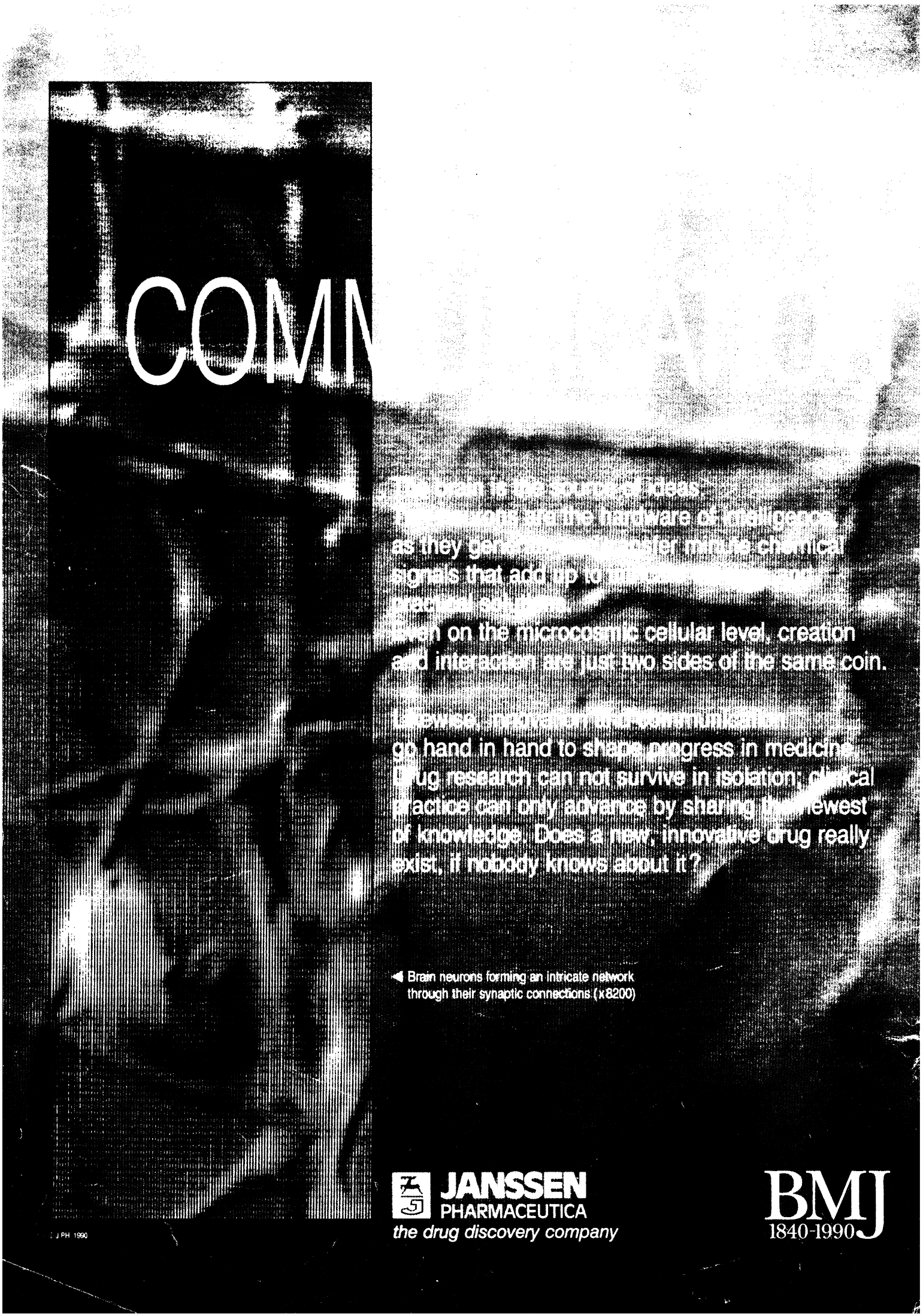
COMM
as they ge
signals that ac
Even on the microcosmic cellular level, creation
and interaction are just two sides of the same coin.
Likewise,
go hand in hand to shape progress in medicine.
Drug research can not survive in isolation; clinical
practice can only advance by sharing the newest
of knowledge. Does a new, innovative drug really
exist, if nobody knows about it?
◀ Brain neurons forming an intricate network
through their synaptic connections (x8200)
JANSSEN
PHARMACEUTICA
the drug discovery company
BMJ
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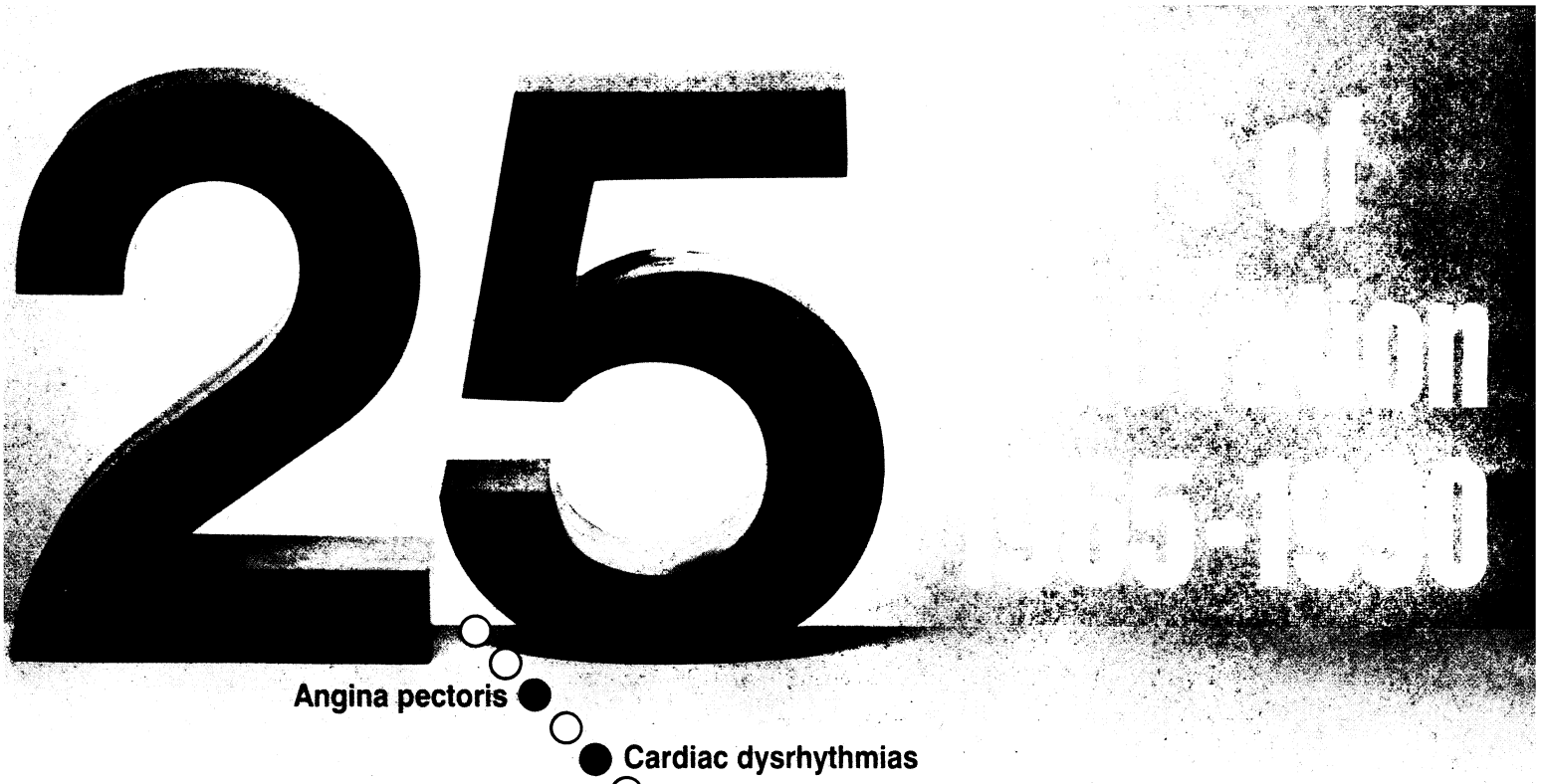

'Inderal'

propranolol hydrochloride

Still Helping to Build a Healthier Future

ICI **Pharmaceuticals**

Alderley House, Alderley Park
Macclesfield, Cheshire, England

'INDERAL'/'INDERAL' LA / 'INDERAL' LA-80

Prescribing Notes

Uses
Control of hypertension, angina pectoris, prophylaxis after myocardial infarction, migraine prophylaxis, essential tremor, anxiety, prophylaxis of upper gastrointestinal bleeding in patients with portal hypertension and oesophageal varices. Thyrotoxicosis. 'Inderal': phaeochromocytoma (with α -adrenoceptor blocker), hypertrophic obstructive cardiomyopathy, cardiac dysrhythmias, anxiety tachycardia, thyrotoxic crisis, glaucoma, Fallot's tetralogy.

Dosage
Adults: Adjust dosage according to response. 'Inderal' Tablets: In divided daily doses; 'Inderal' LA/LA-80: Once daily.

Hypertension: Usually 160–320 mg daily. Angina pectoris: Usually 120–240 mg daily. Anxiety, migraine, essential tremor: Usually 80–160 mg daily. Portal hypertension: Titrate to 25% reduction in resting heart rate, 80-320 mg daily. Post myocardial infarction: Begin 5–21 days post infarct, 40 mg four times daily for 2–3 days, then 'Inderal' 80 mg tablets twice daily or 'Inderal' LA once daily.

Dysrhythmias, anxiety tachycardia, thyrotoxicosis, cardiomyopathy: 10–40 mg three or four times daily. Phaeochromocytoma: Pre-operative, 60 mg daily for three days. For non-operable malignant cases: 30 mg daily. Glaucoma: 80–240 mg daily in divided doses.

Intravenous: Emergency treatment of dysrhythmias and thyrotoxic crisis only: 1 mg given over 1 min. May be repeated at 2 min intervals to a maximum of 10 mg (conscious patients) or 5 mg (under anaesthesia).

Children (as a guide): Dysrhythmias, phaeochromocytoma, thyrotoxicosis: 'Inderal' tablets 0.25–0.5 mg/kg three or four times daily; Intravenous, 0.025–0.05 mg/kg injected slowly under ECG control, three or four times daily. Migraine: (Under 12 years) 'Inderal' tablets 20 mg orally two or three times daily. Fallot's tetralogy: Up to 1 mg/kg orally three or four times daily. Up to 0.1 mg/kg intravenously three or four times daily.

Elderly: Determine dose individually.

Contra-indications
Second or third degree heart block, cardiogenic shock, history of bronchospasm, after prolonged fasting, metabolic acidosis.

Precautions
Poor cardiac reserve. Avoid in overt heart failure. Anaesthesia. Diabetes. Withdrawal of beta-blocking drugs should be gradual in patients with ischaemic heart disease. Withdrawal of clonidine. Co-administration with verapamil, Class I antidysrhythmic agents, or parenteral adrenaline. If symptoms attributable to slow heart rate, reduce dose. Pregnancy and lactation.

Side effects
Cold extremities, nausea, diarrhoea, sleep disturbance, lassitude and muscle fatigue. Isolated cases of paraesthesia. Rarely bradycardia, thrombocytopenia, purpura and CNS symptoms including hallucinations. Rashes and dry eyes have been reported with beta-blockers – consider discontinuance if they occur.

Presentation
'Inderal' Tablets containing 10 mg, 40 mg, 80 mg, or 160 mg propranolol hydrochloride.

'Inderal' Injection containing propranolol hydrochloride 1 mg in 1 ml.

'Inderal' LA, 'Inderal' LA-80 capsules containing 160 mg and 80 mg respectively of propranolol hydrochloride in a controlled release formulation.

Not all indications and presentations are approved in all countries.

'Inderal', 'Inderal' LA and 'Inderal' LA-80 are trademarks.

Consult full product information before prescribing.

Further information is available on request.

THE ANTIHISTAMINE of exceptional strength

TRADEMARK

Hismanal

(astemizole)

Prescribing information: Hismanal is a po
perennial allergic
conditions. **Dosage and administration:** ad
5 mg once daily. Children younger than 6 y
rash. **Precautions:** Hismanal should be used in
can, the potential benefits outweigh the possible hazard
during prolonged treatment. **Full prescribing information**

JUST ONE TABLET A DAY

1990

The MEMOIR Club

A selection of recent titles

Festina Lente—a Psychiatric Odyssey by Henry R Rollin
Henry Rollin insists that *Festina Lente* is "in no way an autobiography. I prefer to regard it essentially as a history during the past half century as seen by one who has been witness to and played some small part in the shaping of events." The book includes his analysis of the history and evolution of Horton Hospital; the dissolution of mental hospitals and the myth of community care; outpatient departments; and the development of different physical and psychopharmacological treatments. Psychiatry and the arts are combined in two chapters, "The therapeutic use of music in a mental hospital" and "Literary excursions," which examines the characters of Hamlet, Byron, George Bernard Shaw, and James Joyce. Appropriately, this psychiatric odyssey ends with the late arrival of true love.
Price: Inland £14.95; Abroad £17.50
BMA members: Inland £13.95; Abroad £16.50

Not a Proper Doctor by David Sinclair
Sinclair was intent on a career in surgery when he graduated from St Andrew's University but fate, mainly in the shape of the second world war, decreed otherwise and he eventually became the first professor of anatomy at the University of Western Australia. As Professor Sinclair looks back on his varied life, there are moments of joy, sadness, and regret, but throughout a central core of humour and compassion—the stuff that "proper" doctors are made of.
Price: Inland £14.95; Abroad £18.50
BMA members: Inland £13.95; Abroad £17.50

Not a Moment to Lose by Sir David Smithers
Sir David Smithers, former president of the British Institute of Radiology and of the Royal College of Radiologists, was for 30 years professor of radiotherapy at the Royal Marsden Hospital. But that is only half the story. He is also a man who believes "one should aspire to be a realist, but retain a sense of wonder, a rationist who is prepared to jump to conclusions, and a critical visionary who remains sensible of the humour of the human situation".
Price: Inland £14.95; Abroad £17.50
BMA members: Inland £13.95; Abroad £16.50

One Man's Medicine by Archie Cochrane with Max Blythe
The autobiography of Professor Archie Cochrane, who was one of Britain's influential thinkers on health care and the quality of health services. His 30 years' association with the Rhondda Fach—and his work there on reducing the suffering inflicted on whole communities by pneumoconiosis—is almost legendary. Ironically, this was nearly overshadowed later in his life by the spectacular success of his Rock Carling monograph *Effectiveness and Efficiency,* which proved to be a seminal work and influenced thinking about the assessment of medical treatment and procedures throughout the world.
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BMA members: Inland £13.95; Abroad £18.00

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International Medical Course

Human molecular genetics: recent advances

30 June - 6 July 1991, Cambridge

This course will present recent research into and theories on the organization of eukaryotic genome; the tools of molecular biology; genomic maps; the application of molecular biology to the understanding and prevention of human disease; and the molecular biology of development.

The programme will include the following topics: chromatin organization; anatomy and the evolution of genes; control of gene transplantation and expression; modulation of the expression of large segments of the genome; DNA fragmentation and cloning; DNA and genomic library construction; DNA sequencing; modern methods for the detection of gene mutation and sequence variation; genetic linkage and the construction of gene maps; the construction of physical maps; haemophilia B; Duchenne muscular dystrophy; glucose-6-phosphate dehydrogenase deficiency; cystic fibrosis; hyperlipidaemias; mitochondrial disease; sex determination; cell interactions and the adhesion molecules; immunoglobins and T-cell receptor genes; the control of cell growth.

The course will be directed by **Professor M Adolfini** and **Professor F B Giannelli**, of the Paediatric Research Unit, United Medical and Dental Schools of Guy's and St Thomas's Hospital, University of London, and **Dr Yvonne H Edwards**, MRC Human Biochemical Genetics Unit, The Galton Laboratory, London.

The course is designed for physicians and scientists who are well acquainted with the principles and methodology of molecular genetics.

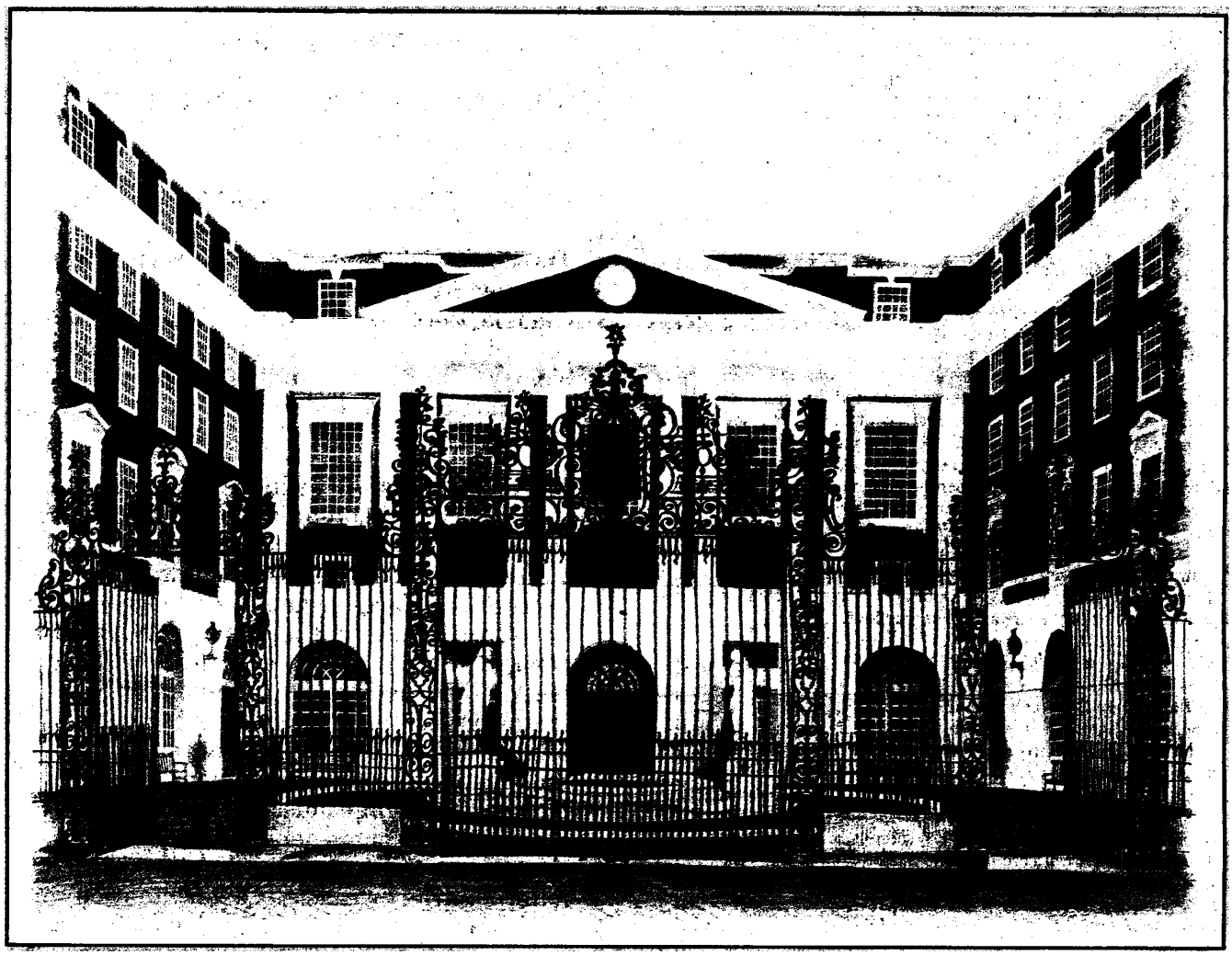
There are vacancies for 30 participants.

Course fee: £840 inclusive of accommodation.

The course will be based at Selwyn College, one of the colleges of the University of Cambridge. Accommodation will be in single study bedrooms. Bathroom facilities will be shared.

Further information and application forms are available from British Council Directors overseas or from Courses Department, The British Council, 10 Spring Gardens, London SW1A 2BN

BMA House—yours for £155



Actual size 22" deep x 29½" wide

Why not treat yourself to a memento of the *BMJ*'s 150th anniversary? Specially commissioned to mark the occasion, David Gentleman's beautifully detailed lithograph of BMA House, the journal's home since 1925, is obtainable at £155 a copy. Showing a view of the courtyard from the main gates—a familiar scene to BMA members and to countless visitors from around the world—the lithograph has been produced in a limited edition and only 125 copies are available for sale. Many readers will want to have this handsome reminder of a milestone in the *BMJ*'s history; to make sure of yours, simply fill in the form below.

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SPECIAL BMA MEMBERS EDITION

MIRROR OF MEDICINE

A HISTORY OF THE BMJ

P. W. J. BARTRIP

BMJ 1840-1990

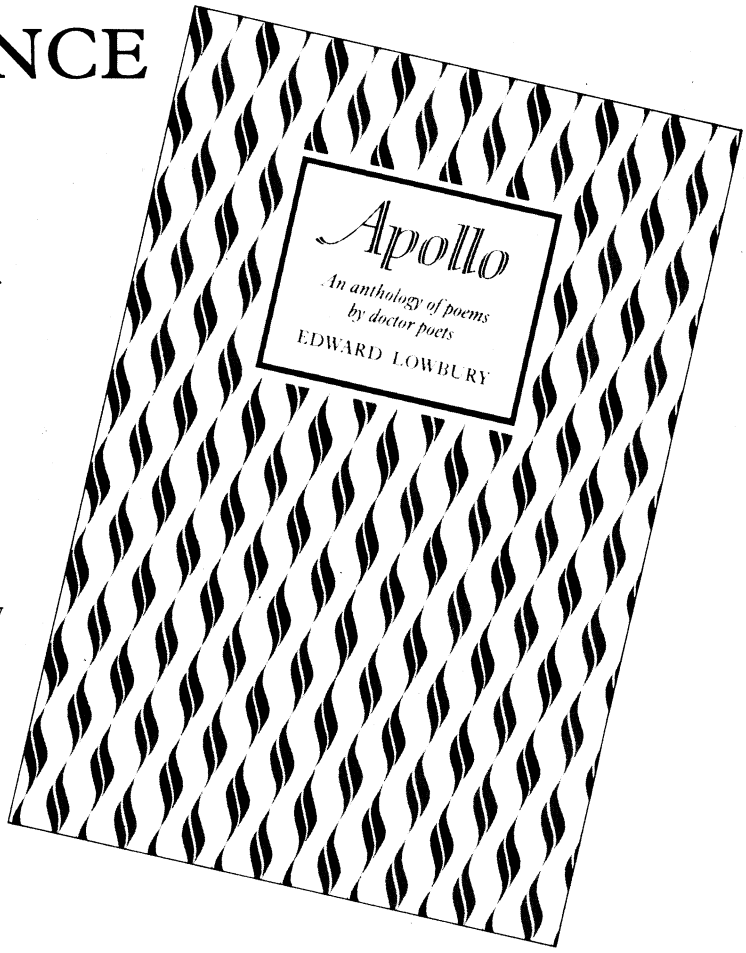
The *BMJ*'s 150 year history has taken it from small beginnings in Worcester as the *Provincial Medical and Surgical Journal* to its current position as a major international medical journal. On the way there have been rows, editors' dismissals, and battles with the BMA and royal colleges as well as growing success and authority. In *Mirror of Medicine* the historian P W J Bartrip provides a shrewd and perceptive commentary on the *BMJ*'s progress, placing its history in the context of contemporary events and examining its treatment of many key themes in medical science and society, including public health, military medicine, quackery, sex, and the birth of the NHS. He also provides pen portraits of some of its most outstanding editors, among them the charismatic Ernest Hart, his successor Dawson Williams, and the doughty Hugh Clegg. The *BMJ*'s present editor, Stephen Lock, provides a postscript on the state of the *BMJ* today.

352 pp. Illus., Clarendon Press/BMJ, September 1990

Price to BMA members only: UK £19. Abroad £23. Prices include packing and postage, by air speeded despatch abroad (air mail rates on application)

Remittances to be sent with orders: British Medical Journal, PO Box 295, London WC1H 9TE. (Also available in the BMJ/BMA bookshop in BMA House.)

Art and Science



Poetry and medicine are not as far apart as you might think: the Greeks attributed both to one god, Apollo.
Many doctors have followed in Apollo's footsteps by combining the art of poetry with the practice of medicine, while others have abandoned medicine to make poetry their profession.
In *Apollo* poems by medical writers from classical times to the twentieth century have been chosen and edited with an introduction by Edward Lowbury, himself a distinguished doctor poet. Including works by Rabelais, Sir Thomas Browne, Goldsmith, Keats, Schiller, Ronald Ross, William Carlos Williams, and Dannie Abse, this beautifully produced limited edition is published by the Keynes Press to mark the 150th anniversary of the *BMJ*.

Published 19 September 1990
Designed by Sebastian Carter; demy octavo; set in Erhardt and printed on Supreme Cream Bookwove paper; 158 pages
Limited edition of 1 000 copies
UK £20.00; Abroad £23.00; USA $43.00 including postage, by air abroad

Did Ed, *BMJ*, Murder his Wife?

Supposedly based on rumoured events in the life of Ernest Hart, a great but undervalued editor of the *BMJ*, Frank Danby's novel *Dr Phillips: a Maida Vale Idyll* was first published in 1887. Unlike many popular Victorian novels it is concisely plotted; the characters are sympathetic and believable; and the author's presentation of Jewish life in the late nineteenth century is uncompromisingly honest.
But is the character of "Dr Phillips" a portrait of Hart? In his introduction to the Keynes Press edition Stephen Lock, present editor of the *BMJ*, places the novel in its literary and historical context and examines the character and achievements of Ernest Hart. Finely bound and printed, and with illustrations by Tabitha Salmon, this edition of *Dr Phillips: a Maida Vale Idyll* will fascinate those interested in literature, history, and the *BMJ*.

Published December 1989
Demy Octavo; set in Monophoto Modern and printed on Fineblade Cartridge paper; xii + 285 pages; colour frontispiece
Limited edition of 300 copies
Inland £45.00; Abroad £49.00; USA $80.00 including postage, by air abroad

Tabitha Salmon's frontispiece from *Dr Phillips: a Maida Vale Idyll* by Frank Danby

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2 October-2 November 1990

The Hastings Room,
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Tavistock Square,
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10-5 Monday-Friday

Surgical Roots and Branches

by Sir Reginald Murley

When Sir Reginald Murley became president of the Royal College of Surgeons in July 1977 he was described in the *Daily Telegraph* as a "redoubtable standard bearer" and as "one of the dwindling number of old style 'surgical characters'." In *Surgical Roots and Branches* he gives a lively account of the development of this character, from boyhood and student days at Barts to the six and a half years he spent in the "university of life"—as a medical officer in maxillofacial units in the second world war.

Sir Reginald has also been described as a "firebrand" with "political muscle." Not afraid to say what he thinks or to act on his beliefs, he has successfully fought many battles with the authorities over such issues as delay and inefficiency in implementing hospital building programmes. He describes these campaigns not only in detail but with gusto, and throughout the book, whether recalling people, places, politics, or surgical practice, he keeps the promise that he makes in his introduction: to provide a narrative that is "as entertaining and informative as possible—not forgetting a little homespun philosophy."

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SOME THINGS APPEAR TO BE SLIGHTLY DIFFERENT

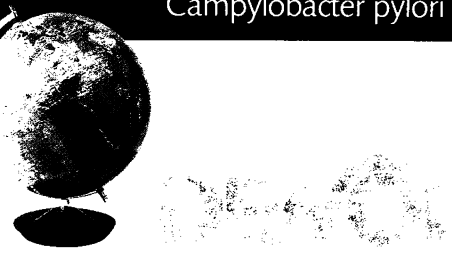
Take for example peptic ulcers. For years people were convinced that the pathophysiology was related to gastric acid; healing no longer seemed to be a major problem, except for the high relapse rates.[1)]

In 1983 J.R. Warren and B.J. Marshall[2)] unearthed another pathological factor: Helicobacter pylori*. Since their historic rediscovery, evidence of the connection between H. pylori in the gastric mucosa on one hand and histologically proven gastritis and peptic ulcers on the other has become stronger and stronger. Chronic gastritis and ulcer relapse are highly associated with H. pylori.[3)]

De-Nol® is the only ulcer healer that is active against H. pylori. Therefore the relapse rates after termination of therapy are much lower than with acid-suppressant preparations.[4)] What is more: among patients in whom H. pylori was eradicated and who remained H. pylori negative in the year of follow-up, the relapse rate of peptic ulcers was only 0-10%.[4, 5, 6, 7, 8)]

The pathogenesis and cure of peptic ulcers therefore appear to be slightly different from what was assumed for years.

* formerly known as Campylobacter pylori



1) Marshall BJ. et al. Lancet 1988; 2: 1437-1442. 2) Marshall BJ, Warren JR. Lancet 1984; 1: 1311-1315. 3) Goodwin CS. Lancet 1988; 2: 1467-1469. 4) Smith AC. et al. Gut 1988; 29: A711. 5) Rauws EAJ, Tytgat GNJ. ISBN 90-9002938-9. Amsterdam 1989. 6) Lambert JR. et al. Gastroenterology 1987; 92: 1489. 7) Borody TJ. et al. Gastroenterology 1988; 94: 43 (abstract). 8) Coghlan JG. et al. Lancet 1987; 2: 1109-1111.

Prescribing information. Presentation: Coated tablets and liquid (a chewable tablet is also available in some countries). Each tablet (or 5 ml dose) contains 120 mg tri-potassium di-citrato bismuthate (calculated as Bi_2O_3). Indications: Gastric and duodenal ulcers. Dosage and administration: Two tablets (or two 5 ml doses) twice daily, half an hour before breakfast and half an hour before the evening meal, or alternatively one tablet (or one 5 ml dose) four times a day half an hour before each of the three main meals and two hours before going to bed, for 28 days. If necessary a further month's treatment may be given. Maintenance therapy with De-Nol is not indicated, but treatment may be repeated after an interval of one month. Contra-indications, warnings, etc: De-Nol should not be administered to patients with renal disorders and, on theoretical grounds, is contra-indicated in pregnancy. Special precautions: De-Nol may inhibit the efficacy of orally administered tetracyclines. Side-effects: Blackening of the stool usually occurs, nausea and vomiting have been reported. Darkening of the tongue may occur with De-Nol liquid only. Overdosage: Overdosage has rarely been reported: gastric lavage with intestinal evacuation and, if necessary, supportive therapy would be indicated. Package quantities: Treatment pack of 112 tablets or 560 ml liquid. Basic NHS price: Tablets £ 20.98. Liquid: £ 14.65. Product licence numbers: Tablet: 0166/0124. Liquid: 0166/5024. GMS prices: De-Noltab IR £ 20.65. De-Nol IR £ 16.37. Product authorization numbers: De-Noltab: 62/22/2. De-Nol: 62/23/1. Product licence authorization holder: Brocades Great Britain Ltd., Brocades House, West Byfleet, Surrey KT14 6RA, Telephone (09323) 45536. Product information can differ from country to country. Please consult Gist-brocades NV, The Netherlands for specific country information (UK 8912).

Gist-brocades Gist-brocades Pharmaceuticals, Division of Royal Gist-brocades NV, Delft, Holland.

Tri-potassium di-citrato bismuthate (internationally known as colloidal bismuth subcitrate)