

BMT

SATURDAY 11 NOVEMBER 1989



BRITISH MEDICAL JOURNAL NO 6709 VOLUME 299

INTERNATIONAL

- Editorials**
- 1175 **Radiography in women of childbearing ability**
Ruth Pearson
 - 1176 **Consent and people with mental handicap**
Joan Bicknell
 - 1177 **Immunotherapy of human cancers**
J R Hobbs
 - 1178 **Risks of donor insemination**
Christopher L R Barratt, Ian D Cooke
 - 1179 **Cultured keratinocytes and keratinocyte grafts**
Kevin Hancock, Irene M Leigh

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- News**
- 1181-1186 **Moving towards self government · Crown indemnity for NHS hospital doctors from 1 January · Have a go consultants to challenge Clarke · Europe's human face · Sans Frontières, sans logo · European kidney market · Evaluating the evaluators · Getting the best out of theatres · Australasian drug think tank founded · Nurses' grading · Casting aside pearls? · MPs contract out · Tempo of medicopolitics increases**

- Papers**
- 1187 **Calcium channel blockers in acute myocardial infarction and unstable angina: an overview**
Peter H Held, Salim Yusuf, Curt D Furberg
 - 1193 **Organ donation from intensive care units in England**
Sheila M Gore, Charles J Hinds, Annabel J Rutherford
 - 1198 **Prevention of blindness by screening for diabetic retinopathy: a quantitative assessment**
Thomas E Rohan, Christopher D Frost, Nicholas J Wald
 - 1202 **Effect of a late evening meal on nitrogen balance in patients with cirrhosis of the liver**
G R Swart, M C Zillikens, J K van Vuure, J W O van den Berg
 - 1204 **The dangers of herbalism**
P D L Maurice, J J Cream
 - 1204 **Brisk walking and plasma high density lipoprotein cholesterol concentration in previously sedentary women**
A E Hardman, A Hudson, P R M Jones, N G Norgan
 - 1205 **Effect of nifedipine on Doppler flow velocity waveforms in severe pre-eclampsia**
Kevin P Hanretty, Martin J Whittle, Catherine A Howie, Peter C Rubin
 - 1206 **Regional variations in policy on exposing women of childbearing age to ionising radiation**
D I Wise, R J Cherry
 - 1206 **Correction: Prevalence of antibody indicating Lyme disease**
Baird *et al*

- Middles**
- 1207 **Computer control of anticoagulant dose for therapeutic management**
P J Ryan, M Gilbert, P E Rose
 - 1209 **Reading binges**
Nicholas E Davies
 - 1211 **Early prenatal diagnosis**
H B Valman

1213-1236 **Obituary · Correspondence · BMA Affairs · Notes · Medicine and the Media · Personal View · Medicine and Books · Minerva · (in detail overleaf)**

CONTENTS *pages 1213–1236*

1213 **Obituary** P H Kidner, R H B Mills, G P McLauchlan, B A Young, R A C Rice, C Burns, R S Duff, I K R McMillan, P O'F Boyle, J H Gibson, D J Rigby

1216 Correspondence

- | | | | |
|------|---|------|---|
| 1216 | Algorithm for managing injury from smoke inhalation
K Judkins, FCANAEs | 1220 | Application of airline pilots' hours to junior doctors
P C May, FRCS |
| 1216 | Surgical footwear
F I Tovey, FRCS, and others; D I Rowley, FRCS; P Michaelson; P Schweiger | 1221 | Prevalence of antibody indicating Lyme disease in farmers in Wigtownshire
M A Baxter, MB, and A D Wright, MRCS; A G Baird, MRCP, and others |
| 1217 | Fetal infection after maternal reinfection with rubella
J Gilbert, MRCP, and Goura Kudesia, MRCPATH | 1221 | Colposcopy services in the West Midlands region
L A Davies, MB |
| 1217 | Cyanoacrylate tissue adhesive and facial lacerations
C O'Shea, MRCP; M J McCabe, FRCS, and T H Walters, MRPHARMS | 1221 | Training for general practice
G Roberts, MRCP |
| 1218 | Zidovudine in AIDS dementia complex
R Morris, MRCPsych, and A House, MRCPsych | 1221 | C reactive protein in the detection of deep venous thrombosis
A F da Silva, FRCSed, and others |
| 1218 | Brain stem death and organ donation
M J S Dennis, FRCS, and others; K G Lowry, FCANAEs, and G G Lavery, FCANAEs | 1222 | The GPs' contract
T Richardson, MRCP |
| 1218 | Why are operations cancelled?
P M J Scott, FRCS, and others | 1222 | One law for the self governing . . .
W Ryder, FCANAEs |
| 1219 | Mothers with HIV
D B Jelliffe, MD, and E F P Jelliffe, FRSH | 1222 | Health Education Authority in a time of adversity
S Hagard |
| 1219 | Myalgic encephalomyelitis: postviral fatigue and the heart
N R Grist, FRCPATH | 1222 | New contract for government funded research workers
L Zander, MRCP, and N Mays, BA |
| 1219 | Mumps, measles, and rubella vaccination and encephalitis
D R Nalin, FACP | 1223 | Food safety awareness
Alyson Elliman, MB, and D Elliman, MRCP |
| 1219 | Interstitial laser hyperthermia
A C Steger, FRCS, and others | 1223 | Health for all by the year 2000
Alison Fiander, MRCP |
| 1220 | Immunisation: failure and success
R S Ramaiah, FFCM | 1223 | Drug points Lofepiramine and motor neuropathy (J A Hewitt and J Glinn) |
| 1220 | Communicating with Asian patients
P Sharma, MB; B A Leatherdale, FRCP; I Holtby, MFCM, and R S Ramaiah, FFCM | 1224 | Cyclosporin decreases nifedipine metabolism (J P McFadden and others); Peripheral neuropathy and mesalazine (D K Woodward); Identification of toga-like virus in fulminant hepatitis attributed to minocycline therapy (E Fagan and R Williams) |
| 1220 | Ethnic differences in consultation rates
S M F Fraser, MRCP | | |

1225 BMA Affairs

- 1225 Salaried service for general practitioners to be "kept under review"
1225 Imposition of the 1990 contract: GMSC report
1227 BMA council 1990-1
1227 Abatement of pensions for GPs after 1 April

1229 **Medicine and the Media** Notting Hill Carnival 1989—the facts H L Cugnoni, T Challoner, R Touquet

1230 Personal View

- 1230 Epistotherapy Chris Ellis
1230 Three deaths William Sellers

1232 Medicine and Books

- 1232 J M S Pearce: *Central Nervous System: Clinical Algorithms* (British Medical Journal)
1232 John Melmoth: *Grace* (M Stewart)
1233 E Idris Williams: *Practical Guides for General Practice. 7. "Computers: a Guide to Choosing and Using"* (A Willis, T Stewart)
1233 What's new in the new editions? Clifford Hawkins

1236 Minerva

EDITOR'S CHOICE

BMJ

This week shows the virtues of both the broad perspective and the close up. Are you uncertain whether calcium channel blockers have a place in the treatment of myocardial infarction and unstable angina? Then review the experience of 19 000 patients in 28 trials (p 1187). (They don't.) Are you concerned that organs for donation are lost because staff in intensive care units don't approach the next of kin? Then audit all the deaths occurring in 278 intensive care units in England (p 1193). (Few organs are lost this way.)

Narrowing down the focus, we read that studies on 44 women suggest that brisk walking increases HDL cholesterol concentrations (p 1204), while balance studies in nine cirrhotic patients suggest that a late evening meal (with no overall increase in 24 hour intake of energy or nitrogen) may improve nitrogen balance (p 1202). The inspiration for epistotherapy, explained in this week's personal view (p 1230), came from just one patient. We've known about this one for ages, however: in fact, we devote a whole section to it each week (letters pages).