

# Postgraduate Medical Journal

## Editor

IAN GILLILAND M.D. F.R.C.P.

## Assistant Editor

B. I. HOFFBRAND M.A. D.M. M.R.C.P.

## Advisory Editorial Board

A. G. Apley F.R.C.S.  
D. Barltrop B.Sc. M.D. F.R.C.P. D.C.H.  
E. M. M. Besterman M.A. M.D. F.R.C.P.  
A. M. Breckenridge B.Sc. M.R.C.P.  
E. H. Brown D.M. F.R.C.P. D.C.H.  
A. E. R. Buckle F.R.C.S. F.R.C.O.G.  
J. O. Craig F.R.C.S.I. D.M.R.D. F.F.R.  
A. H. Crisp M.D. F.R.C.P. F.R.C.P.Ed. F.R.C.Psych.  
D.P.M.  
Sir Robert Drew K.C.B. C.B.E. F.R.C.P. F.R.A.C.P.  
R. Eban M.A. M.R.C.P. F.F.R.  
H. Ellis M.A. D.M. F.R.C.S.  
R. Goulding B.Sc. M.D. F.R.C.P.

J. P. Hopewell F.R.C.S.  
D. G. James M.A. M.D. F.R.C.P.  
S. B. Karani D.P.H. F.R.C.P. F.A.C.C.P.  
R. S. Kocen T.D. F.R.C.P.  
D. M. Krikler M.D. F.R.C.P. F.R.C.P.Ed. F.A.C.C.  
B. Lewis Ph.D. M.D. F.R.C.P. M.R.C.Path.  
C. E. Newman C.B.E. M.D. F.R.C.P.  
K. I. Nissen F.R.C.S.  
J. W. Paulley M.D. F.R.C.P.  
T. A. J. Pranker M.D. F.R.C.P.  
D. A. Pyke M.D. F.R.C.P.  
J. H. Swallow M.D. F.R.C.P.  
P. Turner B.Sc. M.D. F.R.C.P.

## Editorial Representative for Australia

Professor Thomas Stapleton M.A. D.M. M.R.C.P. D.C.H.

## Editorial Assistants

Mrs J. M. Coops B.Sc. & Mrs L. Edmondston-Low

**Postgraduate Medical Journal** is published monthly for the Fellowship of Postgraduate Medicine by Blackwell Scientific Publications Ltd. The annual subscription is £16.00 (\$54.00) post free, and the price of single issues £1.50 (\$5.00) postage extra. If payments are made by bank transfer, all charges shall be at the remitter's expense. **Orders and business correspondence** should be addressed to Blackwell Scientific Publications Ltd, Osney Mead, Oxford OX2 0EL (tel: Oxford 40201).

All editorial correspondence should be addressed to The Editor, The Postgraduate Medical Journal, Chandos House, 2 Queen Anne Street, London W1M 9LE.

Advertisement enquires and bookings should be addressed to Blackwell Scientific Publications Ltd, Osney Mead, Oxford OX2 0EL.

The Fellowship of Postgraduate Medicine was founded by a group of London consultants after the First World War to assist postgraduates, particularly those coming to London from the Commonwealth, to pursue their studies. The Fellowship first published the *Postgraduate Medical Journal* to give information about lectures, conferences and courses and to provide a monthly review of all branches of medicine.

**Postgraduate Medical Journal** publishes original papers on subjects of current clinical importance and welcomes review articles with extensive, up-to-date bibliographies as guides to further reading. Several symposia are published every year, each devoted to a single subject and written, by invitation, by specialists in different disciplines. Most issues include authoritative Current Surveys of clinical problems, as well as well documented Reports of cases of particular interest, and Book Reviews.

A 'Notice to Contributors' is published on the inside back cover of this issue. The Editor reserves the right to make changes which may clarify or condense papers where this is considered desirable.

© The contents of this Journal are copyright and, subject to the provisions of Section 7 of the Copyright Act, 1956, they may not be copied, adapted or reproduced without permission. Requests for permission to reproduce material elsewhere, either in whole or in part, should be addressed to The Editor, Postgraduate Medical Journal, Chandos House, 2 Queen Anne Street, London W1M 9LE. This Journal is covered by *Current Contents* and *Biological Abstracts*.

## Books received

- Applied Pharmacology*. Ed. by ANDREW WILSON, H. O. SCHILD and WALTER MODELL. Pp. 605, 11th edn, linen cover, illustrated. Churchill Livingstone, Edinburgh, 1975. £8.50.
- Cerebrovascular Disability and the Ageing Brain*. By G. F. ADAMS. Pp. xi + 157, hard cover, illustrated. Churchill Livingstone, Edinburgh, 1974. £4.50.
- Chronobiological Aspects of Endocrinology*. Ed. by J. ASCHOFF, F. CERESA and F. HALBERG. Proceedings of the Conference held in Capri, April 8-10, 1974. *Chronobiologia*, I, Suppl. 1, 509 pp., linen cover, illustrated. 'Il Ponte', Milan, 1974. \$10.00.
- Concise Anatomy*. By MARY E. TODD and G. M. WYBURN. Pp. 349, 2nd edn, soft cover, illustrated. Churchill Livingstone, Edinburgh, 1975. £2.50.
- Coordination of Services for the Mentally Handicapped*. (An account of a King's Fund research project.) By LESLIE Paine. Pp. 44, linen cover. King Edward's Hospital Fund, London, 1974/75. £1.50.
- Functional Neuroanatomy of Man* (the Neurology section of Gray's Anatomy, 34th edn). By PETER L. WILLIAMS and ROGER WARWICK. Pp. x + 746-1194, linen cover, illustrated. Churchill Livingstone, Edinburgh, 1975. £7.50.
- The Key to the Sciences of Man (The 'Impossible' Relativity of Value Reactions)*. By D. G. GARAN. Pp. xii + 561, hard cover. Philosophical Library, Inc., New York, 1975. \$10.00.
- Medical Psychiatry Journal Articles. A collection of current articles related to Medical Psychiatry*. Ed. by F. GORDON FOSTER and RICHERT. E. GOYETTE. Pp. 415, board cover, illustrated. H. K. Lewis & Co. for Medical Examination Publishing Co., Inc., London, 1974. £6.00.
- Medical and Surgical Endocrinology*. By D. A. D. MONTGOMERY and R. B. WELBOURN. (Revised and enlarged edition of *Clinical Endocrinology for Surgeons*.) Pp. xvi + 601, hard cover, illustrated. Edward Arnold, London, 1975. £27.50.
- Methods in Neurological Examination (Medicine in the Tropics)*. By T. O. DADA. Pp. xi + 227, soft cover, illustrated. Churchill Livingstone, Edinburgh, 1975. £3.75.
- Modern Medicine* (A textbook for students, practitioners and examiners by members of the teaching staff of the University of Bristol School of Medicine). Ed. by ALAN E. READ, D. W. BARRITT and R. LANGTON HEWER. Pp. 543, soft cover, illustrated. Pitman Medical, Tunbridge Wells, Kent, 1975. £8.00.
- Physiology for Practitioners*. Ed. by IAN C. RODDIE. Pp. xiii + 186, 2nd edn, linen cover, illustrated. Churchill Livingstone, Edinburgh, 1975. £2.50.
- Recent Advances in Pathology* (Number 9). Ed. by C. V. HARRISON and K. WEINBREN. Pp. viii + 279, hard cover, illustrated. Churchill Livingstone, Edinburgh, 1975. £9.50.
- Sexually Transmitted Diseases*. By C. B. S. SCHOFIELD. Pp. vii + 261, 2nd edn, soft cover, illustrated. Churchill Livingstone, Edinburgh, 1975. £2.00.
- Writing Scientific Papers in English (An ELSE-Ciba Foundation Guide for Authors)*. By MAEVE O'CONNOR and F. PETER WOODFORD. Pp. vii + 108, hard cover. Associated Scientific Publishers, Amsterdam, Oxford, New York, 1975. Dfl. 21.00 (approx. US \$8.75).

## Book reviews

### **Common Neuroses in General Practice. A behavioural approach**

By J. C. M. WILKINSON and K. LATIF. Pp. xi + 153, soft cover. John Wright and Sons Ltd, Bristol, 1974. £2.95.

This slim volume summarizes the behavioural therapy approach and as such produces a readable, useful account. It examines the categories of patients likely to benefit from such help and encourages the general practitioner to master the easily learnt but rather time-consuming techniques. The authors importantly also list those groups unlikely to benefit, although these groups include our most frequent attenders and our most difficult cases. They also point out the need for constant supportive psychotherapy and possibly chemotherapy for depressives.

However, it seems a most useful therapeutic tool for isolated symptoms in preferably undamaged personalities and is well worth reading.

### **The Physiology of the Joints. Volume 3. The Trunk and the Vertebral Column**

By I. A. KAPANDJI (transl. L. H. Honoré). Pp. 251, soft cover, illustrated. Churchill Livingstone, Edinburgh, 1974. £4.00.

In Volume I and II of this series the superb draughtsmanship of Dr Kapandji, Ancien Chef de Clinique Chirurgicale et Assistant des Hôpitaux de Paris, illustrates the mechanics of the upper and lower limbs. This third collection of drawings clarifies a particularly difficult area of human anatomy to

grasp in detail and enables the student to retain it in a clear and reproducible form in the memory. In the space of 250 pages there are 397 diagrams. They are all beautiful but in my view some sixteen at least are superfluous, either depicting the obvious such as the evident curves of the spine as a whole, or adding a confusing 'geometrical analysis'. It is a pity that these do not help the student as do those in, say, 'Grant's Method of Anatomy' in which an ingenious pseudo-logic is invented. Their omission would have permitted a fuller accompanying text. This is in fact so good a translation from the French that the only indication of the book's origin is the reference to French medical authorities whose names will be largely unknown to the British reader.

But for the most part the work succeeds effortlessly. Particularly would I recommend the sections on the structure of the vertebral bodies and intervertebral discs, their response to load and mechanisms of recovery, modes of prolapse and presenting symptoms, that on the sacro-iliac joints for Delmas' concept of two varieties of anatomy with consequent disorders which are manifestations of differing surface contours, and the section on spondylolisthesis (despite the archaic spelling used). The concept of the trunk as an inflatable structure provides an attractive explanation of observable muscle actions which are at variance with classical teachings. Actual errors are few. That failure of water imbibition by discs is a major contributor to the loss of height in the aged cannot be accepted, however, particularly as it is at odds with the facts of spinal osteoporosis so beautifully illustrated earlier in the book.

## Postgraduate Medical Journal: Notice to Contributors

**Typescripts (two complete copies)** should be sent to the Editor, Dr I. Gilliland, Postgraduate Medical Journal, Chandos House, 2 Queen Anne Street, London W1M 9LE. Papers should be typewritten on one side of the paper only, with a 1½ inch margin, and the lines should be double spaced. In addition to the title of the paper there should be a 'running title' (for page headings) of not more than 45 letters (including spaces). The paper should bear the name of the author(s) with their degrees and descriptions and of the laboratory or research institute where the work has been carried out. The full postal address of the principal author should be given as a footnote. (The proofs will be sent to this author and address unless otherwise indicated.)

**Arrangement.** Papers should normally be divided into: (a) **Summary**, brief, self-contained and embodying the main conclusions; (b) **Introduction**; (c) **Materials and methods**; (d) **Results**, as concise as possible (both tables and figures illustrating the same data will rarely be permitted); (e) **Discussion and conclusion**; (f) **Acknowledgments**; (g) **References**.

**References.** Only papers closely related to the author's work should be included, exhaustive lists should be avoided. **References should be made by giving the author's surname, with the year of publication in parentheses.** When reference is made to a work by three authors all names should be given when cited for the first time, and thereafter only the first name, adding *et al.*, e.g. Smith *et al.* (1958). The '*et al.*' form should always be used for works by four or more authors. If several papers by the same author and from the same year are cited, a, b, c, etc., should be put after the year of publication, e.g. Smith *et al.* (1958a). All references should be brought together at the end of the paper in **alphabetical order**. References to articles and papers should mention (a) **name(s) of the author(s)**; (b) **year of publication in parentheses**; (c) **\* title of paper**; (d) **title of journal in full, underlined**; (e) **volume number**; **number of first page of article**. References to books and monographs should include (a) **name(s) and initials of author(s) or editor(s)**; year of publication in parentheses; (b) **title, underlined**; (c) **edition**; (d) **page referred to**; (e) **publisher**; (f) **place**.

**Standard usage.** The *Concise Oxford English Dictionary* is used as a reference for all spelling and hyphenation. Verbs which contain the suffix *ize* (*ise*) and their derivatives should be spelt with the *z*. Statistics and measurements should always be given in figures, i.e. 10 min, 20hr, 5ml, except where the number begins the sentence. When the number does *not*

refer to a unit of measurement, it is spelt out except where the number is greater than one hundred.

**Abbreviations.** Abbreviations for some of the commoner units are given below. **The abbreviation for the plural of a unit is the same as that for the singular unless confusion is likely to arise.**

gram(s)	g	second(s)	sec
kilogram(s)	kg	cubic millimetre(s)	mm <sup>3</sup>
milligram(s)		millimetre(s)	mm
(10 <sup>-3</sup> g)	mg	centimetre(s)	cm
microgram(s)		millicurie(s)	mCi
(10 <sup>-6</sup> g)	µg	millilitre(s)	ml
nanogram(s)		pound(s)	lb
(10 <sup>-9</sup> g)	ng	milliequivalent	mEq
picogram(s)			
(10 <sup>-12</sup> g)	pg	R <sub>F</sub> values	R <sub>F</sub>
hour(s)	hr		
minute(s)	min	gravitational acceleration	<i>g</i>
micron(s)	µ	percent	%

Example: mg/100ml, for biochemical values; mEq/l

**Figures.** In the text these should be given Arabic numbers, e.g. Fig. 3. They should be marked on the backs with the names(s) of the author(s) and the title of the paper. Where there is any possible doubt as to the orientation of a figure the top should be marked with an arrow. Each figure must bear a reference corresponding to a similar number in the text. Photographs and photomicrographs should be unmounted glossy prints and should not be retouched. Line diagrams should be on separate sheets; they should be drawn with black Indian ink on white paper and should be about four times the area of the final reproduction. Lines and lettering should be of sufficient thickness and size to stand reduction to one-half or one-third. Letters and numbers must be written lightly in pencil. Whenever possible, the originals of line diagrams, prepared as described above, should be submitted and not photographs. The legends of all the figures should be typed together on a single sheet of paper headed 'Legends to Figures'.

**Tables.** There should be as few tables as possible and these should include only essential data; the data should not be crowded together. The main heading should be in capitals with an Arabic number, e.g. TABLE 2. Each table must have a caption in small letters. Vertical lines should not be used.

**Page proofs** will be submitted to the contributors for minor corrections and should be returned to the Editor within 3 days. **Major alterations to the text cannot be accepted.**

**Offprints.** These may be purchased if ordered on the form which will be sent to the senior author with the proofs.

\* Titles of papers should be cited in their original form.