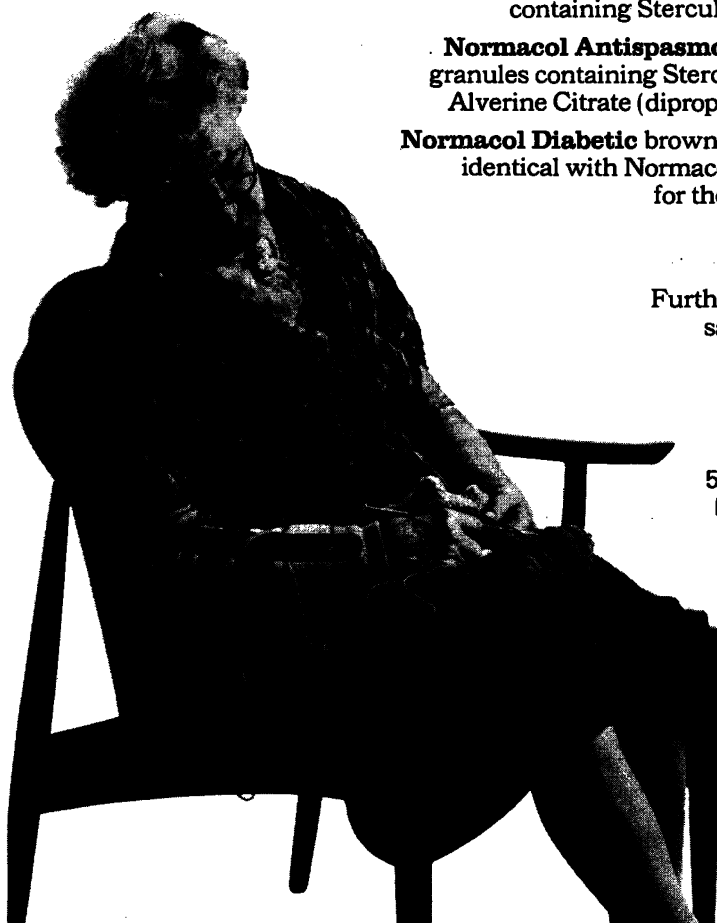
Normacol Antispasmodic orange coated granules containing Sterculia BPC 62% and Alverine Citrate (dipropylene citrate) 0.5%.

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 PRINCIPLE

In essential hypertension, the peripheral resistance is increased and the cardiac output normal. The most desirable way to lower blood pressure is, therefore, to decrease the peripheral resistance and not adversely affect cardiac function. Unfortunately, the available antihypertensive drugs which reduce peripheral resistance by impairing sympathetic nerve activity or by other means, cause side effects that are unpleasant to patients.

TRANDATE lowers the blood pressure primarily by blocking alpha-adrenoceptors in peripheral arterioles and thereby reducing the peripheral resistance. The drug differs from simple alpha-adrenoceptor blockers in that it concurrently blocks beta-adrenoceptors in the heart.

This beta-blockade protects the heart from the reflex sympathetic drive normally induced by peripheral vasodilatation and so the reduction in blood pressure is achieved without cardiac stimulation. Conversely increased reflex activity modulates the beta-blocking effect of the drug on the heart and the resting cardiac output is not significantly changed.

The resultant effects of TRANDATE are that the blood pressure is decreased, the cardiac output is maintained at rest and after moderate exercise, and the barostatic reflexes remain sufficiently active to avoid side effects associated with postural hypotension in most patients.

A further advantage of TRANDATE is that it does not cause the sedation or lethargy often associated with centrally-acting antihypertensive agents.

Tran

(lab

A UNIQUE PROFILE

Concurrent alpha- and be

Produces a more

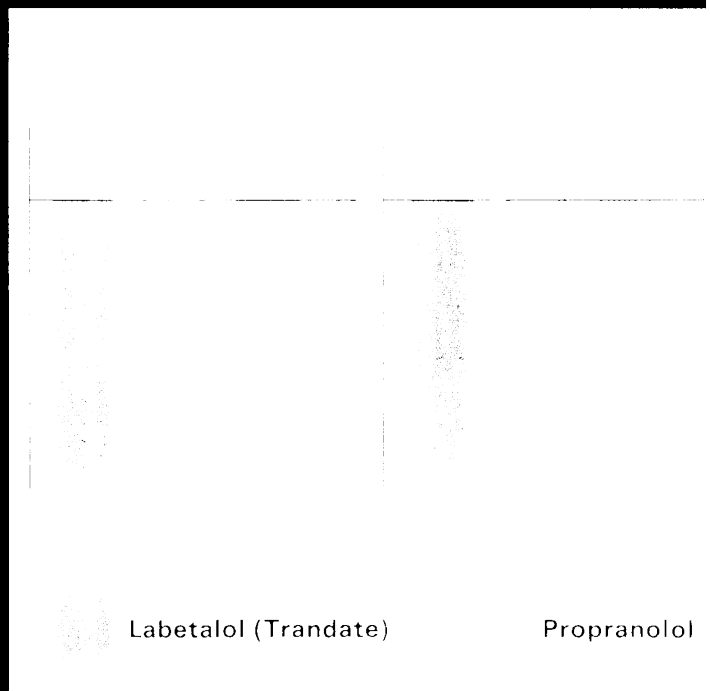


Diagram to illustrate the unique profile

"The major haemodynamic dysfunction in uncomplicated essential hypertension is an increased peripheral vascular resistance associated with unchanged cardiac output. The desirable treatment, therefore, is to use drug treatments aimed at reducing peripheral resistance. The ideal

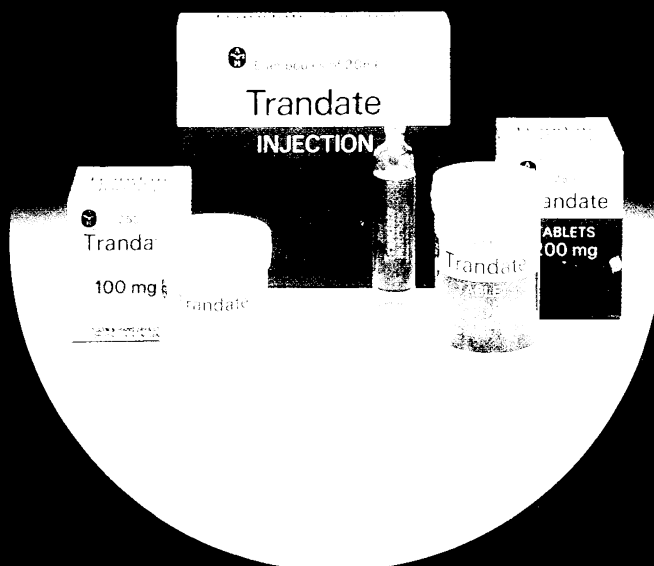
Trandate

(labetalol)

IN HYPERTENSION

α -adrenoceptor blockade

normal circulation



IN PRACTICE

Trandate, the first α - and β -adrenoceptor blocker, was specifically developed to treat hypertension.

Trandate Tablets (100mg and 200mg) are indicated in all grades of hypertension when oral antihypertensive therapy is desirable.

Trandate Injection is for intravenous use in hospitalised patients when rapid reduction of blood pressure is essential.

Trandate offers important advantages in practice

- **High efficacy across the whole spectrum of hypertension**

From the recently diagnosed mild hypertensive to drug-resistant cases including patients in hypertensive crisis.

- **Low incidence of dose-limiting side effects**

The side effects usually associated with antihypertensive therapy are greatly reduced or absent.

- **Minimum physiological disturbance**

Cardiac output is maintained and renal function is not adversely affected.

- **Single drug therapy**

Hypertension is usually controlled with Trandate alone and complicated regimens involving other antihypertensives are unnecessary.

The use of Trandate Tablets in the United Kingdom is being monitored.

Full prescribing information and details of the procedure involved in monitoring patients on Trandate are available on request.

Methyldopa

of action of Trandate in hypertension.

antihypertensive drug should therefore be a vasodilator with minimal cardiac effects. Preliminary reports indicate that labetalol provides such effects. Therefore, this compound must be considered a positive development on the older β -adrenoceptor blockers."

Brit. J. clin. Pharmacol., 1976, 3 (Suppl.3), 757



Trandate is a trade mark of
ALLEN & HANBURY LTD LONDON E2 6LA



10

GIG 92L

Amoxil syrup:
rapid recovery in children's
respiratory infections.

Rapid Recovery.

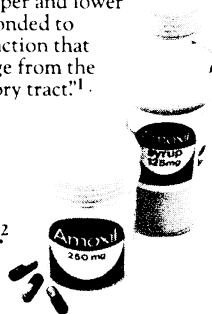
Of 243 children with various upper and lower respiratory tract infections 84% responded to Amoxil within 3 days, "...a speed of action that would prevent any permanent damage from the infective process within the respiratory tract."¹

Amoxil Syrup—"well liked
by all the children."¹

Simple trouble free dosage.

Low incidence of side effects.²

Amoxil
makes all the difference everywhere.



¹Dr. J. Clin. Pract. (1975), 29, (8), 203.
²Drugs (1975), 9, 8.
Full prescribing information on Amoxil
(amoxicillin) is available from

Bencard

Great West Road, Brentford, Middlesex



*Aureocort**

(Chlortetracycline / Triamcinolone Acetonide)

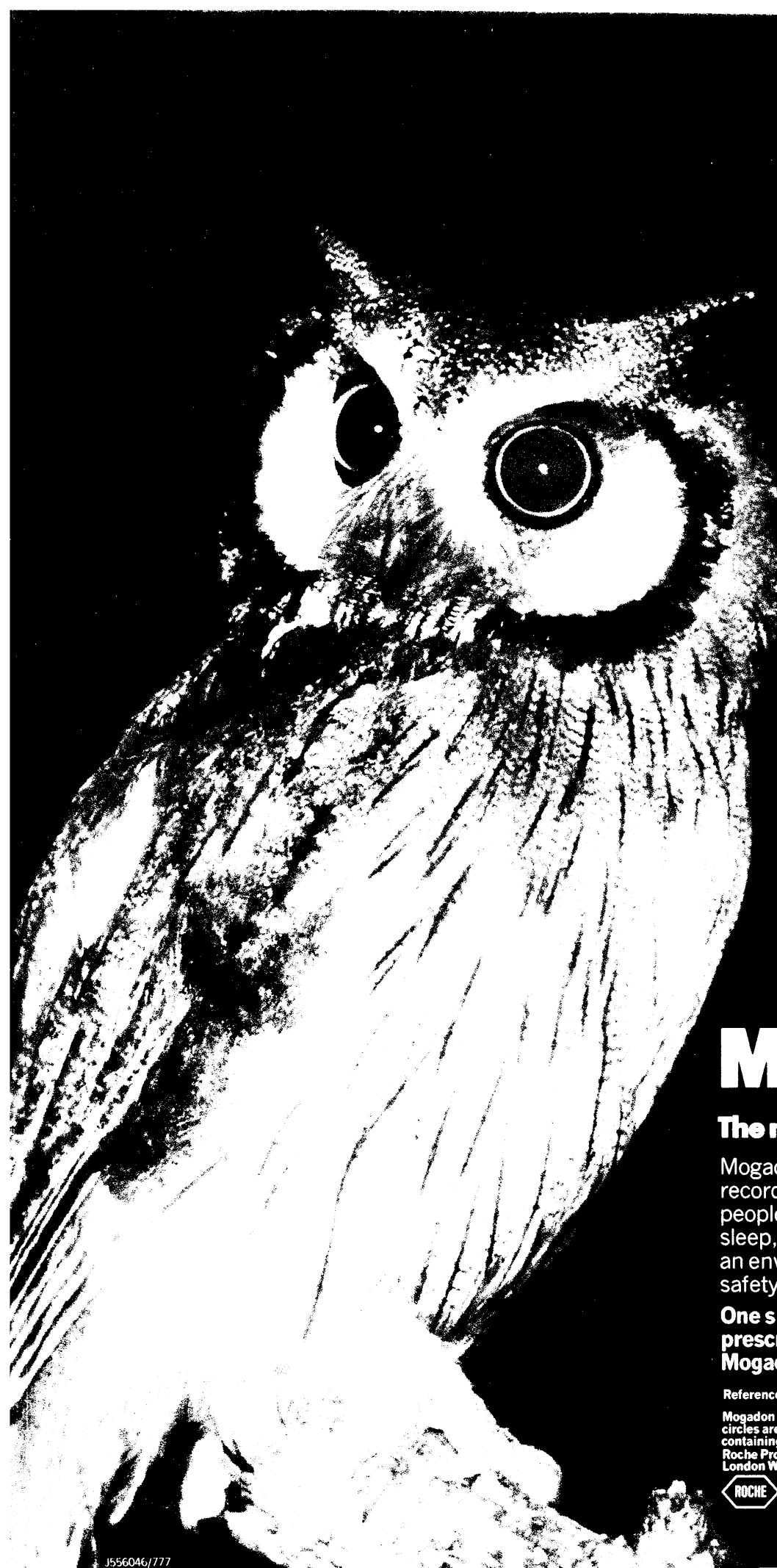
Cream·Ointment·Spray

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



Mogadon

The mark of sound sleep 

Mogadon has established a consistent record of effectiveness in treating people who have difficulty in getting to sleep, or in staying asleep. It also has an enviable record of comparative safety in overdosage.¹

One should think twice before prescribing any hypnotic other than Mogadon.²

References 1. Brit.med.J., 1977, 1, 1128 2. Brit.med.J., 1976, 1, 1424

Mogadon and the device showing the word Roche below two semi-circles are the trade marks for Roche pharmaceutical preparations containing nitrazepam. Full prescribing information is available. Roche Products Limited, PO Box 2LE, 15 Manchester Square London W1A 2LE





Nystan-tpTM

**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.



CLASSIFIED ADVERTISEMENTS AND NOTICES

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.

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.

UNIVERSITY OF OXFORD

Clinical Readership in General Practice

Applications are invited for this new post, which is tenable in the University Department of Social and Community Medicine. The Reader will be responsible, in conjunction with the head of the department and the Director of Clinical Studies, for organising and participating in the teaching of general practice to clinical students both in the Medical School itself and in local general practices. He will also be responsible for carrying out research in his own specialist field. In addition to his academic duties, the Reader will be required to devote a substantial amount of time to general practice in the National Health Service as a partner in an existing group practice in the Oxford area. He must have a good clinical background and should have some experience of teaching and research.

The appointment will be for 5 years in the first instance, and the combined emoluments will be equivalent to a salary on the scale for NHS consultants, i.e. £7,848-£10,689 per annum. The starting point on this scale will be determined according to qualifications and experience.

Further particulars can be obtained from Professor M. P. Vessey, Department of Social and Community Medicine, 8 Keble Road, Oxford, OX1 3QN, to whom applications should be sent (8 copies) with the names of two referees, not later than 30 September 1977.

Newport, Isle of Wight — vocationally trained fifth partner sought by established group practice in this pleasant market town. Purpose converted surgery held on lease. Appointments system and full ancillary staff. All partners have appointments in hospitals or local authority. Practice is recognised for vocational training and the teaching of medical students from Southampton University. Vacancy is from mid-August. For further details contact Dr. Sandiford and Partners, 27 Pyle Street, Newport, I.W., PO30 1JR, Tel. Newport 3525.

VOCATIONAL TRAINING FOR GENERAL PRACTICE

CROYDON AREA HEALTH AUTHORITY

A vacancy will occur 1 January 1978 for an appointment to a linked vocational training scheme for general practice. The scheme consists of posts in obstetrics and gynaecology, paediatrics, accident and emergency work and geriatrics with one year in general practice during the total training period of three years. All hospital posts are in the grade of Senior House Officer and non-resident. Posts are recognised for D/Obst/RCOG and DCH exams. Married accommodation available. Application form and job description from Area Personnel Officer, Croydon Area Health Authority, General Hospital, Croydon CR9 2RH, 01-688 7755 ext 27. Closing date is 12 September 1977.



OCCASIONAL PAPERS

The *Journal of the Royal College of General Practitioners* has introduced a new series of 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*. Readers can obtain copies direct from 14 Princes Gate, Hyde Park, London, SW7 1PU.

Price £2.25 each, post free.

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*.

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.

OCCASIONAL PAPER 3

Trends in National Morbidity

The third *Occasional Paper* compares and contrasts the changes found on analysing the results of the two national morbidity surveys in Britain.

THE UNIVERSITY OF SHEFFIELD FACULTY OF MEDICINE

GENERAL REFRESHER COURSE FOR GENERAL MEDICAL PRACTITIONERS

19-23 SEPTEMBER, 1977

An intensive general refresher course for general medical practitioners will be held at various hospitals in Sheffield and the programme will include the following:

Clinical pharmacology
Peripheral vascular disease
Modern treatment of cancer
Dermatological conditions in children
Immunization
Gynaecological problems
Jaundice
Tropical diseases
The handicapped child
Assessment of newborn
Genetic counselling
Rheumatism and joint disorders
Clinical demonstrations
Visit to Medico-Legal Centre (Coroner: Dr. H. H. Pilling)

The course is approved under Section 63 of the Health Service and Public Health Act, 1968.

Accommodation will be available in a University Hall of Residence. Enquiries and applications (stating whether or not residential accommodation is required) should be sent to:

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

THE UNIVERSITY OF SHEFFIELD FACULTY OF MEDICINE

Postgraduate Refresher Course in Anaesthetics for G.P. Clinical Assistants

A postgraduate refresher course in anaesthetics for G.P. Clinical Assistants will be held in the Department of Anaesthetics, University of Sheffield Medical School from 5-9 September, 1977. The course will concentrate on recent developments in anaesthetics practice, and will be limited to 20.

This course will be recognised under Section 63 of the Health Service and Public Health Act 1968 for the purposes of seniority award, postgraduate training allowance and payment of expenses. The course fee for those not eligible under Section 63 will be £25.00.

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

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

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What the papers say

Shortest Acting

"With doses up to 1 mg, the natriuresis was largely complete within 3 hrs."³
 "It (Burinex) has a short duration of action, being virtually complete in 3 hrs."⁴

Fast Acting

"The rapid absorption from the gastrointestinal tract is reflected in the brisk diuresis established within the hour."¹
 "Its (Burinex Injection) onset of action is within 10 min."²
 "Bumetanide is rapidly absorbed from the gut."³

Clinically Effective

"Fourteen patients showed a good diuretic response on bumetanide where previous treatment with frusemide had proved either unsatisfactory or too slow."⁵
 "An impressive diminution of the signs of pulmonary oedema was seen in most patients and in some the clearance of alveolar oedema was dramatic."⁶

"Based upon our experience with the use of bumetanide in several hundreds of patients and the detailed studies reported above, it may be concluded that this new diuretic agent is a very useful drug in the treatment of congestive cardiac failure."⁷

"Our study... confirms that bumetanide is a potent diuretic effective over a wide dose range and in a variety of clinical conditions."¹

Well tolerated

"Burinex was extremely well tolerated."¹²
 "Bumetanide was well tolerated by patients."¹
 "Overall, bumetanide showed itself to be a safe and effective diuretic when administered to severely ill patients in a busy hospital milieu."⁵

The correct amount of K

"It is known from short-term studies that 1 mg. of bumetanide increases the excretion of potassium by 10-15 mmol daily (Asbury et al, 1972; Olesen et al, 1973; Davies et al, 1974). Two tablets of the combined preparation Burinex K contain 1 mg. of bumetanide and 16 mmol of potassium."⁸

At the correct time

"35% of the potassium chloride is released by one hour, the rest being released over a period of six hours."⁴

The Morning OR Evening diuretic

"The rapid onset and short duration of action of loop diuretics are clearly desirable when a rapid diuresis is indicated, and when given in the evening to patients with chronic heart failure, the short duration of action can ensure a good nights sleep undisturbed by nocturia or breathlessness."⁹

"The use of potent and short-acting diuretics such as bumetanide allow the Physician and patient scope to decide upon the most appropriate time for administration and so reduce major disruptions in the patient's daily routine."¹⁰

"Patients who go out to work may find Burinex K given in the evening more socially acceptable."¹¹

Patients prefer Burinex K

"These results indicate that when long-term diuretic/potassium supplement therapy is required, Burinex K is a more acceptable regimen to the patients than one in which diuretic + Slow K are given separately."¹³

"Patients showed a highly significant preference to take two tablets on one occasion (Burinex K) rather than two different types of tablet on three separate occasions (Lasix + K)."¹⁴

* Burinex is a trade mark

... But of course the decision is yours.

Burinex

Tablets contain 0.5 mg bumetanide with a slow release dose of 875 mg (1.25 g) of potassium chloride.

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10. J. Int. Med. Res., 3, 241, (1975)
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13. J. Int. Med. Res., 3, 104, (1975)
14. J. Int. Med. Res., 4, 75-81, (1976)

Full prescribing information available on request.

 Leo Laboratories Ltd.
 1, The Quadrant, London, W1A 1AA
 Tel: 01-252 1234